

TENTH MEDICS IN ASHLAND
The 10th Medical Detachment of the 363d Infantry of the 91st Division, Camp White, came to Ashland for a dance at the Ashland USO, Tuesday evening. Buffet supper was served at 7:30. On the menu were deviled eggs, potato salad, cold-meat-cut sandwiches, and coffee, according to Mrs. Jewell Lockhart, assistant director of the Ashland USO.

See us now for Automobile Liability Insurance.
Mrs. M. T. Burns—on the Plaza.

UNLUCKY?



...not half so much as a carelessly thrown match

...or a burning cigarette

KEEP OREGON GREEN
ASSOCIATION
BURNS, OREGON



EVERY FIRE IS AN AXIS FIRE!

WE BELIEVE

by Ruth Taylor

"There is no atheism in the fox holes." To my mind that ringing sentence which came out of the battle fields of the South Pacific is one of the most soul-stirring slogans of the war.

Years ago I heard it phrased slightly differently. One day in mid-ocean when there was a heavy sea rolling steely grey to meet a slightly paler sky a ship's doctor said to me: "No man who follows the sea can be an atheist. Those who live amid storms cannot help but believe in God."

If this war, to which we are giving all that we hold dear were but a struggle between rival nations for power and land - an enlarged gang warfare - there would be no hope for the future. The darkness would cover the earth and it would be as it was before the beginning of time.

But it is not that kind of a war. This is a warfare between those on the one side who believe in God and in the God-given rights of man and those on the other who deny both the sovereignty of God and the free will of man.

In this world there is not sufficient room for those who believe in the dictatorship of the few and the enslavement of the many, to dwell side by side in amity with those who believe in a monotheistic doctrine - whether they be called Protestant Catholic, or Jew. The two methods of life are diametrically opposed to one

another and there is no common meeting ground.

We will win this war because "we fight on God's side", to use the great phrase contributed by an American Negro. All of us have been brought up to say, whether it be in cathedral, church or synagogue - "The Lord is my light and my salvation, whom shall I fear?" We are not fighting from desperation, with secret police dogging our footsteps and a firing squad ever ready for its hapless victims. We are fighting voluntarily that we may live as free men - free to carry out the will of Him whom all of us worship though in divers ways.

We are a God-fearing nation - not fear in the sense of terror, but in a spirit of reverence. We owe allegiance to a God of mercy, to a God of justice. We fight on His side for the liberation of the oppressed and subjugated people. We fight that peace may come again to earth and that children the world over may have a chance to grow strong and healthy in both body and mind, learning to put God before man made rulers, to obey His Commandments and to put into practice that other commandment, "Thou shalt love thy neighbor as thyself."

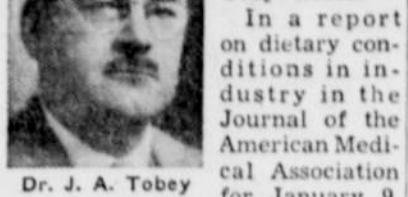
No, there is no atheism in the fox holes. And when the powers of evil are at last vanquished, God grant that the great upsurge of faith will show us the way to make an everlasting peace in which all men will live as brothers acknowledging the fatherhood of God!

PRACTICAL HEALTH HINTS

Victory Meals for War Workers

By Dr. James A. Tobey

EVIDENCE is accumulating that too many war workers do not eat nourishing meals. Often they go to work with little or no breakfast, and they eat sketchy lunches which fail to fulfill body needs.



Dr. J. A. Tobey

In a report on dietary conditions in industry in the Journal of the American Medical Association for January 9, 1943, Dr. Robert S. Goodhart states that tests of numerous meals served in war plants show that many are too low in necessary vitamins.

Sometimes the fault for this condition is poor selection of food by workers; sometimes it is due to poor cooking and preparation of foods. In several New York factories, 77 per cent of the workers' lunches were classified as poor by dietary investigators.

A "poor" lunch is one lacking in two of these three important items: 1) pasteurized milk, 2) a fruit or vegetable, and 3) a main dish of meat or fish. A lunch is

"fair" if it lacks only one of these nutritious items.

When a 30 cent "daily special" lunch in one war plant was analyzed, it was found to supply only about 4 per cent of the vitamin B₁, 6 per cent of the vitamin C, and 27 per cent of the vitamin A needed every day by active workers. This lunch consisted of braised lamb, mashed potatoes, string beans, bread and butter, and coffee with light cream. These are all good foods, but some had suffered in cooking, and the meal needed balancing with other nourishing foods.

An adequate lunch was then selected. Costing only 40 cents, it consisted of braised lamb seasoned with flavored yeast extract, boiled potato, string beans, raw vegetable salad, 2 slices of enriched white bread and butter, and a glass of milk.

This excellent meal actually provided 70 per cent of the vitamin B₁, 48 per cent of the vitamin B₂, 85 per cent of the vitamin C, and 90 per cent of the vitamin A required by the average war worker.

With such meals patriotic Americans can do more efficient work, which will be profitable to them and to the nation at war.

Back the attack by upping your payroll savings your next payday.

THE MINER PRESS FOR QUALITY PRINTING.

OVER-AGE ARMY OFFICERS TO RETIRE SOON

Mandatory Retirement of over-age officers of the Army will become effective September 30, 1943. It has been announced at the headquarters of Major General Kenyon A. Joyce, Commanding General of the Ninth Service Command, at Fort Douglas, Utah.

A recent war Department directive requires that officers who have reached the statutory retirement age will be relieved from active duty not later than September 30.

The statutory age is 60 for officers up to and including the rank of colonel, 62 for brigadier generals and 64 for major generals, lieutenant generals and all officers of the Medical and Chaplain Corps.

Enforced retirement affects a number of officers in the ninth Service Command. Many are occupying key positions on the of large posts, camps and installations. In their assigned duties headquarters staff and in command the benefit of their experience and they are giving the Government judgment gained during long years of faithful and efficient service.

According to the policy announced by the War Department the expansion of the armed forces, Air, Ground and Service, has now reached a point of a gradual leveling off which probably will be completed by the early fall. This leveling off process results for the time being in an overproduction of officers which must be met by the readjustments best calculated to maintain and improve the efficiency of the Army as a whole.

The Government owes a salute to the stout-hearted older officers who volunteered their services at the outbreak of the limited emergency. Their patriotism is evidenced by their leaving the peace and comfort of retirement to take up difficult tasks of war administration or to remain at such tasks after reaching an age when retirement could be accepted.

In the early period of the expansion program there was a shortage of senior officers of experience who could assume positions of extended responsibility. Accordingly, a large number of officers beyond the statutory age for retirement were continued or placed on active duty where they have rendered very valuable service to the nation. However, as other officers have become available to perform these important tasks the War Department states it is now desirable for the general good of the Army to return to an inactive status those officers who have passed the retirement age.

To the officers departing because of the mandatory application of the policy, the Commanding General of the Ninth Service Command, Major General Kenyon A. Joyce, states:

"Your services have been invaluable to the Government and to me. It has been through your generous efforts and devotion to duty that this command has accomplished its part in the stupendous task which the war has imposed on all elements of the armed forces. I regret your departure and wish for you all contentment in your well earned surcease from the trying grind of the war effort."

See us now for Automobile Liability Insurance.
Mrs. M. T. Burns—on the Plaza.

DO IT NOW

When trouble comes to you—and it will, in some form—see that it is lightened by the benefits of adequate insurance.

Let us be your insurance counselors.

Billings Agency

REAL ESTATE and
FIRE INSURANCE
Phone 8781 41 East Main



FOR VICTORY • BUY U. S. WAR BONDS TODAY

WE LIKE IT THE OTHER WAY

If you'd been listening to your radio one evening a few weeks ago, you might have heard a news dispatch, telling of another RAF raid deep into Nazi-held France. This time the target was Le Creusot, site of the great Schneider armament works.

At least that was the main target. But here was something that caught my ear — just a sentence to this effect: "Some of the bombers veered off the course to strike at the Montchanin power station, which supplies electric power for the Schneider armament works and other industries in the vicinity."

A power station! There you are again—proof of the supreme importance of electric power to the production of weapons and war supplies!

But back of that story there must have been another story — a human story of gladness and gratitude on the

part of the enslaved workers in that power station. For them that bombing must have been a liberation. Even though some of them may have died in it, they must have made the sacrifice willingly, for the sake of choking off vital supplies for the oppressors.

Well, that's the Nazi system. Take a man, put him in chains, prod a gun into his back, and make him work.

We like it the other way. Take a man, pay him a decent wage for working hours, reward him for his initiative and skill, give him pleasant working conditions and good tools to do his job with.

And this system has paid out. Today in America's business-managed electric companies, free men are working together for victory and they are producing far more power than all the Axis countries combined.



Save, and help Save America — Buy War Bonds

FREEDOM to us in this country is our greatest heritage—its preservation is our gravest responsibility.

THE CALIFORNIA OREGON POWER COMPANY