

OWN YOUR HOME

and You Will Be Healthy

Owning a home of your own makes you feel as if you amounted to something. Consequently you walk with your shoulders thrown back. Physicians tell us that walking with your shoulders back and breathing your lungs full of fresh air, wards off consumption and other diseases. That manner of walking improves the general vitality of the body. Therefore, you owe it to yourself and those dependant upon you to own a home and thereby keep your health in good repair. The most natural thing to do after making up your mind to own a home is to visit Milapoo Park and see the number of new homes other people with the physical culture bug are putting up. Now is the psychological moment to join the colony. Lumber for building purposes may never be so cheap again. Delay means added expense. See me today.

W. B. COOPER

THEY'RE SO GOOD

EVERY MORNING I EAT WHEAT HEARTS
CUZ I'M TOLD IT MAKES YOU GROW;
FOR IT'S TUFF TO BE A SHORT GUY
CUZ THE GIRLS ALL TEASE ME SO.

Ask your dealer about the new
PRESENTS
for boys and girls that go with
"Olympic" Wheat Hearts
and
"Olympic" Pancake Flour
Just the dandiest, catch-
iest, most interesting
"new" novelties imagin-
able, especially imported
from Germany.

**Portland Flouring
Mills Co.**
Portland,
Oregon

WOMEN'S
Footwear That
Beautifies

It is essential to wear a shoe that is
pretty shaped to obtain attractive
effects so much desired by well dressed
women.

As great care is necessary in selec-
tion of footwear as in that of gown or hat.
A shabby shoe ruins the entire effect of an otherwise fault-
less attire.

Utz & Dunn Co. Shoes

have grace of line and elegance of finish that make them
beautifiers of women's feet. Carefully constructed over lasts
of newest design, these shoes look well, wear well and retain
their shape and perfect fit under continual strain.

They will save you shoe money—try them.

The GOLDEN RULE STORE
POWELL AND CO.

Neighborhood News

BLUE MOUNTAIN.
(Special to The Sentinel)
Feb. 24.—Helen Ward is ill with pneumonia.
Rufus Rawlings was in Cottage Grove Saturday.
Mr. and Mrs. M. C. Robbins were in Cottage Grove Wednesday.
Harry Castle went to Dorena Saturday.
Dr. F. W. Robbins had the misfortune to have his team leave the road on the cemetery hill, overturning his buggy getting himself into the ditch. Harry Castle helped get him out and no serious damage was done.
A. S. McDonald visited at the Finley Whippies home Sunday.
Rev. Barnhart was a Sunday guest at the F. B. McQuire home.
Mr. and Mrs. H. H. Kibby visited at M. C. Robbins' Sunday.
Mrs. C. Rozine and daughter Gladys were Grove visitors Saturday.
George Durest was on the sick list last week.
Mr. and Mrs. Geo. Downs were in the Grove the latter part of last week.
A number of young people from here attended the box social at the Shields school house Saturday evening.

WALDEN.
(Special to The Sentinel)
Feb. 24.—Misses Bessie and Gwin Mooney spent Saturday and Sunday with their aunt, Mrs. Geo. Layng.
L. A. Chamberlain and son Homer went to Lynx Hollow Sunday on business.
A. Pitcher and son Jesse left last week for southern Oregon.
Mr. and Mrs. J. B. Linebaugh and son Glen were in the Grove Saturday.
L. A. Chamberlain, J. Schillie, and B. Snauer hauled gravel to the school house Saturday.
Miss Annie Jones returned to Eugene last week after visiting her parents, Mr. and Mrs. Ed. Jones.
Mr. Hartzell and two sons Harold and Lyle were in town Friday.
Mr. and Mrs. Stanley Hickey and children visited at Mr. Hickey's parents last Sunday.
Dorothy and Clifford Lebow were in town Saturday.

Saginaw and Delight Valley.
(Special to The Sentinel)
Feb. 24.—Mrs. James Conley went to Eugene a few days the first of last week.
The G. T. X. Society entertained Wednesday evening at the E. J. Sears home.

Games were played, a sewing contest for the men being one of the amusing events for which prizes were given. A supper was served at a late hour by the ladies of the club.
Mr. and Mrs. Nichols of Wildwood visited their son and family of Delight Valley this week.
Mrs. Gibson of Cottage Grove visited at the S. S. Whitecomb home last week.
Mr. and Mrs. Wiscarson and children of Santa Clara, spent a few days visiting at the J. F. Neat home.
The school held their Washington birthday program Friday afternoon. Owing to the stormy weather not many of the parents were able to attend.
Mrs. John Bates is much better at this writing.

The Snickle family met at the J. L. Queen home Friday evening. A goodly number of the family was present for an enjoyable evening.
Mr. and Mrs. Ben Jackson and daughter spent Sunday at the R. B. Hanna home.
J. A. Burgess is quite ill at his home. W. A. Witcher, John Bates and Geo. Andrews were in Cottage Grove Saturday.

MOUNT VIEW.
(Special to The Sentinel)
Feb. 24.—Dave Rissue, Fred Crowell and W. D. Heath went to Row River on business Tuesday of last week.
George Currin was a Cottage Grove visitor Wednesday.
Mrs. S. B. Morris and Mrs. Dave Rissue visited Ida Veatch one day last week.
Bill Rissue spent Wednesday night at his home at Blue Mountain, returning Thursday.
Misses Bessie and Gwen Mooney visited at the home of their aunt, Mrs. Geo. Layng last week.
Supervisor Stahlman visited the school last week.
Mr. and Mrs. James Land and family spent Sunday at the John Sears home.
Add Heath spent Saturday night at the home of his brother, Fred Frost, at Blue Mountain, returning Sunday evening.

Mrs. George Layng was in Cottage Grove Wednesday.
Stewart Homer is employed at the Hoe Lumber Co. mill.
Charles Craighead has been digging a cellar for George Layng.
Among the Cottage Grove visitors from this neighborhood Saturday were Mr. and Mrs. J. R. Cooley, Mr. and Mrs. C. W. Sears, Misses Edna and Bertha and Brison Sears, Mr. and Mrs. Hamilton Veatch and son Dale, Beryl Prophet, Mr. Hands.
Mr. and Mrs. S. B. Morris spent the week end at the home of their son, J. C. Morris in Cottage Grove.
The grangers of this neighborhood attended the meeting of the Pomona Grange in Cottage Grove Saturday.
Mr. and Mrs. Fred Crowell visited relatives in Cottage Grove last week.
Mr. and Mrs. Victor Chapman were the guests of Mrs. Chapman's mother, Mrs. John Sears, from Saturday until Sunday, when they returned to their home in Wendling.

DORONA.
(Special to The Sentinel)
Feb. 24.—Will Ward shipped a car of hay to Cottage Grove last Monday.
Mr. and Mrs. W. A. Ward were in Cottage Grove Monday on business.
Miss Opal Whitely went to Cottage Grove Monday, returning home Tuesday morning.
Mrs. Dick Scott of Cottage Grove visited at the home of her daughter, Mrs. Ed. Whitely and also her son, Glen Scott, last week.
Albert J. Bolster gave a temperance lecture at the church Thursday evening which was very interesting.
A large crowd attended the party at the Van Valin home Friday evening.
James England and Ed. Bennett have taken a contract to fence Mr. Crites' place on Paradise Hill.
Mrs. Frank Bales and daughter Alice entertained a number of little girls Saturday afternoon.

Among Cottage Grove visitors from here Saturday were Mr. and Mrs. Horace Bennett, Mrs. Will Shearer, Mrs. Charles Jennings, Miss Rebecca Bales and Clay England.
Miss Sarah Green of Cottage Grove visited Miss Naomi Wilson Sunday.
Rev. Large of Eugene preached at the church Sunday evening.

SILK CREEK.
(Special to The Sentinel)
Feb. 24.—Henry Damewood's horse was quite badly injured Sunday afternoon by getting tangled in a wire fence.
Mrs. J. P. Wheeler of Roseburg arrived here Friday for a visit with friends.
Messames L. B. Slagle and Tom Cox attended the closing of Miss Frances Cox's school in the Row River country.
Hiram Wheeler is spending a few days on the Creek.
J. F. Gildersleeve and family, Mrs. L. B. Slagle and sons, Mrs. M. F. Babcock, G. H. Gildersleeve and family, Hiram Wheeler and Misses Ruby and Faye Demorest were guests at the home of W. W. Gildersleeve Sunday evening.
The lecture given Wednesday night by Mr. Bolster was well attended and much enjoyed by the audience.
Mrs. R. W. Airey left Monday for Walla Walla, Wash., to attend the

Union Conference of Seventh-Day Adventists.
Mrs. W. W. Wheeler, who has been in Eugene for some time is at home for a short visit.
G. H. and J. F. Gildersleeve were in town Friday.
Sam Damewood took dinner with M. F. Babcock's family Sunday.
Edward Babcock, Mr. and Mrs. W. W. Gildersleeve and Miss Hazel Strong were callers on Albert Wheeler Sunday.
Rowland Wilson spent the week end with Claud Demorest in Cottage Grove.
Paul Oliver was a guest of Walter Babcock Sunday.

Diston and Rujada.
(Special to The Sentinel)
Feb. 24.—T. C. Jones was in Diston this week on business.
A tarry pull was held at the R. Cole home Saturday evening.
A few of the young people attended the dance at Wildwood Saturday evening.
Little Jake Hatfield was quite seriously hurt while playing on the hand car Sunday afternoon. He was thrown off and his body on the rails derailed the car which toppled over on him. No bones were broken. He was taken to Cottage Grove by his mother for medical attention Monday.
Nora Hatfield went to Cottage Grove Monday.
John Woodhurst went to Cottage Grove Monday.

DIVIDE.
(Special to The Sentinel)
Feb. 24.—Fritz Soderstrom is visiting friends at Isadora this week.
Miss Avis Goodman, who has been visiting her sister, Mrs. C. E. Russell since the holidays, returned Monday to her home in Pendleton.
Misses Mildred and Mae Dugan were visitors in the Grove the first of the week.
Albert Mackey went to the Grove one day last week.
Mr. and Mrs. Pete Tonoli were shoppers in Cottage Grove Friday.
Carl E. Burket went to Roseburg Sunday, returning home Wednesday.
Greil Soderstrom arrived this week from Whitefish, Montana, where he has been for the past six months.
P. F. Adams of Latham was in this vicinity one day last week.
Miss Floy Lee left for her home near Oakland Saturday morning. She had spent the past three weeks at the Carl Burket home.
Mrs. Z. T. Foster and Mrs. F. M. Chapman were Grove visitors one day last week.

A program in commemoration of Washington's birthday, was held at the Mt. View school Friday afternoon.
Mr. and Mrs. Carl Burket and baby went to Comstock Friday for a visit with Mr. Burket's sister, Mrs. H. H. Russell.
Mrs. H. H. Harris of the Grove visited her daughter, Mrs. F. T. Schriener, a few days last week.
Mr. and Mrs. Elmer Doolittle were visitors in the Grove one day last week.

LOLANE.
(Special to The Sentinel)
Feb. 24.—Chas. Peepool arrived the first of last week from Milwaukee, Wis., and expects to spend some time in Lorane.
F. E. Bryant is preparing to build another large chicken house.
Wm. Buntrock has been on the sick list the past week but is better at present.
Mr. Nightengale returned from Cottage Grove the last of the week.
L. J. Henderson, our local blacksmith, was a Cottage Grove visitor the last of the week.
Dorothy Darling was out of school three days of last week with a severe cold.
Rev. F. W. Snyder was in Cottage Grove last week Thursday.
Jesse Darling made a business trip to Portland last week, returning Saturday.

The Almira basketball team was here Saturday evening, playing against the Lorane high school team. It was a very close game, the Almira team finally winning.
The youngest daughters of Scott Jackson have been very ill the past two weeks. At this writing there is a slight change for the better.
One of the horses on the Cottage Grove-Lorane mail stage, dropped dead on the return trip one day last week.
Virginia Reid was out of school last Friday with a bad cold.
The Milwaukee Orchard Co. is clearing up some more land, preparatory to setting out more apple and pear trees.
Mrs. W. W. Jackson spent part of last week at Scott Jackson's helping care for his sick daughters.

Walker and Lynx Hollow.
(Special to The Sentinel)
Feb. 24.—Henry Fisher of Medford was up for a few days last week.
T. R. Orr and family spent Wednesday of last week in Eugene.
Rev. Fraser and Mr. Hillis of Creswell were out this way last Thursday.
A number of the Lynx Hollow young folks attended a party at the Gray home in Saginaw.
Kelsey Fisher has returned to Monroe, Wash.
Mr. and Mrs. A. J. Smith, Miss Mackey, Ed. Nordstrom and Jim Plank at-

tended the I. O. O. F. meeting in the Grove Saturday evening.
Mrs. L. M. Harding left for Gardner Saturday evening upon notice of her mother being ill.
Miss Jane Gilchrist spent the week end at her home near Cottage Grove.
John Wright was in Eugene last week.
Perry Moody is a frequent visitor at Lynx Hollow.

COTTAGE GROVE HAS BIG NOISY DELEGATION

(Continued from first page)

C. Wheeler, J. F. Spray, C. M. Shinn, David Griggs, Gottfried Graber, J. S. Medley, Mr. and Mrs. Elbert Bede, J. W. Grant, Mrs. C. W. Bryan, Mrs. O. L. Nichols, Mrs. C. H. Burkholder, Frank Woodruff, Clarence Schilbred, Ed. Newcomb, Corney Coffman, W. C. Conner, Lew A. Cates (who represented Coos County), Mr. and C. W. Caldwell, O. E. Woodson, C. A. Bartlett, J. E. Overholser, Albert Helliwell, C. J. Kem, Martin Anderson, A. J. Armstrong, G. E. Stewart, A. J. Stewart, K. K. Mills, Mr. and Mrs. John Bader, Mrs. A. C. Kintor, Ben Lurch, Harvey Armstrong, J. S. Sibly, Fingal Hinds.

ONE WHO HAS DONE IT TELLS HOW TO START ON CO-OPERATIVE PLAN

CHRIS MYHRE OF JUNCTION CITY WRITES LETTER AND ENDORS ESSENTIAL EDITORIAL.

Junction City, Ore., Feb. 15.—Mr. W. J. Messenger, Cottage Grove, Ore.—Dear Sir: Your kind favor with clipping enclosed to hand, and in reply will say that every word in both your article and editorial is the truth, and we ought to have more of it. I am enclosing a clipping from our local paper here, printed last November just after creamery meeting, and it is correct because I wrote it myself. Our creamery has done very well.

During the month of December last we made 12,400 pounds of butter, an increase over the same month a year ago of 150 per cent, and we paid the farmers 35c net for their butter fat for that month.

I helped to organize the Philomath Co-operative Creamery last spring, and they are doing well. We are organizing a co-operative creamery at Eugene. They already have about \$3,000 subscribed. Next Saturday I am going to Hood River to organize a co-operative creamery there, and from there to Sheridan, Ore., to do likewise. So you see there seems to be a co-operative spirit abroad in the state. In order to assure the success of your creamery, you must have at least 400 cows to supply it with cream, and when you get ready to organize and build, do not turn it over to a creamery promoter, but build your own creamery. Many co-operative creameries have failed because the promoter got his graft-in, and left them with a lot of machinery they had no use for, and a heavy debt that they could not pay.

If you could work up an interest among your farmers so as to get them to come together for a meeting some time in the future, I would try to come up and give them a talk on the co-operative creamery and its relation to the dairy farmer. There would be no charge on my part except my actual expense in going and coming. Of course I could not promise to come at any time for I have very many engagements, but we could arrange for the date some time in advance.

Wishing you all success and assuring you that I shall be glad to help you in any way that I can, I am, Yours very truly,
CHRIS MYHRE

LOCAL DRUGGIST MAKES MANY FRIENDS.

The New Era Drug Store reports they are making many friends through the QUICK benefit which Cottage Grove people receive from the simple mixture of buckthorn bark, glycerine, etc., known as Adler-ika. This remedy became famous by curing appendicitis and it is the most thorough bowel cleanser known, acting on BOTH the lower and upper bowel. JUST ONE DOSE of Adler-ika relieves constipation and gas on the stomach almost IMMEDIATELY.

Butter Wraps

100	75c
200	\$1.00
300	\$1.25
400	\$1.50
500	\$1.75
1000	\$3.00

Cottage Grove Sentinel
COTTAGE GROVE, OREGON

WILL STAR 90 POUND FROM

Southern Pacific Heaven

THIS WILL BE WORK TO TAKE COST WILL PER MI

At Cottage Grove pound steel rails will construction will be place the 75-pound ern Pacific lines in pound rail. This is which will probably complete, and which number of rail-laying ject to re-lay this st main line between fornia, will cost ap 000. The distance i cost per mile repr of which \$350 repr labor. The steel i The 90-pound rail h the standard steel o the Southern Pacific the construction of standard that appr heavy Eastern lines was only a few yeu the present 75-p laid through Oregos pound steel. At built with 75-pou to Cottage Grove, steel from Cottage (the mountains. No up again and give steel.—Pacific Coast

Attend Funer
Mr. and Mrs. Fre L. M. Harding of W urday from Gardin where they were cal by the death of M mother of the woua ter, Miss Grace Bla her sisters to spend party reports havin from Drain to Scott have ever seen.

Glee Clu
The girls' glee c sity of Oregon will under the auspices There are thirty vo the musical harmoni cieved a warm rec club has appeared. of this city is one the company.

A live wire nev tage Grove Sentin

COUNTY G FOR GRA FOR

EXPOTED THA BUILDING MA INTO SERVI HIBI

Master McFarlan been informed tha has set aside \$250 b for a grange fair h rangements will be the grange for the i and it is believed t exhibits thus early will be held that vious ones. The ol been torn down and probable that the ol ing can be secured of grains, grasses, f and, possibly some perty for the livest

James Sear in Good at 73

The story in the Sentinel regarding by Mrs. Nowell of James Sear that l of furniture. This with a hickory harl made in 1841 and the plains in 1852 father of James Sea used it in raising ei have used it since it manent possession o The chair is now 73