THURSDAY MARCH 10, 1927



THIS FOOD IS PUT UP IN A VARIETY OF FORMS

HEN a food outgrow. stage of being a delication and becomes so universality

to be looked at but not eaten. Later the sun. it was discovered they were good to eat. The first tomatoes canned were a delicacy, but today, toma-

to eat. The first tomatoes canned were a delicacy, but today, toma-toes can be bought in some dozen different forms — ranging from whole tomatoes to tomato paste. Pineapple used to grow in royal gardens under glass. When it was discovered that Hawaii could grow better pineapple in the open fields and ship it, sun-ripened in cans, pineapple was a delicacy. Today, with the discovery that pineapple tables, it is known, also, that it contains valuable food elements. It is not oxly a delicacy bot an important food product and is packed in a variety of forms, rang-ing from sliced pineapple to the pineapple juice. •

The most popular forms in which Hawaiian pineapple is available proken slices, and pineapple is in the state of pineapple is available broken slices, and pineapple is in the state of pineapple is available proken slices, and pineapple is available state of pineapple is available ounces of crushed pineapple. Pineapple tid hits and pineapple is available ounces of crushed pineapple. broken alices, and pineapple juice. Both sliced and crushed pineapple cans. These tid-bits and pineapple may be had in what is known as "fancy," the choicest pack, and "standard," almost us choice but

WOODCRAFT MEMBERS TO

costing less, and very delicious. Crushed pineapple is primarily a culinary ingredient. It is just as uned as to be a staple, a demand is created for various forms of that food on the market. Not so cerned as it comes from the outer choice as the slices-in fact, it is cerned as it comes from the outer ong ago, tomatoes grew in old-fashioned gardens as "jove apples," the shell and this shell is nearest

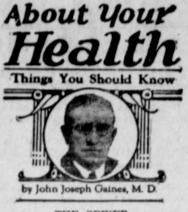
> The juice is pure juice of the pineapple, unsweetened so that it

SPRINGFIELD PLAYS LEBANON ON FRIDAY

HAVE POTLUCK DINNER The last basketball game of the A potluck dinner will be enjoyed by season is scheduled for tomorrow members of the Neighbors of Woodcraft at the next meeting to be held night, when Springfield tackles Le-March 23. The families of members banon on the Strawberry city floor have been invited, and members are Tuesday night, the elocals lost to asked to bring individual sandwiches University High, 11 to 25, at Eugene.

> Girl Scouts Working Thee Girl Scouts are collecting

THE SPRINGFIELD NEWS



THE SEWER

The large bowel, the colon, is the principal sewer of the human body. If the main sewer of a city becomes obstructed for long, its tributaries are soon over-loaded with impurities, stagnation results, and the health of the town is seriously endangered. So it is with the human body; the health and vigor of the entire being are undermined, when the main sewer is not functioning. We call such a condition constipation; I wish I could think of a term that conveyed more of a warning to the victim of his own inattention.

I believe I am safe in saying that, if the colon be kept in proper condition, eighty per cents of our chronic ailments would never appear; isn't that sort of reward big enough to be worth contending for? In t such a prize worth contending for . Isn't such a prize worth the effort? The chief cause of constipation is neglect. What species of neglect is fraught with more danger? Where is the profit, if we gain a fortune and lose the health?

Do you drink at least six to eight glasses of water daily? Do you take the necessary active exercise? Do you drink two or three glasses of water as soon as you leave your 3 d each morning? Do you eat plenty of fruits, green vegetables, coarse breads, and cereals? If you do, you are cutting out over fifty per cent of your doctors bills. You are prolonging life by the best ros-s", o method; you are keeping your s. a method; you are keeping your body in the best possible condition to resist infection, especially if you supplement duct with plenty of reaching sleep. I wonder if you included any of the above regu your New Yea resolutions for

Visit From Silverton - Grover Brown and family of Silverton visited over the week-end with J. H. Hickson and family of Springfield.

WEATHERSON GIRL IN PLEA OF NOT GUILTY

Miss Harriet Weatherson today chose a separate course from that of her recent fellow-fugitive from justice, Henry L. Bergman, when she pleaded not guilty to charges of embezzlement of the funds of the Florence State and Savings bank, of which she was cashier and Bergman president. The latter pleaded guilty to charges in grand jury indictments. and will hear sentence Saturday

morning at 10 o'clock.

day on \$15,000 bond, \$10,000 of that who were traced by detectives to ing of the creamery.

She also gave \$30,000 security.

Two charges, one of embezzlement of more than \$13,000 and the other of making a loan when the bank's re- evidence of affection in her greeting. serve was below the legal limit, have been preferred against Miss Weath-Another charge, involving the erson. theft of the automobile in which she and Bergman drove to California on their recent flight across the continent, is being held in abevance.

The Bergman-Weatherson case has attracted widespread interest since an alleged holdup of the bank in

Miss Weatherson was released to- ance of the banker and his cashier,

amount being raised by her mother. Birmingham, Alabama. When they returned this week in sheriff's cuntody, Mrs. Bergman was at the train to meet her husband and there was

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Correction Made

An article in last week's issue of The News regarding the closing of the Lane County Consolidated Creamery was misleading in that it stated the creamery shut down when un-

able to meet a mortgage held by the Commercial State bank. While a mortgage was held by the bank, it January, followed by the disappear- was its inability to meet other obligations, that brought about the clos-

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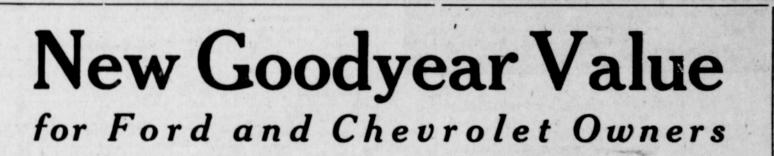
The Welcome Sign

"Nobody asked me sing said the coy maiden. And in matters of buying, as well as in affairs of the heart, most people like to be "asked." Often, indeed, they insist on a proper invitation.

He is a wise merchant who keeps the welcome sign constantly before the community in the form of advertisements in THE NEWS. There everybody sees it-for the advertising is "the light directed in the right direction."

Speak up. Light up. Hundreds of good customers are listening for your message and watching for your welcome light in THE NEWS.

People Shop Where They Feel Welcome



Streamer, Ida Swarts, Elsie Lambert, Mrs. James Laxton, Nellie clothes for distribution to the Hildebrand and Mrs. Hurbutt.

for the families and one covered dish. A committee in charge is composeed of

District Organizer Stella Blakaby was present at last night's Woodcraft meeting, and announced that the district convention will be conducted at and see the work being done by the Bandon June 6 and 7. Mrs. Josephine Arthurs was initiated. At the next meeting Mrs. Iona Bryan and Mrs. Daisy Pugh will be initiated.

through the meedium of the Red Cross. Garments may be eleft with Adeline Perkins, chairman of the committee, at 603 Fifth street. Mothers have been urged to come girls. Visitors at the last meeting were Mrs. S. D. Read and Margaret Jarrett.

Mill Men To Dine

Employes of the Booth-Kelly Lumber company will gather for an informal dinner at the Drop Inn on the evening of March 14, according to announcement. The edinner will start at 7 o'clock, with D. W. Crites as master of ceremonies.

OR SALE-Payroll sheets, printe-and in stock at the News office Form suitable for road, construction work, sawmills. etc., with table te compute workman's compensation and deductions. No employer should be without these f me when they

Royal Neighbors Meet A meeting of the Royal Neighbors was held at the J. A. Morelock residence yesterday. Plns were shaped for the district convention at Marcola March 21. The next meeting will be April 13 at the residence of Mrs. D. W. McKinnon.

Phetteplace Returns - Dr. Carl Phet-teplace has returned to his practice here after six weeks spent studying obstetrics in New York City.

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

Springfield, Ore.

Young Beef That's Delicious We have some young Herford beef this week of except-

Try a nice juicy tender steak cut from this fine meat.

Phone 63

ional quality. We know this will please you.

INDEPENDENT M

4th and Main

Goodyear has developed a Balloon Tire tread which matches the Goodyear Balloon Carcass of Supertwist Cord.

It is the famous Goodyear All-Weather Tread scientifically redesigned for Balloon Tire use.

The sharp-edged, diamond-shaped blocks are placed in a pemi-flat design. These blocks grip the road and retain their usefulness longer than any tread heretofore offered.

Long, slow, even tread wear is assured. "Cupping" and uneven wear, so common to many Balloon Tires, are practically eliminated

Come in and see this new Goodyear Balloon Tire.

 29×4.40

\$12.85

Springfield Garage

W. H. Adrian, Prop.