



Three heavy meals in one day are too much. The stomach, to enjoy a good square meal, needs a rest sometimes.

Have a full supply of PREPARED breakfast foods on hand, so that if you are up late the night before you can SLEEP LATE and still get breakfast on time.

Besides, having PREPARED breakfast foods on hand means the saving of lots of WORRY as well as time.

Try OUR Groceries.

**Farmers' Union Store**

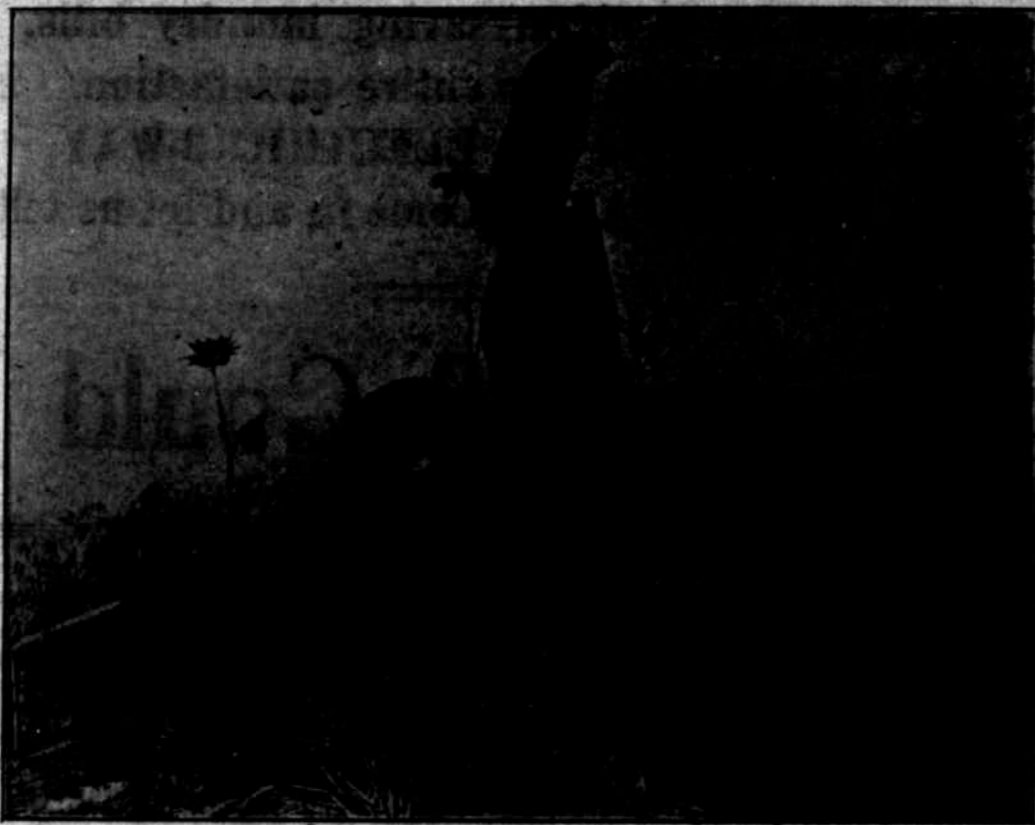
**JERSEY ASSOCIATION WILL HOLD SALE SOON.**

Farm Bureau News.  
Under the direction of the Sales Committee, W. C. Cutler, Ralph Bush and George Hampton, and through the assistance of J. L. Smith, Bank Agriculturist, the Jersey association authorized a sale of 16 head of Golden Glow bred Jerseys to be held in Coquille next week. Some of the local breeders will also consign animals to the sale.

The Jersey association, in order to protect its members and other dairymen in Coos county from unscrupulous dealers and to prevent if possible the use of Coos county as dumping grounds for inferior breeding stock, established the following policies relative to public sales to be held within the county:

1. The Sales committee will recommend for sale in the county only such animals as have registry merit records or immediate progeny with R. M. records.
  2. To make such inspections at the expense of the breeder or dealer who wishes to sell in the county.
  3. Recommend only such animals as they deem to be of proper individuality to denote foundation animals.
  4. Recommendations should be sent to all members in circular letter or by public notice as it may deem best.
- The animals which are to be offered for sale this time are from direct Golden Glow breeding and are of excellent individuality and fully guaranteed by the breeder.

Butter Wrappers and Trespass Notices for sale at this office.



Scene in Coos County—The Digger & quirel Pest.

The **BRUNSWICK**

All Photographs in One

Music Lovers Choose the Brunswick

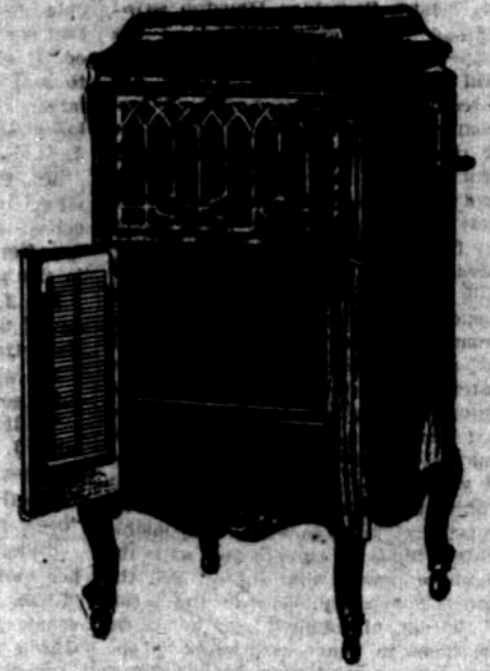
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Just you hear the Brunswick—come in today for free demonstration

Full Stock on Hand Now

Terms Within Reason



New stock of Columbia and Brunswick Records twice a month

**Coquille Furniture Company**

Coquille, Oregon

**Grade Jerseys Surprise Owners**

Farm Bureau News.  
When the Directors of the Myrtle Point-Coquille Cow Testing Association approached Messrs. Pingleton & Young on the North Fork to solicit them as members for 1920 they at first declined; not because they didn't believe in Testing Association, Oh, No!, but they had purchased this herd only recently and felt that the majority of them were culls. They had never been tested.

Today the community is talking about this herd of 24 cows which made an average for March of 39.6 pounds of fat and 866.3 pounds of milk. One of the cows holds 3rd place this month for fat production. Eight cows gave over forty five pounds of fat. All these cows are just grade Jerseys and when you know that all the feed they have been getting is 8 pounds of mill run and pasture. This is only another proof of the same old story, you never know until you test.

**Something Besides Looks.**

We heard of another good one the other day. Up on Smith River one day there happened in a certain man who hailed from Coos County. He had been a member of a Cow Testing Association every since J. L. came to the county in 1915. He knew cows by what they did. He was then looking for cows. He met his man, found out he had some cows that had been tested for tuberculosis and had been in the Cow Testing Association for the last year. He was then looking for cows. He met his man, found out he had some cows that had been tested for tuberculosis and had been in the Cow Testing Association for the last year. He was then looking for cows. He met his man, found out he had some cows that had been tested for tuberculosis and had been in the Cow Testing Association for the last year.

Now the natives are still talking about what that herd book must have meant to him.  
"You can't tell from the looks of a frog how far he will jump".

**A New Forage Plant.**

Mr. M. W. Treadgold a prominent beef grower south of Bandon was in the Farm Bureau office a few days ago making inquiry with regard to the Kudzu plant which has become so famous lately for its forage producing qualities. The county agent has taken the matter up with the Bureau of plant industry and will obtain propagation plants for Mr. Treadgold who will try it out in the Bandon district.

Mr. Treadgold has recently returned from an extended trip to Europe where he has been contracting rights for the new buckle which he patented a few years ago in the U. S. and which is proving quite popular for harness, shoes, suspenders, auto tops etc.

Send the Sentinel to eastern friends.

**YOU NEED A TONIC!**

FOR that tired, worn out, depressed feeling most everyone has in the Springtime or when you are easily fatigued and feel generally rundown, there is nothing quite so helpful as a good tonic.

**NUVOSEN (Rawleigh's)** is a splendid Spring Tonic and Alternative. Among other valuable medicinal elements it contains iron. It will be found helpful in waking up the appetite, making pure, rich blood and strengthening the muscles. Acts as a tonic. Helps create new vigor.

**Clean Out Body Poisons**  
For ridding the system of Winter's accumulation of impurities and overcoming that "rundown" feeling, Rawleigh's Wine of Cod Liver Oil Extract, Rawleigh's Compound Extract of Sarsaparilla or Rawleigh's Re-Me-Oil will be found beneficial in many cases. Try them on their merits. Pay after you are satisfied.

I will soon call on you with a full line of Rawleigh's Good Health Products including household and veterinary preparations. Hold your orders for me. For immediate service by express or parcel post, mail or phone your orders to

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Coquille, Oregon

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R. J. REYNOLDS TOBACCO CO., Winston-Salem, N. C.

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