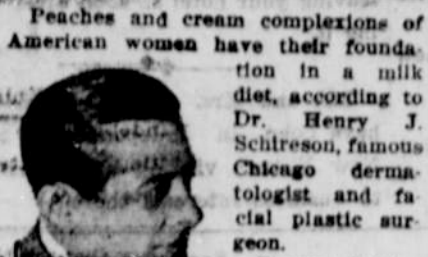


Be a Milk Tippler, Says Dr. Schireson



Dr. Schireson.

Peaches and cream complexions of American women have their foundation in a milk diet, according to Dr. Henry J. Schireson, famous Chicago dermatologist and facial plastic surgeon.

Doctor Schireson has won fame by beautifying motion picture, musical comedy and vaudeville stars and many society women of America. He transformed Fanny Brice's nose, rejuvenated Eva Tanguay's face, removed sixty-four pounds of adipose tissue from Truly Shattuck in one operation, straightened the cross eyes of the leading lady of Slinger's midlets, and has performed other corrections for making people young and beautiful.

Doctor Schireson has one infallible prescription for the attainment of beauty. It is: "One quart of milk a day, one hour of sunshine, and repeat ad libitum."

"Beauty specialists and cosmetic makers," says Doctor Schireson, "would be driven out of business in a few weeks if all the women of America would drink their quart of milk a day."

Babies and children have complexions of angels for the reason that they are fed largely on milk. Milk used externally or internally is a beautifier. Anna Held, I believe, was the first actress who adopted the milk bath. While this was a novelty at the time, and her press agent undoubtedly made the most of it, the principle in itself was sound. But a beauty secret of even more value is the daily quart of milk taken as a part of the diet.

"The milk-fed girl is easily distinguished by the velvety texture and the healthy color of her skin. Milk is a wonderful body builder, because it contains every structural element. It is, in a way, an elixir of life."

Authorities agree that milk is the most nearly perfect food but it is an extremely delicate one as well. Heat sufficient to kill all bacteria is the essential of absolutely pure and sterile milk. One of the advantages of evaporated milk, which is simply fresh cow's milk with sixty per cent of the water removed, is that it is entirely sterile and is more easily assimilated than ordinary market milk.

Milk is mentioned forty-seven times in the Bible. The Promised Land of the Israelites was said to flow "with milk and honey" and Ovid graded milk as second only to nectar, the drink of the gods.

Emergency Pantry Meets Home Need

By META H. GIVEN
(Home Economist.)

Efficiency and economy go hand in hand in the home as well as in the business world. The emergency pantry, latest innovation in the cuisine of the modern housewife is particularly indicative of the truth of this statement.

This new sort of pantry—it may just be a shelf in the regular larder—does away with that bugaboo of the home maker, the surprise guest. Every woman has had the experience of welcoming an unexpected visitor when supplies were at low ebb and has searched high and low to find something presentable to put on the table. The emergency shelf in the pantry does away with such worries in short order.



Meta H. Given.

A can opener and— presto—a veritable banquet can be prepared in a few minutes. The housewife may have her choice of many excellent meats, corn, tomatoes, mushrooms. If she is short of milk or cream, a can of evaporated milk, which is simply fresh cow's milk sterilized in the can and with sixty per cent of the water removed will do the trick. In fact she may have two hundred or more savory dishes ready to her hand.

When the surprise guest does arrive the hostess naturally wishes to be hospitable. She doesn't want to be tied to the kitchen range half the afternoon. She wants to entertain as she has been entertained.

It isn't possible if she has to phone, frantically for the butcher, the grocer and the baker.

But that's only one of the places where the emergency pantry comes in. Backed by a well-stocked emergency shelf, the wife can get together a splendid luncheon or dinner in a jiffy. The spontaneous wish that comes at the last moment to informally invite a few friends for lunch can be gratified at once with the aid of the new pantry.

Afternoon tea for the bridge club is an equally easy matter. A glass of preserves or jelly, a platter of bread and butter, tea, and a dish of cookies will meet the ordinary demands of the casual caller and a can of evaporated milk will answer the milk or cream need.

Last year I asked my best girl to marry me and she refused, so I got even with her by marrying her mother. Then my father married the girl. Now what am I to myself? "When I married the girl's mother the girl became my daughter, and when my father married my daughter she became my mother. Who am I? My mother's mother, which is my wife, must be my grandmother, and I, being my grandmother's husband, then am I not my own grandfather."

Try the want ads for results.

NATAL

On Monday night a crowd gathered at the home of Mr. and Mrs. Ira Peterson's and chivareed them.

Mr. and Mrs. David McMullen called to see Mrs. Rumbough over on the Burn Monday. Mrs. Rumbough is on the sick list.

Miss Milly McMullen spent Thursday and Friday with Mrs. Her.

Mr. Hall from Berkenfield was in Natal Thursday.

Mr. Duke and son Roy spent Wednesday night and Thursday with his brother, Mr. Holding.

Mrs. Burris and Miss Perry were at the grange hall on Thursday afternoon and built a fire to warm up the hall a little.

Mr. C. Lane called on Mr. Her one day last week.

Mrs. Frank Peterson spent a few days with her mother at Warrenton last week.

L. A. Peterson lost his good hunting dogs by salmon poison last week.

Mr. Osburn and Mr. Holding went to Vernonia Friday.

The children started to school again on Monday, after a ten day Christmas vacation. They seemed to be glad of school starting again.

Tennessee Senator



This is a new portrait of Lawrence Davis Tyson, who has succeeded John K. Shields as United States senator from Tennessee. He was on hand when the sessions of the Sixty-ninth congress opened.

Has your subscription expired.

RIVERVIEW NOTES

Mrs. Ruby Jesse Byers and baby Dick, were visiting with friends in Riverview last week.

I. Sola Hall is recovering from a severe case of tonsillitis.

Sigh Williams, who got his foot severely mashed at the O-A. mill some time ago, is able to walk now without the aid of the crutch.

Mr and Mrs. E. E. Mills were in Portland the later part of last week.

Mrs. C. H. Schamen was in Portland last week consulting her physician.

Mr. and Mrs. Art Kirk spent Sunday at the home of Chas. Justice.

The news of your home town and county, the comings and goings, the activities and doings of your friends and neighbors are chronicled briefly and interestingly in the home paper. The Eagle is always pleased to receive items of news from its readers. The contributions add greatly to make the paper interesting to a constantly growing number.

The Eagle appreciates receiving little news items. Hand or send or happenings of a newsy character, phone us a personal. Of your visits or visitors, parties, dinners, weddings, births, sickness or accidents, any. We appreciate it. With the help of the readers of the Eagle it will be a better NEWS paper.

Send in news items. The Eagle appreciates to receive them for publication.

Father Sage Says:

Th' fellow whut hasn't sense enough to realize a thing can't be done often just goes right ahead an' does it!

A Boston book clerk reading that the only copy of Poe's Tamerlane was in the British Museum hunted for a second copy. He found it and bought it with nine other books for \$1.50. He sold Tamerlane for \$1,950. A few years ago it brought \$11,000.

The house rat, the wharf rat and the sewer rat all belong to the same species. The rat can devour 40 per cent of its weight daily. In New York City fully \$5,000,000 a year is spent fighting them.

When Knud Rasmussen took his journey through "the Northwest passage" in 1923 with a solitary sledge and a single dog team, he completed the longest sledge journey ever made.

The government entomologist studied the boll weevil, and their chief, Dr. Howard, formulated a plan for stopping it, but the bill he introduced in the Texas legislature failed to pass and a thirty year war against the boll weevil followed.

Ireland was the only country converted to christianity without the shedding of one drop of human blood

Robert Lincoln, son of President Lincoln, received an order to report to Washington. He got to the theatre just in time to see his father shot.

General Sir Frederick Maurice placed Lee above Wellington as a general.

DO YOUR OWN BANKING

IF YOU SPEND all your money, somebody else will deposit it and receive the benefits that you should have

PART OF THE MONEY that you earn should be laid away—you can put it in our savings department and have it set to work earning interest and you will be surprised how quickly it grows.

BUILD UP a bank account to call upon when needed.

Bank of Vernonia
VERNONIA, OREGON

SKAGGS
Distribution Without Waste
Cash stores
Price Isn't the Whole Story

There is more to economical food buying than mere price—although price is important. Quality—the relative food value of each item—is vital. What your family eats—is worthy of careful study.

In Skaggs Stores quality is never sacrificed to price—despite the fact that our prices are always lower. The savings are effected by our methods of doing business and our immense buying power. For the sake of your family's health—as well as your purse—shop in person at Skaggs Stores

SATURDAY and MONDAY ONLY	"BIG K" HARDWHEAT FLOUR—
FEDERAL MILK—	per sack \$2.49
11 cans \$1.00	per barrel \$9.89
BULK DATES—	CANE SUGAR—
2 pounds 23c	100 pounds \$6.13
WHITE WONDER SOAP—	GEM NUT —
10 bars 39c	3 for 85c
CANE SUGAR—	CATSUP—
25-lbs. in cloth bag \$1.59	large bottles 25c
GUARANTEED BUTTER—	CORN MEAL—9-lb. bag 49c
1 pound 53c	ROLLED OATS—9-lb. bags 63c
WHITE WRAP COFFEE—	RICE—8-lb. 93c
1 pound 49c	MATCHES—
3 pounds \$1.45	6 boxes 28c
CHEESE—	SKAGGS TEA—1/2-pound 39c
1 pound 33c	SKAGGS TEA—1-pound 69c
ORANGES—	CLOROX—2 for 35c
large, per dozen 43c	
Medium, per dozen 33c	
Small size, 2 dozen 35c	

MEATS

SPECIAL SATURDAY ONLY

Beef Pot Roasts, per pound 12 1/2c
Sirloin Beef Roasts, per lb. 20c
T-Bone Steaks, per pound 20c

QUALITY MEATS AT REASONABLE PRICES

COLLECTIONS

NO COLLECTION—NO CHARGE
KNIGHT ADJUSTMENT CO.

Portland McMinnville Hillsboro Tillamook
502 Board of Trade Bldg.

SALE !!

REITHNER'S FIRST SALE

All our merchandise is new in style, colors and always first grade. Nevertheless in order to give the people of Vernonia and surrounding country a sale, we will forget profit and offer you on January 9, 11, 12, Saturday, Monday, Tuesday

Ladies and Childrens Sweaters 1-2 price
Ladies and Childrens Coats 1-2 price
Ladies and Childrens Dresses 1-2 price

THIS IS A REAL SALE. Vernonia's store that leads in style, quality and personal service

REITHNER'S