

The Vernonia Eagle

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MARK E. MOE, Editor

SPRING

Before we speak of spring itself, we wish to say that spring fever, which is going to be quite common during the next month or two, is not explained in the same way by all the psychologists and physicians, but without regard to what these learned folk say the people who get it will heartily agree that it is a very real and not exactly an unpleasant thing.

Some writers tell us that it is nothing but a lethargic drowsiness, caused by the poisons by taking long inaction of winter. We can help nature to eliminate these poisons by taking long walks, breathing deeply of the fragrant spring air, or starting to hoe the garden.

There is reason to believe, however, that spring fever is not entirely physical. There is a good deal of the psychic in it, also. It is partly psychic insofar as it is a reaction from winter. The contrast between the first warm weather and the cold of winter unconsciously reminds us of the sluggishness of the tropics, home of our prehistoric ancestors. Or perhaps spring fever is an inheritance from the times when the cave man, after a long and monotonous winter in his den, strolled out to bask lazily in the warm spring sunlight.

Agreeable as the gentle lassitude of spring fever often is, we must not surrender ourselves to it too readily, for there is more work to be done in spring than perhaps in any other season, the man who abandons himself to spring fever will not do his share of it.

With this warning emphasized, permit us to observe that the delights of spring cannot easily be exaggerated. It is then that sap starts rising in the trees. Grass sprouts green. Plant life buds. Chirping birds pause on their way north. The bear leaves his pit. Timber wolves stop running in packs and mate. That is spring, the sunrise of a new period of life. The backyard gardener stirs. Farmer whistles in the fields. Golf bug smacks his lips. Fisherman goes over his tackle. Small boys swarm with marbles, baseballs, kites.

Spring is the time to take a new lease on life, to get a fresh start. Fill your lungs with fresh air and go to it. The best thing about spring is that it is a prelude to another round of intense human activity. Except, of course, for the gentleman who has spring fever 365 days of the year.

THE NEHALEM'S AGRICULTURE

At the chamber of commerce luncheon Friday when Representative A. E. Allen of Columbia county, spoke on the advisability of planting strawberries and beans in the Nehalem valley as the opening wedge for the development of local agriculture, a movement was started that if pursued will result in this southern section of Columbia county being a great agricultural center in years to come.

We have the soil, the climate and, if necessary, irrigation could be developed. But one obstacle stands in the path of quick settlement: Stumps. Better and cheaper means of clearing land are being demonstrated each year, and still many hold that it is prohibitive to prepare the stump land here for cultivation. But there is a quantity of land already cleared that can be used for production of these commodities. Hundreds of acres of it are not being used. As soon as those are tried out and the productivity of Nehalem valley is proved, settlers will come aplenty to reclaim the cut over lands and utilize our natural resources.

Mr. Allen was modest in his claims as to what local farmers can do with their property. It is now the place of the agricultural committee of the chamber of commerce to secure statistics from many who have cultivated local soil as to what it will do. Then let the publicity committee circulate pamphlets with information and prospects truthfully stated. Two years will see the awakening of a new kind of district here, with cooperative organizations of the farmers organized for the purpose of marketing their products.

So help yourselves, Nehalem valley folk, to bountiful profits, but don't expect them to come, like gold rush of Weepah, in a day.

CLEAN UP!

There is no "sure sign" of spring, but spring should be a "sure sign" of the arrival of that time for the community to clean-up. There is no superstition of prophesying about this clean-up sign.

When warm weather has come to stay (until cold weather returns in the autumn) every owner of property and tenant should instinctively feel it their duty to remove the evidences of winter's ravages and to aid and augment nature in her work of rebeautification.

Every spring clean-up program should include disposal of winter's accumulation of litter and decayed vegetation, repairing and repainting of buildings, and landscape gardening. Landscape gardening is no longer associated with large estates alone.

Cleanliness about the person of the home costs nothing. A community clean-up need involve no expense, except of a moderate amount of labor on the part of the householders. If there ever were excuses for uncleanness they were removed long ago.

What is the compensation of a community-wide clean-up campaign? It improves the general health of the community by removing deposits that are breeding places of disease carrying insects. A clean town is a better place in which to live than one that is unsanitary and unsightly. And the best community advertising is the appearance of being "cleaned-up, painted-up and planted-up."

During the war American towns and cities learned the marvelous possibilities of community organization. There is no better place to use that experience than in a community clean-up drive.

OVER THE TOP

Vernonia Post, American Legion, is going over the top in their membership drive this year with a larger percentage than the one conducted last year, according to Adjutant Schwab. The contest is particularly keen at this time because it ends March 31 with the race for the greatest percentage over the allotment as established by the state headquarters of the department of Oregon. Last year the local post won the state cup, but it is necessary to win it three years to retain possession of the trophy.

With new members coming hourly, it seems, the number signed up at the time of going to press was 175, or thereabouts, M. E. (Jack) Carkin, in charge of the drive, has set 200 per cent as the goal, which will mean 234 members. With that amount it is quite probable that the local post will beat Klamath Falls, who seem to be working hard for the cup.

With a membership of more than 200 it is likely that the local post can claim the largest percentage of membership in the United States for towns of around 2000 population. Local members are entitled to much credit for their time and effort if they attain this distinction by putting Vernonia on the map in a little bolder type.

LESS AVOIRDUPOIS

Is the trend among American men away from obesity? A Washington observer in looking over the official city with an eye to avoirdupois has noted that its public men are growing thin. He has found the senate uncommonly lean and long and was impressed by the paucity of fat men in the house.

This is more to be expected than to be surprised at. The nation is working faster and playing harder than any antecedent generation or civilization. As activity, both physical and mental, is always associated with thin men it would be natural that this high speed age should produce a race of lean and hungry Casuises.

There are some 2,200,000 golf players in the United States, and golf is recommended as a fat-reducing agent. Industrial and commercial America is producing more in eight hours than it formerly produced in twelve, and the fast worker waxes thin.

The practice of some congressmen of having printed in the Congressional Record speeches which were never delivered has been generally deplored. That this may be a lesser evil than delivering them appears to have been overlooked.

Hail and snow during the third week in March in the Nehalem. At least we are assured plenty of water in Rock Creek and the Nehalem river for this summer.

Twins to Be Hostesses for Galveston



Mary Etta and Essie Dee Collins, charming debs of the present season, who have been chosen as "Miss Port" and "Miss Playground," representing the two principal assets for Galveston's bid for fame. They will act as hostesses in the International Pageant of Beauty to be staged in May. Entries from six European countries, and Australia, New Zealand, Cuba, Canada and Mexico will compete with over forty American beauties for the title of "Beauty Queen of the Universe," and \$5,000 in prize money.

"Inside" Information

Ruffled tie-back curtains of cream-colored voile or marquisette over a glazed chintz shade are charming for a girl's bedroom.

A pretty garnish for salad is made of sharp-flavored club cheese rolled in the shape of a carrot, with a sprig of parsley at the big end.

Colors in foods add attractiveness to a meal. Green or other bright fruits and vegetables, egg

yolk, yellow cheese, browned meats or bread or cake crusts, are all examples of appetizing colorful foods.

Very sweet foods have a tendency to blunt the appetite for other foods that supply materials the body needs. It is best, therefore, to serve sweets in small quantities, or toward the end of a meal.

An appetizing dessert or salad can be made of cooked prunes with

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BANK OF VERNONIA

the pits removed and the cavities stuffed with cream cheese seasoned with salt and thick cream. Dates and figs can be used in the same way.

Lodge Directory

W.O.W. Buxton camp No. 655 meets every Monday night at seven thirty at the Grange Hall. Visiting members welcome.

C. A. BARNES C.C.
C. C. DUSTEN CLERK.

Vernonia Lodge, No. 184 A. F. & A. M., meets at Grange Hall every Second and Fourth Thursday nights. Visitors Welcome

Work in the M. M. degree tonight.

K. A. McNeill, Secretary.

L. O. O. F.—VERNONIA LODGE, No. 246, meets every Tuesday night at 8:00 o'clock, in Grange Hall

O. E. Enstrum, N.G.
G. E. Smith, Sec'y.

Vernonia Post 119, American Legion. Meets second and fourth Tuesdays each month, 8 p.m. H. E. McGraw, Commander. Lee Seabab, Adj.

American Legion Auxiliary Meets first and third Mondays of each month at Legion hall, 7:30 p.m. Visitors welcome. Mrs. H. E. McGraw, President. Mrs. Earl Washburn, Secretary.

Nehalem Chapter 153, O. E. S. Regular communication first and third Wednesdays of each month. All visiting sisters and brothers welcome.

Bessie Tapp, W. M.
Leona McGraw, Secretary.

VERNONIA GRANGE

The Vernonia Grange meets on the second Saturday of every month at 7:30 P. M. Any members of the Grange living in or near Vernonia or visiting in the community, are cordially invited to attend.

Mrs. Minnie Malmsten, Secretary

MOUNTAIN HEART

REBECCA LODGE No. 248, I. O. O. F. Meets every second and fourth Thursdays in Grange Hall—Vernonia. Visitors always welcome

Mrs. Edna Kilby, N. G.
MRS. IRENE SPENCER, Sec'y

T. W. LARAWAY

Physician and Surgeon
Vernonia Oregon

J. MASON DILLARD

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