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LODGE DIRECTORY

COTTAGE GROVE CAMP, No. 6424
M. W. of A., meets the first and third Tuesday of each month at Elks' Hall. Visitors Welcome.
C. W. WALLACE, Consul.
ORVEL KNAPP, Clerk.

Cottage Grove Chapter No. 4, O. E. S.—Next meeting takes place Friday evening, June 28, eight o'clock. Masonic Hall, Pacific Highway.
KATHERINE K. SCOVELL, Sec.

Your eastern friends would like to know something about the country you are living in. Send them a copy of the Sentinel, 5c.

CALAPOOYA Springs Hotel

Located at London, Oregon, in the Calapooya mountains, 800 feet above sea level, twelve miles from Cottage Grove, Ore.

Cuisine and accommodations excellent. Hot mineral baths, recommended by physicians for rheumatism, stomach, liver and kidney troubles. Very extensive grounds with swings, tennis court, croquet and other amusements. Splendid trout fishing at hand. Automobile line from Cottage Grove over good roads.
Write for full particulars, rates, etc. Address

Calapooya Springs Co.
Cottage Grove, Ore.

O. & S. E. R. R. COMPANY.

TIME TABLE NO. 5.
To Take Effect June 19, 1909.
E. BOUND No. 1. W. BOUND No. 2.
A.M. Mts. STATIONS A.M.
7:30 LV. COTTAGE GROVE, AR. 12:00
7:50 WALDEN 11:25
8:10 CERRIL GORDO 11:05
8:30 DOKENA 10:45
8:40 STAR 10:35
8:50 WICKS 10:25
9:05 RED BRIDGE 10:15
9:15 WILLOW 10:05
9:25 AR. DISTON LV. 10:00
Two extra trains for passengers only leave Cottage Grove on Tuesday and Saturday at 3:30 p. m., returning arrives at Cottage Grove at 5:30 p. m.
Subject to change without notice.
All outward freight to station where there is no agent will be left at risk of owner.
Stage leaves Diston after arrival of train on Monday, Wednesday and Friday for Orasco. Freight will not be received at the O. & S. E. R. R. Depot after 5 p. m. To insure forwarding on next train freight must be delivered in ample time to permit of its being billed.

A. B. WOOD, Manager.

Southern Pacific Railway Time-Table
COTTAGE GROVE STATION
South Bound North Bound
No. 16 1:26 a. m. No. 14 1:48 a. m.
No. 13 6:42 a. m. No. 14 2:35 a. m.
No. 19 2:47 p. m. No. 18 10:02 a. m.
No. 17 9:02 p. m. No. 20 3:36 p. m.

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In the pleasing form of a delicious, enticing and invigorating beverage, bottled direct from the springs in the Calapooya mountains.

Drink it to Get Well
Drink it to Keep Well

CAL-A-POO-YA MINERAL WATER
is a mineral saline water, equal to any of the renowned spring waters of Europe and America. Recommended by leading physicians of the United States for Rheumatism, Kidney and Liver affections, Dyspepsia, Indigestion and all forms of Stomach, Skin and Blood diseases. Hundreds of people "given up" by physicians have been cured of long-standing ailments by Calapooya Water. Testimonials on application. Sold by all dealers, or shipped in cases direct from the springs. Write for prices.

CALAPOOYA SALINE

The condensed smile of Calapooya Water. Stomach, Liver, Kidney and Blood disorders speedily cured by its use. All dealers, or sold direct.

HOTEL CALAPOOYA

IS OPEN ALL THE YEAR. Famous health resort in the Calapooya mountains, 12 miles from Cottage Grove (on Southern Pacific). Splendid accommodations, reasonable rates. Steam, mud and hot water baths and cooling rooms. Information as to rates, etc., will be furnished upon request.

CALAPOOYA SPRINGS COM'Y
COTTAGE GROVE, ORE.

ESTIMATE CROP AT \$15,000,000

It is Thought That This Year's Fruit in the Northwest Will Reach That Figure.—Oregon Total 3,800 Cars.

The greatest fruit crop in its history, and one that will bring \$15,000,000 to the orchardists, is promised in the Pacific Northwest this year, says the Oregonian.

While yet too early to form any definite idea as to what the output will be in the final results, conditions as they appear at this date justify a reasonable expectation that it will aggregate close to 150,000 cars of apples and pears, between 2,000 and 3,000 cars of peaches, and approximately 1,200 cars of Italian prunes that will be shipped green. Apricots will be comparatively heavy, with cherries a fair crop only. The total, under favorable conditions between now and harvest, should exceed the banner crop of two years ago by 50 percent.

Aside from heavy rains in some of the growing district recently, weather conditions have been extremely good, which, together with the fact of light crops in 1911, and the large number of young trees coming into bearing throughout the Northwest, are responsible for the bright prospect. The prune crop in the Willamette Valley and Clark county has been considerably affected on account of the late unsatisfactory weather, which is also the cause of a much shorter cherry crop than was predicted some time ago.

Some apple varieties in the different sections will be lighter than normal, such as the Jonathans in Southern Idaho and Winesaps in the Washington districts, which are reported dropping considerably during the past two weeks. The pear crop in Southern Oregon will be fair. On the whole, banner crops will be decidedly the rule.

Child Born With 3 Separate Bodies.

A dispatch from Poughkeepsie, N. Y., tells of the birth of a child with one head and three bodies, said by physicians to be one of the greatest phenomena in the history of medical science. The child was born to Mrs. Joseph Muekenhaupt, of that city.

Two of the bodies, males, had arms, but were minus legs. These were joined together and both were attached to a 12-pound normal baby girl. To save the girl surgeons severed the pipe which attached the males to the female and in so doing were compelled to remove a portion of the female child's tongue. The abnormal bodies attached to the normal child were alive and breathing, taking air through the normal child's mouth.

To save the normal baby the surgeons sacrificed the others. The operation was performed on the kitchen table in the Muekenhaupt home soon after birth. The physicians believe that the rescued child has three brains, in which event, they say it will die of old age at 15 years. The child, now two days old, is fed by artificial means, but is thriving and the doctors believe that it will live.

DON'T KNOW THEY HAVE APPENDICITIS

Many Cottage Grove people who have chronic appendicitis, which is not very painful, have doctored for years for gas on the stomach, sour stomach or constipation. The New Era Drug-gist states if these people will try simple buckthorn bark, glycerine, etc., as compounded in Adlerika, the German appendicitis remedy, they will be surprised at the quick benefit. A single dose relieves these troubles instantly.

Notice to Creditors.

Notice is hereby given that an order of the County Court of Lane County, Oregon, duly made and entered of record the 24th day of May, 1912, in the matter of the estate of William H. Arne, deceased, the undersigned was duly appointed administrator of said estate.

All persons having claims against said estate are hereby required to present them duly verified as by law required to said administrator at the law office of A. H. King, Cottage Grove, Oregon, within six months from the date of this notice. Dated this 27th day of May, A. D., 1912.
RUFUS C. ARNE,
m30-j27 Administrator.

Foils a Foul Plot.

When a shameful plot exists between liver and bowels to cause distress by refusing to act, take Dr. King's New Life Pills and end such abuse of your system. They gently compel right action of stomach, liver and bowels, and restore your health and all good feelings. 25c at All Druggists.

Veterinary Surgeon.
Dr. H. H. Owen, Veterinary Surgeon, Room 14, Woodward Bldg., Phone 10, Graduate Kansas City Veterinary College.

Visiting cards—The Sentinel.

CAKE IS GOOD FOOD

Article on Subject in Journal of Home Economics by O. A. C. Professor.

That cake is a concentrated food, the average slice containing practically as much food value as one and one-half glasses of milk, is the opinion of Prof. Ava B. Milan of the domestic science department at the Oregon Agricultural College, in the first of a series of scientific articles on "Factors Affecting the Economic and the Dietetic Value of Foods," in the current number of the Journal of Home Economics.

"When an article of diet comes into as general use as has cake, the factors affecting its economic and dietetic value as well as its quality justify study," says Miss Milan. "There is a lack of definite knowledge of these factors and inadequate means of controlling the conditions. The purpose of the study was to show the effect of varying the kind and form of ingredients on the quality, the cost and the economic and dietetic value of cakes."

"The work was carried out on a typical whole egg and butter-cake, one of a close grain and fine texture."

Among the interesting points in the paper are the following on how the cost of cakes may be reduced, from the standpoint of time consumed in the mixing by melting as well as creaming the fat used—a saving of half the time of mixing. The best cakes are made by the use of the fine pastry flours, although good cakes may be made with bread flour. The high gluten content in bread flour is undesirable in cakes. The form of sugar used greatly affects the quality of the cakes with little effect on the cost. Powdered sugar is most easily and thoroughly mixed in the solid state. Cakes of as good quality are obtained by using water as by using milk, either whole or condensed. When water is used the cake costs one and one-half cents less than when milk is used, but the food value is also decreased. Eggs are essential, serving as leavening agents and influencing the flavor, texture, grain and food value. If fresh powders are used a fairly good cake may be made with desiccated eggs if fresh ones are not available. Reducing the amount of butter in the standard 3-cup flour recipe, from three-fourths to half a cup of butter, the food value is lowered but the quality seems improved. If the cakes are not eaten warm, lard substitutes that are fresh may be used instead of butter.

CHICKEN SOUP SPRINGS FOUND

Waters Possess Many Notable Medicinal Properties.

The famous springs of the Yellowstone and other great parks of this country apparently are backed completely off the boards by the discovery of freakish springs near Weiser, Idaho, on what is known as the Washington Hines ranch, says a special. They not only produce a solution as savory as chicken soup a la carte, but also jelly, and are famous for their cleansing and curative qualities. Each one of the remarkable springs is different, both in size and character of flow, and their combined strength irrigates a large pear orchard.

"Chicken Soup" is the title Mr. Hines, who is one of the largest ranchers in that vicinity, believes is appropriate to label his springs. "All that is necessary," he says, "is to add a little pepper and perhaps a little salt and butter, serve the peculiar water from one of my springs in bowls, and if those who taste it don't believe it's chicken soup, they'll be different from anyone that ever visited my place."

The "Chicken Soup" spring, according to Mr. Hines, is a group of eight. Hines has promised to take samples of the springs' water for analysis.

All the springs produce warm water. The soup springs is boiling hot. The water is clouded, but not dirty, and its odor is inviting.

The second boiling spring has all the soap in the world beaten for scouring purposes. One application of the water from this spring on grease that has been in the cloth for years, and the grease is removed. It will clean varnish off furniture and take paint soaked in boards for years off without trouble.

Another one of the springs is even more wonderful than that of the chicken soup and natural soap. It produces a thick substance which, when well shaken, forms a jelly. It is not edible.

There is the "beauty spring," in the bottom of which there has been forming for years a beautiful rock garden in many colors. It has all the appearance of stalactite and stalagmite formations of an underground passage. The water from this spring petrifies all substances with which it comes in contact. Parts of petrified trees have been taken from its depths.

Several other springs in the same group are noted for medicinal properties.

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Would hardly be appropriate. Neither are winter outer garments when Old Sol is at his meridian height. Let me fix you out with a cool, jaunty, tailor made suit.

Straw Hats Cleaned and Bleached GEO. BOHLMAN :: West Side

The Cottage Grove Creamery

When you want a dish of Ice Cream, visit the creamery.
When you want a pound of good Butter, visit the creamery.
When you want good Buttermilk, visit the creamery.
If you have Cream to sell, don't fail to visit the creamery.

If you haven't a cream separator, be sure and get our terms and prices upon the DeLaval, the best separator on the market. And remember we take cream the same as cash. A small payment down gets one.

If you are a shipper of cream remember we want your cream and that we pay the highest cash price, furnish the cans and pay the freight.

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The special dyeing process used in this hosiery is a peculiar one—it doesn't weaken or rot the yarns like the average kind. That means better service—less expense and no darning worries. Not only for the youngsters, but the fathers, mothers and the "grown ups." Ask us next time.

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