

The Sentinel

And The Coquille Herald
A GOOD PAPER IN A GOOD TOWN
BY H. W. YOUNG.

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OFFICE, NORTH END OF B STREET
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The North Bend, Myrtle Point and Coquille schools have adopted the rule which entirely prohibits all students who use tobacco from entering any high school athletic contest, and also forbids the schools to engage in any contest with schools that do not adopt a similar rule. Under this rule North Bend recently refused to play a game of basket ball with the Bandon school because the latter has not adopted the anti-tobacco rule.

Speaking of our recent grand jury report the Port Umpqua Courier says: "The much heralded report which was to be made by an expert accountant on the books of the county court of Coos county, which it was charged would show great discrepancies in the accounts of the county judge, commissioners, road contractors, etc., acted as a sort of boomerang to those who have been much interested in recall proceedings against the judge and one of the commissioners."

"The Great American Desert" used to be written across the territory of Kansas in the geographic the writer studied. This spring Kansas has over a million acres of wheat in the pink of condition, its percentage now standing at 101. This year the United States is going to have wheat enough to feed all our people and 450,000,000 bushels for export. And owing to what seemed to be necessary war legislation the people must be taxed to pay the farmers \$2.20 a bushel for all that wheat, and then pay two prices for flour because prices are kept up.

A decision of interest to all people with a hold-over thirst and all advocates of law enforcement was handed down by the Supreme Court at Washington on Monday. It holds in a Georgia case that no one can have in his possession more booze than the maximum amount the state law permits, even though it was lawfully acquired before the prohibition law went into effect. Another decision made the same day was that a railroad company or other common carriers might carry liquor across a dry state but that an individual could not. The idea was that Tom, Dick and Harry would be handing it around on the way, out of their suit cases, but that the railroad company would not.

There is at least one company in Oregon that doesn't like the daylight saving, which really ought to be called a daylight using law. At any rate the Eastern Oregon Light & Power company comes before the Public Service Commission of the state with a plaint that the change in hours has had a bad effect on its business and has decreased its gross revenues 6 or 8 per cent. Wonder what this company expected. The entire object of the change is to use more daylight and less juice. It says it lost \$17,000 last year besides the expected increase in the demand for its product. However, all it asks in the way of relief is permission to cut out the discounts for prompt payments, which will help some. The use of more daylight and less artificial light ought not, however, to interfere with a constantly growing demand for juice for power purposes.

VICTORY BONDS NOT TAXABLE

So far as ninety-nine hundredths of the people are concerned the new Victory Loan bonds will be tax free at 4 per cent interest. Only the very rich will have to pay taxes on the income from bonds bearing that rate of interest. It hardly needs to be added that a tax free income of that amount with the best security in the world is a mighty good investment. Heretofore, too, in buying Liberty Loan bonds we haven't been sure how many billions more the government might have to issue nor how low their price might drop, but this four and a half billion is absolutely the last and even oversubscriptions are to be refused. This issue will make our national debt about 25 billions or just ten per cent of our national wealth. In comparison with that the war has cost Great Britain 50 per cent of all she is worth and France 72 per cent. Of course, when the European nations pay what they have borrowed from us our debt

will be very materially reduced. With that deduction our debt does not amount to more than 6 or 7 per cent of our national wealth. The kind of excess taxes the government is now laying on swollen incomes would in a very few years wipe out all our bonded debt.

WHAT IS A VITAMINE

If asked, "What is a vitamine?" we don't imagine one of our readers could tell; we are sure we could not. They are a recent discovery and something essential to human health that we have been eating all our lives, without knowing that we are doing it. We get them first hand in lettuce and also in most green vegetables, but they are abundant in milk and butter and are in the liver and kidneys of animals. The great source, though, from which animals derive them is the grass from which about all flesh comes, directly or indirectly. Nebuchadnezzar is one of the few who got his vitamins at the fountain head.

What happens to people who leave vitamins out of their diet is something serious as those who are months at sea without green food always find, but on land butterfat is so agreeable a condiment that we all of us spread plenty of it on our bread. The reason that in countries unlike this where vegetation does not flourish during the winter, all are so anxious for something green in the spring, is that most vegetables abound in vitamins and in the winter the popularity of sauerkraut even is due to the same cause.

These reflections are suggested by an article in the January number of the American Magazine devoted to Capt. Robert Dollar, one of the best known men on the Pacific coast, from which we quote:

When a young man Captain Dollar was foreman of a lumber-camp, where he had to serve as medical man as well as boss, and set broken legs, dress wounds, pull teeth, and among numerous other things prescribe for "night blindness," a peculiar disease in which the victim is blind at night, being unable to see at all except in bright daylight. This disease he cured by making the patient eat cheese or drink milk freely for a week.

At that time the cause of this peculiar malady was not known. It is now known that the lack of the fat-soluble vitamin will produce this sort of blindness. The diet of the lumbermen consisted exclusively of fat salt pork, flour, and peas. None of these foods contain the precious fat-soluble vitamin which is found in abundance in milk, cheese, butter, and in green leaves, such as cabbage lettuce, spinach, and greens of all kinds, and is, of course, present in the grass and herbage from which the cow derives the vitamins which she gives us in milk and other dairy products.

All of these facts were unknown forty years ago when Captain Dollar was boss of a lumber camp, and are not very generally known now, although everybody ought to be familiar with them. How, then, did the Captain come to feed his blind workmen the very thing which above all others could give quick relief? It was simply his native "horse sense." At that time it was supposed the trouble was due to a monotonous diet. We have learned better now. It was not monotonous, but the absence of fat-soluble vitamins. The diet might have been changed in forty ways without the slightest benefit, provided the fat-soluble vitamins had not been supplied. A horse or a pig, left to itself, would have had better sense than to adopt such a bill of fare. But we are away behind horses, pigs, and monkeys in dietetics.

Another interesting incident illustrating "horse sense" in a human was related to the writer by a wealthy Westerner, a man eighty years of age, who in his youth had been a pioneer among the gold-seekers of the Pacific coast and was at one time unexpectedly shut in the mountains by a sudden snowfall, with no hope of deliverance for three months. The only food, after a few days, was corn meal. In a few weeks, scurvy began to appear, and most of the company died of it. The narrator escaped by eating grass, which he obtained by tunneling under fourteen feet of snow, a suggestion he obtained from the mules, who saved their lives in this way. "Horse sense" led the observing youth to follow the example of the mules: The vitamins of the handful of grass which he gathered and ate daily saved his life.

Speaking of the offer recently made by our city council the Coos Bay Harbor says:

The city of Coquille has over \$5000 in a sinking fund which will not be expended for the purpose created until next year. The city council offered to build a grade the length of Taylor street in order to straighten out the county road, providing the County Court would pay one-third of the cost next year. The county referred the matter to District Attorney Hall for an opinion. If this goes

through the cost will be \$6600, of which amount the property owners the city of Coquille and Coos county will bear equal parts. To do this Coquille will use the funds now idle and will replace the money next year. This is the sort of practice that caused the recallers to bring on the grand jury investigation, which resulted in no indictments and revealed no thefts.

THE CAUSE OF BOLSHEVISM

Are we not all inclined to be a bit too smugly content, too rotundly respectable, too blind and deaf, too complacently contemptuous when the strident voice of the soap-box orator strikes outrage! bourgeois ears? Do we realize what lies behind that offensive voice, what gives it the menacing pitch and the shrill carrying power? Are we willing to investigate why the preacher of revolt always finds a sympathetic audience close at hand?

It is to be feared that we are all too indifferent to seek for the causes behind the eagerness with which the crowd listens to the agitator. Yet we have not far to seek. Here is one of them:

The Child Bureau of the Department of Labor two years ago investigated the income of 23,000 families having small babies, and compared these incomes with the death rates of the babies in each group. It was found that in round numbers 6800 families had incomes of less than \$550 a year or \$10.60, yes, less than ten dollars and sixty cents a week. The most numerous group comprised 8550 families with incomes ranging from \$550 to \$849 per annum or \$10.60 to \$16.30 a week. The best paid group included 3000 families whose income reached \$1250 a year or \$25 a week and better.

Even two years ago it was impossible that any family earning less than \$10.50 a week could maintain a decent American standard of living. Families with so pitifully small an income must of necessity be in constant, grinding poverty, must live, in fact, in ignorance and filth.

These families did so live. And because they were very poor, of every 1000 babies born in this group 162 died during the first year. Of every 1000 babies born in the \$25 a week group, however, death required a toll of only 62 in the first year. The task of supporting a family on \$10.50 a week is very hard. Even harder is the loss of 162 babies per 1000 when one hundred of these tiny lives could be saved merely by enabling their parents to lead a decent, self-respecting American existence.

Is it right that the family of any willing worker in this rich country should be compelled to live on \$10.50 or less per week? Is it right that every tenth baby among the very poor should be sacrificed needlessly? Do these dry figures make it clear why the soap-box speaker in every large city always finds a sympathetic audience. Hitting the sputter on the bean, and confining him in tank or bull-pen won't do away with the discontent and unrest among those who are ready to swallow his wild statements. The audience is the powder and the agitator merely the spark.

What are you going to do about it? Forget it, of course, and do nothing whatsoever.—Sunset Magazine.

TO LAUNCH PRAYER BARRAGE

One million Methodists to pray daily for the success of the Methodist centenary!

That is the aim of Methodism by next Sunday—Easter Sunday.

Four million blanks were distributed in 18,000 Methodist churches last Sunday. They will be collected at Easter.

But in the meantime more than 1,000,000 Methodists are praying, with members of 22 other denominations, every night this week.

The aim is to set up a prayer barrage that absolutely assure success of the gigantic financial drive of the centenary May 18. Sunday schools, Epworth leagues, churches—all are taking part during Holy Week.

But by Easter 1,000,000 are to be enrolled pledged to daily prayer. At noon every one of the million will pray for the centenary. They will have read two pamphlets: "What Would Happen if Millions Prayed" and "Victory Through Prayer."

And they expect to prove that with 1,000,000 earnest persons praying daily intensified and concentrated prayer can win a financial campaign—even as large a one as the Methodist centenary \$105,000,000 drive for the evangelization, a rebuilding of the world.

Reports from motorists who Sunday went south on the road to Coquille state that about five acres of land has slipped into the county road near Delmar and that a vacated school house now stands in the very middle of the county road. So gradual was the slide movement that not even the small objects in the building have been displaced. There are cracks further back in the hill indicating a few more acres may slip down.—Coos Bay Times.

Portland Market Report.

Portland, Ore., April 14, 1918.—The receipts of live stock at the North Portland Stock Yards today is 1400 cattle, 1500 hogs and 1800 sheep and lambs, a comparatively light run, quality considered, the beef market is 10 to 25 cents higher, steers sold up to \$14.65 and cows \$12.50.

Quotations: Best steers \$13.00-14.50; good to choice steers \$11.50-12.50; medium to good steers \$10.00-11.00; fair to good steers \$9.00-10.00; common to fair steers \$8.00-9.00; choice cows and heifers \$10.50-12.50; good to choice cows and heifers \$9.00-10.00; medium to good cows and heifers \$7.00-8.00; fair to medium cows and heifers \$5.00-6.00; canners \$3.50-4.50; bulls \$6.00-9.00; calves \$9.50-14.00; stockers and feeders \$9.00-10.00.

The hog market is strong and a half dollar higher with a \$19.75 top. Quotations are: Prime mixed \$19.50-19.75; medium mixed \$19.00-19.25; rough heavies \$17.50-17.75; pigs \$17.00-17.50; bulk \$19.25-19.75.

There is no change in the sheep and lamb division; trading is good and prices are steady. Quotations: Prime lambs \$16.00-17.00; fair to medium lambs \$14.00-15.00; yearlings \$11.00-12.50; wethers \$9.00-10.00; ewes \$6.50-10.50.

Jersey Beats All Records.

Vive la France, a senior 4-year-old Jersey cow owned by Pickard Bros. of Marion, Ore., near Salem, has broken the world's butterfat production record for Jersey cows of all ages, and has probably broken the senior 4-year-old record for all breeds, although no official record has yet been issued by the American Jersey Cattle club.

The unofficial record shows that this famous queen of Jersey has beaten the record of the champion cow Sophie Agnes owned by Hood Farm, Lowell, Mass., by a substantial margin. The record of Sophie Agnes, which was announced last December, is 1097 pounds butterfat, and that of Vive la France will approximate 1028 pounds. It is possible that this record will be even higher, as the question of determining which of her tests for the month of February will be allowed by the American Jersey

NO REASON FOR IT

You Are Shown a Way Out.

There can be no reason why any reader of this who suffers the tortures of an aching back, the annoyance of urinary disorders, the pains and dangers of kidney ills will fail to heed the word of a resident of this locality who has found relief. The following is convincing proof.

J. W. Stoops, 1347 Harvard Ave., Roseburg, Ore., says: "I couldn't recommend anything equal to Doan's Kidney Pills for backache. At times, I am more or less bothered with a dull pain in the small of my back and often when I get down, I can hardly straighten up, my back gets so stiff and sore. As a rule, my kidneys are out of fix, when I have this misery with my back. It takes Doan's Kidney Pills to remove these troubles. A few doses of this medicine soon has me feeling fine again."

Price 50c at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Stoops had. Foster-Milburn Co., Mfgs., Buffalo, N. Y.

Cattle club still is in abeyance.

This wonderful cow was bred and now is owned by Pickard Bros., whose farm is located a few miles south of Salem. She already holds the junior 3-year-old record of the Jersey breed with 892 pounds butterfat for her credit and is the only cow of that breed to establish three separate world records.

At your service. We call for and deliver your cleaning and pressing. Phone 1193. R. H. Sweet.

Geo. Forty lost a cow that was about to freshen last week. She was in the pasture in The Heads, and got too venturesome near the bluff, falling several hundred feet on the rocks and drift below. A. A. Jamieson lost a valuable milk cow last fall in the same pasture through a similar accident.—Port Orford Tribune.

Somebody is going to get a mighty cheap lot up near the high school building one of these days.

Betty Said She Could Bake

"I knew she never had baked a cake and I was doubtful. But I told her to go ahead.

"She got my treasured Royal Cook Book, my can of Royal Baking Powder and all the fixings—and sailed in.

"Honestly, it was the best cake we ever had, and now I believe anyone who tries can bake anything with

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