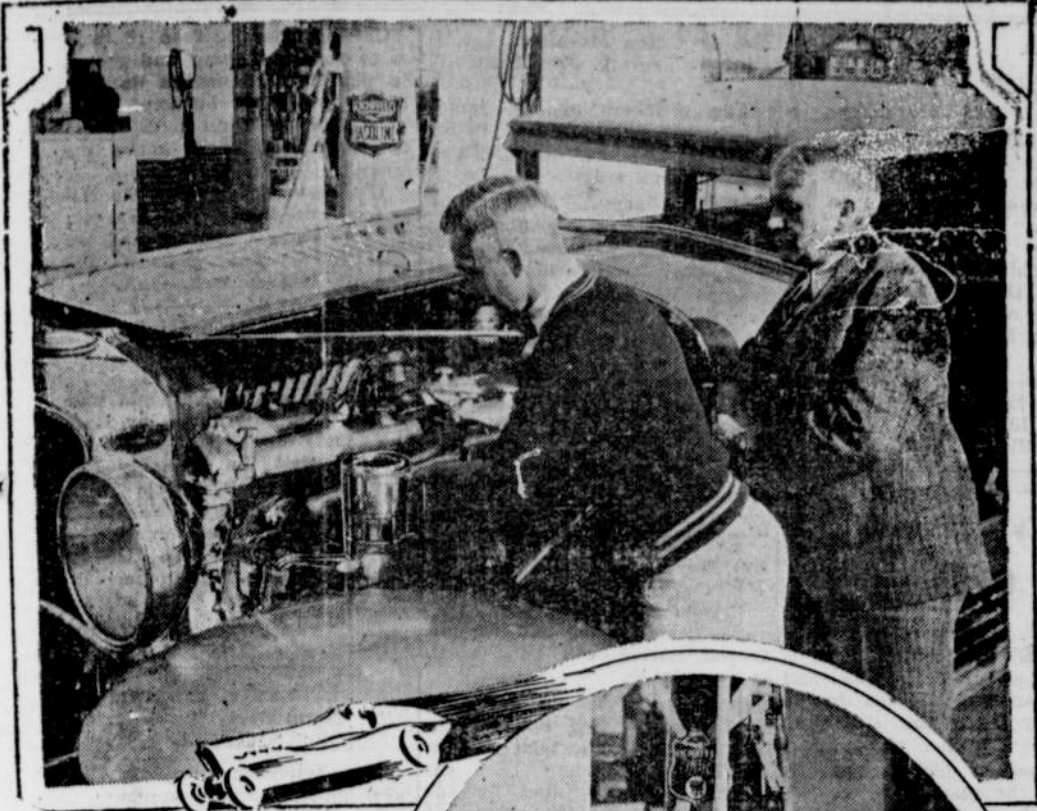


Experts Agree On Gasoline



It cannot be denied that Fred Duesenberg knows his oil, for Duesenberg, famous engineer of racing and stock cars bearing his name, is reckoned a peer of Harry Miller when it comes to creating slick motors of high velocity. When Mr. Duesenberg recently arrived on the Pacific coast, he and Harry Miller met on a common ground of engineering belief—gasoline and oil—at a station vending Richfield products. In the upper photo, Mr. Duesenberg stands by (at right) while the Richfield service operator fills the crankcase with some Richlube. Below, in circle, Mr. Duesenberg and Mr. Miller, reckoned two of the world's foremost motor engineers, sit with jack-knives and sticks, whittling out some new



ideas for creating faster cars for the speedways. This is said to be the first photo ever made of the two engineers together.

first essential to well-ordered and complete life. With a healthy mind the individual may reach a goal commensurate with his ability; with a disordered mind he is doomed to low grade achievement or to failure, dependency or degradation. The mentally healthy individual meets the varying situations of life with confidence and courage and using his reason as his guide, determines the line of action to be pursued. He may be misinformed; he may make mistakes; he may suffer misfortune; but his equanimity will not be seriously disturbed. He accepts full responsibility for his conduct and acknowledges error freely. He rises above adverse circumstances and gains wisdom from his failures as well as his successes.

"With such a view of life, however, he will recognize that it is incumbent on him to do his part, that his continued well-being is largely dependent upon his own acts, and he will use every means within his power to safeguard his position. He will promote and maintain his physical health by observing hygienic laws. He will manage his business affairs with prudence and without assuming excessive obligations; he will live within his means and will make provision for emergencies and for unproductive periods. He will not become involved in social or legal entanglements; he will avoid unfriendly disputes and useless controversies. Above all, by promptly meeting every obligation, by lending a hand to others in need, by generous service in the promotion of social welfare, and by the development of mind and character he will establish himself securely in the esteem of his fellowmen. Thus fortified, he will in large measure be freed from the fears that have troubled man throughout the ages; namely, the fear of disease, the fear of poverty, the fear of conflict and the fear of social disapproval.

"Instead of being haunted by impending disaster, instead of being troubled by petty annoyances, instead of being worried by trifling difficulties, he will fulfill the duties and responsibilities of life with calmness and composure, feeling certain that the present as it moves on into the future carries with it adequate guarantees of continued security."

Dr. Horatio M. Pollock, N.Y.
Nehalem — Nehalem Theatre reopened to public.

Duesenberg and Miller, Famous Rival Auto Engineers Agree On One Thing "Richfield"

Los Angeles, Feb. 26—There are two major names to conjure with in the automobile speed world insofar as engineering is concerned, Harry A. Miller of Los Angeles, and Frederick L. Duesenberg of Indianapolis. Wherever you go to attend professional automobile races, whether on the speedways or dirt tracks of America, or the speedway or grand-prix road courses of Europe, you will find Duesenberg or Miller cars entered. And if they aren't entered under those names, the chances are that cars entered

under some other name were in reality designed and turned out by either Miller or Duesenberg. Consequently the racing world considered it a most high tribute to California's racing gasoline, Richfield, when Fred Duesenberg and Harry Miller consented to pose.

"We may disagree on a few things in engineering," laughed Miller, "but we don't disagree on gasoline and oil, do we Fred?" Fred grinned at Harry and nodded agreement.

Pick Officials For 1930 Fair Board

A. L. Parker of this city was elected president of the Columbia County Fair association for 1930 at a meeting held in St. Helens last week.

Mr. Parker, who served as vice president in 1929, succeeds J. T. Graham as president. Other officers elected were: Miss Elizabeth Murray of St. Helens, vice president; Clyde M. Watson, St. Helens, secretary-manager; J. C. Skeans, Rainier, treasurer.

September 10, 11, 12, and 13 have been the dates set for the next county fair.

Bread As a Food Product

No food has been held in such high esteem as bread—for centuries it has been man's chief food. Bethlehem means "House of Bread." Today our bread is cleaner, more nutritious and better in many ways than when it was first called staff of life. During recent years man's dietary has been enriched and broadened but the real position of bread among foods has not been changed, because there is no substitute for bread. While bread has been highly praised and its real worth is generally appreciated, it has frequently been greatly maligned. To what extent these attacks have temporarily affected the good name of bread is difficult to determine. In England the standard bread propaganda, in which a loaf was advocated that should contain a large portion of the wheat by-products, died a natural death in about two years. About 60 years ago another bread reform movement was ad-

vocated in England. Lawes and Gilbert, of the Rothamsted Experiment station — among the foremost scientists of that day — in commenting upon the proposed whole meal bread said: "But to suppose that whole wheat meal as ordinarily prepared is, as has generally been assumed, weight for weight, more nutritious than ordinary bread flour, is an utter fallacy founded on theoretical text book dicta, not only entirely unsupported by experience, but inconsistent with it."

It is interesting to note that the question of the relative merits of the whole wheat meal and white flour has been under discussion in various ways for more than a century. Many people think that white flour is a modern product and that the flour of a short time ago was whole wheat flour, but such is not the case.

This information is furnished through the courtesy of the Vernonia Bakery.

Posture Effect to be Told

Continuing the health and physical education lectures that have been a feature of KOAC's homemaker's hour on Monday afternoons since September 30, Laura McAllister, instructor in physical education for women, will speak on "Posture in Every Day Life." She is scheduled for 3 o'clock Monday afternoon, March 3.

Experts Explain Wills Conversation on "Wills and Estates" between R. M. Alton and M. H. Erz, assistant trust officers of the United States National bank, Portland, will be broadcast from KOAC as a fea-

ture of the half hour program for business people Friday evening, March 7. The speakers are scheduled to begin at 7:40 p.m.

Alfalfa Lecture Coming

"Alfalfa for Western Oregon" is the topic listed for 7:15 p.m. in KOAC's farm program Tuesday evening, March 4. The speaker will be E. R. Jackman, extension specialist in farm crops.

Desolation in Wake of Gigantic Gold Dredges

Automobile tourists through the northern part of California are liable to have their attention attracted to mountains of cobblestones frequently seen. Sometimes these piles are 50 or 60 feet high and several hundred feet long. They are never beautiful and they add nothing to the landscape. In fact, they are eyesores, but there is little prospect of their removal. These piles are the accumulation of the gold dredges, gigantic constructions which eat their way through the land and leave a trail of desolation. Farm lands and orchards are bought up by the operator, and left in ruin, for the land is useless for any purpose whatever after the passage of the dredger. These machines cost about a quarter of a million dollars, but the cost of operation is very small. A large quantity of the earth must be treated to recover a small quantity of the yellow metal, but at that the business is very profitable. The stones taken from the soil are useful only to grind up for cement, but the piles standing today will offer crushed stone sufficient for the demands of the entire country for many years. —Washington Star.

Puzzle Presented to English Legal Minds

A barrister contributes to the Times, in a letter, an ingenious and apparently insoluble puzzle, which may be summarized thus: A says to B, I will teach you to be a barrister; half for now, and the other half if you win your first case. It was taught, and called to the bar, but failed to do anything at all for two years. A then said to himself: If I sue him for the installment of my fee, and win the case, he will have to pay me; if I lose, then he has won his first case, and will therefore have to pay me. That seems unanswerable until we get B's view: If A wins, then I have lost my first case and need not pay him; and if he loses, then by the judgment of the court I need not pay him. So that is that; and there is no evident solution. —Weekly Scotsman.

Corvallis — About 2,000,000 baby chicks will be shipped out from here within the next few months.

Cushman—Cushman sawmill may start operations before March the 1st.

Bandon—Bandon trout farm shipping large quantities of trout for market.

ANOTHER FAMOUS RECORD WITH RICHLUBE



Local Students Active At O.S.

Oregon State college, Corvallis, Feb. 26—Students from Vernonia enrolled at Oregon State college first term this year took leading parts in campus activities according to reports recently released by E. B. Lemon, registrar.

With 271 new students enrolling for the second term, total registration figures for the first two terms of this year reached 3755, according to the latest report of Mr. Lemon. More than twice as many men as women students are enrolled.

L. Russell Mills, junior in vocational education, is a copy-reader on the Barometer, student newspaper; a writer for the Beaver, college annual; member of the varsity cross-country track team; and manager of his fraternity, Sigma Phi Epsilon.

Howard Davis, junior in commerce, is secretary of Kappa Pappa Psi, national honorary fraternity in band, and is manager of Pi Kappa Phi, social fraternity.

Gilbert Bergerson, sophomore in vocational education, was on the varsity football team this year. Charles Hoffman, senior in commerce, is a member of the college orchestra. He is a member of Sigma Phi Epsilon, social fraternity.

Other students enrolled were Kenneth E. Whitsell, sophomore in vocational education and a member of Sigma Phi Epsilon; Allan Ray, freshman in engineering and a member of Phi Pi Phi; Lewis Laramore, sophomore in vocational education; Leroy Malmsten, senior in commerce; Veldon Parker, sophomore in forestry and a member of Delta Sigma Phi; John Wardle, freshman in vocational education.

Start Market Road in April J. N. Miller, county commissioner, when in Rainier recently, stated that work on the Apary market road extension will begin at the south end of the road some time in April and possibly sooner, depending upon weather conditions. The road will be pushed southwesterly from its present terminus as far

as funds are available. Incidentally, Mr. Miller stated that he would be a candidate to succeed himself in the May primaries. Since Mr. Miller was here, Mr. Flippin has been feeling out his chances and if he should get into the race there will be a pretty contest.—Rainier Review.

Garden Pointers Broadcast

Listening in on telephone gossip about stational garden topics is one of the newly acquired privileges of KOAC's radio audience each Thursday afternoon at 3:30 o'clock. At least such is the effect when a talkative woman known to her friends as "Mrs. Winter" picks up the receiver and, while apparently chatting with one of her neighbors, broadcasts to gardeners everywhere a number of practical pointers on such garden practices as have a seasonal appeal. These garden tips which "Mrs. Winter" obtains from Andrew Laing, campus landscape gardening foreman at Oregon State college, are included in the home garden programs which occupy the half hour between 3:30 and 4 o'clock each Thursday afternoon.

State Board of Health

In cooperation with U. S. Public Health Service Frederick D. Stricker, M. D., Collaborating Epidemiologist

Mental Health

"Mental health is characterized by a sense of well-being, keenness of observation, cleverness of thought, soundness of judgment, accuracy of memory, control of emotions, stability of will, continuity of purpose, friendliness of attitude and freedom of expression. Mental disorder, on the other hand, is manifested by lack of contentment, confusion of thought, flight of ideas, oscillation of mood, outbursts of emotion, delusions of precaution, distrust of associates, withdrawal from reality and other distressing symptoms. "To the unhealthy mind, life seems insecure and exposed to many dangers; the world appears chaotic and filled with destructive elements; people seem sordid and controlled by selfish impulses; altruistic effort seems useless and social progress impossible. Mental health becomes, therefore, the

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Announcement

Of New Ownership

The Portland-Vernonia Truck Line has been purchased from Appleton Brothers of Portland by F. S. Farney of Portland, who operates the Farney Truck Lines on the Columbia highway.

In the transportation business for many years, I assure our patrons of Vernonia that we will endeavor to increase the efficiency of our trucking service.

You will find our trucks safe, economical, and the fastest means of securing your deliveries.

Freight Delivered to and Called for at Your Door

Our local manager, W. A. Davis, is at your service.

F. S. FARNEY
Portland-Vernonia Truck Line
Office Phone 1041—Residence 1052

23 MILLION ENGINE REVOLUTIONS during the famous "Angeleno" 11-Day Flight

"Richlube gave perfect lubrication. The needle on the oil gauge might just as well have been painted on as the pressure didn't drop a pound during the 11 days."

Pete Reinhart
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