



WOOL GROWERS ASSOCIATION SELLS WOOL

Members will no doubt be glad to know that the association sold a lot of coarse low quarter blood wool direct to mills at 18 cents per pound. This is the grade of wool which is quoted in local newspapers at 10 cents a pound. The association has also sold another good sized lot of wool direct to mills at the highest price in the state for wool this year. This sale was average $\frac{3}{4}$ blood at 22 $\frac{1}{2}$ cents. Other mill sales have been defective low $\frac{1}{4}$ at 15 $\frac{1}{2}$ cents, average $\frac{1}{4}$ 10 $\frac{1}{2}$ defective $\frac{1}{4}$ 15 $\frac{1}{2}$ stained $\frac{1}{4}$ 17 average $\frac{1}{4}$ 18 $\frac{1}{2}$ choice high braid 13 $\frac{1}{2}$. All sales are at prices several cents above country quotations and in some instances a cent above Boston quotations. There is a great quantity of braid wools and there is scarcely any demand for such wool, largely on account of the demand for fine clothing. Most of us believe in 100% cooperation or we would not be members of this association which is to mean so much to wool growers of the north-west. A very few members have not sent in their wool. We have written a special letter to them. We are all partners in this enterprise and we are all anxious for its greatest success. This success is reasonably assured if we all work harmoniously in close cooperation. Some of our members not familiar with intricacies of wool selling and market conditions may become impatient and desire more speed in disposing of their wool. Progress along that line is being made as rapidly as is consistent with present market conditions. In wool selling we have encountered some complications from non-members' wool. When we ask 18 cents a pound for quarter blood, mill buyers say that they bought or can buy this same grade from non-members in the country for 12 to 14 cents. Accordingly every non-member competes with us. It is therefore apparent that if every member will put forth a little effort in speaking favorably of the organization and securing new members he will not only help us sell wool to a better advantage but will reduce our selling expense. We can sell four million pounds of wool for much less selling expense proportionately than we can sell two million pounds. We have succeeded in selling all of our mohair at a price ranging from 15 for inferior to over 25 for clean. There is a great deal of propaganda against the association being circulated and it seems to be the disposition of a great many of our members to believe and to repeat everything that they hear against the association. No partner of a firm would ever circulate a report or speak in a manner that would injure his firm's business. The same should be true of the association. Before repeating anything you hear against the success of the association, I will make this request to members. Visit the manager in his office and have a talk with him. He has the figures and facts to show you. Or if you have not the time write him and ask him about these reports you have heard. He will gladly answer you.

There are some few members think they should get their grade sheets. Those grade sheets on an average cost around 15 cents a member and it is our aim to keep down overhead expenses as much as possible and those grade sheets cannot be filled out until the wool is graded and it will not all be graded before about January 1st, then each member will get a grade sheet, when final settlement is made. Some complain of not getting a receipt for their wool—will say that it was the intention of the management to send these receipts, but in some instances have been overlooked; but if you have never received a letter to ship your wool the association has surely already received it, you will hear from your wool in due time.

It is the intention of the management to hold meetings in each director's district after the first of the year, the meetings will be advertised and each member is earnestly requested to attend. There will be a great deal of information for the average wool grower.

J. W. SMITH,
Local Director.

APPLE ANTHRACNOSE BUSY

The recent rainy weather has been highly favorable to the spread of anthracnose in apple orchards. There is still time to spray with Bordeaux 4-4-50 or 6-6-50, which will check this serious fungous disease. Directions for mixing Bordeaux may be had from the O. A. C. Experiment station

OREGON WOOL AND MOHAIR GROWERS CO-OPERATIVE ASSOCIATION DESIRES TO CHANGE ITS NAME

As has been stated before we can handle four million pounds of wool with much less selling expense per pound than we can two million, and in order to obtain this it is necessary to enlarge our territory and include all states in the Pacific North West, and in order to do this we are compelled to change the name.

The name proposed is "Pacific Co-Operative Wool Growers." In order to make this change it is necessary to obtain fifty-one per cent of all members. There are 1805 members, so it will be necessary to get 910 votes in favor of the change. There will be ballots sent each member with instructions and every member should vote. Do not think that there will be enough vote without you voting, but be one who votes and send the vote in.

We are all co-partners in this great enterprise and should all co-operate together for its great success which will be if all members take an interest in the success of the association. Do not think because you have elected a few men as directors to look after the affairs of the association that there is nothing for you members to do. We need your assistance, and with the assistance of all it will be a grand success.

There are a number of valid reasons why all of the wool produced in the North West should be marketed through one organization rather than through the practice of setting up different organizations in different states. Some of these reasons are as follows: Each organization actually becomes a competitor in the same sense that another dealer would be of the association which is already doing business. Each association demands an office equipment similar in size and expense to the one already doing business and this is a duplication of useless expense as there is no need of it. The larger the lots of graded wool which are concentrated under the control of one organization the more attractive they are from the mills standpoint. Mills as well as large dealers would prefer to buy two, three, four or five hundred thousand pounds of one grade than to be forced to purchase the same amount in a number of different localities and graded under different graders. There is a very real reason why Washington and Idaho wool growers should unite with the existing organization, because of the fact that on account of the freight differential in rates to Portland. On account of water competition it is cheaper for wool growers in Boise or Spokane to ship wool to Portland than it is for them to ship to Boston. In other words if they ship wool from Spokane to Boston it costs them the freight rate to Portland plus the freight from Portland to Boston.

We as your board of directors earnestly request the co-operation of all members.

J. W. SMITH,
Local Director.

We Will Get It
You Can Bet It

PYTHIAN
HOME

At

AURORA

BEST SPOT IN
OREGON

Six hundred turkeys will be given as prizes in a big trap shoot to be staged on the grounds of the Eugene Gun Club by the Eugene Lodge of Elks Saturday, December 11. The shoot will be given as a means of increasing the lodge's Christmas charity fund.

The Nevada-California-Oregon Railroad company has filed with the Interstate commerce commission an application for a certificate of public convenience and necessity to enable the company to abandon its line between Hackstaff, Cal., and Lakeview, Or.

When the steamship Nebraska, cleared from Portland last week, it took the last shipment of apples exported by the Oregon Growers' Co-operative association for the 1921 season. This lot will make a total of 131 cars of apples shipped by the association this year.

The white pine blister infestation which has been discovered in British Columbia, will be the subject of a conference to be held in Portland December 19. Because of the seriousness of the pine blister, many leading pathologists of the United States will attend the conference.

There were two fatalities in Oregon due to industrial accidents during the week ending December 1, according to a report prepared by the state industrial accident commission. The victims were H. C. Neal, policeman, McMinnville, and Thomas H. Howard, powder man, Vernonia.

Governor Olcott granted to John L. Rathie and Elvie D. Kirby, alias James Owens, who were to have been hanged in the state penitentiary at Salem Friday for the part they played in the murder of Sheriff T. L. Taylor of Umatilla county in July, 1920, a reprieve until Friday, February 3.

Further increases in the shipments of lumber from the northwest by water is shown by the weekly lumber review for the week ending November 26, issued by the West Coast Lumbermen's association. The report shows that of shipments for the week a total of 45 per cent was shipped by water.

George Hiles, a Medford high school boy, has just received word that he won first prize in the recent national composition contest conducted by the Hampshire Sheep Breeders' association, with headquarters in Chicago. The subject was "Why the Hampshire is the Best Sheep for the Farmer."

Approval will not be given by the board of engineers this year to the request of Portland for a 32-foot project in the Columbia and Willamette rivers to the sea, Major-General Lansing H. Beach informed Senator McNary and General Manager Dodson of the Portland Chamber of Commerce.

Progress with the rotary plow up the Deschutes canyon from Bend is becoming increasingly difficult. A thick coating of ice over the rails, which the rotaries will not affect, is said to be the cause. Hope has been given up for direct railroad communication with The Dalles or Fallbridge before next week.

L. E. Bean, speaker of the house, in a letter received recently by Frank Davey, member of the lower branch of the legislature from Marion county, suggested that the expense of the special session called for December 19 be reduced to the minimum through the elimination of an army of needless clerks and stenographers.

Eastern railroads have concurred in reduction in transcontinental rates on lumber proposed last September by the western roads. Rates from the Pacific coast on carload shipments of lumber to Cincinnati-Detroit territory will be 85 cents a hundredweight, to Pittsburgh-Buffalo territory 88 $\frac{1}{2}$ cents and to the eastern seaboard, 90 cents.

Members of the state industrial accident commission report that many employers of Oregon apparently have no knowledge that a law was enacted at the last session of the legislature providing that children under the age of 18 years cannot be employed legally in hazardous occupations unless they shall have received a permit from the proper authorities. Under the old law the age limit relating to permits was 16 years.

Douglas county timber will be classified according to its cash value at a meeting of timber owners to be held in Portland on December 21. The county cruise is almost completed and the timber owners have decided to divide the timber into groups, basing the segregation on the relative value of the timber. The accessibility of the timber and facilities for marketing will largely form the basis of valuation.

The Women's Home Missionary society closed a two days' session at Salem with the election of the following officers: Mrs. Matthew Simpson Hughes, Portland, honorary president for life; Mrs. William Orville Shephard, Portland, president; Mrs. H. C. Jennings, Butteville, first vice-president; Mrs. George W. Lilly, Portland, second vice-president; Mrs. Kate Burleson, McMinnville, third vice-president; Mrs. T. G. Herme, Medford, fourth vice-president; Mrs. G. L. Alden, Salem, recording secretary; Mrs. E. F. Collins, Portland, recording secretary, and Mrs. K. Staples, Portland, treasurer.

EXERCISE FOR ADULTS

GEORGE J. FISHER, M. D.

THE history of man is that he has always been accustomed to vigorous bodily exercise. Consequently his muscles are numerous and large. About half the body weight is made up by the muscles. Thus they constitute a large part of his being. Furthermore, in his development the muscles came first. Heart, lungs, liver, nervous system, all came later. They came as a result of muscle contraction. When muscles were used in a greater variety of ways then there was need for richer blood, more elaborate digestion, and a nervous system to control them. Half the brain in fact is given over to the care of the muscles. Thus we see that muscles are exceedingly important organs. They are related to all the organs of the body. They are most closely connected with the nerves of the body and are very directly related to the brain. Well-toned, active muscles mean a good heart, strong lungs, good digestion, fine circulation, nervous control, and mental vigor. When the muscles get flabby and lose their tone the blood gets sluggish, the lungs lazy, the nerves lumpy, and the brain dull. You cannot neglect the muscles without feeling the results at many important points.

Now unfortunately most of our work today does not make sufficient demand upon our muscles. A great deal of it is done sitting still or standing still, and we were never made to sit still or stand still. We were made to be physically active. Most of the big muscles are quite closely related to the legs. We should concern ourselves with leg activity. Walking, slow running, leg bending, and body bending, and twisting from the hips are necessary. Note how quickly rapid walking or body bending affects our breathing, the heart rate, and if more prolonged, the digestion. Most of our ailments such as indigestion, short wind, dullness of the head, are due to muscle inactivity. Provide the activity and these will disappear. A brisk walk several times a day, indulgence in some favorite physical game once or twice a week, some muscle calisthenics in morning and evening, a daily sponge bath with a brisk rub will put most of us in excellent condition if practiced regularly. On the other hand to neglect this practice may result in a tendency toward sluggishness, occasional bilious attacks, chronic colds, increase of weight so characteristic now of mid-life, and shallow breathing.

Some of us too are in lines of work which tend to contract the chest, round the shoulders, bring the head forward, or push the lower part of the abdomen downward and forward, and thus lower the tone of muscles and the bodily organs which are closely related to them. In such cases exercises should be taken to counteract these conditions. All exercise should be taken with the head up, shoulders high, chest raised, and back slightly arched; when this is done it helps to keep the body in these positions.

People who may be in occupations which overexert certain parts should by relaxation rest the parts affected. Those who stand a great deal should lie down when resting with feet slightly elevated. Rubbing of the tired parts in the direction toward the heart after a hot bath of the parts followed by cold will relieve the tension and the fatigue.

Most adults need vigorous exercise of the muscles located between the shoulders and the knees. Those who wish a special set of exercises I should advise to secure a copy of the Boy Scout Handbook. The chapter on Health and Endurance contains a good drill for daily use.



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Special

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Saturday December 10th, to the first 100 Kiddies accompanied by their parents will have the privilege of buying a large size balloon for the small sum of 1c. Limit 1 to the Kiddie.

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Canby, Oregon

The work of remodeling and enlarging the Salem postoffice will start within 60 days, according to a telegram received from Senator McNary. The cost of the proposed improvements has not yet been determined definitely.

A terrific wind and rain visited the western section of the state Thursday and did much damage. The storm broke down innumerable telephone and light poles and hundreds of trees, broke plate glass windows and played havoc with signs.

Cargo lumber shipments from the Columbia river during the month of November were quite heavy. According to statistics compiled, 64 vessels loaded at the mills on the river and their combined cargo amounted to 53,527,508 feet of lumber.

Roy Klein, secretary of the Oregon state highway commission, and C. B. McCullough, bridge engineer of the same department, left Salem for Omaha to attend the annual meeting of the National Association of State Highway Officials.

Early to bed
And early to rise,
Stick to your business—
And advertise!