

**SEVEN HEALTH RULES LISTED FOR PUBLIC**

Medical Organization Warns People of Necessity for Care and Moderation

Seven hints on how to keep fit during summer months are given by the headquarters committee of the Lane County Medical society and the Southern Willamette District Dental society. The bulletin declares that with thousands of people now going on vacations, heat may be fatal, little scratches may lead to painful wounds, and flies may spread disease, but if the people observe seven simple rules their health will be greatly improved. These rules are:

Let in the sunlight.  
Sleep with the windows open.  
Guard the water supply from impurities.  
Dispose of sewage in the summer cottage by building a septic tank.  
Protect food from decomposition and dangerous bacteria.  
Remove garbage promptly from the home surroundings.

Abolish every breeding place for flies to prevent insect-borne ills.

"Many conditions on the farm make health risks greater in summer than at other seasons," declares the bulletin. "Farmers will help to keep themselves on the safe side during the warm summer months by following carefully certain rules of hygiene and sanitation."

"The farmer needs a varied diet of wholesome food, limited in the main to three meals a day. He should drink liberally of water between meals. If possible, he should take 15 to 20 minutes rest after dinner and supper. Regularity in functions is absolutely necessary for health."

**Keep All Cuts Clean**  
"Small cuts, bruises and scratches should be given attention to prevent infection or blood poisoning. In case of a puncture occurring, for example by stepping on a nail, the wound should be opened and cleansed with boiled water. If it becomes inflamed a physician should be called at once. Advice should be sought in all cases of punctured wounds. Cuts and scratches should be treated with iodine or a wet dressing of a boric acid solution made by dissolving in hot water all the boric crystals or powder that the water will absorb. Care should be taken to keep dirt out of wounds."

"During very hot weather the farm worker needs periods of rest and should drink reasonable quantities of cold water—but not ice water. Upon the slightest sign of dizziness or unusual fatigue he should stop work for a little while and, if possible, bathe his head, hands and arms in cold water. Such precautions will tend to avoid sunstroke and injury from what may be regarded as heat exhaustion."

"The diet in hot weather should be largely milk, vegetables, fruit and cereals. It should contain very little meat. Constipation is at all times serious and likely to impair ones health, especially during hot summer months. The general tendency is to eat too fast and too much. Remember that the teeth are a valuable part of the organs of digestion, and that a reasonable quantity of food is sufficient to keep up the strength and support activities, and at the same time to relieve the system of undue burden."

**RACES FOR FAIR ARE ASSURED BY BOARD**

A program of horse races for the Lane county fair was assured Monday at the meeting of the Fair Board when plans for them were completed. Both harness and riding races will be featured at the fair to be held early in August.

Work on the large pageant presented annually at the fair is now well under way according to Mrs. Mabel Chadwick, secretary. The pageant is to be divided into three sections. Junction City will present the missionary episode, Cal Young will direct the pioneer epic, and the Pomona grange will depict the organization of Granges in this vicinity.

**SPRINGFIELD RESIDENT STARTS NEW STAND**

Disproving the prevalent idea that each line of endeavor is already well-filled and there is little room for new enterprise, G. S. Walker of Springfield has recently opened a new modern roadside stand located at the south junction of the Pacific and McKenzie highways at the west approach to the new bridge and is doing a fine business.

Mr. Walker is catering to motorists in general, including the tourist and also the local resident who desires confections, fruits and sandwiches or drinks. He is also carrying a full line of fruits in season for canning purposes.

The stand can be distinguished by its black and white checkerboard appearance, from which it derives its name. It is entirely new and bright, and clean throughout, and does not detract at all from the scenic value of the roadside as is so often the case with many such stands.

Mr. Walker was formerly affiliated with the Associated Oil company in Eugene before entering his latest venture.

**STATION KOAC SEEKS NEW BROADCAST HOURS**

Member of Federal Board Confers With Governor, Must Be on Air Twelve Hours

It will be necessary to devise some means whereby radio station KOAC at the State college at Corvallis will be enabled to be "on the air" 12 hours a day, Sundays excepted, if the station is to retain its broadcast license it was learned Tuesday at Salem when Horald A. Lafount, member of the Federal Radio commission, spent some time in conference with Governor Meier and President Kerr, in a discussion of this problem.

According to Lafount, a new ruling of the commission makes it necessary that a station be broadcasting 12 hours daily to retain its license. The station is now sending programs only six hours of each day.

Suggested as a possibility is the establishment of two remote control stations, one at Salem to be used by the state police department, and the other at Eugene to be used by the university in broadcasting educational programs.

The Corvallis station now has 1000 watt equipment which is sufficient to carry the two proposed control stations. The construction of them would, however, necessitate the expenditure of \$40,000 which would have to be raised by legislative appropriation or by private subscriptions.

The commissioner suggested that an application be made for an extension of time in which any necessary changes could be made. He stated that this was one of the best educational stations in the country. He also added that the federal commission had not yet taken any of the educational stations off the air, but that number had dropped from 94 to 49 due largely to voluntary withdrawals.

**Fish Wednesday**—Mr. and Mrs. Charles F. Eggimann spent Wednesday afternoon fishing for bass west of Eugene.

**Marcola Resident Here**—Mrs. William Benner of Marcola was a visitor in Springfield on Sunday.

**Circuit Court Verdict Affirmed**—The decision of Judge G. F. Skipworth of circuit court in the case of The Universal Community Christian Brotherhood versus Edward Graf and others was modified and affirmed by the supreme court this week. The case was on foreclosure of a mortgage.

**Marriage License Issued**—A marriage license was issued at Portland Tuesday for Ronald H. Beattie of Eugene and Inez B. Morris of Portland.

**Army Discharge is Filed**—The United States army discharge of Anton Bauer was filed for record Tuesday at the office of the county clerk.

**Upper Willamette**

Taylor Circle received the news of the death of his brother, Elmer Circle, which occurred at Battle-ground, Washington, last week. Elmer Circle had been in poor health for years.

Paul Harden who has employment at Portland is home on account of an infected hand.

There was a large crowd at Hills' reunion at Jasper last Sunday. The ball game in the afternoon between the Hendershott team and Pleasant Hill team was very exciting. The Pleasant Hill team was in the lead up to the seventh inning. Bricker and Manney pitched for Pleasant Hill.

The ladies of the Pleasant Hill community held their first summer meeting at the home of Mrs. Carrothers, Mrs. Florence Warner and Mrs. Maggie Stewart assisted.

The following officers of the Trent Sunday school were elected last week. Superintendent, Arthur Lindley; assistant superintendent, Bob Baughman; secretary, Leslie Jacobs; assistant, Althea Baughman; treasurer, Clayton Kimball; chorister, Ernest Wheeler. Mr. Workman preached Sunday July 12.

The Girl Scouts of the Upper Willamette district held their meeting Tuesday afternoon beside the Willamette river at Jasper. Many tests were taken and a supper cooked by the scouts in the evening.

At the annual school election of the Trent district, Ernest Manney was re-elected director and Mrs. Bessie Kimball was re-elected clerk.

Clayton Kimball who recently underwent an operation at the Pacific Christian hospital has returned to his home at Trent.

Mr. Derschan the postman on Creswell route 1 returned to work Tuesday from an extended vacation trip through the Canadian Rockies. Mrs. Lacy filled his position during his absence.

The Girl Scouts with their leader, Miss Irma Laird hopes to go for a few days' camping trip up Fall Creek leaving Friday, July 24.

The young folks of the Intermediate Christian Endeavor plan to hold a marshmallow roast at Riverside Park Friday of this week.

Merle Woodyard of Santa Ana, California, visited at the home of Mr. and Mrs. Clarence Daley Tuesday of this week enroute to Seattle, Washington. Miss Woodyard is a niece of Mr. Daley.

**Vacationing**—Mrs. L. A. Tobias is now having a two-weeks' vacation. She is employed at the Pacific Christian hospital in Eugene.

**Jasper Resident Here**—Vic Castleman of Jasper was a business visitor in Springfield Tuesday.

**Visitors from Fall Creek**—Mr. and Mrs. R. C. Brewer of Fall Creek were visitors in Springfield on Tuesday.

**Thurston**

Mr. and Mrs. Sid Savage have bought the house and lot across the road from the Thurston store known as the Danks property.

Mrs. Farrel McQuinn spent several days last week with her aunt, Miss Minnie McMahon, who is critically ill at her home west of Eugene.

A. W. Weaver received a telegram last Saturday telling of the death of his brother, Sam Weaver in Michigan, last Friday morning. Mr. Weaver has visited here twice in recent years, but has been in failing health for several months.

Mr. and Mrs. George Platt spent the past week-end on the coast.

Mr. and Mrs. Chris Henshu and family from Dexter spent Sunday at Bert Weaver's.

Mr. and Mrs. Fred Russell have announced the engagement of their daughter, Miss Margaret Russell, to Carey Tompson, Jr., of Tompson resort on the upper McKenzie. The marriage is to take place July 29. Miss Russell is a state normal school graduate and has taught school in this county for the past few years. Mr. Tompson is a U. of O. 1931 graduate and was very popular while on the campus. He belongs to Sigma Phi Epsilon and was president of his house the past year.

**EUGENE EVANGELIST AUTHOR OF NEW BOOK**

The second book published this year by the Rev. S. David Sikes of Eugene is now off the press and ready for the reading public.

This book entitled, "Pinck Plus Providence, is a story of the evangelist's life experiences. It covers a period of his own life history from the time of his country school house services in the year 1901 to the city tabernacle services with 25 congregations invited in an auditorium seating 9000 in the year 1927.

This narrative is written in an interesting style but has woven into it many excerpts from newspapers and periodicals which corroborate the facts related. It is also illustrated with about 30 pictures which lend color and life to the story.

This book has been prepared by the evangelist because of a demand which has been shown by written inquiries from readers of other books by this author, who has traveled in more than 30 states and spoken in more than 120 towns and cities in the United States during a quarter of a century.

In August of last year the evangelist purchased a home in Eugene and plans on keeping his residence here.

**Business Visitor**—Mrs. Charles Brewer of Fall Creek was a business visitor in Springfield on Tuesday.

**MAIN STREET LOOKS AT BROADWAY BY ERNEST CAMP JR**

City Friday

Everybody who visits New York is seized at some time or other with a sense of panic at its immensity, no matter how well traveled seasoned they have become. Practically every noted foreigner, from Dr. Albert Einstein to the youngest British flapper, yields at some time or other to this feeling.

People in country towns who may have kept away from the city because of their innate fear of the town ought to conquer this feeling and spend some time here. It is more than a liberal education.

**No Real Danger**

Life here is as safe as in any spot on earth, in spite of the monsters that roar in the subways, clatter on the elevated railroads and screech on the streets. That noise is what saves lives, probably. At the same time it is nerve-shaking to the stranger, from its potential menace.

Being lost in this enormous city is no great shame. All one has to do is step up to some one of its 19,000 policemen and let him straighten out your mental tangle. Years ago they earned the name of "The Finest" and there is no reason to think of them as otherwise, even in these days of newspaper exposures.

**Auto Tourists**

Hardly an hour passes, day or night, that one cannot see an automobile carrying a load of farm folks out to see the sights of a great city, bowling along through the heart of Longacre Square—the focus of all this country's theatrical activities. Nothing is missing on most of these autos; the tent strapped on the running board; camp paraphernalia piled in, rusty old baggage, and dad up front in a silk shirt sleeves calmly moseying along past the friendly traffic cops; and mother in calico getting an eyeful while soothing her unruly brood.

Everybody they stop to ask for directions takes pleasure in helping them along and, even if they don't stay long in the city but hike right out to some tourist camp, they get to see the greatest show on earth at a minimum of expense and effort. It's a good stunt for anybody in the country who is wondering where to go for a vacation.

**Transportation**

No city in the whole world has as complex a system of street cars. It takes weeks before one learns just where they all go to, the problem being intensified by the subways, where one loses all sense of direction and can rely only upon the

verbal directions given by the guards on the station platforms. And a lot of those fellows don't know any too much about the city. On the Second Avenue Elevated Road the difficulties are added to by the type of trainmen employed. Most of them appear to have left Ireland only a few weeks before and their brogue is often too rich for an ordinary American to understand what they are trying to tell you. The man who hires for that road must be a full-fledged Irishman with an intense love for the old SoL.

**A Busy Spot**

Perhaps the busiest spot in the whole world, judging by the number of people who pass it, is Greeley Square at Thirty-fourth street and Broadway. No fewer than seven double lines of rails cross the intersection. And they run on five different levels, three being underground, three on the street level and one on the Elevated track and besides them are many buses.

Within a block of the corner one may ride in the elevators of the Empire State Building for 102 floors above the street, besides going some six floors below, if one can get by the janitor. To those with a spark of adventure left, this city offers several weeks of gorgeous exploration possibilities and will form an unforgettable experience.

**Latching Always Out**

New York has an unwritten law to treat all visitors well. Local drivers are hauled out to court for any infraction of the law and dealt with summarily. But let your license plate bear a North Carolina, Ohio, or Iowa license and all you get, unless you kill a pedestrian, is a smiling order from the cop to "watch what you are doing!"

We know one man who moved here from Michigan three years ago who still carries an up-to-date Detroit license—just to get that extra touch of courtesy paid to visitors.

**DAMAGES SOUGHT FOR INJURY ON SIDEWALK**

Suit for \$1000 in general damages and special damages of \$100 for medical care are sought in a suit filed Wednesday in circuit court by Iralda McGeheey, minor, through her guardian Arthur M. McGeheey against Julius O. McCrady.

The complaint states that the minor girl was injured when she tripped and fell on a sidewalk at the house at 338 Twelfth avenue west rented by the McGeheey family from the defendant. The sidewalk was not in good repair and was dangerous, the complaint states.

**Leave for Portland**—Mr. and Mrs. Dan Stuart left Thursday morning for Portland to spend the week-end.

**Visitors Friends**—Miss Roma Schultz of Jasper spent Tuesday in Springfield visiting friends.

**CRUELTY AND LACK OF SUPPORT ARE ALLEGED**

Visitors from Salem—Mrs. Harry Holt and daughter, Maxine of Salem, arrived in Springfield Saturday for a short visit at the home of Mrs. Holt's parents, Mr. and Mrs. Wallace Hawke.

**Entertains for Mother**—Miss Edna June Yarnell entertained at a surprise party Monday evening in honor of her mother Mrs. Edna Yarnell. Several of her young friends were invited for the affair.

Suit for divorce was filed in circuit court Tuesday by Nellie M. Conry against her husband A. E. Conry.

The couple married at Yuma, Arizona, January 8, 1929, and have no children. Cruelty and not sufficient support are alleged in the complaint.

**Irish-Murphy Co.**

<b>Cream Cheese</b> 2 lbs. - 25c	<b>VEGETABLE Shortening</b> Pound - 10c
<b>Armour Milk</b> TALL CANS 4 for 25c	<b>GREEN AND PINK Berry Sets</b> 7 Pieces 49c Set
<b>Pork &amp; Beans</b> TALL CANS 5c Each	<b>Salmon, Tall FANCY PINK</b> Can - 10c
<b>Red Beans</b> 6 lbs. - 19c	<b>Candy Bars and Gum</b> 3 for 10c

**HARVESTING and HAYING SUPPLIES**

**Binding Twine**

STANDARD	12c lb.
MANILA	15c lb.
HAY ROPE	25c lb.
SINGLE LOOP BALE TIES	\$1.75 Bdl.

**WRIGHT & SONS**  
HARDWARE — FURNITURE — PAINTS

**FRIDAY and SATURDAY SPECIALS**

AT

**A. M. Williams & Co.**

New arrivals in Women and Children's House Pajamas, fancy patterns, colors 98c - \$1.79

Men's Dress Oxfords	\$2.39	Women's Black and White Spectator Pumps	\$2.39
Men's Scout Bal Work Shoe	\$1.18	Children's Barefoot Sandal	97c
Men's "Rockford" Sox, 4 prs. for	25c	Anklets — 48c Values	15c
Men's Express Stripe Overalls	79c	All colors and sizes.	
One group All Wool Bathing Suits, Good assortment	98c	All Wool Auto Robes, small sizes	\$2.19
Children's Cotton Bathing Suits	23c	Part Wool Auto Robes, Fancy Patterns	\$1.19
Tams	39c and 69c	Womens Rayon Underwear, Values to 98c	48c
Rayon and Suede finish—all colors.		Childrens Rayon Bloomers	25c
"Kaysen" fancy trim Panties	63c	Ladies Cotton Vests, Bodice Tops Large sizes	19c
Men's Wool Golf Hose	79c		
Wine - Black - Blue - Green			

**Tune in on our "Kiddies" Broadcast**  
11:15-11:45 Friday morning

**Ralph & Stanley**  
PRICE CUTTERS

STORE NO. 1—125 East Broadway, Eugene  
STORE NO. 3—960 Charnelton Street, Eugene  
STORE NO. 4—500 Main Street, Springfield

SPRINGFIELD STORE ONLY  
TILL SATURDAY EVENING

**Picket Pancake Flour**  
3-Pound Package 15c

**Cut Stringless Beans**  
McGrath's, No. 2, 3 Cans 25c

**Baker Girl Flour**  
49-Pound Sack 95c

**Golden Bell Flour**  
49-Pound Sack 89c

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