

The Sentinel

A Weekly Newspaper With Plenty of Backbone

Elbert Bede and Elbert Smith Publishers
Elbert Bede, Editor

A first-class publication entered at Cottage Grove, Ore., as second-class matter

Business Office: 412 East Main

SUBSCRIPTION RATES
One year—\$2.25 Three months—.65c
Six months—1.15 Single copy—.5c

Member of
National Editorial Association
Oregon State Editorial Association
Oregon Newspaper Conference
Lane County Publishers' Association

FRIDAY, AUGUST 25, 1922

From Oregon to Minnesota

By Elbert Bede, Editor The Sentinel

North Branch, Minn., August 19.—We have arrived in the town where I served my apprenticeship as a printer, where I met the girl whom I investigated into doing my cooking for me, to which I returned after an absence of several years and owned my first newspaper and where I have found many things that were associated more or less pleasantly with my earlier life.

The old print shop is here, although now housed in a much more modern building. The plant has been greatly improved, but much of the type and equipment is still there that was there when I was learning the trade 25 years ago.

The old dance hall in which my wife met her terrible fate still stands, but has not been used for a dance since that day. It has the appearance of a building deserted and shunned because of some crime once committed there. The road upon which we young folks often drove—with one hand to guide the sprightly (?) livery steeds—still follows the same course, but a distance of some eight miles which once occupied something like two hours to cover with that sprightly livery steed is now covered in about 10 minutes with a six-cylinder motor car but the latter requires both hands for its operation. Love-making has been robbed of much of its enjoyment by the intrusion of the motor car. Motor trips are too quickly accomplished. Although they can be lengthened, reins can not be tied together and thrown about the neck and the steeds permitted to pick their own road. Young folks can not be expected to fall as violently into love these days as they used to under the more favorable conditions that prevailed when livery rigs furnished the means of locomotion for the swains and lassies who were young in the day that the North Branch country was my stamping ground.

Of course the main idea in arriving here was to get somewhere where the grub wouldn't cost so much as it did for the better part of two weeks. We



EYES FIRST

Don't put off or delay the eye-examination, protect your sight first through our service.

Sherman W. Moody
OPTICIAN
201 WILLAMETTE ST. EUGENE, ORE.

Talcum Powders

The only toilet preparation that is needed by everyone,
MEN, WOMEN AND CHILDREN all need
TALCUMS

There are special talcums for baby, for the man who shaves, for use in a bath, for insect bites as a deodorant, and for general toilet use.

We specially recommend the following talcums, which we know are made from the finest, purest talcums, and to insure their softness and fineness, are sifted through very fine silk and are never touched by hands. Prepared in the most scientific way in America's finest, most complete laboratories. Rexall Baby Talcum will protect baby from the heat, perspiration and chafing, also adds a delicate fragrance.

Rexall Violet, Violet Dulce Talcum, and Tale Jontee perfumed with the costly odor of twenty six flowers, and many others, any of which we are certain to have your favorite talcum.

Kem's for Drugs
The Rexall Store

arrived here on the eighteenth day after leaving Cottage Grove, but made many stops on the way and our actual driving time was about 11 days. We found Mrs. Bede's folks anxiously awaiting the opportunity to provide provender at greatly reduced rates and "mother" has lost none of her subtle ability in the preparation of the tempting viands which once were one of the main attractions that made me a frequent guest in her home. By a coincidence, Mrs. Bede's folks own the home which was our home during our entire residence here 17 years ago.

In order to arrive here at 3 o'clock yesterday afternoon, we covered 210 miles that day, the trip starting at 8 o'clock. The day before we covered 287 miles and the day before 296 miles, which demonstrates that we struck some real roads.

They have no speed cops out here. We asked a native if they had 'em and he thought we were asking about some new kind of prune. He was more than half right, I guess. We didn't notice much fast driving until we struck Minnesota. As soon as we crossed the line into the Gopher state we found that we had to do forty to keep the tin lizzie from throwing dirt in our faces.

We found wonderful roads in eastern South Dakota and all through Minnesota. In fact, all the roads in Minnesota are so good that when we left the Yellowstone trail we found difficulty in keeping on the right road. The state is a network of fine macadam highways and each one looks like a main road. No. 66 is just as good a road as No. 4, but it may lead in an entirely different direction from the way you want to go. Every macadamized road or gravelled road has a number, but signs to direct traffic are few. There are few signs to tell you towards what point you are headed. If you have an official map you have no difficulty whatever, but without one you are lost.

We have found almost no paved roads, that is, no roads that we or Oregon call paved. To the native of one of these states a paved road may be anything from a streak of mud upon which some gravel was placed several years ago to a macadam road upon which any speed is possible. This applies particularly to Idaho, Montana and the Dakotas. They have a different idea of roads in Minnesota. There must be a terrific expense attached to keeping up the thousands and thousands of miles of macadam roads of this state. Patrol work is going on constantly. It must be kept up in order to keep the roads in condition to be travelled. The speed permitted on the roads here, quite naturally, brings about their destruction rapidly. There are so many roads here, and so many leading in the same direction, that the traffic on each road in a state as thickly populated as is Minnesota is not as heavy as upon any of the main highways in Oregon, where a road like the Pacific highway serves western Oregon for all north and south traffic and a highway like Columbia highway serves for the larger part of the east and west traffic of an entire state. We often travelled for miles upon a main highway without passing a car. In the busiest part of the day the traffic is not greater on any one main road of Minnesota than it is at midnight upon an Oregon main road.

Minnesota is rapidly learning that it costs more to build and maintain macadam roads than it does to build paved roads and that at the end of a few years nothing is left to show for the millions put into rock highways.

THINGS WE THINK
Things Others Think and What We Think of the Things Others Think

It is better to be called stingy than to leave a family on the neighbors when you die. . . .
A good booster for one thing never tears something else down. . . .
If some people didn't swell up they would never be noticed. . . .
If others had the same information upon which to base an opinion of us as

How to Be Healthy

The Crusade of the Double Barred Cross
Practical Talks on Disease Prevention
Prepared by the
OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

A CLEAN MOUTH

By ARTHUR M. HUNTER, D. D. S.

A FEW years ago Dr. Mayo, one of America's foremost surgeons, said that the next step in preventive medicine must be made by the dentists. In line with this prophecy, the new campaign for mouth hygiene aims to teach three things:

1. How much damage is done to the general health of the body by an unclean mouth, with teeth badly broken down, large cavities or inflamed gums.
2. Proper methods of correcting mouth diseases.
3. How to prevent dental disease.

Very few persons realize that the three vital sources of life, food, water, and air, are affected by mouth conditions. No one can live without these three things. The Government spends enormous sums to insure the cleanliness of food and water. Housewives see that cooking utensils, china and cutlery are washed so that the food may be served clean. All the details of bringing pure food to the mouth are carefully looked after, but when it passes the lips the food is abandoned and left to its fate, for most mouths are unclean, and food, however clean before, becomes quickly contaminated after it passes the lips.

How can the mouth best be kept clean and dental decay prevented? Here are four practical suggestions:

1. Have the mouth put in good condition by a good dentist. Go to the best man that you can find. It is economy of health and pocketbook to go to him often. Three or four times a year should be the minimum.
2. X-Ray examinations of the teeth should be made to ascertain the condition of root-fillings, and the condition of bone surrounding the root-ends of the teeth, for it is these areas that may cause systemic disturbances which will lower resistance to disease. All teeth with the pulps removed (nerves killed) must be held as suspicious characters until proven innocent. The lack of pain is not a safe sign of no infection. There may be a "blind" abscess, which only the X-Ray can discover.
3. Get your dentist to give you minute directions as to the proper way to perform your mouth toilet. It is necessary to spend at least three minutes every night and every morning brushing your gums and teeth, in order to properly cleanse them. That amount of time and energy will give you big dividends in good health. Remember a clean tooth will not decay, and a clean mouth will not pollute the food.

Stop the use of free sugar because sugar will cause the decay of teeth more than any other one thing. Nature never intended that we should use sugar in a concentrated form, but preferred to give it to us in its natural state; namely, in fruits and vegetables.

I would like to paraphrase that well known quotation from Robert Burns, "Oh, would the gift the good God give us to see our mouths as the dentist sees them." The dentist not only sees the unclean mouth with inflamed gums, but he sees the long chain of events, namely, an unclean mouth, small cavities, large cavities, pollution of food with digestive disturbances, death of the tooth pulp, abscesses at the end of the root, absorption of the poison, lowered resistance against disease, and finally broken down health.

The late Professor Osier, who held a place at the head of the profession of medicine, said: "You have one doctrine to preach, and you have to preach it early and late, in season and out of season. It is the gospel of cleanliness of the mouth, cleanliness of the teeth, cleanliness of the throat. These three things must be your text through life. Oral hygiene—the hygiene of the mouth—not one single thing is more important to the public in the whole range of hygiene than that."

When certain lines have to be drawn to insure the wife and family its share, there are likely to be other things that are causing just as much trouble.

The woodpile languishes while the men talk politics.

While we are utterly dissatisfied with our success in life, others imagine that they could be perfectly happy if they could attain our station.

Never disobey your conscience and you're not very likely to break many of the ten commandments.

The man who lets woman have her own way and never talks back, probably comes nearest to understanding her of any of them.

Once every seven years we are said to change every tissue of the body—but that evidently doesn't apply to some people's dispositions.

There can be no home where each member has a suite of rooms and servants to attend to every want. It is the rubbing together and performing thoughtful things for one another that makes a home.

Those with wealth would enjoy it more if they didn't wait for their death to make others happy.

There never was a woman who would acknowledge that her neighbor could make better butter than she.

There may possibly be lawyers in heaven. A lot of us are prepared to be somewhat disappointed when we get there.

The man who married his second wife the day of his first wife's funeral, saved the trouble of changing his clothes once.

There never was a proposition on which everyone agreed—unless this is the one.

Kisses are worth a great deal despite the tremendous annual overproduction.

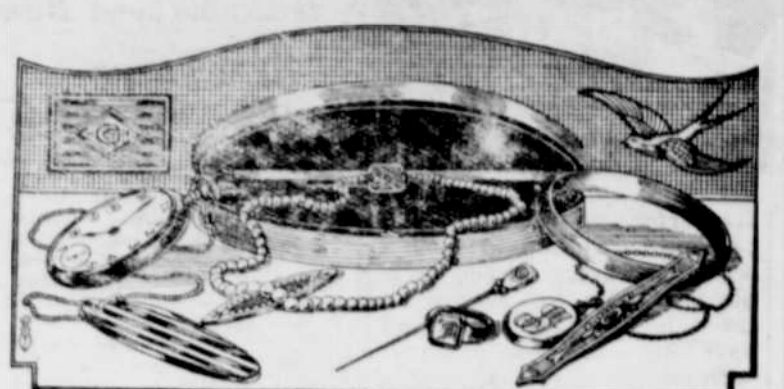
Those who do their courting in an automobile ought to get there quicker than by the old horse-and-buggy system.

Those who have their thoughts scattered over the most territory have the least trouble getting them together when wanted.

Love is not entirely blind—just try flirting with another girl when your sweetheart is around.

Those who oppose kissing the strongest on the grounds that disease germs are spread that way, probably wouldn't object very seriously to a little inoculation by osculation.

Those who pursue wealth to the exclusion of health are depriving themselves of many years in which they might enjoy the pleasures derived from a judicious outlay of the former.



August Clean Up Sale

- 300 SOLID GOLD LADIES' AND MEN'S RINGS**
to select from; diamonds, rubies, emeralds, etc., at prices from—\$1.50 to \$350
- AGATE PENDANTS**
Agate pendants in solid gold mountings; special—\$1.00
- NEW AND SNAPPY CUFF BUTTONS**
Sterling silver, gold filled, solid gold or platinum, at prices from—\$1.25 to \$20
- WALDEMAR CHAINS**
Gold filled or solid gold; new styles at new low prices from—\$1 to \$20
- MEN'S WATCHES**
7 to 23 jewel movements, all American made watches, at \$7.40 to \$150
- LADIES' WRIST WATCHES**
15 and 17 jewel only; American and Swiss; fancy shape and dials—\$19 to \$60
- GOLD FOUNTAIN PENS AND PENCILS**
14 karat solid gold pen in a beautiful gift box; special at only—\$4.75

Madsen's Jewelry Store

YELLOWSTONE NATIONAL PARK

Nature's Wonderland and America's Most Famous Playground

Its hotels are marvelous establishments. Its camps are pretty little tent and cottage villages, models of cleanliness, sanitation, comfort and simple, informal living. 300 miles of fine boulevards. An ideal place for vacation pleasures. Send for beautiful illustrated booklet telling all about its wonders in word and picture.

THROUGH SLEEPING CAR
Operated DAILY Between
PORTLAND and WEST YELLOWSTONE
by the
UNION PACIFIC SYSTEM



GO NOW. The park closes September 19th. Let our representative explain the various tours which enable visitors to see the Yellowstone so comfortably and at minimum cost; also quote fares, prepare your itinerary and make your reservations.

J. H. O'NEILL, Traveling Passenger Agent, with headquarters at 701 Wells Fargo Building, Portland, will be glad to call personally on anyone wishing to visit Yellowstone, and arrange all details. Drop him a card or address
WM. McMURRAY, General Passenger Agent, Portland, Oregon.

Young People!

Why not receive the benefits of Association and Fellowship with Christian young people? The young people's societies of the Churches of Cottage Grove invite you to share their Devotional and Social life.

by EPWORTH LEAGUE

FOR
PIANOS, PLAYER PIANOS OR PHONOGRAPHS, SHEET MUSIC, PLAYER ROLLS, OR RECORDS

See The
Berry Piano Company
COTTAGE GROVE, ORE.