

COOKING CLASS TO BE MARCH 21 NUTRITION

Millions of Americans are overloading their stomachs with too much food and suffering at the same time from malnutrition. In a session devoted to the "Advantages of the Better Breakfast," Mrs. Tompkins will demonstrate ways of making "the most important meal of the day" more adequate and at the same time more tempting to the appetite. The nutrition and cooking class will begin March 21 in the VFW Hall at 2 o'clock. Everyone is invited.

A well-balanced, substantial breakfast will eliminate that mid-morning sag that makes people feel they must stop for a cup of coffee. More important, the right kind of breakfast has a definite effect on physical fitness, disposition and ability to comprehend.

In the first lecture-demonstration of the course, Mrs. Tompkins will show her class how to make breakfast a more glamorous meal and at the same time increase its nutritive value. Her suggestions

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BABY SHOWER HELD FOR MRS. SAYRE

A baby shower was held Friday evening for Martha Sayre, at the home of Mrs. Frunchy Arrell. Hostesses were Mrs. Arrell and Estrid Bollman.

Invited guests were Dee White, Onal La Brook, Amber Campbell, Dorothy Hermann, Sylvia Knox, Alma Thompson, Marian Fountain, Mickey Lull, Barbara Martin, Robin Allan, Nadine Boddo, Nettie Watson, Estrid Bollman, Enid Hurst and Mary McCourt.

About 25 Coquette friends sent gifts by mail to be opened at the same time.

Many lovely gifts were received. Refreshments were served.

will include a crushed pineapple whipped cream topping for waffles, natural rice steamed with dates, and marmalade ambrosia. "Whole grain cereals, while essential in the diet, need not be served monotonously as porridge. Oatmeal for instance, is just as nutritious in those "breakfast oatmeal cookies" which Mrs. Tompkins will prepare and serve to the class.

Oatmeal Raisin Breakfast Cookies

¾ cup solid vegetable fat
½ cup brown sugar, un-packed
2 tsp. Grandma's Molasses
1 tsp. vanilla
½ tsp. salt
2 eggs
6 tbsp. evaporated milk
2 cups w.w. pastry flour
2 cups oatmeal
1 cup seedless raisins
2/3 cup chopped nut meats

Cream the fat, add the sugar and cream thoroughly. Add molasses, vanilla and salt. Cream thoroughly. Beat the eggs in one at a time. Add the oatmeal, raisins and nuts and mix until well blended. Let stand to allow oatmeal to soften. Press from side of spoon onto cookie sheet, spreading out the dough into generous size. Bake in a moderate oven, 350 F. until delicately browned. Serve warm for breakfast. There will be some left over for lunch.

MRS. ROY WEIDEMAN IS SPEAKER AT THURSDAY GARDEN CLUB

Mrs. Roy Weideman was the speaker for the meeting of the Azalea Garden Club held Thursday, March 10th at the VFW hall. Her topic was transplanting local shrubs and the ones most suitable to transplant, Cascara, Chiloquin, Elderberry, Hazel and if you transplant, when very small and are careful not to disturb the root wild azaleas and roded-endrons and kink-kneak are ground covering. Dogwood does not do well near the coast.

All the shrubs mentioned should not be very large as they do grow rapidly. Tan Oak and Willow trees make a quick back-ground. Mrs. T. F. McKenna demonstrated a flower arrangement with violets for a small arrangement. Mrs. Ruby Harvey president announced a work shop meeting for April 14 to prepare for the flower show, beginning at 10 a.m.

She also appointed a nominating committee of Mrs. Erskine Miller, Mrs. Gene Ackley, Mrs. Lewis Petersen, Mrs. Florence Davis, Mrs. John Molino, Mrs. Percy Hanks and Mrs. Francis Arrell were the hostesses. There were 31 members and three guests present. Mrs. Ruth Bathinay, and Mrs. E. Paladay presented all in attendance with a lovely camelia.

LIST POSTER CONTEST RULES

The rules for the VFW Buddy Poppy Poster contest are as follows: The poster is to be 14 x 22 inches, used vertically. Designs running horizontally will not be considered.

The cards are to be of Bristol board, or similar weight. They are to be done in Tempera, India ink, cut-out, spraying air-brush or stipple.

A brief slogan, with the words, Veterans of Foreign Wars, or initials V.F.W. should be on the poster. Students are encouraged to devise their own slogans. Slogan must refer to "Buddy Poppy" Local date of Poppy sale must also be included.

Identification: Name in full, complete school address and local V.F.W. Post number, all printed neatly on the back of the poster in the lower right hand corner. Names on posters with dark back ground can be lettered on small slips of white paper and pasted onto the lower corner of the poster.

Categories: Group I, grades 7 through 9 inclusive; Group II, grades 10 through 12 inclusive.

Number of entries: One for each contestant.

Completion date: Posters must be turned into the local VFW post on or before May 1st.

Judging: Posters will be judged locally, the top two from each group will be sent to the Department of Oregon, Veterans of Foreign Wars for state wide judging. Winners will receive cash awards and certificates.

Cash awards for each group are \$10 for first, \$7.50 for second, \$5 for third, and \$2.50 for fourth. Col. Lee Rice is in charge of the local poster contest.

Mrs. R.H. Stanhurst, and daughter are spending a weeks vacation in San Francisco, visiting relatives and friends.

PLYMOUTH SALES HIT NEW HIGH

The sale of Plymouth cars during January was the greatest for any January in Plymouth's 27 year history, it was reported here today.

Ed Dempsey said Plymouth cars are in greater demand here than ever before at this time of year. Nationally, Plymouth retail deliveries for the month totaled 52,122 and were 63% above the same month last year. This compares with 31,900 Plymouths delivered at retail in January, 1954. Plymouth's biggest previous January had been in 1953 when 49,221 units were delivered. During January new orders received were ahead of shipments by 35% despite production schedules exceeding 3,000 units daily.

Dempsey said, "This sales record is only the beginning of a record Plymouth year." He pointed out that Plymouth began a schedule of overtime work the first of February, increasing production to meet public demand for the all new Plymouth cars.

Despite the overtime, which has increased Plymouth's production by nearly 10%, the backlog of orders continues to mount, and is now 24% greater than when the new models were first placed on sale in mid-November. At the same time, stocks of new Plymouth cars in dealers' hands are 26% below a year ago.

"Plymouth is on the way to its greatest year," Dempsey said.

"Public acceptance of our new cars is tremendous now and is gaining every day."

Dempsey pointed out that Plymouth is making every effort to increase production to meet demand in the coming months. January is traditionally the tenth month in volume of sales for selling automobiles at retail, and is generally 25% under the total number of cars sold during either April or May customarily the two highest sales months.

FLYS TO ARKANSAS
Mrs. Annie White mother of Dr. R.M. White left by plane Saturday, March 5, for a visit to her daughter in Fayetteville, Ark. The plane left Crescent City at 7:30 that evening, and Mrs. White expected to be at her destination at 11:00 a.m. Sunday. Mrs. White is eighty one years old and this was her first plane trip.

LETTER TO EDITOR

Harbor, Oregon March 15, 1955
To the Editors
Brookings-Harbor Pilot
Brookings, Oregon

Dear Sirs:
The recent front page article in your paper regarding the proposed Rural Mail Route was somewhat misleading. No mention was made of the fact that we would receive our mail at least one day later by this method of delivery.

Also we were advised to go to the Brookings Post Office and sign up for the Rural Route, thus necessitating great expense for the business houses in Harbor in making this change. There are thirty-two businesses in actual operation in the Harbor area besides the agricultural interests such as the lily and daffodil growers who are daily shipping many boxes of flowers through our Harbor postoffice. One important industry is the Cedar Lane Cannery which sends a large volume of parcel post mail through our postoffice here.

This Rural Route is obviously a step toward consolidating our Harbor Postoffice with the Brookings Postoffice which is being strongly advocated by the Brookings Postoffice. We Harbor residents do not want this proposed consolidation and over 500 of us recently signed a petition against this move which petition has been

sent to our Washington Senators and Representatives as well as the Postoffice Department. Our present postoffice is well located, here, with a large and safe parking area surrounding it, and the service is quick, courteous and most efficient.

We residents of Harbor will greatly appreciate your giving this statement prominent space in the Pilot.

Sincerely yours
Rose M. Poole
Former member Oregon State Legislature.

Now Curry County representative on State Library Board

Mr. and Mrs. Berger Dahlstrom sent daffodils via air to Sweden to their relatives. The flowers are now at their best.

Certificate of Merit Presented

The Rod and Gun Club Explorer Post 32 was presented with a Certificate of Merit for achievement in conservation during the VFW Conservation Good Turn, Boy Scouts of America, by the United States Department of Agriculture and the United States of the Interior, signed by Ezra T. Benson, Secretary and Douglas McKay, Secretary.

The Certificate of Merit was earned by the members of the Explorer Post by building nine tables and placing them in the park at Bruce Hole for the convenience and use of the public. Explorer Post Committee Chairman Carl Berger and committee members sponsored the idea and furnished transportation and materials for the project.

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WHOLE HAMS lb 51c

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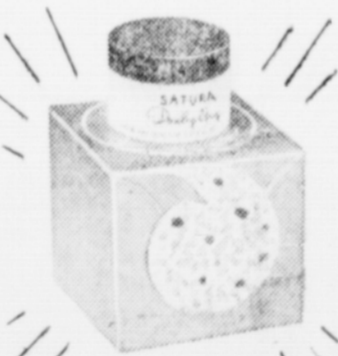


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