

High School Notes

(Marie Messersmith, Reporter)

The football team of Tillamook high school began the season last Saturday with a winning game, defeating the Linfield College team with a score of 6 to 0.

A successful rally held the night before the game brought out a large crowd of townspeople as well as students who cheered the Tillamook players at every turn.

Such enthusiasm will do much to help win the remaining games which are scheduled as follows:

Oct. 3, Newberg, there; Oct. 11, Seaside, here; Oct. 18, Astoria, here; Oct. 24, open; Oct. 31, Hillsboro, there; Nov. 7, McMinnville, here; Nov. 14, Forest Grove, here; Nov. 21, open; Nov. 28, open.

Cafeteria began Monday noon, and high school students may obtain more varied lunches this year, as no less than two dishes will be served each noon.

Miss McDonald's advanced sewing class will have a number of make-over dresses on exhibit Thursday and Friday afternoons.

The townswomen are invited to see these garments, and any questions concerning make over problems will be answered by Miss McDonald.

REFORMED CHURCH

W. G. Lienkaemper, pastor.
 Sunday school at 9:45 a. m.
 English services at 10:30. Subject: "The Children in the Church."
 German services at 11:15. Subject: "The Forgiveness of Sins."
 You are cordially invited to these services.
 2 p. m. Sunday school in the Trask school house

CHRISTIAN CHURCH

A home coming supper will be given in the basement of church Friday at 8 p. m. Bring basket of lunch and enjoy the evening. Also the Rally day and promotion service takes place at 10 a. m. Sunday.
 Public invited to both meetings.

UNITED BRETHREN CHURCH

Rev. B. Ross Evans, pastor.
 10 a. m. Sunday school.
 11 a. m. Morning worship. Sermon subject: "My Expectation."
 8 p. m. Evening service. Sermon subject: "The Simplicity of the Gospel."
 Mrs. Evans will sing a solo at the evening service. This is a congregation that gives you a welcome.

PRESBYTERIAN CHURCH

Rev. Louis Anderson, Ph. D., pastor.
 Sunday services:
 9:45 a. m. Sunday school.
 10:45 a. m. Children's sermon: "The Tongues of the Sea."
 11:00 a. m. Morning worship. Sermon: "My Helper."
 7:30 p. m. Evening service. Sermon: "Imputed Service."
 Week evening services:
 Monday 7:30, teacher's meeting.
 Wednesday 7:30, church night service.
 Friday 7:30, choir practice.

KINDERGARTEN BILL TO BE INTRODUCED TO LEGISLATURE

The kindergarten idea is not a new one, but is an idea whose hour has come.

The fact that legislation bearing upon the kindergarten is frequently included in the legislative programs shows that the kindergarten is regarded as one of the agencies in educational progress and that people are awakening to the value of this type of education for small children.

In the kindergarten is laid the foundation of education for healthful living, for skill in manual work, for the right use of leisure time, for the use of good English, for intelligent living—in fact, the training received there touches all angles of a child's life. Realizing this, a number of prominent women in Portland, several years ago, formed a kindergarten council and by working earnestly, succeeded in having passed the present kindergarten law in Oregon. While this applies only to Portland, it has given the kindergarten training to a great number of children who otherwise would not have had the advantage of it.

At the next session of the legislature, the Oregon Parent-Teachers association intend to sponsor a bill which will make it compulsory for school boards to establish and maintain kindergartens upon petition of twenty-five parents or guardians of children four to six years of age, who reside in the district served by the school in which the kindergarten is desired. The expense of maintaining same to be paid from the general school tax as other departments of the public school system.

Experiments in large cities where this department has been a part of the public schools for many years show that it is not an extravagance as the number of "repeaters" in the first grade is reduced and a grade

precocity of 3.4 months per child is induced which means a great saving in the salaries paid grade teachers.

The co-operation of every club member, of every father and mother in the state is needed in this movement for a strong kindergarten law in order that Oregon, a state so progressive in many ways, will not lag behind other states in providing this education for our small children.

THE HEALTH OF OREGON CHILDREN

The financial and economic value of dairying to Oregon is established. Everybody knows that it pays everybody to have more and better dairy cows, creameries, cheese factories and condenseries in Oregon. There is another phase of the subject which is even more important—health.

Physicians, chemists, scientists, have been studying vitamins for the past twenty years. Vitamines are too elusive to be seen, but it is established beyond the shadow of a doubt that they exist, that their presence in the diet of children produces proper development, and that their absence permits certain diseases to stunt growth of both bodies and minds, and injure the coming generation.

Vitamines are found in certain foods. The best home for two of them is in whole milk, and the butter retains them both. These two vitamins are not found in vegetable oils. Thousands of tests demonstrate these facts. Vegetable oils are not harmful, but they certainly do not supply the vital elements of growth and resistance to certain diseases.

Children deprived of whole milk or butter suffer from serious ailments and do not develop properly in mind or body. They are stunted, are subject to rickets, to an eye disease, bad teeth and other evils. In the past Oregon children have been particularly healthy and strong. Our past and present generations have been distinguished for their physical fitness. Our share of soldiers have been tall, strong, husky fellows, noted for endurance and mental alertness. Oregon has always been a dairy state.

A few illustrations out of thousands: During the world war, the children of Denmark developed a serious eye disease. It did not yield to treatment. It was discovered that the dairymen, tempted by high prices, were selling all the butterfat and feeding the children skim milk and oleomargarine. As soon as the butterfat was restored to the diet of the Danish children their eyes got well.

Tests conducted in orphanages and schools have pointed invariably to the same conclusions—milk and butter in the diet of children bring resistance to disease, steady and normal gains in weight, better health and better marks in school work. Substitutes result in loss of weight, lower health and poorer grades.

The use of whole milk and butter and cheese is important for mature people. Their habitual use tends to produce a stronger, brighter and longer lived race.

During the world war, the authorities in Great Britain were alarmed at the high percentage of young men unfit for service. An investigation was undertaken. During its course, the inhabitants of a little island off the coast of Scotland were found to be remarkably free from imperfections. These people live in miserable huts without sanitation in a damp, foggy climate. They are very poor. Yet their teeth are sound and perfect to old age, they are strong, big framed, big lunged, strong boned specimens of man and womanhood. Their food consists almost entirely of fish scraps, and every family owns a cow!

Deficiency diseases have been prevalent in the Orient for ages. Japan has been wise enough to study them and seek a preventive. As a result, the Japanese government is establishing herds of dairy cattle and encouraging in every possible way the universal use of milk and butter.

Any alleged substitute for butter—anything which takes the butterfat out of milk and replaces it with vegetable oils—is a blow at healthy childhood. Any law which seeks to protect the milk and butter industry is a law for the protection of babies. The oleo measure on which we are to vote in November seeks to preserve the health of Oregon people. Remember these facts when the time comes to vote.

It is the sacred right of your children to be as healthy as knowledge can make them.

Milk not only contains vitamins, but the other elements of a balanced food ration. It is as near a perfect food as it comes from the cow, as nature ever made.

WATCHING THE CLOCK

Are you watching the clock? If you are, you belong to a great class and a great mass and that class and mass has never arrived and never

will, because the mind of that class and mass is not on the work at hand. It is on the clock.

If you cannot put your mind on your work and keep your eyes off the clock, you will soon find yourself up in one of those concerns that check employees out by a time-clock device and you'll have to "punch in and punch out."

The successful farmer, business man, banker and employee don't give a darn about the clock.

The successful writer never stops writing so long as ideas and words flow.

Mark Twain wrote far into the night and sat up in bed early next morning and wrote yet more.

Dickens, Thackeray, George Elliott, Burns, Lincoln, Washington, Grant, (our Luther) Burbank have given and are still giving the clock scant attention.

Do not be a slave to the clock. Be a master of your own mind. Direct it on your work and be a master in it. Therein lies your success. Therein lies promotion and all the better and greater things that go to make your life durable and enduring.

But, if you wish to cool your heels outside in idleness seeking a new job, just keep on watching the clock.—Selected.

FACTS ABOUT THE TELEPHONE

Newberg—Spaulding Logging company employing 200 men.

There is enough telephone wire in the United States to make a net that would hold the earth like an egg in an egg-cup. Besides putting one span around the equator, this net would consist of 6,584 strands joined at the South Pole and spreading gradually until they were slightly less than four miles apart at the equator.

Ten American states have, between them, more telephones than all foreign countries combined. These ten states are New York, Pennsylvania, Illinois, Massachusetts, Indiana, Ohio, Michigan, Iowa, Missouri and California.

During the last ten years the number of telephones in service in the United States has increased by 5,827,000. This increase alone is more than five times the total number of telephones now in use in the whole of Great Britain.

Chicago has one telephone for every four people.

PAPER MULCH DEMONSTRATED BY CALIFORNIA FARMERS

Luther Burbank, plant wizard of Santa Rosa, California, who for years has been making two things grow where only one grew before, is now making those two things grow even faster than nature intended.

On Burbank's gardens at his experimental station—world famous for the remarkable horticultural discoveries made there—are laid several strips of a new development of science and agriculture known as mulch paper, which has the qualities of retaining heat and moisture in the soil.

The material was supplied to Burbank by a San Francisco concern. It has been granted permission to dispose of the paper under agreement with Charles F. Eckart, director of the experiment station of the Hawaiian sugar planters' association at Honolulu.

Burbank has applied the paper on the famous Burbank tomato, gladioli, and the Mrs. Charles E. Penrose rose, Burbank's own variety of corn, sweet table pea, peaches, Australian passion flower and the Siberian crimson lily. The plant wizard is watching the results closely and yesterday in a statement made to W. L. Rhoades, manager of the agricultural department of the company, he stated that in one week the gladioli upon which the paper has been placed have shown a decided increased speed in growth.

Agriculturists throughout California are watching with interest the experiments being conducted by Burbank. Farmers generally are familiar with the results of the mulch paper which has been laid on pineapple plantations through Hawaii, where increases in the yield of the pineapple have been as high as thirty to forty percent.

Eckart discovered the mulch process after wide experimenting beginning in 1914. The material he uses to stimulate the growth of crops is an asphalt-impregnated felt constructed in strips that can be punctured for the insertion of plants.

Eckart first used the mulch paper between the plant rows in an attempt to "bottle up," by means of the water proof qualities of asphalt preparations, the soil moisture as well as its temperature.

The holes put into the mulch to allow the plants room to grow also



Here is Luther Burbank, plant wizard of Santa Rosa, California, discussing the potentialities of mulch paper with W. L. Rhoades, an expert on the paper. In the foreground on the right is seen strips of the mulch paper laid on Burbank's experimental station. It is stimulating the growth of gladioli. Insert, Burbank inspecting the progress made by a crop treated with the mulch paper.

allow rain to drain into the soil and there it is held against too speedy evaporation, so its greatest good goes into plant development. The material also kills weeds, thereby dispensing with hand labor around the plants, a condition both laborious and expensive to the average farmer.

Besides Burbank's experiments others are being carried forward by some of the largest nurseries in California.

At Watsonville, California, in the heart of the fruit and berry country, where the Crown Fruit Extract com-

pany, the largest producers of extracts for soda fountains in the United States, raise most of their berries, officials of the company have planted an acre of strawberries, using this mulch, confident that what Burbank is about to achieve can be duplicated on their own patches.

The paper was laid on the company's acreage in April of this year, and results will be definitely known in October next. Officials of the firm declared recently that if the claims made for the mulch paper are borne out by the results they will lay more

than 200 acres of the material.

That mulch paper will actually increase the yield of strawberries and carry them to the consumer's table two weeks sooner has been spectacularly demonstrated by J. E. Reiter, president of the central California berrygrowers' association, who owns a patch near Mayfield, California, a few miles south of San Francisco.

On a fringe of Reiter's strawberry acreage several months ago, was placed a roll of mulch paper. Next to the mulched row was planted a row of berries minus any paper. The

mulched berries proved bigger, more luscious and possessed of a better coloring than the others, and so delighted is Reiter that he plans to utilize the paper on his entire 65 acres when the next planting time arrives.

The paper has been applied to two acres of strawberries on the R. O. Driscoll ranch at Irvington, California. Driscoll is the son of R. F. Driscoll, one of the biggest strawberry growers in the state. Driscoll has applied the paper toward the definite purpose of eliminating morning glory, the bane of the modern agriculturist's life.

The state highway commission is also embracing the use of the paper upon an elaborate scale on highway trees. At present the paper is laid around 55 trees on the Salinas highway, 50 trees at Oroville and 50 trees at Red Bluff. These 155 tree squares were laid by R. M. Morton, chief engineer, on April 8.

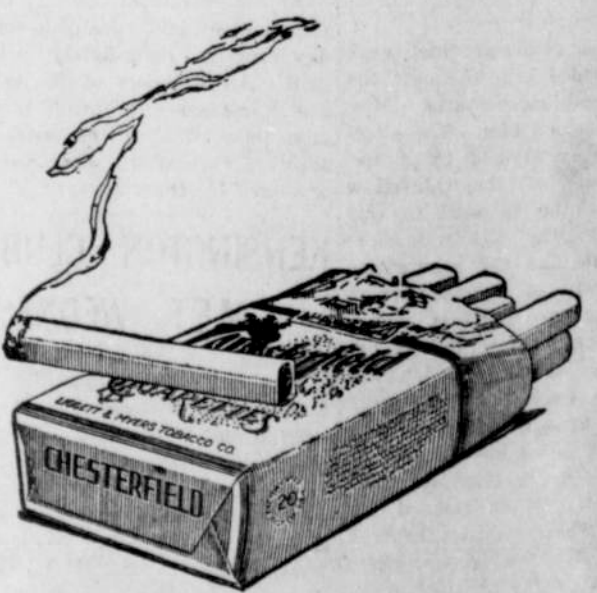
Morton in a statement to W. L. Rhoades declared that he purchased the material after a careful investigation of its potentialities in holding moisture around the trees, preventing the growth of weeds.

On the highway trees the paper will act as insurance on the life of the young trees, and assist the top growth, which means crop, instead of using its strength to produce root growth. In conserving the moisture it thus keeps humus and bacteria in the soil.

Another factor which led to Morton utilizing the mulch paper was the fact that it will definitely save one-fourth the irrigation cost. Official figures, recently compiled by the commission, placed the cost of maintaining the highway trees at approximately \$150 a mile.

The mulch paper, officials are certain, will considerably reduce this upkeep cost.

Taste
 — that's what convinced smokers the country over!



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