The Sentinel

A GOOD PAPER IN A GOOD TOWN

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Subscription Rates

One Year $2.00
Six Months 1.00
Three Months ..... .60

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Display advertising, 25 cents per inch; less than 5 inches, 30 cents per inch. No advertisement inserted for less than 50 cents. Reading notices 10 cents per line. No reading notice, or advertisement of any kind, inserted for less than 25 cents.

Office Corner Second and Taylor Sts.

Entered at the Coquille Postoffice as Second Class Mail Matter

Reports from Lima, Peru, are that the ruins of two ancient cities have been found in that country, one of them belonging to the Inca period and the other of an earlier date.

A press dispatch from Salem Wednesday says that the motion picture censorship bill sponsored by the house committee on public health and morals was killed in the senate today by indefinite postponement.

A bill which would heavily increase the fees charged to automobile trucks and busses operating in the state was approved by the senate at Salem Monday with but one adverse vote. The bill would increase the payments to the state by busses from $27,911 a year to $197,211. Similarly trucks now paying $28,721 would be obliged to pay $147,330, according to Senator Eddy.

Those people from this country who are proposing to buy cheap land and establish a colony on the highlands of Bolivia in central South America seem to us to be hunting trouble. When he was about 25 years of age the Senior of the Sentinel made a trip to Rio Janiero, South America, for the benefit of his health and came back considerably improved by the half year's sea voyage; but he certainly saw nothing during his stay under the southern cross to induce him to transfer his allegiance from Uncle Sam to Emperor Don Pedro Segundo.

In the South Dakota senate a committee report favors a change from the universal two-chamber legislative body which now prevails in all our states to something like the legislative commission now prevailing in Portland in this state and in scores of other cities. The senate legislative body proposed would meet three times a year and in practice would be in almost continuous session. Lawyers object strenuously to the proposed plan, and say that under its operation they would never know what was the law. Even so they would not be much worse off than the rest of us are now, and we have to go to them to find out.

Seems to us we remember reading about a petrified skeleton having been found in Iowa, or a neighboring state many years ago; but the following press dispatch from Cedar Rapids last Sunday details a much more singular case of ossification during life:

Mrs. Mary McCormick, social leader at Chariton, Ia., is dead at the University hospital of Iowa City of one of the rarest diseases known to medical science—neuritis deformans—physicians said. Ossification set in six weeks ago. Her mouth was closed and, being unable to eat, she literally starved to death. Mrs. McCormick was taken ill six years ago, shortly after her marriage. She then weighed 223 pounds. She soon began to lose flesh and at her death she weighed less than 40 pounds.

That was certainly very singular—to lose so much weight in turning to bone.

In view of the way in which the highway between Coquille and Bandon, and between Myrtle Point and Camas Valley has gone to pieces this winter it must be apparent to everyone that a hard surface (by which we mean concrete) roadway is the only permanent material, which can be expected to withstand the winter's rains of the coast country.

Last season, with its shortage in annual precipitation, was an easy one on the state highways in this county, but this winter the rainfall has been above the average, nearly 70 inches since September 1, and the gravel surface is absolutely gone in some sections.

True, they can be and are repaired with the approach of spring, but figuring over a period of ten years would not the cost be less for a concrete pavement at the start than the crushed rock roads which require constant repair?

Traffic on these highways cannot be limited to light cars, which would not cut through to the clay beneath, but must accommodate all manner of vehicles and experience shows that the gravel will not stand up in a season like this one has been.

A vitally important change in international polity is that foreseen by Sir George Paish, British economist, speaking in New York last week, when he said that in time not only would there be no customs and no tariffs, but nations would help each other in obtaining the most economical production and distribution of the world's supplies. This consummation represents the ultima Thule of economic theory, wherein co-operation definitely supercedes rivalry as are means of securing the utmost benefits, with the menace of war eliminated. Sir George brings this realization within the practical vision of today. He declares that American ideals and practices all point to this freedom of nations and peoples, and that "the whole world looks to America for world leadership." In the face of this world-wide demand, how long will America be able to continue her policy of aloofness?—Monitor.

In the course of the Washington's birthday exercises of the Empire schools today, a copy of the Ulster Gazette, printed soon after the death of George Washington in 1799, was exhibited by Mrs. Marcus Rutherford. Mrs. Rutherford has had it in her possession for 25 years and her ancestors secured it from a personal friend of the Wahsington family. It is still in fairly good condition, although seared and yellow with ago. Mrs. Rutherford treasures it carefully.—Coos Bay Times.

The Sentinel's senior editor began to see copies of that Ulster county Gazette—purporting to be printed when Washington died and to write items about them fifty years ago, but has since learned that the copies were all reprints. Some copies of the original may still be in existence but probably not one to thousand of the reprints, which used to be abundant everywhere in the east.

JOSEPH MEDILL McCORMICK

Day before yesterday Joseph Medill McCormick, of Chicago, the senior United States senator from Illinois, died suddenly at Washington. His failure to secure a re-election this winter no doubt hastened his end. We remember that what impressed us most about him when we met him at Wichita, Kansas, twenty-five years ago, where he addressed the Kansas Editorial association, was his extreme pallor and general appearance of feeble health. He evidently was never robust, though, before his election to the senate six years ago he had been congressmen at large from his state.

His name indicates his descent from two Illinois families who became prominent in a previous generation. The McCormicks were descended from the inventor who founded a fortune for his family when he invented the harvester, which still bears his name, and which enabled the farmers of the middle west to make so great a contribution to the bread supply of the world. Joseph Medill, the maternal ancestor for whom he was named, was the editor and founder of the Chicago Tribune, one of the two great dallies in that city a couple of generations ago. So wealth and talent came to this man when he was young from both his father and his mother, and he lacked nothing except a robust constitution. He was fortunate, too, in his marriage, his wife being the daughter of Senator Mark Hanna, of Ohio, another famous millionaire. Young McCormick was born as the old adage has it, "with a gold spoon in his mouth," but lacked the sturdy constitution to enable him to enjoy it. Perhaps the only wonder is that he lived as long as did, with so frail a physique. Again it it no doubt true that his failure to secure re-election to to the senate this winter hastened his end. And his position as an irreconcilable opponent of the Versailles Treaty may have been largely responsible for his defeat.

LAW TO CENSOR FILMS

After having been more or less of a storm center since the first week in February the bill creating state board of censorship—or a substitute for the original bill—passed the house at Salem with the negative votes of only Representatives German, Hamilton, Hammond, King, Lonergan, Meindl, Peirce, Potter, Rushlight and Shelton.

The substitute bill provides for a censorship board of three members, to be appointed by the state board of control, one to be appointed among persons connected with the exhibition and distribution of motion picture films in the state. The annual salary of each member is to be not more than $2400 and the board is to be allowed necessary clerk hire, equipment and office expenses; but no expense is to be incurred in excess of the aggregate of the fees collected.

The board is empowered to appoint not more than three viewers to assist in passing upon films, and compensation for such viewers to be not more than $2000 each annually.

The board must pass upon all motion picture films to be publicly exhibited and displayed in Oregon, and the fee for this shall be $5 for each reel which does not exceed 1,000 lineal feet, and $1 for each additional 1,000 feet or fraction thereof.

SAVING THE WILD

One evening I was talking to a settler in one of those irrigated valleys that stretch like a green ribbon across the colorful wastes of southern Arizona. He was showing me his farm, and he was proud of it. Broad acres of alfalfa bloom, fields of ripening grain, and a dip and a sweep of laden orchards redolent of milk and honey, all created with the labor of his own hands. Over in one corner I noticed a little patch of the original desert, an island of sandy hillocks, sprawling mesquite trees, with a giant cactus stark against the sky, and musical with the sunset whistle of quail. "Why don't you clear and level that too, and complete your farm?" I asked, secretely fearing he intended to do so.

"Oh, that's for my boys—a sample of what I made the farm out of," he replied quietly. There was no further explanation. I might comprehend his idea, or think him a fool, as I chose.

I chose to think him a very wise man—wise beyond his kind and his generation. That little patch of untamed desert enormously increased the significance of the little patch. He was handing down to his sons not only a piece of real estate, but a Romance written upon the oldest of all books, the land. The Romance of The March of Empire.—Sunset Magazine.

WHAT WILL BE THE OUTCOME?

Under the heading "Prohibition—Farce or Triumph," the Outlook last week published an interesting article on the present prospects of a worthwhile enforcement of our present dry law, which concludes as follows:

The law was quite well observed for the first few months of its life, and the results proved its worth upon observance. People considered then that prohibition meant to prohibit. There was much less drunkenness and alcoholism, fewer admissions to hospitals, much diminished demands on charitable organizations, and other beneficial results. After the first year, however, the bootleg system began to grow. The enforcement branch was unable to keep pace with the skill of those who wished to amass fortunes by carrying on an illicit liquor traffic. Discovering the ease with which they violated the law with little chance of being apprehended or successfully prosecuted if caught, many took up the booze business. The underground rum flow got a foothold because of the unreadiness and inability of the Prohibition Unit to cope with the situation. The entrance of politics and the failure to secure competent men to enforce the law enabled the "leggers" to get so intrenched that it will now be much more difficult to uproot them.

I believe that the law can be enforced to rather a high degree of effectiveness. Prohibition will again be taken seriously once the Government heads determine that they really want enforcement.

I predict that a general shake-up of the enforcement officials will soon take place. There is more concerted action on the part of groups of influential citizens now to call for real enforcement. President Coolidge seems to be taking a deep interest in the matter, and when opportunity offers changes may be looked for.

The Crampton Bill, which has been passed by the house and which will probably succeed in the senate, provides for a separate bureau of prohibition where responsibility can be located. Its other object is to put the prohibition agents under Civil Service. This will tend to take appointments out of the hands of the politicians.

The Coast Guard will soon have more boats with which to shut off the coast-wise smuggling. Lack of equipment has been their main difficulty. This will, in part, be remedied at once. When they are able to make rum-running so difficult that it is unprofitable to the operators, then the traffic will cease. Quick wealth is the incentive. When the pocketbook feels losses, then interest will drop in any attempts to run in booze.

My final remarks in this article are that we must remember that it has been an enormous problem to deal with sucsucessfully within five years. It is still a pioneer work. Before passing final judgment we must give it time and consider its results under active enforcement.

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FOOD FOR FAMILY

An O. A. C. Bulletin Telling What Kinds of Food Will Keep the Family Well

"The welfare of the family, both physical and spiritual, is largely in the hands of the one who provides the three meals a day."—Mary Swartz Rose.

Guides for Planning Day's Meals

1. MILK. Include one quart of milk for each child and at least one pint for each adult. This is the best food which Nature has given us, and it is the one food for which there is no effective substitute. 'Milk furnishes proteins for tissue building; minerals for bones and teeth and for the regulation of body processes; energy for the body's activities; vitamins for growth, for resistance against disease, and for good health.

"No family has a right to purchase any meat until each member has at least one pint of milk daily. Milk is our greatest protective food and its use should be increased."—E. V. McCollum.

2. VEGETABLES. Serve two vegetables besides potatoes and preferably one of these raw. The leafy ones like spinach, lettuce, and cabbage, should be used two or three times a week. Vegetables are necessary because of their minerals and vitamins. Their bulk and water content aid in the elimination of waste.

3. FRUITS. Give at least one fruit (raw if possible) as the minimum: two are more desirable. Fruits have the same functions as vegetables and in addition serve as appetizers. Too great emphasis cannot be placed on the extensive use of fruits and vegetables by every member of the family.

"It seems advisable to spend at least as much for fruit and vegetables as for meat and fish."—H. C. Sherman.

4. WHOLE GRAIN CEREALS. Plan to use a whole grain cereal in breakfast food or in bread. Whole grain cereals are of much greater value for bulk, minerals, and vitamins than refined cereals and white bread. All cereals furnish a cheap source of energy.

5. MEATS. Do not serve meat for more than one meal. Eggs, cheese and dried beans are good substitutes.

6. FATS. Add fats in moderate amounts. Although they are valuable for energy, they are concentrated foods.

7. SUGAR AND SWEETS. Limit the amount of sugar and sweets. They too are sources of energy, but an excess takes away the appetite and irritates the stomach. Children should be allowed to eat candy only as a dessert after a satisfactory meal.

8. REGULARITY. Have a regular hour for meals. Adhere strictly to this, and permit no eating between meals except fruits.

9. A CHEERFUL MEAL TIME. Make the meal hour a time to be looked forward to by all the family. Well chosen food, eaten leisurely, in a happy frame of mind, is a fundamental basis of physical and mental well-being.

"The best test of the wholesomeness of the diet with which the housewife is providing her family is the health of that same family. If they are full of energy or ambition, strong, free from ailments and well developed for their ages, then she may safely conclude that she is feeding them correctly."—Jennie Ellis Burdick.

They Are Labor Savers

"The Electric Cleaner will work for a family for an entire year for considerably less than the average cleaning woman now has to be paid for a single day's work of eight hours, more or less. In an average home only about $2.50 worth of electricity is needed to operate such a cleaner for 52 weeks," says a sheet of electrical propaganda we have just received. We have an apparatus of that kind and are greatly pleased with it; but always find that it requires a woman to work it; and we have to pay her for the time just the same as if she did the sweeping by hand. Of course, however, it takes much less time when she uses the electric cleaner. The suggestion that an electric cleaner will work for an entire year for less than a woman asks for a day's work is not strictly pertinent, for no one ever saw an electric cleaner that ran itself without a hand to guide it.

Placarding Oregon Forests

Three thousand signs to mark forest trails in 22 forests in Oregon and Washington have been sent out by the forest service to meet the growing demands of tourists who make the forests their summer playgrounds. The largest shipment went to the Diamond Lake region, where 560 signs were wanted, and the next to Mount Hood national forest, which took 320 signs, says a Portland press dispatch.

Forest rangers find the signs of great value, not only in directing tourists, but in locating fires. They enable the rangers to send crews to a definite spot to fight fires and tourists are able to locate fires in making reports, which assists the ranger in getting crews there promptly. This is the fourth winter that such work has been done.

Laws For Coos County

The following bills became laws the first of this week, on receiving the signature of Governor Pierce:

House bill No. 114, by King, to regulate fishing in the Coquille river.

House bill No. 76, by King, pertaining to salaries of Coos county officers

Senate bill No. 5, by Hall, relating to terms of county courts, affecting Curry county and other.

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Fallen Arches
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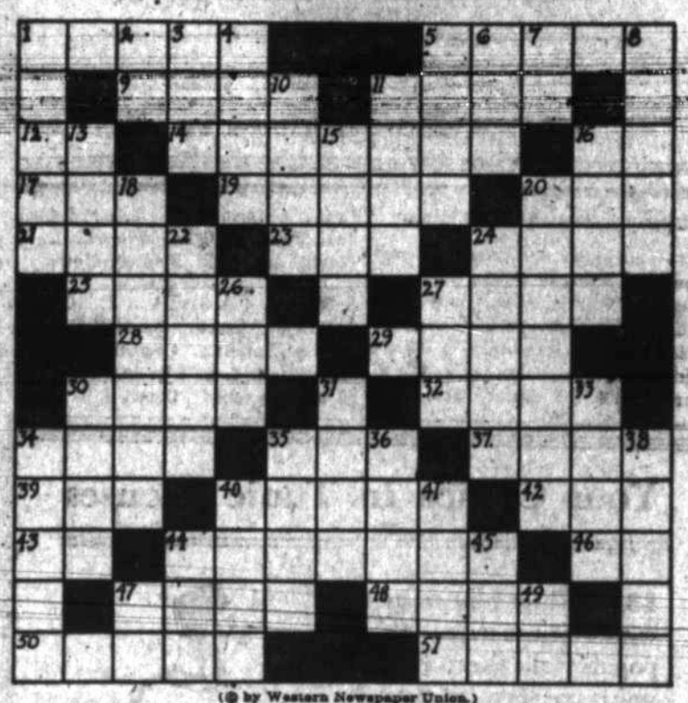
LOOK FOR THIS ★ ON THE HEEL

HOW TO SOLVE A CROSS-WORD PUZZLE

When the correct letters are placed in the white space this puzzle will spell words both vertically and horizontally. The first letter in each word is indicated by a number, which refers to the definition listed below the puzzle. Thus No. 1 under the column headed "horizontal" defines a word which will fill the white spaces up to the first black square to the right, and a number under "vertical" defines a word which will fill the white squares to the next black one below. No letters go in the black spaces. All words used are dictionary words, except proper names. Abbreviations, slang, initials, technical terms and obsolete forms are indicated in the definitions.

CROSS-WORD PUZZLE No. 9



(© by Western Newspaper Union.)

Horizontal.

1—Drunkard
6—Lubricated
9—Dress
11—Upon
12—Greek letter
14—Overlooks
15—Personal pronoun
17—Famous boat
19—Conserves
20—Vegetable
21—Metal
22—Part of verb "to be"
24—Costly
25—Classify
27—Man (slang)
28—Cover
30—Fine powder
33—Card game
32—Agitate
34—Look for
35—Writing instrument
37—Wood of the agalloch tree
39—Equal
40—Claw
42—Soak up
43—Like
44—Musical instrument
46—Musical note
47—Lock
49—Unit of speed
50—Slice of meat
51—Manages a publication

Vertical.

1—Precious stone
2—Addition to a letter
3—A high priest of Israel
4—Tatters
5—Dollar bills
6—Possessive pronoun
7—Behold!
8—Gloomy
10—To bite
11—Native metals
13—Flower
15—Egg-shaped
16—Flesh
18—One who rups
20—Writing instruments
23—Hoarse, dismal sound
24—Greek letter
26—Make lace
27—An aeroform fluid
30—Oceans
31—Snake-like fish (pl.)
33—Space
34—Masts
35—A former time
36—Corner
38—Heroic poems
40—Speak
41—Not any
44—Serpent
45—Movement of the head
47—Exist
49—Musical note

The solution will appear in next issue.

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