

GILKEY STATION

January 9

Mrs. A. L. Goodwin left last Wednesday for Holmsdale, Idaho. She went to the home of her sister, who is to undergo an operation, and will care for her sisters children.

Mrs. Lloyd Holley returned from Portland last Wednesday, where her brother is very ill.

Jack Jones, wife and son Harry of Stayton, were weekend visitors at J. G. Holts.

Allen Arnold and wife were Sunday visitors at the Leonard Gilkey home.

Francis Higinbotham, of Silverton, is visiting her grandparents, the W. E. Serfling's.

Frank and Joe Prokop have killed a large beef.

The Bartnik boys are busy sawing wood.

Mrs. Ethel Miller, of Portland, arrived Saturday at the home of her parents, A. L. Godwin's.

Despite the inclement weather last Thursday the ladies club met at the beautiful new home of Mrs. Frank DeWall. The afternoon was spent in conversation, fancy work and contests. Mrs. Pansy Shepherd was the luckiest person present, for she succeeded in winning two prizes. Mrs. Anna Holt was another prize winner. Each member received a present from a grab box sent by a former member, Mrs. Anna Chapman, of San Jose, Cal. This is her yearly custom at Christmas time. Fourteen enjoyed the treat. Mrs. Ed Smith, of Albany, attended. Visitors were Bertha DeWall and Harriet Jones. Dainty refreshments were served by the hostess. The next meeting is to be with Mrs. Minnie Smith at the James Johnson residence February 2.

Our Sunday school will meet at 11 a. m. instead of 10:30. We hope to see you there.

Will Wineburg and wife, who live on the Richard Stuckmeir place, have a new girl.

Mrs. John Attridge has a 9-pound son.

The county convention of our farmers union is to meet at our school house for an all day meeting Saturday. All members are cordially invited.

E. F. Gilkey visited friends in Albany Saturday and Sunday.

The men are busy fixing the telephone line.

We are all hopping for the speedy recovery of S. B. Holt.

A surprise birthday party was held for James Grossman New Years eve. A large crowd attended from Scio, Albany and Corvallis.

High School Notes

January 10

Extra! Extra! Extra! Semester examinations, the bugaboo of school life, have arrived to find many students wholly unprepared for them. All must rack their brains to bring back and take to the front ideas that have long been dead. A few of the lucky ones are rejoicing over unlooked for examinations. A word of encouragement is in order for the others. "Cheer up, the worst is yet to come." The basketball girls met defeat at Lebanon last Friday afternoon. Better results are hoped for when Lebanon plays the return game at Scio.

Coming — Friday, January 13. Scio basket ball girls meet the Corvallis girls at Scio, and the boys journey to Woodburn to clash with the boys of that school.

The Scio Hi boys basketball team played two consecutive games last week and were victorious in both. Shedd was defeated last Friday by a score of 72 to 0. Kenneth Sims

How to Be Healthy
The Crusade of the Double Barred Cross
Practical Talks on Disease Prevention
Prepared by the
OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

A CLEAN MOUTH

By ARTHUR M. HUNTER, D. D. S.

A FEW years ago Dr. Mayo, one of America's foremost surgeons, said that the next step in preventive medicine must be made by the dentists. In line with this prophecy, the new campaign for mouth hygiene aims to teach three things:

1. How much damage is done to the general health of the body by an unclean mouth, with teeth badly broken down, large cavities or inflamed gums.

2. Proper methods of correcting mouth diseases.

3. How to prevent dental disease.

Very few persons realize that the three vital sources of life, food, water, and air, are affected by mouth conditions. No one can live without these three things. The Government spends enormous sums to insure the cleanliness of food and water. Housewives see that cooking utensils, china and cutlery are washed so that the food may be served clean. All the details of bringing pure food to the mouth are carefully looked after, but when it passes the lips the food is abandoned and left to its fate, for most mouths are unclean, and food, however clean before, becomes quickly contaminated after it passes the lips.

How can the mouth best be kept clean and dental decay prevented? Here are four practical suggestions:

1. Have the mouth put in good condition by a good dentist. Go to the best man that you can find. It is economy of health and pocketbook to go to him often. Three or four times a year should be the minimum.

2. X-Ray examinations of the teeth should be made to ascertain the condition of root-fillings, and the condition of bone surrounding the root-ends of the teeth, for it is these areas that may cause systemic disturbances which will lower resistance to disease. All teeth with the pulps removed (nerves killed) must be held as suspicious characters until proven innocent. The lack of pain is not a safe sign of no infection. There may be a "blind" abscess, which only the X-Ray can discover.

3. Get your dentist to give you minute directions as to the proper way to perform your mouth toilet. It is necessary to spend at least three minutes every night and every morning brushing your gums and teeth, in order to properly cleanse them. That amount of time and energy will give you big dividends in good health. Remember a clean tooth will not decay, and a clean mouth will not pollute the food.

Stop the use of free sugar because sugar will cause the decay of teeth more than any other one thing. Nature never intended that we should use sugar in a concentrated form, but preferred to give it to us in its natural state; namely, in fruits and vegetables.

I would like to paraphrase that well known quotation from Robert Burns, "Oh, would the gift the good God give us to see our mouths as the dentist sees them." The dentist not only sees the unclean mouth with inflamed gums, but he sees the long chain of events, namely, an unclean mouth, small cavities, large cavities, pollution of food with digestive disturbances, death of the tooth pulp, abscesses at the end of the root, absorption of the poison, lowered resistance against disease, and finally broken down health.

The late Professor Oster, who held a place at the head of the profession of medicine, said: "You have one doctrine to preach, and you have to preach it early and late, in season and out of season. It is the gospel of cleanliness of the mouth, cleanliness of the teeth, cleanliness of the throat. These three things must be your text through life. Oral hygiene—the hygiene of the mouth—not one single thing is more important to the public in the whole range of hygiene than that."

made the highest individual score, with Maurice White holding next honors. At Salem last Saturday the boys defeated the Willamette Freshmen 10 to 6. Nine rabs for Scio Hi!

Mr. McAdoo, between halves of the game Friday night, talked in behalf of future athletics and the proposed high school gym.

Student Body elections next Friday. The new constitution will go into effect.

Mr. Williams, county club leader, was present at the school Monday and talked over with the club members plans for future work. He will return Thursday to talk Club business with club members and their parents.

Scio, with a mixedup team, won from Shedd by a 72 to 0 score Friday night. This was a very slow and uninteresting game, and it is undoubtedly the last weak team Scio plays on its home floor. Crabtree defeated Shedd by a 34 to 4 score in their first game. Albany College freshmen defeated Shedd by a few points and Albany defeated the freshmen two points, so from comparing the scores, Scio was the favorite.

The lineup was

Shedd	Scio
Snickler	f White 20
LeMar	f K. Sims 26
Gibbs	c T. Sims 6
Troutman	g Holland 10
Maxwell	g Denmore 10

On Saturday night the Scio high school team went to Salem and defeated the Willamette University freshmen by a score of 10 to 6. It was a hard and fast game and Scio won by its clever passing. "Buck" White, with three field goals, was easily Scio's star. Handicapped by a big floor and a game the night before, the Scio team showed that they were able to hold their own

against fast teams. Contrary to all opinion, Scio's first team played the entire game and few fouls were called upon them which shows that Scio's team can play clean and fast ball if there isn't from 1 to 3 of the opposing players hanging onto them.

SHELburn ITEMS

January 3

Grandma Tollinger has taken a relapse and is quite sick again. Her daughter, Mrs. Lee George, was called to her bedside Monday.

John Ortwein and Harry Crumes have just returned from a business trip to Portland.

Mrs. Guy Wyman and children spent Sunday at the H. O. Shilling home.

Clint Trextler was a Shelburn visitor Monday.

Lee George has been layed up for a few days on account of a bad cold.

Mr. and Mrs. Bennett were up from Corvallis for a few days visiting at the home of Mrs. Bennett's brother, M. L. Brown here.

There will be another invitation dance given at the Miller Hall here Saturday evening, January 14.

John Ortwein and family called at the Earl Gooch home Sunday.

A great many people are laid up with severe colds which are going around in this part of the county.

Earl Gooch and wife accompanied Mr. and Mrs. Hirons to Salem Monday afternoon.

Otto Limback was blasting wood with blasting powder for Oral Bates here Monday. As he touched a match to the fuse the powder exploded before he had time to raise up. He was burned on the face and hands. A physician was called immediately and it is reported he will soon recover. He barely escaped severe injuries.

White Stains on Hardwood.
A mixture of salt and olive oil will remove white stains from hardwood which are caused by hot dishes. The dry spot is covered thickly with salt, and then as much olive oil is poured over as the grains will take up. This stands over night, and in the morning the discoloration should be briskly rubbed with the mixture, which is then wiped off. If there is still any trace of stain, the application is repeated, again standing for hours.

Dutch Concert.
A Dutch concert is a so-called concert in which every man sings his own song at the same time that his neighbor is also singing his, a practice not necessarily so national as convivial. There is another form of Dutch concert in which each person sings in turn one verse of any song he pleases, some well-known chorus being used as a burden after each verse. When every person has sung, all sing their respective songs simultaneously as a grand finale.

Awful Moment.
Anxious to get to church on time, as an interesting sermon on gambling was scheduled, I hustled around getting ready. Opening a bureau drawer I grabbed what I thought was my prayer book and rushed over to the church. Marching down the aisle I accidentally dropped my muff, and, lo! instead of my prayer book, a deck of cards came tumbling out and scattered in all directions! To make matters worse, the back of the cards bore the ad of a prominent brewery!—Grit.

Chinese Condemns Bribes.
There is a famous oriental saying condemning bribery. It is said that an ancient Chinese sage who lived in the Second century was offered a bribe. His silence being accepted as hesitation, he was assured that he was perfectly safe, as no one knew it. He replied: "Heaven knows it. Earth knows it. You know it. I know it. How can you say that no one knows it?"

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