

Better Electric Service Possible

Better voltage regulation of electric power service in the Lyons-Gates-Mill City area has now been made possible with the addition of a large, automatic, series capacitor installed recently by M. S. P. Co. at Lyons, states company manager R. L. Stewart.

Stewart said that the installation of the capacitor unit will improve operation of the automatic regulating equipment which stabilizes voltage in these service areas.

This unit is the only one of its kind on the Mountain States system. Its function differs entirely from that of the ordinary "shunt" capacitors in common usage on the system.

Oregon Museum--

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plains in 1852, showing the route the wagon trains followed.

Two beaver coins, currently valued at \$10,000, are exhibited in a specially constructed safe. The dies and molds used in making the "Beaver money" are also on display. Early in 1849, eight prominent citizens formed the Oregon Exchange company and began minting five and ten-dollar gold coins to meet the problem of what to use for money. Although about 6,000 five-dollar coins and 2,850 ten-dollar coins were minted, few of these early pieces are in existence today. Their rarity is explained by the fact that they actually contained more gold than their face value and were bought up and shipped to California where they were melted into 50-dollar gold slugs.

Also included in the Oregon Historical Caravan are many old photographs and lithographs, early implements, trade items, famous letters and other documents.

FOOT HEALTH

By Dr. Benjamin Kauth
Director,
American Foot Care Institute
How to Buy Shoes

If you haven't bought a pair of shoes during the past few weeks, you are a rare American. The shoe industry tells us that a large proportion of the nearly 500,000,000 pairs of shoes sold annually in the United States are purchased during Spring.

What concerns foot specialists is that during this spree of shoe buying, most people—particularly women—tend to concentrate on style and ignore health and comfort factors—



which is why so many of us suffer from foot ailments of one kind or another. Unsuitable and poorly-fitting shoes are chiefly responsible for foot disorders. That is why podiatrists stress the importance of proper footwear. On the basis of my own practice and the experience of hundreds of other foot doctors, we have learned that light, flexible, leather-soled shoes are best from the viewpoint of both health and comfort.

Leather soles have been found to be an important factor in foot health, because the fibrous structure of leather permits "breathing"—that is it allows the foot to receive air and evaporate perspiration, at the same time that it provides the necessary firmness and support.

Here are a few simple rules to follow when buying your next pair of shoes:

Have both feet measured in a standing position. Take the size called for by the longer of the two feet, since nearly all people have feet of unequal size. See that the widest part of the foot rests comfortably at the widest part of the shoe. The big toe joint should rest at the turn of the leather sole to assure a good heel-to-ball fit. Be certain that the vamp is neither too tight nor too loose across the widest part of the foot. Make sure that there is at least one-half inch of space between your toe and the tip of the shoe. The heel and counter should give snug support, without pinching or chafing.

Since so many women wear high heels, firm support at the back is particularly important. A gaping heel will cause constant slipping of the foot within the shoe, resulting in painful bumps and callouses on the heel and also at the metatarsal joint. For all-around wear, excessively high heels should be avoided.

It is a violation of the hour law to discharge or discriminate against an employed who has failed a complaint or a suit for back wage under the Act.

Spar Cate

H. F. HINCH, Prop.

"JUST GOOD FOOD"

124 N.W. OREGON Hwy 222

MILL CITY

Mr. and Mrs. Ford Wilson, Jr. and Jeanne were guests of her mother in Salem over the weekend.

Mrs. Albert Toman and Mrs. A. N. Robinson were over-night visitors in Portland Friday.

Mrs. Sonny Nelson and daughter of Tillamook are guests of the Russ Kings this week.

Tom Shelton, son of Mr. and Mrs. Glen Shelton, will be the speaker at the morning worship service in the local Christian church Sunday, May 6. He was chosen by Northwest Christian college as their representative here and at Lebanon for N. C. C. Day, Sunday.

The Holley Central Willamette convention of Christian churches last Sunday was attended by Ellen Shelton, Minister and Mrs. Jull, Wilma and Ralph, Mr. and Mrs. Floyd Shepherd and Bill.

Mr. and Mrs. Vern Thomas announced this week the engagement of their daughter, Rosella, to Dick Freres, son of Mr. and Mrs. Wendell Freres of Stayton. Miss Thomas is a freshman in the Mill City high school. No date for the wedding has been set.

Dick Morse, who left recently for a vacation in California, is reported as being in a California veterans hospital for treatment.

Mr. and Mrs. A. T. Pederson of McMinnville were Sunday callers at the H. D. Pound home. The ladies are sisters.

The Christian Woman's Fellowship

will meet Wednesday, May 9, at the home of Mrs. George Flook. Mrs. Paul Williams will lead the discussion of the lesson on "Our Neighbors to the South."

Mr. and Mrs. Paul Nolan and two children, Joy and Kenneth, moved to Portland last week. Mr. Nolan worked for C. B. I.

In case the Mill City citizenry see some rather young sprouts parading in peculiar garb through the streets of Mill City—they should think nothing of it! Mrs. B. L. Allen's kindergarten class is just going through their graduation exercises. The Tuesday ceremonies mark the youngsters' being qualified for the first grade in school.

Mrs. Delbert Jenkins, Mrs. Arthur Kriever and Miss Hendricson spent Thursday in Salem and Albany.

Mr. and Mrs. Walter Cortemanch, former Mill City residents, now of Portland, spent Friday visiting Mill City friends.

Mr. and Mrs. Walter Ditus and daughter of Eugene spent Sunday at the home of Mr. and Mrs. Wes Green.

Mrs. Cecil Lake is spending the week in Kervinville.

The John Muirs were in Salem all day Sunday visiting relatives.

The C. E. Covilles had as their guests at Brientebush their son, Mr. and Mrs. Dell Coville and son, Morris Lee. The Covilles enjoyed swimming in a hot-springs pool with the water at a temperature of 88 in the pool and an atmospheric temperature of 41. The recreation center opens officially on May 15.

Members of the Mill City Christian church attending the district convention of Christian churches at the Court St. church in Salem Thursday included Mrs. Glen Shelton and Ellen, Mr. and Mrs. Floyd Shepherd and Bill, Mr. and Mrs. Jull, Wilma and Ralph.

The Charles Umphresses spent Sunday in Salem. Mr. Umphress was on business in Portland Thursday.

Dr. Mark Hammericksen, local optometrist, just completed a course in fitting Tuohy Corneal contact lens given in Portland.

The Auxiliary of the Santiam Lions club is sponsoring a square dance party and mid-night snack Saturday night, May 12, at the American Legion hall in Mill City. Each member has invited two friends for a share in the fun.

The Christian Church Woman's Council appointed a committee for the entertainment program of the district "99" Men's meeting in the Mill City church June 18. Another committee was appointed for planning a "come as you are" breakfast in the near future.

Parents of Boy Scouts will be interested in a special meeting of Boy Scout parents in the Mill City grade school at 7:30 p.m., Thursday, May 10. Boys 11 to 14 may become Boy Scouts. All parents are invited to attend.

Ed Keith, son of the Clyde Olivers, and his buddy, Robert Brisbee, who have been transferred recently from Camp Roberts, California, to North Fort Lewis, Washington, were home on a weekend pass.

Mr. and Mrs. Clyde Oliver, Donalee, Jack and Jean and Mr. and Mrs. Bob Oliver and Sheryl were visiting Sunday with relatives in Falls City.

Dick Morse Enjoys Knott Berry Farm-Ghost Town

Dick Morse of Mill City recently visited Knott's Berry Farm and Ghost Town in Buena Park, California.

There, like the forty-niners, Dick tried his luck panning real gold in the ancient sluice box at the old Gold Mine. Later he visited the Wagon Camp, where in a huge circle real covered wagons were lighted by the flickering flames of a large camp fire.

From here, he wandered through the Music Hall, General Store, the Covered Wagon Show, and many other buildings erected as a monument to the pioneers of the early West.

GEMS OF THOUGHT

I hope I shall always possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an "Honest Man."—George Washington.

Finally, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. —Philippians

There is no terror in your threats; for I am armed strong in honesty that they pass me by as the idle wind. —Shakespeare.

Just Arrived...

A SON—To Mr. and Mrs. Larry Prichard, Mehama, April 28, at Salem Memorial hospital.

A DAUGHTER—To Mr. and Mrs. Earl Leach, Lyons, May 1, at Salem Memorial hospital.

A DAUGHTER—To Mr. and Mrs. Don Miley, Gates, May 2, at Salem Memorial hospital.

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a little bird told us...

you're looking for Bright Ideas for Spring

VISIT OUR BRIGHT IDEAS department

We know how you feel in the Spring... we feel that way ourselves... that's why we've set up our BRIGHT IDEAS department. It's loaded with suggestions to help give your home that Springtime sparkle to match your bright-eyed mood. We've assembled all the gayest, color-bright items from every section of our home furnishings department and placed them in one handy BRIGHT IDEAS package for you... to make your search a one spot special.

DAVE
EDDA

SWEET HOME
MILL CITY

FURNITURE

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