

The Sentinel

A GOOD PAPER IN A GOOD TOWN

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HINTS TO FARMERS

How Co-operation Will Solve Most of Their Problems.

Our farmer has a just grievance that can and should be remedied. To do it requires co-operation, not on the part of the farmer, but of the community. This he seldom or never gets. I mean by this that, instead of asking the farmer to combine and hold up the community, the community should combine and uphold the farmer. It would require actual accomplishments far beyond my own to figure out the extent to which overhead is piled upon the products of the soil. There is enough wool in the fleece of the average sheep to make a suit of clothes. For this, at present prices, the sheep grower would receive \$3.50. Yet the commonest suit the farmer buys would cost him \$35, and the city man, to order, from \$50 to \$125. The rest is the in-between. This rides the sheep pretty hard.

Of course industrial factors cannot be fairly quoted in support of my suggestion as to co-operation, though there is a chance for improvement here. The big thing for community co-operation lies in handling the food supply. Not long ago I was shocked at the poor showing made in wealth-growing by my old town in Maine. The local bank cashier said that there was nothing strange about it. "I sent away from this town last year," he said, "\$189,000 for stuff that could have been raised here."

He meant by this money expended for grain, fruit, vegetables, meat, milk, and poultry products; or, briefly, the things required for daily food. All the co-operation in the world would have done the farmers of the town no good. It would probably have made their plight worse, and certainly have added immeasurably to their unpopularity. There are just about 189 farmers in the town. Supposing the community had co-operated and by a decent merchandising system distributed the \$189,000 among the farmers of the town. What would have happened? For one thing, the vast friction of handling and financing would have been avoided and one hundred per cent of the money remained at home. Instead of skinning his wool lot to get ready money, the farmer would have it for his products, now miserably marketed, and, to a considerable extent, sent away at low prices. One thousand dollars per year per farmer, plus the living provided by the farm, would make him the most prosperous and contented of men.

This is true co-operation, the kind that should be studied and worked out. The affluent agriculturists of Berks, York, and Lancaster counties in Pennsylvania are not rich because they are "Pennsylvania Dutch," but because the communities of Reading, York, Hanover, and Lancaster support the adjacent farms. The morning markets in Lancaster are something to behold. Here the choicest food products are offered at moderate prices. Pocketbooks and stomachs are alike distended. The community co-operates with the farmer to his great advantage and its own. What is done here could be done elsewhere.

But I do not urge that it be through street markets, but by the merchants. How easy it would be for these gentlemen, instead of roaring as Lions or whizzing as Rotarians, to get together and decide to treat the farmer decently, to give him real money instead of "store credit" for his products, if they only would, and how amazingly beneficial the results would be all around!

How easy it would be for such co-operators to get together and check up their requirements—how many pounds of meat; how much milk, butter and cheese; how many bushels of wheat, corn, oats, potatoes, beans, peas, pears, peaches, how many dozen eggs; how much poultry, the town requires, and apportion this by requisition among the adjacent farms, each according to its capacity! How joyously the farmers would come to

welcome a regular market and cash pay, as against a meagre credit, too often taken up in inferior goods at outrageous prices! How the community would rejoice at fresh food "right off the farm!"

Quit treating him as a jay to be plucked or a fool to be bequiled. Do something real for him, besides getting him further into debt.

Utopia is not impossible. What greater guerdon of prosperity could be given than such a process of co-operation? What finer form of civilized life is there than prosperous towns centered amid prosperous farms, linked up by good roads and motor transport? The social isolation of the farmer is gone. His economic isolation should follow.

The task belongs to the community, and not to the tiller of the soil. It will in the end be the greatest gain, but he in turn will have a just reward. Let us away with the quack remedies of tariffs, legislation, farm banks, and other forms of so-called aid that only perpetuate peonage. Let the Chambers of Commerce and Boards of Trade quit talking to the farmers through their hats and do it through their pockets. Then, and then alone, can the soil be given its due and the community remain even more secure in its own.

Conditions as stated for Maine in the above article are at great variance from those in this part of Oregon where farmers expect to receive as much on their cream checks—and do—as the tests show the butterfat contents of their cream will warrant, while our grocers pay them sometimes as much for their vegetables as the California garden truck shipped up here sells for. The only reason they don't get more for the vegetables they sell here in Coos county is because they don't raise as much as there is a demand for and through most of the year our home eggs supply is not equal to the demand.

IS OREGON ELECTRIC COMING?

The interstate commerce commission has set aside two days, February 4 and 5, for the hearing of arguments in the controversy between the Southern Pacific railway and Northern lines over the right to build new lines in eastern and central Oregon.

Commenting on the foregoing press dispatch from Washington the Coos Bay Times says:

This is the controversy which was given a hearing in Portland several months ago, the Northern lines petitioning for an extension of Oregon Trunk from Bend to Klamath Falls, and the Southern Pacific petitioning along with proposed extensions, that the Northern lines be denied this extension, arguing that not enough traffic would be provided for both lines, operating out of that territory.

The outcome of this hearing will have an important bearing on the development of Coos Bay, it has been stated, and recent visits of Hill line officials and G. V. Lintner of the S. P. & S., here yesterday, adds weight to the statements that Hill lines are looking to Coos Bay as their next extension in Oregon.

We suppose that if the Hill lines are extended to Coos Bay, as the Times suggests as possible, their line will come down Camas Valley and probably pass through Coquille. The possibility of such an outcome of the struggle now on over a new line east from Klamath Falls, gives that matter a local interest here that it otherwise would not have.

The population of France no longer decreases, births in 1924 having exceeded deaths by 72,216, but 62 per cent of the excess occurred in the devastated provinces which have only 15 per cent of the population, and 80 per cent of the excess was in the devastated provinces and in the recovered provinces of Alsace-Lorraine, which have only 19 per cent of the population. Tax payments by the invaded area have increased fivefold between 1919 and 1924 and are one-fifth of all tax payments of the nation. Reconstruction have given the restored population of the war area both reproductive vigor and industry.

—Oregonian.

"Curry and Coos both show increases in farm land value per acre. Curry shows heavy loss in the number of farmers, while Coos made a substantial gain in that respect. Both counties suffered substantial loss in area of crop land, with heavy reversion to brush and woodland, accompanied by decrease of open pasture.

"In total acres of farm lands, Curry held its own and Coos suffered a substantial loss. This would indicate that ownership of farms was being consolidated in Curry while it is being cut in Coos. Both counties have considerable sawmill activity, which would appear to one reason they are two of only seven of Oregon's counties showing an actual increase in land values per acre.—Oregon Voter.

How Butter Fat in Milk Is Broken Up

Do you know what the word homogenization means?

Ninety-eight out of 100 housewives to whom the question recently was put admitted they couldn't answer. Can you?

But here it is explained by Miss Meta H. Given, food authority doing research work at the University of Chicago.

"Homogenization," says Miss Given, "is the name of the process which breaks up butter fat in evaporated milk into tiny particles so they blend evenly with the solids. Homogenization causes the butter fat globules to adhere to the albumin and the casein of the milk. In the process, milk is forced through countless numbers of openings at a pressure of around 3,500 pounds.

"In addition to preventing a cream and skim milk line, this breaking up of fat contributes to smoothness and perfect blending of foods such as cream sauces, soups, ice cream and in baked products.

"It also has a digestive advantage for those who have difficulty in assimilating milk. Many pediatricians recommend evaporated milk as a baby food, although, like other substitutes for the natural supply, it should not be considered as a food complete in itself. Addition of orange or tomato juice, barley water or lime water are important in providing adequate diet for the infant.

"All authorities recognize that normal mother's milk is the best food for infants, but this natural milk is frequently inadequate in quality and quantity. Scientists say cow's milk is the best substitute. But cow's milk must be modified and supplemented with other foods. The fat in mother's milk is in homogeneous suspension and being flocculent forms small curds in the stomach, but the fat in cow's

milk is in relatively large globules, forms large tough curds in the stomach and is much harder to digest. In evaporated milk the fat is broken up by homogenization and the curds softened until in size and digestibility they resemble natural infant food."

Globules After Homogenization.

Globules in raw milk.

Nourishing Drink for Children



BABIES and children, the same as adults, grow weary of being fed the same food in the same way each day. It is true that most children take naturally to milk, but that does not mean that they must be fed it ad nauseam. On the contrary, that is the very thing to be avoided.

Pediatricians advise consumption by children of a quart of milk a day in one form or another. This does not mean skim milk, but whole milk, for the skimmed product is lacking both in butter fat and the essential food element known as vitamin A, which is found in butter fat. Many mothers do not appreciate that removal of cream from the top of a bottle of milk results in skim milk.

In evaporated milk, a product recommended by many leading doctors for the use of infants and children and which is simply pure cow's milk sterilized in cans and with sixty per cent of the water removed, there is no cream line. The milk in the top of a can is the same as it is in the bottom of the container. This results from a process called homogenization, in which the fat globules in the milk are broken up into such microscopic bits that they remain in homogeneous suspension. Every drop of homogenized milk has a buttery taste because it contains butter fat. For this reason, in evaporated milk, there is none of the fat taste one finds in drinking from the bottom of a bottle of market milk.

In order to avoid feeding the baby or child plain milk three or four times a day, many authorities recommend the use of a mixture of fruit juice and milk, a highly palatable and refreshing drink.

Following is a recipe worked out by experts for an orange-milk drink: Mix in a fruit jar 1/4 of a cupful of orange juice, 1/4 of a cupful of evaporated milk, three teaspoonfuls of sugar, 1/2 teaspoonful of lemon juice and a few grains of salt. Shake well before serving.

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Emergency Pantry Meets Home Need

By META H. GIVEN
(Home Economist.)

Efficiency and economy go hand and hand in the home as well as in the business world. The emergency pantry, latest innovation in the cuisine of the modern housewife is particularly indicative of the truth of this statement.

This new sort of pantry—it may just be a shelf in the regular larder—does away with that bugaboo of the home maker, the surprise guest. Every woman has had the experience of welcoming an unexpected visitor when supplies were at low ebb and has searched high and low to find something presentable to put on the table. The emergency shelf in the pantry does away with such worries in short order.

A can opener and presto—a veritable banquet can be prepared in a few minutes. The housewife may have her choice of many excellent meats, corn, tomatoes, mushrooms. If she is short of milk or cream, a can of evaporated milk, which is simply fresh cow's milk sterilized in the can and with sixty per cent of the water removed will do the trick. In fact she may have two hundred or more savory dishes ready to her hand.

When the surprise guest does arrive the hostess naturally wishes to be hospitable. She doesn't want to be tied to the kitchen range half the afternoon. She wants to entertain as she has been entertained.

It isn't possible if she has to phone frantically for the butcher, the grocer and the baker.

But that's only one of the places where the emergency pantry comes in. Backed by a well-stocked emergency shelf, the wife can get together a splendid luncheon or dinner in a jiffy. The spontaneous wish that comes at the last moment to informally invite a few friends for lunch can be gratified at once with the aid of the new pantry.

Afternoon tea for the bridge club is an equally easy matter. A glass of preserves or jelly, a platter of bread and butter, tea, and a dish of cookies will meet the ordinary demands of the casual caller and a can of evaporated milk will answer the milk or cream need.

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