

BYE, BYE, BITTERNESS

By John Edwin Price
In your personal job of making the most of you it has doubtless often occurred to you that besides performing a surgical operation on your fears there is something else which should be eliminated. It sometimes grows on the personality as an off-shoot of fear.

If it hasn't occurred to you there being none of it in you, then you may have read of it. I refer to, Bitterness. If we cannot prove at once our superiority to the thing, person or condition we fear there is a tendency to become embittered. To permit ourselves to become bitten with

bitterness doesn't conquer anything or spite anybody. It only makes sore spots in the soul, and sometimes in the body as well. The hurt of holding bitterness in the heart usually registers in the face of the one harboring this crabby mental attitude.

We have been told that bitterness causes tension of nerves. Nerve tension prevents organs and glands from properly functioning. Loss of sleep is one of the penalties of harboring bitterness. Loss of appetite soon follows loss of sleep and ere long the health is broken.

Saint Paul was talking sense when he said "Let your clamor and bitterness and evil speaking be put away from you with all malice."

But the troubled soul finds it hard not to hate. Plans have been frustrated. Friends have helped the opposition. Conditions have been unkind.

In such an hour the advice of the sages and seers has ever been "Seek the quietness and power that comes from communion with the spiritual source of your spiritual self."

Hawgavel has admitted:

"Thou layest Thy hand on the fluttering heart,
And sayest 'Be still,'
The silence and shadows are only
part,
Of Thy sweet will,

Thy presence is with me and where
Thou art,
I fear no ill."

Along the same line George Fox advises, "Be still and cool in thy mind and spirit from thy own thots, and then thou wilt feel the principle of God, from whom life comes; where by thou mayest receive His strength and power to allay all blustering storms and tempests. That is it which works up into patience, into stayedness into quietness, up to God with His power. Therefore be still awhile from thy own thots, searching, seeking, desiring and imaginings and be stayed in the principle of God in thee that it may raise thy mind up to God and thou wilt find strength in Him."

LIFE AND DEATH BATTLE

Agriculture faces trying times. Only one thing is certain. It will be many a day before any substantial measure of stability or security is again attained. The farmer like every one else is being swept forward on the crest of wartime economy. Costs are rising around him like angry seas. He is threatened by a labor trek from farm to shipyard unless he pays wages few farmers can pay and stay in business. The cost of everything he buys from wearing apparel to tractors is steadily inching upwards. The farmer must in some measure meet these rising costs by increasing the selling price of his products.

There is no doubt that agencies such as the farmer-owned marketing cooperatives will play a vital part in this life and death battle. Members of the marketing co-ops have found in the past that their marketing problems diminish remarkably when placed in the hands of these organizations of their own making that have no aim in view other than stable markets and fair prices for farm products. They will find them doubly valuable in the future.

CONTENTMENT

Contentment in old age isn't simply a matter of a roof over your head and three meals a day. Contentment involves above all else, the factor of independence, independence from charity, from relatives, from government relief. It means economic self-security.

One of the great tragedies of life is the number of men and women who reach old age entirely without financial resources of their own. They feel that they are a burden to others even though that feeling is not justified.

Today millions of Americans are making certain that this won't be their lot. They are building old age security thru life insurance and other systematic savings plans. In old age these far sighted people will really know the meaning of contentment.

Profitable market outlets are the key to further development of the canned or processed fruit and vegetable industry in this state according to an extension report on "Some Economic Considerations of Marketing Oregon Fruits and Vegetables Thru Cooperative Canning Associations," just issued as station bulletin No. 377 at Oregon state college. The report is the result of a thorough study made by Dr. D. B. DeLoach associate agronomist of the experiment station and Charles W. Peters research assistant.

The production of fruits and vegetables for canning and cold packing has increased rapidly in Oregon as this enterprise fits in well with the soil and climatic resources of this state and with the need for producing agricultural products of high value in relation to transportation costs. The production of these crops is now carried on commercially in 18 of Oregon's 36 counties. Nine of these counties are in the Willamette valley, three are in southern Oregon, two in the Columbia basin and four are farther east.

This industry is especially significant in the future development of the state since these crops require an intensive use of land and an extensive use of labor and therefore are suited to small farming units, the authors point out. Oregon is particularly favored by the ability to pro-

duce fruits and vegetables of a superior quality and a high yield per acre.

The study revealed however that before Oregon can compete in the distant major consuming centers with the processing plants nearby, plants in this state must be able to produce either a quality superior enough to command a higher price or must produce equal quality at lower cost so as to compensate for the extra freight charges.

The study was made principally in connection with nine fruit and vegetable canning associations although due consideration was given to 52 commercial canning concerns in the state. It was found that with the exception of corn and tomatoes the pack of Oregon fruits and vegetables is marketed mainly outside of the Pacific northwest.

Potato Diversion Plan Started by Oregon AAA

Arrangements for Oregon participation in the potato diversion program were made in Klamath Falls at a conference of representatives of interested agencies and application blanks have already been mailed to growers in Crook, Deschutes and Klamath counties and in Siskiyou and Modoc counties in California reports N. C. Donaldson state executive officer of the AAA at Oregon state col-

lege.

For stock feed but renders them unsalable for table use.

There were 1177 deaths in Oregon in January of this year the public health research department of an Oregon Life insurance company reports.

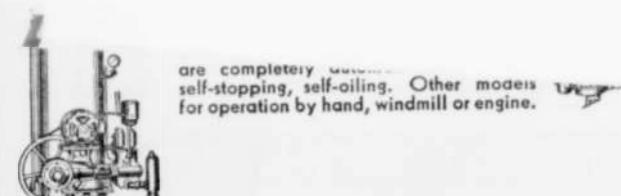
NOTICE TO CREDITORS

Notice is hereby given that the undersigned has been duly appointed Executor of the estate of Rosa D. DeShazer, deceased, and any and all persons having claims against the said estate are hereby required to present said claims, duly verified as by law required at the office of his attorney, Fred A. Miller, Room 209, Court House, Oregon City, in Clackamas County, Oregon, within six months from the date of this notice.

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GEOERGE A. BAKER, Executor of the estate of Rosa D. DeShazer, deceased.
Fred A. Miller,
Address: Room 209, Court House Oregon City, Oregon.
Attorney for Executor.



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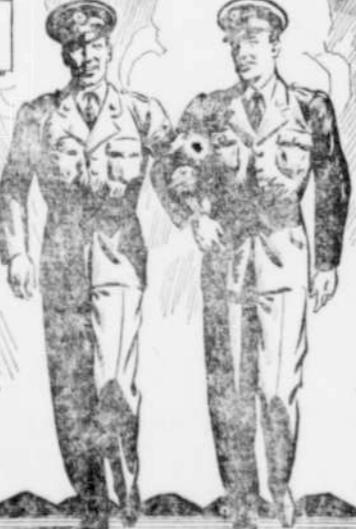
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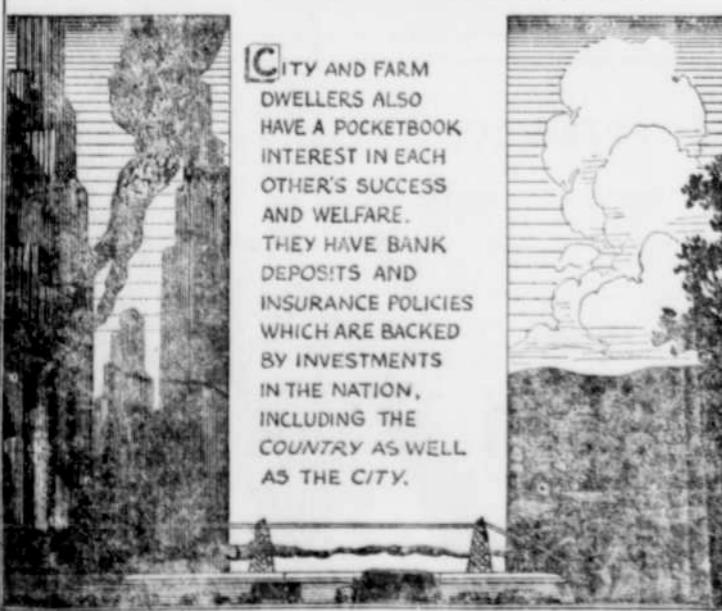
OUR DEMOCRACY

by Mat

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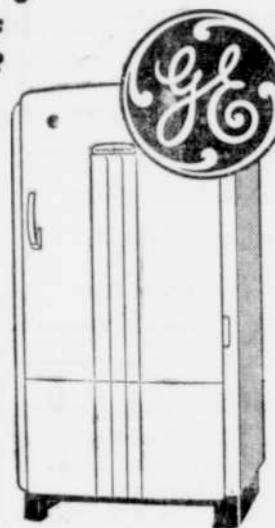
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