

Chamberlain's Cough Remedy. This remedy has no superior for coughs and colds. It is pleasant to take. It contains no opium or other narcotic. It always cures. For sale by Benson's Pharmacy.

Southern Pacific Railway Time-Table COTTAGE GROVE STATION

Table with 2 columns: South Bound and North Bound. Lists train numbers and times for various destinations.

An Ideal Woman's Laxative. Who wants to take salts, or castor oil, when there is nothing better than Dr. King's New Life Pills for all bowel troubles. They act gently and naturally on the stomach and liver, stimulate and regulate your bowels, stimulate and regulate your bowels, stimulate and regulate your bowels...

TYPEWRITER TO RENT APPLY SENTINEL OFFICE

Do you begin to cough at night, just when you hope to sleep? Do you have a tickling throat that keeps you awake? Just take Foley's Honey and Tar Compound. It will check the cough and stop the tickling sensation at once. Does not upset the stomach, is best for children and grown persons. For sale by all dealers everywhere.

Blackmore & McFarland THE CITY TRANSFER ALL KINDS OF Hauling & Draying Done on Short Notice Piano Moving a Specialty WOOD AND COAL OFFICE AT EAGLE CIGAR STORE

Wonderful Cough Remedy. Dr. King's New Discovery is known everywhere as the remedy which will surely stop a cough or cold. D. P. Lawson of Eldon, Tenn., writes: "Dr. King's New Discovery is the most wonderful cough, cold and throat and lung medicine I ever sold in my store. It can't be beat. It sells without any trouble at all. It needs no guarantee." This is true, because Dr. King's New Discovery will relieve the most obstinate of coughs and colds. Lung troubles quickly helped by its use. You should keep a bottle in the house at all times for all the members of the family, 50c and \$1.00. All Druggists or by mail, H. E. Bucklein & Co., Philadelphia or St. Louis.

Tower's Fish Brand Reflex Slicker JUST THE COAT FOR DRIVING WHEN IT RAINS. Face any storm in it and you'll return "Dry as a bone". No water can reach you even through the openings between the buttons—that's where our famous Reflex Edges protect you by keeping out every drop. Roomy, comfortable, and so well made that it gives the longest service. \$3.00 SATISFACTION GUARANTEED. At your dealer's, or sent prepaid on receipt of price. Send for catalog of Fish Brand goods. A. J. TOWER CO. BOSTON Tower Canadian Limited Toronto

Oregon Pacific & Eastern Railway Company

TIME CARD No. 1 To take effect Jan. 1, 1914.

Table with 2 columns: EAST BOUND and WEST BOUND. Lists stations and times for various routes.

An extra train for passengers only leaves Cottage Grove Saturdays at 3:00 p. m., returning arrives at Cottage Grove at 6:15 p. m. Subject to change without notice. A. B. WOOD, Gen'l Manager.

A half dozen families have come to the Cottage Grove country during the past year because of receiving copies of The Sentinel. You owe it to yourself to be a patron of a newspaper that gets such results.

A Liberal Education. That man, I think, has had a liberal education who has been so trained in youth that his body is the ready servant of his will and does with ease and pleasure all the work that as a mechanism it is capable of; whose intellect is a clear, cold, logic engine, with all its parts of equal strength, and in smooth working order; ready, like a steam engine, to be turned to any kind of work and spin the gossamers as well as forge the anchors of the mind; whose mind is stored with a knowledge of the great and fundamental truths of nature and of the laws of her operations; one who, no stunted ascetic, is full of life and fire, but whose passions are trained to come to heel by a vigorous will, the servant of a tender conscience; who has learned to love all beauty, whether of nature or of art; to hate all villainy and to respect others as himself. Such a man and no other, I conceive, has had a liberal education.—Thomas Henry Huxley in "Lay Sermons."

Trees and Fools. Any fool can destroy trees. They cannot run away, and if they could they would still be destroyed—chased and hunted down as long as fun or a dollar could be got out of their bark holes, branching horns or magnificent bole backbones. Few that fell trees plant them. Nor would planting avail much toward getting back anything like the noble primeval forests. During a man's life only saplings can be grown in the place of the old trees, tens of centuries old, that have been destroyed. It took more than 3,000 years to make some of the trees in these western woods—trees that are still standing in perfect strength and beauty, waving and singing in the mighty forests of the Sierras. God has cared for these trees, saved them from drought, disease, avalanches and a thousand trainings, leveling tempests and floods, but he cannot save them from fools. Only Uncle Sam can do that.—John Muir.

Saw the Practical Side. Ideas of advancement in South America are aesthetic, while in the United States they run along practical lines. As an indication of the uses to which capital has been applied in South America and the difference in temperament of the people of that part of the western world as compared with the inhabitants of the United States a story is told of a meeting between a Brazilian promoter and an American prospector at one of the new cities which have recently sprung up on the banks of the Amazon. The native pointed with pride to a pretentious opera house overlooking the mighty river and asked the stranger if the site was not superb. "Well," said the man from one of our western states, "I think it would be a mighty fine place for a sawmill."

The Varying Cost of Education. A certain Yale graduate, for many years a member of the faculty and always a close observer of the homo undergraduate, once (in a moment of exasperation, we take it) let drop a significant remark. The burden of the remark was that a majority of the students attending Yale ought to be taxed some several thousands of dollars a year in return for the privilege of attending college, while the remaining small minority should be paid double that amount for contributing themselves to the undergraduate community. Without doubt this observation, like the famous reports of Mark Twain's death, was slightly exaggerated. But it was not without its very considerable modicum of truth.—Yale Alumni Weekly.

Always Busy. "And what do you do in the dull season?" we asked the fool killer. "What dull season?" exclaimed the fool killer. "Why, when the man who rocks the boat and the man who didn't know it was loaded quit operations. What do you do then?" "Oh, I get on the trail of the man who knows it all," replied the fool killer.—Cincinnati Enquirer.

His Modest Request. A man once asked Thackeray to lend him 5 shillings, which he would convert into £20,000. Asked how, he explained that he knew a young woman with £20,000 who he knew would marry him if he asked her, but he had pawned his teeth and wanted 5 shillings to redeem them in order to propose effectively.

Two Kinds. "That man who paid a fortune for a bogus rare book must be a very indignant bibliophile." "Well," replied Miss Cayenne, "there are bibliophiles, and then there are what Josh Billings would have called 'bibliophools.'"—Washington Star.

Deed of Daring. "Have you 'Deeds of Daring?'" inquired the lady in the book store. "Yes, madam," responded the bright clerk. "There is a little pamphlet entitled 'How to Call Down the Jailer.'"—Chicago News.

Anatomically Speaking. "Every one has some secret sorrow," said the philosophic friend. "Yes; even the fattest and jolliest of us has a skeleton in his midst."—Cleveland Plain Dealer.

Lost a Customer. Lady ordering boots for her husband—Do you keep men's boots? Shopman—No, madam, but we keep up to nines in women's.—London Opinion.

The Luckless Procrastinator. The procrastinator is always liable to be luckless. To postpone a duty that should be discharged at once is to invite trouble for all concerned. Many a man who is well disposed toward life insurance is still deferring the purchase of a policy which would be a boon to his family in the event of his death. The would-be insurer is in good health today, but tomorrow he may be stricken with a disease that may bar him from the ranks of the insurable. His reason for putting off securing a policy may be that it is inconvenient at present to pay the premium. But he should consider carefully the fact that life insurance will never be cheaper to him than it is today. His yearly premium on a policy taken out now will be appreciably less than would be the premium on a policy of the same amount taken out when he is a year older. Delay, therefore, will add somewhat to the yearly burden he would have to carry. The best thing for any uninsured man to do is to insure at once.—Leslie's Weekly.

Wall Papers and Light. "The good lighting of a room depends not only on the disposition of the lights so as to produce an adequate illumination and on the proper shielding of the lamps so as to avoid needless glare, but on the nature of the wall surface on which the light falls," said Professor Silvanus Thompson of London. "Even when the illumination that is received by the walls is ample the room may be badly lit if the walls absorb too much of that illumination instead of giving it back by diffuse reflection. Few people are aware how much light is thus wasted and thrown away.

The deep scarlet and crimson wall papers now fashionable for dining rooms waste from 70 to 75 per cent; brown paper wastes about 85 to 88 per cent; even an ordinary yellow or buff wall paper wastes 50 to 60 per cent. On the other hand, white cartridge paper absorbs and wastes only about 20 per cent of the light, while a whitewashed wall absorbs from 30 to 40 per cent."

Thumbs of the Apes. The gorilla and chimpanzee, which belong to the higher order of apes, have many points of resemblance to man, but there is one thing they cannot do—that is, twiddle their thumbs. In the gorilla the thumb is short and does not reach much beyond the bottom of the first joint of the forefinger. It is very much restricted in its movements, and the animal can neither twiddle his thumbs nor turn them round so that the tips describe a circle. There are the same number of bones in the hand of a gorilla as in the hand of a man, but the thumbs of the monkey have no separate flexor or bending muscle. This is why a monkey always keeps the thumb on the same side as the fingers and never bends it round any object that may be grasped. In the gorilla the web between the fingers extends to the second joint, the fingers taper to the tips, and there is a callus on the knuckles on which the animal rests when walking on all fours.

History in July. In at least four countries perhaps the most important event in their histories was recorded in July—namely, the establishment of their independence. In our own history we have the memorable Fourth of July, while the patriotic efforts of the liberator Simon Bolivar for the independence of Venezuela were consummated on July 5, Colombia ridding herself of the Spanish yoke on July 20. There is France, with her July 14, marking the date when the suffering French people stormed the famed and fearsome Bastille. The Spanish forces at Santiago, Cuba, capitulated on July 16.

Asking Him to Read the Future. "I shall call upon a fortune teller this morning," said Mr. Blubb. "Going to try to learn something about the future?" asked Mr. Wagles. "Yes, I am going to ask him when he expects to pay the arrears of rent for that cottage of mine he is occupying as a school of astrology and institute for psychical research."—Birmingham Age-Herald.

An Old Puzzle. An excellent, if an old, puzzle is: How can a window having a height equal to its width be made twice as large without increasing its height or width? Impossible! Oh, no! In the first instance it is shaped like a diamond; then it is changed to a square.

Keep on Fighting. All work of man is as the swimmer's. A waste ocean threatens to devour him. If he front it not bravely it will keep its word. By incessant wise defiance of it, lusty rebuke and buffet of it, behold how it loyally supports him—bears him as its conqueror along!—Thomas Carlyle.

Shellfishness. The oyster was bewailing its hard luck. "I don't mind being 'pickled' once in awhile," said the oyster, "or even being 'deviled' occasionally, but I'm tired to death of being called 'the luscious bivalve.'"—Chicago Tribune.

An Appetite Developer. "What is the best way to develop an appetite?" asked the old fogey. "Being without the price of a meal is the best way I know of," replied the wise youth. Cincinnati Enquirer.

Before you set your heart on anything maturely consider whether it will add to your ultimate happiness.

Sacred Deer. From time immemorial deer have been held in reverent regard by the Japanese. Herds are kept in compounds, and the highest respect is paid to the animals. In olden times the shogun gave the people such a strict order to protect the sacred animals that if any one happened to hurt or kill them he was put to death on the spot. It was a period of terror. Even at the present day the deer are so tame and abundant in the shrine grounds that they in fine weather stroll round to the streets by twos and threes and surround passersby, asking for food and even taking the persons' sleeves in their mouths affectionately. Once a year some of the deer are caught by means of a net with a handle by several tamers (in service of the Kasuga shrine office) and taken to an enclosure, where their splendid horns are cut off with a saw, while a crowd of spectators watch the work with breathless interest (admission 10 sen, equal to about 5 cents). This done, some of the sacred horns are, as a custom, awarded to the spectators by means of lottery.

Disillusion. The unmarried woman who shall be the subject of this anecdote was fixing herself up to go out in the evening. A certain man was going to call for her, and though the occasion was somewhat spoiled by the fact that they would have to take her little niece along she nevertheless took the usual care of her complexion, hair and eyes, for the man was trembling on the verge of a proposal. The trio—niece, auntie's beau and auntie's niece—walked along the street until they came to one of those all night photograph galleries. You know how awful a person looks standing in the ghastly glare of the mercury tube lights that they put in the windows of such places? Well, they paused in that awful green-yellow light. And the little niece said to auntie's beau: "Ooo-oo, look! Auntie looks just like she does when she first gets up in the morning!"—Cleveland Plain Dealer.

Sitting Cross Legged. Fully 80 per cent of the men and women who travel in the trains and street cars sit cross legged, and this habit is responsible for many ills, according to a prominent London physician. The prime objection against this habit, he says, is that the return flow of blood from the leg is stopped at the knee, the result being that the veins in the leg swell up. All the weight is thrown on one side of the body, and the under leg goes to sleep owing to the pressure put on the sciatic nerve. The body should be equally balanced. Then there is another danger. Too much crossing of the legs is sure to bring lopsidedness. Let the legs rest limply. In that way the muscles become eased, while the flow into and the return of blood from the legs is naturally done—and the body is equally balanced.

Rats as Food. Rats form a favorite dish in China. Split open, dried, pressed and powdered with a finely ground white bark, they look somewhat like haddock as they hang in long strings over butchers' stalls. Dr. Arthur Stradling once declared that "rats would be not only wholesome, but very nice, if properly prepared—not common sewer rats, but such as I ate, barn fed animals snared in a hop garden. The flesh, though perfectly white, was dry and tasteless. But then they were only skinned, cleaned and submitted to the fire without any of the et ceteras which make other meats savory. Admiral Beauffort and other arctic explorers speak highly of rats as a wholesome addition to their supply of food in those dreary latitudes."—Chicago News.

Easy Economy. Speaking of economy in the home, a prominent charity worker said: "There was a lot of truth in the remark of the poor, harassed east side housewife whose husband complained: 'I wish you would be more economical, Mary. Look at the boss' wife, how economical she is!' "Yes," Mary replied, "it's easy enough for the boss' wife to be economical. She's got plenty to be economical with."—Exchange.

One in the Family Was Enough. Brown insisted on returning the twenty dollar parrot he had bought a few days before. "Why, what is the matter with it?" the dealer asked. "W-w-why," replied Brown, "the d-d-darned c-c-critter s-s-s-stutters!"—Everybody's.

Different Methods. One orator in New York says that his understanding about it is that if you "call a man a liar in the south he will shoot at you, in the west knock you down, but in the east he'll bet you a quarter you can't prove it."—Augusta Chronicle.

Clever Chap. Mamma—Willie, didn't I tell you not to eat any more candy tonight? Small Willie—I'm not eating it, mamma; I'm just sucking the juice out of it.—Chicago News.

The Impossible. "Is he as important as he thinks he is?" "My goodness, no! No man is as important as that."—Detroit Free Press.

Sleep, riches and health to be truly enjoyed must be interrupted.—Richard.

What Hisses Sound Like to an Actor. In the American Magazine David Warfield, giving his stage experiences, tells how terrible it is from the actor's point of view to be hissed: "I next appeared at the Wigwam, telling stories and giving imitations. I came a terrible cropper, something fearful! I was second in the bill, which is the worst place but one. I shall never forget the anxiety I felt on that occasion as I stood in the wings waiting for my turn to go on. At last I appeared before the footlights. The audience was drifting in, shuffling in in a desultory way. I could not get its attention. It was awful, awful. The few friends I had there applauded me, but the others hissed. It sounded as if 10,000 steam pipes had burst. A hiss to a sensitive man—and all actors are sensitive since all are vain—is like the strike of a rattlesnake. It is so venomous, so cruel, so unnecessary! It is as if you had done the people out in front an injury with malice prepense instead of having sincerely tried to please them. You don't even dare to face your own mother; you're so dreadfully guilty."

Got on Dangerous Ground. Telling of his experience in Jolo, in the Philippines, a writer in the New York Times says: "When I was first picked up some of their language there ran toward me one day a handsome dressed little boy, his mother following at a distance. I picked the boy up and asked his mother how much he was worth. I thought it an utterly harmless way of attempting a civility. But the scream the mother let out, followed by a quick rushing of men with knives from all the huts roundabout, soon convinced me I had offended seriously. A priest of their faith, who had been giving me language lessons, was luckily among the first to arrive. I explained to him I had meant nothing wrong. He in turn explained to me that bartering in children was very much of a reality among them and, more than that, that it was not the custom for any man ever to address a remark to their women at all. I had doubly offended, as the child was a datto's son, and only the children of the low and enslaved were for sale."

Wedded Eyebrows. In Turkey meeting eyebrows are greatly admired, and the women use artificial means to bring the brows to this condition, and if art cannot induce thin eyebrows to grow they make up by drawing a black line with paste.

It would appear that the Greeks admired brows which almost met, and the fashionable inhabitants of Rome not only approved of them, but resorted to pigments to make up the lack which sometimes existed. Some proverbs state that the person whose eyebrows meet will always have good luck, while others state exactly the reverse. The Chinese say that "people whose eyebrows meet can never hope to attain to the dignity of a minister of state," and in Greece of today the man whose brows meet is said to be a vampire, while in Denmark and Germany it is said he is a werewolf.—London Spectator.

Don't Scratch a Mole. Dr. Jean Dartier, speaking before the French Association for the Study of Cancer, referred to the tragic possibilities of the innocent looking mole. "Scratch a mole," he said, "and you may catch a cancer."

Some moles were harmless and some were potentially poisonous, he continued. The only wise course was to leave well enough alone and resist the temptation to scratch the mole. Warts and wens should be borne patiently lest worse befall their possessors. Dr. Dartier told of a man who by cauterizing a harmless wart on his hand transformed it into a cancer.

Met Its Match. A cyclone visited the negro quarters in an Alabama mining camp several years ago. It tumbled down the cabins and not one joist or sill was left standing. Uncle Joe was the only one who came through the visitation unscathed. "Yas, sub," he said, "I hea'd dat win' comin' through de bresh, an' I seen it, an' I felt it, an' I knew it was er slykone—an' I's de onliest pussion in dat settlement whut could say, 'Heah she comes,' an' 'Dar she goes!'"—New York Post.

National Conversations. If you see three men standing together on the sidewalk in any given country, you can guess the subject of their conversation. In Germany it is the army; in Russia, the bureaucracy; in France, women; in the United States, business; in England, sport, and in Turkey nothing at all.—Brussels Journal.

His Manifold Aspect. Small Boy—Mamma, is it really true that the devil has horns and a club foot? The Mother—Ah, my dear, sometimes the devil appears in the shape of a very handsome and charming young man! Small Boy (pityingly)—Oh, mamma, you're thinking of Cupid!—London Punch.

Only One Mood. Inquisitive Friend—Don't you find that your wife is very subject to moods? Enpect—No; she has only one mood, the imperative, and I'm the one that's subject to that!—Judge.

Heart and Hard. The surname Heart is really a corruption of Hard, which was a name given to show that the owner was a man of firm character and resolute bearing.

Life is measured by experience and not by years.—Latin Proverb.

Best Cough Medicine for Children. "I am very glad to say a few words in praise of Chamberlain's Cough Remedy," writes Mrs. Lida Dewey, Milwaukee, Wis. "I have used it for years both for my children and myself and it never fails to relieve and cure a cough or cold. No family with children should be without it as it gives almost immediate relief in cases of croup." Chamberlain's Cough Remedy is pleasant and safe to take, which is of great importance when a medicine must be given to young children. For sale by Benson's Pharmacy.

Cottage Grove Transfer Co. L. L. HARRELL, Prop. DRAYING and MOVING Use Our Auto Dray for Quick Service. Every facility for handling all classes of goods. Feed barn and fire-proof vault in connection. All kinds of Hauling and Piano Moving. PHONE 72

A Difference in Working Hours. A man's working day is 8 hours. His body organs must work perfectly 24 hours to keep him fit for 8 hours work. Weak, sore, inactive kidneys can not do it. They must be sound and healthily active all the time. Foley Kidney Pills will make them so. You cannot take them into your system without good results following. For sale by all dealers everywhere.

Take One Pain Pill, then Take It Easy. Dr. Miles' Anti-Pain Pills will help you, as they have helped others. Good for all kinds of pain. Used to relieve Neuralgia, Headache, Nervousness, Rheumatism, Sciatica, Kidney Pains, Lumbago, Locomotor Ataxia, Backache, Stomachache, Cursickness, Irritability and for pain in any part of the body. "I have always been subject to neuralgia and have suffered from it for years. While visiting my son and suffering from one of the old attacks, he brought me a box of Dr. Miles' Anti-Pain Pills. I used them it was the first time in years the neuralgia ceased from the use of medicine." MRS. E. C. HOWARD, 492 Greene St., Dowagiac, Mich. At all druggists. 23 doses 25c. MILES MEDICAL CO., Elkhart, Ind.

Chronic Constipation Cured. "Five years ago I had the worst case of chronic constipation I ever knew of, and Chamberlain's Tablets cured me." writes S. F. Fish, Brooklyn, Mich. For sale by Benson's Pharmacy.

J. B. PHELPS Estimates Given Builder and Designer Plans Furnished TELEPHONE 150-L

Colds to Be Taken Seriously. Intelligent people realize that common colds should be treated promptly. If there is sneezing and chilliness with hoarseness, tickling throat and coughing, begin promptly the use of Foley's Honey and Tar Compound. It is effective, pleasant to take, checks a cold, and stops the cough which causes loss of sleep and lowers the vital resistance. For sale by all dealers.

How's This? We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm. NATIONAL BANK OF COMMERCE, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation. What do you want, anyway? A Sentinel want ad. will get it for you.