

STAR GAZER		By CLAY R. FOLLAN	
Your Daily Activity Guide			
According to the Stars			
To develop message for Sunday, read words corresponding to numbers of your Zodiac birth sign.			
ARIES MAR 21-20	1 Friends	31 Confidence	41 Amour
Taurus APR 20-19	2 Clods	32 Motives	52 Moral
Gemini MAY 21-20	3 Lull	33 Your	63 Age
Cancer JUN 21-20	4 Your	34 Lie	64 Lull
Leo JUL 21-20	5 May	35 Good	65 Much
Virgo AUG 21-20	6 Mind	36 News	67 Various
Libra SEP 21-20	7 Travel	37 With	68 Foresight
Scorpio OCT 21-20	8 Folk	38 Ahead	69 New
Sagittarius NOV 21-20	9 Know	39 For	70 Luck
Capricorn DEC 21-20	10 Impose	40 For	71 Scoldings
Jan 21-20	11 Department	41 For	72 Scoldings
Feb 21-20	12 On	42 For	73 Scoldings
Mar 21-20	13 Everything	43 For	74 Scoldings
Apr 21-20	14 Nothing	44 For	75 Scoldings
May 21-20	15 Some	45 For	76 Scoldings
Jun 21-20	16 Above	46 For	77 Scoldings
Jul 21-20	17 Below	47 For	78 Scoldings
Aug 21-20	18 On	48 For	79 Scoldings
Sep 21-20	19 On	49 For	80 Scoldings
Oct 21-20	20 On	50 For	81 Scoldings
Nov 21-20	21 Letters	51 New	82 Scoldings
Dec 21-20	22 Good	52 News	83 Scoldings
Jan 21-20	23 Your	53 Change	84 Today
Feb 21-20	24 On	54 Change	85 Today
Mar 21-20	25 On	55 Change	86 Today
Apr 21-20	26 On	56 Change	87 Today
May 21-20	27 On	57 Where	88 Concerned
Jun 21-20	28 On	58 Where	89 Concerned
Jul 21-20	29 On	59 Where	90 Concerned
Aug 21-20	30 On	60 Where	91 Concerned
Sep 21-20	31 On	61 Where	92 Concerned
Oct 21-20	32 On	62 Where	93 Concerned
Nov 21-20	33 On	63 Where	94 Concerned
Dec 21-20	34 On	64 Where	95 Concerned
Jan 21-20	35 On	65 Where	96 Concerned
Feb 21-20	36 On	66 Where	97 Concerned
Mar 21-20	37 On	67 Where	98 Concerned
Apr 21-20	38 On	68 Where	99 Concerned
May 21-20	39 On	69 Where	100 Concerned

School News

PHOENIX HIGH

Phoenix will again participate in Student Government day, Feb. 18 and 19, by sending students to take over the executive offices of county clerk, county commissioner, sheriff, and the appropriate offices of chief deputy sheriff, coronator, assessor, auditor, public health nurse and public welfare officer. Primary elections for executive offices will be held Tuesday, Feb. 7. Elections will take place Tuesday, Feb. 13.

For the third six weeks period, 77 per cent of the student body received citizenship grades of 1 or 2. Twenty-two per cent received grades of 3, and less than 1 per cent received a grade of 4. Students were reminded that a 3 in citizenship carries with it ineligibility to participate in school activities if they have a 4 in any subject, and puts a student on probation if he has a 4 in any subject of subjects. Another eligibility check is then taken in three weeks.

Those with a 1 or 2 in citizenship may still get a 3 in a subject and still remain eligible. Those with a 3 in citizenship are automatically ineligible.

A skating party was held at the Ashland Skate rink, Monday night, Jan. 28, sponsored by the Future Homemakers of America. Approximately 65 students attended with Mrs. Alan Holmes and Harry Kanastis as chaperones.

During the evening the skating rink owners held races in which some of the members of our group participated. Bill Miller received a prize for winning the boys race. On the feminine side, Nadine Brown was the fastest skater and won a free pass.

The freshmen class had the lead of all classes in the honor roll for the third six weeks which ended the first semester. Thirteen freshmen were on the honor roll. The seniors and juniors tied for second place with 12. The sophomores had nine on the honor roll.

Those students who received straight "ones" in all subjects were Jack Hoffbauer, freshmen, and Almg Stovall, juniors.

Twenty-seven students received no grade lower than a "two." They are as follows: Sandra Edwards, Rodney Fowler, Joyce Hunter, Douglas James, William Hagmann, Leon Small, Nancy Stuber, Gary Strahm, Mary Cole, Dana Kallas, Pat Imbuesen, Shores Skipworth, Alice Henderson, Rose Mary Kussel, Elizabeth Pramanah, Larry Smith, Lloyd Smith, Douglas Witte, Alicia Abbott, Barbara Blankenship, Bill Clark, DeWain Dean, Larry Glidden, Kay Haight, Jim James, Charlotte Stovall, and Charlotte Keena.

Those students who received an average of "two" in all their subjects were as follows: Linda Gearin, Karan Golding, Eldan Mitchell, Bonnie Millineau, Vendell Webber, Dety McGord, Gail Glidden, Bev Keene, Virginia Martin, Sandra Skinner, Nadine Brown, Donald Daugherty, Dennis James, Charles Swartz, Buster Schleigh, Dorothy Dean, and Pets Bohm.

The Future Homemakers of America sponsored a fortune cup cake sale in the home economics room on Thursday, Jan. 31. The purpose of the sale was to raise funds for the Sweethearts Ball to be held on Friday, Feb. 3, in the PMS library. Approximately \$13 was netted in the sale.

The queen candidate for the PMA Sweethearts' ball, which will be held Feb. 3 from 8 to 12 p.m., in the school library have been announced. Class representatives are Linda Gearin, freshman; Ida Marie Bols, sophomore; Janie Grove, junior, and Kay Haight, senior.

Voting will take place at the dance. All persons who attend are eligible to vote.

McLOUGHLIN JUNIOR HIGH

The first semester style show, given by the sewing classes of McLoughlin Junior High school, was held Monday evening, Jan. 28.

Miss Coral Stone introduced Rosalind Randles, who gave the commentary as the students modeled the garments they had made. A total of 75 girls appeared in the show, which included sports wear, blouses and aprons.

Each model stepped through a large red heart, onto the runway. Mrs. Margaret M. Brown played piano music while the girls showed their sewing projects.

Following the style show, the cooking classes served refreshments from a yellow star and paper decorated table. The cookies, little cakes, punch and refreshments were made by the students in the home-making department.

Students voted on two amendments to the Student Body constitution. One provided for filling offices which might be vacated by office holders moving away after elections, and the other concerned campaigning for offices.

The TV band, the Hungry Five, the Saxophone band and the Madettes presented a program over television Jan. 31. Bob Hamilton played a baritone solo, and Verna Fuller was the student announcer. Al Huntmann is band director.

The Pep band played for the Parent-Teachers meeting Jan. 23.

TALENT HIGH SCHOOL

Thirteen students of Talent High school finished a course in driver training at the end of the first semester. A new group of 12 students began the course for the second semester.

Driver training returned to the high school curriculum this year after an absence of several years. The instructor for the course is George Bray of the high school faculty. The driver training car is furnished by Selby Chevrolet of Ashland.

Students are offered classroom instruction in proper driving procedure and in the care of automobiles, with 30 hours devoted to this phase of the training. However, most of the course consists of actual practice in driving an automobile. Each student must spend eight hours in actual driving and must perform according to certain standards before credit is earned.

Father Enters Plea in Roseburg Murder

Roseburg — (UP) — Levels Lloyd Geisler, 35-year-old father of three small children, pleaded innocent by reason of temporary insanity in Douglas county Circuit Court Saturday to a charge of first degree murder of his wife last Tuesday.

Chief Circuit Judge Carl Wimberly set Feb. 23 as date for the trial. Judge Charles S. Woodrich will preside.

The Roseburg lumber worker is charged with shooting down his 21-year-old wife, Barbara, in their home Tuesday night as a result of a domestic quarrel. The couple's three children, aged 6 and 8, were asleep in the house at the time.

EFFECTIVE SIGN

San Diego — The National Guard recruiting office here said Friday enlistments have picked up since they posted a sign reading: "California National Guard Draft dodgers enlist now."

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Science Undecided on What Effect Strenuous Exercise Has on Heart

By DELOS SMITH
United Press Science Editor
New York—(UP)—Scientific tests conducted at a laboratory here showed that rats who run don't get enlarged hearts as the result—but rats who don't run get fat around their hearts.

What this has to do with human hearts and human beings running or not running, is that medical science is anything but certain what regular and somewhat strenuous exercise does to the heart. Some authorities say it eventually enlarges the heart. Others say it doesn't.

At Heart of Question

You have to get to the heart of the question in rats—you can't in human beings. So, Dr. Philip J. Rasch and Frederick Krieger of the research center of the Los Angeles County Osteopathic hospital organized rat races against time.

They trained seven rats to run inside a revolving drum and exercised them there for half an hour a day, six days a week for seven weeks which in the life of a rat is equivalent to about four years or 208 weeks in the life of a man.

So these rats became quite athletic, but they became so slowly. The first week they ran their 30 minutes at a rate of a little over 13 feet a minute and so ran a total of about 393 feet in a day and 2,362 feet in a six-day week.

Pace Stepped Up

The pace was stepped up until

in the seventh week they were running about 22 feet a minute and covering 2,755 feet a day and 16,536 feet in a six-day week which is more than three miles and a very brisk workout for a rat. In seven weeks each rat ran over 13 miles.

Meanwhile, seven other rats were taking their ease in comfortable cages that were too small to permit much moving around. Like the exercising rats, they were permitted to eat and drink as much as they wished.

The end of all this was sacrificed on the altar of advancing man's knowledge. Their hearts were measured both for long diameter and cross diameter, and were

weighed. Ratios of heart weight to body weight were figured.

There were no differences in these measurements between the rats who had exercised and the rats who hadn't, which could be considered in any way significant.

However, there was "a noticeable amount of fat around the hearts" of the rats who hadn't exercised, whereas there was "almost no fat" around the hearts of the active rats. The scientists remarked that this "may" have been important in regard to the general health of the rats.

One very interesting result was a demonstration that rats

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Grange News

Butte Falls Grange

The Butte Falls Grange will meet in regular session Monday, Feb. 4, at 8 p.m. in the Butte Falls High school auditorium. All members are asked to be present. Any other interested persons are also invited.

Upper Rogue Grange

Upper Rogue Grange will meet Feb. 7, and all members are asked to bring baked goods or any articles in good condition that they want to sell at the HEC table. All articles should be priced beforehand.

The money from this new venture will go into the HEC fund.

Mrs. R. S. AxCL

Eagle Point Grange

The next meeting of the Eagle Point Grange will be Feb. 5. Preceding the meeting a film will be shown at 8 p.m. by Dell Chapman of the Shell Chemical company on Anhydrous Ammonia, which should be of interest to everybody connected with the farm, garden and home. The public is invited.

Live Oak Grange

Live Oak Grange has its regular session Thursday, Jan. 24, with all officers present.

Following the seating drill, the charter was draped in memory of Otisella Strahan who had passed away the previous day.

Ray Francis, agricultural chairman, reported that the market on hogs was higher than it had been in 3 months, with indication that prices would rise even higher.

The legislative chairman, Larry Sheehan, spoke on the governor's inaugural address and called attention to proposed measures to be considered in the legislature. After considerable discussion the Grange voted to go on record as opposed to a sales tax in Oregon, and also to state regulation on banking hours.

Pursuant to this decision, resolutions were drawn up, to be sent to Pomona Grange and to all representatives in the legislature from this district.

The building committee reported that the market for cattle and hogs, partly due to purchase made by the government for schools and armed forces. Bee chairman Delmar Smith reported the demand for bees for pollinating orchards, up 50 per cent and the demand for honey exceeding the supply.

Legislative Chairman Clarence Davies reported that every budget in the state increased, our new governor having generous ideas, with the biggest increase to be expected in school support.

Healthcare Chairman, Dee Hepprickson stated there was a shortage of experienced nurses locally and that the shortage of apples is increasing the demand for winter pears, keeping prices good.

A new contest for developing subordinate granges into stronger organizations was announced by Master Robert Bitterlied. The program for this "subordinate grange contest" as outlined by the committee was read and approved and it was voted to authorize the executive committee to decide on the prizes and details connected with the contest, copies of which are to be mailed to each subordinate Grange member as soon as possible.

1936 Pomona HEC chairman Edith Poe gave her final report for the year, stating the 12 active HEC clubs in the county made a net of \$7,302 for the county Grange's support, besides contributing to various civic enterprises themselves. She showed a copy of the Flame of Friendship to be completed by each HEC during 1937, asking that a lighted candle be on the HEC display tables at each meeting.

The Lecture Hour opened with group singing. Following this a group of Study Cove school children presented several songs, and five little ones Davies spoke briefly on the "problem of housing facing education" and read a skit on "conduct in the modern school."

Frank Hall the of Live Oak Grange was appointed as representative to a meeting of the Rogue Basin Flood Control and Water Resources association. Chester Wendt of Central Point Grange was elected assistant steward and Olin Poe of Phoenix was elected to represent Pomona at the meeting of Oregon Grange Mutual association at the State Grange session.

A unanimous vote was cast opposing any legislation forcing bank closure in Oregon on Saturdays.

The following announcements were made: An HEC conference and potluck dinner will be held Feb. 5 at Phoenix Grange hall, starting at 12 noon. All ladies of the county granges are urged to attend. Practice for the Memorial Service will be held April 21 at 2 p.m. at Phoenix Grange hall. All Pomona officers are requested to attend so the officers' seating drill can be practiced at the same time. County Conference of Officers

reported that the job of shingling the roof of the hall was completed.

There will be a pirate party Saturday night, Feb. 2, at the Grange hall. The public is invited to attend. A small admission fee will cover the game and refreshments.

Chapman rolls and coffee were served by Pearl Longerman and Edith Osborn.

Edna Skeehan, publicity.

Pomona Grange

Jackson County's Pomona Grange met Jan. 26 at Shady Cove. Grange opened with officers' seating drill and the new officers in the chair. Agent was Overseer McKim Lottis, cores Grace Buck and Committeeman William Howes.

Lecture? Mabel Wertz spoke of that lecturer's having skills or other material should bring it to the officer's conference to be held Feb. 9 in Central Point.

Chaplain Hattie Hendrickson announced that the memorial services will be held at the April 27 meeting and asked all subordinate chaplains to check their Pomona lists and bring the names of those to be honored at the service.

Livestock Chairman Kary Carleton reported the market to be better on cattle and hogs, partly due to purchase made by the government for schools and armed forces. Bee chairman Delmar Smith reported the demand for bees for pollinating orchards, up 50 per cent and the demand for honey exceeding the supply.

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The more good brands you know, the surer you are. Get to know them in this newspaper. They can help you cut buying mistakes, get more for your shopping money.