

The Sentinel

A D PAPER IN A GOOD TOWN
BY H. W. YOUNG.

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OFFICE, NORTH END OF B STREET

Entered at the Coquille Postoffice as Second Class Mail Matter.



Remember that on Friday of next week letters will have to carry three cents in stamps to get anywhere.

The editor, who is unwilling to "All up his paper with such stuff as that," referring to the Liberty Loan advertising, ought to be made to feel the indignation of his patriotic patrons.

The lamp still holds out to burn. If you haven't yet subscribed for a bond of the second Liberty Loan, you can afford to do so, don't let Saturday's sun go down without a blue button on your coat. It is a duty you owe your country.

The grocery stores of Chicago are setting a valuable example to the merchants of other communities. They are establishing two prices, one for the people who pay cash, and who do not require delivery, and another for those who ask credit, and who demand delivery.

Senator McNary thinks that the proposed military highway along the Pacific coast will be provided for in an appropriation bill at the next session of Congress. He states that he has found the war department favorable to the proposal and that the department expresses the opinion there is sufficient favorable feeling on the matter among members of Congress to pass such a bill. "The West will vote in a solid body for the highway," he stated.

Some one has been making an estimate of the length of time it would take to count all the dollars it is hoped to raise in the second Liberty Loan. Working eight hours a day an expert clerk in the treasury department will count 32,000 silver dollars, or at the rate of 4,000 an hour. At that speed, if he took no vacations and never got sick he would get through counting the five billions in 500 years. By that time if he lived to finish the task, we imagine the sight of a dollar would give him that tired feeling.

United States bonds, both coupon and registered, bearing 4 per cent interest, are now selling for 5 per cent premium in the financial markets; but Uncle Sam is himself selling the same sort of bonds bearing the same rate of interest at par today. And it's a mighty good buy. Four per cent interest and five per cent premium will mean 9 per cent profit in the year or seven per cent in six months. The men who can afford to buy these bonds and fall to buy them are not only lacking in patriotism; they are also plain chumps.

The Portland paper which says that the Coquille Commercial club is "making strenuous efforts" to get up a display for the Portland Land Products Show in November is a long ways off its trolley. Coquille has a show of her own—the Corn and Potato products exhibition—to stage in November, and besides our Commercial Club has decided that one state fair a year is all that we can do justice to, and so will keep continuously in mind the real state fair at Salem, in mind its power to help Coos county retain the high position she secured there this year.

How many of our laws work exactly the opposite of what is intended by their makers. For instance, the law which protects deer from hunters—presumably that the species may not become extinct and in order that there may be more food for the human race. Yet when a man gets into your garden and loads up with your truck, you would probably be justified in shooting him if he refused to obey your call to halt and surrender the property he was taking; while if a

WHERE KITCHENS HELP WIN THE WAR

The housewives, who read the Sentinel, may perhaps find some new suggestions about the way to help win the war in the kitchen in the following from the Outlook:

One family that we know has been making experiments in the saving of food. The family in question consists of half a dozen growing boys and their parents. They live in the country. They have read of what Mr. Hoover is trying to do, and they have done what they could to follow the general principles laid down. These are to save the wheat; to save meat, especially beef and pork; to avoid the use of the meat of young animals—such as lamb and veal; to save sugar and animal fats, particularly butter; and to avoid needless waste.

As a consequence of their experiment the members of the family generally testify that their meals have been better than ever.

To save the wheat the mother of these growing boys has provided a large proportion of other cereal products. There has been an almost complete abandonment of wheat foods at breakfast, and instead there has been substituted the use of such breakfast foods as oatmeal, rice, corn barley, and rye, in their various forms. Hominy, puffed corn and rice kernels, and preparations of rye have been served and have afforded a new variety.

The substitution of corn bread for toasted wheat bread has not been found practicable in this household, because it involved extra labor at a time of the day when labor is not available. That is a point that a man who sits in an office chair at Washington may not appreciate quite as intensely as the housewife who has to be up betimes to bathe and dress young children with one hand and get breakfast with the other. What has been done, however, in this particular family has been effective in the saving of wheat, as is proved by the fact that whereas the household formerly used a barrel of wheat flour a month it now needs a barrel of wheat flour once in about three months. Part of this saving is due to the fact that the household is slightly smaller, but most of it is due to the method adopted for saving the wheat. The mixture of rye and other flours with the wheat in the making of bread has had a great deal to do with this saving and has been welcomed by the family. This particular mother knows how to make bread, and she uses a bread-mixer.

Quite as marked results have been obtained in this household in the saving of meats. Cheese forms a larger item in the diet of the family than before. Peanut butter, an almost perfect food in itself, has become very popular. It finds itself even in cake. Anybody who likes cake with maple-sugar filling will relish the peanut-butter cake that is made in this household. One of the dishes that has met with greatest favor consists largely (horrors!) of dried peas. Another effective meat substitute is beans. These and other dishes that are used to furnish what meat furnishes are not merely served but are eaten! Those who preach the doctrine of the clean plate need not preach that doctrine to

deer comes night after night to ravage your garden and despoil you of a winter's supply of vegetables, all you can do, if you lose a night's rest to get at the marauder, is to shoot him away. Seems to us any man ought to have the right to protect his crops with a gun, even if the freebooter is a deer or a bear, instead of a human being. And a great many people are of the opinion that the law which prohibits a man from saving foodstuffs isn't worth the paper on which it is written.

IT MAKES \$50 A PIECE

Perhaps the reader had not thought of it, but the five billions of dollars the government hopes to secure in the second Liberty Loan means \$50 for every man, woman and child in the United States. But at the same time it only means not much more than one dollar in fifty of the total wealth of the United States. We don't ask a \$50 subscription from every person, for there are a great many who are not able to subscribe. But every man ought to try to make a subscription equal to at least one-fiftieth of his wealth. Many are doing vastly more than this. Are you measuring up to this standard?

SUGAR ENOUGH HERE.

Those who have been reading about the sugar shortage in the East, where purchases are limited to a dollar's worth, and who have felt like getting in a big supply in anticipation of similar conditions here, should be reassured by reading the following from the Kelley, Clarke Co., agents for the sugar producers:

We have been informed by Mr. Hannam, District Manager of the Pacific Coast Sugar District, that there are ample stocks of sugar available in this district to take care of all neces-

sary household. There is very little food left on the plates—not even enough to supply the legitimate needs of the dog and the poultry. There has been during these past few months a larger use of bananas, which do not serve the purpose of fruit so much as of such a staple as eggs or wheat.

In the saving of sugar this family cannot be cited as an example. There is a very great need of sugar in the world today, and Americans are extravagant in the use of it. We ought to cut down our sugar consumption by a quarter. The average American consumes eighty pounds of sugar a year. That is very much more than he needs. The average citizen of France manages very well with forty to fifty pounds, and yet any one who has travelled in France and has encountered French pastry and French confections forever after thinks of France as a land of sweets. Probably the way in which most people can serve in saving sugar is by reducing their candy and soda-water consumption. The family in question happens to have had no extravagances in that direction. There has been no attempt in this family, and there ought to be no attempt in any family, to reduce the use of sugar in preserves. There is no way in which sugar can be used more economically, and in this form it serves as a substitute for butter.

In saving butter and animal fat this household has adopted three general methods. First, it uses no lard and practically no butter in cooking. Instead it uses preparations of vegetable oils derived mainly from cottonseed. This substitution antedated the food-saving campaign, and was adopted because of the consequent improvement in flavor by the abandonment of lard. The second method has been the mixture of butter with milk. There is a little glass-jar churn on the market obtainable in almost any hardware store, with a mechanism like an egg-beater. A pint of milk is mixed with a pound of butter at a proper temperature, and the result is two pounds of what looks and tastes like delicious "fresh" butter. More of this compound butter and milk is used on the table than was used of butter before, but not twice as much. That means a considerable saving in the consumption of butter. The third method for the saving of butter has been the use of substitutes, such as jellies and preserves (much to the pleasure of the boys), peanut butter and at least one of its derivatives, and a butter substitute which is very popular in this household and which is made of peanut and coconut oil.

This household is also saving coal by the use of kerosene in cooking and water-heating. The old coal range has been sold for junk, and in its place are a kerosene cook stove and a kerosene water heater of the long-chimney, wick variety. This, however, as well as the saving by preserving, is another story.

It is worth mentioning perhaps that this food saving, undertaken as a part of National service, has involved practically no sacrifice. On the contrary, it has resulted in new enjoyment of breakfast, dinner and supper.

sar requirements for sugar so that there is no need for the consumers to hoard sugar with the idea that they may not be able to obtain their requirements at a later date.

Retention of sufficient supply in this district to meet the district requirements is demanded.

That a large stock of sugar at hand with the consumer will lead to unnecessary waste by the consumer is felt to be one danger in the hoarding tendency. An adequate supply and federal control of prices should allay the stampede, which cannot fail to be injurious to general welfare if it continues.

GERMANY INDICTED.

When the indictment against German autocracy shall be made up, it will be found that it includes the following transgressions against the laws of humanity, the recognized rules of civilized warfare:

1. Violation of treaties, beginning with invasion of Belgium.
2. Execution of hostages.
3. Enormous exactions under guise of fines.
4. Enslavement of people, including boys and girls.
5. Exploitation of women for gratification of soldiers.
6. Destruction of churches and libraries.
7. Pillage.
8. Frightfulness in many forms.
9. Poisoning wells.
10. Imprisonment and punishment of non-combatants.
11. Destruction of orchards and fields, with their ripening crops.
12. Ruining mines after their abandonment.
13. Sinking merchantmen without warning.
14. Ignoring neutral and non-com-

Royal Baking Powder saves eggs in baking

In many recipes only half as many eggs are required, in some none at all, if an additional quantity of Royal Baking Powder is used, about a teaspoon, in place of each egg omitted.

Try the following recipes which also conserve white flour as urged by the government.

Corn Meal Griddle Cakes

1 cup corn meal
1 cup boiling water
1/2 cup milk
1/2 teaspoon shortening
1/2 teaspoon salt
1/2 cup sugar
1/2 cup flour
1/2 cup Royal Baking Powder
NO EGGS

Boil corn meal in hot water with boiling water; add milk, salt and sugar; mix well; add flour and baking powder which have been sifted together; mix well. Bake on hot griddle until brown.

(The Old Method called for 3 eggs)

Eggless, Milkless, Butterless Cake

1 cup brown sugar
1/2 cup water
1/2 cup melted lard
1/2 cup shortening, cut fine
1/2 cup flour
1/2 cup shortening
1/2 teaspoon Royal Baking Powder

Boil sugar, water, fruit, shortening, salt and spices together in saucepan 5 minutes. When cool, add flour and baking powder which have been sifted together. Mix well; bake in loaf pan in moderate oven about 45 minutes.

(The Old Method [Fruit Cake] called for 2 eggs)

Send for our new booklet "55 Ways to Save Eggs," Mailed free on request. Address Royal Baking Powder Co., Dept. H., 135 William Street, New York

betant rights.

15. Blowing up industrial establishments in neutral countries.
16. Poison gases and flames.
17. Sinking hospital ships.
18. Starving and slaying prisoners.
19. Murdering innocent people in small boats.

20. Aerial warfare on undefended towns.
21. Bombarding hospitals.
22. Spreading disease through anthrax and glanders germs.
23. Criminal diplomacy based on treachery, falsehood, bribery.
24. Conspiracy against sovereignty of neutral nations.
25. Complicity in Armenian massacres.

There are more to be added; but was there ever such a record of infamy achieved by any other power, ancient or modern?—Oregonian.

Tomorrow, Saturday, October 27, is the last day of subscribing to the second Liberty Loan bond issue. Those who have not put up heretofore will, we hope feel it their patriotic duty to do so then.

All the public eating houses at Marshfield have signed an agreement to observe meatless days and serve wheatless meals as recommended by the food conservation commission.

Want to buy a good 2 1/4 H. P. gasoline engine? The Sentinel has one for sale.

FEEL LIKE GIVING UP?

Many Coquille People on the Verge of Collapse.

A bad back makes you miserable all the time—Lame every morning; sore all day. It hurts to stoop—it hurts to straighten. What with headache, dizzy spells, urinary weakness, No wonder people are discouraged, Who do not know the kidneys may be the cause of it all.

Give the weakened kidneys needful help.

Use a tested and proven kidney remedy.

None endorsed like Doan's Kidney Pills.

Mrs. M. E. Pierson, 519 Fowler St., Roseburg, Ore., says: "Four years ago, my kidneys were in a pretty bad way and for several weeks I suffered a great deal from backache. My kidneys were congested and acted irregularly. The trouble later developed into inflammation of the bladder, which caused me much misery. Nothing gave me relief until I used Doan's Kidney Pills. Four boxes in all stopped the trouble with my back and put my kidneys in good working order." Price 60c at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Pierson had. Foster-Milburn Co., props., Buffalo, N. Y.

Caterpillar a Money Saver.

At Eugene it has been found that gravel can be hauled three miles and put on the roads for 22 cents a yard, using a Holt Caterpillar tractor such

as Coos county has just invested in. The best the State Highway Commission has been able to do with motor trucks under similar circumstances is 60 cents a yard.

Of All the Books



known to man, the savings bank book is the one that will come in handiest in days of trouble. Get one of these books by opening an account with this bank. It doesn't take much to start an account and it will grow amazingly if you give it attention.

FARMERS & MERCHANTS BANK

Commercial and Saving Deposits

COQUILLE

OREGON

THE DAIRYMAN'S FRIEND

Wisconsin Silo

for sale by

E. E. JOHNSON

Also a complete line of

Lumber, Dry Finish Rustic, Mouldings, Boxes and Crates

WHY, THAT WAS PRESIDENT ANDREW JACKSON'S FAVORITE CHEW

OLD HICKORY WAS RIGHTLY PARTICULAR ABOUT HIS TOBACCO

GRAVELLY'S CELEBRATED Chewing Plug

BEFORE THE INVENTION OF OUR PATENT AIR-PROOF POUCH GRAVELLY PLUG TOBACCO WOULD NOT KEEP FRESH IN THIS SECTION. NOW THE PATENT POUCH KEEPS IT FRESH AND CLEAN AND GOOD. A LITTLE CHEW OF GRAVELLY IS ENOUGH AND LASTS LONGER THAN A BIG CHEW OF ORDINARY PLUG.

P.B. Gravely Tobacco Co. Danville, Va.



BEFORE BILLY POSTER GETS THROUGH, A LOT OF OTHER PEOPLE WILL BE GETTING PARTICULAR TOO

