

Massage Those Gums
A new electric vibrator for home use features a rubber cup attachment for gum massage. Three other accessories are a roller for skin stimulation, rubber fingers for the scalp and a rubber cup for tired muscles.

Your National Guard needs 25 men. Can you qualify?

Mostly Static

By "Shorty" Smith

Howdy Folks; Don't worry if you feel low. The sun has a sinking spell every evening, but it always rises again the next morning.

People who are ill do a lot of kicking, unless it's rheumatism, then they can't kick.

You know what rheumatism is. It is nature's own weather bureau.

They say misery loves company, but when it's rheumatism, it is better to have it in one leg than both.

Even when only one person has it, rheumatism is a joint affair.

Well, aches and pains are not a joking matter, but if we can keep a sense of humor, it sometimes eases the aches.

A serious matter, these days, is high prices. You can save, though, by buying our Conlon Ironers.

REMEMBER ARMY DAY
APRIL 6

Smith Electric
500 Main Street
W. D. "Shorty" Smith

KEX
PORTLAND
Serves the Northwest with
50,000
WATTS

THURSDAY
APRIL 8th
6:30 P.M.
KEX
Will increase power from
5,000 watts to
50,000
WATTS
Be sure to hear the
BIG SPECIAL
PROGRAM
celebrating this
power increase
DIAL 1190
Thurs., April 8—6:30 P.M.

On Oregon's only 50,000-watt station you can hear these regular Headline Shows better:

- Form Hour - Cowboy Heck - Brkfst Club T. Breneman - Yed Malone - Whiteman - Key West - N'Westerners - Winchell - Theatre Guild - Drew Pearson - Greatest Story - Detroit Symph. - Met Opera - Boston Symph. - Lone Ranger - Point Sublime - Town Meeting	- Bing Crosby L. Barrymore - Abbott-Costello - Groucho Marx - Star Theatre - Ellery Queen - Henry Morgan - Willie Piper - Candid Mike - The Sheriff - Friday Fights - Break the Bank - Fot Man - Western Skies - Louvan McCall - Barnes Keep - Concert Host - KEX Forum
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ALWAYS DIAL
1190
Oregon's Westinghouse Station

KEX
Affiliated with
American Broadcasting Co.

Early Plowing Best Treatment of Cover Crops

Orchard cover crops will have served their purpose in protecting soil from leaching and erosion by late March or early April, so plow them under as soon as possible advises Arthur S. King, O. S. C. extension specialist in soils.

When trees start their growth in the spring, growing cover crops compete with the tree for moisture and plant food. At this time of the year, unfertilized cover crops may not present an impressive appearance. King points out, but it is still the best practice to "plow them down" rather than wait for more growth. Then, he suggests, plan to use fertilizer next year to secure more early spring growth.

King says the expression "plow them down" is used, although it is not exactly the correct expression. For orchard work, discs or other implements have almost completely replaced the plow. Regardless of the turning under implement used, root damage to the trees will be done if the soil is stirred deeper than three or four inches. It is not necessary to bury the entire cover crop.

In fact, plant growth will add soil fertility more quickly if it is merely mixed with the soil with some of the growth remaining on the surface. King recommends that cover crop discs be equipped with depth gauges to avoid deep cultivation.

Early plowing is also desirable for cover crops on commercial vegetable land, though not a "must" as it is in orchards. If irrigation water is used, the cover crop can be allowed to grow until about three weeks before the vegetable crop is seeded. This extra growth period may permit turning down an increased amount of organic matter.

An application of nitrogen fertilizer will speed the decay of a cover crop which is being turned down. This is especially true for cover crops which are close to maturity, King states.

Air Force Quota Is Established

The Department of Air announced this week according to T/Sgt. Joseph L. Johnson of the local U. S. Army and U. S. Air Force Recruiting Service, that a quota limiting the number of enlistments in the Air Force has been established.

This quota, which includes those for the month of March, has been set at four thousand per month in the United States. Broken down into recruiting areas, this allows the Oregon District, which also includes southwestern Washington and southwest Idaho, fifty per month. The quota of fifty affects all enlistments, except those men reenlisting within twenty days to fill their own vacancies, those reenlisting within ninety days to maintain their discharge grade, and high school graduates enlisting for the Aviation Career Plan. This latter plan allows high school graduates to select the service or technical school they wish to attend before they enlist in the Air Force.

Further restrictions according to the Sgt. reveal that no married men will be accepted for original enlistments, and enlistments for less than three years are not allowed. Nor will original enlistments be granted waivers for age, physical defects, or failure to meet the mental standards. However, waivers will be considered for prior servicemen for age, physical defects in cases of combat wounded.

The Sgt. concludes this statement by explaining that the above restrictions do not apply to the United States Army.

Cigars for Turkeys

Turkey poult on a highly purified diet containing all necessary nutrients except nicotinic acid grew poorly in tests at University of Maryland. They developed certain deficiency symptoms such as inflammation of the mouth, diarrhea, poor feathering and perosis. All symptoms were prevented by the addition of three to five mg. of nicotinic acid per 100 grams of rations.

Broiling Bacon

Nutrition scientists say that bacon broiled on a rack about four inches below the flame retains two-thirds of its original thiamine while that cooked in a frying pan holds less than half.

'Mr. U.S.A.' of '48



NAMED "Mr. U.S.A. of 1948" in a contest held in Los Angeles, Clarence Ross, Alameda, Cal., demonstrates how body building can be achieved through muscular exercise. The operator of a gymnasium, Ross is married and the father of a 3-year-old daughter. He triumphed over 17 contestants. (International)

LONDON

Recent visitors of Mr. and Mrs. Charlie Riggs were Henry and Charlie Price of Marcola and Mr. Riggs' sister and husband, Mr. and Mrs. Bill Paris of Springfield. Mrs. A. L. Roberts entertained at a Stanley party at Woodard's camp March 23 for ten ladies with Mrs. Harriett Aringdale of Creswell as demonstrator. Free gifts were drawn by Mrs. Walt Borin. Mrs. Arlie Sugg, Mrs. John Wood and Mrs. Fay Powell. Refreshments were served by the hostess.

Mr. and Mrs. Harry Stump are building a new fence around their yard and are getting ready for spring gardening.

Mr. and Mrs. Leon Morton entertained at a birthday dinner party at their home March 22, celebrating the birthday of Carlton Woodard. Guests were Mr. and Mrs. Carlton Woodard and son, Mr. and Mrs. Walter Woodard, and Mr. and Mrs. Stewart Carlson, and daughters Sandra Sue, Melinda and Christine.

A pink and blue shower was given Thursday March 25 at the 4-H Mothers' clubhouse for Mrs. Gladys Ralston, by Alma Guisinger, with 19 lady guests. Mrs. Claude Abeene won a prize for being first in a drawing contest. Gifts were opened by the honored guest from a pink and blue shower basket and a tally kept by Mrs. Ralph Gilham. Refreshments of cake, fruit jello and coffee were served by Mrs. Guisinger assisted by Dorothy Murry and Mabel Simons.

Mrs. J. D. "Grandma" Clark of Cedar Creek is ill with the flu.

Dale Riggs is leaving April 2 for the navy. A farewell dinner was given for him Sunday by Mrs. Bert Tuller.

Mr. and Mrs. Don Massey have a baby girl born March 25. Kathryn Barkemeyer left Friday to return to her work in Salem after spending a week's spring vacation with her mother, Mrs.

Gertrude Barkemeyer.

Mr. and Mrs. James Youngblood and family, Gaylord Farmer, Fay Monroe Walker and the Harry Walker family, all of Cougar Bend mill, made a trip March 18 to 21 to San Francisco to visit relatives.

The Youngbloods' Cougar Bend mill has been closed down the past two weeks because of the seasonal wet weather. It was to resume operations Monday.

The Bennett family finished moving last week to Springfield. Mr. and Mrs. Wm. Simons are driving a new car.

Mrs. Jeanne Morton opened the mammoth chicken egg she has had on display. It contained 4 yolks. Another complete hard shell egg was inside the first one.

Sandra and "Tena" Carlson of Cottage Grove spent the week end with their aunt Mrs. Jeanne Morton.

Mr. and Mrs. E. M. McEwen enjoyed having two of their four children, and their families to spend Easter with them, Mr. and Mrs. Kenneth McEwen of Portland and four children and Mr. and Mrs. R. L. Cantwell and baby of Leaburg.

Joe Crepeau of Hebron conducted Easter services at London Church of Christ Sunday.

Mr. and Mrs. George Scott, missionaries from Capetown, Africa, formerly of Santa Rosa, California, are visiting Mr. and Mrs. S. Thomas Clark this week. Mr. Scott gave an interesting talk Easter Sunday evening at London church on life and experiences in Africa and will speak again Wednesday evening at the Church of Christ in Cottage Grove.

Mr. and Mrs. Bob Seidel and daughter Marion of Blue Mountain, and Mrs. Seidel's brother, Mr. and Mrs. W. E. Westerfield and two children of Owensboro, Ky., attended Easter services at London.

Lavelle Burleson attended East-

er services in Cottage Grove and had dinner with Mr. and Mrs. Jess Campbell.

Mr. and Mrs. Geo. Gunn have sold their place to some people from Tillamook and will build on an acreage near Cottage Grove. They will move about May.

Mr. and Mrs. James Landon and baby and Mr. and Mrs. Sam Medford had Easter dinner with Mr. and Mrs. R. W. Beatty.

Mrs. S. Thomas Clark entertained at dinner Sunday for Mr. and Mrs. Geo. Scott and Mr. and Mrs. J. E. Banton.

Mr. Clark conducted Easter services in Grants Pass.

Warren Warwick of San Francisco visited Friday and Sunday with his uncle, Mr. Charlie Woods.

Mr. and Mrs. Charles D. Woods were down from Corvallis for their Easter vacation from school.

Mr. and Mrs. Leslie Anderson returned from California Sunday.

Dale Cox is back from his visit to Washington, D. C., and reports he doesn't like it back there. He was accompanied home by his brother Forrest for a visit.

Mrs. Lorene Geer and two children were out from Cottage Grove to spend Easter at the home of Mr. and Mrs. Joe Geer.

Mr. and Mrs. "Pat" Garman spent Easter with Mr. and Mrs. Charlie Powell.

**A STRONG
AMERICA IS
A PEACEFUL
AMERICA**

VISIT ARMY DAY
EXHIBITS APRIL 6

**Cottage Grove
Roller Rink**

Kiddies from Dairyland
STORY BOOK

Do not let the April rain,
Make you chill or bring you pain.
Here's the health-drink you should get
To protect you from the wet.
GROVE MAID MILK

Grove Maid Dairy
PASTEURIZED & HOMOGENIZED
MILK & CREAM
PHONE 321 505 S. 5th ST.

AUSTRALIA ALLOCATES FUNDS FOR EDUCATION

PARIS—Students and school systems in eight South-East Asia countries have been given a helping hand by an allocation of some \$300,000 by the Government of Australia, the United Nations Educational, Scientific and Cultural Organization reports.

Unesco officials, calling the allocation an important contribution to their campaign of cultural reconstruction in war-damaged countries, say that the money will be used for scholarships and educational supplies.

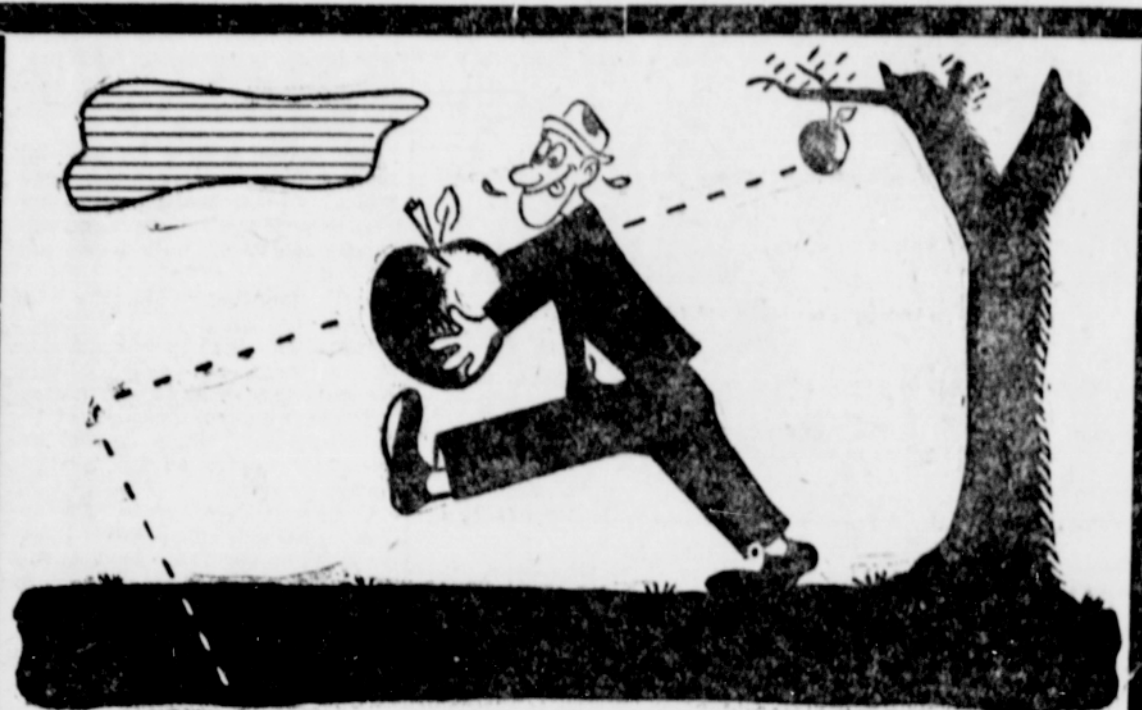
Your Cannon Company No. 162 needs 25 men. Can you qualify?

SHOP STEELE'S

For your everyday needs—Groceries, Fresh Meat, Notions, School Supplies, Cold Drinks, Fresh Vegetables, Locker Box Supplies. Our prices are right — Give us a call.

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Grocery & Lockers
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why take less...
when you can have more!

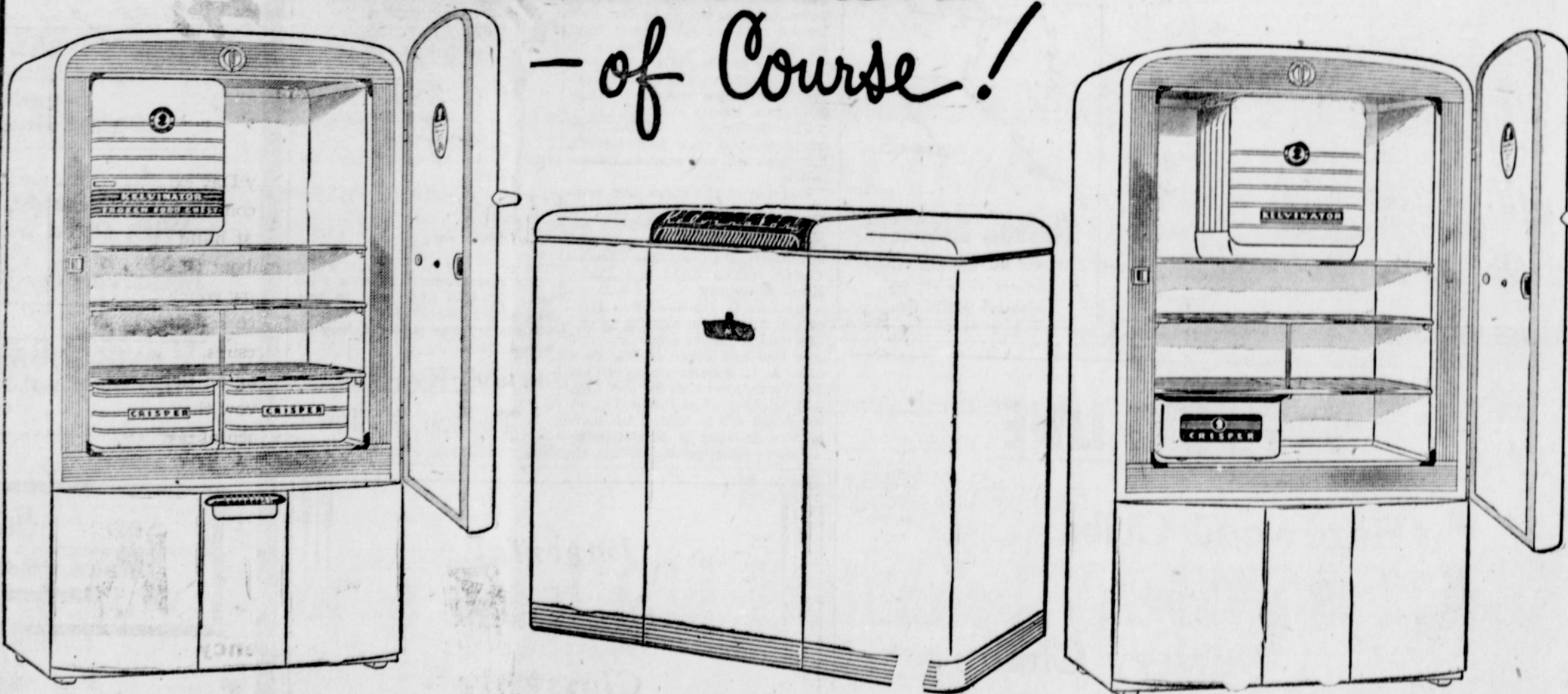
None of us are satisfied to continue on with today's shortages... especially when we can have more. Only through a system of free and private enterprise that is business managed can we hope to overcome the obstacles facing us today. Socialism and communism, while promising great things, are the first step back towards the dark ages and privation. Why take less, when you can have more!

Mountain States Power Co.

"A Self-Supporting, Tax-Paying, Private Enterprise"

Kelvinator

- of Course!



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5c & 10c & \$1.00

