

CLASSIFIEDS

FOR SALE—General

GUERNSEY-HOLSTEIN cow, coming with 2nd calf. Gentle, easy to milk. Inquire O. S. Poynter, Keasey Rt. 161c

MOWING machine. Phone 375. 161c

1934 **FORD** coupe, good rubber, fine running condition, body not rusted, Prestone in radiator. A good car for hunting or to drive to and from work. Sherman Fisher, 52 O-A hill, phone 623. 161c

REGISTERED Toy Boston bull terrier. D. F. Crawford, Keasey Rt. 153

PRIMROSES, painted daisies, delphiniums, gladioli bulbs and other plants. Mrs. John Krinick, 5th house on 10th St., Riverview. 153c

WASHING machine, good condition; large size Spark oil heater. E. P. Crawford, Treharne. 143c

HAY RAKE, hay loader. Pebble Creek Dairy. Phone 16212. 143c

IRRIGATION EQUIPMENT Order your Stout Irrigation System today. Free engineering and estimates. Proper irrigation will increase your present product many times.

SIMPSON'S HARDWARE Uptown St. Helens 14fc

AUCTION: Every Friday. We have a good market for your livestock, furniture, tools, poultry. We buy, sell, trade, every week day, paying cash for livestock, furniture, machinery, tools. Altman's Auction Mart, Forest Grove. Phones: 16215 nights, 5320. Walt Altman, Auctioneer, selling livestock or general farm sales anywhere. 11fc

AUCTION Bring your livestock and misc. to Clatskanie Auction yard where we have many buyers and sellers. Livestock sold by the head or pound.

SALE EVERY SATURDAY AT 12:30 P.M.

CLATSKANIE AUCTION YARD Milt Butler, Auctioneer Phone 1600 7fc

HOME LAUNDRY—Phone 1107. Mrs. York. Laundry, fluff dried, 15c lb. Shirts, finished extra, 25c. Flat finished, minimum \$1.00. One day service on request on fluff dried. Also curtain stretching. 9fc

PRUNING, LAWNS, LANDSCAPING, ROCKERIES, SHRUBS

Fruit, Nut, Shade Trees Estimates free. Call St. Helens 1214-W-1, Thornton's Nursery, box 23, Warren, Ore. 5fc

ALL makes of sewing machines repaired. Electrification of any make machine. Park's New Home Store, 4816 N. Lombard or inquire Eagle office. 38fc

DEAD STOCK PICKED UP Free of Charge

ALSO OLD, WORTHLESS LIVE HORSES BOUGHT.

Phone collect, Clatskanie 44R11

COLUMBIA RENDERING COMPANY 51fc

FOR SALE—Insurance

BELL-HUDSON Insurance, telephone 773. We have a reliable Co., writing cars for 3, 6, 9 months at low rates. Also fire insurance. Geo. Bell, H. Hudson. 37fc

CLASSIFIED RATES

BLIND ads with answers to be handled by the Eagle: Minimum charge 80c. No information given relative to such ads.

CARD of Thanks & Notices: 80c.

THE EAGLE assumes no financial responsibility for errors that may appear in ads published in its columns, but in case where this paper is at fault, will reprint that part of an adv. in which the typographical error occurred.

NO CLASSIFIED OR DISPLAY ADV. WILL BE ACCEPTED AFTER WED. NOON EXCEPT FOR NEXT WEEK'S PAPER.

FOR SALE—Real Estate

HOMES 4 ROOMS and bath, single garage. Price \$1500, very easy terms.

CLOSE to schools and churches: Neat 5-room modern home plus utility room. Wired for range. Large living room and 2 12x14 bedrooms. Youngtown sink. Price \$6000, easy terms.

FARMS

7 ACRES, 7-room modern house, 20x40 barn, chick house and wood shed; 1 mile out on Nehalem river. Full price \$5000. Vet's loan can be transferred.

4 ACRES, 4-room house on year around stream; 5 miles out. \$3500, \$500 down.

120 ACRES, some timber, 3-rm. house on Nehalem river. Price \$10,000, good terms.

DON BAYLEY, BROKER MacDonald Hotel — Vernonia 161c

4-ROOM house for rent with option to buy. \$35.00 per month. Two blocks from city center. Electric stove, electric hot water heater, garage. \$1700. Leo Viollette, 8th St., Riverview. 143c

HOUSE FOR SALE \$2750. Three bedrooms, living rm., dining rm., kitchen, bath, auto. water htr., garage, 16x20 shop, 100'x150' lot. C. Shaw, 4th St., Riverview. 143c

FOR SALE OR TRADE

EQUITY in 8-acre farm within city limits. Three houses, barn, berries. Edgar Hartzell, next to city pumping plant. 161c

LOST AND FOUND

LOST: Billfold, about 2 blocks below Seventh Day Adventist church. Lois McMillan. Finder leave with Charles Long, 1092 2nd Ave. 162c

CARD OF THANKS

MY SINCERE appreciation is expressed in this message to friends and organizations who remembered me with cards and by visits during the time I was ill. **BERT HAWKINS** 161c

NOTICE

ATTENTION: 1942 graduating class reunion I.O.O.F. hall, Vernonia, May 16, 8 p.m. Dinner served. Please notify if you will attend. Kathleen Hall, 956 Rose Ave., phone 1193. 15fc

WANTED

LAWN MOWER sharpening the Electrokene way. Will call and deliver. Albert Schalock, Riverview, phone 1322. 163c

LOGGING SHOW not already destroyed by cat or donkey. Best forestry practices following a state forester's inspection and recommendation. Planned and careful thinning so remaining trees may mature to profitable size, or complete utilization if clearcut which leaves no messy firetrap. Horse loggers. No business Saturday. Clint Seibert. 163c

SEPTIC TANK PUMPING SERVICE

Crawford Auto Wreckers, 775 S. Highway, St. Helens, Ore. 15fc

HOW ABOUT ploughing that garden for you? All work guaranteed. Best of service. Call Ed Thornton, 253, leave orders to plough. 15fc

EXPERIENCED new and used car salesman for Ford dealership. Inquire Doherty Motor Co., Forest Grove, Ore., phone 1741. 143c

ROTOTILLING by the hour. Call George Johnson or write Marvin McGaughey, Vernonia. 143c

HIGHEST cash prices paid for cream and eggs at your door—picked up once or twice weekly—call or write Forest Grove Creamery, Forest Grove, Oregon, phone 126. 14fc

FOR RENT

FURNISHED Apt: three rooms, bath, electric range, refrigerator oil heat and laundry. Riverview Apts. 16fc

APARTMENT for rent. Fuel and water furnished. 376 North St. L. M. Porterfield. 14fc

LARGE sleeping room, two beds with kitchen privilege if desired. Riverview Cabins, Riverview, Oregon. 11fc

LEGAL NOTICE

NOTICE TO CREDITORS

Notice is hereby given that the undersigned has been appointed administratrix of the estate of Paul A. Gordon, deceased, by the county court of the state of Oregon for Columbia county, and has qualified. All persons having claims against said estate are hereby notified to present the same to me at Vernonia, Oregon with vouchers and duly verified within six months from the date hereof.

Dated and first publication April 2, 1953.

Date of last publication April 30, 1953.

Mona M. Gordon, Administratrix John L. Foote, St. Helens, Oregon Attorney. 145c

SEALED BIDS will be received by the School Board of Union High School No. 1 Jt., of Columbia County, Oregon, until 8:00 o'clock P.M. on the 28th day of April, 1953 and immediately thereafter will be publicly opened by the officers of said school district for the asphalt paving of the driveways and parking area at the new Union High School building, as follows, to-wit:

To furnish all the materials and labor to lay down asphalt paving not less than 2 inches in thickness over the driveways and parking area south of the main building, a total area of approximately four thousand square yards, the same to be performed and completed between the 29th day of May, 1953 and the last day of September, 1953. More detailed specifications may be had by calling at the office of the high school building between 8:00 o'clock A.M. and 5:00 o'clock P.M. on week days.

The School District reserves the right to reject any and all bids and bids should be delivered or mailed to the undersigned clerk of the District, Mona M. Gordon.

Seaman Home From Alaska

BIRKENFELD — Lloyd Lou-signont, S1/c, is home on leave after spending 13 months in Alaska. He will report April 18 at Seattle for re-assignment.

Mr. and Mrs. A. M. Perry spent the week end here. Mrs. Perry had the misfortune to slip on the heavily waxed linoleum. She sustained quite a bruise on her head.

Mrs. Jack Britner had a plastic party Thursday afternoon and Mrs. Fred Larson had one Thursday evening. Mrs. Helen Jump of Tillamook is the representative.

The girls 4-H club under the leadership of Mrs. Mary Mills held a tea at her home Thursday afternoon. The girls made most of the refreshments and displayed their sewing. Those present were Mrs. Florence Rawlinson, Mrs. Nell Marshall, Mrs. Trent Garner, Mrs. Cecil Elliott and Cheryl Jensen.

Part Taken in Festival Of Music in Astoria

NATAL — Marilou Frederickson, Maxine Oblack and Jeanette Dass were among those who participated in the music festival at Astoria last Friday.

Mr. and Mrs. John Titus of Portland spent the week end at the Pringle home.

Miss Virginia Mathews spent the week end at her home here. Mrs. Sam Devins made a business trip to St. Helens and Portland Monday.

Mr. and Mrs. Lynn Vans of Portland called on Mr. and Mrs. Bill Pringle one day last week.

Vernonia, Oregon.

By order of the School District Board.

Mona M. Gordon, Clerk 162c

Life Can Begin at 40 . . .

By Dr. Frank G. Spaulding

It has been said that the way for a person to live to a ripe old age is to acquire a chronic ailment while young and take good care of it. Are these words of wisdom, or merely words of wit?

It is true that many persons who have become chronically ill in their youth have regained their health through observance of strict health rules and have lived long and useful lives. It is equally true that many persons who have had comparatively good health during the earlier periods of life begin to break in middle age. If you have not "enjoyed" the doubtful advantage of being chronically ill in youth and if you have arrived at the middle period of life, this health article should be of special value to you.

Many other matters are of great importance. Some of these are presented briefly in the following rules for men and women of 40 and over 40.

1. Slow down. You may be able to go as fast as before, but if you do you are inviting old age to come prematurely. "Make haste slowly," if you would live a longer, more useful life.

2. Avoid fatigue—it is a killer. Fatigue produces poisons that injure the nervous system and hasten the onset of old age. When you are tired, rest promptly and completely. To drive yourself to the point of exhaustion is to court disaster.

3. Learn to relax—even while you work. Let your muscles be as loose as possible; you will do your job more easily and save wear and tear on your nervous system. And if you can lie down and rest during the day, even for 20 or 30 minutes, you will lengthen the span of life.

4. Don't whip your nerves with your emotions. The habit of making emotional "scenes" will

sooner or later play havoc with your digestion, or lead to constipation, high blood pressure, or heart disease. Ill-will, jealousy, suspicion, accumulated resentment—all make a needless drain upon vital forces and induce nervous diseases.

5. Cultivate patience. You may have no control over world conditions, but you can control yourself. Cultivate an unruffled attitude towards people, circumstances and your work. Be calm—learn to wait. Impatience is a handicap to good health.

6. Develop a hobby. Do something different from your regular work to enliven your spare time. Play, read, take pictures, collect something, make something or engage in some kind of activity interesting to you.

7. Establish regularity in all of your health habits. This includes proper elimination, moderate eating, adequate sleep and wholesome exercise.

8. Watch your waistline. Excessive fat after 40 is detrimental—it interferes with the normal function of the liver, kidneys and the heart.

9. Watch for danger signals. Chronic indigestion, insomnia, headache, fatigue, etc., should not be considered middle-age symptoms. They may be warning signals that your body needs attention.

10. Resolve not to grow old. Persons who live in the past grow old accordingly. Don't yearn for the return of "the good old days". Youth lives in the present and the future. Keep your mind young and elastic and make middle age the productive time of life.

The continent of Asia has the largest population in the world but the lowest per capita production and consumption of leather footwear.