

The Vernonia Eagle



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MARK E. MOE, Editor

AN OUNCE OF PREVENTION

The tragedy of fire is that it is almost entirely preventable. There are, of course, natural causes for conflagrations that cannot be helped, but these are a very small percentage of the total. The greatest damage is caused by carelessness and ignorance. With October 9 to 15 scheduled as fire prevention week, it is especially important that the people of the northwest be reminded of the importance of fire prevention.

It is the duty of every citizen to cooperate in the observance of fire prevention week. And it should be his pleasure. The local fire department should have an intensive inspection campaign of the business and residential premises in order to cause all special fire hazards to be removed. Although heavy rains at this time of the year in Vernonia would seem to remove all worry about fire, many inside fires are preventable.

Following are a few suggestions that have been made for fire prevention. Clear property seldom burns; do away with rubbish and junk. Last year more than \$1000 worth of property was burned every minute. Keep matches in metal boxes where children cannot reach them. Don't keep ashes in wooden boxes or deposit them against wooden buildings or partitions.

Don't change your electric wiring without consulting a competent electrician. Don't hang electric light cords on nails. Be careful with electric flat irons and always use with signal light. Don't pass stove pipes through ceilings, roofs or wooden partitions. Have all flues cleaned, examined and repaired at least once each year.

Every open fire place should have a screen. Don't use gasoline or benzine to clean clothing near an open flame, light or fire. Use non-inflammable cleaner. Don't use kerosene, benzine or naphtha in lighting fires or to quicken a slow fire. Don't use liquid polishes near open lights. Many such compounds contain volatile inflammable oils. Don't go into closets with lighted matches or candles. Remember that there is always danger in the discarded cigarette and cigar stub.

DON'T PLAY WITH FIRE

Protection against fire does not lie alone in highly-trained hosemen, shining chemical engines and inexhaustible water supplies. Safety against fire lies far back of that, in straight-out, hard thinking, in precaution, the highest form of caution, in anticipation, the highest form of creative intelligence. In avoiding loss by fire, an ounce of gray matter is better than rivers of water.

But the only thing that burns these facts home, it seems, is fire itself. That is why, in appealing for preventative efforts during Fire Prevention week it is inescapable that he who would catch the public ear must talk in terms of holocausts. We can end fires, some day, if we plan right, build right, and utilize the proper agencies of government to safeguard us from new hazards.

In the meantime the humblest of us can protect our shop, our office, our home by using the most elementary forms of precaution.

We can be careful with matches. Matches and careless smokers were responsible for a loss of \$90,000,000 in a recent five-year period. We can be careful with electricity, avoiding cheap fittings and improper connections. Electricity was responsible for an \$85,000,000 loss in the same period. We can be careful with stoves, furnaces, chimneys and flues, which burned out \$125,000,000 of wealth from 1915 to 1920. We can remember not to pile rubbish and litter in our cellars. Rubbish piles cost us three-quarters of a million dollars a year. We can banish the open light. We pay a million and a half every twelve months for the privilege of its treacherous inefficiency.

THE GOOD MONTH

The poets have ever sung the praises of

stormy March, "with ugly looks and threats;" and fickle April, "when every tear is answered by a blossom;" and merry May, "when those who love must wed;" and chill December, "bleak and drear;" but do not all ordinary humans agree that colorful October were a better object for their art and eulogies.

"What is so rare as a ray in June" unless it be an afternoon in October when the departing sun lends a tint and a mystic charm to all the purple and gold, yellow and a life-giving vigor about the air of October unknown to her sister months. October is a month of out-of-doors when nature exerts her utmost magnetism and all humanity strains at the leash of confining civilization.

The melancholys that has been attributed to October is but reflection and pensiveness. October days invite sober thought and speculation on the beauties of nature and the sheer joy of living. October is the rugged manhood of the year in all its glorious strength; it is symbolic of tasks begun and completed; it is a synonym for achievement.

ALL WORLD'S A DIAMOND

All the world's a diamond and all the men and women merely fans now that the titanic struggle for the world's baseball championship is upon us. It is ever thus when autumn's tints are on the leaves and work becomes burdensome during the latter half of the afternoon. To baseball followers in every part of the United States the playing of the world series typifies all the superlatives of perfection in the great national pastime, and their interest in the series never wanes until the final decision is rendered.

It matters not whether fans live in the cities whose teams are clashing for baseball's stellar honors or whether they have their habitat in even the most isolated of villages, the same keen, enthusiastic interest is all-prevailing. Baseball truly can be termed the great American sport, and the number of participants who engaged in the playing of it or some time or other during the season is far in excess of the number indulging in any other form of athletic diversion. It is a clean, wholesome sport, and no better finale could be given to the season's windup than the playing of the world series contests.

COMMON SENSE NEEDED

Agitation is started periodically for a standardized code of signals for automobile drivers. The plan is to be recommended, surely. If anything needs standardization that has not already been reduced to that common plane, it is signals of automobile drivers. No two drivers have ever been known to employ the same signals.

But such a code of signals, however practical and standardized, cannot take the place of common sense, which every driver was supposed to have been endowed with at the beginning of his earthly career. The "supposed to have been" will be understood by every automobile driver.

Laws, regulations, codes, edicts can never compel an individual to do that which common sense ought teach him to do, but doesn't. A standardized code of automobile signals will not be hard to adopt; it will never be used by 90 per cent of automobile drivers.

WE ARE ALL AMERICANS

Learned editorials in big metropolitan newspapers, discussing the inferiority complex of farmers as a class, lead to no good result.

Perhaps this complex is more marked as a characteristic on the part of the farm critics, for city folks show woeful lack in general knowledge of "country" affairs.

A great many "farmers" have become experts and prospered in dairying, stock raising, fruit and truck gardening, in spite of metropolitan jibes of hicks and rubes.

The people of Our Country, including journalists and syndicate writers, better conclude that we are all Americans, with constantly changing habits and classes of occupations.

The farmers and country-bred people may make up the majority of medium and smaller-sized cities one day, while the progressive and enterprising dwellers and tillers of the soil are coming more and more from the cities.—Manufacturer.

Straw hats are always cheap at the wrong time of the year.

Working like a horse is much better than loafing like a jackass.

First thought is a product of the mind; second thought more frequently is a product of cold feet.

"Inside" Information

As veal chops have much less fat in proportion to lean meat than other chops, they are likely to dry out considerably in cooking unless protected by a coating of egg and bread crumbs. This is the reason for serving veal chops and cutlet "breaded."

Veal will stand a little more seasoning than other meats. Before cooking season with a few drops of lemon juice, a little Worcestershire sauce, and onion juice, as well as salt and pepper.

Apple sauce, as well as stewed prunes, apricots and other fruits which have a pronounced flavor when cooked, makes a good dessert called "snow" or "float," combined with stiffly beaten egg whites, half a cup of sauce per egg.

There is no foundation for the widespread notion that fish is particularly valuable as a brain food. The idea seems to have originally gained headway because fish was supposed to contain relatively large proportions of phosphorus. There is, however, no experimental evidence to warrant the assumption that phosphorus is any more essential to the brain than nitrogen, potassium or any other element that occurs in its tissues. Various other foods furnish a higher proportion of phosphorus than fish.

Ham Smothered in Sweet Potatoes

Casserole dishes are always popular with the homemaker. They are easy to prepare and usually afford an attractive way to serve a number of foods from one dish. The bureau of home economics, U. S. department of agriculture, suggests this method of combining sweet potatoes and ham in such a dish: 1 slice of smoked ham cut into thin slices for serving; 3 cups raw sliced sweet potatoes; 1 tablespoon butter or ham fryings; 2 table-

spoons sugar; 1 cup hot water. Broil the pieces of ham lightly on both sides and arrange them to cover the bottom of the baking dish. Spread the sliced sweet potatoes over them; sprinkle with sugar. Add the hot water and extra fat. Cover the dish and bake slowly until the ham is tender, basting the potatoes occasionally with the gravy. Brown the top well.

Feed For Dairy Cow

Timothy hay and hays poor in quality are low in food value and deficient in minerals. The feeding of liberal amounts of a proper grain mixture and silage with such hays supplies deficient food nutrients. Such a ration, however, will still be deficient in minerals, which are required in liberal amounts, for milk production. Of the minerals needed calcium and phosphorus are of most importance. A lack of these in the feed may seriously lower production, especially of high producing cows. Phosphorus is plentiful in wheat bran, cottonseed meal, and linsseed-oil meal. If one or more of these feeds constitute one-fourth to one-third of the grain ration by weight, plenty of phosphorus will be supplied. Calcium or lime is much more abundant in well cured legume hays than in timothy. If a good quality of legume hay is fed, plenty of calcium will be supplied. There is a general agreement that the best results in mineral feeding are obtained by feeding well cured legume hay, although the feeding of calcium in the form of bone meal or ground limestone added to the grain ration to supply the lime deficiency has been recommended.

To breed ewes to lamb before they are two years old is poor practise, declares the O. A. C. extension specialist in animal husbandry. Only the healthy, active

ewes are successful breeders. Listless unthrifty ewes seldom produce good lambs.

It takes more than 100 pounds of lime to supply the needs of a cow giving 10 thousands pounds of milk a year and raising a calf, and the best way to provide it in western Oregon is by feeding legumes, say the livestock specialists of the state college. Twelve pounds go into the milk, 35 into the body of the animal and the remainder is undigested in the food.

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

ROBERT LINDSEY, 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
K. A. McNeill, Secretary.

I.O.O.F.—Vernonia Lodge No. 246 meets every Tuesday night at 8 o'clock, in Grange hall. Visitors always welcome. Work in the 1st Degree Tuesday October 4.
M. E. Graven, N. G.
John Galssmer, Sec.

AMERICAN LEGION AUXILIARY
Meets first and third Mondays of each month at the Legion Hall.
Mrs. H. E. McGraw, President

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

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.

Mountain Heart Rebekah Lodge No. 243 No. 243, I.O.O.F., meets every second and fourth Thursdays in Grange hall, Vernonia. Visitors a ways welcome.
Mrs. Viola Treharne, N.G.
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