

Curve Cut Macaroni Spaghetti and Noodles

Many tempting dishes can be made out of these at a small cost. It is as healthful and nutritious as bread or potatoes.

KERR & SILSBY

EYE-STRAIN IS NOT A DISEASE

Near and Far-Sightedness Are Muscular Troubles and Corrected Without Medicine.

A person suffering from eye-strain, who at the same time is enjoying the best of health, is often at a loss to know whom he should consult. He does not feel that he needs a physician, but he knows that he needs relief.

Many people speak of near-sightedness, far-sightedness, astigmatism and muscular troubles as though they were some form of eye disease, but they are no more a disease than is a small ear or a large nose. It follows that the layman often does not know that these conditions are caused by a faulty shape or false position of the eye-ball, which condition renders vision unsatisfactory or painful.

Much of the suffering due to eye-strain could be relieved if the one so afflicted would consult the optometrist, who is now being rapidly recognized by the world as the exclusive Eye-Strain Specialist.

That the reader may more fully understand the exact status of the optometrist and that he may know that he is the logical one to consult when in doubt about vision and glasses the following statement is made:

The optometrist is now recognized by law in 40 states as the one trained in the art of determining the visual status of the human eye and the neutralizing of its abnormal conditions with lenses, while the physician is the medical specialist in eye diseases. Therefore, the optometrist is the acknowledged Eye-Strain Specialist and the maker of glasses, being especially fitted for filling prescriptions for glasses because of his enforced technical training in optics as specifically applied to the correction of visual defects.

D. J. SCHOLL

Cottage Grove, Oregon
Lenses Ground on Premises
Optometrist-Optician

Tales of the Town

S. H. Sweet and family leave Saturday for Canova, S. D., Mr. Sweet having received word that the man who had his farm leased has given up the place on account of the death of his wife. Mr. Sweet has been employed by the Nelson Auto Sales & Service.

Mrs. L. S. Wynne, whose husband died last week at Albany, spent the week end at the Benson home.

Service! Service! Service! If that's what you want, that's what we want you to have, and we're here for that purpose. The Service Garage, Spray, Long & Cruson, all here for service.

Can Your Baby Roll With Safety on Your Rugs?

Youngsters will toddle and tumble and roll. It's a happy, human trait—but have you made provision for it in your home, so that the health of your little ones can be properly safeguarded?

A good precaution is to be sure that the washable rugs in the nursery, in the bedrooms and elsewhere in the home are always properly clean. And it is no trouble to keep them that way if you will just send them to us once in a while for laundering.

THE COTTAGE GROVE LAUNDRY
Ring Us Up Phone 79

Particular About Your Coffee?

THEN GET IT HERE

We make a special effort to provide our customers with high grade, fine flavored coffees and teas and know that if you give our 65c coffee a trial you will be a steady user. We have another excellent coffee you will like at.....50c
Best tea, 1/2-lb. pkg.....30c

Mr. and Mrs. W. Frasier Johnson returned Sunday from a trip to Indianapolis.

Mrs. Elbert Smith is recovering from an attack of the flu. Her sister, Miss Nellie Myers, is down from Eugene, the schools there having been closed on account of the epidemic.

When you want watch repairing or cleaning done by an expert of many years' experience, bring your work to M. C. Cochran, at the bicycle shop. tfc

Mrs. Elbert Bede writes from Minnesota that she has recovered from what probably was an attack of the flu and that the children have recovered from severe colds.

Mrs. F. A. Garetson returned Friday from an extended visit in San Diego and other California cities.

Jitney, phone 99, or call at our depot, 401 Main avenue. tf

Mrs. Wm. Turk has returned from a visit in San Francisco with her daughter, Mrs. Ed. Mattson.

Mrs. M. F. Wyatt is visiting in Vancouver at the home of her son Ernest, and will visit in other Washington cities before her return home.

Furs are selling at a high price. Make some extra pin money with the raps sold by Wynne & Kime. Everything in hardware, and then some. 23tf

The Bacil Parker family motored over from Dexter Sunday and visited at the C. M. Parker and Mrs. S. E. McKinney home.

Lloyd Stratton, of Eugene, a former resident, spent Sunday here.

Mrs. Ernest Watkins returned Sunday to her home in Portland.

Moving you—that's our business. Just call 99 or come to our office, 401 Main avenue, and tell us about it a day or so ahead and we can move you to your convenience. City Transfer, N. J. Nelson, Jr., proprietor.

Mrs. F. J. Hellwell, of Roseburg, spent the week end here.

Mrs. C. R. Wicks, of Wendling, spent the week end visiting her mother, Mrs. C. A. Harlow, and her sister, Mrs. Eb. Spray.

James Whitford returned Sunday from Eugene, where he had been nursing the sick.

On account of sickness in the community there will be no dance at London Saturday night. F. R. Strom. f27c

F. S. Porter, of Alberta, Can., a former resident, visited here during the past week.

Mrs. E. T. Blakeley is spending the week with her parents in Junction City.

Miss Gertrude Carter, of Portland, is visiting at the home of her sister, Mrs. Wm. Bartels.

Copies of Cottage Grove's traffic ordinances can be obtained at The Sentinel office.

Miss Gertrude E. Mills visited during the week with her sister, Miss Cordia Mills. She has just returned from Siberia, where she served as a nurse with the Red Cross.

Mrs. Herbert Eakin, who had been visiting at Tacoma with her sister, Mrs. J. A. Merryman, returned home for the funeral of her half-brother, L. S. Wynne, held Friday at Eugene.

See the new spring hats at the Loucks millinery. f27pd

Virgil Powell was home from O. A. C. for the week end.

Mrs. Joa. Bricher and three children spent Sunday in Eugene.

Mrs. Cornelia Chapin has been at Walker this week caring for the George Johnson family while Mrs. Johnson is at Eugene with her husband, who recently sustained a severely fractured leg.

Bulk and package garden seeds. A. Brund & company. f27c

Mr. and Mrs. Ben Marksbury returned to Portland Sunday.

Mrs. Margaret Johnson Lebow, of Tillamook, is here with her mother, Mrs. J. C. Johnson, of Gold Beach, who is receiving medical treatment.

I. H. Veatch was in Eugene Thursday of last week on business.

County Commissioner Spencer was in this vicinity Monday on county business.

Steen Tailors, now ready for tailoring, cleaning and pressing. 24 north Seventh street. f20c

Richard White, well-known resident of this city, was committed to the state hospital last week.

A. L. Woodard was in Eugene Saturday on business.

C. E. Stewart and D. C. Bosley were visitors in Eugene Monday.

Why do they all come back? Because they like the way we treat them; because they like the way we treat their cars; because they like to have a job done right, done on time and done in the least possible time. The Service Garage, Spray, Long & Cruson, at your

Day Old Chicks Sat., Feb'y 28

If I have an extra big hatch I may have a few to spare

WHO WANTS THEM?

Hatching eggs in any amount up to one thousand eggs

Bert V. Hands
Cottage Grove Oregon

Mrs. H. H. Fiester visited in Eugene Monday.

Mrs. Regina Bohm writes from Oregon City to renew her subscription to Cottage Grove's live wire newspaper.

Mr. and Mrs. D. Y. Allison, of Roseburg, and Mr. and Mrs. Hurschel Allison, of Grants Pass, stopped off here this week while on the way home from attending the funeral of Mrs. B. F. Strange at Portland.

One 1915 Ford runabout, \$325. Equipped with delivery box. Woodson Brothers. j9tfc

Ross Allison, of Roseburg, visited relatives here this week while on his way to Portland.

Service is what counts

THEY

The People's Market
SPECIAL SATURDAY ONLY

Home made pork sausage, lb.....20c
Breakfast bacon.....35c
Prime skinned hams.....35c
Home made lard, 5-lb. pail.....\$1.50
Home made lard, 10-lb. pail.....\$2.95

FISH ON FRIDAYS
PHONE 15
Free delivery any time of the day

Mrs. Maud LeRoy and sons are moving to Goble to make their home. Mrs. LeRoy is yet in a hospital at Eugene but is recovering rapidly from her recent operation.

E. A. Schrepel, of Corvallis, spent the week end here.

The Cottage Grove Vulcanizing Works, E. J. Howe, proprietor. Vulcanizing and retreading. tf

Harvey Madden was up from the U. of O. to spend the week end visiting with Miss Florence Hemenway.

Silver Quill White Leghorns

BOOKING ORDERS NOW FOR

May and June Chicks
Hatching Eggs
CATALOG FREE

Wm. Hands & Son
Box 614, Phone 1F2, Cottage Grove

Robert Sutcliffe, Jr., was here from Bandon for the week end visiting his parents.

Mrs. R. H. Johnson, of Centralia, Wash., visited this week at the W. B. Cooper home.

Don't fail to come and talk over our terms on that new car you are planning on, whether it's a Chandler, a Cleveland or a Maxwell. We have a shipment of Mexwells just in, so place your order early at Nelson Auto Sales & Service, 401 Main.

Mrs. W. J. White visited in Portland this week.

G. G. Warner returned Monday from a trip to the Bohemia district.

EAT MORE BREAD

Wheat is the great human food. In every grain there is a complete ration of raw food to meet the needs of the human body. Baked into bread it is our most palatable, wholesome and economical food. No other supplies so complete a diet at so low a cost. The cry for bread rang out louder than the heaviest cannon of the war. Eat more of it. You need it, and it is the cheapest food you can buy.

Bender's Bakery

J. L. Beatty and Earl Harkleroad returned the latter part of last week from a business trip to eastern Oregon. Mr. Harkleroad bought a garage near Klamath Falls.

There is a good profit in wood at present prices, especially if you use one of the wood saws sold by Wynne & Kime. j23tfc

Earl Harkleroad went to Portland Tuesday to attend the automobile show.

Mr. and Mrs. John Bader returned Tuesday from spending the winter in California.

Mr. and Mrs. D. E. Martin returned Tuesday to Seattle, after a visit with Mrs. Love Allen.

J. Q. Willets, who teaches at Hugo, is home on account of the school being closed during the flu epidemic.

Always get Goodyear welts and then your half soles will make your shoes as good as new. Duc Goff, shoe surgeon and chiropractic. Contagious cases not accepted. d5tfc

Lot Dimmick returned Tuesday from Portland, where he underwent medical treatment, where he underwent medical treatment. f27tc

Mr. and Mrs. O. D. Mounce, of Woodburn, visited Tuesday with Mr. and Mrs. George Boyd.

Work has commenced upon the Harvey mill at Comstock.

Onion sets; buy now; A. Brund & company. f27c

A fire at the E. C. Shay residence called out the fire department Wednesday evening, but the flames were extinguished without unrolling the hose.

Emmett Sharp was in Eugene Tuesday on business.

G. M. Hall was in Eugene Tuesday on business.

Watch repairing. We know how to do it right. Our pleased customers tell us so. M. C. Cochran, at the bicycle shop. f27tfc

Misses Bertha and Hazel Stephens are home from Eugene because of the closing of the schools there on account of influenza. Miss Bertha is a teacher there and Miss Hazel a student. Miss Bertha is taking the place of Miss Silver as teacher of the first grade on the west side on account of the illness of Miss Silver, the regular teacher.

S. C. White Leghorn HATCHING EGGS & DAY OLD CHICKS

Tancred Strain; all breeding hens trapped every day

Dan Walton & Son
f13mch5 Cottage Grove, Phone26F4

Hugh Currin writes from Baker that he is recovering from a severe attack of influenza.

Federal tires give the longest and most satisfactory service. That is the reason the Service Garage sells them. Tire your car with Federal tires, extra-try, and leave behind all worries about punctures and blowouts. We'll put them on for you and you'll never have to take them off. The Service Garage, Spray, Long & Cruson. f20tfc

Mr. and Mrs. K. K. Mills, Mrs. O. L. Nichols and Mrs. C. C. Cruson motored to Eugene Tuesday. Mrs. J. M. Howe and daughter Lola, mother and sister of Mrs. Mills, returned with the party.

Johannes Madsen has returned from a visit at Drain. He recently returned from a visit in the east.

Piano moving is our specialty, and Daddy Moore is the man who knows how to do it. Call 99 or leave your order with City Transfer, N. J. Nelson, Jr., proprietor.

Mrs. S. V. Allison and two daughters have been quite ill this week and Mr. Allison has remained at home to care for them.

A. W. Harrington and family returned Tuesday to their home in Pilot Rock, after an extended visit with Mr. Harrington's mother.

Jitney service at the Service Garage, Spray, Long & Cruson. Phone 75 for real service. j30tfc

Mrs. Ben King and little son returned Tuesday to their home near Bandon.

Mr. and Mrs. E. R. Stott, after traveling over the state of California looking for a location, have returned here and are convinced that Cottage Grove is the finest place in the world.

Charles Bales went to Portland Wednesday to attend a meeting of the Northwest Cannors' association.

We fuss around this old world only a little while and soon we are remembered only by what we have been and what we have done. When you are gone, you want it said that you provided well for those loved ones you left behind. A life insurance policy is the one best way to be sure that the neighbors will speak well of the way you cared for your family. Talk with Metcalf today. f6tfc

A. A. Richmond came up from Eugene yesterday to spend a few days. He is just recovering from the flu and reports the rest of the family doing well. All were down with it.

Dr. W. W. Oglesby was quite poorly the first of the week but is now somewhat improved.

Mrs. C. L. Wilhelm and daughter Ruth, of San Luis Obispo, Calif., is visiting at the home of Mrs. Wilhelm's parents, Mr. and Mrs. James Robison.

Batteries recharged; expert mechanical work, gasoline and oil. What kind of service do you want? Get it at the Service Garage. f20tfc

Mr. and Mrs. C. A. Hood, of Portland, parents of Mrs. H. W. Titus, are visiting here and in Eugene.

Mrs. Shelby Teeters arrived Wednesday from The Dalles, being called here by the death of her sister, Miss Verna Fullmer.

Mrs. M. A. Darland, of Portland, is visiting at the home of her mother, Mrs. Barbara Hohl.

Bring your shoe repairing to Dick Hickson, at Seventh and Main. j2tfc

Miss Joyce Teeters, daughter of Mr. and Mrs. George Teeters, of this city, was married Feb. 21 at Baker to S. B. Stephens, of Heppner. The bride is a teacher in the schools at Baker and will remain on the faculty until the close of this term.

F. A. Garetson and son Russell went to Portland yesterday to bring home a Mack truck.

Auctioneer!!!!

Will sell your household furniture, stock, implements and machinery, and tools of all kinds; 5% up to the first \$2000 and 3% for all over.

D. DeVERE
406 Main Ave. Cottage Grove

NOTICE

Our Window for the Fisher Flouring Mills Products

Fisher's Blend and Art Flour—Best on this market.
Fisher's Rolled Oats, packages and sacks—very best.
Fisher's Self-Rising Pancake Flour, once used always used.
Fisher's White and Yellow Corn Meal—quality—ask some one who has used it.
Fisher's Farina—makes mush like Cream of Wheat.
Fisher's Graham—a hard wheat graham superior to any.
THE QUALITY LINE—NOTHING BETTER MANUFACTURED

Phone 65 **A. Brund & Co.**

Mrs. Ella Dyes returned Tuesday to her home in Walla Walla, after a visit at the home of her daughter, Mrs. L. M. Powell.

Jitney service, phone 99. Nelson Auto Sales & Service. tf

Mrs. Hurschel Allison, who is visiting at the home of her parents, Mr. and Mrs. H. H. Fiester, is down with influenza.

Mrs. D. L. Woods left Thursday for a visit down the valley.

J. P. Graham was up from Portland over the week end.

Mr. and Mrs. G. A. Saunders expect to spend the week end at Grants Pass.

Mrs. T. L. Brown returned Monday to Newport, after a visit with her sister, Mrs. Kittie Grubbe.

Miss Frances Beatty arrived Monday from Klamath Falls for a visit with her parents, Mr. and Mrs. J. L. Beatty.

Mrs. Jennie Nichols, who was visiting at the home of her son, O. L. Nichols, returned Monday to San Francisco.

Mrs. H. W. Titus and baby daughter returned Monday from Eugene, where they visited while Mr. Titus was getting their home ready for occupancy.

Dr. Katherine Schloef, of Klamath Falls, was here this week on business. She had been down the valley and was the victim of an automobile accident while in Salem.

Miss Ruth DeLong is suffering with influenza and her place in the bank is being filled by Mrs. J. T. Smith.

The protracted meetings at the Methodist church were closed Sunday night on account of influenza.

E. J. Adams was up from Eugene Monday on business.

Mrs. Fanny Witte returned Tuesday to Yoncalla, after a visit with her mother, Mrs. S. E. McKinney.

Jim Whitford went to London yesterday to nurse in the Levi Geer home, where a number are down with influenza.

Mr. and Mrs. J. V. Stewart motored to Fall Creek and Dexter Sunday to visit with relatives.

CALL FOR BIDS FOR WOOD.

Notice is hereby given that the directors of School District No. 45, Lane county, Oregon, will receive sealed bids for 140 cords of four foot old growth fir wood to be delivered to said district between July 1, 1920, and September 1, 1920, as per specifications on file with the clerk. Bids will be opened not earlier than March 1, 1920. The board reserves the right to reject any or all bids.

Dated at Cottage Grove, Oregon, this 15th day of February, 1920.

WORTH HARVEY,
District Clerk.

WEST COAST PRODUCTS AND MONEY ARE ALWAYS THE BEST

The West Coast San Francisco Life Insurance Company is a west coast concern, invests its money in Oregon and coast states and solicits the business of coast people. Give us a chance to show you a real life policy.

O. M. BALDWIN, AGENT
Upstairs, First Nat'l Bank Bldg.

Hosiery Sale

Ladies' hose, black and white, a pair.....35c
Ladies' hose, black and white, a pair.....40c
Ladies' hose, black and white, a pair.....50c
Other splendid values at.....60c, 70c, 98c, \$1.25, \$1.89
Children's hose.....35c, 40c, 50c, 60c
Infants' hose.....25c to 50c
Men's wool mixed socks.....50c

NEW BARGAINS IN HAIR BRUSHES, CLOTHES BRUSHES, TOOTH BRUSHES, HAND BRUSHES, PAINT BRUSHES, AND THOUSANDS OF OTHER ITEMS AT

The Fair

City Meat Market

Bartels & Safley, Proprietors Phone 89

Specials for Saturday Only

LARD
5-lb. pail.....\$1.35 10-lb. pail.....\$2.65 Bulk lard, lb.....30c
Bring your bucket with you. A little trouble on your part will save you money on lard

2 lbs. oleomargarine, any brand.....75c
Bacon backs, per lb.....40c, 35c, 28c
Shoulder beefsteaks, per lb.....25c

Lamb roasts, veal roasts—anything and everything in the meat line that you may need for that Sunday dinner—or any other meal

Smelt, per lb.....7c
Kippered Herring, Fancy Fat Alaska Spiced Herring, Salmon, Crabs, Clams, Oysters—Everything in season

Finnan Haddies, per lb.....28c
Picnic Hams, per lb.....29c
Premium Hams, per lb.....34c

CHEESE
buy it when you buy your meat and then you won't forget it

Chick Food, Chick Starter Chick Developer and Grit

and all other kinds of chicken feed. Bring in your hides, veal, hogs and chickens.

SPECIAL SATURDAY—1 sack eastern oyster shell.....\$2.00

JONES & EATON



SHORT'S GROCERY
Walk a Block and Save a Dime