

Cottage Grove Sentinel

COTTAGE GROVE, LAKE COUNTY, OREGON THURSDAY, FEBRUARY 19, 1948 NUMBER 28

COOKERY CORNER



RESOLUTION: Eat a good breakfast! Like the copy books you filled when you were in school, tell yourself that "I resolve to eat a good breakfast" every day. Then keep this resolution by eating breakfasts like the one pictured above. It features a bowl of cereal as the "Main Dish" and you'll find the menu and others elsewhere on this page.

By Frances Martin

Make a "good breakfast every day" one of your better habits. You'll find it pays dividends in the amount of work you can get done and how well it is done. Then too, starting the day with a good breakfast means added energy and pep for the tasks at hand.

Leading nutritionists believe that breakfast should contribute from a fourth to a third of the day's total food requirements. You can get this amount and keep within a reasonable food budget

by following a basic breakfast pattern of fruit, cereal, milk, bread and butter. Menus like these below show how it's done:

Pineapple Juice
Oatmeal
Milk Brown Sugar
Date Muffins
Butter Jam
Milk or Coffee
Stewed Apples and Prunes
Farina
Milk Sugar
Whole Wheat Doughnuts
Coffee or Milk

Diced Fresh Pears on
Corn Flakes
Milk Sugar
Buttered Toasted Coffee Cake
Coffee or Cocoa

Tomato Juice
Raisin Bran Flakes
Milk Sugar
Hot Corn Muffins
Butter Honey
Coffee or Milk

The above menus are the simplest and for variety's sake should be alternated with others which include breakfast meats, eggs, waffles, pancakes and similar hot foods. Here are some samples of these menus:

Orange Juice
French Toast
Butter Syrup
Bacon
Coffee or Milk

Halved Grapefruit
Scrambled Eggs with Diced Bacon
Buttered Toast
Jam
Coffee or Cocoa

Canned Grapefruit Sections
Waffles
Butter Syrup
Sausage Patties
Coffee or Milk

Tomato Juice
Poached Eggs on Toast
Spread with Deviled Ham
Coffee or Cocoa

New Circular on Perennial Crops Reveals Outlook

Rising costs and uncertain price trends are perplexing factors for producers of perennial crops, too, according to a new outlook circular just issued by the O.S.C. extension service. Anyone in Oregon may obtain a copy free from any county agent or direct from the college.

In Oregon one or more kinds of perennial crops are produced on most farms, including various meadow and seed crops, as well as tree fruits and nuts, small fruits, hops, peppermint and many others.

Despite the uncertainty about price and cost trends, producers of perennial crops must make decisions every year regarding their production and marketing programs. These decisions may effect the farm family income for many years, as such crops, unlike annuals, remain on the land they occupy for a considerable period of time. It is the purpose of the outlook circulars to assist farmers in judging the future better and aid them in making their decisions.

A special feature of the new circular on the outlook in the Oregon's perennial crops is a chart that relates national disposable income from the food crops. A third line depicts the relationship of income from fruits and nuts to income from all food crops and national disposable income. Oregon's general farm price level, currently and at various periods during the past 47 years, is depicted by means of a thermometer. The information applies particularly to farmers who produce and market fruits and nuts, perennial grass seed and clover seed crops hops and peppermint. Some information is given on the perennial crops.

Outside the Work
Translated literally in French, hors d'oeuvre means "outside the work."

Refreshes Memory



ACTRESS Nanette Fabray wears an old gown with a new look and holds a 1913 Valentine card to remind us that the day of remembrance is here. The gown is a 1948 version of a 1913 dress which she currently wears on the stage. (International)

LATHAM

A great deal of indignation has arisen among lovers of wild life here due to the killing of one of the pair of white swans that frequented the C. G. lake and nearby vicinity. Wild ducks and even some tame ones have been shot and killed also.

Ben Chilson returned to his home here from Sacred Heart hospital Sunday. He will be pretty close in for another three weeks at least.

The Latham Quintet (young people's orchestra) played for the Homecoming dance for the Odd Fellows and Rebekahs after the dinner and program Thursday night.

An ardent reader of the Latham news, Mrs. Andrew Masters of Coos Bay likes so much to read "doings" of old friends here. So please send your news in. That will serve as a greeting.

How is this for community co-operation for the better things of life? A bus is operated which carries any and all denominations to town to Sunday School and church at Cut Bank, Montana.

Last Sunday Robert Ernest Quist (Little Ernie), month old grandson of Mr. and Mrs. Ernest L. Anderson (former residents), his brother and two sisters were christened after a home dedication ceremony near Cut Bank, Mont. All branches of the family were present and several more people also.

John Anderson of Cut Bank, Mont., with his family have returned home after a month's visit with Mrs. Anderson's relatives in California. He had a bad accident with his hand as a water faucet which he was repairing broke in it severing a nerve and two tendons. In a month it will be operated on and then he will have to be in the hospital two months. He has visited various relatives here.

Mrs. O. Barlow of Anchorage, Alaska, wrote that they are enjoying the scenery and life in Alaska very much. They hope to be there several years.

Hebron Grange
All officers and a few more should attend practice at the hall Sunday, Feb. 22 at 2 p.m. preparatory to the visit to Lowell March 11th.

Pie is the order for the social night Feb. 21. The serving committee is Mr. and Mrs. Harold Landers, Mr. and Mrs. Albert Bias and Jimmy Means.

New flood lights greatly aid parking.
Home Economics club met Friday and it was decided that the committee who serves should decide on the refreshments each time and have it put in the paper. Please bring pie for Feb. 21.

A few women of the Home Ec. have started to clean the hall and kitchen in preparation for a coat of paint. They need more help.

The display table for March 6 will hold baby or childhood pictures of members. A prize will be given to the one who guesses the most pictures correctly.

1948 Pontiacs Are Now in Production

Pontiac, Mich.—H. J. Klinger, general manager of Pontiac Motor Division, recently reported the production of the first of Pontiac's 1948 models. No production time was lost in the changeover and the first 1948 model followed the last 1947 down the assembly line without interruption.

The new Pontiacs for '48 will offer Hydra-Matic transmissions as optional equipment.

Pontiac completed the 1947 model run with a total of 230,595 units for the fourth most productive year in its history. Production in 1948 should increase that figure by at least 10 per cent, he has estimated.

Typewriter covers for sale—The Sentinel.

LOW PRICES ARE BORN HERE!

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YOU'LL LIKE OUR WAY

COFFEE

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FLOUR

DRIFTED SNOW

GOLD MEDAL

50 lbs. \$3.98

Cheese Kay Natural 65c lb.
Kraft Dinners Lenten Special 2 for 25c
Velveeta Cheese 2 lbs. \$1.19

Malted Milk Kraft Chocolate 2 lbs. 69c
Cake Flour Softasilk 39c pkg.
Marshmallows 8 oz. fancy 25c pkg.

BEST FOODS Horseradish Mustard

10c Jar

NUCOA

The Better

Spread

2 lbs. 75c

BEST FOODS Mayonnaise

Real Quality 49c pt.

Oyster Stew A Complete Stew 29c can
Liquid Apple S & W Quarts 29c ea.
Dog Food All Breeds 3 cans 25c
Rice Dinners Magic Chef — 25c Value 10c

Coffee Tavern — Package 39c lb.
Preserves Alice Love B. Berry 29c lb.
Peas Smith's Fancy 10c can
Spaghetti Pan American 3 cans 25c

SUGAR

FINE PURE

CANE

10 lbs. 85c

SNOWFLAKE

SODA

CRAX

2 lbs. 39c

Kelly's Market The Best in Meats

PORK SHOULDER ROAST

Lean Meaty Cuts—From Young Tender Pork 53c lb.

Pork Shanks for that Boiled Dinner 39c lb.

Short Ribs of Beef Cut from top grades of beef 35c lb.

Pork Chops Loin or Rib End Economical but Flavorful 55c lb.

Pork Sausage Country Style Seasoned Just Right 55c lb.

Salmon Steaks Well Trimmed 69c lb.

Halibut Steaks Very Tasty 59c lb.

Kipper Salmon Delicious Flavor 75c lb.

BACON Sugar-Cured, Very Flavorful Special Price

BUY A WHOLE SLAB AND SAVE 65c lb.

All cuts of meat are well-trimmed—Notice the difference.

Meat Specials Friday and Saturday Only

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"FRIENDLY FOOD SERVICE"

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LOW
PRICES
Every
Day

Announcing the Purchase of Cliff Williams Wood Yard

I have taken over the Cliff Williams Wood Yard and will appreciate your wood business and will endeavor to give you good service on supplying you with block wood, slab wood, both green and dry and planer ends.

V. C. HILL

Phone 42

Thank You

I wish to extend my sincere thanks to patrons of the Cliff Williams Wood Yard for your patronage in the past and bespeak for my successor, Mr. V. C. Hill, a continuation of your business.

CLIFF WILLIAMS

SPECIAL



A brand new number with blond wood trim that is a real eye catcher. Full depth springs on seat and back. Upholstered in very fine velour.
A sofa by day and a bed by night—

Daveno and Club Chair — \$159.50

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