

LOCALS

Joe Banzer and family of Mist shopped in Vernonia Saturday.

Mr. and Mrs. E. A. Ritchey spent the week end in Portland as guests of Portland friends.

Shady Lane of Mist, visited and shopped in Vernonia Saturday.

C. Martindale purchased a used car from the Gilby Motor company last week.

Gus Cohen opened his new pool hall last week, the opening being welcomed by his many former patrons.

Elmer Larson, engineer, with headquarters at Portland spent Saturday in this city visiting with acquaintances.

G. W. Ford left for Albany Sunday, spending several days in that city, and returned home Wednesday morning.

Dick Fletcher of Camp McGregor purchased a new Studebaker coupe from the Gilby Motor company last week.

Tom Crawford left early Saturday morning for Portland on business returning to this city Saturday afternoon.

Mr. and Mrs. C. W. Reithner and Mrs. Mark E. Moe and daughter Joy, journeyed to St. Helens Sunday afternoon.

Herb M. Condit recently purchased a used car from the Gilby Motor company, through Happy Thompson, the Gilby car salesman.

Miss Lillian Horn, who had been spending several weeks at the home of Mr. and Mrs. Lee Schwab, returned to her home in Portland Sunday morning.

William Brennan Jr. of Portland employed by the S. P. & S. Railroad as steam shovel fireman was a Vernonia visitor Saturday.

Roy H. Keagy, manager of the United States Savings and Loan association, spent Saturday in our city, looking over prospective loans and inspecting the new Columbia building.

CAMP EIGHT

(Too late for last week)

Mrs. H. G. Sandon was out of camp over the week end.

Mr. and Mrs. William Hodges were in Portland one day last week.

Mrs. Frank Huber is visiting this week with Mr. and Mrs. Henry Huber.

F. R. Meyer, representative of the National Aircraft company, was in camp this week.

The head cook is suffering from a broken rib, the result of a fall, Thanksgiving day.

Lawrence Sandberg, locomotive engineer, is suffering from a severely sprained ankle.

C. O. Pielt has been confined to his home with a severe cold for several days.

Quite a number from here attended the funeral of O. M. Clark in Portland Wednesday.

Misses Evelyn and Crystal Lewis of Portland spent Thanksgiving with their parents Mr. and Mrs. C. R. Lewis.

The Mr. Terry who removed from here to his home in Portland last week died. It is believed the cause of death was mastoids.

Chas. Lewis made a trip to Portland recently to see his brother Frank of North Dakota, whom he had not seen for over thirty five years.

The following men from camp eight are in the hospital, C. Patrick with a fractured skull and back; F. Negri with heart trouble and Kenneth Witlow with multiple fractures of the pelvis.

Mr. and Mrs. Vance Sutherland of Vernonia, Mr. and Mrs. Chas.

Mackie, Mr. and Mrs. Earl Pringle and Robert Mackie were guests of Mr. and Mrs. Robert Woods for Thanksgiving dinner.

State Legion Officials to Be Here On December 18th

The special American Legion meeting of Vernonia post which will be held Wednesday evening next, December 18, will be attended by state commander Sid George, district commander Jude Moreland, department adjutant Carl Moser, and several other state legion officials.

Commander Connie Anderson, has appointed a committee on entertainment, which will probably end with a special boxing card for the honored guests.

Vernonia post has, for this time of the year, the largest membership since it received its charter, now boasting of 120 1930 paid members.

Ashland—Local lodge of Elks extensively improved lodge rooms.

Roseburg—Red Cross Pharmacy will move to new quarters in Masonic building.

Furnishes Facts About Bread

Dr. Charles A. L. Reed, under the caption, "More notions about bread," says: "You may have been impressed with the notion that brown bread, costing the same, is cheaper than white bread, because it is more nourishing. This is a fallacy so far as the flour content of the two breads is concerned.

"From an economic point of view, white bread contains actually more than brown bread of the kind of nourishment which is ready for use by the body, and even if they cost the same, you would get more nourishment for your money in white bread than in brown. Actually brown is more expensive. Remembering that the vitamin B in question is unimportant, as there is already plenty of B in the diet, the only advantage is the dubious one of the securing effects of whole wheat bread upon the bowels. And it is very doubtful whether a man wants to take his roughage in his principal article of food, and whether it is not better taken in one of his subsidiary foods.

"The success of food faddists is based on the common belief that there should be a special diet for all ills. Doctors find that many of their patients will not leave them alone until they give them some sort of orders about diet, and so they recommend some safe kind of food simply to satisfy this need. But these are the people who fall an easy prey to the diet-monger. Diet is not a universal panacea, which will prevent or cure all diseases; on the contrary, its healing capacity is very limited. Moderation and variety are more valuable than the most carefully worked-out tables or the most brilliant ideas. They also have the merit of being strictly scientific.

The economy of wheat flour, as pointed out by Dr. Reed, is emphasized by the Vernonia Bakery who use Occident flour in their products. The Vernonia Bakery state that while any wheat flour provides the ideal type for most economical food, Occident flour, because of the very choice wheat from which it is milled, the painstaking method milling employs, and the protection of the flour in transit, all combine to make it the ideal flour for a quality loaf such as is offered by the Vernonia bakery.

Bread offered by the Vernonia bakery is made from Occident flour, in a spotless shop that parallels your own kitchen in cleanliness.

The food value of this quality loaf (when measured in calories or energy units) equal two pounds of steak, four pints of milk or fifteen eggs. Yet bread costs but a fraction of what you pay for these other foods.

FARM REMINDERS

The first exclusive turkey show on the Pacific coast will be held at Oakland, Ore., December 13 and 14, under the direction of J. C. Leedy, county agricultural agent.

Experiments conducted at Oregon State college indicate that hens will consume more warm water than cold, and as water is essential to high production, being so large a proportion of the egg, it is wise to keep a good supply of warm water before them, especially during cold weather.

Many farmers use their spare time during the winter in building or repairing fences and cleaning up the woods and trash accumulated along old ones. It is a wise use of spare hours, says the Oregon experiment station.

Despite cold weather many dollars in egg production can be saved by providing the chicken houses with curtains arranged to close up the bottom of the open front, says the Oregon experiment station, as the wind and cold get in at the bottom much more than at the top. It is best, however, not to close up the entire opening unless other means of ventilation are provided.

The farm accounting system, which necessarily simple, can often be divided to advantage into such parts as poultry, dairying, farm crops, etc., enabling the farmer to know exactly which enterprise is paying and which is eating up the profits, says the Oregon experiment station.

Inventor Dares Death Testing Rocket Plane

Frankfort-on-Main, Germany—A wealthy young German's dream of an airplane propelled by the explosion of rockets has advanced to the stage of practical experimentation supported by a successful trial flight.

The inventor of the rocket plane is Fritz Von Opel, who risked his life in a daring attempt to prove a theory to which he has devoted himself for more than a year.

After two unsuccessful trials, during which the young experimenter's hair had been singed by flame, the motorless airplane shot into the air with the roar of a cannon, streaked through the sky and landed after a flight of about six miles.

Opel, who had demonstrated with some success in motor cars that explosions of rockets could be used as a propelling force, had secretly experimented with Wilhelm Sander, rocket engineer, for more than a year to find a suitable plane for the application of their theory.

The plane is a short and tailless monoplane, resembling a motorless and propellerless glider. The pilot's seat is in the front wings above the fuselage. The wing spread is approximately thirty-eight feet and the plane's weight 500 pounds.

The rockets, attached to the side of the fuselage, are discharged by means of fuses in the cockpit, which weigh an additional 100 pounds. The plane has no undercarriage and is shot from rails.

Milk for Earthquake Victims Kept 24 Years

Seattle, Wash.—Cow's milk canned here 24 years ago was opened recently and found as good as when it left the condenser. An inch of butterfat floated on top, the result of decades of undisturbed storage.

The milk went to sufferers in the San Francisco earthquake in 1906, and this can to Mrs. Eugenia Mengula who kept it until recently when condensory officials discovered and brought the can here.

Sits on Piano to Save It After Failing to Pay

Cambridge, Mass.—Because she sat on the keyboard of her piano and thus prevented its removal for failure to maintain payments, Viola Bondrow of this city was charged with concealing mortgaged property. In discharging her, Judge Arthur Stone ruled she had not concealed the property, but merely that part of the keyboard upon which she sat.

Vernonia Library

"The Glorious Adventure" The following is the first of a series of book reviews on books obtainable at the Vernonia city library. They will all be written by high school students.

Richard Halliburton, an American writer, is one of the most interesting non-fiction authors we know. He writes about his own adventures in foreign countries and is so truly American that we can appreciate his escapades, his thirst for adventure and romance and his difficult positions. Having once yielded to his natural wanderlust, he can be satisfied to stay at home only a short time and then must be off again to foreign countries, each of these trips fostering an interesting account of his travels which will be published in the form of a book when he returns home.

He was educated in Princeton university. His home, when he chose to be at home, was in New York.

The story is simply told. It is interesting and gives us a great deal of history and mythology. There is much humor in the author's conversation with Rod Crane. From the story we gain knowledge, and its interesting accounts make us like to read it.

In the story, "The Glorious Adventure," Halliburton is influenced by Homer's "Odyssey" to re-live those glorious days. He determines to follow Ulysses' very trail, visit his battle fields and feel the thrill of his dramatic wanderings. Accompanied by Rod Crane, a young man who was to travel this romantic adventure with him, he sailed from New York.—M.T.

TEN CHINESE NAMED 'AH' GIVE COPS MERRY 'HA-HA'

Charged With Disorderly Conduct When All They Were Doing Was 'Singing.'

New York.—Ten Chinese—Ah Foo, Ah Me, Ah Ha, Ah Sha, Ah Ho, Ah Gee, Ah Well, Ah No, Ah Choo and Ah Be himself—were arraigned recently in West Side court before Magistrate George Ewald.

They had been arrested and booked on charges of disorderly conduct by detectives from the staff of Deputy Chief Inspector James S. Dolan, led by Detective Archibald McNeil.

McNeil told the court that complainants had poured in from all the people living anywhere near 188 Claremont avenue that so much noise was going on there that they couldn't sleep. He and his colleagues had rushed up there, he said, and heard the racket themselves. They traced it to a rear room on the ground floor, listened at the door till they thought their ear drums would burst and then broke in.

Inside, said McNeil, were the ten Chinese. They were seated at a table, he asserted, upon which were a pair of large white bone dice and several pieces of English money—half-crowns, shillings, sixpences, ha-pennies, and he believed a threepenny too. The ten men, he said, were shooting craps, and unless he was the victim of an auditory delusion, it was they who had been making hideous noises.

"What do you mean by hideous?" asked Magistrate Ewald. "Well, your honor," replied McNeil, "when a Chinaman wins at craps he wails out a long, loud, exultant 'Wahoo.' And when he loses he throws back his head and lets loose a long, loud, despondent 'Wahwee.' And as some were winning and some were losing, the combined yells were, we repeat, hideous."

Ah Foo, who said that he is a laundryman, was spokesman for himself and his nine companions. The magistrate asked for his version.

"We were no playing craps, we were playing mah jong," said Ah Foo. "That is, only three of us were playing—Ah Me, Ah Ha and Ah Sha. And we were not very noisy."

"What were the rest of you doing?" "Three of us were asleep—Ah Ho, Ah Gee and Ah Well." "And the rest?" "Three of us were telling bed-time stories—Ah No, Ah Choo and Ah Be himself." "He was singing, to amuse us all." "Dismissed," said Magistrate Ewald.

Need Cheerful Mind to Cure Blood Pressure

Washington.—The United States public health service warned persons afflicted with high blood pressure not to become "high blood pressure fiends," constantly thinking, talking and living the disease.

High blood pressure can be relieved and effectively cured, the public health service said, "only if a cheerful frame of mind is adopted and frequent estimations of pressure are shunned." Treatment, consisting principally of proper regimen, should be undertaken under the advice of a competent physician.

"The amount of exercise should be decided upon by the family doctor," it was advised. "Food is a factor in the treatment; but it is now believed that a consideration of the quantity of the food—a restriction in amount—rather than quality is of greater importance. The giving of drugs is usually disappointing, but in emergencies they may be life saving."

Japanese Go for 'Icu Cremu,' or Ice Cream

Tokyo.—Japanese railroads have profited enormously from the hottest summer in many years. Millions of people have flocked to beach and mountain resorts, swelling passenger receipts to new record figures. Sales of ice cream also have established new records. The Japanese call the frozen dish "icre mu."

Former Slave Is 110

Marysville, Ohio.—William Peppers, a negro, inmate of the county home here, claims to be one hundred and ten years old. After being sold three times as a slave, Peppers related, he escaped bondage when a body of Union soldiers marched past a field in which he was plowing for his master. He said he joined the soldiers and came to Gallipolis, where he found employment on a farm. The aged negro attributes his advanced years to good, regular habits, hard work and the use of tobacco.

Too Much Gas

Philadelphia.—As the result of putting four gallons of gas instead of three, as was ordered, in Fred Pfafflin's car, Ernest Boe was shot dead by Pfafflin, police say.

Low Child Death Rate

London.—Great Britain in 1928 had the lowest infant death rate ever recorded. Out of every 1,000 children who lived to be one year old only 65 died.

Ohioan Has Unusual Philatelic Collection

Steuensville, Ohio.—Two of the most remarkable philatelic collections in the country are the property of C. A. Yowinkel of this city. One of them, said to be the largest of its kind in the United States, is composed of more than 2,000 envelopes with the different styles of postmarks used in Ohio between 1800 and 1890. The other, which won an award at a recent exhibition of the Pittsburgh Philatelic society, is a collection of Ohio letters, posted between 1800 and 1855, before stamps came into general use. The letters were folded and sealed to form their own envelopes. After the postmark was affixed the postage—to be paid by the addressee—was designated with a hand stamp.

Girl Chases Bear Believing It a Dog

Ashland, Wis.—Motters caught up their children and fled in terror from a large decidedly wild black bear which cavorted about Ashland, Wis., for half an hour. Men seized rifles to protect families, but it remained for six-year-old Hilda Anderson to play the role of heroine. Hilda, thinking the bear was a big woolly dog, ran after it. Becoming as frightened as the populace, the bear turned tail and dashed into the woods.

California Oregon Power Co. Plans to Construct Rural Power Line Between Murphy and Ruch

California Oregon Power Co. plans to construct rural power line between Murphy and Ruch.

For 5 years Dr. Luzader, eyesight specialist, has been making monthly visits to Vernonia. His next visit will be January 6 and 7, office at Kullander's. Have your eyes examined.

Burns—Harney county Mercantile company store being remodeled.

Central Point — Highway through this town will be improved in near future.

Construction of Central Oregon highway between Junction and Harper progressing steadily.

Surfacing of Vale to Harper stretch of Central Oregon highway will start about December 15.

Up to middle of November the state game commission had planted 25,507,011 fish in streams of Oregon.—La Grande District News.

Tillamook—Paving of section of Sixth street east completed. Portland—Columbia National Bank changed hands.

Lakeside—Plans underway for immediate landscaping and construction of auto camp cabins on five-acre plot of ground in this vicinity.

La Grande—Plans underway for improving high school athletic field and provide public playground.

For His Holiday

May we suggest:

- Shirts
- Neckwear
- Mittens
- Knickers
- Golf Hose
- Pajamas
- Mackinaws
- Bathrobes
- Leather Coats

See Ed. Holtham

at

Workingman's Store

GIFTS That Plug In On Comfort

A plug in the wall, a lever snapped and—hours of drudgery vanish. Let Electricity, tireless and capable, save hours of toil for Her. She will appreciate the gift of an item that will create delightful leisure, accomplishing easily a household task.

May We Suggest:

- Vacuum Cleaners
- Washing Machines
- Percolators
- Electric Toasters
- Waffle Irons
- Electric Fans
- Electric Heaters
- Electric Stoves
- Electric Irons
- Marcel Wavers

General Electric Products are of the best quality made

Columbia Utilities Co.

In New Columbia Building Vernonia



GIVE THEM ALL SAVINGS ACCOUNTS

They are never too small or too large to be encouraged in ways of thrift. One of our deposit books with one entry made is a SENSIBLE gift.

Bank of Vernonia

Tuberculosis might make her an orphan

Help prevent it!

BUY CHRISTMAS SEALS

The National, State, and Local Tuberculosis Associations of the United States