

No Secrets to Making Perfect Cup of Coffee

Can Be Achieved By Following A Few Simple Rules Says Famous Cooking Expert

By Mildred Maddocks Bentley
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What is the secret of first-rate coffee—the kind that starts the day right—that makes you feel "like a million dollars"?

Literally hundreds of women—and a surprising number of men—have asked me this question in one form or another. And it's an important one—for what can be more brightening to domestic happiness than a cup of muddy coffee or coffee improperly "creamed"? And, on the contrary, what can be more exhilarating than a good cup—fragrant, golden, delicious?

Luckily there's no hidden secret about making and serving the perfect coffee—it's just a matter of minding your p's and q's and following a few simple directions.

Selection of Coffee

There are many excellent brands of coffee in the market—the choice of one of these is largely a matter of individual taste. But I do want to say that usually coffee in the bean retains its flavor longer than in the ground form—so, if possible, buy the whole beans and grind your coffee fresh for each meal. If, however, the breakfast hour—or fifteen minutes—is too hectic to admit of this extra step, at least keep your ground coffee in an air tight container—a glass fruit jar for instance. And it's well to remember that the more finely the coffee is ground, the easier it is to extract its full strength and flavor—consequently finely-ground coffee is economical and time-saving.

The Coffee Pot

Connoisseurs maintain that coffee brewed in a metal pot has a less delicate flavor than in a container of glass, stone-ware or agate. Whatever kind of coffee pot you prefer—it should be secured frequently and occasionally "boiled out" with water to which a pinch of baking soda has been added—then rinsed, dried, and left uncovered.

If a percolator is used, the pipe should be carefully washed every day with a brush to remove all scum from the preceding brew.

For drip coffee, if you do not have a special drip coffee pot, an ordinary one equipped with a double cheesecloth bag will serve the purpose. The cheesecloth should be washed in cold water after using and renewed at least once a week. Keep the bag always moist.

The "Creaming"

This I consider quite as important as the actual brewing. Good coffee can so

easily be spoiled by using cream of inferior quality or the "top of the bottle" if carelessly poured off. In my study of food habits, I am finding that every year more and more people prefer sweetened condensed milk in their coffee. You see this kind is twice as rich and creamy as ordinary milk and furthermore already contains sugar, thus serving the additional purpose of sweetening the coffee. Try it for a few days, and I think you will agree that the condensed milk gives a delightfully rich, smoothly blended flavor, bringing out the real coffee drink. And of course it is very convenient, as it keeps fresh without ice even after the can is opened—and the cost is extremely moderate.

Now as to the actual methods of brewing. There are several and your choice is entirely a matter of individual taste. If the directions are carefully followed, any of the methods will yield the "perfect cup of coffee"—mellow in flavor, with a delicate, fragrant aroma, free from sediment and of a dark golden hue.

Bottled Coffee

Place the pot with hot water, put the coffee in the pot—use rounded tablespoon of medium-ground coffee to each cup of boiling water, with an additional spoon "for the pot." Add a little white of egg, or crushed egg shell and about one-fourth cup of cold water, stirring briskly. Add the boiling water, place the coffee pot over heat, and bring to a full boil. Place on back of the stove or over low heat for about ten minutes to settle, before serving. Do not allow the coffee to become unsettled by carrying pouring.

Percolated Coffee

Use one cup of finely-ground coffee to six cups of boiling water. Place the coffee in the strainer in the upper part of the pot and let the water bubble up through the tube, percolating through the coffee into the lower part, until the coffee is of the desired strength, five minutes being the usual time required. Serve at once. Coffee made in a percolator is not good if allowed to cook after the required strength is reached.

Drip Coffee

Heat the pot by filling in hot water, and wet the strainer. Measure carefully the coffee (finely-ground) allowing one rounded tablespoon to each cup of water. Place in the drip-medium and pour boiling water through the coffee very slowly. Cover and let stand to drip through and serve immediately. Do not allow the brew to cool. If service is delayed, place the pot in or over hot water. Never relax by placing over the fire.

Steeped Coffee

In making steeped coffee use one rounded tablespoon of coffee to each cup of water used, with an additional spoon for the pot. Add cold water. Place over the fire and bring quickly to the boiling point. Either let it stand for a moment to settle or add a little cold water.

Remember—the best coffee will lose its flavor if allowed to stand. Coffee should always be freshly made and served piping hot, as soon as it is brewed. If necessary to let stand, the pot should be tightly covered and the spout closed by stuffing with soft cloth or paper, so that none of the aromas and flavor may be lost.

troys not only itself but others. "Not only is the backing of credit carried by the dollar necessary to enable thought to create wealth, but in this work time is an element. The dollar, representing wealth in itself inert, can not go to sleep by the wayside and still create something. If it be waylaid and destroyed, the harmful effect becomes readily apparent.

"The dollar, diverted by taxation, no longer the possession of individual constructive thought, loses its creative character."

Showing how useful the dollar has been made in a productive way, Shoup pointed out that there are 40,000,000 bank depositors out of a population of 115 millions, with an average deposit of \$600 each, that building and loan associations have 8,000,000 stockholders with four billion dollars invested, or \$500 for each investor; that more than fifteen million of our citizens are now stockholders in various corporations; that in a quarter of a century the power derived from oil has increased eight fold, that of coal has doubled and that of electric current derived from water power nine or ten fold.

"There has never been a time," he said, "when the forces entrusted to us gave us greater possibilities for the creation of wealth."

Saying that "the dollar is useful only as the mind of man makes it so" and "that the destruction of useful initiative must be necessarily destructive to its useful work," Shoup reviewed some of the forces that interfere or destroy the work of "the useful dollars." One of the most important activities that needs watching, in his opinion, is "the forced and constantly increasing diversion, through taxation, of the dollar from the path it normally travels under the initiative of its ownership."

Speaking of the heavy burden of taxation on agriculture, under which a major portion of the farmer's net income is taken by government, he said:

"What encouragement is there in this for constructive initiative to 'make two ears of corn or two blades of grass to grow upon a spot where only one grew before?'"

"In 1900 the railways of the United States paid in taxes one-tenth of their net income; in 1924, one-third. The railroad with which I am associated had to pay substantially the same amount in taxes last year as it was able out of its remaining earnings to pay as dividends to its stockholders. In the United States and in this state the average tax per family paid to all forms of government is now \$400 annually. In this state, which is not different from many others, our bonded debt has increased fifteen fold in the last 16 years. Our counties have multiplied their debts 7 1/2 times and the debts for cities are three times as great and constantly growing. Some time this debt of SIX HUNDRED FIFTY MILLION DOLLARS will have to be paid, but a more serious difficulty faces us in its constant growth. The taxes paid in the United States represent an annual contribution of 3% upon the value of all the property in this country.

"I recognize fully the greater number of community activities that have had to come under the form of government with the growth of population, particularly in cities, and the closer associations, political, social and business among our people. But we find that our tax converted from their normal course for taxation purposes, have been for many years past increasing out of proportion to the growth of the saved wealth of the nation and out of proportion to the national income."

SCHOOL WORK GIVEN CRIPPLED CHILDREN

When the census of school children is taken each fall, mothers of such children, in many instances, fail to give out the names of these disabled boys and girls. They do not know that they are depriving them of something which would make their lives bright and bearable.

The school census for 1926 will be taken in Oregon the last week in October. For parents who fail to report any child there is a penalty provided by law. But there is a penalty even greater, and it is to this that those interested in unfortunate children are eager to call attention.

Law Gives Help

Oregon law provides that any child who is physically unable to attend school, from whatever cause, and who is mentally able to receive instruction, is entitled to receive that instruction wherever it is, in its own home or elsewhere in a hospital. Census record must be made in the place where parents live.

Every year there are many such children whose names are never recorded in the school census, officials are certain, and, since the existence of these children is not known, they cannot receive the benefits which should come to them as children in a state where schools are supported by taxes and each child is entitled to a fair share.

Class Work Possible

Under this law every disabled child between the ages of 6 and 18 years, if he has not completed the work of the elementary grades, shall have his pro rata of the amount raised in his district applied to his education. The law provides that a teacher shall be sent to his home or to the hospital where he

may be, providing he has not been able to attend school for six months. "We know there are many of these children shut away in Oregon. It is nothing short of criminal," said one of the officials during the past week. "The state list of disabled children lacks 100 names of Portland children which are on the Portland list, while the Portland list lacks 39 of the names which are on the state list. Without a doubt there are many names which do not appear on either list."

Act Aids Children

The crippled children's educational act has been in operation for three years. Last year one county close to Portland reported no crippled children. The county nurse found 15. During the three years the act has been in operation a few more children have been listed with each census.

"If all the children of the United States could be gathered together into one gigantic parade, one in about each hundred would limp beside the procession on crutches or ride in a wheel chair, a cripple," stated an article in the Survey magazine. Oregon would, according to such a state of affairs, have more than 1600 crippled children. It is not known how many there actually are, but the 1925 census reported only 331.

Education Costs \$70

In Portland the amount spent by the school district for the education of each grade school student is about \$70. This sum provides for each disabled child \$70 worth of individual lessons, or two lessons a week for 35 weeks, an hour in length. The teacher is paid \$1 for each of these lessons she gives, and most of those working at this are regular teachers in the Portland schools who are eager to assist in this bit of social service in spite of the inadequate remuneration.

The law, as interpreted by the attorney-general, provides that school boards are authorized to make arrangements to have the children instructed, no matter where the child happens to be. All children sent to hospitals out of their own districts are entitled to have their per capita cost used in providing hourly teachers to instruct them. There are in Portland hospitals and other hospitals of the state, officials say, and in homes, children who are not receiving instruction in accordance with the law.

"It is my opinion that under the provision of the said act a district school board is authorized to make such arrangements for the instruction of crippled children as it may deem to their best advantage, and that the law does not restrict them as to the place where such instruction may be given; that under the provision of such act, and subject to the approval of the superintendent of public instruction, a school board may make proper arrangements for

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(Paid Political adv. by Francis V. Galloway, Mgr.)

the giving of such instruction at any place within the state of Oregon which it may deem to be to the best advantage of such crippled children, and in that connection has authority to personally employ and pay such teachers or to authorize the superintendent of public instruction or the district school board of the county in which such instruction is proposed to be given, to employ and pay for said board any person duly qualified to act as an hourly teacher for such crippled children, either separately or in connection with the instruction of other crippled children as may appear to be most advantageous to said children," reads the interpretation of I. H. Van Wrinkle, attorney-general.

Classes Meet at Home

Oregon's law differs from similar laws in other states in that it provides instruction for individual children, rather than requiring them to gather in groups. Many states require children to be collected in classes and at least a minimum number must be enrolled, so that if there are not enough crippled children to make a class, all must go without teaching.

The law defines such a child as one so physically incapacitated as to be unable to attend school, and a list of those served during the past year by the hourly teachers

show that their ailments are many and varied.

Some of the children on the list are suffering from tuberculous, heart trouble, blindness, deafness, skin diseases, paralysis, bone trouble, extreme nervousness, accidental injuries, spinal troubles, defective speech, septic infection, retarded development.

Work Improves Health

The disabling illnesses need not be of a permanent nature, those who have interperated the law have brought out. If a child is ill six months and is still unable to return to school it is entitled to this instruction in the home. If illnesses during the regular school year prevent the student from receiving its full 70 hours of instruction, these may be given during the summer time or when ever the child is able to receive them.

Improvement in health conditions is noted by the hourly teachers in their reports in almost all cases. Most of the children are capable and eager to learn the lessons which are set before them and some are able to keep up with the work of their regular grade. Vocational work or manual training may be added later to the course to make it possible for those who will be disabled for life to contribute to their own support.—Oregonian.

World Without Trees

Merely Barren Waste

Trees protect health by helping to purify the air.

The foliage of trees exudes moisture in rainless periods, preventing extreme hot weather.

The forest floor absorbs most of the water from rain and melting snows, releasing it evenly and regularly into the streams, so that there will not be floods and the fertility of farm lands will not be destroyed by erosion.

Trees restore the fertility of waste lands by causing the accumulation of vegetation that forms a top-soil and contributes elements essential to plant life.

Trees shade streams from the sun, preventing evaporation and complete drying up of small streams.

Forests break the force of the wind, protecting homes, orchards and crops.

Trees shelter the birds which destroy insects that prey upon human and plant life.

Forests furnish refuge for game, giving mankind food, furs and hunting.

Trees provide health through opportunity for recreation and through the pure air, water, herbs, oil and drugs they give man.

Trees furnish paper for newspapers, magazines and books and are important in advancing education.

Trees furnish nuts, berries, maple sirup, honey, flavoring extracts, many fruits and other foods.

Trees furnish lumber for the building of homes and the making of thousands of articles in daily use.

Trees are an important factor in transportation by rail or water; they provide also for telephone communication.

Forests are important in protecting water-power resources from which are obtained power and light to make homes comfortable and turn the wheels of industry.

Few Aristocratic Beauties

An effort has recently been made in Paris to decide once for all what type of face is truly aristocratic. In order to accomplish this, 70 women of the old aristocracy were photographed. To qualify for this distinction one must be able to prove that not for two centuries has there been an admixture of nonaristocratic or foreign blood. Those with an English or a German or an Italian ancestor or two need not apply, even though those forbears were dukes or princes.

Having secured the gallery of ladies of untainted stock, generalizations as to features were then made. It then became apparent that the true French aristocrat was not necessarily beautiful. Her nose was long and thin and her eyes were well shaped, though a trifle prominent.

POLITICAL MEASURES TO ENCOURAGE BANKRUPTCY

The governor of Oregon comes out and flatfootedly denounces the Oregon Housewives' power bill, which would load the state with a \$50,000,000 bonded debt for state development of hydroelectric power. He says the bill would be a business-killer in the state, a tax-raiser and would drive new capital away as it would discourage the development of private industry. The governor simply states facts which are self-evident to anybody who takes the time to investigate the situation.

The advice of the governor in Oregon would be good in California, where a proposal to issue \$500,000,000 in state bonds is to be voted on by the people, for building state-owned hydroelectric plants. This measure is worse than the Oregon proposal because it would load the state with a much greater per capita debt.

There is no more reason why a state should venture into the power business than into the automobile, grocery or newspaper business. No industry is so strictly regulated today by the state as are power companies. The state already has the advantage of complete control over these properties, without the disadvantages of business entanglements and expense.

DOLLAR—MESSENGER OF CONSTRUCTIVE THOUGHT

"The welfare of the world depends upon constructive thought originating in the individual mind, and the dollar is its messenger to a creative end," said Paul Shoup, executive vice-president, Southern Pacific Company, before the Clearing House Section of the American Bankers Association in convention at Los Angeles, October 6. The subject of his address was "The Useful Dollar."

"The separation of the dollar—what it represents—from the individual to the mass through taxation," Shoup continued, "depriving this dollar of the support of this constructive individual thought, seeking achievement or reward or both, is destructive to the welfare of the world—destructive to that action 'which would make two ears of corn or two blades of grass to grow upon a spot of ground where only one grew before'."

Highlights of Mr. Shoup's address were:

"The human mind is the center of our universe. In it individually must germinate the thought that makes for all new activity.

"This thought may be creative, constructive and useful and then we have the useful dollar. It may be wasteful or destructive or both and then we have the dollar that des-

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