

Church Circles

NORWEGIAN LUTHERAN.
Rev. R. O. Thorpe, Pastor
Phone 376 J.
Residence 874 So. 7th St.

Sunday School 10:00 p. m.
services, 7:45 p. m.
Services in North Bend, Sunday,
11 a. m.
Sunday school, 10 a. m.

BAY PARK CHAPEL
E. H. Campbell, Pastor.

2:30 p. m. Sunday School, Mrs.
W. H. Phillips, superintendent.
Preaching 7:30 p. m., Rev. W. M.
Lyon.

Mid-week prayer meeting, Wed-
nesday, 7:30 p. m.

METHODIST CHURCH
Rev. A. S. Hisey, Pastor,
North Bend

The services Sunday will be as
follows:
Sunday School at 10 a. m.
11:00 a. m. Sermon.
Vesper Circle and Epworth League
at 7 p. m.

FIRST BAPTIST CHURCH
Rev. H. B. Foskett, Pastor
Residence, 210 Birch Ave.
Phone 123-J.

Alice Tickell, church clerk.
B. H. Patchett, Supt. Bible School.
Calendar of Services:
Bible School, 10 a. m.
Morning Worship, 11 a. m.—
B. Y. P. U. meeting, 6:30 p. m.
Prayer meeting, Thursday 7:15
p. m.

**UNITED BRETHREN CHURCH
NORTH BEND**
Mrs. R. N. Lewis, Pastor
Sabbath School at 10 a. m.
Christian Endeavor at 7 p. m.
Preaching at 11 a. m. and 8 p. m.
Prayer Meeting Wednesday evening
at 8 o'clock.

METHODIST EPISCOPAL
Joseph Knotts, Pastor.
Sunday school at 10 a. m.
Epworth League at 6:30 p. m.
11 a. m.—"Does God Deal Justly
With Us?"
Evening, "Putting Doubt to the
Test."

Special music both morning and
evening with Prof. Gerald Hunt director
of the choir.
Junior League Service Thursday
afternoon at 3:45.
Prayer Meeting Thursday evening
at 7:30 o'clock.
All are cordially invited.

EPISCOPAL CHURCH.
Fourth and Market Streets
—R. E. Browning, Rector—
8:00 a. m. Holy Communion.
9:30 a. m. Sunday School.
11 a. m.—Holy Communion.
Sermon and Service—"A Positive
Faith."
7:30 p. m.—Evening service and
sermon, "Forsaken Inheritances,"
Children's Choir.

**MARSHFIELD PRESBYTERIAN
CHURCH**
—Rev. J. S. Stubblefield, Pastor—
Chas. H. Lowry, clerk of sessions
A. L. Butz, Treasurer.
Mrs. Chas. McKnight, president
Women's Auxiliary.
Miss Mary Kruse, organist.
J. T. Brand, Supt. Sunday School.
Sunday school, 10 a. m.
11 a. m. Sermon—"A Virile Vir-
tue."
8 p. m.—"The Source of
Strength."
Please note the change of hour
for the evening service.
Prayer meeting 7:30 p. m. Thurs-
day.

**CATHOLIC CHURCH
NORTH BEND**
Address Mercy Hospital, Tele-
phone 261.
Sunday service—First mass, 6:30
a. m.; last mass, 9 a. m. Rosary
and benediction, 7:30 p. m.

**CATHOLIC CHURCH
MARSHFIELD**
Rev. H. J. McDeyitt, pastor; Rev.
M. Wallace, assistant.
Address, 342 South Sixth street,
Phone 245.
Sunday Services—First mass, 8 a.
m.; high mass, sermon and benedi-
ction, 10:30.

**SWEDISH EVANGELICAL
LUTHERAN CHURCH**
—Rev. B. P. Bengtson—
Corner Third and Commercial.
Residence—294 Highland. Phone—
94-J.
Confirmation exercises in con-
nection with Holy Communion, 10
a. m. in North Bend.

CHRISTIAN SCIENCE
Services—Sunday 11 a. m.
Wednesday, 8 p. m., Auditorium
Public Library.
Sunday morning—"Unreality."
Sunday School, 9:30 a. m., in
Christian Science Hall.
Reading Room open daily except

The Economical Use of Cheese

THE following paper was read be-
fore the North Bend Mothers'
and Teachers' Club by Mrs. L.
F. Cuthbert and created so much fa-
vorable comment that there was a re-
quest for its publication. Mrs. Cuth-
bert gleaned part of her information
from a government bulletin, to which
acknowledgement is made. The fol-
lowing is the paper.

THE use of cheese, condensing as
it does during the Lenten Sea-
son is especially fitting at this
time. Cheese is believed to be the
oldest of the dairy products and the
first form in which milk was pre-
served for future use. One may con-
jecture that it owes its origin to the
accidental storing and ripening of
sour milk curd. Although it has been
a staple food with many races for
uncounted years, there is a wide-
spread belief that it is suitable for
use chiefly in small quantities as
an accessory to the diet and that in
large quantities it is likely to produce
physiological disturbances. Because
of these opinions extensive studies
have been carried on of the food
value, thoroughness of digestibility,
ease of digestion, physiological effect
and special character of cheese as
food as well as of methods which are
followed in preparing it for the table.
The conclusion drawn from this
study is, in brief, that cheese prop-
erly prepared and used is not gen-
erally a cause of physiological dis-
turbance—and that it may easily be
introduced into the bill of fare
in such quantities as to serve as the
chief source of nitrogenous food.

From the standpoint of the house-
keeper, cheese is of importance be-
cause of its high nutritive value, par-
ticularly its high per centage of pro-
tein or muscle-forming materials, be-
cause of the ease with which it can
be kept and prepared for the table
and because of its appetizing flavor
and of the great variety of ways in
which it can be served.

From the viewpoint of the retail
dealer, cheese is important because
it is a convenient article to handle,
its percentage of nutrients being high
and its per centage of water being
low, it is not bulky. It is compara-
tively easy too, to preserve in good
condition. The difficulty of cutting
exact amounts called for by custom-
ers may be considered the chief in-
convenience. Efforts have been made
to obviate this difficulty by making
small cheeses. Experiments have
been reported from the Oregon Ex-
perimental Station on the canning of
cheese in pound lots and from the
Wisconsin Experiment Station in
making cheese prints like those in
which butter is commonly sold. In
some of the factories cheeses weigh-
ing five pounds and having the same
shape as the larger cheeses are made.
These dry out and spoil less quickly
than cheese cut in wedge shaped slices
as it usually is when sold by the
pound. A convenient way to keep
such cheese is to dampen a cloth in
which to wrap it first and then in a
paper and put in a cool place.

When cheese is put in a covered
dish, the air should never be wholly
excluded, for if it is done, it moulds
more readily. There is something to
be said also of the value of cheese
to the individual who must carry a
lunch or buy what is most handy at
meal time—cheese can usually be
obtained in good condition in any
neighborhood—combined with crack-
ers or bread and with fruit it makes
a fairly well balanced meal.

There are some 250 kinds of cheese
but of all, the so-called American
cream cheese may be taken as a
standard. Cheese owes its flavor to
the fatty acids and their compounds
which it contains and to ammonia-
like bodies formed during ripening
from the cleavage of the casein, to
salt added to the curd, and in some
varieties, like Roquefort, to bodies
elaborated by moulds which develop
in the cheese, made from ewes' milk.
In the highly flavored sorts some of
the fatty acids of a very marked odor
are present in abundance, as are
also the ammonia-like bodies. In-
stead of eating such cheese as
Camembert a trace of ammonia fla-
vor may often be plainly detected. The
strong odor is a matter of individual
preference, but from the chemist's
standpoint there is no reason for the
statement often made that such
cheeses have undergone putrefactive
decomposition—they are rather to be
regarded as fermentative changes.

—Sundays and holidays, 1-5 p. m.,
Christian Science Hall—237 Third
St. North.

CHRISTIAN CHURCH
Cor. Sixth and Central.
—Victor P. Morris, Pastor—
Services as follows at the Church
corner Sixth and Central:
Regular services every Sunday,
10 a. m.—Sunday School,
11 a. m. Preaching and com-
munion.
6:30 p. m. Christian Endeavor.
7:30 p. m. Evangelistic Sermon.
You are cordially invited to attend
these meetings.

Since cheese is ready to be eaten
when it comes from the market it
may be more interesting for some
purposes to compare its composition
with that of cooked beef, free from
bone and from superfluous fat.
Weight for weight cheese has appreci-
ably more protein than such cooked
beef, and 50 per cent more fat. So
far as its composition is concerned,
then, cheese is entitled to be consid-
ered as directly comparable with
meat.

It is used by the peasants of some
parts of Europe and was formerly
so used among many other groups of
people. The fact that it is more
commonly so used in this country is
probably due to several causes. One
cause is habit, which makes the meat
seem incomplete unless it includes
meat; another is the fact that since
cheese has a more pronounced flavor
than meat, it is not so likely to be
generally accepted as the chief food
of a meal. Another cause is the fact
that it is commonly believed to be
indigestible, and still another is the
fact that housekeepers, through lack
of experience, are much less skillful
in the arrangement of bills of fare
in which cheese is the central food
than they are in arranging the bills
of fare in which meat is thus used.

To show the digestibility of cheese
a large number of experiments were
conducted. Young men in good health
were fed on a diet consisting of bread
and fruit combined with American
factory cheese which was made with
different amounts of rennet and in
different stages of ripening. The re-
sults showed that over 90 per cent
of the nitrogenous material of the
cheese was digested that is—retained
in the body—and nearly 90
per cent of the energy it supplied
was available. In other words, cheese
compares favorably with other foods
in thoroughness of digestion, that is
in the per centage finally digested.
Furthermore it did not cause consti-
pation or other physiological distur-
bances. Artificial digestion experi-
ments made at the Minnesota Agri-
cultural Experiment Station indicate
that cheese protein is digested by the
ferments of the intestines rather than
by those of the stomach and this is
suggested as a reason for its reputa-
tion as a "hearty" food, the belief
being that some foods which remain
in the stomach longer than the aver-
age time, or are not digested by the
stomach are "hearty." It is com-
monly said that cheese is difficult to
digest, the idea being that the body
expends more labor in assimilating
it than is required for other compar-
able foods. Experiments recently
carried on by the office of experi-
ment stations in which the respira-
tion calorimeter was used to study
the energy expenditure during the
period of active digestion, do not in-
dicate that cheese differs materially
in ease of digestion from a compar-
able amount of meat. Uncooked full
cream cheese was used in these experi-
ments but cooked cheese does not dif-
fer materially in this respect. Cheese
being rich in both protein and fat
would logically replace such foods
as meat, fish and eggs when taken
in quantity, rather than cereal foods
characterized by a large amount of
starch or succulent foods, such as
vegetables and fruits. Since meat
has so generally been the chief pro-
tein food of a meal and the kind
selected usually has determined the
choice of vegetables and condiments
it is not strange that very many
housekeepers should be inexperienced
and consequently unskillful in
planning meals in which cheese is
substituted for meat when for any
reason they may desire to make such
a change. We may get a suggestion
from the experience of a man who
lived for months upon a diet of bread,
fruit and cheese and who remained in
good health and active, and did not
weary of the monotony of the diet.
The bread and cheese taken with the
fruit make an attractive and palat-
able combination of foods as well as
a balanced ration, and thus favors
digestion. The watery and refresh-
ing fruits or succulent vegetables
with their large supply of cellulose
are a pleasant contrast to the con-
centrated and fatty cheese. House-
keepers would probably find that if
in planning menus of which a cheese
dish is the chief feature they were
to take pains to supply also crisp,
watery vegetables, water cress, cel-
ery, lettuce or simple fruit salad
and would give preference to re-
freshing fruits, either fresh or cooked
rather than to what are known as
heavy desserts they would in general
be made successful in pleasing those
who are served. There is another
point also to be considered in com-
bining cheese with other foods.
Whether it is raw or cooked it is
likely to be somewhat soft and so
seem to call for the harder kinds of
bread, crusty rolls or biscuits, zwil-
bach, toast, rye bread and the harder
brown breads or crackers. Brittle
cookies too, seem more suitable than
rich soft cakes or puddings for the
dessert in such meals. There is much
evidence that over-eating is frequent-

ly due to the fact that meals are
not skillfully planned. People often
continue eating after they have taken
enough in total bulk because they have
not had all they want of some par-
ticular kind of food. The meal has
contained too large a percentage of
proteids or too much starch; has
been too moist or too dry; too highly
flavored or not sufficiently flavored.
Bill-of-fare making calls not only for
knowledge of food values but also
for skill in combining flavors and
textures. Here, as in all that per-
tains to housekeeping, true economy
is dependant upon a knowledge of
materials and skill in using them.

NOTICE OF SALE OF IMPROVEMENT BONDS

Notice is hereby given that sealed
proposals will be received by the Fi-
nance Committee of the Common
Council of the City of Marshfield,
Coos County, Oregon, at the office
of the City Recorder of said City of
Marshfield, in the City Hall of said
City, until half past seven o'clock
p. m. on Monday, the 3rd day of
April, 1916, for the purchase of street
improvement bonds of the said City
of Marshfield, to the amount of \$1,-
013.92.

All of said improvement bonds to
be in denominations not exceeding
\$500.00 and bearing interest at the
rate of six per cent per annum from
date thereof, payable semi-annually;
said bonds to be dated the day of
issuance and to mature in ten years
thereafter, with prepayment option
thereon at face value and accrued
interest to date of any semi-annual
coupon interest period at, or after,
one year from the date of said bonds
upon giving notice by publication in
a newspaper of general circulation
printed and published in Coos County,
Oregon, such notice to be published
not less than twice during the month
preceding such semi-annual period
at which such prepayment thereof
will be made. The right is expres-
sly reserved to reject any and all bids
and upon all or any such bids, or pro-
posals being rejected, if there should
remain any bond or bonds unsold, the
said bonds may be thereafter sold at
private sale by said Common Council
of said City of Marshfield, Oregon;
But in no event to be sold at
less than par and accrued interest;
Said bond are authorized by the laws
of the State of Oregon and ordinances
of the said City of Marshfield, Ore-
gon.

Assessed valuation of said City
of Marshfield, is \$2,920,139.00.
Bonded indebtedness is \$54,000.00.
Population estimated at 5,000.
A certified check of 5 per cent of
amount of bid or proposal must ac-
company each bid to be forfeited to
said City of Marshfield, in case bid
is accepted and bidder fails to accept
and make payment for said bond or
bonds, covered thereby, within ten
days from the date of acceptance of
said bid or bids.

Each bid or proposal submitted to
designate the denomination of said
bond or bonds desired.

Bids or proposals received for any
amount of said bonds; small bidders
being given preference of purchase.

Proposals or bids, with certified
checks, to be enclosed in sealed plain
envelopes without distinguishing
marks or writing thereon, except the
words "Bid for Improvement Bonds
of the City of Marshfield, Oregon."
Dated this 22nd day of March,
1916.

H. J. KIMBALL, JR.,
Chairman of the Finance Committee.

NOTICE.
Marshfield, Ore., March 3, 1916.
The annual meeting of the Marsh-
field Land Company will be held
in the office of I. S. Kaufman &
Co., on Central Avenue, Marshfield,
Oregon, on Monday, the 3rd day of
April, 1916, at 4 o'clock, P. M.,
for the election of directors and for
the transaction of such other busi-
ness as may be brought before the
meeting.

Dated at Marshfield, Oregon, the
3rd day of March, 1916.

G. W. LESLIE, Secretary.

SUMMONS.
In the Circuit Court of the State
of Oregon, in and for the County
of Coos,
E. G. Perham and A. B. Gidley,
Plaintiffs; versus J. Harling Tur-
ner, Defendant.
To J. Harling Turner, Defendant:
In the Name of the State of Ore-
gon: You and each of you are here-
by required to appear and answer
the complaint filed against you in
the above entitled court and cause
within six weeks from the first pub-
lication of this summons, to-wit:
within six weeks from the 11th day
of March, 1916; and if you fail so
to appear and answer, on or before
the 22nd day of April, 1916, for
that being the last day of publica-
tion, for want thereof, the Plaintiffs
will take judgment against you for
the sum of Six Hundred Forty-one
dollars and ninety cents (\$641.90)
with interest from the 18th day of
June, 1914, together with the costs
and disbursements of this action.
This action is brought against you
to recover the said sum of \$641.90
with interest from the 18th day of

June, 1914 for work, labor and
services consisting of excavating,
rendered by plaintiffs to you at
your special instance and request,
of the reasonable value and agreed
price of said sum.

Service of this summons is made
upon you by publication pursuant
to order made by the Hon. James
Watson, County Judge of the Coun-
ty of Coos, State of Oregon, on the
11th day of March, 1916, directing
that the same be published in the
Coos Bay Times for a period of six
weeks.

JOHN D. GOSS,
JOHN C. KENDALL,
HERBERT MURPHY,
Attorneys for Plaintiffs.
Date of first publication March
11, 1916; date of last publication
April 22, 1916.

Times Want Ads are the one me-
dium which reaches ALL the people.
They engage public attention every-
day—Always on the job.

GET NEW MUSIC

Come in and play the latest victor
records on our machine and select
the ones you desire
5,000 to Choose From
We will order special Numbers for
you

**L. L. Thomas
Music Co.**
73 Central Avenue

SPIRELLA CORSTS
may be obtained in Marshfield
from
Mrs. Annie Holland,
Corsetier.
352 So. 5th St. Phone 200-X

North Pacific S. S. Co.
Str. Breakwater
Sails for
PORTLAND
APRIL 5TH

F. A. Kilburn
sails direct to
EUREKA
SAN FRANCISCO
SANTA BARBARA
LOS ANGELES
SAN DIEGO
APRIL 2
From
Smith Terminal Dock

FARE TEN CENTS
City Limits North Bend, 5c
COMMUTATION
20 TICKETS, \$1.75 20
Marshfield-North Bend
Auto-Line
Cars every ten minutes from
6 a. m. to 12 midnight; to
South Slough once a day,
leaving at 11 a. m.; to Em-
pire three trips a day.
GORST & KING, Props.

**WESTERN LOAN AND
BUILDING CO.**
Assets \$2,340,000.00
Pays 8 per cent on
savings
I. S. KAUFMAN & CO.
Local Treasurer

T. J. SCAIFM & A. H. BODGINS
**Marshfield PAINT AND
DECORATING CO**
Estimates Furnished
Phone 146-R. Marshfield, Oregon

THE WHITE IS KING
Of all Sewing Machines
Now located at 256 Market ave.
West. Phone 193-J. We have
also got big bargains in all kinds
of used machines. All machines
sold on easy payments.

**SOUTH COOS RIVER BOAT
SERVICE**
LAUNCH EXPRESS
leaves Marshfield every day
8 a.m. Leaves head of river
at 3:30 p. m.
STEAMER RAINBOW
leaves head of river daily at
7 a.m. Leaves Marshfield at
2 p.m. For charter apply on
board.
ROGERS & SMITH, Props.

High Quality Groceries

Our own prompt and particular delivery service—Ef-
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keeping our prices as low as consistent with good busi-
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Conner & Hoagland

—The Leading Grocers—Dealers in Good Groceries—
797 South Broadway. Phones 348-J and 326

Important Announcement

Attention of depositors is called to the new system installed
whereby statements will be rendered monthly, commencing with
March 1, instead of having your pass books left for balance. Any
pass books not balanced up to March 1 should be turned in for
balance, so as to return old checks in our possession.
Will be glad to explain the system more fully if you care to
inquire when in the bank.

The First National Bank OF COOS BAY

Safety Plus Service

INTER-OCEAN TRANSPORTATION CO.
S. S. Nann Smith
Passenger and Freight
SAILS FROM MARSHFIELD FOR SAN FRANCISCO, MONDAY
FORENOON, APRIL 3RD.

S. S. Adeline Smith
Passengers Only
SAILS FOR SAN FRANCISCO BAY
Every FIVE DAYS, from SMITH MILL DOCK
PHONE 44, SMITH TERMINAL DOCK
C. F. McGEORGE Passenger and Freight Agent

Abstracts

For reliable Abstracts of Title and
information about COOS BAY REAL
ESTATE, see

Title Guarantee & Abstract Company

Marshfield and Coquille City, Oregon.
General Agents Eastside and Sengstacken's Addition.
Special attention paid to assessments and payment of taxes.
HENRY SENGSTACKEN, Manager.

Oldest Bank in Coos County Established 1880

Flanagan & Bennett Bank

Marshfield, Coos County, Oregon.
Capital, Surplus and Undivided Profits \$120,000
INTEREST PAID ON TIME AND SAVINGS DEPOSITS
Officers—J. W. BENNETT, President; JAS. H. FLANAGAN, Vice-
President; R. F. WILLIAMS, Cashier; G. F. WINCHESTER,
Assistant Cashier.

Flanagan & Bennett Bank

OF MYRTLE POINT \$25,000
Officers—J. W. BENNETT, President; JAS. H. FLANAGAN, Vice-
President; L. M. SUPLEE, Cashier; L. T. DEMENT, Assistant
Cashier.

Bennett Trust Company

Capital, Surplus and Undivided Profits \$125,000
Officers—J. W. BENNETT, President; TOM T. BENNETT, Vice-
President; ARTHUR M'KEOWN, Secretary; BENNETT SWAN-
TON, Treasurer.
The Only Trust Company in the State, Outside of Portland, Which
Organized Under the New Law.

GRAVEL

We are now prepared to furnish GRAVEL in any quantity
from pile in our yard or in carload lots, at following prices:
From pile on ground, \$2.75 per yard.
Carload lots, taken from cars, \$2.00 per yard.
Retail Department.

C. A. Smith Lumber & Mfg. Co.

Opposite Post-Office. Phone 190.

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like new
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Koontz Garage
Phone 180-J. North Front Street