



Christmas Shopping At the Bank

The Bank of Cottage Grove is a good place to do some of your Christmas shopping:

SAVINGS ACCOUNTS for the youngsters will encourage them to develop thrifty habits.

A CERTIFICATE OF DEPOSIT makes an ideal gift for grown son or daughter.

A FIRST MORTGAGE BOND for wife or husband. Other gifts fade away, but a good bond goes on paying interest year after year.

Do some of your Christmas shopping with us!

Bank of Cottage Grove
A STRONG BANK
COTTAGE GROVE, OREGON

CHRISTMAS SPECIALS

Golfers' Supplies
Athletic Goods
Dishes, Glassware
Radios, Washing Machines
Boys' Wagons
Vogue Cigar Lighter,
Only 90c

WISEMAN HARDWARE
Marshall Wells Associate Store 543

KNOWLES & GRABER

HARDWARE

Cottage Grove
Oregon

Charges Reduced on Extension Telephones and telephone service connections

We take pleasure in announcing a reduction in telephone charges, effective January 1, decreasing the cost of service to telephone users in Oregon. These reductions include:

REDUCTION IN CHARGES FOR BUSINESS AND RESIDENCE FLAT RATE EXTENSION TELEPHONES, 25 cents per month. For example, the monthly charge for—

Business desk extension (now \$1.25) will be reduced to \$1.00.
Business call extension (now \$1.00) will be reduced to 75c.
Residence desk extension (now \$1.00) will be reduced to 75c.
Residence call extension (now 75c) will be reduced to 50c.

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ELIMINATION OF SERVICE CONNECTION CHARGE in all cases where telephone instrument is already connected for incoming or outgoing calls.

These reductions are in accordance with the fundamental policy of the Company, which is to provide the best possible telephone service at the least cost to the public

**THE PACIFIC TELEPHONE
AND TELEGRAPH COMPANY**

Find Relation Between Moon and Earthquakes

After studying the records of more than 1,200 earthquakes in California which have occurred since 1812, a Pacific coast scientist comes to the interesting conclusion that all the quakes came when the moon was in a certain quarter. The quakes occur on a fault-line, or crack in the structure of the earth's crust. It was found that when the fault-line ran in a northwesterly direction the earthquake would come when the moon was between the meridian and the western horizon or when it had not yet arisen and was in the directly opposite position.

When the quake occurred on a fault-line running east and west, it was found that the moon would be in the corresponding quadrants of the sky. Four out of five of the strongest shocks occurring in one place would come when the moon was in the same position it had been in during the main shock. Just why this relationship between the moon's position and earthquakes is so consistent has not yet been explained.

Food Pessimistic View of Wire Communication

A number of prominent men of Professor Morse's period were dubious about the practicability of the telegraph and believed it to have very restricted limits. In view of the development of this form of communication and its present high efficiency it is interesting to note some of these early comments.

J. Fenimore Cooper, author of the famous Leather-Stocking Tales, wrote to Morse on January 31, 1838, as follows: "My dear friend: I wish you all success with the telegraph, which might be made very useful for long distances. Your difficulty will be in communicating between more than two stations, for half a dozen sparks traveling on the same wire will play the devil with the registers." The Western Union telegraph sends as many as eight messages over one wire at the same time by ingenious automatic devices.

Chocolate Ancient Beverage

Chocolate was a favored drink on this continent long before the arrival of the white man. It was extensively used by the Aztecs and before them the Toltecs. A Florentine who had resided in the West Indies finally introduced chocolate into Italy, whence its use gradually spread through Europe, though not without opposition. Its introduction into Prussia was prohibited by Frederick the Great. A famous physician, Bocho, on the other hand, proclaimed cacao one of the most noble of discoveries, far more worthy to be the food of the gods than nectar and ambrosia, and Linnæus, noted Swedish botanist, who gave cacao its scientific christening, coined a name, "Theobroma," from two Greek words, meaning "food for the gods," which remains its scientific name today.

A Promise

Although she had never been married at all her views on marriage were very strict. So, of course, she had to call on the young divorcee and tell her so.

Frankness was one of the virtues on which she prided herself, so the conversation had not progressed far before she declared to the young bride, "Pardon my saying so, but don't you think you might have waited more than a month after your divorce to marry your second husband?"

"Oh, do you really think so?" replied the bride, "I'll make it a point to wait longer next time."

Midlet Kangaroos

Australia has more than 100 varieties of animals in which the mother carries her young in a pouch on her stomach, says James T. Nichols in Successful Farming Magazine.

"The most noted of all these animals is the kangaroo," he writes, "of which there are a half hundred varieties. Some kangaroos are small as a rat and others are so large that when standing on their hind legs they are taller than a man. Although a kangaroo is a hardy animal, at birth it is very small, often but little larger than a mouse."

Feminine Habit

"What is a good cure for absent-mindedness?" asked a man of his doctor friend.

"Why, are you absent-minded?" the physician retorted, laughing at the question.

"No," said his friend, "it's my wife. The poor dear makes the strongest mistakes. I gave her a \$30 bill the other day with which to buy me some shirts and she came home with some shoes for herself."

Silent, Inside Growth

Everyone must know that his best life is his silent life; his truest growth, his silent growth. What I am, what is my life, myself, is inside; and inside is all the work done that fashions me. The soul is not made as the statue is, with clink of hammer and chip of chisel from without; but the soul is made of its own in-growth, as a peach is—Exchange.

First Poet Laureate

The first poet laureate of England was John Kay, who was appointed to that position by Edward IV, according to Arvine's Encyclopedia. The only composition that Kay left to posterity is a prose English translation of a Latin history of the siege of Rhodes. In the title, addressed to King Edward, Kay styles himself "humble poet laureate."

Farmers of one county in Oregon have ordered 10 carloads of green limestone from the state plant this fall after making limited tests last year which proved successful. The orders, assembled by the county agent, totaled 352 tons for 52 farmers. One man ordered 50 tons for himself after getting big crop returns from the use of 15 tons.

The longer vegetables are cooked the more food value is lost. Overcooking greatly increases the loss of vitamins and minerals, and is harmful to color, texture and flavor.

Use for Eyebrows
Eyebrows serve to prevent perspiration from falling into the eyes.

SOCIETY

Mrs. S. L. Godard, Mrs. D. H. Hemmaway, Mrs. Homer Galloway, Mrs. Earl Hunter, Mrs. Roy Short and Miss Eunice VanLennburg were hostesses yesterday afternoon to the Presbyterian ladies' aid society. The meeting was opened with a scripture reading, a Christmas story, by the president, Mrs. George Matthews. Mrs. R. R. Job led devotional. At a business meeting it was voted to buy rubber matting for the church aisles. The finance committee gave a report showing the society to be in sound financial condition. A social afternoon with refreshments followed and delicious refreshments were served. The rooms were attractive with Christmas decorations and a large number were in attendance.

The Research club met Tuesday night at the home of Mrs. D. C. Bosley and members responded to roll call with current events. The club voted to make donations to the following: Doernbecher hospital, scholarship loan fund and endowment fund. Mrs. Bosley was program leader and had as her subject, "Home Life of China." After the program she showed slides on China. She was assisted in this by Mrs. Louis Henry Randle. Mrs. J. Sams and Miss Flanagan were guests of the club. The next club meeting will be at the home of Mrs. Randle and each member is privileged to bring a guest to see Mrs. Randle's collection of Chinese art work.

At a meeting of the Royal Neighbors last night the following officers were elected: Oracle, Anna Gates; vice oracle, Alice Peterson; chancellor, Edith Hayes; recorder, Nellie Blackmore; receiver, Emma Wilson; marshal, Mikael Morris; inner sentinel, Helen Volga; outer sentinel, Lucia Mosby; musician, Fern Anderson; manager for three years, May Gard. Initiatory work was exemplified for nine candidates. A Christmas tree and exchange of gifts was held and at the close of the evening dainty refreshments were served. Installation will be held Wednesday, January 8.

La Mercedi Pont club was entertained last Friday at the home of Miss Nell Bushell, who invited as additional guests, Miss Virginia Strong and Miss Dixie Nell Bushell. The club held its annual Christmas tree and exchange of gifts. The party was also a farewell for Miss Bushell, who left Wednesday for Chicago. The diversions of the evening were the singing of carols and Mrs. Fred Anderson held high score and Mrs. W. W. Latte low. A delicious two-course luncheon was served. The rooms were decorated in keeping with the Christmas season and a gift Christmas tree was a feature.

The American Legion auxiliary will entertain Legion and auxiliary members with a covered dish supper at 6 p. m. Monday night in L. O. P. hall. Members are asked to take a covered dish and bread and butter sandwiches. The supper will be followed by a Christmas tree for children of ex-service men and of Legion and auxiliary members. The committee for the Christmas tree will be Mrs. Beulah Tiller, Mrs. May Duggett and Mrs. Grace Bonlaugh. Legion and auxiliary members are asked to take small gifts for the tree.

A joint Christmas party was held at the Gray Goose Monday night by the high school and grade school teachers. The value of gifts had been limited to 15 cents and their distribution, each with an appropriate poem, was the occasion for considerable merriment. Superintendent Emerson presided at a brief business session. Wives and husbands of teachers were guests.

The Neighbors of Woodcraft at their meeting Monday night made plans for a Christmas tree and program to be held Monday night, December 23, in W. O. W. hall. A potluck dinner will be served and an exchange of gifts will be held. Those whose birthday anniversaries are in December will be honored.

The Christmas tree party of the Constellation club, postponed from last week, will be held Monday afternoon, December 23, in Masonic hall. The hostess committee will be Mrs. Merville Veatch, Mrs. Schofield Stewart, Mrs. W. E. Lebow, Mrs. C. E. Foster, Mrs. Leonard, Mrs. George Matthews, Mrs. Bert Trask, Mrs. W. B. Johnston.

The Christian ladies' aid will meet Wednesday in the church parlors for a 12 o'clock covered dish Christmas dinner. In the afternoon they will hold their annual Christmas tree and exchange of gifts. Each guest has been asked to go dressed as a little girl and take a gift for the gift exchange.

The LaComus club will meet at Hotel Bartell Tuesday night with Mrs. C. A. Bartell for a 7 o'clock dinner and Christmas tree.

The Mizpah club of the Presbyterian church will hold its class social and Christmas tree Monday night in the church parlors.

"Time Changes All Things"

The early Chinese block printer labored for hours, even days, to fashion the block from which he printed a single page—today the linotype operator with uncanny accuracy and amazing speed quickly sets the type for one page or an entire book. Progress has indeed cast its influence upon the art of printing. . . . Our shop though not overly large tries to keep abreast of this spirit of progress. We will be glad to show you how intelligently planned printing can build sales for you.

THE SENTINEL

Always Give the Home
Print Shop First Chance

The Past Matrons' club held its annual Christmas party Monday night at the home of Mrs. Herbert (Jack). A no-hostess dinner of four courses was served at 7 o'clock and covers were laid for 14. A large star made of holly, with a candle at each point in the colors of the Eastern Star, was the table centerpiece. At the close of the dinner a Christmas tree and exchange of gifts was enjoyed. The club gave a gift to the president, Mrs. Clara Burkholder, and each member received a potted fern from the president. A short business session was held and the rooms were attractive with decorations in keeping with the season. The club will meet the second Monday in January to elect officers.

The M. P. G. club was entertained Tuesday afternoon at the home of Mrs. Albert Hillwell. Miss Lois Howe was an additional guest. A pleasant social afternoon was enjoyed and a delicious two-course luncheon was served. Potted cyclamen were colorful room decorations and the luncheon table was attractive with red candles and holly. Mrs. K. K. Mills will entertain the club at its Christmas party Tuesday.

The Tuesday Evening club met Tuesday night at the city library and studied Egypt. Mrs. Charles Heidler outlined the history of the country from the ancient to the present civilization. Mrs. J. H. Chambers described principal cities and waterways. A report showed that the club had sold nearly its entire quota of Christmas seals.

The Mothers' club held its Christmas tree and exchange of gifts Wednesday afternoon at the home of Mrs. W. A. Hogate. Twenty-four members were present. A pleasant social afternoon was enjoyed and nuts and candy were served.

Annual election of officers will be held at the meeting of Cottage Grove chapter of the Eastern Star Friday night. Degrees will be conferred and refreshments will be served.

The Presbyterian missionary society will meet at 2:30 Wednesday afternoon at the home of Mrs. W. L. Hatch.

The Social Twelve club is meeting this afternoon with Mrs. C. F. Hoskins for its annual Christmas tree.

Auxiliary gives to Christmas Funds. The American Legion auxiliary at a meeting Monday night, voted to contribute \$10 to the state department's Christmas cheer fund for veterans' hospitals and \$5 to the child welfare Christmas fund. The auxiliary is also sending a box of canned fruit and preserves and a box of toys to the child welfare department in Portland.

Mrs. Beulah Tiller reported on plans for a Christmas tree to be held Monday night for children of ex-service men, Legion and auxiliary members. Each auxiliary member was asked to bring a gift for the tree. Plans were discussed for a covered dish supper to be held Monday night.

Peter Sorenson in Hospital. MORENA, Dec. 9. (Special.)—Peter Sorenson of Summit, Ore., father of Mrs. Mel McKibben of this place, is in a Eugene hospital, having rallied after a very critical operation, but with little hope of permanent recovery. Mr. Sorenson is well known in Cottage Grove, where he lived for several years before removing to Summit about eight years ago.

Army Instructor to Lecture. Major Cyril A. W. Dawson, regular army instructor for the 249th coast artillery, will be here Tuesday night, December 17, to give his second lecture on maps and mapping before battery "E," local national guard unit.

George Foster has reentered in the battery.

Stomach Health!

Thousands of stomach sufferers, former habitual users of makeshift remedies, such as soda, magnesia, talcum, and the like, have found in ZINSEP Compound not mere transient relief, but actual new stomach health.

The reason for which is: ZINSEP Compound is a corrective, not a mere temporary cure. It overcomes the cause back of the trouble, a necessary result for lasting benefit. Being a complete stomachic, it stimulates the digestive process, it absorbs the gases, being a saline, it cleanses the bowels, being a Gastro-Sedative, it quiets and soothes the disturbed condition, allowing any nausea, being an internal Antacid, it counteracts the poison of fermentation, being a gentle Laxative, it aids in proper elimination. In other words, it is a complete course of treatment (not just a temporary digestive aid, promoting temporary relief of distress).

Relief. Try it. Buy a bottle today.

Physicians prescribe it; druggists recommend it. Your money back if it fails to help you. Sold and guaranteed by Cottage Grove Pharmacy and all other good druggists everywhere.

Zinsep

Library Closed Indefinitely.

Announcement has been made by the Cottage Grove library board that the city library has been closed and will remain closed for an indefinite period on account of the recent epidemic of sickness, books being one of the worst germ carriers. The library was open two weeks to receive books and only a few remain unreturned. It was felt unnecessary to keep the library open to receive the remaining overdue books.

Christmas Cards. Sentinel.

High School Notes

The sophomore basketball team defeated the senior team 14-4 and the juniors defeated the freshmen 33-13 Friday after school in the gymnasium.

Thomas Howard recently of Wendling, entered high school Monday as a freshman.

The seniors defeated the juniors 21-13 and the sophomores defeated the freshmen 29-5 Monday after school.

All teams have lost at least one game except the sophomores, who are leading in the citizenship contest.

The following students of Mrs. Kern's algebra class have received honorable mention for having the highest number of honor points for the preceding six weeks: Augusta Heck, 50 points; Elizabeth Heinenway, 34 points; and June Lancaster, 32 points.

Christmas Cards. Sentinel.

Christmas Cards. Sentinel.

The Electric Refrigerator adds good cheer to the family circle



It's a gala reunion when the whole family gather 'round the new electric refrigerator. It's the center of holiday festivities—the salad and dessert maker for every meal. With an electric refrigerator you can be hostess anytime and forget about dessert making. No matter when friends drop in unexpectedly, there's always a dainty, tempting ice or mouse ready to serve from the electric refrigerator.

Let Santa Bring the Family a G.E. REFRIGERATOR

Let the family awaken Christmas morning to find a new General Electric Refrigerator in the kitchen to safeguard them throughout the year—yes, and for many years to come.

Our easy payment plan makes it possible for you to give such a gift as this comfortably. Let this Christmas be the Christmas in which you give a most worthwhile gift to everyone in the family—guarantee of well preserved food for 1930.

MOUNTAIN STATES POWER COMPANY

THESE AND OTHER REFRIGERATORS ARE PURCHASED FROM YOUR ELECTRICAL DEALER

SAFeway STORES

Happy in His Work Sure of His Future

Few lines of work offer the truly able, ambitious, sincere and energetic young man the certainty of a happy and prosperous future that Safeway Men enjoy. The Safeway Man shares in the profits he helps to create. His material prosperity is limited only by his own energy and ability and he enjoys a sense of satisfaction in performing an essential public service in the most efficient and economical manner. That's why you seldom or never see a discontented Safeway Man.

Features for Friday and Saturday

Satin Mix
A type of Xmas candy that is very popular with both children and grown ups. Vacuum cooked—bright and glossy. Made in Safeway's own candy factory—largest and most modern in the west.
2 lbs. 25c

French Mix
A holiday candy—a beautiful crystallized assortment of fork-dipped bonbons—jelly cuts—jelly rolls—jelly fruit slices—all hand made at Safeway's modern sanitary candy kitchen. Note this low price.
2 lbs. 49c

Fancy Chocolates

Supreme assortment—creams, crisps, chewies, nuts, covered with milk and dark chocolate—truly delicious and high quality. Made of the finest materials and most expensive coating in Safeway's own modern candy kitchen—largest in the west. Packed in a rich, decorative box, tied with ribbon. Packed 3 and 5 lbs. to the box.

3 lb box 98c 5 lb box . . . \$1.59

Mince Meat A 2-lb. jar of Maximum fancy mince meat. 2 lb. jar 39c	Flour Safeway blend is the finest grade milled, every sack guaranteed. 49 lb. bag \$1.79	Walnuts Fancy Oregon nuts. 3 lbs. 69c
Hominy Maximum brand in No. 2 1/2 tins. 3 tins 33c	Catsup Heinz pure catsup made from vine ripened tomatoes. 2 large bottles . . 39c	Baked Beans Van Camp's Bean hole beans, large tins. 2 tins 39c
Tuna Fish Light meat, just the thing for salads. 3 tins 39c	Kerosene Gives a clear bright light, highly recommended for mantle lamps. 5 gal. . . . \$1.00	Crackers 3-lb. caddy of salted or plain crackers. Each 39c