

Don't use a cough medicine containing opium or morphine. They constipate the bowels and do not cure, only stifle the cough. Examine the label and if the medicine contains these harmful opiates refuse it. Foley's Honey and Tar Compound contains no opiates, is healing and soothing. For sale by all dealers everywhere.



Good Feed

for Horses, Cows, Poultry, etc. We sell in large and small quantities, giving at all times good feed, good measure and

FAIR PRICES

Give us your next order and you'll surely be pleased with the results

STERLING FEED CO.

The Best Medicine in the World

"My little girl had dysentery very bad. I thought she would die. Chamberlain's Colic, Cholera and Diarrhoea Remedy cured her, and I can truthfully say that I think it is the best medicine in the world," writes Mrs. William Orvis, Clare, Mich. For sale by all dealers.

"The Shop" Where Good Printing is Done
The SENTINEL

The King of All Laxatives.

For constipation, headaches, indigestion and dyspepsia, use Dr. King's New Life Pills. Paul Mathulka, of Buffalo, N. Y., says they are the "King of all laxatives. They are a blessing to all my family and I always keep a box at home." Get a box and get well. Price 25c. Recommended by all dealers.

PROFESSIONAL CARDS

Graduate Nurse Attending
O. R. GULLION, M. D.
Practice limited to
EYE, EAR, NOSE and THROAT
OFFICE: 306 WHITE TEMPLE
EUGENE, ORE.

Phone 132-Y
KARL K. MILLS
Successor to
MARION VEATCH
Funeral Director :: Embalmer

J. S. MEDLEY
Attorney-at-Law
Special Attention Given to Mining and
Corporation Law.
Office, Woodward Building

Phone Office 47
Office: Lawson Block
Main St.
Office Hours: 10 to 5 p. m.
Consultation by appointment only.
DR. C. E. FROST
Osteopathic and Medical Physician
Chronic and Nervous Diseases a Specialty.
COTTAGE GROVE OREGON

DR. JAS. B. TAYLOR
EYE, EAR AND THROAT DISEASES
A Specialty—Glass Fitting
Office: White Temple, EUGENE

J. N. WATERHOUSE
Teacher of Piano and Organ
Certificated from the Associated Board,
Royal Academy and Royal College of
Music. Residence Second Street.

Office Phone Main 5 Residence, Main 121L
F. L. INGRAM, D. M. D.
Dentist
ALL WORK GUARANTEED.
Lawson Bldg. Cottage Grove, Ore

J. E. YOUNG
Attorney at Law
Office on Main Street
COTTAGE GROVE OREGON

J. C. JOHNSON
Attorney-at-Law
Practice in all Courts of State. Corporation,
mining and Probate law a specialty
Collection and Insurance.
COTTAGE GROVE OREGON

Practices in all Courts 25 Years' Experience
H. J. SHINN
ATTORNEY AT LAW
NOTARY PUBLIC
Phone No. 4 COTTAGE GROVE, ORE

Telephone 131
F. W. ROBBINS, M. D.
Physician and Surgeon
Office at Residence: 104 S. 5th Street



THE MITCHELL "MOOSE" PATHFINDER HEADED FOR GLACIER PARK

Showing the start of the trail blazing Mitchell "Moose" car, with Frank Zirbes at wheel, leaving Minneapolis. This car is the forerunner of the national A. A. A. tour which will terminate at Glacier Park. The beauties of tour, and of the park particularly, have attracted a large number of entries. The tour starts July 11 from Minneapolis.

TRIES BOOZE ON DOGS TO DETERMINE EFFECTS

"Dry" and "Wet" Pup of Same Family Entirely Different in Characteristics.

"Friskey," "Winey" and "Berry" are three dogs. What's in a name? Well, in the interest of science, Friskey was brought up on whiskey, Winey on Wine, and Berry on beer. Not that they ever drank to excess, oh, dear no. Just a tablespoon in a glass of milk before retiring and all that sort of thing. Now these moderate drinkers had three brothers and sisters that were very dry, teetotalers, in fact. Prof. C. F. Hodge, of the Clark University, now a member of the University of Oregon summer school faculty, raised them all as an experiment in the biology of alcohol, and he guarantees that the dry side of the family was and is entirely dry.

Month after month these dogs have been under scientific observation as part of a great series of experiments now going on in most of the big laboratories of the country, to determine on a basis of absolute fact the real effects of alcohol on the system. Scientists hope to be able to substitute tested and proved fact for much of the overdrawn and untruthful pictures that are used on both sides of the liquor controversy.

The sad history of Friskey, Winey and Berry is not conclusive. But if booze didn't do it, they all certainly had tough luck compared with their dry brothers and sisters. The "drinkers" never amounted to much as retrievers, they became a sleepy, lazy lot, which Professor Hodge has big charts of experiments to show; distemper came along and left them blind and helpless though the brothers and sisters were passed over lightly, and all three ended up as invalids while the other three were still leading the strenuous life.

Professor Hodge throws on the screen many pictures of these dogs, and maintains to the satisfaction of his audience that anyone can pick out the "alcoholics." They have a peculiar, drooped expression, apparently always having had to tip their heads back in order to see under their eyelids.—Daily Guard.

Making Lazy Husbands Work.
Among the uplift legislation of the year none promises larger results than a law enacted in Washington to put lazy husbands to work for the support of their wives. A report from Seattle says the prosecuting attorney has been bombarded with inquiries from anxious

wives as to when the law goes into effect. The sheriff and county commissioners believe it is likely to increase the number of county prisoners.

Club women are taking a keen interest in it and are trying to arrange matters so that the imprisoned husbands may derive from the law the triple benefit of outdoor work, physical health and moral improvement.

If the law succeeds in making husbands work there will be insistent demand for a like law to improve idle wives. She who neglects home and husband to go to matinees or play bridge or crowd bargain stores can then be sent to the country for a change without expense to the family income. Thus another problem of life will be solved by legislation. Seattle may yet be the radiant center of a social movement that will eclipse the fame of Los Angeles.—Register.

TWENTY POUND LIMIT FOR POST PACKAGES

Substantial Reductions Will Also Be Made in First and Second Zone Rates.

Twenty pounds will be the limit on parcel post packages after August 1, according to announcement made by Postmaster General Burleson. The limit is now eleven pounds.

Material reduction in the first and second zone rates will also be made. The parcel post map as a means of computing rates will be replaced by a rate chart individualized to every post office in the United States.

Under the new ruling the first zone will include the territory within the local delivery of any office and the first zone vote of postage will apply to all parcel post mail deposited in any office for local delivery or for delivery by city carrier or on rural routes emanating from that postoffice.

"The second zone will include the remainder of what is now the first zone, together with the present second zone and shall include the units of area located in whole or in part within a radius of approximately 150 miles from any given postoffice.

"The rate of postage on parcels weighing in excess of four ounces in the proposed first zone will be reduced from five cents for the first pound and one cent for each additional two pounds or fraction thereof, and the rate for the second zone will be reduced from five cents for the first pound and three cents for each additional pound or six cents for the first pound and four cents for each additional pound or fraction thereof to five cents for the first pound and one cent for each additional pound or fraction thereof.

"The maximum weight of parcel post packages will be increased from 11 pounds to 20 pounds, the increase of weight to apply only to the first and second zones. No change has been made in the size or form of package."

BURDENS LIFTED

From Cottage Grove Backs—Relief Proved by Lapse of Time.

Backache is a heavy burden; Nervousness, dizziness, headache. Rheumatic pain; urinary ills; All wear one out.

Often effects of kidney weakness. No use to cure the symptoms, Relief is but temporary if the cause remains.

If it's the kidneys, cure the cause. F. Doan's Kidney Pills are for kidney ills—Here's proof of their merit from Eugene.

L. Booney, 459 Olive St., Eugene, Ore., says: "The endorsement I gave some years ago, recommending Doan's Kidney Pills, still holds good. I know that they are a positive cure for kidney disorders. I am glad to re-endorse this remedy as time has proven that they cured me permanently."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other. 17-24

Only Unwise People Tolerate CATARRH

Here is a sure way to get rid of Catarrh; hawking, snuffing, and all misery caused by the Catarrh germs.

Get a Hyomei outfit today, follow the instructions and breathe five times a day deep into your lungs the germ killing air through the inhaler.

At night just before going to bed use the vapor treatment as directed. This treatment is prescribed by the best Catarrh specialists in America and Europe to destroy Catarrh germs.

Booth's Hyomei is Australian Eucalyptus and other splendid antiseptics. A complete outfit which includes inhaler is \$1.00; separate bottles, if the first does not entirely cure, can be obtained for 50 cents, and money back from the Modern Pharmacy if you are dissatisfied. Just breathe it—no stomach dosing.

Sherwin-Williams House Paints

FOR ALL PURPOSES

They are without a peer. We do not sell stoves or hay rakes, but we do sell Doors, Windows, Shingles, Building Paper, Beaver Board, Lime, Cement Etc. :: Ask for a "Home Decorator"

Cottage Grove Manfg. Co.

The value of a paper's advertising is gauged by the number of people it reaches. No other paper reaches more than a quarter as many Cottage Grove people as does The Sentinel.

Lurch's Annual July Clearance Sale on all Summer Goods

Women's Shirt Waists, \$1.50 value
Special
78c
\$1.00 values, at
48c

LURCH'S, Inc.

If you don't read The Sentinel you don't get more than half the news.

The Strength, Equipment and Disposition to Serve Its Patrons Makes this Bank Attractive

Capital - \$25,000
Surplus - \$25,000
Undivided Profits \$10,000

Safety First
Service Next
Courtesy Always



U. S. Postal Savings Depository

First National Bank

The value of a paper to a community can be accurately measured by what outsiders think of it. The Sentinel is willing to be thus measured.

FOR A SEASHORE OUTING GO TO NEWPORT :: YAQUINA BAY

No outing is complete unless you visit this old reliable seashore resort which offers to the summer visitor a charm of environment not found elsewhere. Delightful points of interest in the neighborhood, deep-sea fishing, surf bathing, boating, hot sea bathing in the new Natatorium. Cottages, room houses and tents at reasonable rates, ample hotel accommodations, abundance of sea-food, oysters, clams, crabs—milk and vegetables, absence of formality and a homelike welcome for all.

Double Daily Train Service

Leave Albany Daily 7:30 a.m. and 1:30 p.m. Ex. Sun.
Arrive Newport " 12:40 p.m. and 6:30 p.m. Ex. Sun.

LOW ROUND TRIP FARES
Season, Week-end and Sunday

Excursion Fares East

Tickets on sale daily until September 30th from all main and branch line points to Eastern destinations one way through California or via Portland. Return limit October 31st.



For illustrated booklet on Newport, or copy of "Vacation Days in Oregon," call on nearest Agent.

JOHN M. SCOTT
GENERAL PASSENGER AGENT
Portland, Ore.

Wedding Stationery of every kind—Sentinel.