

The Sentinel

A GOOD PAPER IN A GOOD TOWN
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 Publishers
 H. A. YOUNG, Editor

Subscription Rates
 One Year \$2.00
 Six Months 1.00
 Three Months50
 No subscription taken unless paid for in advance. This rule is imperative.



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

Entered at the Coquille Postoffice as Second Class Mail Matter.

Office Corner W. First and Willard St.

A Kansas City, Mo., man who was in Portland at the Legion convention last week stated that there was not a great deal of enthusiasm for Roosevelt in the middle west, but that the farther west he came the more he heard about the democratic candidate. The Pacific coast states, even with the south, cannot elect a president, and it is becoming more apparent daily that the New York governor had reached the peak of his strength in August.

The unexpected has happened and a LaFollette has been defeated in Wisconsin. Possibly the voters thought that with young Bob LaFollette in the senate that it was making it too much of a royal family dynasty to put his younger brother back in the governor's chair, but at the same primary Senator Blaine, of the LaFollette machine, was defeated for re-nomination, so it must be that the revolt there has become general.

Another angle is that democrats by the thousands this year registered as such, where they had before registered as republicans, showing that it was by democratic votes that the LaFollette reign had been continued for thirty-two years.

LEGION HAS OPPORTUNITY

In the Oregon Voter last week, C. C. Chapman felicitates the American Legion on the confidence it inspired during the national convention in Portland. The first sentence in Mr. Chapman's article, which follows, mentions the one thing that has cost the Legion a considerable loss in membership—the bonus question—but it is a positive fact that the Legion can be of incalculable benefit to the United States:

Despite its action urging immediate bonus, the American Legion inspired confidence that its personnel and leadership will mean much to our country in the future. No thoughtful patriot could witness the Big Parade without emotion and without feeling that these men who fought for our country will support its institutions. Like a sturdy child who is on the defensive, it feels wronged at being denied what its parents cannot afford to sacrifice without considering the entire family burden that must be faced through the years. But its members are growing into mature responsibilities, and have the same concern with the general welfare of the country that those have who now must cope with their demands and all the other demands of necessity as well as of sentiment.

What all of us, including the Legion, must work for politically is the restoration of government to a sound operating basis under which it can fulfill its duties without danger of bankruptcy and the stupendous universal distress that would follow failure to maintain order and public credit. The problem is state and local as well as national. It is inconceivable that men of the type who met in Portland will keep their class demands ahead of the general welfare and its challenge to the best there is in all of us.

CHEESEMAKER FROM NORWAY

In the Oregon Voter last week appeared the following short biographical sketch of J. H. McCloskey, candidate for the legislature from Coos county, who is going to poll a big vote on Nov. 8:

J. H. McCloskey, democratic candidate for Coos county representative, lives in the little village of Norway, just north of Myrtle Point. For a quarter of a century he has been owner and manager of creameries and cheese plants in Southern Coos County, and is esteemed as a business man. Born at Gravel Ford on the East Fork of the Coquille, above Myrtle Point, Feb. 19, 1877, and has lived in Coos county ever since. His name was written in by 38 democratic voters at the primaries and his standing is such that he will poll a substantial vote at the election. Elk; ROOF.

State Capitol News Letter

Seven Oregon circuit judges and one justice of the supreme court have failed to accept the 10 percent pay cut in the monthly salary recommended by the state board of control at the time similar reductions were arbitrarily put into effect among officials and employees under the jurisdiction of the board. The number includes Judge James T. Brand of Marshfield; Judge G. F. Skipworth of Eugene; Judge L. H. McMahan of Salem; Judge Arlie G. Walker of McMinnville; Judge C. H. McColloch of Baker; Judges Louis P. Hewitt and George Tazwell of Portland, and Justice George M. Brown of Salem.

Twenty-one of the 28 circuit judges in the state have voluntarily accepted the wage reduction involving a saving of approximately \$1,000 a month to the general fund of the state from which these salaries are paid. Salaries of circuit judges, since the latest increase by the 1929 legislature, range from \$416 to \$500 a month, with only two judges receiving the lower figure.

The war on license slackers continues. Another list containing the names of 240 alleged residents of Oregon who have purchased Washington license plates for their automobiles, has been received by Secretary of State Hoos and is now being checked preliminary to a round-up of those who are found to be guilty of violating the Oregon license law.

Taxpayers who are dissatisfied with valuations placed on their properties by county assessors and the county board of equalization must first carry their grievances to the state tax commission, the supreme court has held. The ruling of the high court was contained in an opinion in a suit brought by the Longview Bridge company against officials of Columbia county. The company had appealed to the circuit court from the order of the Columbia county board of equalization.

Jean Pressler, 19 year old Myrtle Point high school boy, has been awarded a scholarship in the Colorado School of Mines at Golden, Colorado. The selection of Pressler for this honor was made by C. A. Howard, state superintendent of public instruction, and was based on Pressler's work in engineering in which he has specialized.

When the Union Pacific railroad agent at Mission station, Umatilla county, refused to accept a carload of sacked grain for shipment at the prescribed intrastate rates, Roy M. Ritter, owner of the grain, complained to the public utilities commission. Commissioner Chas. M. Thomas is investigating and if he finds the facts to be as represented has promised to bring suit against the railroads.

Oregon receives more in federal aid than it pays to the government in taxes. Figures available at the state highway department and the state engineer's office show that Oregon received \$4,901,680 last year from the federal government for highway or irrigation projects and for the improvement of rivers and harbors. During the same period internal revenue receipts from this state totalled only \$4,431,097. Thirteen other states benefit by this arrangement. They are Arizona, Arkansas, Georgia, Idaho, Mississippi, Montana, Nevada, New Mexico, North Dakota, South Dakota, South Carolina, Utah and Wyoming.

Carelessness on the part of experienced drivers is responsible for most of the automobile accidents on Oregon highways. An analysis of the August accidents, just completed by Secretary of State Hoos, reveals that more than one-half of the total number were direct results of either carelessness or negligence while 1444 of the 2113 drivers involved had had more than six years experience in the operation of a motor vehicle. Male drivers were the chief offenders, numbering 1781 compared to only 302 women. Prominent among the causes listed for the month's accidents were failure to observe right of way, driving on the wrong side of the road, speeding, cutting in and failure to stop at through highways. Straight highways offering unobstructed view of the road were the scene of 449 traffic mishaps during the month and 771 crashes occurred at street intersections.

Chas. M. Thomas, public utilities commissioner, does not propose that the utility patrons of Oregon shall be stuck for the "service fees" paid by operating utilities to their parent corporations or so-called holding companies. In the case of the Northwestern Electric company the commissioner has just rejected two items aggregating more than \$110,000 as proper charges against the operating expense

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of the utility. These items were fees paid by the utility to the Electric Bond & Share company for "supervision" and advice of the operating company by the holding company. Commissioner Thomas declares that the operating company received no service of any value to justify the payment of such fees.

What County Unit Law for Schools Has Done in Lincoln

The following from the Oregon Journal, concerning the operation of the county unit plan for conducting schools in Lincoln county, where it has been in operation for nine years, is reprinted in the Sentinel for several reasons, the chief one being that in these days when every means of reducing taxes is being sought, this method of school management is the most outstanding opportunity for reduction of public expenditures. And education is the largest item by far in our state, county and city expense. Nor will the county unit method of managing schools lower the efficiency and standard. It will, on the other hand, increase their efficiency.

In quoting from the Journal we omit most of the individual opinions of Lincoln county voters, but there are still some opponents of the plan as there are ardent supporters:

Ten years ago Lincoln county was divided into 70 school districts, each operating independent of the others. Tax levies for support of education were as varied as the districts were numerous, ranging from nothing at all in some of the more favored districts to as high as 24.5 mills in other districts. "Sixty-three one-room schools were scattered about over the county for the accommodation of children living in rural sections. Children who attended these schools were required to provide their own transportation. Many living in the more isolated sections of the county were able to attend only during the more favorable seasons of the year; some were unable to attend at all.

Today Lincoln county is one of three Oregon counties operating under the county unit system of school administration. Its 70 independent districts have been reduced to 39 and the administration of these 39 districts is under a single board representing the entire county with the county school superintendent as executive secretary of this board and the active head of the county's elementary school system. Instead of the 70 separate and widely varied tax levies for the support of education there is now only one levy, uniform over the entire county.

Lincoln county adopted the county unit system in 1923 by a vote of 841 to 680. The year before the proposal to change from the old district system to the county unit had been rejected by a vote of 648 to 735.

While operation of the county unit system is generally conceded by residents of the county to have been highly satisfactory in that it has resulted in a decided improvement in educational facilities of the county, at the same time equalizing the tax bur-

den for school purposes, support of the county unit plan in Lincoln county is by no means unanimous.

A visit to Lincoln county and contact with residents in various sections reveals numerous sore spots many of which could undoubtedly have been avoided by the exercise of better judgment on the part of the county unit board in its task of reorganizing the county under the new plan.

One of the most bitter opponents of the county unit plan as it operates in Lincoln county is H. G. Downing, of Woods, a small community in the eastern section of the county. Downing's opposition to the county unit plan is based upon the argument that it destroys the social centers in the rural districts by closing the small one-room schools.

W. F. Wakefield, farmer of the Eddyville district, and for many years a commissioner of Lincoln county, declared that the county unit plan had worked out so satisfactorily that many who were originally opposed to the idea had been completely converted and were now its strongest supporters.

"The county unit plan spreads the tax burden out over the entire county," he declared. "Under the old plan a few districts reaped all the benefits from the timber tax. The timber belongs to the entire county, not to a few districts and all of the schools in the county should reap the benefit of the timber tax as they do under the county unit plan."

Thirty-five one-room schools have been abolished in Lincoln county since the county unit was adopted in 1923, being replaced by more modern buildings of two or more rooms. The county now has seven two-room schools and eight school buildings of four or more rooms with ten large consolidations including the old districts in which one-room schools were formerly maintained. Twenty-eight one-room schools still remain in the more remote sections of the county where transportation of the children to the larger schools has not been found to be practical.

Twelve busses and two boat lines are used in transporting children to and from school. These are all under contract, the district having no busses of its own. Transportation costs average approximately \$25 per pupil. Only those children are transported who live at a distance from the school. In a few isolated cases where it is not practical either to provide a school convenient for the child or to provide transportation children are boarded at the expense of the county unit near a school.

While comparative costs of education prior to the adoption of the county unit are not available, Superintendent Cannon points with pride to his record of only \$63.77 per capita, based on average daily attendance for 1931-32. School costs in Lincoln county have shown a steady decline since 1928-29 when they were at their peak of \$100.24. Cannon estimates that the per capita cost will be reduced to \$50 for 1932-33 due to salary decreases and other economies.

Whereas 82 teachers were required for the 1580 pupils attending the 70 schools in Lincoln county in 1923 un-

der the old district system, 79 teachers sufficed for the 1900 children attending the 39 schools in the county last year under the county unit plan. Increase of the teacher load, according to Superintendent Cannon, is one of the secrets of the success of the county unit plan. Supplies purchased on competitive bids are secured at lower cost than under the hand-to-mouth methods employed in the district school representing another factor in the reduced cost under the county unit plan, Cannon points out.

Inheriting a heavy burden of debt when he took over the reins of school administration in Lincoln county, Superintendent Cannon has succeeded in reducing this load by more than \$100,000 in the past four years at the same time increasing the teaching quality in the schools and improving the educational facilities of the county. Twenty new school buildings have been constructed in Lincoln county since adoption of the county unit plan in 1923, ranging from the one-room rural school to an eight-room modern concrete building in Toledo, all without a bond issue.

Health Essentials

(Oregon State Board of Health)

Nearly everybody can have good health if he is willing to make a sufficient effort to obtain it. Hard work and active play are essential to the enjoyment of healthful living. Most of us have good health, but we have considerable difficulty in maintaining it. Good health requires regularity of action. It is necessary to adhere to the principles of hygiene if you expect to add years to your life and to make those years more worthwhile. Eat regularly. Do not go to work on an empty stomach. Your food should be chewed thoroughly. Care in the selection of food can not be stressed too much. Eat a varied diet, including fruit and vegetables. Do not eat many sweets or highly spiced foods. Drink at least six glasses of water daily. Do not eat too much or too little. Find out what your weight should be according to your height. If you are ten pounds overweight, eat less of everything, especially fat producing foods. Eat more vegetables and fruit. Take more exercise if your work is sedentary.

If you are more than ten pounds underweight eat more at each meal,

especially fat producing foods. Get more sleep and rest. Learn to relax, both while at work and at all times. Hasty eating and swallowing half-chewed food are the chief causes of digestive disorder.

Cleanliness is essential to health. Frequent bathing, frequent washing of hands helps remove disease germs. It is a good practice to wash the hands before meals. In this way we prevent carrying germs that we may have on our hands to the mouth or nose.

Certain diseases can be prevented by immunization. All persons should be immunized against smallpox, diphtheria, and typhoid fever.

No one boasts about the comfort and pleasure of infected teeth, abscessed teeth or one's false teeth. Early dental care prevents the decay of teeth.

Avoid coming in contact with producers of disease. Avoid public drinking cups as their edges are covered with germs left by previous users. Avoid all common articles such as towels, shaving outfits, and other toilet articles.

Avoid the common cold by avoiding exposure to this infection.

Wear properly fitted shoes and prevent foot troubles. Build up your resistance to disease by getting sufficient sleep, rest and proper food.

Prevent diseases by informing yourself in regard to advanced methods of disease prevention and by taking advantage of medical advice at all times.

Lost 20 Lbs. of Fat In Just 4 Weeks

Mrs. Mae West of St. Louis, Mo., writes: "I'm only 23 yrs. old and weighed 170 lbs. until taking one box of your Kruschen Salts just 4 weeks ago. I now weigh 150 lbs. I also have more energy and furthermore I've never had a hungry moment."

Fat folks should take one half teaspoonful of Kruschen Salts in a glass of hot water in the morning before breakfast — it's the SAFE, harmless way to reduce as tons of thousands of men and women know.

For your health's sake ask for and get Kruschen at Fuhrman's Pharmacy, Inc., or any drug store—the cost for a bottle that lasts 4 weeks is but a trifle and if after the first bottle you are not joyfully satisfied with results—money back.