

Grow Your Own Vitamins

Closely associated in our minds with the vitamins they supply are the vegetables that can be grown in almost any home garden—spinach, cabbage, lettuce, carrots, string beans, peas, rutabagas, tomatoes, all the leafy vegetables known as "greens," and many others. We also obtain necessary minerals from these vegetables—iron, calcium, phosphorus—and depend on them for bulk, or "roughage." But our first thought is apt to be—vegetables for vitamins!

The advantages of growing vitamins in our gardens are many and obvious. To begin with, there is the matter of freshness. No matter how near the market may be to the home, it is usually a long way from the farmer who produced the vegetables. Garden products that have been carried over a dusty road, and perhaps exposed for hours before they were sold, can not be compared in desirability of flavor or condition with those just off the vine or out of the earth, as we can testify from half a century's experience. The vitamin content of vegetables is also dependent to some extent upon freshness.

Again, when the vegetables are actually at hand in the garden, waiting to be gathered, the chances are that they will be used oftener, and in larger quantities, than when some one has to go to a store to get them.

The convenience of having a garden leads to a beneficial change in the proportions of the family diet. Vegetables are served more abundantly because they are available, and they satisfy the craving for bulk, lessening the desire for other foods which may lack the necessary vitamins. Almost automatically the garden tends to increase the use of vegetables.

Buys Sacchi Ranch

H. J. Packler, of North Bend, is now owner of the Antone Sacchi ranch at Sacchi beach, half way between Coos Bay and Bandon bars, consisting of 404 acres. Mr. Sacchi will remain on the place for another year after which Mr. Packler intends developing the place as a summer resort. There is a fine creek running into the ocean crossing the bottom land and exceptional building spots are available. The beach is one of the best in that section, well protected and pleasant. Mr. Packler believes he can develop the fresh water supply and install a turbine driven light plant, which if done would supply both water and light for the settlement—Harbor.

Dressmaking

All kinds of Sewing, Altering, Suits and Dresses, a specialty. Corner First and Henry Sts. Flora E. Dunn (Quiek's Apartments) 811

Warranty and Bargain & Sale Deeds for sale at the Sentinel office

NOTICE OF STOCKHOLDERS' MEETING

Notice is hereby given that a meeting of the stockholders of Alpine Paper Mfg. Co., a corporation, will be held at the City Hall in the City of Coquille, Coos County, Oregon, on Monday, the 1st day of June, 1925, at ten o'clock in the forenoon for the purpose of perfecting the organization of said corporation, adopting by-laws, electing directors and such other matters as may lawfully come before the said meeting.

F. E. Thompson, William T. Alpine, J. E. McGinnis, 1416 Corporators.

NOTICE OF FINAL ACCOUNT

Notice is hereby given that the undersigned, administratrix of the Estate of Vesta R. Gudmundson, deceased, has filed in the County Court of the State of Oregon for Coos County, her final account, as administratrix and the said Court has appointed Monday, the 25th day of May, 1925, as the time for hearing objections to the said final account and the settlement thereof.

Flora C. Johnson, Administratrix of the Estate of Vesta R. Gudmundson, deceased. 1415

IN THE MATTER OF THE ESTATE OF S. K. GULLIFORD, DECEASED

Notice is hereby given that the undersigned has been appointed executrix of the Last Will and Testament of S. K. Gulliford, deceased, and having fully qualified as such, all persons having claims against said estate are hereby notified to present the same with proper vouchers, within six months from the date of this notice, to me, Emma J. Gulliford, at 390 Henry and 6th Streets, Coquille, Oregon.

Date of first Publication April 24th, 1925. Emma J. Gulliford, Executrix of estate of S. K. Gulliford, deceased. 1415

FORECLOSURE SALE

NOTICE IS HEREBY GIVEN, That under and by virtue of an Execution and Order of Sale issued out of the Circuit Court of the State of Oregon for the County of Coos on the 14 day of April, 1925, in a certain cause in said Court pending wherein The State Land Board of the State of Oregon is Plaintiff, and Claire W. Treadgold, Graden Walker Treadgold, Robert Manton Treadgold and Claire W. Treadgold, as their Guardian, W. G. Carpenter, John Heron, B. L. Nosler, F. J. Feehey, Bank of Bandon, Alice Couch as the

only heir-at-law of J. W. Coesh, deceased, are Defendants, Case No. 6825, of said Court and commanding me to sell the hereinafter described real property to satisfy the sum of \$266.00 with interest at 6% from April 1st, 1925, and Attorney fee of \$100.00 and costs and disbursements \$22.60, together with accruing costs, I WILL ON SATURDAY, THE 16th DAY OF MAY, 1925, at the hour of 10 o'clock in the forenoon of said day at the front door of the County Court House in the City of Coquille, Coos County, Oregon, offer for sale and sell at public auction, to the highest and best bidder for cash in hand, all the right, title and interest of the said Defendants in and to the following described real property, to-wit:

Lot three and four and the Southwest quarter of the Northwest quarter of Section Five in Township Thirty South, Range Thirteen West of the Willamette Meridian, and the East one-half of Section Thirty-one, Township Twenty-nine South, Range Thirteen West of the Willamette Meridian, Coos County, Oregon.

Said sale being made subject to redemption in the manner provided by law.

Dated at Coquille, Oregon, this 15 day of April, 1925.

E. P. Ellingsen, Sheriff of Coos County, Oregon.

FAT ELK DRAINAGE DISTRICT MEETING

Notice is hereby given that there will be a meeting of the owners of land in the Fat Elk Drainage District held at the City Hall in Coquille, Coos County, Oregon, at the hour of ten o'clock in the forenoon of Tuesday, the 28th day of April, 1925, for the purpose of electing one Supervisor for said Drainage District who shall hold his office for a period of three years and until his successor is elected and qualified; and for the transaction of such other business as may lawfully come before the meeting.

Dated this 10th day of April, 1925. W. E. Cross, E. H. Harnden, H. E. Hess, Trustees.

NOTICE TO CONTRACTORS

Highway Construction Coos County, Oregon

Sealed bids for the construction of Marshall to North Bend Boulevard, Station 0 plus 00 to Station 40 plus 00 in Coos County, Oregon, will be received by the County Court of said County at its office in the Court House, Coquille, Oregon, until 10 A. M. on the seventh day of May, 1925. No bid will be considered unless accompanied by cash, bidder's bond, or certified check, for an amount equal to at least 5 per cent of the total amount of the bid.

A corporate surety bond will be required for the faithful performance of the contract in a sum equal to one-half the total amount of the bid. Proposal blanks and full information for bidders may be obtained at the office of the Roadmaster in the Court House, Coquille, Oregon. The right is reserved to reject any or all proposals or to accept the proposal or proposals deemed best for said county.

W. A. Gilbert, County Roadmaster.

NOTICE

In the Circuit Court of the State of Oregon in and for the County of Coos

James E. Cunningham, Plaintiff, vs. Frances Cunningham, Defendant.

SUMMONS To Frances Cunningham, the above named defendant:

In the Name of the State of Oregon, You are hereby required to appear and answer the complaint filed against you in the above entitled suit, on or before the 23rd day of May, 1925, said date being after the expiration of six weeks from the date of the first publication of this summons, and if you fail to so appear and answer said complaint, or otherwise plead thereto, for want thereof, the plaintiff will apply to the Court for the relief prayed for in his complaint, to-wit: that the marriage and marriage contract now existing between the plaintiff and defendant be dissolved, and for such other and further relief as to the Court may seem just and equitable in the premises.

This summons is served upon you by publication thereof in the Coquille Valley Sentinel, pursuant to an order of the Honorable R. H. Mast, Judge of the County Court of Coos County, Oregon, made, dated and entered on the 8th day of April, 1925, in the absence of the Circuit Judge from the County, which said order requires that the date of the first publication of said summons shall be on the 10th day of April, 1925, the date of the last publication thereof being Friday, May 22, 1925.

BERG & MORGAN, Attorneys for Plaintiff, Residence and P. O. Address, Coquille, Oregon. 1217

IN THE CIRCUIT COURT OF THE STATE OF OREGON, IN AND FOR THE COUNTY OF COOS

Mary Wilson, Plaintiff, vs. William E. Wilson, Defendant.

Case No. 6977

Suit in Equity for Divorce

Summons To William E. Wilson, the above named defendant:

In the name of the State of Oregon: You are hereby summoned and required to appear and answer the complaint filed against you in the above entitled suit, on or before the 23rd day of May, 1925, said date being after the expiration of six weeks from the date of the first publication of this summons, and if you fail to so appear and answer said complaint, or otherwise plead thereto, for want thereof, the plaintiff will apply to the Court for the relief prayed for in his complaint, to-wit: that the marriage and marriage contract now existing between the plaintiff and defendant be dissolved, and for such other and further relief as to the Court may seem just and equitable in the premises.

This summons is served upon you by publication thereof in the Coquille Valley Sentinel, pursuant to an order of the Honorable R. H. Mast, Judge of the County Court of Coos County, Oregon, made, dated and entered on the 8th day of April, 1925, in the absence of the Circuit Judge from the County, which said order requires that the date of the first publication of said summons shall be on the 10th day of April, 1925, the date of the last publication thereof being Friday, May 22, 1925.

BERG & MORGAN, Attorneys for Plaintiff, Residence and P. O. Address, Coquille, Oregon. 1217

of this summons, which date of first publication is April 10th, 1925, and if you fail to so appear and answer said complaint, or otherwise plead thereto, for want thereof the plaintiff will apply to the Court for the relief prayed for in her complaint, to-wit: that the marriage and marriage contract now existing between the plaintiff and defendant be dissolved.

The grounds upon which said relief is based in said complaint are described as follows:

This summons is served upon you by publication thereof in the Coquille Valley Sentinel, pursuant to an order of the Honorable John C. Kendall, Judge of the above entitled Court, made, dated and entered on the 1st day of April, 1925, and an order of R. H. Mast, Judge of the County Court of Coos County, Oregon, in the absence of the Circuit Judge from the County, dated the 8th day of April, 1925, which said orders require that the date of the first publication of said summons shall be on the 10th day of April, 1925, the date of the last publication thereof being May 22nd, 1925.

S. D. Pulford, Attorney for the plaintiff, Residence and Postoffice address, Coquille, Oregon. 1217

SCHOOL DISTRICT BOND ELECTION

Notice is hereby given that at the school district bond election hereby called to be held at the City Hall in the City of Coquille, Coos County, Oregon, in and for said school district No. 8 of Coos County, Oregon, on the 27th day of April, A. D., 1925, between the hours of two o'clock P. M. and seven o'clock P. M., there will be submitted to the legal voters thereof the question of contracting a bonded indebtedness in the sum of \$10,500.00 for the purpose of constructing a grade school building of approximately six rooms with basement, heating plant, etc., of either brick, tile or concrete construction, or a combination of any or all of said materials, on the south side of block 57 in Elliott's Addition to the town of Coquille City, (now the City of Coquille), Coos County, Oregon, in and for said district, the vote to be by ballot upon which shall be the words "Bonds—Yes" and "Bonds—No"; and the voter shall place a cross (X) between the word "Bonds" and the word "Yes," or between the word "Bonds" and the word "No," which indicates his choice.

The polls for the reception of the ballots cast for or against the contraction of said indebtedness will, on said day and date at the place aforesaid be opened at the hour of two o'clock P. M. and remain open until the hour of seven o'clock P. M. of the same day when the same shall be closed.

By order of the district school board of school district No. 8, of Coos County, Oregon, made this 26th day of March, A. D., 1925.

H. A. Young, Chairman, District School Board. Attest: O. G. Sanford, District Clerk. 1114

NOTICE OF GUARDIAN'S SALE

Notice is hereby given that the undersigned, the duly appointed, qualified and acting guardian of Hubert Fetter, insane, under and by virtue of a license granted by the County Court of the State of Oregon for Coos County, having given the bond and taken the oath required by law and decree of the said Court, will from and after Monday, the 4th day of May, 1925, proceed to sell the real estate belonging to said ward particularly described as the Northeast quarter of the Northeast quarter of Section 33, in Township 29 South, Range 10 West of the Willamette Meridian in Coos County, Oregon; said sale to be made for cash in hand at time of sale and subject to the confirmation of the said County Court.

A. L. Nosler, Guardian of Hubert Fetter, insane 1145

NOTICE OF PROPOSED VACATION OF PORTION OF HALL STREET

Notice is hereby given that the undersigned will on the 4th day of May, 1925, at a regular meeting of the common council of the City of Coquille, Coos County, Oregon, present a petition to said Council praying for the vacation of that portion of Hall Street in Elliott's Addition to Coquille City, Coos County, Oregon, described as follows:

Beginning at the intersection of the West line of said Hall Street with the South line of Front Street extended formerly known as First Street in the original plat of Coquille City, Coos County, Oregon, and running thence South along the West line of said Hall Street 100 feet, more or less, to the south end of said Hall Street; thence at right angles East 10 feet; thence North parallel with the West line of said Hall Street, 100 feet, more or less, to the South line of the extension of said Front Street; thence Westerly along said South line of Front Street to the place of beginning.

E. W. Gregg, Fred B. Hickok. 1045

NOTICE OF PROPOSED VACATION OF PORTION OF FOURTH STREET

Notice is hereby given that the undersigned will, on the 4th day of May, 1925, at a regular meeting of the Common Council of the City of Coquille, Coos County, Oregon, to be held on said date, present a petition to said council for the vacation of the following portions of Fourth Street in Elliott's and Notley's Additions to Coquille City, Coos County, Oregon, described as follows:



A Safe Place For Your Money

OFFICERS AND DIRECTORS
A. J. Sherwood, Pres. - Director
L. H. Hazard, Vice Pres. - Director
O. C. Sanford, Cashier - Director
E. D. Webb, Asst. Cash. - Director
Bess Maury, Asst. Cashier
C. T. Skeels, Director
R. C. Dement, Director

The First National, the first National bank and the oldest under the same management without change of name in this county, for 22 years has been a safe and conservative custodian of its patrons' money.

Your money is safe here and working continuously. Let us open a Savings Account for you. It will be the start of your financial development.

The First National Bank Coquille, Oregon.

See Quick First

- Non-Kinkable Hose 5-8 inches, 50 feet \$7.00
- Good Invalid Wheel Chair Cheap
- 1 Green Bone Mill \$5.00
- 200 Egg Incubator in good shape cheap
- No. 5 Cream Separator, 15 cow size \$20.00
- 1 Parlor Organ \$10.00
- Baby Carts and Buggies, price \$4.00 and up
- Tents of different sizes, 7x9 to 12x14.

Quick's

Professional Cards

E. L. VINTON
Registered Civil Engineer
Surveys, Maps & Estimates
Tel. Res. 158J Office 65J
Coquille, Ore.

GRANT CORBY
Attorney at Law
Richmond-Barker Bldg.
Phone 157 Coquille, Ore.

DR. C. R. BLOYD
DRUGLESS PHYSICIAN
and
CHIROPODIST
First National Bank Bldg.
Coquille, Oregon

BERG & MORGAN
Attorneys at Law
Rooms 1 & 2
Farmers & Merchants Bank Bldg
Phone 37
Coquille, Oregon

DR. F. G. BUNCH
DENTIST
Farmers & Merchants
Bank Bldg.
Telephone 136 Coquille, Ore.

DR. W. V. GLAISYER
VETERINARIAN
County Herd & Meat Inspector
Coquille, Ore.

G. EARL LOW, M. D.
Physician & Surgeon
Rooms 7 & 8
First National Bank Building
Phone 13J Coquille

J. A. RICHMOND
PHYSICIAN AND SURGEON
Richmond-Barker Building
Coquille, Ore.
Phones: Office 62M, Res. 98R

DR. C. A. REITMAN
DENTIST
X-Ray Equipment
First National Bank Bldg.
Phone 1L Coquille, Oregon

J. J. STANLEY
LAWYER
Office in First National Bank Building, Coquille, Oregon

To Clean up a Surplus WE OFFER

- 30,000 ft. 1x4 Rough Com. To sell at \$10.00 per M In lots of 1,000 ft. or more While it lasts
 - 30,000 ft. thin inch boards To sell at \$6.00 per M In lots of 1,000 ft. or more While it lasts
- THIS IS A BARGAIN**
E. E. JOHNSON LUMBER CO.
Coquille, Oregon

New Telephone Directory

Will go to Press About May 5th
Subscribers who desire changes in listings or advertising space are requested to make necessary arrangements as early as possible.
CALL 121 OR 116

Coos & Curry Telephone Company

Service First

Expert Battery Work

Is your battery run down? Does it need an expert's attention?
We have employed a battery expert capable of doing all kinds of battery work or he can make a battery for you at a reasonable price.
When you are in doubt as to the condition of your battery pay us a visit. We will thoroughly inspect it and tell you just what is necessary to put it in first class condition.
All work absolutely guaranteed at a reasonable price

Coquille Service Station COLUMBIA BATTERIES

On the Highway Phone 133