

ANNOUNCEMENT!

Owing to the strong pressure brought to bear upon us by the citizens of this community and their offer to support us, we have decided to remain in business in Coquille and carry on our business in the location formerly occupied by Wm. A. Zosel Men's Store. Our manager, Mr. S. Taylor, has left on a buying trip during which time he will purchase a complete stock of good quality Men's Clothing, Furnishings and Shoes at present low prices.

In continuing business in Coquille our Motto will always be—Quality Merchandise at Low Prices.

Your patronage is deeply appreciated.

Until our New Merchandise arrives we will continue to sell the balance of the Wm. A. Zosel Stock at our Advertised Sale Prices.

We Thank You!

MYRTLE POINT ITEMS

Miss Helen Deyoe left Tuesday for Los Angeles, where she will spend two weeks visiting at the home of her uncle, C. V. Guerin. She will also visit her cousin, Miss Crystle Guerin.

Mrs. P. W. Laird and daughter, Elda, spent Wednesday afternoon in Bandon.

Mrs. Taylor, of Eugene, arrived Wednesday morning and will open the Jack & Jill restaurant and confectionery about August 1st.

Merle Kenyon is spending a few days in Curry county this week on business.

Miss Grace Barker left early Monday morning for Fresno, California, after spending a two weeks' vacation with home folks. Mr. and Mrs. E. C. Barker took her as far as Roseburg.

Mrs. Lester Dement entertained the Past Matrons club delightfully Tuesday afternoon at her home at Broad-bent.

Alvin Kane left for his home in California after a short visit at the home of Mr. and Mrs. Frank McNair.

Mr. and Mrs. E. C. Barker and Mr. and Mrs. Pat Rickard, Grayce and Cecil Barker spent Sunday at Gold Beach.

Mrs. Jesse Barker returned to her home at Olympia, Wash., after a visit at the home of her sister, Mrs. Jas. Albee.

R. B. Ray, of Los Angeles, arrived last week for an extended visit at the home of his brother, Lee Ray.

W. H. Bunch has returned from an extended visit with friends and relatives at Portland, Forest Grove, Gaston and Walla Walla.

Mr. and Mrs. Chas. Bellshaw and two children, Alice and Mary Ann, returned Sunday evening from Eugene, where they have been for some time at the home of Mr. Bellshaw's father.

Mrs. Wilson, Mrs. C. Nelson, Mrs. Lee Sennett and Harry and Frank Nelson returned to their home at Klickitat, Wash., after a two weeks visit at the home of Mr. and Mrs. Ira Wilson.

Mrs. Ella Guerin and daughter, Jean are spending this week at the home of Mr. and Mrs. Fred Lafferty, of Arago.

Dr. and Mrs. H. A. Reynolds spent the week-end at Eugene.

Miss Helene Hughes returned to Coquille Saturday evening after a short visit at the home of Mrs. Florence Guerin. Miss Hughes recently returned from Glendale, California, where she has spent the past two years.

Miss Isabelle Bryant returned the last of the week from Corvallis, where she visited a few days with friends.

Mr. and Mrs. A. M. Sunstrup spent the week-end in Portland on a business trip.

Mr. and Mrs. J. D. Moore returned to their home in Medford after a few days' visit with friends.

J. P. Cullen, of Humboldt county, California, has leased the building on the southeast corner of Fifth and Maple streets from Chas. Adams and will open an auto top and body shop. Mrs. Birdie Hazelton and family have moved onto a ranch near River-ton.

Mr. and Mrs. Calvin Ray left the first of the week for Del Monte, California, where Mr. Ray participated in the Pacific Coast championship shoot.

Mrs. John Carver returned the last of the week from a trip to Portland.

Mr. and Mrs. G. E. Hamilton left the last of the week for Corvallis, where they intend making their home. Mr. and Mrs. Hamilton were former owners of the Myrtle Point Herald and had lived here for several years. Their many friends wish them suc-

cess in their new home.

Mrs. Henry Huntley has been suffering this week from an infected finger. She is reported much better.

The annual flowershow, sponsored by the Garden Club, was given Saturday in the Hotel building and was attended by a large crowd.

Mrs. Danielson, of Marshfield, is spending a few days in Myrtle Point visiting friends and relatives.

Mr. and Mrs. Whittington and daughter, of Los Angeles, arrived last week and have taken up their residence on the N. P. Peterson place just out of town on the Roseburg highway.

Mrs. Stella Miller left Wednesday for her home in Medford. She came to attend the funeral of her brother, Guy Weekley.

Live News From Arago

Monday evening the Christian Endeavor members of the Christian Church of Coquille gathered at the Nile Miller home and enjoyed a bonfire picnic. About 36 attended. The evening was spent playing games, after which a bounteous supper of ice cream, cake, cookies and watermelon was enjoyed.

Mr. and Mrs. E. J. Myers, Mr. and Mrs. Steve McAllister and children, Shelby and Mary Jean, and Louie Aasen and son, Stephen, spent a pleasant day Sunday on the Norway sand bar.

Mr. and Mrs. C. C. Robison and David Root left Tuesday morning for Salem. Mr. and Mrs. Robison will remain about three weeks, while Mr. Robison is receiving medical treatment.

Mr. and Mrs. Jean Store, of Charleston, were Arago visitors Tuesday.

Mrs. Nile Miller attended an old-fashioned quilting bee at the home of Mrs. R. B. Knife of Coquille.

Mr. and Mrs. Frank Zimmerman, of British Columbia, arrived here Friday. They are in search of a location and at present are living on the Melvin Hollenbeck place.

Mr. and Mrs. L. M. Burtis and children, Robert and Margaret, of Portland, returned home Sunday. They had spent the past week here visiting with Mr. and Mrs. J. L. Burtis.

Price Schroeder is assisting in the cheese factory this week, as Frank Burbank is on the sick list.

Misses Beattie and Bernice Green, of Portland, are guests of Miss Lois Schroeder this week. They came down Sunday with Joe Sinko, who had gone up to take his sister, Miss Antonia Sinko, and her friend, Miss Ina Mattila, who had been here on a three weeks' vacation. Woodrow Robison and Willie Sinko also accompanied them.

Mrs. Geo. Weeks entertained as guests Friday Mrs. Earl Duncan, of Coquille, and Mrs. Chester Root and daughters, Alice and Lois, of Myrtle Point.

Mr. and Mrs. Roy Percer, Mr. and Mrs. Nile Miller and son, Orvur, and daughter, Gladys, and Miss Rose McQuigg, of Coquille, spent a pleasant day on the Bandon beach Wednesday.

Mrs. Jacob Moomaw and children, David and Donna, spent the week-end at Myrtle Point visiting her parents, Mr. and Mrs. A. Johnston.

Mrs. Edith Woodward is enjoying a visit with her daughter, Miss Evelyn, of Gold Beach.

Mr. and Mrs. Stanley Halter, Mr. and Mrs. E. J. Myers and Mrs. Frank Lane took a pleasure trip to Gardiner Tuesday and spent the day with Mr. and Mrs. Lawrence Barklow.

Safety First! Use Cow Bell Dairy's Pasteurized Milk and protect your health.

Bridge Happenings

Members and friends of the Christian Endeavor society enjoyed a jolly "hobo convention" Friday evening in the grove at Hooton's Haven. Nearly every one came in hobo garb and after an evening of hobo games, beans were served from a big black pot kept hot by the campfire. Each one brought his own sandwiches. Those present were Mr. and Mrs. James Morrison, Edward and Evelyn; Mr. and Mrs. Dwight Culver, Everett and Mary Louise; Mr. and Mrs. Fred W. Corps, Bernard Billy and Mary Alice; Mr. and Mrs. Harold E. James, Helen and Ronald; Mr. and Mrs. Stanley Lake, Vivienne, Virginia and Junior; Mr. and Mrs. Wm. R. Brown; Mrs. Ray L. Beckett, Myrtle and Virginia; Mrs. H. A. Hatfield, Eddie, "Tom Tinker," and Ionella; Mrs. A. O. Hooton, Maude, Dorothy and Lou; Mrs. Roy Brown; Mrs. Clarence Billings and Bonnie Jean; Mae Hatcher; Juanita Lett; Orlin Lett; Karl Ehrig; Glenn Hutton; Aksel Manning; Orrin Heath; Don Erickson, and Charlie Knight, Jr.

A baby son arrived July 20 at the home of Mr. and Mrs. John Huff. This is their third child and second son.

Mrs. Hiram Hatcher superintended the Sunday School Sunday morning in the absence of Supt. W. A. Lett. The report showed 31 in attendance. L. W. Flenner, of Broadbent, will have charge of the church service next Sunday.

Grace Heath, of Myrtle Point, came to Bridge Tuesday to visit for a week at the home of her grand mother, Mrs. O. W. Heath. Orrin Heath, who had been there since Friday, returned home Tuesday.

Mr. and Mrs. James Morrison entertained some friends Saturday evening at a dinner party, their guests being Mr. and Mrs. Stanley Lake, Vivienne and Virginia Lake, Junior Bartlett, Carl Johnson and Aksel Manning.

Mr. and Mrs. Frank Culver went to Coquille Saturday, where Mrs. Culver had an appointment with a dentist. They were accompanied by Mrs. A. O. Hooton, who visited at the C. W. Hill and M. O. Hooton homes until Tuesday.

The Grangers are looking forward to a pleasant time Friday evening when they will meet at the Vern Magill home for a picnic. Several guests have been invited.

There was a very good attendance at the Christian Endeavor meeting Sunday evening, which was led by Fred W. Corps. A pretty solo by Mrs. Ray L. Beckett was enjoyed. The topic for next Sunday evening is, "Problem of Youth on the Mission Field," and there will be a special number by the choir.

The Chas. Knight family of Gaylord spent the week-end here at the home of Mr. Knight's sister, Mrs. Dwight Culver. Constance, who had been a guest at the Knight home for a week, came home with them, and Charles Knight Jr., who had spent a week at the Culver home returned with his folks.

Mrs. Jas. Morrison was a business visitor in Myrtle Point Thursday.

School Audits Nearly Done

The audit of school district books has been completed with the exception of one district from which the books had been delayed. This is an unusually early date for the completion of the audit. The auditor selected was W. H. Wann who has, for several years, audited the county clerk's books.

Mining Location notices for sale at this office.



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FRESH FRUITS

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Plums, Apricots, Canteloupes, Grapes, Peaches, Watermelons

Pride Boneless PICKLED PIGS FEET
Makes a tasty lunch these warm days.
Pint Jars, only - 27c

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No. 2 Cans - 2 for 25c

C. C. Pale Dry GINGER ALE
The Big Bottle, only - 25c

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Nice Fresh Vegetables for your Sunday Dinner

- Green Corn
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Once more before the advance in price, those fine FORD HAMS or MORRELS PRIDE SKINNED HAM

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Fancy CRUSHED WHITE FIGS 13 oz. can, only - 10c
They are fine you'll like them

BURBANK HOMINY No. 2 1/2 tins, 2 for - 25c

Brewster Valley

Saturday Mr. and Mrs. Walter Laird and Mrs. Bonnie Dutton and three children and Charles Wilson were visitors at the home of Jesse Laird of Gravel Ford.

Ivan Laird made a business trip to Camas Valley Wednesday.

Wm. Bettys was a week-end visitor in Coquille.

Mr. and Mrs. Brant Taylor, Mrs. Marian Jones and Daniel Parks spent Sunday at the camp on Dement Creek visiting with Mr. and Mrs. Kenneth Taylor.

Hazel Taylor, Elods, Velma, Ernest and Forrest Krewson and Miss Eula Doak spent the week end camping on Burnt Mt. where Mr. Krewson is employed building fire trail.

W. A. Nickason and Elmer Wilson went to Camas Sunday to get a tractor they had purchased.

Mrs. Polly Nickason and children, Betty and Fern, Mrs. Elmer Wilson and children, Burton and Virginia, and Miss Florence Mead were Sunday visitors at the home of Mr. and Mrs. Bert Mead, of Gravel Ford. They celebrated the birthdays of both Mr. and Mrs. Mead, with a picnic dinner in their honor.

The annual school meeting was held in the gym Friday to vote on the budget for the coming year.

Maxine Simpson, who has been visiting in the valley for several weeks, returned to her home in Coquille Saturday. She was accompanied by Eloise Crowley who will spend a week with her.

Mr. and Mrs. Ernest Root and family from Imperial Valley were Tuesday visitors at the Elmer Wilson home.

Mrs. Tom Lawhorn was called to the bedside of her father in Marshfield Wednesday.

Mr. and Mrs. Grant Harry and Mr. and Mrs. Jack Bridges were Coquille visitors Saturday.

Mr. and Mrs. Elwin Alford spent Sunday visiting at the home of Charles and Mike Oberman.

Mrs. Ethel Bernathy, of Dora, and Mrs. Mildred Benham were Tuesday visitors at the home of their mother, Mrs. J. D. Laird.

Those who attended the ball game at Gravel Ford Sunday were Mr. and Mrs. Elmer Wilson and family, Mr. and Mrs. W. A. Nickason and family and Miss Florence Mead.

Alpine Coal delivered in Coquille for \$5 a ton, cash. Phone 71. Helmkin & Son.

Trespass Notices, printed on cloth, for sale at this office.

Disapproves School Bus Routes

The District Boundary Board at a meeting Monday, July 25, disapproved proposed high school routes. This applies, however, only as far as high school tuition funds were concerned, the boundary board allowing the districts to provide transportation from their own funds providing same was deemed best.

For the last two years several high schools have been offering high school tuition and have been reimbursed by the county high school tuition fund but due to the fact that delinquent taxes have made the county very slow in reimbursing the several high schools, only three high schools had sent to the county board routes for the coming school year.

The 5.5 mills which was levied for the county high school tuition fund in the last county budget goes toward defraying the cost of transportation and tuition for the last school year and not for the coming year.

Old Papers, good-sized package at The Sentinel for 5 cents.



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

DIET FOR ADULTS

GOOD eating habits for an adult mean a mixed diet of three meals a day and no eating between meals. It is hardly necessary to add that food should be eaten slowly and not bolted. No two people are exactly alike and each person should avoid foods which experience has shown him do not suit him, or as it is usually expressed, "do not agree" with him.

Mental or nerve strain upsets digestion. If a person must carry his worries with him to his meals he should eat then only light foods and not anything that necessitates hard work on the part of the digestive apparatus. He should eat this meal very slowly. The same applies to a man who comes to the table tired out and exhausted. It is also advisable to take about one quart of milk a day. This may be used as a beverage or taken in ice-creams, cream soups, creamed vegetables, custards, etc. Of course, in addition to milk each individual should drink water freely each day. A glass of water on rising and one or two between meals are advisable to supply the body with the fluids necessary for its upkeep. There is no objection to the moderate use of tea and coffee for adults, except that where they are used there is less tendency to drink milk.

In regard to the method of cooking vegetables and meat, it is best to avoid fried foods as much as possible. The method of cooking does not seem to be as important as the fact that the food should be thoroughly cooked.

Fried foods give the individual more fat than is necessary and, further, some chemical change takes place in the fat during the process of frying, which tends to upset the stomachs of people who have a delicate digestive apparatus.

All of us should eat less of the staple refined articles of diet: e. g., meat, bread, potatoes and sugar in various combinations, and use more milk and leafy vegetables. The most common available leafy vegetables are lettuce, celery, broccoli, cabbage, spinach, kale, Brussels sprouts, water cress, turnip tops, mustard greens, beet tops and dandelion leaves.

Once a day a liberal serving of cooked greens should be eaten, and at least once a day a raw, green salad. These foods have the advantage, not only of supplying necessary vitamins, but they also help to correct constipation and encourage mastication, and are bulky foods which tend to ease the pangs of hunger and discourage overeating.

Fill up on the salad early in the meal, and there will be less likelihood of eating too much of the other articles on the menu. Incidentally, such a diet is cheaper than one containing a lot of meat—a not unimportant consideration.

QUESTIONS:

All wives and mothers should be able to answer these questions: 1. What are disadvantages of fried foods? 2. When should salad be eaten? 3. How much water should be drunk daily?

This is the ninth of a series of 13 articles on Health in the Home. The tenth will be on Average and Best Weights.