

# Illinois Valley News

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M. C. ATMEY Editor

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## MEETING "PROSPERITY"

Beginning the New Year where can our philosophy of thought, "Meeting Prosperity" fit in? What can we do to help win the war? What can we do to help make living as pleasant as possible under the strain of an all-out world war forced upon us?

In the first place, everything we do must be done with a clear thought, and a staunch thought that it will be successful. It must be successful. There can not be the slightest doubt about that.

Start your New Year thinking that our military forces will be successful wherever they are. Sincerely believe this, and when your thinking becomes sufficiently strong this thought will automatically be transferred to the boys you want to help. They catch the thought just as surely as if it was transmitted to them over the radio.

Certainly there can be no doubt that eventually the United States will be successful in every military venture. We may have a few reverses, but they will be few. We have the raw materials, and have the manufacturing plants to make weapons of war out of the raw materials, and the man-power to run the manufacturing plants. In fact we have everything that is necessary—Even the psychology of thought—So there can be no doubt of the ultimate outcome.

However, we must utilize every source, so let's use our thoughts and work them overtime. They will materially help production—Help the boys on the fighting fronts—Help our own morale at home. Start thinking success, constructive success for every war endeavor, especially for the boys on the fighting fronts. Think it earnestly, don't let the word "doubt" enter for a second, even in reverses. According to America's thought will depend the outcome. That should be plain to everyone. As we think, so we are. Therefore, in the first place, our thoughts will definitely help win the war.

In the second place—you may not believe this, but I give you my word it works—when you begin thinking constructively as we have suggested above, your own troubles at home will become as nothing—you will throw them off as easily as a duck does water. Our troubles at home are insignificant compared to what the boys on the fighting fronts are going up

## THE POCKETBOOK OF KNOWLEDGE BY TOPPS

A RECENT DEVELOPMENT IS A PORTABLE REFRIGERATOR WITH A MOTOR THAT CAN BE RUN BY EITHER GASOLINE OR ELECTRICITY. IT CAN BE USED ANYWHERE—ON SHIP OVERSEAS, AND IN ISOLATED OUTPOSTS.

AIRPLANE WELDERS HAVE PAINTED EERIE MASKS ON THEIR WELDING HOODS—LIKE THE ABORIGINES WHO DID IT FOR POWER. THEY CALL THESE "DEATH MASKS." ONE WAY OF PUTTING THE HOODS ON NITLER.

BANANAS ARE ONE OF THE WORLD'S OLDEST CULTIVATED CROPS. THEY WERE MENTIONED IN CHINESE WRITINGS 3,000 YEARS AGO.

THE BLOSSOM END OF AN ORANGE IS "SWEEETER" THAN THE STEM END.

A DRINKING GLASS THAT BOUNCES LIKE A BALL IS SOLVING A BREAKAGE PROBLEM FOR THE ARMY. HERETOFORE, 50 GLASSES A DAY WERE SMASHED BY SOLDIERS.

## TOUGHER GOING AHEAD



against. We are living in the proverbial land of milk and honey in comparison.

Continually send your thoughts of victory and success to the boys you know personally in the armed forces. Send them often. They will receive them, never doubt, and it will give them strength and courage to know that you are literally walking, fighting with them in every battle. The same thoughts make it a certainty that we will be satisfied with what we have at home.

## OREGON'S MENTAL HOSPITALS

The Oregon League of Women Voters are making a determined effort to see that something is done about our mental hospitals in improving conditions.

The women ask the question: "Can Oregon be considered a modern state when its institutions are operating on antiquated standards?" They say not when it is possible for Time magazine to publish the following comment:

"The hydrangea hedges, the big round beds of pansies, a fountain tinkling outside the main entrance of the institution where Oregon houses 3,000 of its mental patients, make its externals pleasing to the eye. But any Oregonian who knows enough to make comparisons is shocked by the interior of this mid-Victorian (1883) Bedlam. Its 3,000 patients are 1,000 more than facilities properly can care for. Two toilets, seatless and of vintage unknown, must serve 60 men, 62 women share one metal wash basin."

"Thanks to conscientious Dr. John C. Evans, superintendent, the institution is clean. But thanks to Oregon's legislature and public neglect, the State spends scarcely more than half as much money per patient per month as neighboring California, leaves its institution's superintendent to cope as best he may with too many patients, too small a staff. At a cost of 47 deaths, Oregon may learn to take better care of her insane."

The present session of the state legislature will have a hot potato thrown in its lap over the affairs of our mental hospitals, and the women are expecting them to do something about it. We're for the women. Go after 'em, ladies, and may you succeed.

## CEREALS WILL BE PLENTIFUL IN 1943

"Ring out the old, ring in the new," is a New Year's slogan, as applicable to the family food supply as in other fields, says Miss Ruth Crawford, chairman of the Josephine County Nutrition Committee for Defense. This is the traditional time for reviewing the past, looking to the future, and for making resolutions, she says.

Despite the beginnings of rationing and a few shortages, diets in this country were better for the past two years than for the previous five years. Reasons were that many families had more money to spend for food, while many others spent what they had more wisely as a result of the national nutrition campaign.

In 1943, however, more money to buy food and more interest in good nutrition will not be enough to insure better diets. Civilians will be unable to get as much of some important foods such as meat, butter, milk and many vegetables and fruits as they would be

able and willing to buy.

Cereals will be plentiful in 1943. Fats and oils will be somewhat restricted. The family dinner table may not offer as many fried foods, rich gravies, sauces, and oily dressings as in the past year. As for sugar, the sweet tooth will be in the same fix next year as this. Sugar supplies may be smaller because of the transportation situation. Families will probably eat more grain foods, potatoes, and beans for the food energy they have been getting from sugar.

More sweet potatoes and dried beans in 1943, are in prospect because large crops this year supplied a big carry-over, while white potato supplies are not large.

Fresh fruits and vegetables in the new year will depend on crops, labor, and the shipping situation. Restrictions on commercial canning will mean fewer canned fruits and vegetables in the grocery shelves. Family gardens and home food preservation will be more important than ever.

Increased production of poultry and eggs is expected, but the demand will be tremendous. Ration-

ing of meat is promised so whatever the supply is, all will get a fair share.

The total milk supply will be about the same but probably less will be available for civilians.

In the light of these predictions, here are four appropriate resolutions for the homemaker suggested by Miss Crawford:

Resolved: To learn enough about food values, so I can keep my family's meals up to the best possible standard in spite of wartime shortages.

Resolved: To waste no food. Resolved: To overcome prejudices and superstitions about foods in order to take advantage of all foods on the market.

Resolved: To grow and raise as much of my family's food as possible if I have the land and "know-how."

## WAR RATIONING

SUGAR—Stamp No. 10 in Book 1, good for three pounds, expires January 31, 1943.

COFFEE—Stamp No. 28 in Book 1, good for one pound, effective to February 8. (For bookholders 15 years of age or over only).

GASOLINE—Stamps numbered 3 each good for four gallons (total 32 gallons) effective December 1 to January 21, 1943.

TIRES—Inspection dates: Cars with license numbers from 1 to 110,000 prior to December 26; 110,000 to 140,000, between December 26 and January 2; 140,000 to 170,000, January 2 to 9; 170,000 to 200,000, January 9 to 16; 200,000 to 250,000, January 16 to 23; 250,000 and above, January 23 to 31.

## CHURCHES

### CAVE JUNCTION COMMUNITY CHURCH

Sunday school 10 to 11 a. m.  
Church services 11 to 12 a. m.  
Senior Bible study, 7:45.  
C. Y. P. S. meeting ..... 7:45  
All young people invited.  
Bible class in side room ..... 7:45  
Geo. H. Gray, Pastor.

### BRIDGEVIEW COMMUNITY CHURCH

Sunday school, 10 a. m.  
Morning worship, 11 a. m.  
Young People's service, 7:45 p. m.  
Evening service, 8:15 p. m.  
Prayer meeting Wednesday, 8 p. m.

### ILLINOIS VALLEY CHURCH OF SEVENTH DAY ADVENTISTS

Sabbath School at 9:30 a. m.  
Prayer Service 11:00 a. m.  
Prayer meeting Wednesday at 7:30 p. m.

You are invited to meet with us.  
Lynn Jolliffe, elder, Cave Junction.

### KERBY SUNDAY SCHOOL

Sunday school at I. O. O. F. hall, 9:45 a. m.

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