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Beauty and Health Lurk in Bath Tub

ient days to the anoint your face with a cleansing From the most present, men and women have be-j cream. Get into the tub with the Heved in the beautifying as well as cream on your face and let your body cleansing effects of water, and today soak in the hot water for ten minutes it is generally agreed that health. By the clock. Have a clean cloth on cleanliness, beauty, and a well-groom- hand to wipe your face free of cream, ed appearance require at least one before you turn on the shower. If complete bath each day, while two you do not wish to get the hair wet are preferable-a warm and cool one. use a hand spray and pour cool A warm tub bath at night just be- water, not too cold, over the body. fore retiring, and in the morning a When you have thoroughly dried your quick tub, sponge, or shower of cool body, a quick rub with 95 per cent or tepid water seems an ideal sys- grain alcohol will close the pores of tem. Twenty minutes is as long as your skin and complete the restful. any one should remain in the tub. bracing effect of your beauty bath. Then jump into bed for ten minutes. Three minutes is long enough for the Before you get into bed have on the cool spunge in the morning.

Then, when you wish a particularly table a bowl of very warm water and soothing, restful beauty bath to rest a couple of tiny cotton pads. Dip the tired nerves and to give the sense cotton into the water and lay a piece of luxurious well-being so needed over each closed eyelid to relax the after a day in which everything went muscles. Just lie there and think wrong: when ou are completely ex- yourself into as nearly a stafe of coma, hausted, physically and nervously, mentally and physically, as you can-You will get up feeling fresh and restyou will find this most effective. Turn on the water for a good hot ed. ready for anything the evening bath, and while the room is steamy, may bring.

in Portland-Mrs. Dollie Hunter fa ROYAL NEIGHBORS IN spending a few days in Portland. DISTRICT MEET HERE Goes to Albany-William Darling Delegates from Eugene, Cottage Grove, Creswell and Springfield attended the district meeting of the he attended a managers' meeting of Royal Neighbors held at the W. O. W. the Mountain States Power Company. hall last night. Eugene sent 24, Cottage Grove, one, and Creswell, 7. Marcola was unrepresented because of illness in the circle. Eugene put on the initiation of one

candidate from Creswell. It was decided to meet on the first Monday in March at Marcola, and Eugene and Cdeswell will cooperate in putting on visitor in Springfield Mondy. the drill work at that meeting.

4-L Meets February 28

Entertainment will be featured at the monthly meeting of the Loyal Leg. Hucka, N. M. Caldor and W. A. Parks. ion of Loggers and Lumbermen to be held on February 28. A committee headed by W. P. Tyson has been working on the plans and will announce a complete program in a few days. A nesday. similar program, given at the last meeting, drew the largest attendance for many months to the 4-L meeting.

Is Injured

Ben Mayberry sustained a slight injury to the head this morning when struck by a hook at the Springfield creamery plant. He was treated at a local physician's office, where the wound was found not to be serious.

To Play Grove

A basketball game has been arranged with Cottage Grove, to be played Here From Portland-Ruth Wilson,

paid a visit to Albany Saturday, where Plastering House-D. W. McKinnon is plastering his Willamette Heights house this week.

Here on Business-Dr. Delbert Stannard of Corvallis was a business

Walterville Men Here-Walterville residents who transacted business here yesterday included William

Dick Hart Here-Dick Hart of Cedar Flats was a Springfield visitor Wed-

Here From Natron-C. H. Hollis of Natron was among out-of-town visitors here Wednesday.

To Go South-Mr. and Mrs. Roy Smith ar leaving today for Portland, where they will take the boat for San Pedro, California.

Moves Here-N. B. Christensen, new assistant at the Southern Pacific depot, has moved into a house at Ninth and B streets.

her March 2, it was announced at the who is working at the Shriner's hospi-



Sport and dressy models-fur trimmed and self trimmed, modes fashioned of lovely sport

For Girls 6 to 14 Years

high school this morning. The close tal in Portland, visited her mother score between the two teams at last here this week. Mrs. Wilson is leavweek's game indictes a fast game here. ing soon for California.

ented by the Katherine Stang studio pendicitis at the Pacific Christian hosof Eugene at the Neighbors of Wood- pital yesterday. craft benefit dance at Midway Satur day night, it was announced today. The proceeds from the dances will be used in sending the local drill team Aberdeen, Washington, where she will to the national meeting in Clifornia join her husband, who has been there this year.

Woodcraft Plan Dance

Hulburt To Albany-T. H. Hulburt, former pool hall operator here, is leaving this week for Albany, where he will reside. Mr. Hulburt operated the pool hall business now owned by Tom Sharman.

and sister. Lenore, who have been re

yesterday for Crescent City, Califor-

nia, where they plan to live.

· · ·

liff. little daughter of Hugh Jolliff, A special feature act will be pres- underwent an operation for acute ap-

Undergoes Operation-Marjorie Jol-

Goes to Aberdeen-Mrs. Hazel Pederson left Wednesday evening for for some time.

FOR RENT-Large tract of good farm land near Springfield. Cheap rent, a chance for a good farmer to make some money. Land should be plowed this winter. Inquire News office.

CALL AND SEE Dr. N. W. Emery Go To California-W. C. Ovington |on prices on plate and other work. tf

siding in Springfield this winter, left VOR SALE-Carbon paper in large sheets, 26x39 inches, suitable for making tracings. The News Office

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Hats that have all the gaiety and youth of early Springtime. Jaunty in shape and varied in color-

\$1.98 \$7.90

· WHERE

98c to \$1.98

These dresses are made well of fine quality gingham and English print and are a very special value at these prices. Some are ruffle trimmed, others have embroidery and lace -and all are new and fresh.



FOOTWEAR for the Children

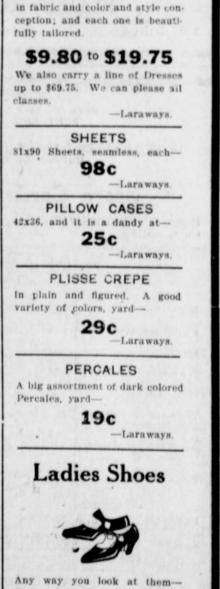
The main thing in children's shoes is comfort, and a sturdiness to resist the vigor of youth. This is accomplished in these shoes without sacrifice of smartness and without an increase in

75c pair to \$3.49 pair

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