

**Community News**

By Special Correspondents

**THURSTON NOTES**

Ray Grant, returned from McKenzie bridge where he spent the summer as fire warden, and with Perry Price and Hubert Taylor went to Corvallis last Sunday where they are attending O. A. C. camp.

Mr. Ziegler and family have moved on Frank Taylor ranch north of Thurston.

Ray Rennie had some of his Rhode Island Red chicken on exhibit at the Lane county fair in Eugene last week and was awarded several premiums on them.

Miss Evalena Calvert from Portland visited relatives here over the weekend.

Ray Nevers motored to Nortons last Sunday.

Frank Rennie, who is a traveling salesman, motored in from Grants Pass last Sunday spent the night with his parents, Mr. and Mrs. William Rennie.

Miss Maude Edmiston, who spent several days last week visiting at Glendale, returned home last Sunday and began teaching in the grade school at Watterville last Monday.

Miss Margaret Russel, who is teaching at Leaburg, spent the week-end with home folks.

Charlie Porter from Shannon was in Thurston last Sunday.

Mrs. John Edmiston and sons, Loren and James, visited her parents Mr. and Mrs. James Calvert at Junction City last Sunday.

Mr. and Mrs. Ray Baugh attended a Sunday school conference in Springfield last Sunday afternoon.

Several families from here attended the fair in Eugene last week.

Mrs. Arch Shough and baby daughter returned from the Pacific Christian hospital last Saturday.

Mr. and Mrs. Lois Rizzi left for Portland Wednesday. They expect to stop in Salem for the state fair.

Miss Veda Gray, who has been visiting her cousin, Mrs. Marie Spires at Myrtle Point, returned home a few days ago and began teaching the grade school at Thurston last Monday.

Mr. and Mrs. Morris Brown are planning to spend the winter in Springfield.

Lois Rizzi motored to Cottage Grove last Monday.

The Davis school started Monday with Miss Marjorie Grant the teacher.

**Picnic up McKenzie**—Mr. and Mrs. I. D. Larimer and daughter, Alene, and Dorene, Mr. and Mrs. Bert Vincent of Eugene, Miss Dorothy Gay of Eugene, and Mr. and Mrs. C. E. Wheaton of Springfield made up a picnic party up the McKenzie Sunday.

**COBURG NEWS**

H. R. Slavens, the blacksmith of Coburg, has put in a new sidewalk and still is improving his home.

A. C. Matheson of Eugene is getting out a good many loads of rock from the side hill at the Coburg bridge for road work.

Mr. Devenbecker is putting in a new roof on his home on Third street.

J. W. Flick has just received from the depot a \$1500 tractor. He runs two tractors on his large farm besides his team.

Mr. Hilley has bought out Mr. Walker's home on the highway across from the high school where he will start a dairy and also has built a barn; also there will still be more improvements.

Coburg is looking for a change in the highway road and a nearer cut-off to Eugene commencing at the high school going west to the river and coming out at the poorfarm. This will save about three miles travel from Coburg to Eugene.

Mr. Trent is building a new roof on his residence.

Mrs. Staff has bought property on 4th street, and is having a new roof put on and will otherwise repair the house which is already rented.

More improvements in Coburg, Mr. Rapp is putting up two new buildings on the north end of Main street.

Mr. Fegles is putting up another new building on his place, 1/2 mile south of Coburg on the highway.

**UPPER WILLAMETTE**

Mr. and Mrs. Bruce Wheeler are at Salem attending the State fair. Mrs. Wheeler expects to go to Portland to visit her parents before returning to Pleasant Hill.

Mr. and Mrs. Blood and children are moving from Dexter to a ranch near Corvallis.

Mrs. Lenard Lilles and son, Marie, have moved to Corvallis. The Lilles ranch has been rented to Mr. Hodges of Delight valley.

The Pleasant Hill Christian Sunday school held an election last Sunday and chose the following: Superintendent, Taylor Circle, assistant, Lawrence Smith; organist, Gertrude Dilley; chorister, Bruce Wheeler; secretary-treasurer, Belle Olson.

The freshman class of Union high school No. 1 elected the following officers: President, Bena Awbrey; vice-president, Torvil Robinson; secretary-treasurer, Maurice Bendshadler; reporter, Nina Dilley.

Public school opened at Pleasant Hill Monday, September 28 with an attendance of 41.

The Christian Endeavor society elected the following officers for the coming winter: President, Lethie Bendshadler, vice-president, Leta

Whesler; secretary-treasurer, Bessie Feagles; organist, Belle Olson; chorister, Jed Wheeler.

**WORK IN NORTHWEST GREATER THAN YEAR AGO**

PORTLAND, October 1.—(Special)—Favorable weather throughout the Pacific Northwest last week contributed to hold employment to a high level, according to the 4L employment service letter issued here today, which stated that the total volume of industrial activity is greater than it was a year ago. Labor turnover at logging camps is heavy, the report said, but sawmill workers are not changing jobs.

Reports from 4L employment offices in various northwestern cities indicate that there is plenty of work for all who want it. The reports were as follows:

**Portland**—A large part of last week's employment demand in Portland was confined to calls for experienced loggers. Other employment sources showed a slight lessening in volume of jobs offered. Labor turnover at sawmills is very low; loggers continue to move from camp to camp. A few jobs for farm workers and dairy help are posted on local employment boards.

**Raymond, South Bend, Wn.**—There are few unemployed men on Willapa harbor, but there is a lessening demand for labor. The extensive city paving work has been completed for this year and sawmills and box factories here are employing fewer men than they were one month ago.

**Aberdeen—Hoquiam**—There is no surplus of any kind of labor on Grays harbor. Turnover in the camps has been heavy. Starting next week night shifts will be put on at the mills of the Bay City Lumber Co. and the Aberdeen Lumber and Shingle Co. here, it is reported; close to 300 extra men will be employed. The River Logging Co. will soon start actual logging at its camps near Copalis Crossing and four sides will be operated.

**Tacoma**—Calls for construction workers and loggers led last week's employment demand here. Few sawmill jobs have been offered, as men seem more or less settled for the winter. Demand and supply of labor in Tacoma and vicinity are about balanced.

**Seattle**—Despite the slightly larger number of idle men on Seattle's skidroad, there are as many or more jobs posted on employment boards here than there are takers. Construction was the only employment source which showed a lessening demand. Calls for loggers, largely replacements, are in large volume, but there is little turnover at sawmills.

**Spokane**—A falling off in the number of jobs offered was noted here last week, and although part of this was due to decreased turnover, the volume of employment is smaller than it was two weeks ago. No new woods work has been started but several

winter camps are due to begin logging during the next month. The number of men employed in planers and box factories has decreased and one plant is reported to have laid off 125 men. For the first time in many weeks the supply of men is greater than demand.

**FOR SALE**—Carbon paper in large sheets, 26x39 inches, suitable for making tracings. The News Office

**Fire Department Runs Away.**  
When a flue fire caused by a disconnected stove pipe threatened to burn the roof from the Drop in early Tuesday morning, the fire department sped away to the north part of town in search of a wisp of smoke from a brush fire, leaving the blaze to be extinguished by Mrs. W. E. Estes, who ran up on the roof and threw water down the chimney, and incidentally, on several men who were trying to throw buckets of water on the fire below.

**ABOUT YOUR HEALTH**

The Table Your Foe.  
Of the many sins against right living, overeating is perhaps the chief, especially in cases of individuals in whom age has laid its restricting hand on bodily activity. Many men have retired from business, only to inaugurate a system of dietary that is an infinitely worse burden. In such cases, a protein, or, proteins, become the invisible foe. "Baked beans" and "dressings" are heavy protein foods. Fresh meats are laden with protein. Highly-seasoned foods owe their evil effects to protein in excess. Enough for you to know, that protein is stimulant and if pushed, a dangerous intoxicant.

Age brings in many people, torpor of the eliminating channels of the body. Obstruction and over supply of food become a deadly enemy. Stupor after meals, dizziness, hardened arteries, heightened blood-pressure, auto-intoxication, apoplexy, not a very enticing chapter. Many fatal cases of brain hemorrhage can be traced to overeating. People just won't stop and think! That neighbor of yours, that died suddenly of paralysis at sixty years of age; he should have lived to eighty—had he lived right!

Within the past year, I have known of a half-dozen men, found dead in bed after having eaten a heavy six o'clock dinner, and retiring "in good health and spirits." Will we never take warning? Increased blood-pressure is a symptom of protein poisoning. Lessen the amount of protein, and it falls. Serious disease of the kidneys may be traced to the banquet-table. Over-work doesn't deserve half the blame it gets, while the innocent-looking sugar-bowl, the seductive mince-pie, and the rare beef-steak are working their havoc.

Next Week:—"The Stomach's Rest Hours"

**MORE TRAFFIC SHOWN BY MCKENZIE ROAD CHECK**

A traffic check September 19 showed 2036 cars passing on the Pacific highway north of Goshen between six o'clock in the morning and 10 o'clock in the evening. A check the same day showed 424 cars on the Willamette highway and 531 on the McKenzie highway at Thurston. This was the heaviest check of the year on the McKenzie highway. The check was taken by the state highway officials. The traffic figures for August showed that at the Pacific highway south of Goshen a total of 1626 cars passed. The Pacific highway north of Goshen reported 2057 cars passing. The Willamette highway reported 329 cars. The McKenzie check was 470 cars.

During July the count north of Goshen was 2089 and south of Goshen 1760. The McKenzie 329 cars and the Willamette highway 395 cars. The check from June showed 1834 north of Goshen and 1532 south of Goshen. The check at Thurston showed 319 and on the Willamette highway near Goshen 322.

**True to Form.**  
"Young lady," said the judge sternly, "you are accused of having two husbands."  
"Wrong number?" snapped the telephone operator defendant. "Excuse it, please."  
Nona: "Do you think a woman should take a man's name when they marry?"  
Elmo: "Sure! Why make an exception of his name?"

"Where is that beautiful canary bird of yours that used to sing so clearly and sweetly?" asked Mrs. Weatherbee.  
"I had to sell him," Mrs. Butlam said tearfully. "My son left the cage on the radio set and he learned static."  
The train was going through a tunnel and something was wrong with the lights.  
"Somebody kissed me!" screamed a feminine voice.  
"That's nothin', lady," retorted a troubled masculine one. "Somebody swiped my sandwich."

**The Meat Market Is PHONE 80**  
Make it a daily habit to call 80 for your Meats. We know you will be satisfied with the quality of the Meats we deliver, and the excellence of our service will please you.  
**SANITARY MARKET**  
505 Main Street HOLVERSON BROS. Phone 80

**The Last Half**  
OF THE NINETEEN TWENTY-FOUR TAXES ARE DUE AND PAYABLE PRIOR TO OCTOBER 5, 1925.  
Taxpayers will find it convenient to pay their taxes at this bank as it will save them time and expense.  
We hold the tax statements of those who paid the first half with us.  
Let us attend to this for you.  
**First National Bank**  
Springfield, Oregon

**The New Improved**

**Ford**  
THE UNIVERSAL CAR

**Is Now on Display in Our Show Room. A Large Shipment will Arrive This Week.**

COME IN AND SEE THE NEW FEATURES. TWO HUNDRED THOUSAND OF THESE NEW MODELS HAVE ALREADY BEEN SOLD IN THE SHORT TIME THEY HAVE BEEN ANNOUNCED.

**BUY YOURS NOW. Enjoy the new beauty and riding comfort of the new Ford this Fall and Winter.**

**ANDERSON - WING MOTOR COMPANY**  
Springfield, Oregon

**SPECIAL SALE**

**RUUD DOUBLE COIL Tank Water Heater**



\$1.00 DOWN, BALANCE \$2.00 MONTHLY WITH YOUR GAS BILL INSTALLS A RUUD DOUBLE COIL GAS TANK WATER HEATER IN YOUR HOME.

This is your chance to get rid of the old make shift way of heating water and have a modern hot water supply. Call at our office and let us demonstrate this heater or a phone call will bring our salesman to your home.

**Mountain States Power Co.**  
Telephone 58 6th and Main