

Vitamin C Said To Greatly Aid Growth, Health

Through experiment station research at Oregon State College and extension activities through the state, nutritional developments with vitamin C are being passed along to homemakers, according to Miss Lucy A. Case, extension nutritionist. Recently Miss Case carried out a demonstration called "Keeping Fit with Vitamin C" in the Olney branch hall near Astoria.

She named air, heat and water as the common enemies of vitamin C. Miss Jean Starker, emergency assistant in Clatsop county, assisted in the demonstration and will develop the vitamin C project in 10 other communities. After summarizing college research, Miss Case explained that the average person needed vitamin C daily to help prevent lowered resistance to bacterial toxins, build and maintain strong bones and teeth, prevent pain and soreness of joints and limbs, prevent hemorrhages and anemia, strengthen walls of blood vessels, aid in healing wounds, hold body cells together, prevent scurvy, prevent irritability, and improve disposition.

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rural grade schools and high schools of Marion, Josephine, Tillamook, Multnomah and Sherman counties by the Oregon State college experiment station. Results tabulated for Marion county indicated that 62 per cent of the grade school children and 79 per cent of the high school children studied were getting too small an amount of vitamin C.

Enforcing Price Regulations Gets Tougher for OPA

Enforcing price regulations is a much tougher job for OPA now than it has been, according to Richard Fendall, chairman of the price control board at Forest Grove. "All of us are weary of control and there's a tendency to let down. However, if we need to watch our ceiling prices on every cost-of-living item we buy—then we're deliberately sacrificing all the gains we have scored up to now in our fight against inflation," Fendall said. "I want to emphasize that OPA's policy is to remove price controls as soon as it is safe to do so—that means when supply begins to approach demand. As to when that will be, that's hard to say. It depends on production. If we can solve our labor difficulties and ease the shortage of materials, OPA can get its hand off the controls. But if we're still in a high gear, on the road to the economic security and prosperity," Fendall stated.

Wire Recording Shown at 4-H Meet

HELVETIA—Wire recording was demonstrated at the 4-H achievement program at Helvetia school. Another feature on the program was Missouri cowboy, Dave West. He sings in the morning at six over KGW. The 4-H safety club met Thursday at the home of Jim Foerster. Members studied their project books and planned activities for the year. The Women's Guild met at the home of Mrs. E. E. Guerber, with Mrs. R. Hornsacker as hostess. At the March meeting Mrs. J. Schneider and Mrs. Stauss will be guests. Yungen Honored—Abe Yungen was honor guest Sunday afternoon at a surprise gathering at his home. Yungen has completed 20 years as a member of the Consistory, and Sunday School teacher in the Helvetia church. Mrs. Don Addington was in charge of the program. A lovely gift for their home was presented to Mr. and Mrs. Yungen by the 60 guests. Mrs. James Davidson and baby moved to Sauvie's Island Monday. Davidson will be employed at the Spenser farm. Mrs. Lovat Davidson has been assisting for the past three weeks at the J. M. Davidson home. Her husband is recuperating from the effects of a badly burned foot.

Death Rate for Highways Upped

Oregon's traffic death rate for the year 1945 was 11.7 persons killed per one hundred million miles of travel, according to Secretary of State Robert S. Farrell Jr. This compares to a rate of 9.7 for 1944. The death rate, showing the number of persons killed in relation to the exposure, now that traffic is heavy on many roads, Farrell said. "For example, volume counts show that where two cars a minute passed a given spot a year ago, from six to 11 cars may pass the same spot now. Obviously, with traffic much heavier, drivers need to exercise greater care in such things as passing, making left or right turns off the highway, turning onto a highway or driving across a highway. Failure to match increased traffic volumes with increased caution is a dominant factor in the rising accident rate." Farrell urged drivers to hold speed down to a reasonable pace, giving due regard to existing traffic conditions.

Which is your philosophy? The rest of the world doesn't give us a break so we'll break the rest of the world. Or, I can help put a broken world right if I start by breaking with wrong.

The way to see eye to eye is to keep on the level with each other.

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In Lieu of Alarm Clock Man Takes Cockerel to City

Ernie Fuord of Farmington, accompanied by his wife, went to Portland recently to spend a few days with his sister. Because he didn't have an alarm clock and just to be sure he wouldn't get too lonesome for the rural life, Mr. Fuord took along his Rhode Island Red rooster.

Several curious city kids played with the bird and finally let it escape from the pen. To make peace with the farmer, the father of the guilty boys paid \$2 for the fowl, but before daylight the cockerel found its way home.

Convention Plans Complete; Junior Clubs Discussed

FARMINGTON—Farmers' Union met at the school Thursday evening with a good attendance. Frank Schulmerich, president, presided at the business session. Mrs. Gent of the Kansas City local gave a talk on Junior Farm Union clubs. Mrs. Freeman will be the junior leader for this local. Plans and arrangements were completed for the state convention. Committee to help with the banquet is Mrs. O. N. Erickson, Mrs. John Haase, Mrs. Ed Freudenthal and Mrs. Freeman Rowe. Six new members were signed up. The upper grade's teacher, Miss Fredora Wollard, spent the week-end at the home of her brother-in-law and sister, Mr. and Mrs. O. L. McClelland in Portland. Mr. and Mrs. Freeman Rowe and family were Sunday dinner guests at the home of his mother, Mrs. Florence Rowe, at Cedar Mill in celebration of Mr. Rowe's birthday. Mrs. Eva Bagnell and Mrs. Edgar Rehse visited with Mrs. Ernest Edwards of Heppner at the home of her brother, John Larson, in Hillsboro last Sunday. There will be no school Monday and Tuesday. The teachers, Miss Mary Koch and Miss Fredora Wollard, will attend the teachers' institute at Reedville. Mr. and Mrs. Arthur Avers and family visited her parents at Tillamook Sunday. Hans Glad of Elk Mountain, Wyo., was a visitor at the O. N. Erickson home Sunday. Mrs. Nathan West's father, A. A. Yearian of Weiser, Idaho, who has been visiting the Weston family, left last week to visit another daughter, Mrs. C. J. Keeling at Tacoma, Wash. Mrs. Harold Meyers has been ill. Mrs. Laurel Miller and daughter, Anna, left Thursday evening for their home at Baker. One Mrs. Miller has been staying at the home of her cousin, Mrs. Edgar Rehse. Her father, J. L. Eastman, who is ill in a Hillsboro hospital, is making a satisfactory recovery.

Conference Post Given Local Girl

Miss Betty Jean Vandamelen, freshman in home economics at Oregon State college, and daughter of Mr. and Mrs. J. L. Vandamelen of Mountaineer, has been appointed campus chairman of the Oregon Girls' conference, which is being held at Oregon State college this year on February 23 and 24. The conference will be held in the Methodist church on the college campus and is for all high school and college age girls. A minimum attendance of 250 girls is planned. Miss Vandamelen will help with sleeping arrangements and will arrange recreation for the girls. She is also corresponding secretary for the organization. Her mother, Mrs. J. L. Vandamelen, will be a guest at the conference.

Quake Felt Slightly At Mountaineer

MOUNTAINEER—Several homes reported feeling the earthquake Thursday night. Light fixtures and windows were shaken. Don McCourt, who recently bought the Roy Walters home, said it last week and will be leaving soon.

Cedar Mill Building Under Construction

CEDAR MILL—Cedar Mill Lumber and Hardware company is being constructed on the James Perin property purchased from Mrs. Straw. Mr. and Mrs. Clark Coffelt's son has been home on furlough from the army. Mrs. Fred Langford spent the week-end at Eugene. Mrs. Mabel Straw and son are moving to their home west of Beaverton next week. The Coffelt family is moving to Hillsboro. They sold their home here. Miss Clara Schmit of Forsyth, Mo., visited with Mrs. Straw. Mrs. S. Hoak and baby, Janet, are at home.

Woodworkers To Meet

An open meeting has been scheduled for Tuesday, February 26, at 8 p. m. in the orange hall at Forest Grove when speakers will explain the advantages of one organization for the purpose of collective bargaining, according to IWA-CIO local.

We can't plan soundly for a new economy unless we have foundations of a new morality.

Convention Plans Complete; Junior Clubs Discussed

Paul William was the name given to the infant son of Mr. and Mrs. William Herb. He was born February 20 and is the first son. They have five daughters. He is also the 28th grandchild of Mr. and Mrs. Charles Herb. Cecil Herb, Anthony Vandomelen, Francis Hertel, Howard Vandenberg and Maurice Herinx were among the 25 members initiated into the Catholic Order of Foresters at Verboort February 10. A banquet was served in the evening at the C.O.F. to 150 guests. Herman Franzer cut an artery in his foot while cutting wood. Hermans Visits—Wilfred Hermans, F. I. C. son of Mr. and Mrs. Joe Hermans of Yamhill, has been visiting his grandmother, Mrs. Antone Vandehy. He recently returned from overseas and is on a 30-day leave. Mr. and Mrs. Henry Herb and Mr. and Mrs. J. E. Nielsen spent a few days with their brother-in-law and sister, Mr. and Mrs. W. Witt of Garibaldi. Mr. Witt was injured while working in the woods last October and is still in bed but is improving. Ross Arthur, infant son of Mr. and Mrs. Maurice VanLoos of Cornelius, is the ninth grandchild of Mr. and Mrs. Antone Vandehy. She also has 92 grandchildren. Maller Discharged—Mc Russell Maller, son of Mr. and Mrs. Harry Maller, received his discharge from the army February 7. He served 26 months and received the purple heart and two battle stars in the Italian campaign. Teresa Marie was the name given to the infant daughter of Mr. and Mrs. Lambert Heesacker. She was born February 2. Donald Nielsen, son of Mr. and Mrs. J. E. Nielsen (Bill) of Stayton, left for Fort Lewis, February 8, after visiting with his grandparents, Mr. and Mrs. Charles Herb, and other relatives. He enlisted in the army. A large crowd from here attended the wedding dance of Mr. and Mrs. Willie Herinx at the Grange hall in Hillsboro Thursday night. It's not where you are living that matters. It's how you are living there.

Date Changed for Roy Card Party

ROY—The date for the next card party has been changed to February 28 instead of March as originally scheduled. Fifteen tables of cards and bingo were played at the last card party sponsored by the Altar Society. Winners in 500 were LaDoris Gray, Helen Crumman, second; Ida Hermans, men's first, George Soering, second, William Vandomelen, John Reimers and Fred Herb tied for battery. Lois Vanderzanden had high score.

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Baby Shoes

A new craft project which has become a fad at the Army Air Forces Station hospital, Bradley Field, Conn., is making baby shoes from felt. Convalescing servicemen prefer white or ecru felt lined with contrasting wool yarn. Instruction is given by an American Red Cross arts and skills worker, who is in charge of conducting part of the recreation program.

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Bird's-Eye View of America

A fellow took an aerial photograph of our town, and it makes the place look like Utopia. Folks argued that the new farmhouse would never look well beside the old Town Hall. But they harmonize perfectly from the air. One side of the railroad tracks looks as good as the other. All the different landmarks blend in nicely with surroundings.

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vote one way, some another; some enjoy a glass of beer and others don't. You might think there was a lot of reason for friction. But it's all in your point of view. Get up high enough—see the community as a whole—and those little discords blend together into what we call America—a free, harmonious land. The differences only look big to people who see them from too close!

From where I sit, there's a lesson in that photograph. A community's made up of different elements—people as well as landmarks. Some

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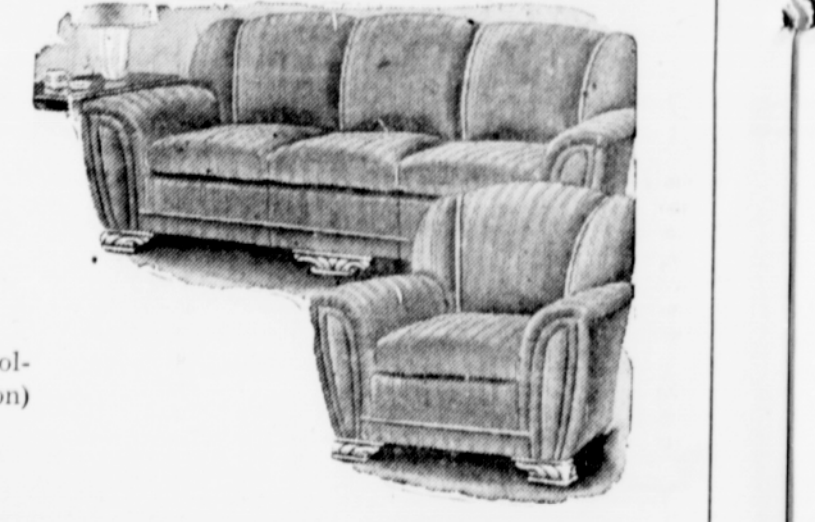
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