

OVERNIGHT TRIP PLANNED BY CLUB

An overnight camping trip for the 4-H forestry clubs of the county is being planned for July 26-27 by R. C. Kuehner, club director.

The group will go up the Willamette, probably below River's Edge campsite where the trip was made last year. There are some 250 in the forestry clubs of the county and last year about 75 attended the overnight trip. The boys last year did some work in improving the camp site and other needed tasks and a similar program will be carried out this year.

It is planned to have the boys go to camp at 10 a. m. July 26 and stay overnight, the girls to come up the next day. As many fathers as possible are being urged to go with their boys.

Each boy is to take his own cooking and eating utensils as well as food. Each club is to arrange for transportation within its membership, each boy sharing on the expense of gas and oil. Each boy is to take two blankets, the group airing up after getting into camp.

Mr. Kuehner is mapping out a program that the boys be real foresters. The group will go up the Willamette to Lowell bridge, then up the main highway to Oakridge, following the signs.

Further details on equipment and food will be announced later by Mr. Kuehner.

Contest On Fire Control Is Begun

A contest among 4-H club boys and girls of Lane county to eliminate fire hazards of the farm and home has been launched, according to R. C. Kuehner, county club agent.

The county contest ends October 15 and the state on October 31. The county prizes will be a gold badge of honor to each boy and girl winners, and the state prize consists of scholarships to be awarded to each the winning boy and girl. Certificates of achievement will be written from the state fire chief's office to be given each boy and girl completing the project.

A bulletin is to be given the boys and girls explaining the fire hazards and suggestions on methods to eliminate such hazards. Hazards listed include: chimneys; fireplaces, and flues; matches and smoking; hot ashes and coals; rubbish and litter; clean roofs; lightning equipment; electric wiring and equipment; kerosene, oil, and gasoline; grass and brush; spontaneous combustion.

Some suggestions listed for fire control in the bulletin include hand extinguishers, ladders, water barrel and pails, water under pressure and hose, fire signals.

YOUR CHILDREN By OLIVE ROBERTS BARTON

If a child is too thin, if he is nervous, a bad color and stooped-shouldered, I should take him at once to the doctor and stop trying to guess the cause.

Many mothers with such children begin to worry about worms. If they don't, some of the neighbors suggest it. Then there is a trip to the drugstore and some sort of vermifuge is bought and administered to the supposed sufferer.

This is, of course, wrong. In the first place, the chances are largely against it being worms. In the second place if that is the trouble the prescribing should be done by a doctor. I have seen several of such cases in my life, where home diagnosing and prescribing did harm. There are several good vermifuges on the market but the amount of dosage depends upon many things and it takes a doctor to determine what and when one is needed.

What causes loss of weight, color and good posture in a child?

If he is getting the variety of foods he needs, regular wholesome meals, milk, vegetables, fruits, starches, fat, carbohydrates (sugar and starches), cereals, bread and good fresh meat, eggs or fish, the usual varied diet necessary to health—if all these things are regular and he is not stuffing on sweets between meals to take away his appetite, then there is something else wrong.

On such a diet he should not be a victim of malnutrition, but he may be.

Because malnutrition does not depend altogether on what he eats. It is what he digests that counts. Many children from the best of homes who receive daily a carefully thought-out diet are still undernourished because they cannot digest.

Infections Cause Trouble

The causes of failure to take care of food are many. Perhaps one of the most common is a chronic infection somewhere. An infection that empties its poison into the blood stream and thereby rills the blood of its ability to absorb and distribute needed nourishment to the body, is something to be looked into.

The doctor will make a careful examination of the mouth and throat and nose, the most common sources of trouble. If he discovers no focus of infection there he may be able to locate it elsewhere.

Bad tonsils or teeth may be accountable, or a nose or ear condition not suspected. Infection does not necessarily mean soreness or pain. Sometimes a severe illness leaves an obscure infection that only professional tests will bring to light.

Nervousness Is Injurious

Nervous children, children who are getting too little rest and sleep, and those who are sensitive and high-strung are frequently underweight. When nerves tighten, the stomach, intestines and other digestive organs cannot do their work and too little food is digested and absorbed. Sometimes the blood itself loses the property of attracting needed chemicals.

The proper thing to do is to have a child weighed regularly—say once a month. If he is losing, or not gaining at least a little, if he is plainly a "fatigue" child, regardless of his appetite I should certainly see a doctor. Never let it run on.

SPRINGFIELD NEWS NOTES

SPRINGFIELD, July 19.—(Special)—Fortnightly meeting of Tuka circle, Ladies of the G. A. R., will be held Thursday evening at 8 o'clock at the home of Mrs. Nellie Carr, Fourth and D streets.

DOCK REPAIRED
SPRINGFIELD, July 19.—(Special)—The dock over the millrace at the Booth-Kelly mill is being repaired this week. New timbers are being put in to replace several badly worn ones.

LIONS CLUB PICNIC
SPRINGFIELD, July 19.—(Special)—Lions and their families and guests will picnic at Riverside park

next Friday evening, according to plans being made by Larson Wright, Niel Pollard, and E. F. Stuart. A feature of the affair will be a kiltball game, the first of a series of three to be played by members of the club. The potluck dinner will begin at 6:30.

Irene Jeter, Matt Hart Are Married

SPRINGFIELD, July 19.—(Special)—Miss Irene Jeter, daughter of Mrs. Florence Riger of Mabel, and Matt Hart, son of Mr. and Mrs. James Hart of the upper McKenzie, were married at a quiet ceremony Friday, July 14, at the home of Rev.

Marion McQuarrie, pastor of the First Christian church in Centralia, Washington.

The couple were attended by the groom's brother-in-law and sister, Mr. and Mrs. Paul Peyton. Following the ceremony Mr. and Mrs. Hart returned to Springfield via Padina lake and Bend. They are at home in the Six Moe residence on East Main street between 9th and 10th streets.

Both Mr. and Mrs. Hart are well known here. Mr. Hart is proprietor of a service station and Mrs. Hart has been office assistant for Dr. W. N. Dow for several months. She is a graduate of Springfield high school.

MEETINGS FOLLOW SOCIAL

SPRINGFIELD, July 19.—(Special)—The weekly social of the Christian church will be held Thursday evening at the church at 8:30. Following the potluck supper and worship

hour, the senior missionary society will hold a meeting, at which Mrs. D. O. Peterson will report on the Turner Sunday school convention held recently. Miss Altie Manning and Mrs. Nellie Pyne will report on plans which have been made for the coming year. The devotionals will be led by Miss Clara Jones, and Mrs. Elsie Pollard will be in charge of the program. The Hattie Mitchell missionary circle will also meet at 8 o'clock, at the home of Irene Anderson, for installation of officers. The program will be led by Pearl Helterbrand.

RETURN FROM TRIP

SPRINGFIELD, July 19.—(Special)—Miss Eunice Gerber, Miss Eleanor Smith, Miss Lou Nelson of Westfir, and Miss Joey Hardie of Astoria returned Tuesday evening from a six weeks trip to the Century of Progress, Niagara Falls, Washington, D.

C. Mammoth Cave and other places of interest in the east and south. They came up the coast from California to Newport, where they were joined by Al Smith, who will visit here. Miss Nelson and Miss Hardie will go to Westfir in a few days.

ON VACATION

SPRINGFIELD, July 19.—(Special)—Dr. and Mrs. W. C. Rebban are vacationing at the Sign of the Fir at McKenzie Bridge. They are to be joined in a few days by Mr. and Mrs. D. B. Murphy, and the party will go to eastern Oregon on a fishing trip.

PERSONAL ITEMS

SPRINGFIELD, July 19.—(Special)—Miss Ada Porter of Chicago arrived this past week-end to visit with her sister, Mrs. Dean C. Poin-dexter, for several weeks. Miss Porter

also visited here last summer. Thelma Sweney, Arnell Arnold and Florence Parvin returned this past week-end from a six-weeks trip to the Century of Progress in Chicago. Before returning they went to Washington, D. C., and traveled through the southern states. The other members of their party are expected to return sometime this week. Mrs. Wray of Portland visited with friends in Springfield Monday.

Mr. and Mrs. Ernest Lyons of Bend visited in the city Monday. They were formerly in the seed business here.

Mr. and Mrs. Fred Hawk of Riverside, Cal., are visiting with Mr. Hawk's parents, Mr. and Mrs. Wallace Hawk.

VISITS HERE

SPRINGFIELD, July 19.—(Special)—Mrs. Silas Gay and daughters,

Lois and Bernice, are visiting relatives and friends here for a few days. Their home is in Silverton.

Ph. S. E. Stevens for piano

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