

## WHAT IS HOME WITHOUT A GARDEN?

Place: City Hall.  
Time: 8:00 p. m.  
When: First and Third Tuesdays.  
President—Geo. W. Taylor, Sr.  
Treas.—Mrs. John A. Martin  
Cor. Sec'y—Mrs. Nellie Whereat.

Geo. W. Taylor was present Tuesday night and called the regular meeting of the Flower Lovers Club to order promptly at eight o'clock. There was a better turnout, there being 28 members and two visitors present.

The members of the earwig committee urgently request that all persons having earwigs on their places leave their names at J. S. Erwin's office so that the county agent can get them and thereby know where to liberate the parasites which are due here today or tomorrow. Don't be ashamed to let them know that you have earwigs, because they are all over town and are spreading very fast. There is no cost to the individuals, as the expense of obtaining the parasites is borne by the club and donations from the city council and various civic organizations and clubs; so be sure to leave your name.

Mrs. J. P. Beyers read a very interesting article on the dedication of the ground for the starting of the international Peace Garden, located on the boundary between the United States and Canada. Mr. Taylor told of the time of this great undertaking and hoped that all who take auto trips every summer would take a trip to this place and see for themselves what it is hoped will be accomplished. Mr. Alexander told of traveling the boundary line between the two countries for some distance and how interestingly it was marked. He said that at every half mile there was an iron post set in a concrete block; on the United States side it read, "United States" and on the other side "Canada." The opposite sides of the post were given over to data about the boundary line treaty between the two countries.

Mrs. Beyers also showed two pictures: one, showing a portion of the beautiful grounds at the Lloyd Frank home near Portland and the other a series of cartoons on "The Suburban Garden," taken from The Oregonian of Sunday last. They created quite a laugh.

Discussion of what to do in the garden this month then took place and among other things recommended to be done this month, Mr. Taylor said that the building of a cold frame was one of the most important things for

this month and if you haven't already got one, why, get busy, that's all.

The cup contests were started again Tuesday night and there were four fine entries. Mrs. Bonnie Dutton had two vases of gladioli, one a tall black one filled with a beautiful yellow Primulus and the other a handsome pottery vase of some beautiful red blossoms. Mrs. Geo. Leach entered a fine basket full of gladioli and A. H. Grimes brought a large handsome basket filled with very fine mixed blossoms of large size. Needless to say that Mr. Grimes carried off the cup. Mr. Taylor had a basket of the beautiful new white poppies and lavender Powerscourt sweet peas. Mr. Clinkbeard brought a large bouquet of very fine dahlias and Mrs. Alfred Schroeder brought a vase of carnations, these fine blossoms were of large size and were raised from seed this season. Anyone wanting to see just what can be accomplished in a few months ought to visit Mrs. Schroeder's home on Fifth and North Elliott streets. Mrs. Schroeder will be glad to show you around and is justly proud of her yard. Mr. and Mrs. Grimes also extended an invitation to the club members to visit their home and view their flowers—and I can say that it is well worth while for anyone to do so; I have seen it, so I know.

The great improvement in the grounds surrounding the high school and Lincoln buildings was mentioned by Mrs. Beyers and others; these grounds have been the cause of many discussions in the club in times past, and while everyone felt that something ought to be done about them, it was also realized that nothing could be done without the whole-hearted support of the superintendent, faculty and janitors. From appearances now it looks as though we were going to get it. Our school grounds are either good or poor recommendations for our city and I am afraid they have been very, very poor ones for they certainly have been a disgrace to our city. Other places keep up their school grounds and there was no excuse for ours to look as they did. Let's hope the good work started will be kept up.

Our next cup contest will be for the best display of dahlias in any kind of container. As an extra, Mrs. Beyers offers a special prize for the best single specimen of dahlia shown. So if you want to see something fine, be sure to be out at the next meeting, August 2nd, at eight o'clock.

### Always Seeks Excuse

"No man," said Hi Ho, the sage of Chinatown, "entirely loses all moral sense. However reprehensible his conduct he will always try to convince others and even himself that he did the best he could under the circumstances."—Washington Star.

### Obsolete Armament

As late as 1911, bows and arrows were used by soldiers in China, when a Manchurian garrison was attacked and had to supplement the supply of rifles with archery equipment.

### Their Work Well Done

All who have meant good with their whole hearts, have done good work, although they may die before they have had time to sign it. Every heart that has beat strong and cheerfully has left a hopeful impulse behind it in the world, and bettered the tradition of mankind.—Exchange.

### Like Their Women Fat

All native women in North Africa want to be stout and their husbands take real pride in them if their weight reaches several hundred pounds.



## HEALTH in the HOME

Practical Studies for Wives and Mothers

By Dr. ERNEST H. LINES  
Resident Authority and Chief Medical Director  
New York Life Insurance Company

### CHILDREN AT SCHOOL AGE

WHEN they reach this age, children may have meat in small quantities. By this time three meals a day are usually sufficient although some children need a little food in the middle of the morning or in the afternoon. Dinner for children is best served at noon as a heavy meal at night comes too near bedtime. In many cases this is not possible. When it is necessary to serve the main meal at night, it is especially advisable to include a variety of cooked vegetables with milk and bread.

Often the child has to take a luncheon to school to be eaten there in the middle of the day. This luncheon should be wrapped in waxed paper and carried in a lunch basket. Apart from preserving the food it is more appetizing and, therefore, more likely to be eaten when put up in this way.

### ADOLESCENCE

The diet of children in their teens is usually that of the adult members of the household. Three meals a day should be sufficient with, as a rule, no eating between meals. However, many children of high school age rush through their breakfast and really do not get enough nourishment at that time. For such as these, a mid-morning meal is still allowable.

Tea and coffee should be avoided and the amount of meat allowed small—once a day is sufficient. Parents are often surprised to find that children at this time of life eat considerably more than adults. This is natural and as long as the diet consists of plain wholesome food they are not likely to eat too much. Highly seasoned food, should, of course, be avoided.

Parents often wonder if a child should be allowed to eat freely of sweet things. Sugar, of course, is merely a form of carbohydrate and the important point is the total amount of carbohydrate taken in during the day.

One disadvantage to allowing a child to eat too much sugar and other sweet things is that it develops an appetite which needs the stimulation of something sweet whereas the child who is not allowed to eat too much sugar acquires a taste for plain unseasoned and unseasoned foods. Sugar should be taken at meal times. Indulgence in sweets between meals spoils the appetite so that full nourishment is not taken at meal times.

### QUESTIONS:

All wives and mothers should be able to answer these questions: 1. How often a day should children at school age eat? 2. When should principal meal of day be served? 3. When should children be permitted to eat sweets and how much should they be allowed?

This is the eighth of a series of 12 articles on Health in the Home. The ninth will be on Diet for Adults.

### New Lions International Pres.



Charles H. Hatton  
1932 PRESIDENT - 1933  
LIONS INTERNATIONAL

Charles H. Hatton, of Wichita, Kan., was elected to the presidency of Lions International in the final session of the Lions convention which closed at Los Angeles Saturday.

Mr. Hatton is president of the Peoples Finance Company of Wichita and holds office in several other large corporations in Wichita. He attended school at Southwestern College and the University of Colorado, afterwards going abroad to study at Sarbonne University in Paris.

As chief executive of the 2650 Lions clubs throughout five countries, Hatton states that "Lionism will make no departure at this time from its established policy of making haste slowly in over-seas expansion. However," he continued, "there will be no 'marking time' until economic conditions get better. We look forward confidently to the time when Lionism will be established in every city and town on this continent that desires to build a better citizenship and a better community in which to live."

"It is a question whether any association of any kind has ever equalled the records of the 17,050 activities carried on last year by our 2650 clubs or has exercised an influence which has been so far reaching."

### Siskiyou National Forest

Allotments for carrying out the 1932 improvement plans on the Siskiyou national forest have been received by Forest Supervisor C. E. Mitchell of Grants Pass. The total amount available is slightly more than \$50,000. Thirteen per cent of this is for use in California and eighty-seven per cent in Oregon.

The largest item is \$26,200, for construction of roads. Most of this will be spent on the Mt. Reuben road, \$500 will match that amount of Curry county money to build a low water bridge across the Chetco River to serve the Wilson Prairie road. \$13,020 will go into construction and maintenance of trails. \$2000 is for betterment of present section of Mt. Reuben road, and \$3500 goes to road maintenance.

New lookout houses are planned for Johnson Mt., near Powers, Oregon; Lake o' the Woods, near Agness; Bear Camp, near Galice; and Tennessee Mt., near Kerby. Guard cabins will be built at Elk Valley, and Patricks Creek, Forest Camps, and at Long Ridge in the Chetco district. A new telephone line will be built in Briggs Valley, which will give better service between the supervisor's office and Illinois valley stations, making a second way to get service in that region.

Labor for these improvements has already been provided through co-operation with the local communities near where the improvements are to be placed.

"The Forest Service is glad to be able to do this part in relieving the unemployment situation," said Mr. Mitchell, "and at the same time secure improvements that will greatly facilitate protection and other forest work."

### 11,597 Carloads of Flour

On June 25 the nation-wide distribution of Red Cross flour had mounted to a total of 2,435,206 barrels. The records of 2964 chapters participating in the flour distribution show that 2,730,298 families, or close to twelve million people, have been directly benefited by issuance of flour.

A better idea of the magnitude of the flour activity is obtained by stating the number of barrels in carloads, or trainloads. A. L. Schafer, manager of the Red Cross office in San Francisco, points out. On the basis of 210 barrels to a carload, the Red Cross chapters have ordered for distribution to needy families, 11,597 carloads of flour.

Made up into trains these 11,597 carloads would form 164 trains, such as pull the mountain divisions of the railroads, or 116 trains, such as operate over the valley or plains divisions of the railroads.

Mr. Schafer also advises that another 45,000,000 bushels of wheat have been made available to the Red Cross as well as 500,000 bales of cotton. The cotton will be converted into material for clothing.

Calling cards 100 for \$1.50.

## TALES... of the TRIBES

By EDITHA L. WATSON

### The Cheyenne

A band of Cheyenne in full panoply must have been one of the finest sights of the plains. We can imagine them as they rode along: war-bonnetted, armed with their deadly bows and arrows, lances, and stone-headed clubs, carrying circular buffalo-hide shields, and above all, every part of their outfit, even to hoods on the ponies' heads, richly ornamented with beading, quillwork, and feathers.

A Cheyenne village, too, must have been interesting, for the conical tipis were painted with scenes of battle or the chase. There were large herds of horses, kept nearby for fear of raiding enemies—and this was a perfectly legitimate fear, as no doubt most of these very horses had been acquired by the same method.

Although typical of the plains tribes, the Cheyenne were not always horse-Indians, hunters of buffalo. It is said that they once lived in Minnesota and on the Mississippi river, where they were an agricultural people and made pottery. The Chippewa, however, began to press the Sioux, their neighbors, westward, and the Sioux crowded the Cheyenne until finally they found themselves upon the plains, and adapted their lives to the changed environment.

The travails aided them in their travels: a network lashed on two poles, which were tied to a pony and dragged behind on the ground. And when rivers must be crossed, the "bull-boat," of buffalo hide stretched on a frame, proved practicable. From this it will be seen that the Cheyenne were a versatile race, who found means of doing what necessity dictated.

Now, however, a change came upon them. Drifting west and south, they came to a fork of the Platte river, in South Dakota, where they settled. Perhaps, had they stayed there, they might have cast back into their past, and brought forth the old arts of agriculture and pottery making, to modify the nomadic, hunting life they had adopted.

In 1832, however, Bent's fort was established on the Arkansas river in Colorado, and a large part of the tribe decided to move into the vicinity of the new fort. This ended the tribe as a whole, as it split definitely by treaty, and became the Northern and the Southern Cheyenne.

The character of these people, to this day, is proud, contentious, and brave to desperation, and the division of the tribe did not mitigate their warlike tendencies in the least. The Kiowa, who resented the encroachment of the Southern Cheyenne, furnished this branch with foes for eight years, when peace was finally declared. In 1803, the Southern Cheyenne went so far as to make a raid into Mexico, but this ended disastrously, as they lost all but three men of the war party. They kept a prominent place in border warfare, and this caused constant loss among their warriors. The Chivington massacre and a battle with Custer in 1893 further weakened them, and after the outbreak of the southern tribes in 1874-5, they were rendered, and were placed on a reservation in Oklahoma. In 1901-2 the lands of the Southern Cheyenne were allotted in severalty, and they are now American citizens. It is said that they are decreasing in numbers; peace evidently does not agree with them.

The Northern Cheyenne have had almost as eventful an existence. They joined with the Sioux under Sitting Bull, and were active in Custer's last fight. Later in the same year, another battle with the whites under Mackenzie caused them to surrender. They were sent to the reservation in Oklahoma, but they were unhappy there. The "fighting Cheyennes" were not fond of peace, although bound to observe it, and, too, that part of the country was strange to them. They made several attempts to escape; in the winter of 1878 a band composed of some 96 men and 146 women and children made a desperate effort to get away. They were pursued almost to the Dakota border, and in the fight lost about 40, mostly warriors, including one of their leaders. The captured runaways were taken to Fort Robinson, Nebraska, and here they made a second attempt, in which 22 more of their people were killed. Little Wolf, one of the leaders of this enterprise, managed to get away and about 60 of the Northern Cheyenne followed him.

They were never content with their Oklahoma homes. Let the Southern part of the tribe accept them—the Northern division would still fight. After much unrest they were finally moved to their present home in Montana, where they are slowly increasing and seem to be content.

While many people believe that the Indians originated in Asia, there are others who claim them to be the Lost Ten Tribes of Israel, or descendants of a Welsh colony, or from Greece, China, Japan, Phoenicia, Ireland, Polynesia, or Australasia. Their real origin is still in doubt.

## STAGE COACH TALES

By E. C. TAYLOR

### A President Takes a Tumble

WE DO not travel any more; we merely arrive."

Macaulay wrote this in commenting on the passing of the old days, when a trip was an adventure, when one lived every moment of his journey, whether it was a few hours' trip of a few miles, or a trek across the continent.

One of the most romantic periods of the history of the United States was that between 1800 and the coming of the railroads prior to 1850. That was the day of the stage coach.

The notes of the coachman's horn, the stamping of four or six horses, and the rattling of the old Concord stages that filled the highways of America in those years are nearly forgotten. Few records have been kept of their era, although for decades the life of the young nation flowed through these great arteries of travel.

The lords of that distant day were the drivers of the stage coaches. They were the boys' heroes, like aviators are today. Their word was law, and they were looked up to and respected by the great and the lesser individuals who comprised the general public.

Of the tales that are left of these romantic figures the most amusing perhaps is the one of how they ventured to express their emphatic disapproval of a President of the United States.

When Martin Van Buren was occupying the White House, he vetoed a bill appropriating funds for the improvement of the National road in Indiana. That great highway was the backbone of the nation between 1830 and 1848, when the railroads pushed westward over the Allegheny mountains.

Everywhere along the road there was great indignation over Van Buren's action. The stage drivers being sort of overlords of their community, and no doubt somewhat tired of the severe joltings they received when they drove their coaches at full speed over a rocky, rough and swampy highway, nursed their revenge.

Their opportunity came when Van Buren was returning to Washington, D. C., from a trip up the Mississippi valley. The President rode in as much peace and state as the highway then provided, until he reached Plainfield, Ind.

When his coach left Plainfield, it had an "accident," and the President of the United States was unceremoniously spilled out in the road where the mud was deepest.

The identity of the driver of his coach is cloaked in mystery. Every one denied responsibility for what had happened, although it is probably they all laughed up their sleeves.

Investigation showed that an axle had been sawed nearly in two, and it was brought out that the driver, when he reached a particularly muddy stretch of road, had not avoided any of the numerous bumps. The coach hit a big rock, and the axle broke. As it was going at good speed, the vehicle turned over, of course, and Mr. Van Buren was sent sprawling into the mud puddle.

The President returned to the tavern at Plainfield, and after cleaning up, started off again and reached the nation's capital without further mishap. But he had been taught an object lesson on the importance of keeping the country's greatest highway in repair. When the bill came to him again soon after his adventure, he promptly signed it.

The position held by the drivers of the old stage coaches was like that of the captain of a steamboat. Some of the drivers stood on as lofty a plane as the commanders of great ocean liners of the present day. Their word was law while on the road.

They came into constant touch with all the prominent political, social and commercial figures of the country, and their attention and favor was eagerly sought.

Although they were paid only a standard wage of \$12 a month and their board and lodging, they took precedence over even their most distinguished passengers.

In the eyes of small boys they were even above the President of the United States. They also thought well of themselves; as one driver remarked: "While I drive this coach I am the whole United States of America."

(Ed. 1931, Western Newspaper Union.)

### Mighty Mites

Termites cause \$1,000,000 worth of damage in Illinois every year, according to a bulletin of the American Institute of Architects. . . . They are second cousins of the ant family, and formerly lived almost entirely in the woods. . . . destruction of the forests is driving them to the cities, where they get into fireproof steel and masonry vaults and destroy valuable papers. . . . The wood sills of buildings are their favorite dish, and after they have held a few banquets in a sill nothing is left but a shell. . . . It may collapse, carrying the house with it.

### Hours of Slumber

Most medical authorities think the same amount of undisturbed sleep during the day gives the same benefit as sleep at night. They say that it does not make any difference when you sleep, so long as you get the required amount and so arrange your program of living that you get sufficient outdoor exercise.

### The Pioneer Methodist Church

Philip D. Hartman, pastor.  
Morning worship with sermon at 11 o'clock.  
Evening worship and Quarterly Conference occasion at 8:00 o'clock.  
Church school at 10:00 a. m., Lyman Carrier, superintendent.  
Both departments of the Young People's Division meet at 7 p. m. for devotionals.  
Prayer meeting Wednesday evening.  
Choir rehearsal Saturday evening.  
A cordial welcome awaits you at all of our services.  
Special vocal musical numbers Sunday.

### Church of Christ

Turner B. MacDonald, Pastor  
Bible School 10:00 a. m. Ned C. Kelley, superintendent. Departments for all ages.  
Morning worship 11:00 o'clock. Message by T. B. MacDonald.  
7:00 p. m. C. E. meetings for Juniors, Intermediates, Young People and Alumni.  
Wednesday, 7:30 p. m. prayer meeting.  
Thursday, 7:30, orchestra practice. We welcome all visitors to our services.

### Foursquare Gospel Church

259 E. 2nd Street  
Rev. and Mrs. T. R. Jackson, Pastors  
Sunday 9:45 a. m., Sunday School. Mrs. M. Jewel, Supt.  
11:00 a. m. Morning Worship. Sermon by Mrs. F. C. Warren on "Broken Things."  
6:45 p. m. Young people's meeting. 7:45 Evangelistic Service. Sermon by Rev. F. C. Warren on "The Devil's Contradiction."  
Rev. and Mrs. F. C. Warren are pastors of the Foursquare Church of West Los Angeles and are vacationing at Bandon. Mr. Warren is treasurer of the Missionary Board of the International Foursquare Churches. They will speak and sing over "The Cathedral of the Air" program Saturday at 1:30 p. m.

### Methodist Episcopal Church

Evening Preaching 8:00 p. m.  
Prayer meeting Wednesday 8:00 p. m.  
Preaching at Bandon Sunday 11 a. m.  
Everyone welcome.  
G. A. Gray, Pastor,  
107 E. 2nd St., Coquille, Ore.

### Church of God

Corner of Seventh and Henry Streets  
Pastor, Rev. Geo. S. Murphy  
10 a. m. Sunday School.  
11 a. m. Preaching services.  
6:45 p. m. Young People's meeting. 7:45 p. m. Evening services. Evangelistic message.  
7:45 p. m. Thursday evening prayer meeting.

### First Church of Christ, Scientist

Coquille, Oregon  
Sunday School at 9:30 a. m.  
Sunday Service at 11 a. m.  
Subject for next Sunday, "Truth."  
Wednesday evening meeting at 8 o'clock.  
Free public Reading Room open in Church Building every Tuesday and Friday afternoons except holidays from two to five o'clock.  
The public is cordially invited to attend our services and to visit the Reading Room.

### O. S. C. Students Get Work

The governor's unemployment relief fund of last winter proved a "life-saver" for self-supporting students at Oregon State college, providing part-time work for 240 men students, many of whom otherwise would have been forced out of college and in competition for outside jobs, according to the annual report of Mrs. Lulu M. Ioward, employment secretary with the campus Y. M. C. A. Of the \$20,071.18 contributed to this fund by staff members of the college, about \$3500 was used in providing work for men students, aside from that used for women. Men listed for jobs this last year totalled 1181 and these earned an estimated total of \$22,000 from work obtained through this campus employment bureau. A large percentage of student employment is derived directly or indirectly from the college community itself, Mrs. Howard points out.

### 35,000 More Tons of Prunes

The Pacific coast dried prune crop this year will be about 35,000 tons more than a year ago but 57,000 tons below that of two years ago, according to latest government estimates as of July 1 which show a prospective crop of 239,000 tons this season. The California crop is expected to be much larger than last year, though that of Oregon and Washington, consisting mostly of the Italian prunes, is estimated at only 20,000 tons this year compared with 29,750 tons a year ago.

If you want to subscribe for a Portland daily the clubbing combination we offer with the Sentinel will save you money.