Improved Farming Methods

The Bank of Cottage Grove is an advocate of scientific farming, the rotation of crops, the control of acreage.

It is an advocate of better breeds of cattle, hogs, and chickens.

It is an advocate of cooperation among farmers in planting, harvesting, and marketing.

In short, it is an advocate of all things which are merely common sense.

It endeavors to favor farmers who practice the best farming methods because it knows that those men are the ones who prosper even under adverse conditions.

If you are a progressive farmer, you will find the greatest cooperation at the Bank of Cottage Grove.

Bank of Cottage Grove
A STRONG BANK
COTTAGE GROVE, OREGON

Home trade merchants will buy their SALES-BOOKS from their Home Print Shop.

WHAT EVERY HOUSEWIFE SHOULD KNOW

Sperry Drifted Snow Flour in the mixing bowl means improved results with your favorite recipes. . . .

That's why it's the largest selling flour in the West. . . . .

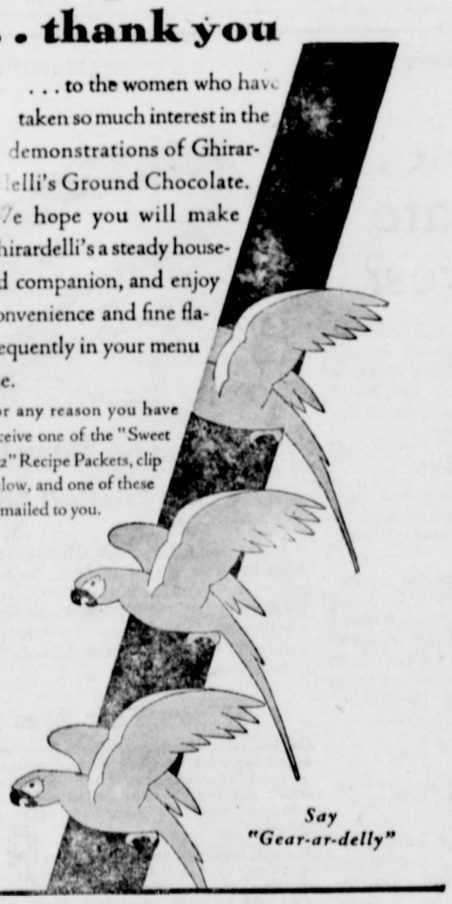
SPERRY
DRIFTED SNOW FLOUR

Mimeograph Paper and Inks. The Sentinel.

Now that the Cooking School is over . . . thank you

. . . to the women who have taken so much interest in the demonstrations of Ghirardelli's Ground Chocolate. We hope you will make Ghirardelli's a steady household companion, and enjoy its convenience and fine flavor frequently in your menu at home.

P.S. If for any reason you have failed to receive one of the "Sweet Sixteen No. 2" Recipe Packets, clip the coupon below, and one of these packets will be mailed to you.



Say "Gear-ar-delly"

COUPON

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GHIRARDELLI'S Ground CHOCOLATE

Untaught Rustic Youth Rose to Fame as Poet

The first English poet whose name can be found in ancient archives in Caedmon, who lived in Northumbria, near the Streanhalch monastery. Streanhalch is now known as the town of Whitby. Caedmon is regarded more or less as a saint by the Anglo-Saxon church, although for the greater part of his life he lived a monk and died faithful to his vows on February 11, 680.

The legend of Caedmon's first inspiration to poetry is as follows: At a feast attended by Caedmon, then a raw country youth, the harpist applied to him for a song. Abashed at his inability to compose even a drinking song, Caedmon left the hall and fled to the hills, where he spent the night. In his slumbers, a song called "Creation" came upon him, which he remembered and sang when he returned to his village.

The village bailiff, or reever as he was then called, took the singing rustic to the Streanhalch monastery, where he was induced by the Abbess Hilda to take holy orders. He dwelt the rest of his life in the monastery composing many fine ecclesiastical poems and translating the Scriptures into the current Anglo-Saxon of the country of that time.—Vancouver Province.

Mysteries of Vitamines Sought by Scientists

Vitamines are one of the essential elements in foods. Lack of them has been proved to cause eye diseases, sterility, rickets, scurvy, beri-beri and stunted growth. They exist in certain foodstuffs only, and even in parts of foodstuffs, such as the husks of rice and potato peelings, which are not generally eaten. Methods of removing these elements from unpalatable parts of foods are most important, as they may thus be added to more palatable diets otherwise inadequate to the maintenance of health.

Science is attempting to solve the mysteries of vitamine production and removal, says a writer in the Washington Post. Ultimately it expects to manufacture these valuable food constituents, synthetically in its laboratories. When that day arrives human health will have been promoted immeasurably, for no other single item is more important, particularly to children, than the vitamine.

Firefly in Commerce

Fireflies destroy larvae and insects, which are their natural food. In addition to this, they have a value, dead or alive, in China and Japan, where they are used in the manufacture of drugs, poultices and pills peculiar to the practice of Chinese medicine. Firefly grease (hotaru-no-abrura) is used by woodworkers for the purpose of imparting rigidity to objects made of bent bamboo. In China and Japan the catching and selling of fireflies during the summer months is of such extent as to be considered an industry. The chief center of the industry is in the region about Ishiyama, near the lake of Omi, where a number of merchants ship the fireflies to Osaka and Kyoto. Each house employs from 60 to 70 flycatchers, and experts are known to catch as many as 3,000 in a single night.

Still Use Roman Roads

The changes which have come over the planning and construction of great highways built or projected across the continent prove that the first builders of roads were the best, according to Thomas S. Bosworth, in the New York Times. The main highways across Europe, many of them still in use today after 2,000 years, remain as monuments to the supreme mechanical genius of the Americans of their day, the old Romans. Not only did they plan their roads on the principle that the straight line is the shortest between two points, but they built them so well that, with minor changes, the modern cities of Europe still depend upon them for their communication by automobile.

Stars Still Tell Time

In casually looking at your watch to tell the time of day, you probably don't stop to think that your timepiece, if it is accurate, has indirectly received its time from the stars.

In an article in the World's Work, it is pointed out that the naval observatory at Washington, which furnishes the nation its time, makes a check every night by observations of the stars. Three delicate clocks are enclosed in glass cases far beneath the ground, and are kept at an exact temperature. These clocks keep the time which is first determined by astronomers, and hourly throughout the day comes the time across the country, correct to the thousandth part of a second.

Venetian Canals

Venice is built upon islands, which served as refuge for inhabitants of neighboring cities during attacks by barbarians. Its strategic advantage was so great that many fugitives remained, and the lagoons which separated the islands were the natural streets. These islands were formed from the silt and debris brought down by rivers, and the soil is an oozy mud that makes building difficult. Roadbeds would be extremely difficult to make, while canals are, obviously, easy to construct and maintain.

"Annie Laurie"

The song "Annie Laurie" was written about 1700 by William Douglas of Kirkcudbright, Scotland, to the lady he loved, the daughter of Sir Robert Laurie. Apparently she did not return his affection, for she married another one Alexander Furgusson.

Cross of Snow Protected

A Presidential proclamation set aside 1,329 acres of land in Holy Cross national forest of Colorado to protect the famous cross of snow. Holy Cross mountain is a peak in Colorado which takes its name from a gigantic Greek cross formed by two snow-filled crevices on the side of the mountain. The cross is visible for miles around and is an object of considerable public interest. —Pathfinder Magazine.

Not Always Fatal

According to hospital records of the World war, there are some interesting cases in which soldiers lived with bullets in their hearts. One soldier lived two months with a bullet in the interior of his heart.

Only Surmises as to First Spoken Language

Many surmises have been made regarding the oldest language. In an attempt to discover what children would say if uninfluenced by established speech, Psamet'chos, an Egyptian king, entrusted two newborn infants with a shepherd, with the charge that they were never to hear anyone utter a word. These children were afterward brought before the king and uttered the word "bekos" (baked bread). The same experiment was tried by Frederick II of Sweden and James IV of Scotland and by one of the Mogul emperors of India. Nothing conclusive was proved in either case. The Persians claim that Arabic, Persian and Turkish are the three primitive languages. Their tradition says that the serpent that tempted Eve spoke Arabic, the most persuasive language in the world. Adam and Eve spoke Persian, the most poetic language of all, and the angel Gabriel spoke Turkish, the most menacing language. Scholars formerly agreed that Sanscrit was the oldest tongue, but later discoveries suggest that it, too, is derived from some still more ancient speech.

Authentic Records of Men of Unusual Size

The tallest man about whom the actual facts are known, other than those recorded in Biblical history, was one John Middleton. He lived in the Sixteenth century, and was commonly called the child of Hale. It is said that his hands from the wrist to the end of the middle finger was seventeen inches long. His whole height was nine feet and three inches. Pliny, the Roman writer, however, mentions one Gabora as "the tallest man that hath been seen in our age." He measured nine feet nine inches in height. Patrick Cotter, who died in 1806, was probably the tallest Irishman; he measured eight feet eight inches, beating his countryman, Charles O'Brien, whose skeleton in the museum of the royal college of surgeons, London, measured eight feet four inches only.

Record Meteorite

The most remarkable encounter between the earth and a meteorite of which there is any record is probably the one that resulted in the formation of Meteor crater, near Canyon Diablo in northeastern Arizona, a desert region.

This crater is about 4,000 feet in diameter, with walls rising about 150 feet above the plain and descending precipitously 600 feet to the floor.

Rocks at the bottom were crushed to a depth of several hundred feet and show signs of great heating. Within a radius of five miles of the crater thousands of iron meteorites have been picked up.

Meteorites differ greatly from meteors, or shooting stars, in many respects, possibly even in their origin.

Remember the Birds

When a farmer uses wire fences and cleans out his underbrush, he owes it to the birds to build them a wigwam apartment house. Raising a bird family is hard work these days and H. L. Hoard, editor of the Jefferson County Union, suggests these specifications for a winged life refuge, says the Milwaukee Journal:

Around a tree that will endure, though dead for a number of years, pile brush in a cone of eight or ten feet. Cover this with Virginia creepers and English ivy and the robins, thrushes and bluebirds will have both a home and a lunch counter.

Changed

"Women used to be clever," declares Nobert Well, "but now they are, for the most part, very obvious; smart but shorn of mystery, all their little feminine tricks revealed.

"'Does your wife kiss you every night when you come home?' asked the newly married man of his more experienced friend.

"'Well, er, not always,' admitted Mr. Experience. 'She used to, but now she only does it when she expects to go shopping next day.'"—Los Angeles Times.

Also Important

The children's dinner was in progress. They had been provided with a nice fat chicken.

"What part did you have?" asked one little boy of his neighbor.

"The wishbone," was the reply.

"I had a leg," put in another child.

One after the other they explained the various parts.

Presently little Jackie, who so far had not spoken a word, held up a skewer and exclaimed:

"Look, I've got the perch the chicken sat on!"

Favorite Vegetables

Jimmie, age four, is very proud of ability to eat various kinds of food that are placed before him from day to day. The other evening there were several guests at the table, and he was discussing his accomplishments to the discredit of his two brothers, whose tastes are not easily satisfied.

"I like almost everything," said Jimmie. "I even like liver and fat meat. Franklin and Shirley don't. Liver and fat meat are my favorite vegetables."

Holy Cake

Five-year-old Patricia is very religious. At dinner her aunt said: "Now, Pat, there's angel food and layer cake. When you are ready you can have either one."

Some time after she said: "Aunty I'll take a piece of holy cake."

Reason for Goodness

Beckie, usually a lively tot to whom keeping quiet was a stranger, had been wonderfully repressed at the day's session of Sunday school, and when it was over her appreciative teacher expressed approval by saying: "Beckie, dear, you have been a very good little girl today." "Yes'm," was the solemnly assenting reply. "I couldn't help being good. I got a stiff neck."—Brockton Enterprise.

Limitation to Bravery

"We cannot always be brave," said Hi Ho, the sage of Chinatown. "Men fear what they do not understand, and in this life we are permitted to understand very little."—Washington Star.

RECIPES FIRST DAY OF COOKING SCHOOL

Mrs. Hindley used the following recipes on the first day of The Sentinel's cooking school:

Never Fail Pastry.

Sift together:
3 cups sifted flour,
2 teaspoons salt.
Cut in:
1 cup shortening, leave shortening in pieces about the size of large peas.

Set aside 2 heaping tablespoons of the mixture.

Add to remainder ½ (scant) cup ice water. Roll out half the dough to about ¼ inch thickness. Sprinkle half of the round with about 1 tablespoon of reserved mixture. Fold over and press edges together as for turnover. Roll out. Repeat. Then roll out to about ⅛ inch and loosely fit paste in pie tin. If a two crust pie is being made, repeat this process for the upper crust, using the remaining half of the dry reserved mixture. This makes 2 large single crusts with enough left over for a few tarts or tidbits.

French Dressing Supreme.

2 garlic buds,
2 tablespoons chili sauce or catsup juice of ½ lemon,
1 tablespoon vinegar,
1 teaspoon Worchestershire sauce.
1 tablespoon powdered sugar,
1 teaspoon salt, paprika, cayenne,
1 teaspoon dry mustard oil.

Cut and crush 2 garlic buds in half pint jar. Add other ingredients in order given, then add oil a little at a time and shake until mixture thickens. Shake well and let stand for 1 hour.

Raisin Buttermilk Pie.

Mix together and cook in double boiler until thick:
1 cup sugar,
6 tablespoons flour,
¼ teaspoon salt,
1 tablespoon cinnamon,
1½ cups raisins,
1½ cups buttermilk.
Then add:
2 beaten egg yolks,
1 to 2 tablespoons butter if desired.

Cook 2 minutes. Cool, pour in cold baked shell—cover with meringue.

Peach Bread.

Sift tagether:
2 cups sifted flour,
4 teaspoons baking powder,
¾ teaspoon soda,
½ teaspoon salt,
¼ teaspoon mace,
Add to this:
1 cup bran,
½ cup chopped nuts,
1 cup chopped dried peaches (boiled ten minutes, to soften and slip off skins).
Beat well: 1 egg.
Add:
1-3 cup honey (or sugar),
1¼ cups sour milk.

Add to dry ingredients, along with 2 tablespoons melted shortening.

Pour into well greased loaf bread pan and bake at 350 degrees for about an hour. Slice when cold. Makes delicious sandwiches, using cream cheese and chopped preserved ginger filling.

Spiced Apple Muffins.

Sift together:
2 cups sifted flour,
½ cup sugar,
4 teaspoons baking powder,
½ teaspoon salt,
½ teaspoon cinnamon,
Combine and add:
1 egg, well beaten,
1 cup milk,
4 tablespoons melted shortening.
Then fold in,
1 cup chopped raw apple.

Drop in well-greased muffin tins and bake at 425 degrees for 15 minutes for small muffins, 20 minutes for large. A mixture of sugar and cinnamon may be sprinkled over top of muffins before baking.

Luncheonettes.

Use today's pastry lesson recipe and cut circles for individual pattee tins allowing one pie for each person. Line the tins with the pastry and fill with any left over meat or fowl, cooked potatoes, left over vegetables and gravy or white sauce. Season with onion and salt and pepper and parsley. Cut top rounds of pastry with the usual incisions in center and place over the tins. Bake at 375 degrees for half hour. Garnish before serving with slice of hard cooked egg in center and parsley tucked in around edges.

Hawaiian Salad.

Lettuce,
Pineapple,
Cream cheese,
Jelly,
French Dressing,

Arrange upon 2 crisp lettuce leaves—a slice of pineapple, spread upon pineapple cream cheese and place upon this another slice of pineapple. Spread the top with cream cheese and fill the center of ring with currant jelly. French dressing to cover both fruit and lettuce.

Tamale Loaf.

1 pound pork or beef,
1 medium bottle stuffed olives,
2 cups canned corn,
2 cups corn meal,
2 cups tomatoes,
½ cup oil,
2 tablespoons chili powder,
1 cup milk,
2 eggs,
1 onion,
Few cloves, garlic,
2 teaspoons catsup,
2 teaspoons Worchestershire sauce.
Salt and pepper to taste.

Cut onion fine, cook in oil. Mix all other ingredients together in a bowl, then add onion. Place mixture in any desired pan which is well greased. Bake in moderate oven (350 degrees) for 1 hour. Serves 12 generously. Serve with spiced tomato sauce.

Ice Cream Pie.

Line an oven proof glass pie plate with pastry slightly thicker than for ordinary crust. Bake at 450 degrees for 12 minutes, cool thoroughly. Place 1 quart strawberry ice cream in shell. Cover with one can well drained crushed pineapple. Over this place a thick meringue made by using 4 egg whites beaten stiff, adding 8 tablespoons of granulated sugar to it. Flavor with lemon extract. Bake in medium oven until meringue is brown, first placing glass pie plate on a board.

Scotch Eggs.

6 hard cooked eggs,
½ pound sausage meat.

Coat each egg with sausage, dip in crumbs, egg and crumbs and bake at 425 degrees for 20 minutes. These may be fried in deep fat—390 degrees. To serve, split in two and pour over all medium white sauce.

Maple Apple Rings.

Core and slice crosswise in ½ inch slices 4 or 5 apples. Arrange in baking dish with pinch of salt. Pour over all 1 cup homemade maple syrup. Bake at 425 degrees for 20 minutes or 350 degrees for 45 minutes. The syrup may be used again.

Little Pig Sausage, Baked.

Place link sausage in uncovered pan or skillet. Bake at 425 degrees for 15 to 20 minutes. Brown under broiler if necessary.

New Coffee Service Featured Here.

Of interest to every modern housewife is the special April offer of the Mountain States Power company featuring the famous Hotpoint percolator. During this month the local power company store is offering a complete 21-piece coffee or tea service at a price less than that of the percolator alone. The service is of a most attractive design with a particular appeal to the modern woman of today.

Teacher's High Importance

Let the soldier be abroad if he will, he can do nothing in this age. There is another personage—a personage less imposing in the eyes of some, perhaps insignificant. The schoolmaster is abroad, and I trust in him, armed with his primer against the soldier in full military array.—Lord Brougham (1779-1868). Speech, 1828.

Old Doc Bird Says:
JOHN BARLEYCORN IS ONLY LEGALLY DEAD.
HE DOESN'T HAVE TO PAY TAXES.

Invitation.

You are cordially invited to come and enjoy a "**Colonial Dames Beauty Treatment**" with our compliments. By special arrangement with the Colonial Dames Laboratories in Hollywood, their specialist will give these wonderful Beauty Treatments to show the exquisite effect the proper use of Cosmetics will produce.

We desire to reserve an appointment for you, but it is absolutely necessary that you phone or call for a reservation early. This is a unique opportunity and we urge you to come early to avoid disappointment.

Free Facials will be given by the Colonial Dames Specialist April 14 to April 26.

KELLY DRUG CO.

Harry L. Corbett

Republican Candidate For Governor

Primaries May 16

Paid Adv., Corbett for Governor Com., Floyd J. Cook, Field Mgr. 508 Corbett Bldg., Portland, Ore.

Use 3% of your gross receipts for advertising and increase the volume of your business 10%. Typewriters—Office Supplies—The Sentinel.

BIG ZEPP PUZZLE

Come On Everybody!
Here's a Real Brain Tickler!

CAN YOU COUNT THE MILES?
GREAT OPPORTUNITY.

Here you are, folks. A regular old-fashioned "Count the miles" contest. A real opportunity for young and old. Looks easy, doesn't it? But say—just try it yourself. It takes real cleverness to count the miles correctly.

Can you do it? Can you count all the figures in the Zeppelin and Tower pictured here? Start right now. Be careful!—be accurate—be sure you count correctly. Here's the chance of a lifetime to win a fortune in prizes. RUSH YOUR ANSWER IN. There will be twenty-five prizes in all.

Quick! Count the miles—just write the total miles on a postcard or letter, sign your name and address and mail it in. That's all. If your answer is correct you will be mighty close to winning big 1st prize. Each figure is clearly indicated, and they run from two to nine; there are no "ones" or "ciphers"; the sixes have a curved stem; the nines a straight stem; all are single numbers, there are no combinations such as 23 or 42; add them as if each figure stood one above the other in a single column. If in doubt about any of the figures, send in the chart with a figure marked and we will gladly tell you what it is. Enlarged charts and full information and rules mailed free on request.

WESTERN NEWS CO., 1944 Hazel Street, Salem, Oregon

Ford Sedan and 24 Cash Awards

KNOWLES & GRABER

HARDWARE

Cottage Grove
Oregon

Evidence That Advertising Pays

ON ALL SIDES we hear conflicting opinions as to the useless expenditures for advertising, and how much better it would be if the money which goes for it could be given as a discount. Such opinions are in error as can be proven in thousands of instances. This has been done by the National Distribution Conference working under the supervision of th United States chamber of commerce.

¶ The mass of evidence gathered by this committee conclusively proves that in many cases advertising decreased the cost of selling and held prices down even in the face of increased production cost, but in no case did it increase the cost.

¶ A concern manufacturing silverware reported: "From 1894 to 1903 we did no advertising, selling what we could to anyone we could. Our selling cost ranged from 26% to 30%. Today we are established with an advertised line, and the cost of selling ranges 20% and under."

¶ Another case in point taken from the same report deals with a grocery specialty. The company in question entered the field already held by three other manufacturers. The newcomer backed his product with advertising and sold the article at 10c against the unadvertised merchandise 15c price. The volume of the sales on the new product returned a profit at 10c, while the older competing firms were unable to keep their volume or yield a profit at the old 15c price. Subsequently, they reduced their price, but without publicity were unable to maintain their ground.

¶ These are not special cases. Rather are they the general run of experiences coming to those organizations who aggressively merchandise goods on a well thought out program backed by properly prepared advertising. The business activity created by advertising is one of the principal reasons for the general prosperity of the United States.