

# ABOUT OUR BREAD

Letter From Coquille Girl at Coquille Giving Some Good Suggestions.

Editor Sentinel: In an issue of your paper read a few weeks ago, I noticed a very urgent call for help in the solving of the problem of the "seven wheatless meals," so urged by the Hoover food campaign. Although I have not solved the problem and though I have not met any Home Economics specialist who has done so, it has occurred to me that I may be able to offer a few suggestions as to the practical cutting down of the family consumption of wheat bread.

In the first place, it may be well to emphasize the point that a decrease in home consumption is absolutely necessary to the government military policy. It is not generally understood that corn meal and other coarse wheat-flour substitutes are not suitable for shipment to the war zones for two very serious reasons. Such flour is much more likely to become moldy or infected with worms under the conditions prevailing in army camps than is wheat flour. Then, too, the continued use of bread made from other than wheat-flour is a serious menace to the health of men living under the hardships of camp and trench life, chronic intestinal troubles being a very common result.

Practically speaking, it does not make the least difference to Mr. Hoover or to Uncle Sam whether we live up to the letter of the law with "seven wheatless meals," or whether we cut down the use of our wheat products one-third on all meals. But that little item may mean much to the harassed housewife who is trying to conserve wheat for her country and to keep peace with her family at the same time.

As a matter of fact we have long over-estimated the value of white bread as a food, and the eating of excess quantities of this staff of life has become a national habit. White bread is simply one of a long list of starchy foods, many of them more valuable in the diet than is bread. Among these starchy foods are potatoes, rice, macaroni (which is not made from flour wheat), corn, oatmeal, and, of course, the sadly over-worked bean. By a little skillful planning a meal may be prepared that will be heavy enough in starch, allowing a very small amount of bread for habit's sake only.

Then there are the popular "Liberty breads" which are not only a saving of flour, but are very palatable as well. Among these white bread substitutes are the various kinds of corn bread—muffins, shonny-cake, corn pone, etc.—which as a general rule are made with corn meal and white flour in equal proportions. The old-fashioned Boston brown bread, made of equal parts graham, cornmeal and white flour, has also become a very serviceable substitute.

To actually provide meals containing no wheat to the extent of one each day would be a real task, but I am giving the following menus, where the use of wheat is cut down to a minimum.

- |                                       |                          |
|---------------------------------------|--------------------------|
| Breakfast                             |                          |
| 1. Oatmeal                            | Top milk                 |
|                                       | Fried cornmeal mush      |
|                                       | Coffee                   |
| 2. Corn flakes                        | Cream                    |
|                                       | Berries                  |
|                                       | Boiled rice served with  |
|                                       | Scrambled eggs and bacon |
| 3. Puffed rice with berries and cream |                          |
|                                       | Corn meal muffins        |
|                                       | Coffee                   |
| Luncheon                              |                          |
| 1. Baked beans                        | Brown bread              |
|                                       | Fruit salad              |
| 2. Vegetable salad                    | Corn bread               |
|                                       | Rice pudding             |
| 3. Macaroni and cheese                |                          |
|                                       | Oatmeal cookies          |
|                                       | Fruit                    |
| 4. Hashed beef and rice, en casserole |                          |
|                                       | Fruit pie                |

If these suggestions prove of value I shall be very glad to have done my bit in this way. If there are any questions which I might be able to answer in regard to the conservation of food or the feeding of the family under present prices, I should be most happy to do so to the best of my ability. Yours sincerely—Iva M. Howey.

### He Waited for the Railroad.

David Steiner, of Salem, paid Coquille a visit this week for the first time since the court house was built. Mr. Steiner was at that time a member of the firm of Steiner & Blosser, Plumbers, of Salem, and his firm put the roof on the county building. When he left Coquille at that time he stated that he would come back when Coos county had a railroad and not until. This visit is the result of that declaration. Mr. Steiner stated today that he would not have recognized the city and that had he not known that it must be right where it is he would not have believed it was Coquille. He and his party left on the evening train for Marshfield.

### September 13 the Date.

Here is a nameless story published by the Coos Bay Times which we would at least consider significant if true:

According to one of the engineers on the steamship Yellowstone, a number of friends of his wife were recently assembled at an afternoon social at the home of an acquaintance, who is the mother of a girl. This child, at the time the remarkable event recorded below occurred, was two and a half years of age, and although in all other respects quite normal, had never spoken. Doctors had examined the child, but had failed to note anything abnormal about the vocal cords and decided that the power of speech had, for some undiscovered reason, been slow to develop.

On the afternoon, in question, the guests in the presence of the child, were discussing the eternal topic, the war in Europe, when one asked, "When do you think the war will end?" To the surprise of all present, the child picked up a plate from the table at which she was seated, and threw it to the floor, at the same time saying, in tones of anger and irritation: "September 13." These were the first words the child had ever uttered, and they naturally created a sensation, especially among those superstitiously inclined.

Later in the day, the family doctor called and the incident was related to him. Being curious as to whether the child would again reply to a similar question, he asked her, "When will the war be over," and again the reply was "September 13." Several other questions were put to the child, but without eliciting the slightest response.

His interest now thoroughly aroused, the doctor decided to bring another medical man to the house with a view of ascertaining why the child's speech was limited to the date "September 13," and on the following day, the two medical men, in the presence of the child's mother and another friend put the vital question to the child.

Without a moment's hesitation the child, displaying intense irritation, said "September 13," but instantly collapsed. The doctors immediately had recourse to treatment to restore animation, but without success, and it was subsequently ascertained that the child had died from heart failure.

The engineer on the Yellowstone, who relates the story, insists that it is true in all details and, when asked why the story had not found its way into the newspapers of San Francisco, said that the doctors had agreed to maintain silence out of regard for the family of the child.

### Douglas Fir for Airships?

Douglas fir, Oregon spruce and other western woods will have an important part in bringing the war to a successful conclusion, according to Robert T. Allen, secretary of the West Coast Lumber Association, who was in Portland, Saturday, on his return home to Seattle from San Francisco. While in Portland he was in consultation with Federal forestry officers over the shipment of a carload of Douglas fir logs to Madison, Wis., where they are to be tested in the Government laboratories to determine whether fir can be used as a supplement to spruce for airplane stock. "If this experiment is successful," commented Mr. Allen, "it will be one of the biggest victories for Douglas fir that we have achieved in a long time. Obviously the Government tests will be most severe. The wood must meet every requirement before it can be accepted for the delicate and important assignment of aircraft construction."

### Wants to Put Off Deer Season.

In a circular issued last Monday by the Coos County Fire Patrol Association and addressed to Coos county loggers, everyone is asked to use the utmost care with fire. Is the continues:

"In connection with all other fire protection agencies throughout the state, this association is making recommendation that the hunting season, which is scheduled to open August 15th, be postponed until at least September 1st. As you are aware, there are numerous fires in our district at the present time, and although practically all of them have done but little damage, nevertheless will require utmost attention. We feel a closed season to hunters until at least September 1st, would be a great help to us all in keeping this fire situation under hand."

### Dog Tax Law Unconstitutional.

That the special dog tax law passed by the last legislature is unconstitutional is the opinion of Judge J. W. Hamilton, of Douglas county. The law is one which was made applicable to certain counties in western Oregon imposing a heavy tax on all dogs in these counties, which include Lane and Douglas, and making a special fund of these taxes to be used in paying for stock killed by dogs.

### Home From the Bay.

(From the Coos Bay News.)

Frank E. Rogers, of South Coos river, and Frank Brown, of Carlton, were appointed members of the livestock sanitary board last week by Governor Withycombe.

Several carloads of slabwood have recently been shipped from here by the C. A. Smith company. The wood did not go to Portland, as was reported, but was sold to homes on the lower Umpqua.

The fishing season on the upper Rogue river has closed, and fish dealers at Grants Pass have secured auto trucks and will ship salmon from Gold Beach to Coquille, where they will be shipped fresh by rail to Portland.

Word was received here yesterday that W. G. Chandler, John C. Kendall and A. K. Peck, who have been attending the officers' reserve school at the Presidio, San Francisco, will soon return to Marshfield. They will not be given active commissions at once, but will be on the reserve list for the future.

It is said that the old Simpson home at Old Town, which has been occupied for some time past by Henry Buehner, will be overhauled and refurnished immediately by L. J. Simpson, who will move there from Shore Acres in the fall. Mr. Buehner has leased the Bartle home in North Bend.

Nels P. Neilson, master builder for the Coos Bay Shipbuilding company, arrived from Portland, Wednesday evening, to take charge of construction work.

On the site near the Libby coal bunkers four pile-drivers are at work, constructing ways, foundation for warehouse, etc., and the management believes that the first keel will be laid by the middle of the month. A track from the Smith mill, close by, will be run to the yard for the delivery of lumber.

At a meeting at Coquille, Thursday the county commissioners appropriated \$12,000 to be expended in the improvement of the road between Empire and the South slough bridge. It is said that the improvement of the road means a fine hotel at Sunset Bay, as L. J. Simpson recently stated, in event of the improvement, that a summer resort hotel would be constructed in the near future.

A few flocks of mallards have been noticed on the upper bay during the last few days, and on the Cooston flats and South slough large flocks of sprigs have appeared. A few of these ducks have been raised in the North slough country, but most of them, especially the sprigs, are either from the Klamath or the coast lakes north of the Umpqua. Flights as early as at present arrive in poor condition, indicating that they are driven from their breeding grounds by lack of food. The main flight of wild ducks shows up about the middle of October. These are the Alaska birds on their way south for the winter.

### A Cleveland Fish Story.

Various stories are told of Grover Cleveland by anglers. While fishing one day, dressed in oilskins and slouch hat, Mr. Cleveland was addressed by an angler dressed in the height of fashion with:

"Hello, boatman, you've certainly got a good catch. What will you take for the fish?"

"I'm not selling them," replied the man in oilskins.

"Well," continued the persistent angler, "what do want to take me out fishing tomorrow?"

Mr. Cleveland was plainly enjoying the joke.

"I can't make any engagement except by the season," he replied. "Will you give me as much as I made last year?"

"You're a sharp fellow," replied the angler, "but a good fisherman, and I accept your terms. What did you make last year?"

"Oh," replied Mr. Cleveland, "about \$1,000 a week. I was President of the United States."

Mr. Cleveland was an angler who believed in conservation. He practiced leaving something for those that come after. His limit was twelve fish a day. Curious to relate, when black bass fishing he always carried a measuring stick and returned to the lake all fish less than twelve inches in length.—A. M. Stodard in Oregon Sportsman.

### Pumping for Irrigation.

R. M. Pressay, of Dew Valley, was in town the first of the week, coming after supplies for his new centrifugal pump which he has installed in order to irrigate his crops. He uses gas engine power lifting the water from the creek and forcing it through a hose. The nature of the soil makes it necessary to sprinkle as the water disappears too rapidly in ditches. He says that with the hose he can soak up an acre a day and one good soaking in the season is enough to pull the crops through the dry spell in good shape.—Bandon World.

Send the Sentinel to eastern friends

### Coos County News.

(Part Orlford Tribune.)

Lynn Woodcock, who was among the first boys to volunteer from Port Orford, and who entered the navy as a musician, has been assigned to the station band at Honolulu. He was to sail from San Francisco the first of the week for the Islands. Lynn is a clarinet player, and the post he is now assigned to is said by those who know, to be one of the most desirable locations that comes under U. S. jurisdiction.

George Mather was arrested at Gold Beach last week when returning from Crescent City by auto. Several pint bottles of whiskey were found in his possession, and he was fined \$105. During the hearing it developed that Dean Mastenbrook had warned Mather that the officers were after him, with the result that Mastenbrook was hailed before the court and assessed \$110 for the interest he had taken in Mr. Mather's affairs.

The steamer Sinaloa, that was stranded at Cape Blanco and left here a week ago last Monday in tow of the tug Ononta and steamer Phoenix, arrived in San Francisco Thursday after a very successful voyage. No mishap marred the salving of this big ship that is worth well over a half million dollars, and it is believed that \$50,000 will cover all expenses connected with her beaching and put her in commission again in as good condition as before the accident happened.

Take that sick car to A. A. Paul, Coquille Garage. Satisfaction guaranteed.

### Call on us for Stationery.

### NOTICE TO CREDITORS.

Notice is hereby given that James D. Laird has been duly appointed as administrator of the estate of Clifford M. Laird, deceased.

All persons having claims against said estate are hereby notified to present the same to the undersigned at Sitkum, Coos County, Oregon, with proper voucher duly verified as required by law, within six months from the date of this notice.

Dated at Sitkum, Coos County, Oregon, this 20th day of July, 1917.

J. D. Laird,  
Administrator of the estate of Clifford M. Laird, deceased. 27b5

### NOTICE TO CREDITORS.

Notice is hereby given that the undersigned has been duly appointed Administrator with the Will Annexed of the Estate of G. W. Temple, deceased, by the County Court for Coos County, Oregon, and that all persons having claims against said estate are hereby notified that they are required to present same, duly verified and with the proper vouchers therefor to the undersigned at his office in Coquille, Coos County, Oregon, within six months from the date of this notice.

Dated this 16th day of July, 1917.

A. J. Sherwood,  
Administrator with the Will Annexed of the Estate of G. W. Temple, deceased. 27b5

### Professional Cards

**J. A. RICHMOND**  
PHYSICIAN and SURGEON.  
Richmond-Barker Building,  
Coquille, Ore.  
Phones, Office 626, Res. 214.

**W. C. CHASE**  
ATTORNEY-AT-LAW  
Richmond-Barker Bldg  
Coquille Oregon

**DR. G. W. LESLIE**  
Osteopathic Physician  
Graduate of the American School  
of Osteopathy of Kirksville, Mo.  
Office in Eldorado Block,  
Marshfield Oregon

**DR. C. W. ENDICOTT**  
DENTIST  
First N'v'l Bank Bld'g Phone  
Main 11, Coquille, Oregon.

**J. J. STANLEY**  
LAWYER  
Office in Farmers & Merchants  
Bank Building, Coquille, Ore.

**A. J. SHERWOOD**  
ATTORNEY AT LAW  
First National Bank Building  
Coquille Oregon

**DR. F. G. BUNCH**  
Dentist  
Office in Bank of Myrtle  
Folst Bank building.  
Office phone 173 Res. 124

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Call and See These Bargains

## CUT OUT THE LOST MOTION

Southwestern Oregon has come through patriotically in response to every appeal to assist in the Great War. Our young men have gone in great numbers, our people have invested in Liberty Bonds and given freely to the Red Cross. The slack in our business must all be taken up. We must cut out the lost, false and waste motions. Make every minute and every move count.

The telephone will assist greatly in making for efficiency. But remember not to use the phone unnecessarily. It is lost motion for you and for the public servants who have more important calls waiting on you.

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J. E. Norton, Agent, Coquille, Ore.

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