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COQUILLE, OREGON

THE COQUILLE VALLEY SENTINEL

and

THE OREGON FARMER

For one year in advance \$1.65

Skim Milk's Merits.

Skim milk contains not only the right proteins but everything else including mineral matters needed for the growth of the young.

"Don't be afraid of skim milk just because it has a low commercial value," says D. V. Chappell, assistant professor of dairying at the Oregon Agricultural College. "Everyone knows that whole milk is an indispensable food for the young. It is comparatively economical in the diet of the adult. The only nutrient taken from it in skimming is the butterfat."

All of the sugar, which is approximately five per cent, all of the mineral matter, and all of the protein remain after skimming. As a tissue builder skim milk is the equivalent of whole milk, but not as an energy and heat producer. The tissue building materials are usually contained in the more expensive foods, such as eggs and meat, while the heat yielding materials are largely found in the cheaper foods, such as bread and potatoes.

Recent experiments show that skim milk contains an unknown substance (vitamine) absolutely essential to the normal growth and development of the young. This substance is

found in but few other foods. A really successful substitute for milk or skim milk has not yet been found."

Roadmaster Murdock Writes.

Commissioner Philip has received a long letter from Lieut. R. B. Murdock with the American Engineers in France. He is employed rebuilding roads which were destroyed by the German shells and which are used for military purposes. He states that macadam has been in use in France for nearly a hundred years and they are still laying that class of road. Lieut. Murdock has charge of about two thousand men employed in road building.—Coos Bay Harbor.

Closing out—at 50% discount—all service rings and pins at V. E. Wilson's Jewelry store. 4312

Chamberlain's Tablets.

When you are troubled with indigestion or constipation, take Chamberlain's Tablets. They strengthen the stomach and enable it to perform its functions naturally. Indigestion is usually accompanied by constipation and is aggravated by it. Chamberlain's Tablets cause a gentle movement of the bowels, relieving the constipated condition.

McKinley News.

School at McKinley commenced again Monday after four weeks' vacation on account of the Spanish influenza. No cases were reported at McKinley.

Last week W. H. Busch went to Portland for an operation at the Portland Sanitarium. The family received a telegram Saturday saying he was getting along nicely and would be home in two weeks.

Lloyd Shepherd spent Saturday and Sunday at home with his parents, Mr. and Mrs. Chas. Shepherd. He informed us that Harold has not been heard from since his regiment started across.

Mrs. E. Hansen, who has been very sick, was taken to Coquille to Dr. Hamilton's hospital Friday, but returned home again the same day, not being strong enough for an operation just now.

Mrs. Wilson received word from her son, Grant, who is stationed at New London, Conn., that his submarine and a good many others had been called in on account of the change in the German situation. He also stated that his boat was now being used as a training boat for young officers.

Benny Labrad and Kenneth, also, who were operated on at Dr. Hamilton's hospital for appendicitis a couple of weeks ago, are doing nicely and will soon be up and around again.

Minnie Busch has been quite sick for a few days, but is much better again.

Arthur Brown has a bunch of men at work on the road repairing some of the cut out places in the sewer gravel. It was necessary to lay back some of the old plank for the winter.

Elmer King, of Lee, has rented Walter Lawhorn's place and took possession this week.

Mrs. E. N. Harry has returned to her home at Sitcum and Mrs. Bud Ingram is cooking at the McCarthy camp in her place.

Mrs. Ellen Robbins' mother, Mrs. Weaver, from Myrtle Creek, who has been visiting her at McCarthy's camp, returned home Friday.

Mr. and Mrs. Thelma Lawhorn had business at Myrtle Point Saturday.

Gordon Shepherd and family visited Alvin Shepherd Sunday.

Alva Brown has been busy tearing down the old house on his place and converting it into a fine wood shed.

Chas. Holmstrom is the new engineer at McCarthy's.

Gordon Shepherd has purchased a new Ford truck.

Claud Waters took a load of apples to town Friday. He states the roads are getting pretty muddy for a car. The piece of road at the new bridge near S. Clarke's is nearly impassible. The farmers are all busy plowing and sowing their fall grain. Everything done in the fall helps in the spring when the rush comes on.

Lower East Fork Notes.

Miss Hazel Radsbaugh spent the week end with Misses Hedwig and Margaret Harnish.

Mr. and Mrs. T. G. Summerlin made Myrtle Point and Norway a business visit Monday.

Schools opened the 11th after the influenza scare.

Mrs. Shook reports that her mother, Grandma Steele, is very little better. She is still at Dr. Pemberton's hospital for medical care.

Mrs. Chas. Howe left the 9th for Portland to spend the winter with her son, Ira.

Miss Edie Weekly and two sisters, Beatrice and Marie, are spending their vacation out at the farm.

Verne Bennett, of Coquille, is hauling Bert Folsom's potatoes to market with his truck.

Mrs. Chas. Evland is visiting relatives and friends in Coquille.

Mabel Pierson was a guest at the Mayne home a few days last week.

Mrs. Bertha Minard is visiting her mother, Mrs. Wm. Hall.

Reuben Cotton is building a residence for himself on his father's farm and is hauling the lumber from Heller's mill.

T. G. Summerlin has purchased the John Culbertson farm joining his own, so he has a nice farm now.

For Sale or Rent.

The Robt. Tyrrell place at Arago, consisting of one hundred and seventy-three acres, now under lease to Clarence Schroeder. For further particulars apply to Gen. E. Hansen, 547

East Fork News.

Mrs. Wiles returned from her visit home to Yamhill county during the "flu" vacation and reported the Doris school. Monday, Marcy's school brooder wagon did not run Monday, in fact it has not run this week so far. May be the wagon lost a wheel or may be the "contract" was thrown up. Charlie Culbertson is running a brooder wagon in the shape of a Buick. Two children from Pleasant Hill district are attending the Doris school. Pleasant Hill did not vote money enough for a teacher's wages and the result is that district did not get a teacher. If that district had non-resident wealth like the Doris district they could have money enough to pay a teacher and graft on a brooder wagon besides.

Wm. Culbertson is trapping for bear and has caught one.

Mr. Springstead, of Myrtle Point, formerly from the Willamette valley, has rented the Mator place on Rock creek. Mrs. Springstead and the three children came Tuesday, her father, Mr. Counts, is with them. This family is not related to the people of the same name who have a claim on Elk creek.

John Yeakam, county commissioner elect, went up to Brewster valley Tuesday to try and buy beef cattle.

What Coquille May Become.

Editor Sentinel: May I add my second to the timely suggestion printed in last week's Sentinel under the caption, "A Dream of What May Be?" There is no question about the possibility of making Coquille a perfect garden spot.

I lived for six years in San Jose, California, long called the "Garden City." Climate and soil alone do not make it the beautiful spot it is. Energy, pride, and community co-operation account for the beauty of the city. I am already enthusiastic over the natural beauties of this place, and the possibility of making our own city the envy of the state.

By common consent the clean-up day will, of course, be observed. But this should be but the beginning of the larger movement which Miss Staninger suggests, of making our yards and parkings, our vacant lots and streets all so beautiful and attractive that Coquille shall be known abroad as the "City Artistic."

Such a movement will increase property values and attract new residents. It will give us an object of common pride and so strengthen the city's sense of unity. More important still, it will develop in our growing children a love of beauty and a civic pride which will promise better citizenship and finer culture as a result.

Let us not only clean up before the Corn Show; but let us add permanent beauty to the city now, ready for the gala days when our boys come home. —Harold L. Tuttle.

COLORS IN DECORATING HOME

Value and Effect of Various Shades a Most Important Consideration for the Housewife.

In decorating a house the first essential, if the undertaking is to be a success, is a knowledge of color and color values. The man of the house may insist on offering a suggestion or two as to what is to go into the den, but even then he probably won't be concerned with such a so-called feminism as color schemes, so it falls upon the woman to make or mar the project.

Firstly, one must realize that there are physical and mental effects of color regardless of artistic value. Of course there are more or fewer vogues for certain colors and color combinations—old rose and blue or green and gold, for instance. Colors are refreshing, depressing, cheering. Although certain colors affect different persons differently there are more or less reliable effects.

Yellow, for instance, in the color that enlarges and expands things. A room decorated in yellow makes the spaces larger and roomier. It is the magic color in that it changes not only the value of the thing that possesses that color but also the relationship of the surroundings. True, it never gives the sense of coziness, but it has the welcoming quality.

Seller Banded With Calico.

A stiller hat smartly banded with calico was recently seen matching a Quakerish calico truck.

Wanted.

Hides, Wool & Mohair and Chittam Bark, 1915 post, Gen. T. Houston.

V. E. WILSON—Specialist

YOUR CHRISTMAS SHOPPING EARLY

I have a fine assortment of White Watches, Jewelry Novelties, and Silverware. Nice assortment. Special low prices in all lines.

Watch the Best White Watches and all

Christmas Goods. Special Watches with you

ONE TON of Meat

For Sale on One Day SATURDAY Nov. 16, only

at the following prices:

Bacon - - 40c lb.
Shoulders, cured 25c lb.

The Sanitary Market

PRETTY BALL GOWN OF TULLE



Tulle, that soft material of net and pleasant memories, has come to the fore once more, but in straighter line and with large flounces. The pretty girlish is of rainbow-color satin.

Send the Sentinel to eastern friends. Calling Cards, 100 for \$1.00.

FANCY PARASOLS ARE PASSE

Attractive Colored Umbrellas Have the Call for Best and Every-day Use.

Don't buy a fancy parasol this year. This is the advice given by an authority on the sunshade question.

The automobile is partly to blame for the decline of the parasol, and the rugged outdoor life so many women lead is another reason fancy parasols are no longer carried. There are so few of the "Lydia Langrish" type of women these busy days that the attractive colored umbrellas are used for best and every day; for rain and shine and there is no need for parasols.

There is a certain type of woman, however, who will refuse to part with the parasol. She is the kind that 12 years ago, or such a matter, carried three or four elaborate parasols when she went on an out-of-town visit, strapped together with a leather buckle, on which was a silver or gold plate bearing her initials. The thin white China silk ones were about as much protection from the sun's hot rays as are transparent hats.

The new umbrellas, however, are just as pretty as were their parasol predecessors. They are of the most brilliant or subdued colors, green, blue, wine, red, brown, gold or purple, with or without a fancy border. The handles, of course, are the short stubby ones which really are sensible, and are held comfortably on the arm by a hoop of cord, ribbon or a ring handle of ivory or celluloid.

About the only new parasols sold now are those for little girls, or the tiny motor-car sunshades.

Maternal Instinct.

Among the lowest members of the monkey tribe little maternal affection is demonstrated, while with the gentleness of monkeys, and especially with the higher apes, the female displays the most tender tenderness toward her young. The maternal instinct developed early in the monkey stage of our evolution.