

Prices Going Down

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Good quality Tomatoes, can	12½c
Royal Club Pineapple, large can	40c
Fancy Pink Salmon, can	15c
Royal Club Coffee, 1½ lbs	48c
Peaches and Apricots, can	25c
Onion Sets, lb	7½ & 10c
Fancy Oranges, doz	40c

A Good Broom 60c - just a few left

Grass Seed
Garden Seeds
Seed Grain

Our Prices Are Right

Fraedrick's Grocery
Opposite Postoffice

SCHOOL NOTES

Mrs. E. A. Young was a school visitor Thursday.

Adelle Wignat has withdrawn from school because of illness.

The past week has been taken up with preparations for Washington's Birthday.

Mrs. Chase has entirely recovered from her recent illness and returned to school on Friday.

Those perfect in Spelling:
Third B—Tallant Greenough, Henry Standish, Primo Scatritti, London Jenkins, Mary Van Doozer.

Third A—Laura Pollary, Elma Russell, Corinne Wheat, Helen Boland, Dorothy Bunch, Emery Filcroft.
Fourth B—Lelah Oden, Delores Lamacan, Aune Pollary, Neil McGilvary.

Fourth A—Blanche Gregory, Jessie Johnson, Marguerite Agostino.

Milk has been put in the school by the Red Cross organization and is served each school day at 10:30 to the under weight children. The weighing and measuring of the children was done by Miss Campbell, school nurse, Mrs. Folsom and Mrs. Owen. Twenty-four children were found to be more or less under weight. The members of the Red Cross organization have been very enthusiastic about this movement and have been anticipating doing this for a long time but could not arrange it before on account of the county nurse not being able to be here to help until recently. It is an excellent thing and great credit is due to the Red Cross for their efforts in this line.

Protective Foods

What are they? For a long time it was considered sufficient if the diet consisted of muscle building, energy giving, fat building foods and minerals, but the newer knowledge of nutrition adds another but very interesting factor to human nutrition.

The need for knowledge of nutrition was never greater than now, when the American people are living so extensively on highly refined foods and package goods. Malnutrition is a comparatively common thing. It has been estimated that 15 to 25% of our school children are undernourished. In New York the condition is rapidly on the increase, from 5% in 1914 to 21% in 1917. Ten per cent below the normal weight is classed as a malnourished state.

A state of mal-nutrition was experimentally produced in rats in the following manner:

Three different rats were fed on different diets. The first and second received purified foods, including protein, starch, fats, and pure salts. In fact, the very elements which in the past had been considered a complete diet, were given. The third received milk in addition. The first and second little animals gradually developed symptoms of mal-nutrition. One was given milk before it was too late and it recovered, the other was allowed to continue with the original diet and soon died. The third developed normally.

Similar experiments were performed often enough to prove conclusively that there is some substance in milk, butter-fat, egg yolk, and green vegetables which is very necessary for the living animal. In fact it was concluded that there were two such substances, and for want of another name one was called fat soluble A and the other matter soluble B. The two together have been called protective foods, for they are necessary with the pure food elements protein, fat, carbohydrates, and salts to protect the body from diseases.

The diseases produced without these protective foods are: scurvy, beri-beri, pellagra, and others common in past history in some southern countries and often on board sailing vessels, where the diet was limited to sea biscuits, salted meats, and other foods easily stored.

Mild forms of these diseases are commonly classed under mal-nutrition.

Whole milk contains both of the so-called protective foods.

Church of God Services

It is with pleasure that we announce to the public on this occasion that next Sunday, Feb. 20th, Elder Axup, of Bandon, will preach for us at the Church of God chapel (the M. E. North Church), at 11 o'clock A. M. and also at 7:30 P. M. Brother Axup has been in the ministry for over 20 years. Everybody cordially invited to come and hear the good things the Lord so freely ministers unto us. L. Myrbreg, Secretary.

New Mill Starts Cutting

Steinhoff & Jackson, who have built a sawmill of 15,000 feet capacity at the upper bridge have started cutting fir lumber. They are employing a crew of ten men and expect to have quite a cut on hand when the roads get in condition for moving it. They also expect a considerable local demand for their cut in the Bridge neighborhood.— Myrtle Point American.

Send the Sentinel to eastern friends.

East Fork Notes

It is reported that a petition went into the County Court from Brewster Valley asking the court to call a road meeting in Road District No. 14 to give some folks a chance to vote on spending the windfall of said district to build a kindling wood or split lid road. That is a great note. We have had that kind of throwing money away for a number of years and when a broken or rotten plank is taken up we are just where we were when we commenced—in the mud. Don't those kindling wood road folks know that this East Fork road is a market road, and do they think the county court or the state road commission would be so foolish as to stand for fooling money away on a split lid road? We have a start on a rock road; I would suppose those split lid road fellows would go back to the muzzle loading rifle or the packing of flint to strike fire.

A week ago William Miller got kicked when cranking Robert Ray's car and the result is his right wrist is taking a rest.

The loggers on the East Fork got their logs to the mill booms at Coquille last week and got home Sunday.

Sunday afternoon and Monday were winter days with snow and squalls, the ground was quite white; it was the wet, sticking kind and the limbs of the trees cracked and snapped.

One of Ernest Krewsen's horses jumped on his purebred Jersey Red hog and the result was a broken back for the boar that had to be killed.

William Miller says there was a big crowd at the dance at McKinley Saturday night.

Charlie Culbertson made a wood saw machine. He uses the engine of his motor cycle for power, worked in other parts where he could, bought some pieces, made patterns for other parts and the casting was done by the Coos Bay foundry. The saw he hooked on to it, is the regular cross cut. His machine works, it cuts wood.

Good morning, Mr. Normalcy, did you read that they have the proof that Germany gave the bolsheviks of Russia 50,000,000 gold marks. Perhaps it is claimed the army staff did it. The army staff was German and Germany was the army staff. So it was Germany that did it, and yet you said last fall that you were for making a separate peace with Germany. If you please, Mr. Normalcy, what is the difference between the right and left horn of a pair of ram's horns?

Have you read, Mr. Normalcy, that President Wilson has been offered \$150,000 by a syndicate to write an article on any subject he chose and that he turned it down for the reason no man could write an article worth \$150,000.

I read that it leaked out that Mr. Normalcy is paying the wages of the old pastor of his church, who is sick, and the church only has to pay the wages of the man who is doing the work, I am glad that "leaked out" for there was a lot of stuff spilled out that didn't smell good. R. A. Easton

Work on Marshfield Road

About a mile of the Coquille-Marshfield road still remains to be paved near the Marshfield end, according to Engineer Chandler, who told the Coos Bay Times that his crew finished pouring cement Wednesday on the section between Hayden and Davis Slough.

The item continues: This leaves but two sections to be completed, one from Millington to Davis Slough, and the other at the Coquille end. The stretch at the Coquille end is not so important as there is a fair plank roadway that can be used.

The crew will now be moved to Millington and start work at that end. There is a gap of about 5,000 feet and under normal conditions it will be completed within thirty days.

The Scandia Co. will no presume operations on the Coquille end until the weather is settled so that has to be laid on very soft ground.

MR. FARMER

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Our new Garden and Field Seed Catalog is ready and we would like to place a copy in your hands.

We know that our catalog will sell the seeds, once you receive a copy—and we are going to make it worth your while to ask for one.

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Our business is growing, because of satisfied customers. We know how to Clean, Press and Repair all kinds of Ladies' and Gents' Clothing. Let us show you. See our new Spring Samples of Men's made-to-measure Suits. They are dandy and reasonable in price. We will clean one of your suits free. Ask us.

City Cleaners & Tailors

Phone 1033 Shores Bldg. Front St.

Tuesday a defective water tank which was being tested at the government radio station at the mouth of Coos Bay exploded, blowing the shingles off the roof of the station building and drenching three men who were in the building.

Do you want a Portland daily. If you subscribe for it in connection with the Sentinel it will be money in your pocket.

Butter Wrappers and Trosman Notices for sale at this office.



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Moloso Meal, per sack	\$2.50	Seed Oats, per pound	2 3-4c
Rolled Barley, per sack	1.75	Seed Barley, per pound	2 1-2c
Scratch Feed, per sack	3.50	Vetch Seed, per pound	9c
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