

This Week



By Arthur Brisbane

LINDBERGH NEEDED. THINKING COMES FIRST. BACK 5,000 YEARS. ABOUT FLOOD RELIEF.

Lindbergh, world's champion flyer, landed in Mexico City, notifies the world that young men in this country know how to fly, in spite of the fact that their Government does not yet realize the importance of flying.

The United States Government ought to enlist the services of Lindbergh to instruct American fliers and enlighten those responsible for our air defense. If another war ever comes it will seem very extraordinary to future historians, writing of American cities bombed and gassed, that the richest cities in the world should have gone along without adequate air defense. Not one of our cities is protected today by anything but distance. Coast defense guns and battleships are obsolete, anti-aircraft guns absolutely inefficient. We spend \$600,000,000 a year for "defense" and have none.

The United States Gypsum Company, with offices in twenty cities and twenty-two mines and mills in fifteen States, has this good idea: all headquarters managers devote two hours, from 9 to 11 a. m., to "concentration." They allow no interruption except in emergencies. From 11 to 3 they see subordinates and business visitors generally. Each manager has at least two hours a day for real thinking.

John D. Rockefeller had that idea many years ago. One of his local managers, pointing proudly to a desk loaded down with papers, said to him, "A lot of detail, but I shall get through it all by night." Mr. Rockefeller, quoting that, said to his directors, "I want all important managers in your organization to sit with their feet upon clear desks, thinking how they can make more money."

With Rockefeller's direction, and now he spends it usefully, fighting disease and ignorance. To get ahead, remember that thinking comes first. The rest is secondary.

Learned professors in the University of Southern California say that slang, within reason, is good. It makes students select their expressions instead of using them automatically. To call your friend a "dim bulb" is better than saying to your brother "Thou fool," and it means the same. Use of slang "makes a dent in the brain" and causes thought, says one professor. It also takes the place of thought, but that is too long an argument.

Britain is sending a commission to India headed by Sir John Simon to see about helping India toward self government. The help should have begun 5,000 years back.

How can you give self government to a people in whose literature the word liberty does not appear in 5,000 years, to millions who believe that little girls eight and nine years old should be married to middle aged men and that when the old husband dies the young woman should be burned alive with the husband's miserable corpse? That's a long way from self government.

The President recommends a ten-year plan for Mississippi Valley flood prevention involving \$26,100,000. Altogether, \$25,000,000 would be spent the first year and \$30,000,000 a year thereafter. Why not spend every year as much as can be spent wisely to hurry the work rather than risk, in the course of ten years, another flood that might cost in destruction more than the total appropriation? Secretary Mellon could borrow the money for three per cent if he couldn't take it out of the surplus. Haste is important; floods don't wait.

Last August the stock market broke when President Coolidge's first "do not choose" came out, and a few days ago that foolish market broke again because the President said he meant it. What frightens gentle stock brokers and speculators? Do they think Hoover, Lowden or Dawes would declare war on Patagonia, abandon the gold standard, suspend the writ of habeas corpus, close factories, stop the rainfall and destroy crops? Mr. Coolidge is a good President, wisely allowing those that know how to run the country's business to run it. Other good men are ready to do the same. The wise will not choose to sell their stocks because Mr. Coolidge does not choose to run.

Call the Fix-It Shop for estimates on your plumbing and heating. South Fifth near First National Bank. Phone 172. J-12

TYPEWRITER RIBBONS—Assorted makes in black and blue in stock at the News office. For the convenience of customers who have hitherto not been able to get ribbons in Springfield we have started this new line of ribbons for Underwoods, Remingtons, Royals, L. C. Smith, and other makes.

Community News

By Special Correspondents

UPPER WILLAMETTE

Pleasant Hill public school and the high school had Christmas trees Friday afternoon December 23. Small presents were given to one another which caused much fun and merriment. The high school will have vacation until January 3, but the public school took up again Tuesday December 27, and will have Monday January 2 as a holiday.

The Pleasant Hill high school defeated the Mohawk high school by a score of 21 to 15 in a game of basketball Friday night December 23. The game was very interesting throughout Mohawk having the better of it the first half when the score stood 6 to 2 in Mohawk's favor. The line-up was Mohawk: Hardisty, Dorsey, forwards; Neal, center; Cook and Smith, guards; for Pleasant Hill: McKenzie and Monson, forwards; Donald Kabler, center; Gerald Kabler and Linton, guards. Substitutes, Mohawk, Cummings, Cox; Pleasant Hill, Tinker and Harden.

The Pleasant Hill girls won from the Mohawk girls by a score of 23 to 15.

A very good Christmas program was given at the Pleasant Hill Christian church Friday night under the supervision of the Sunday school and the public school pupils. After the program boxes of candy were given to the children and presents exchanged.

Mr. and Mrs. J. A. Phelps and two children, Evelyn and Robert, motored to Roseburg Saturday and spent Christmas with Mrs. Phelps sister, Mr. and Mrs. J. E. Dent.

The ladies of Pleasant Hill will meet at the Mrs. C. E. Jordan home Thursday to make a quilt for Mrs. O. M. Williams whose home burned recently.

Mr. and Mrs. M. E. Hays spent Christmas with Mrs. Hays' mother at Roseburg.

A wedding of much interest took place at the Pleasant Hill Christian church Wednesday afternoon at two o'clock when Miss Mildred Morningstar became the bride of Roy John. Miss Morningstar is the daughter of Mr. and Mrs. J. E. Morningstar of Enterprise, graduated from Pleasant Hill high school in 1925, attended Normal for two years and is now teaching at Goshen. Mr. John attended Normal last year and is at present teaching at Tiernan, Oregon.

F. W. Smith who has been at the hospital in Eugene for the past month was able to go to the home of his nephew, E. B. Tinker, for Christmas dinner but returned to the hospital again in the evening.

Mr. and Mrs. C. E. Curtis and three children motored to Portland Saturday to spend Christmas with little Vadette Curtis who is in the hospital there.

THURSTON

Ralph Bonnie from Portland spent last Thursday in Thurston.

Mr. and Mrs. Perry Beaman and son Billy, from St. Helens, spent Christmas with Mrs. Beaman's mother, Mrs. Beulah Harbit. Mrs. Beaman and Billy are spending this week also.

Mr. and Mrs. Curtis Price and Perry Price and Jay Grant, O. A. C. students at Corvallis, are spending the holidays here with home folks.

Mr. and Mrs. Belmont Russell from near Salem spent Christmas with relatives here.

Leonard Beaman who is attending school in Salem is spending the holidays with relatives here.

Mrs. Genevieve Beaman and daughter, Zora, from Marshfield are spending the holidays in Thurston.

Mr. and Mrs. Ernest Bertsch and family, Mr. and Mrs. Roy Edmiston and family spent Christmas in Springfield the guests of Mr. and Mrs. M. J. McKlin.

Mr. and Mrs. John Price and family motored to Blue River on Christmas and spent the day with Mr. and Mrs. Felix Sparks.

Hazel Edmiston, who is teaching at St. Helens is here to spend the holidays.

Cecil Snider whose home is in Colorado, who is a student at U. of O. this year is spending the holidays with Loren Edmiston, they are house brothers.

Clifford Weaver and Mrs. Mary McElroy from Salem spent Christmas with A. W. Weaver.

Mr. and Mrs. A. B. Mathews entertained for Christmas dinner Mr. and Mrs. Ross Mathews and family from Dexter, Mr. and Mrs. Lem Drury and family from Jasper, Mrs. Alberta Weaver and children from Leaburg and Mr. and Mrs. Fred Gray and family.

Miss Marjorie Grant, who is teaching at Coquille is home for the holidays.

Mr. and Mrs. Pat Adrian from Portland spent Christmas with Mrs. Adrian's parents, Mr. and Mrs. Ruth.

Mr. and Mrs. Stanley Gray and family from Landax spent Christmas here with relatives.

Miss Monica Ruth, who is attending

school in Portland is home for the holidays.

Mrs. Beulah Harbit had a family reunion Christmas day at the home of Mr. and Mrs. Laurence Gossler. Those in attendance were, Mr. and Mrs. Perry Beaman and son, Billy, from Vernonia Mrs. Genevieve Beaman and daughter, Zora, from Marshfield and son, Leonard, from Salem, Mr. and Mrs. Dick Harbit and sons, Wayne and Derril, from Cottage Grove, Mr. and Mrs. Frank Campbell and daughter, Margaret, Mr. and Mrs. Harry Harbit and son, Wayne, from Coburg, and Mr. and Mrs. Vern Hanson.

GARDEN WAY

Mr. and Mrs. H. K. Chase entertained Mr. and Mrs. Marion Bigelow and family of Yoncolla and Mrs. Martha Stormont of Philomath, Christmas day.

Mr. and Mrs. William Currie and daughter, Vera, of Philomath and Ed and Jess Mounts were Christmas guests of the Frank Bailey family.

Mr. and Mrs. Lester Cyr had Christmas dinner with Mr. and Mrs. Walter Laxton.

Program Given at School

An interesting Christmas program was given at the school house Friday afternoon. The program was well attended by relatives and friends of the pupils. Mr. and Mrs. Harrington, the teachers, had charge. After the program the children enjoyed their tree and presents. The school will have a week of vacation. The following program was given:

Greeting Charline Fish
Song, "Christmas Bells," School
Recitation, "When Pa Shaved Off His Whiskers," Roscoe Cole
Recitation, "Father's Present,"

Richard Hardie
Song, Laurence, Gayle and Dorothy Chase.
Recitation, "Just Before Christmas,"

Charles Cole
Song, Dorothy and Laurence Chase, and Thelma Wells.

Piano Solo, Arline Harrington
Recitation, Laverne Honey
Recitation, Patty Baer

Saxophone Duet, Laurence Chase, Raymond Holton.
Carol, "Silent Night," School girls

Carol, "Oh, Little Town of Bethlehem," School Girls
Recitation, Leland Chase

Song, "Why Do Bells at Christmas Ring?" School Girls
Song, "Lullaby," Arleen Harrington, and Gayle and Dorothy Chase.

Pantomime, "Christmas Carol."
Piano Solo, Sanford Holton
Recitation, Dorothy Wells

Recitation, Leslie Hardie
Recitation, Lucille Nonday
Piano Solo, Leland Chase

Play, — Negroes.
Recitation, Ruth Gidham

Chase Family Gathers

Followin an old family custom the Chase families gathered to celebrate Christmas at the J. W. Chase home December 26. Those who attended the dinner were: Mr. and Mrs. H. L. Chase, and family; Mr. and Mrs. Truman Chase and family; Mr. and Mrs. Marvin Chase and family; Mr. and Mrs. Chester Chase and family; Mr. and Mrs. Homer Chase and family; Mr. and Mrs. Eugene Chase; Mr. and Mrs. Lester Cyr and Dora May; Mr. and Mrs. Frank Kingsley and family; Mr. and Mrs. Everett Chase and daughter; Mr. and Mrs. Elmo Chase and Jean; Mr. and Mrs. Clarence Chase, Mollie Madeline and Nancy Ann; Maude Chase, Carol Chase, Gladys Chase, Merle Chase, J. W. Chase, F. B. Chase, Helen Westall and Harry Westall of Eugene; Mrs. John and daughter; Mrs. Dean and Mr. and Mrs. Harry Kingsley and son of Pacific Beach, Washington.

Mr. and Mrs. J. R. Fish and family, Mr. and Mrs. A. C. Bogart and son of Junction City, and John Lynch of Springfield were guests of the G. R. Fish family Christmas day.

The M. Bailey family of Wendling accompanied by C. E. Bailey arrived at the J. R. Fish home Monday. C. E. Bailey will remain for an indefinite visit.

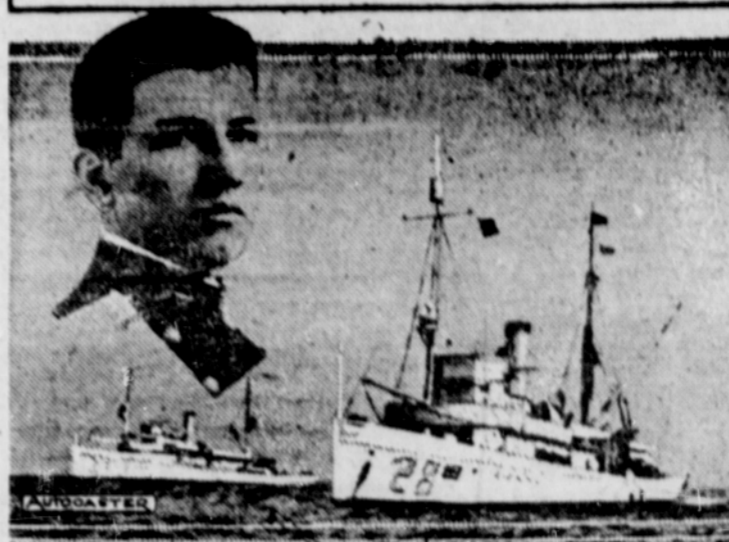
Mr. and Mrs. A. C. Travis entertained their son F. L. Travis of Seattle, Mr. and Mrs. W. J. Morrow and family of Tillamook, Mr. and Mrs. W. M. Richards of Eugene, and Mr. and Mrs. Wm. Brown of Leslie, Idaho, Christmas day. Mr. and Mrs. Morrow returned to Tillamook Tuesday. Master Eugene Morrow will remain for a week's visit.

Mr. and Mrs. T. J. Maxwell and family were guests of the F. X. Gallagher family of Santa Clara Christmas day.

Mr. and Mrs. C. Johnson, Randolph Ingram and Miss Effie Ingram arrived from Roseburg Friday evening to spend Christmas with Mr. and Mrs. G. H. Neal. They returned to Roseburg Monday.

Lucille and Miriam Male arrived home Friday for the Christmas holidays.

Where The S-4 Went Down



Between the "Vulcan" and "Lark," shown at anchor in the harbor off Provincetown, Mass., lies the ill-fated submarine S-4, sunk by collision with the Coast Guard destroyer Paulding. Insert shows Lieut. Commander Roy Kehlor Jones, in charge of the S-4, on which were four officers, 34 enlisted men and two visitors connected with the Navy Board of Inspection and Survey, according to the official list.

Mr. and Mrs. Frank Kintzley and children arrived Saturday at the Mrs. Clara Male home and will return to Fall Creek Wednesday.

Mr. and Mrs. I. Cline were hosts to a large number of relatives Christmas day. Those who enjoyed the dinner were; Mr. and Mrs. H. W. Wylie, Kenneth and Lucille, Mr. and Mrs. Frank Kingsley and family, Mr. and Mrs. Robert Crawford and family, Mrs. Nellie Bryan and daughters, Mr. and Mrs. W. F. Cline and daughter, Bernice, Mr. and Mrs. Charlie Meyers and Doris of Springfield, Mr. Ira Cline, Mr. and Mrs. O. Smith and son and Mrs. Will Dodd came for the supper and spent the evening.

James Maxwell and Arthur Sullivan of Portland arrived Wednesday from Menlo Park, California. Arthur went to his home in Portland. The boys will return to California after New Year's. While on their way they had the ticklish experience of being held and searched by officers who were on the look-out for Hickman.

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CALL AND SEE Dr. N. W. Emery on prices on plates and other work. If

FOOD COOKED TOO LONG DESTROYED IN VALUE

(By Oregon State Board of Health)

Probably the greatest sanitary innovation ever introduced by man to protect himself against infection is cooking. Most micro-organisms harmful to man are destroyed comparatively easily by heat. Cooking has other advantages. It softens food, makes it more tender and enhances its digestibility. One of the most important functions in the preparation of food is to render it savory and appetizing. Food that appears inviting aids digestion by stimulating the secretion and flow of the digestive juices.

Cooking, however, has some disadvantages; there is a loss of mineral and some of the nutritive constituents; there is also a diminution in the vitamin property of food generally. Cooking is an important art; but some foods when cooked lose certain substances called vitamins. These are found in the skin or coating of grain, especially rice, also in yolk of egg, raw milk, fresh fruits and fresh vegetables such as peas, beans and tomatoes. Some raw or uncooked foods such as lettuce, celery, fruits, and nuts should be used in order to supply the necessary vitamins.

The universal observation by those who have been forced to take their meals several hours after the regular meal hour is that the food is not appetizing. Food that is cooked too long makes the fibers tough and reduces their digestibility. Experiments on feeding rats with food properly cooked and food cooked several hours give the following results: The rats fed with food which had been cooked properly gained much more than the rats fed with large quantities of overcooked food. The latter were always hungry but did not thrive. The destruction of vitamins does not account for the results. Some change in the constitution of the food lowers the food value of overcooked foods.

The quality of the food and not the quantity is the main consideration.

Vegetables should be cooked with their skins on as much as possible and the skins eaten whenever convenient. The skins contain vitamins that are too often thrown away. When vegetables are peeled and the water in which they are cooked is thrown away much food material and health-giving qualities are lost. Save the water in which pared vegetables are cooked and use in making gravies and soups.

Heat makes vitamins less effective; the longer the cooking the more vitamins will be destroyed. A certain amount of green leaves, young carrots may be grated and served with salad dressing as a salad. Tomatoes, radishes, cucumbers and celery are eaten raw. Not all foods can be taken raw with advantage. Most starchy foods such as cereals and potatoes and unripe fruit must of course be cooked in order to be made fit to eat. Those vegetables that are cooked should be boiled only until tender. We must not defeat the purpose of the food by destroying the good qualities by over-cooking.

Many Holiday Weddings

During the past week marriage licenses have been issued by the county clerk to the following: Ray Christian, Notti, and Edna Trout, Elmira; Leslie Goheen, Cottage Grove, and Edna Zinier, Creswell; Oren Fegles, Eugene, and Alice Clark, Medford; Vincent McIntire, and Zeta Holland, both of Crow; Leo Goodman, Tidewater, and Beatrice Sassa, Glendale; A. O. Addison, and Ada Wilson, both of Eugene; George Tindall and Inez Rust, both of Eugene; Robert Bridges, Gunther, and Mildred Churchill, Isadore; Bert Parker and Gussie M. Neet, both of Eugene.

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