

TO REDUCE LIVING COST

Correspondent Suggests Food Selection and Names Rice As Excellent Article.

Editor Times: We rarely look over a paper or discuss existing conditions, at the present time, but what the question of the "high cost of living" is called to our attention.

Various economists and some of our (so-called) statesmen parade the country telling us the causes for existing conditions and offering remedies therefor.

Thus far the writer has not heard of anything being advocated that looked at all advantageous to the "poor consumer." Now, instead of doing so much grumbling, why not use a little common sense and try to select some of the cheaper foods. A cheap food does not necessarily mean an inferior product, and if you will kindly give me space in your valuable paper I shall quote a few lines on the subject of only one food in particular, which has been given "absent treatment" by a great many people, largely through ignorance of its real value and partly through prejudice. While the people of the more highly civilized portions of the earth are adjusting their economic differences and seeking cheaper means of food supply they have neglected one right at their very door, and that is rice.

While rice constitutes over one-half of the world's food supply, yet the middle class and the well-to-do the world over have neglected it, excepting the people in the southern part of the United States.

Here in the north all we use rice for is to throw at a bride and groom, when really it would be a great deal kinder to shower them with a few recipes for cooking it.

Another thing we of the north use rice for is as a foundation to hold a few raisins in a gummy pudding. We eat the raisins and usually muss like a baby in the rice.

This practice is as foolish as buying soap to get the perfume. If you like raisins, eat them; but it's a shame to waste good rice just as an excuse.

Rice is not only the most nutritious of all cereals, but it is more easily digested, and this last is a most important element in the economy of foods; for, as Horace Fletcher has recently proven, an easily digested food requires less bodily energy—the digestive energy is conserved for other physical and mental efforts.

Fletcher's entire theory is in chewing food—that is doing with the teeth what most of us do with our stomach. Rice contains 86.09 per cent nutriment, while wheat contains 82.54 and potatoes 23.24.

It requires but one hour to digest—that is, if properly boiled—while an egg raw and whipped requires 1 hour and 30 minutes; raw milk, 2 hours and 15 minutes, and roast beef, 3 hours and 30 minutes.

It has been stated that rice has no food value in cold countries by its lack of heat-producing elements, but government reports indicate that it is better as a human food than wheat; that rice stands highest in heat production, with the exception of oatmeal and cornmeal. The failure of the northern people to use rice, it is said, was caused by an old wartime joke, and in spite of the fact that many of the southern foods and methods of cooking were introduced into the north by returning soldiers and negro refugees.

It must be remembered that the Russo-Japanese war was won on a rice diet. There is no water in rice, and for this reason it absorbs a great quantity of water in cooking, so that a pound of rice makes four pounds of food. This is one of the reasons that make it an economical article of diet, because you do not pay for the water. In potatoes and other vegetables a large percentage of water is in the article and must be paid for by the pound. The only element that is lacking in rice is one that the food chemists have not found, and that is advertising. The American people should be educated to its full value by advertising on the part of the people who produce rice. All this will be for perfect, scientifically selfish reasons on the part of the people who have it for sale, but in the end the people who buy it and eat it will

BIG GAIN IN LUMBER TRADE

Coos Bay's Shipments Last Year Over Hundred Million—Oregon's Trade.

Coos Bay's lumber shipments during the year 1910 totalled 102,954,885 feet, according to data furnished by the mills. This is a marked increase over the previous year, but it is expected that the present year will show a big increase over this amount.

The grand total of Oregon lumber cargo shipments in 1910 amounted to 605,250,626 feet. This is an increase of 131,293,393 feet over the previous year, says The Timberman.

During the year 1910 the lumber cut of the city of Portland approximated 700,000,000 feet; thus again is the position of Portland maintained as the greatest lumber cutting city in the world. The increase in the amount of the cut over 1909 was approximately 90,000,000 feet, the exact amount of lumber produced being 699,375,000 feet.

During 1910 the city of Tacoma cut approximately 400,000,000 feet, or about the same amount as produced in 1909. Grays Harbor, as a section, shows very little difference in the amount of lumber produced in 1910 as compared with the year 1909, the total cut for the latter year being approximately 610,000,000 feet, as compared with 602,000,000 the year before. The city of Aberdeen alone produced 330,000,000 feet. Hoquiam cut approximately 225,000,000 feet which was a slight decrease from 1909. The cut of Willapa Harbor for the year 1910 was approximately 230,000,000 feet.

The total cargo shipments from Portland in 1910 aggregated 191,120,546 feet. This is an increase over the previous year of about 10,500,000 feet. The foreign cargo shipments from Portland for the year amounted to 112,180,946 feet.

Of the total shipments from the Lower Columbia River 223,420,940 feet went domestic and 22,400,480 feet went foreign. The Portland and Columbia River cargo trade during 1910 reached the total of 440,643,977 feet, as against 314,934,573 feet in the previous year. This is an increase of 125,709,407 feet.

The shipments by months from Coos Bay and other nearby points is given as follows:

Month	Lumber, ft.
January	7,809,266
February	9,436,828
March	7,480,438
April	10,557,282
May	9,565,976
June	4,407,420
July	6,838,277
August	8,817,390
September	9,426,766
October	10,653,126
November	7,281,120
December	10,680,996
Total	102,954,885

Coquille River.

Month	Lumber, ft.
January	2,583,310
February	1,396,898
March	2,719,159
April	2,969,966
May	2,969,150
June	3,316,909
July	2,557,725
August	4,001,221
September	2,652,408
October	1,420,177
November	3,382,346
December	3,043,987
Total	33,552,341

Umpqua River.

Month	Lumber, ft.
January	996,000
February	1,673,000
March	1,619,000
April	1,824,000
May	1,433,000
June	2,190,000
July	1,827,000
August	1,809,276
September	1,450,000
October	1,332,147
November	1,713,000
December	1,183,000
Total	19,049,423

get the greatest benefit in an economical food.

Very frequently the people who buy a thing get more out of it than the people who sell it, and even the seller has made a satisfactory profit.

And all the while the people are looking for a cheaper food there is one waiting for them in a bin down at the corner grocery.

COMMON SENSE.

TO DROP DUES FOR HOSPITAL

Bill to Abolish Injury Funds—Oregon Legislature Gets Busy.

SALEM, Ore., Feb. 6.—Striking at a long-established institution—the forcing of railway employees to subscribe monthly to a hospital fund—is one of two labor measures which Senator Sinnott is fathering. The other calls for statistics on accidents to working men, and is intended to throw light on the workings of the liability law. Railroads in common with sawmills and many other large corporations, assess employees a specified sum every month which are known as "hospital dues." This money is deducted from the pay envelope, so that the concerns will know that the men have paid. The hospital fund is used for the benefit of the men and is supported by them. Many employees never have occasion to take advantage of the hospital arrangements, but for years contribute regularly to the maintenance of such a fund. The railroad men are said to have requested Senator Sinnott to present the bill to abolish the compulsory fee. The measure makes it a misdemeanor for a railroad to force employees to pay into the fund for hospital services.

To Regulate Commission Men. Senator Sinnott has introduced a bill requiring that all commission merchants who sell fruit and produce must pay a license fee and also keep records and make reports of their transactions. The bill is similar to the Washington law and Sinnott states is a protection to the producer. Sinnott has also introduced a bill providing the employers must keep a list of accidents and report them to the State Labor Commissioner. This is understood to be a step toward securing data for a compensation act two years from now.

Change Apportionment. Senator Joseph has introduced a bill changing the apportionment of members of the Oregon state legislature. The bill provides for a total of thirty senators and sixty representatives. Under it, Coos county is allowed one representative, a joint representative with Curry county, and one senator, Curry county being detached from this senatorial district and placed in the seventh district with Jackson and Josephine counties.

New Bills. H. B. 311.—By Abrams, regulating the sale and manufacture of butter. H. B. 312.—By Ambrose, protecting marten until January 1, 1920. H. B. 316.—By committee on game, protecting lobsters until 1916. H. B. 318.—By Peterson, amending the present law prohibiting intermarriage with any negro, Chinese, Japanese, Hindu, Indian, Kanaka or any person of quarter blood of those races.

H. B. 323.—By Peirce, providing for means of filling a vacancy in the office of state senator. H. B. 331.—By Ambrose, regulating the price of printing public notices required by law. S. B. 223.—By Von der Hellen, imposing a tax on mortgages, to be paid before recording, of 1/2 of 1 per cent. S. B. 254.—By Chase, raising compulsory school age to 16 and relating to transit officers. H. B. 318.—By Peirce, prohibiting road supervisors from incurring indebtedness without authority of County Court.

Passes Bills. Senate bills passed the Senate as follows: S. B. 169.—By Albee, requiring publication of railway time tables. S. B. 184.—By Locke, providing for irreducible maintenance fund for cemeteries owned for profit. S. B. 173.—By Nottingham, requiring certain specific gravity for material for spraying solutions. S. B. 31.—By Carson, appropriating \$20,000 for investigating fruit pests by Oregon Agricultural college.

Bills passed the House as follows: H. B. 280.—By Jones, repealing section 4.763 of Lord's Oregon laws relating to the sale of opium. H. B. 228.—By Clemens, amending the present law relative to the wearing of the insignia of any order or society without the authority thereof. H. B. 123.—By Miller of Columbia, allowing additional costs in actions of labor. H. B. 130.—By Hollis, creating a

LEAVE SUNDAY ON ALLIANCE

Steamship In From Eureka and Out Again Same Day—Plant Sails.

The Alliance arrived in Sunday at noon from Eureka and sailed a few hours later for Portland. She made a very fast trip south from here and reached here nearly twenty-four hours ahead of the time she was expected. She crossed out from here Friday morning for Eureka, unloaded 350 tons of freight there and took on considerable cargo and reached Marshfield before 1 o'clock Sunday.

Among those arriving from Eureka on her were Mrs. Emerson Ferry, George Ferry, L. W. Wiseman, G. L. Davis, O. Brorsen, Wm. Mason and John Baxter.

Those who sailed from here for Portland were W. L. Dickson, Mrs. O. E. Dickson, Bessie Dickson, W. L. Dickson Jr., N. Dickson, Mrs. M. G. Masters, John Johnson, Ed. Linden, Geo. Robison, Frank Gurnea and Hazle Wennler.

REPORT RIOT AT COAL MINES

One Killed In Outbreak at Kenilworth, Near Salt Lake, Today.

(By Associated Press to Coos Bay Times.)

SALT LAKE, Utah, Feb. 6.—A riot is reported in progress at the Independent Coal Company's mine near Kenilworth in which one man was killed. A special train carrying fifty policemen and deputy sheriffs has gone to the scene.

state board and fish commissioner to administer the fish and game laws.

Another bill passed by the house, relating to the educational system, was No. 273, introduced by Abbott of Multnomah, providing for the creation of a retirement fund for teachers of Portland. The teachers during the first 10 years of their employment will pay \$1 per month, \$2 per month in the second decade and \$3 per month in the third decade. The state contributes 10 per cent of the amount necessary to form the basis of the pension fund and no money is to be paid out until \$50,000 has been obtained.

MONOGRAM oil at The GUNNERY

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"THE FRIEND OF COOS BAY"

STEAMER ALLIANCE

Connecting with the North Bank road at Portland
EQUIPPED WITH WIRELESS.

Will sail from Portland for Coos Bay at 8 P. M., Wednesday, Feb. 8, leaving Coos Bay for Eureka, Saturday, Feb. 11.

NORTH PACIFIC STEAMSHIP COMPANY,
C. F. McGEORGE, Agent

STEAMER BREAKWATER

Sails from Alsworth Dock, Portland, at 8 P. M., every Tuesday.

Sails from Coos Bay every Saturday at service of tide. Reservations will not be held later than Friday noon, unless tickets are purchased.

L. H. KEATING, AGENT

PHONE MAIN 35-L

THE FAST AND COMMODIOUS

Steamer Redondo

(Equipped with Wireless)

Will make regular trips carrying passengers both ways and freight between Coos Bay and San Francisco. All reservations for passengers made at Alliance Dock, Marshfield and Inter-Ocean Transp. Co. Union Street Wharf No. 2, San Francisco. For information, phone 44-J or 285. Will sail from San Francisco for Marshfield, Monday P. M., February 6.

INTER-OCEAN TRANSPORTATION COMPANY.

The Times Does Job Printing



"Pshaw!" says a Big Fellow, "no use of my trying to wear ready-to-wear suits, I'm too big."

"Wrong!" say we. "But I like variety and if I do find my size, it's probably a plain blue or black."

"Wrong again!" He's speaking of The Average Store.

We've big sizes, plenty of 'em, not only plain blues and blacks, but mixtures, too.

Even the man with a 46 inch chest we can offer something different. We have this variety because more and more big men—who've been tailors' customers—are finding out our big men's suits—finding out what big savings they mean.

Big men's suits, \$15 to \$30.00. Youths! All mixture suits of your sizes, 32 to 35, are in a markdown sale at \$8.50, \$10.00, \$12.00 and \$15.00.

Men! Very many of your mixture suits also show decided savings now.

"MONEY TALKS"

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RANDON MARSHFIELD

THE Senate SHOE
For Men Who Care

No. 2250. A "Senate" shoe with a thick, soft, felt cushion insole. Every curve of the foot sinks comfortably. Blucher style, fashionable "Brogue" toe. Leather of bright, close grained Brazilian kid—ideal for tender feet.

No. 2250. Bright Brazilian Kid Shoe Cushion Sole "Mogul" Last

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Front Street Marshfield

Coal Cheapest Fuel on Coos Bay

Lump coal \$4.50. Nut coal \$3.00. We do all kinds of hauling, and contracting. Horses and vehicles for sale. For quick delivery call on

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HAVE YOU ANY LAUNDRY? If so, do not forget that this is THE laundry where you get the best work, and prices are in every one's reach. Call up and one of the drivers will call and explain all details to you. All telephone calls are quickly attended to, because we are running two wagons.

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MARSHFIELD HAND AND STEAM LAUNDRY.
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I have secured the last two months' run of the high grade coal from the old Libby mine and am able to sell and deliver it now for \$5 PER TON. Send in your orders at once. Orders promptly filled. Remember I am still giving the best livery service possible.

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