

FOR HEALTH

TAKE MANY WEEK-END TRIPS
TO
TEN MILE LAKE
NORTH LAKE
BANDON BEACH

Where you can enjoy
**Fishing, Boating,
Bathing, Camping**

Low Week-End Fares

Between all points in the Coos Bay Country

Ask our local agent for information.
John M. Scott, General Passenger Agent.

SOUTHERN PACIFIC LINES

We, the undersigned, have taken over the

Gardner & Larsen Garage

and Machine Shop, with all its equipment.

Our aim is to turn out all repair work promptly and on time.

Our policy will be a fair price for the work performed to one and all.

The Oxy-Acetylene Plant

is the best welding process known. We have a thoroughly competent man in charge of this department.
Automobile Repairs, Willard Storage Service Station,
Machinery Repair, Welding.

**F. B. Schow, Geo. N. Beatty
Burt Doyle**

LADIES

Bathing Caps

made of pure gum in all colors,
shapes and sizes

Attractive and useful addition to the bathing costume

50c and 75c

Fuhrman's Pharmacy

The Rexall Store

Household Suggestions.

Fruits, vegetables and milk are the foods supplying in best form the mineral needed by the body to build bones and teeth and make blood and body cells. Drying the fruits and vegetables when plentiful will afford a cheap and pleasing supply of the food elements later in the year when they are either scarce and high-priced or altogether lacking in the markets.

Meat, milk, eggs, cheese, nuts, beans, peas and other legumes are staple muscle-making foods that supply materials for body growth and repair. Although these materials are indispensable in some form it is not necessary to supply them in the highest-priced form. A pound of cottage cheese supplies as much muscle material as a pound and a half of common cuts of meat—and costs less. When eggs and milk are used generously the other foods of the group are used only sparingly.

Rice, potatoes and cereals are the chief source of heat and energy of

the body, and they are relatively inexpensive. Bread is cheap at any price. Breakfast cereals are used by most well-managed households. The package form is more expensive than the bulk. Rice has five times the food value of potatoes, but never costs five times as much, and should be served oftener. Sweets serve much the same purpose as the starches, and honey may be substituted for sugar with economy in many instances.

In the present food crisis American housewives are making a more careful study of food values and the best means of supplying them than ever before, to do their part toward feeding the nation wisely and without waste. More consideration of food values is requisite to success, and proper training in food habits is one of the earliest and most important forms of education. Valuable suggestions may be had by writing to the U. S. Department of Agriculture for Farmers Bulletin No. 808.—A. Grace Johnson, Johnson, Assistant Professor Domestic Science, O. A. C.

BOTH SIDES OF IT FROM TRENCHES

Some Thoughts on State Insurance Against Accidents and Fire Risk.

C. D. Babcock, secretary of the Insurance Federation of Oregon, was in Coquille last week to work for the organization of a Coos county branch of the Federation. In less than four years he says this movement has spread all over the United States. The principal plank in the Federation's platform follows:

"The object of the Federation is to furnish to its members and the general public reliable information concerning the origin, nature and effect of any and all legislation, the purpose or natural consequence of which is to make the state, directly or indirectly, wholly or in part, an underwriter of insurance hazards of any description."

Mr. Babcock states that there is a well defined movement to launch the state into all branches of the insurance business and to exclude private companies from the field. Discussing the matter with a representative of this paper, Babcock said: "The story of state insurance is a record of failure. States, cities, and countries have been dabbling in insurance for a hundred years and almost without exception these ventures have been failures. Any theoretical advantage that there may be in decreasing overhead expense is offset by the inefficiency and waste of political management, so that the state insurance always costs more than old line insurance in the long run. The advocates of this movement in Oregon will admit these facts, but it is hoped to create a more favorable atmosphere here by giving the state a monopoly and excluding the private companies altogether."

So far Mr. Babcock. On the other hand the editor of the Sentinel believes that it ought to be possible for people to do their own insurances for very much less than it is possible to get a corporation run for profit to do it for them. The overhead expense of most insurance companies are greater than they should be. Many years ago on the Atlantic coast a ship owner with interests in a hundred vessels said that while the average of losses was 6 per cent a year, the marine underwriters charged him twelve per cent, so he saved 7 per cent by being his own insurer. The owners of one or two ships or houses cannot do this, but we certainly believe it would be money in the pockets of the people of Oregon if all her public buildings, city buildings, county buildings and school houses were insured by the state. No single school district can afford to carry its own risk, but all the districts of the state would get off vastly cheaper if they paid a part of what insurance now costs them into the state treasury for an insurance fund for all of them.

We realize of course that the arguments Mr. Babcock advances are aimed at our Workmen's Compensation law. We know, too, that similar arguments could be aimed against our hospitals for the insane, our county infirmaries and other charitable institutions. Our indigent and unfortunate might possibly be cared for at less expense under private contracts, but the experience of the past has not shown that the treatment accorded them by private enterprise in such cases is worth any more than it costs.

Frankly we do not believe it would be better to turn over to corporations the care of highways and make every road a toll road nor to hand over to a millionaire trust the carrying and distribution of the mails. Nor do we want to see our injured workmen compelled to run up against the attorneys of a rich insurance corporation to have a chance to get damages when they are disabled.

Probate Court Notes.

June 19, a petition was filed in the matter of the guardianship of Gordon M. Shelley by Attorney N. C. McLeod, of North Bend. The estate of this ward consists of \$3,900 of real property.

June 21 a petition was filed in the matter of the estate of Honora Collins, deceased with C. S. Winsor, of North Bend, as executor. The estate consists of personal property estimated to be worth \$1250. The appraisers are Peter Loggie, Edgar McDaniell and L. F. Falkenstein.

New Cases in Circuit Court.

June 15—Otto Edlund vs. Charles Thom and Lizzie Thom, Allen & Lewis and Crown Cork & Seal company. Suit to foreclose mortgage.

June 15—Dena Ingram vs. Andrew Ingram. Suit for divorce.

CAR FOR SALE—Second hand Studebaker very cheap for immediate sale. W. J. Longston.

Calling cards 100 for \$1.00.

Letters Received Here by R. O. Bayley From His Brother on the Battle Front.

France, April 6, 1917.
My dear Ralph:—No doubt you will be wondering what has happened to me since you have not had a letter for such a long time. Well, I am still whole and in good health. Somehow letter writing seems out of the question here, as a fellow has so little time to himself and then he wants to rest. It is a hard life. Since last I wrote we have gone through some rough times. Old Fritz has tried to show us how much ammunition he has and has kept up a constant shower of shells for day and days. It is wonderful how a fellow can live through such times. It is nothing but luck. Some fellows escape while their comrades fall beside him. A fellow never knows when his time is coming, but he never worries.

I have now taken part in two raids and have gone over the top twice to the German trenches. This is exciting but a risky job, but I have come out without a scratch. Last week about 300 hundred of us went over to get prisoners. We climbed the hill to the front trenches when the order was sent up to get ready. All of a sudden there was a big roar and we knew that our barrage was on. After a few minutes we climbed the trenches and rushed for the German lines. We scrambled through our wire and across no man's land up to our knees in mud. It was hard work but we made his third line and were successful in getting some prisoners but our barrage is so strong that there is very little left but dead Germans. Coming home is the worst part as Fritz has now got his guns playing on our lines, and we have the wounded men to bring with us. A night attack is a wonderful sight—a prettier sight I don't think I ever saw. You see signals of every color and shape and the shells sailing through the air and bursting. It is light as day. I can't describe it.

We are now out on our rest period but I expect we will be going in again in a few days. The last few days rumors have reached us that America has declared war but we do not know for sure.

Your affectionate brother,
Ewart.

France, April 16, 1917.

My dear Ralph:—After what we have gone through during the last week I feel a lucky beggar to be writing this letter to you. No doubt you have read in the papers of the grand victories gained by the Canadian troops, and they were too. We have been given credit by all the big leaders on the front of doing almost the impossible and capturing points that the Germans looked upon as impregnable. Our battalion has been singled out for the work it has done and even farther than that, our company has been given special credit. For five days and nights we were kept going the whole time with hardly a wink of sleep. And on several occasions, with scarcely a half hour's notice, we were ordered over the top and we took our objective at the point of the bayonet. My word, I shall never forget what we went through and the sights we saw. We lost lots of men, but the poor old Germans! Our guns had them lying in heaps. I could write pages and pages about this week but I will have to keep it until I see you. On our last day "in" we drove the Germans back for miles and it was a tired but happy bunch of soldiers that were relieved by fresh troops that night and we were brought back some miles for a rest. I say I feel lucky to be able to write this. Well, when I think of the escapes I had, I do. The closest shave I had was to have my ear cut by shrapnel, but not badly—just a scratch. My overcoat sleeve was torn for inches. On one advance I had this writing pad in the pack on my back and you can see for yourself the close shave. The corner of this paper was torn by shrapnel. How a fellow could go through the week in a maelstrom to me, but luck was with me and my chances are still as good as ever.

Talking about luck! One afternoon our company was withdrawn from the advanced position to dig a trench some hundreds of yards behind. We dug like blazes there for hours, with the shells bursting all around us and not a single fellow was hit. At last it got so hot that we had to take shelter but no one was hurt. I wish I were with you to tell you all about our doings but perhaps that won't be long now. Anyway they will keep.

And so America is in the war at last. I wonder if that will affect the end of it. I wish the end would soon come now. I have had four and a half months of this life and that is enough for me, but apart from feeling



COOLNESS

There's nothing so cool as an oil stove for summer cooking. All the heat is concentrated on the cooking and not radiated about the kitchen.

Cooks everything any wood or coal range will cook, and cooks it better, because of the steady, evenly-distributed heat.

Use it all the year round—more convenient than a wood or coal stove, and more economical.

The long blue chimneys prevent all smoke and smell. In 1, 2, 3 and 4 burner sizes, with or without ovens. Also cabinet models. Ask your dealer today.

NEW PERFECTION OIL COOK-STOVE

FOR SALE BY

COQUILLE HARDWARE CO.

tired and weary I was never in better health in my life.

Your affectionate brother,
Ewart.

HUMOROUS LECTURER VERY POPULAR

Andrew Johnson Brings Many Laughs to Chautauqua.

Everybody is looking forward to "Johnson hour" at Chautauqua. "Johnson hour" is a famous Chautauqua phrase throughout the East and Middle West. It is a term which designates sixty popping minutes with an



ANDREW JOHNSON.

Andrew Johnson, famous American humorist, on the platform and a tingling audience "under fire."

Johnson is originality plus. He has the largest and choicest assortment of "bullet-hitter" anecdotes ever shot from the platform by any one man. This play on the humorous, however, is only the tabasco-sauce to the meat of his thought.

Birds as Mimics.

Birds, from the ostrich down, are imitative. The ostrich, where he lives alone, is silent, but in a country where lions abound he roars. The reason for this is that, admiring the lion's roar, he gradually learns to roar himself.

Among small birds buntings imitate plovers and greenfinches imitate yellow hammers. They seek their food in the winter together, and they gradually steal each other's calls. The jay is an insatiable imitator. Some will include in their repertory not only the cries or songs of other birds, but also the bleat of the lamb and the neigh of a horse. In a nightingale's song it is frequently easy to detect phrases he has borrowed from other birds.

His Strong Point.

"Is your husband much of a provider, Melindy?"

"He jes' ain't nothin' else, ma'am. He gwine to git some new furniture providin' he gits de money; he gwine to git de money providin' he go to work; he go to work providin' de job suits him. I never see such a providin' man in all mah days."—Exchange.

NOTICE TO CONTRACTORS.

Highway Construction, Coos County, Oregon.

Sealed bids for the construction of a portion of the Coquille-Marshfield Section of the Coast Highway

through Bunker Hill Addition in Coos County, Oregon will be received by the County Court of said County at its office in the Court House, Coquille, Oregon, until 10:00 A. M. July 7, 1917.

No bid will be considered unless accompanied by cash, bidder's bond, or certified check for an amount equal to at least 5 per cent. of the total amount of the bid.

A corporate surety bond will be required for the faithful performance of the contract in a sum equal to one-half the total amount of the bid.

Proposal blanks and full information for bidders may be obtained at the office of the County Clerk of said County, or at the office of the Roadmaster, in the Court House, Coquille, Oregon.

Plans and specifications and forms of contract may be seen at the same place or may be obtained upon the deposit of \$15.00.

The right is reserved to reject any or all proposals or to accept the proposal or proposals deemed best for said County.

COUNTY COURT OF
COOS COUNTY.

James Watson
County Judge
C. J. Armstrong
County Commissioner
Archie Philip
County Commissioner

Attest: L. W. Oddy
County Clerk.
Coquille, Oregon, June 20, 1917. 2313

NOTICE TO CONTRACTORS.

Highway Construction, Coos County, Oregon.

Sealed bids for the construction of a portion of the Coos City Douglas County Line County Road, Coos City to Sumner in Coos County, Oregon will be received by the County Court of said County at its office in the Court House, Coquille, Oregon, until 10:00 A. M. July 7, 1917.

No bid will be considered unless accompanied by cash, bidder's bond, or certified check for an amount equal to at least 5 per cent. of the total amount of the bid.

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