

How to Eat a Christmas Dinner

EAT, DRINK AND BE MERRY, BUT—
ALSO BE MODERATE.
CHEW FOR DEAR LIFE.
BEWARE OF PLUM PUDDING.
AND CAP YOUR YULETIDE FEAST WITH A LONG WALK.

(By a Physician)

Christmas dinner is a dangerous thing. It is the conventional Christmas dinner of turkey and stuffing and plum pudding—it is a very dangerous thing. And as such it should be met with caution and discretion. For if you don't get the better of your Christmas dinner it is certain that it will get the better of you.

In the first place remember to eat slowly and to chew your food thoroughly. That's half the battle. The other half consists in holding down on the consumption of indigestibles.

Begin slowly. A meal well begun is half won. If you have soup, eat it, don't gulp it. Chew well the bread or crackers you take with it, and the vegetables and meat in the soup, if it be a vegetable or turtle soup.

Browse around a little on celery or some other relish. The more you stall the better shape you will be in at the wind-up.

When you come to the piece de resistance—the turkey, roast, or what-

ever it may be—tackle it gingerly. If you have paid due attention to preliminaries, you won't be ravenously hungry by this time and you won't be inclined to eat more meat than is good for you. Chew diligently, eat plenty of bread—and whatever you do—DON'T eat any of the "stuffing."

Eat a light dessert if available. If not, and the usual heavyweight's forthcoming, eat as little of it as you can, without giving offense to the hostess. Plum pudding is one of the most indigestible things that man ever concocted as a test for his stomach.

Drink a demitasse of coffee—if anything—and your Christmas dinner will be well over. If you have followed directions you won't suffer much.

Then get out and take a long walk. Don't sit around all the afternoon in a poorly ventilated room. That will induce indigestion even when great care has been taken with the actual process of eating.

◆A MERRY CHRISTMAS TO YOU◆

SERVICES AT ROME

Cardinal Farley Celebrates Pontifical Mass There Today
(By Associated Press to Coos Bay Times.)

ROME, Dec. 25.—Pontifical mass was celebrated today by Cardinal Farley in his titular church of Santa Maria Sop. a Minerva. The church was packed. Great success attended the Christmas dinner held at the American College of Cardinals, Farley and O'Connell being enthusiastically received by 160 pe sons present.

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◆UNIVERSITY REFERENDUM KEPT OFF BALLOT◆

SALEM, Ore., Dec. 23.—On the ground that the referendum petitions against the appropriation made by the Legislature for the University of Oregon lacked a sufficient number of valid signatures and that some of the parties seeking to maintain the legality of the petitions are not in court with clean hands, Judge Galloway, department No. 2 of the Circuit Court, rendered a decree making the injunction granted on behalf of J. C. Friendly against the Secretary of State to prevent the placing of the petitions on the ballot at the next general election, permanent.

◆A MERRY CHRISTMAS TO YOU◆

TO PLAY HERE TUESDAY EVE

Marshfield High School Basketball Team and Ex-Stars Arrange game.

Earnest Harrington, manager of the Marshfield High school basketball team has completed arrangements for a big game to be pulled off Tuesday evening at the tabernacle. The contest will be waged between the ex-stars and the high school boys. The ex-stars will endeavor to prove that they are not in a class with Jeffries, but that they are just as good as ever, even tho' they have annexed a few gray hairs in recent football conquests. Among those who will probably be in the lineup are: Ed Wieder, Walter Asplund, Harold Briggs, Stanley Briggs, Fred McCormac and Gordon Rasmussen, all of whom played four years ago on the Marshfield team.

An admission of ten cents is to be charged, the receipts to go to the High school. The manager is making all the room he can at the tabernacle and says he will have accommodation for about one thousand people. Everyone is requested to turn out.

◆A MERRY CHRISTMAS TO YOU◆
WROTE BAD CHECKS

Harry Miner Passes Worthless Paper at Myrtle Point

The Myrtle Point Enterprise says: "A transient laborer who has been working in the vicinity of Myrtle Point for several months and went by the name of Harry Miner, last Sunday attempted to secure money on checks drawn on the Bank of Myrtle Point where he had not then nor did ever have any money. The fact that he had numbered the check for \$25, up in the hundreds made the paper look suspicious to Joe Laird and Thos. Guerin whom he tried to get it cashed with. He left on the stage Sunday evening, and it is reported secured \$10 on the check from Hill & Murphy at Bridge with the understanding that he was to get the balance when he returned from a trip to the outside. By calling at the bank next day the Bridge parties learned that the instrument was worthless. Word comes from Coquille that Miner cashed a worthless check for \$15 in that city Sunday forenoon. Douglas County authorities have been informed but to date have not been apprehended."

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SAYS DANGER IN FLIRTING

New York Legislator Would Curb Divorce by Imprisoning Flirts.

NEW YORK, Dec. 25.—Prison for flirts after September, 1912, is the remedy for divorce suggested by Assemblyman Richard F. Hearn of Buffalo, who is a guest at the Hotel Breslin. Mr. Hearn said he would introduce a bill to this effect at the opening of the legislature in January.

"I've been making a little investigation of this flirting business," said Mr. Hearn. "I've found that most of the divorces in this country can be attributed to it. Flirting has brought more unhappiness than any custom that has ever been inflicted upon the United States."

"Take my word for it, you'll find that nearly 90 per cent of the people who have been separated by the courts began their relations by an intently innocent wink."

"I stood on Broadway last night and saw more flirting than I have seen since I was on the Pike at the St. Louis expedition."

"I intend my legislation to apply equally to both sexes. Both sexes are equally guilty."

◆A MERRY CHRISTMAS TO YOU◆

IRELAND'S A PRIEST 50 YEARS

Archbishop at 73, Will Not Permit Public Observance of Anniversary. ST. PAUL, Mo., Dec. 23.—Archbishop John Ireland completed 50 years of priesthood Thursday, but the venerable prelate did not permit any general observance of the anniversary. This completion of a half century of ecclesiastical service took place in the 73rd year of the archbishop's life.

LICENSED TO WED

Cupid's assistant, County Clerk James Watson, was a busy official the past week in one department—that in which the marriage licenses are manufactured says the Coquille Sentinel. During the past week five licenses were issued to the following happy couple.

Charles W. Cronkhite and Annie Eckhoff.

Harvey J. Russell and Mabel M. Noah.

Harry L. Russell and Winifred F. Rood.

Enevold J. Hansen and Mary A. E. Johnson.

Perry W. Dodson and Ethel J. Reynolds.

◆A MERRY CHRISTMAS TO YOU◆

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NOTICE TO CONTRACTORS.

Notice is hereby given that sealed bids will be received by the Common Council of the City of Marshfield, Coos County, Oregon, until half past seven o'clock P. M., Friday, the 29th day of December, 1911, for cleaning and sprinkling the streets of said city from January 1st, 1912, to July 1st, 1912, said work to be performed to the satisfaction of the Street Commissioner, the streets to be sprinkled when directed by the Street Commissioner and to be swept at such time of day or night as the street commissioner may order, the streets to be swept are as follows, to-wit:

All that portion of Front Street and Central Avenue that are paved six times per week all other Fifth Streets in the said city except Third Street South and Hall Avenue three times per week, and that portion of Fifth Street South and Hall Avenue that are paved and that portion of Broadway from Central Avenue to McLain's office once per week.

The Common Council reserves the right to reject any and all bids submitted this 21st day of December, 1911.

JOHN W. BUTLER,
Recorder.