

# TOWN AND VICINITY

**Down from Blue River**—S. R. Scott of Blue River was in town Friday.

**Here from Coast**—L. W. Newcombe of Neper spent Tuesday in Springfield.

**Rents House Here**—A. Weinert has rented a house at 9th and L streets from Mrs. L. Wilson.

**Cars of Feed Arrive**—Two carloads of feed were received by the Farmers Union store Monday.

**Here from Vida**—Mrs. Walter Post and Mrs. S. Allen of Vida were Springfield visitors Monday.

**Down from Thurston**—George Platt of Thurston was in town Tuesday on business.

**In from Marcola**—G. A. Roberts of Marcola visited Springfield Saturday.

**Down from Wailerville**—D. C. Trotter, with his little daughter, Mary, shopped in Springfield Saturday.

**Down from Wendling**—Mr. and Mrs. Layton Wright of Wendling were in town Saturday.

**Working at Pastime**—Lew Irvin has taken a position at the Pastime pool hall.

**In from Camp Creek**—Charles Hayden of Camp Creek was in town Sunday.

**Wendling Visitor Here**—Mrs. A. W. Lux of Wendling spent Saturday in Springfield.

**Jasper Men In**—W. H. Saunders, Perry Wallace and Lem Drury of Jasper were in town Monday.

**Visits Here**—John T. Stivers visited Saturday evening at the W. A. Taylor home before going on to Albany.

**Station Re-roofs**—A new roof is being put on the Springfield service station.

**Drive to Mapleton**—Mr. and Mrs. A. F. Flowers, with their son and daughter, Dale and Juanita, drove to Mapleton and back Sunday.

**Visits Sister Here**—Mr. and Mrs. F. E. Parrish of Noti visited Saturday with the latter's sister, Mrs. Clara Fawver.

**Visit Here from Portland**—Francis Lamberty and G. Hill left Sunday after visiting since Sunday with Mr. and Mrs. N. A. Rowe.

**Returns to Portland**—Miss Maude Gorrie returned to Portland Sunday after visiting three weeks with her parents, Mr. and Mrs. C. I. Gorrie.

**Visits from Boise**—Miss Lois Johnson of Boise, Idaho left Friday after a short visit with Miss Margaret Gorrie.

**Return from Skyline Trip**—W. C. McLagan and L. A. Smith returned Sunday evening from a short trip along the Skyline trail and on the Deschutes river.

**Visiting at Washburne's Home**—Mr. and Mrs. W. F. Clark of Portland are visitors at the B. A. Washburne home this week. Mr. Clark is a brother of Mrs. Washburne.

**Visiting from Martinez**—Mr. and Mrs. S. P. Sneed and family of Martinez, California, are visiting this week at the A. R. Sneed home. Mrs. Harold Dye of Portland is also a visitor there.

**Moves to New Home**—Peter Nelson moved Saturday to his new home on 6th street near the Lincoln school recently purchased from T. Cogill. His former home was at 7th and M.

**Stop at Hotel Here**—Friday guests at the Spong hotel were R. N. Stephens of Myrtle Point, E. S. and E. A. Ager, and Jack Queen, all of Wendling, and Bill DeVore of Cottage Grove.

**Rain Halts Game**—Because of the rain the baseball game with the Cottage Grove nine which the local team was to have played Sunday, was called off. It will be played off Sunday.

**Buys House Here**—A. B. Voris, living near Hayden bridge, has purchased a house and lot on C street between 5th and 6th, Allen and Lewis, wholesale grocers of Portland, were the former owners. Mr. Voris moved to his new home Saturday. The sale was made through the Flowers Realty company.

**Stop at Local Hotel**—Visitors at the Spong hotel Saturday were A. L. Blaluped of Omaha, E. U. Rogers of Portland, Mr. and Mrs. J. W. McBride, Verne Pendleton and Lorna Hamrick, all of Central Point, Fred Hanke of Wendling and Ray Lawrence of Roseburg. George S. Ramey and C. Hawk of Portland registered Sunday.

**Drive to Corvallis**—Mr. and Mrs. Frank Sharman visited in Corvallis Tuesday afternoon.

**Down from Wailerville**—Harry Jackson of Wailerville was in town Tuesday.

**Returns from Salem**—Larson Wright returned Sunday from Salem, where he spent several days.

**Hotel Being Painted**—The American hotel is being repainted this week.

**Visiting Relatives Here**—Mrs. J. B. Griffith of Klamath Falls is visiting relatives here.

**Leaves After Visit Here**—John McNutt left Tuesday for The Dalles after visiting two days with Mr. and Mrs. D. W. McKinnon.

**Wendling Man In**—Frank Crawford, an employee at the Wendling Booth-Kelly office visited in Springfield Tuesday.

**Returns from Study**—Dr. Eugene Keater returned Monday evening from two weeks spent in study at San Francisco and Chicago.

**Stop at Hotel**—Monday guests at the Spong hotel were H. O. Young of Portland, E. B. Hall of Oswego, Dave and Virginia Stevens and Mrs. A. J. Ervin of Wendling.

**Visiting from Los Angeles**—Irvin Hoppe of Los Angeles is visiting friends and relatives here. Mr. Hoppe formerly lived in Douglas Gardens.

**Goes to Chicago**—Mrs. Mabel Missey, accompanied by her daughter, Ruth, left Tuesday for their home in Chicago after visiting two weeks at the W. C. Rehhan home.

**Improving at Hospital**—Mrs. A. W. Haynes, who lives several miles east of town, is improving at the Mercy hospital after a serious illness.

**Injures Back**—Miss Abbie Tomseth injured her back seriously Friday when she fell on the cement steps of the H. J. Cox home. Miss Helen Scott is taking her place at the Farmers Exchange store during her illness.

**Has Birthday Party**—A delightful surprise party was given for Lester Patrick Sunday afternoon at the home of Mr. and Mrs. W. J. Patrick in honor of his fifteenth birthday.

For entertainment the young people played indoor and outdoor games. At 5:00 o'clock watermelons and muskmelons were served.

Those present were: Donald Clark, Dorothy and Randall Withers, Wilfred Stephens, May, Ruth and Boyd Cole, Anna Machuck, Naoma and Ruth Levee, and Eva, Lawrence, and Lester Patrick. Other visitors were: Mr. and Mrs. G. W. Stephens, Mr. and Mrs. Charles H. Nicolls and son, Junior, and Mr. and Mrs. W. H. Clark.

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**Eighth Grade Examinations.**

The regular eighth grade examinations, especially for pupils who have been conditioned in the June examination will be given in districts where there are pupils to make it, on Thursday and Friday, September 3 and 4, 1925. A limited number can be accommodated at the office of the county school superintendent. Applications for questions must be made before August 31, 1925, or they will not be sent out.

E. J. MOORE,  
County School Superintendent.  
A 20-27.

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## SUNLIGHT OR COD LIVER OIL BOARD OF HEALTH SAYS

When examining children in Oregon, one is strongly impressed with the large proportion who show signs of slight rickets. As many as three-quarters of the children attending clinics often show "bumps" on the head, grooving of the ribs, slight bow-legs and other signs, and give histories of delay in the appearance of the first teeth and in starting to walk. The symptoms are rarely very severe, and are usually found in artificially fed children, tho not always.

Rickets is a disease of infants and younger children in which the bones do not become hard as quickly as they should. It was formerly thought to depend on the amount of lime in the food. While this may sometimes have something to do with the case, we now know that the true cause is a queer mixture of lack of a "vitamine" in the food and insufficient sunshine. When a child gets sufficient sunlight, it rarely develops rickets. On the other hand, the sunlight may be insufficient, and yet the rickets be prevented or cured by giving some fatty food which contains the necessary vitamins. Cod liver oil is one of the best of these foods. Other fats, which do not ordinarily cure rickets, may develop this property when they are exposed to sunlight. Cod liver oil might be termed "bottled sunlight."

In this northwest country, what between winter clouds and summer smoke, a baby is hard pressed to get enough sunlight to keep from getting rickets. This is especially true of babies who are born late in summer, and see very little of the sun thru the first, important growing months. Mothers should see to it that their babies get the advantage of what sunshine there is; preferably under the advice of their physician, so that baby won't be "over exposed." Sunshine which has passed thru glass windows does no good at all, because the results are due to the ultraviolet part of the light, which is filtered out by glass.

The best plan is to give all babies cod liver oil, particularly thru the dull months. In moderate doses it can do no harm, as it is not a medicine, but just a special food containing a very necessary element. Young babies don't have a well-developed sense of taste, and usually learn to love the oil. The amount of rickets which usually develops in unprotected children here is not severe or especially

dangerous, but may leave slight permanent disfigurements, and may perhaps even slightly cripple the child. Therefore—plenty of sunshine, or else cod liver oil.—State Board of Health.

## HOUSEHOLD PLANNING SAVES MUCH MONEY

Most farm women try to stretch their housekeeping dollars as far as possible, but their skill in this art varies widely. This is shown by cost of living studies made by the Department of Agriculture. Many farm families fail to get the quantity of vegetables and fruits that could be had from the farm at low cost in comparison with the market prices of these products.

Less than one-half of the total amount of food products consumed by 110 farm families in New London, Conn., in 1923 was furnished by the farms. The remainder was provided by direct purchase. Similar high percentages of purchased as compared with farm-grown table supplies have been recorded in other localities. Farm families, it is declared, could live more cheaply were their meals better planned and prepared, and provided to a greater extent from the farm and the gardens.

One way of stretching the dollar is by setting up a definite goal for family improvement. Failure to plan expenditures often means that vital needs, such as those for insurance, health, and recreation, can not be met. When all members of the farm family understand where the family income goes in family living, a given amount of money will go much further.

In the Connecticut study the aver-

age annual expenditure of 110 families was found to be \$1492, compared with \$1540 for 183 families in Ohio, \$1669 for 472 families in Iowa, and \$1558 for 187 families in Alabama. Only 4.6 per cent of the Connecticut farm homes studied were completely modern. Expenditure for advancement averaged \$51 per family, or 5.4 per cent of the total value of goods consumed.



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