Friday, September 3, 1926

## The Vernonia Eagle \$2 per year in Advance

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#### MARK E. MOE, Editor

ADVERTISING RATES-Foreign advertisements 30c per inch; local advertisements intermittent 25c per inch; local advertisements regular 23c per inch; legal advertisements 10c per line first issue, 5c per line succeeding runs; cards of thanks 50c; classified advertisements 1c per word, minimum 25c, first issue, 15c succeeding issues.

### THE LOCAL NEWSPAPER.

In spite of the fact that the metropolitan press now reaches into nearly every town and village in the country, the local newspaper in the United States is each the town grow and are commendable. year getting on a firmer foundation and becoming more and more useful to its home community.

It may be said that the day of the metropolitan newspaper is at hand. This is true, but it is equally as true that the day of the local newspaper is here too.

The metropolitan daily with its worldwide news, its comic sheets and its maga- may never develop into a real homey kind zine supplements, while of course essential of place. in our modern civilization, cannot take the place of the home newspaper. The very fact that the big city daily must cover a pays to conform to a higher standard. They broad field forbids its becoming local in learn that the average run of people take any sense, and it is in the local field where pride in their community, and want it made the home newspaper dominates and where attractive and beautiful. They realize that it finds its true usefulness.

For, after all, it is the home news which is most important to most of us. We have the greatest interest in the community in which we live, and in the people who are our neighbors and friends. And it is the local newspaper which records the happenings of the folks at home, and in addition fosters the civic pride and progressive on the whole excellent standards of taste spirit of the community.

It is the home newspaper which boosts the town, year in and year out, which refuses to advertise the city merchants in competition with the local business men and which takes the lead in every enterprise which has for its purpose the upbuilding and prosperity of the community.

We frequently hear it said that the old time independent spirit of the newspaper is gone, that its editorial policy is now subservient to the business office. Yet this is not true. There is more unselfish idealism in the average local newspaper than in any other business enterprise. It frequently speaks out in the way which it believes will be for the good of the nation and of the community, regardless of what the consequences may be from a business standpoint. This is more than the average business man will do or can do.

Of course the local newspaper is now on a firm business basis. This is why it is improving from year to year, and why it is increasing its influence for good in the community. But the local newspaper is still the principal booster for the community, and it does its boosting often without ing the same suit or dress for ten yearsany hope of material reward. it was fortunate for them their clothes were Unfortunate indeed is the community durable for they could not have purchased which neither appreciates nor supports its new ones. local newspaper. And then there are the poor of the

and to study indoors when all of the outdoors is "crying out loud" for you, but if you doubt that it is worth it ask somebody who didn't have a chance to go to school.

#### TOWN PRIDE.

There is in many towns a conflict between people whose first thought is to make money, and those whose first thought is to make an attractive home town. The first named people are constantly seeing chances to make money through some kind of development enterprise. If such promoters lack good taste, they are apt to cut up real estate in an undesirable way, or erect flimsy looking dwellings, put up unsuitable business buildings or erect them in places where they injure the looks of the town. They is due in large measure to faulty diet, may sincerely believe their projects help

These people are apt to show enter-prise, and if they only had more sense of fitness and taste, they would do a lot of good. In a town where there is not much pride or community spirit, people of that type have things about their own way. They go ahead with their commercialized projects, and the town grows helter skelter and

But in a city with live community spirit, these money makers find that it pays to conform to a higher standard. They table: unless their developments are in keeping with the standards desired, their enterprise will get in bad.

They find that if they put up ugly houses, people are slow to buy or rent them and if they erect unattractive stores in unsuitable places, people may not patronize have prevailed in the development of Vernonia. As a whole we have a city to be proud of, yet there is always room for improvement, and still higher standards.

#### PROPERTY THEN AND NOW.

Property is a relative condition. That is, the poor of today are more richly endowed with wordly goods than the poor of twenty years ago, although the one felt no poorer nor richer than the other. Many University of Oregon, Eugene of this age who feel poor would be considered of better than moderate means by the post-session August 28, more their corresponding class of two decades than 1322 students have been enpast

Picture a boy of poor family in 1905: Home-cut hair, trousers made over from has been offered, and 74 students father's and then patched, patch-quiit attended. shirt, sans shoes, stockings and underwear,

and a frayed coat and cap for winter and are now being made for the opening compelled to work his way into the circus of regular session, September 27, or for his infrequent ice cream sodas. And although entering freshmen must be

year 1925 who occupy the same social

position as that family of 1905 just de-

Once the poor resented they could not

The significant feature of an American

Some practice reading at regular

Not so much the first cost as the ac-

# Young At 60, Or Old At 40? **Diet Decides**

Women are as old or as young their state of health. A woman may be young at sixty years or old at for-It all depends on her physical ty. well-being.

Youth and beauty have a founds tion in sound health. And food is easily the most important item in health. In giving consideration to the subjects of diet and beauty, women should not forget the food essentials that make for the preservation of teeth, hair, figure and complexion. Blame for round shoulders, flat chest and poor teeth among women or, specifically, to a lack of lime and phosphorus. Milk, or evaporated milk, which is simply cow's milk with 90 per cost of the simply cow's milk with 60 per cent of the water taken away, is especially rich in lime.

Because of the concentration of evaporated milk, which is regulated by government standards, it is of



double the richness of ordinary market milk, as is shown in the following

Ordinary Milk.

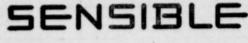
. 1	Fat	to		per	cent	
	Sugar (lactose) 4.5	to	4.75	per	cent	
	Proteins3.5	to	4	per	cent	
1	Proteins3.5 Minerals	to	.75	per	cent	
	Evaporated	vaporated Milk.				
	Fat7.8	to	8.2	per	cent	
	Sugar (lactose)9.5	to	10	per	cent	
	Proteins	to	8.2	per	cent	
	Minarola 1 14	to	1.6	Der	cont	

A quart of milk a day for adults is recommended by doctors not only be cause of its high mineral content, but for the reasons that it helps keep the digestive tract in proper condition, strengthens the body to resist disease, and gives proper balance to the diet. Salads also play an important part in the dietary. Some sort of a salad, lettuce, tomato, fresh fruit, cabbage or vegetable, should be eaten at least once a day. Neither is the daily menu complete without a generous quality of coarse, leafy vegetables, valuable for their high vitamin content. Fruit juices also have very beneficial properties.

If a woman follows out the rules of diet, birthdays to her will be nothing

University of Oregon, Eugene, Ore., August 21-With the close of rolled for summer study at the University of Oregon. This is the first year that the post-ession work

While many professions and ochappy with a penny or a marble, lucky to have darned stockings, baggy underwear and a fraved coat and can for winter and n Eugene September 20

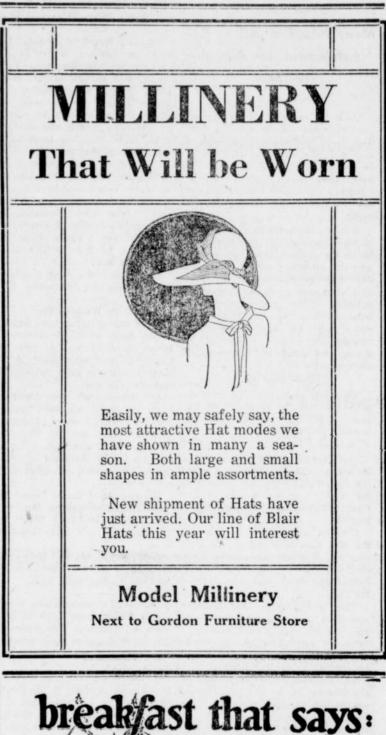


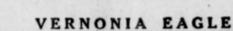
Ninety per cent of all the cars Dodge Brothers built in the last 11 years are still in service. That is because they are built to last! And that is why there is no more sensible investment in the world than a Dodge Brothers Used Car.

CADY MOTOR CO. HILLSBORO, OREGON

**RESIDENT SALESMEN** VERNONIA BRAZING & MACHINE WORKS. Rose Avenue-Vernonia, Oregon

USED CAR IS ONLY AS DEPENDABLE AS THE DEALER WHO SELLS IT





#### BACK TO SCHOOL.

scribed. The new poor have shoes all The open season for readin', writin' around, on occasion they have the raiment and 'rithmetic will be ushered in Vernonia to dress decently and comfortably, they with every boy and girl after the biggest have carpets on the floor at home and game in life. Of course the boys had to good furniture, the probability is a flivver say farewell to their baseballs and the old or second-hand car of larger make is swimmin' 'ole, and the girls had to close parked in the yard and cakes and pies are up their summer doll houses, but then they not strangers to their table. would soon have become unseasonable and school days will bring other diversions just quit work and still eat; now they complain as intriguing. In school there are recess because they must work to keep up the paygames and football as well as books and ments on the automobile, radio and mother's fur coat and save enough for next watchful teachers.

Than the first day of school there is sumner's tour. no more fitting time to impress upon the minds of the young and of the taxpayers that the public school is a co-operative or reciprocal proposition. The taxpayers maintain the schools that they may develop Some practice read men and women who will maintain the night school, and some go to the movies. traditions and ideals of America. The school children should not forget that they are indebted to the taxpayers for this opportuni- cessories dent the pocketbook. ty to acquire an education. When the taxpayer sees the many eager faces school-bound Monday he will not regret the dol-to death weak-minded persons. It might days are over the boys and girls in school today will go forth just as eagerly into the world, grateful to those who made an edu-cation possible for them. A writer suggests 13 ways for a wife to lose her husband, but she might succeed, to merican Independence and which will be held in Philadelphia from June to December 1. Admiral Stickney today will go forth just as eagerly into the cation possible for them.

Sometimes it seems hard to pay taxes of all of them.

the poor of twenty years ago were content with such homely fare as beef stew, pota-Read the Eagle classified advertoes and rice. Parents then boasted of weartisements for bargains.

Federal Commissioner



Rear Admiral H. O. Stickney, re nemorating the 150th anniversary of we suspect, without having to avail herself be the largest of its type ever made.

Delicious

Ham



A breakfast that says "good morning" and makes the camper feel "good" for a day in the great out of doors. And when you find out how really good Frye's Delicious Brand Ham is you'll understand why it's counted so important a supply with thousands of wise, experienced Northwest campers.

Buy a whole Frye's Delicious Ham for econo convenience. You'll find it handy to have it hanging in the cooler ready for any emergency.

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