



In a Gambler's Market

A clerk's error, adding three ciphers to a thousand-bushel selling order, caused wheat to fall 8 1/4 points on the Chicago Board of Trade last October. It didn't change the world's wheat supply by a single grain or affect actual wheat needs by so much as a crust of bread, but every farmer whose wheat was marketed that day lost money as a result.

A short time before, the market was sent tumbling by a false cablegram announcing that France had a big harvest of wheat.

When a clerical error or baseless rumor can rob the farmer of millions, some remedy **MUST** be found.

A practical remedy is knowledge of world markets. Accurate information on all foreign crops can be gathered and given out. This would make supply known and demand steady.

The Farm Bureau aim to prevent costly price fluctuations by this means. They believe in the "light cure" as a remedy for distribution evils. *And you can help!* If you are not a Farm Bureau member, join today.

In your individual effort to contribute toward the improvement of farm conditions, you

will find **THE COUNTRY GENTLEMAN** a powerful ally. With a large staff of editors and contributors covering every corner of the land—even studying foreign markets—**THE COUNTRY GENTLEMAN** presents each angle of our national farm problems in the most helpful and interesting way. It warns you of causes for price changes *before they occur*, helps you to make money, entertains and inspires you—all for just \$1.00 for 52 big issues. Send a dollar bill—or your check is good!

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SCHOOL NOTES

The new pupils this week were: Ethel Ritter, Jean Dungey, Caesar Scatritti and Primo Scatritti.

The following visited school during the week: Meadame C. F. Smith, Ernest Perrott, Wilson, Martin, Henry Ellis, Edwin Ellingren, Homer Holverstott, Robert Holverstott, Eugene Noleser and Mr. T. A. Walker.

Dedication exercises for the flag won by the pupils of Mrs. Mace's room in the Lecture contest were held Wednesday morning.

The following pupils are perfect in Spelling this week:

Third B—Agnes Ice, Georgia Leathwood, Corrine Wheat, Elma Russel, Annie Peart, Grace Whittington, Belmont Ireland, Flora May Johnson, Beulah Cornwahl, Dorothy Bunch and Helen Belloni.

Third A—Barbara Richmond, Anne Pollary, Neil McGilvery, Gilbert Ice, Anna Wiggins, Marjory Jacobsen, Pamela Willard, Edward Dow, Delores Lamson, Alice Jenkins and Juanita Robinson.

Fourth B—Jessie Johnson, Audrey West, Gretchen Mehl, Lurline Wilkinson, Jean Pierce, Arthur Boyrie, Viola Fribble, Gerald Sandon, Addie Wigan, Bessie Hollenbeck, Blanche Gregory.

Fourth A—Calvin Martin, Gladys Jones, Kathryn Wilson, Robert Noah, Elizabeth Lane, Fred Grush, Marion Goodrich, Leah Huther, Stanley Vowell.

Fifth Grade Joe Nye, Clarence Barton, Larkie Barnes, Fred Watson, Frank McAdams, Bernice Foley, Alvin McQuigg, Malrin Brandon, Carlton Smith.

Minerals and Body Fluids

There are other minerals which are of great importance in body development besides lime, which is so necessary for bone building. They are necessary for all fluids of the body. All the vital organs are surrounded with these fluids which in a great measure help them do their work. For instance, the heart is surrounded by a fluid which controls the contraction and relaxation of its muscles and consequently the regularity of its beat. If the necessary minerals are not supplied, impaired action of the heart results. Again, this is most important in the growing child, for it is during the period of growth that the greatest tax is placed on all vital organs of the body.

Iron is the very important element of the blood, and phosphorus is found in every cell of the body. Good blood is essential to good nutrition, for it carries the digested foods to all parts of the body. Lack of color, or anaemia, constipation, pimples, and general absence of bodily tone are commonly the result of foods selected with no attention to the minerals they contain.

Green vegetables and fruit should be used liberally in the diet as soon as the child is old enough. They are needed greatly in the late winter and early spring, when the fresh product is hard to obtain. For this reason it is highly important that a canned supply be on hand at all times.

Other foods rich in minerals not mentioned in the last article are: dry beans, lean beef, cheese, whole wheat, lentils, peanuts, almonds, potatoes, barley, corn, figs, honey, grapes, lettuce, greens of all kinds, raisins and dates.

Height and Weight of children 11 to 12 years:

Boys	Girls		
Weight	Height	Weight	Height
11 yrs. 72.4 lb	54.0 in.	70.3 lb	53.8 in.
12 yrs. 79.8 lb	55.8 in.	81.4 lb	57.1 in.

Church of Christ Notes

Are we here? Indeed we are and busy, yes, working overtime. The results: good meeting and the work is growing in every department, both in interest, numbers, in deed and in truth. With 115 in Sunday School on last Sunday morning and a good attendance for the church service, Mrs. Dallas is having good, interesting meetings with the Junior congregation at the same hour in the basement of the church. There were four new additions to the church, all on confession of faith on last Lord's day. We can but feel that our Lord and Savior does hear and answer the prayer of His people.

The Senior Endeavor had a fine meeting as usual with 23 young people present, while the Junior, 41 strong and 25 in attendance at their afternoon meeting, are doing an excellent work. And we must not forget the Teacher Training class of older people, who are preparing to do a greater work for the cause. Their class is held at the same hour, 6:30 p. m., as the Senior Endeavor. Anyone is welcome to take up this work with us.

On last Saturday night the Senior Endeavors entertained the Junior Endeavors at the church, seeing that these little folks arrived O. K. to and from their homes. A fine time and large attendance was reported. The kindness shown by these Seniors will long live in the memory of the little folks.

Basket Ball Schedule

The following is the basket ball schedule for the rest of the season in this county:

Jan. 21—North Bend vs. Myrtle Point at Myrtle Point. Marshfield vs. Coquille at Marshfield.

Jan. 22—North Bend vs. Bandon at Bandon.

Jan. 29—North Bend vs. Coquille at Coquille. Myrtle Point vs. Bandon at Myrtle Point.

Feb. 4—Bandon vs. Marshfield at Marshfield. Coquille vs. Myrtle Point at Myrtle Point.

Feb. 5—Bandon vs. North Bend at North Bend.

Feb. 11—Coquille vs. Bandon at Bandon. Myrtle Point vs. North Bend at North Bend.

Feb. 12—Marshfield vs. Myrtle Point at Marshfield.

Feb. 18—Marshfield vs. Coquille at Coquille.

Feb. 19—Marshfield vs. Bandon at Bandon. Myrtle Point vs. Coquille at Coquille.

Feb. 25—Marshfield vs. Myrtle Point at Myrtle Point.

Feb. 26—Bandon vs. Coquille at Coquille.

March 8—North Bend vs. Coquille at Coquille.

Red Cross Election

At a meeting of the Coos and Curry chapter of the American Red Cross Monday evening, Mair A. Dano was elected chairman to fill the vacancy caused by the resignation of Dr. Geo. E. Dix. Other officers were elected as follows:

Vice-chairman—C. A. Smith, of North Bend.

Treas.—Herbert Buserud.

Sec.—Mrs. Carl Larson.

Chairman Dano announced that he would appoint an executive committee to include a representative of each local branch in the two counties. The towns to be represented are Marshfield, North Bend, Bandon, Coquille, Lakeside, Myrtle Point, Powers, Langlois, Denmark, Port Orford, Gold Beach and Brookings.

It was also decided to take steps to secure a nurse instructor to carry on the work here. Alexa Walker, who completed the work started by Mrs. Staples in Curry county was called away before she could give instruction to the local branches. Her instruction is open to the public as well as Red Cross members and covers first aid work, health regulations, sanitation, etc.

Many housewives will order mayonnaise at the restaurant but not make it at home. Why?



PROBABLY because many still have the idea that mayonnaise is lots of trouble to prepare.

Or that they cannot make good mayonnaise—or that it won't "keep."

None of these reasons keeps the woman who knows Mazola from making her own mayonnaise every week.

Mazola being an absolutely pure vegetable oil, blends the ingredients perfectly and imparts its own delicate flavor to the dressing—which will keep for weeks without separating.

Once you try Mazola you will prefer it to olive oil. It not only equals the finest imported olive oil, but costs about half the price.

Mazola is served by leading hotels, clubs and dining cars throughout America.

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MAYONNAISE

2 Eggs, Yolks only
1 Pint of Mazola
1 teaspoon of Mustard
1 dash of Cayenne or White Pepper
4 tablespoon of Vinegar (any flavored vinegar may be used)
1 teaspoon Paprika
1 teaspoon Salt
1 tablespoon each of Lemon Juice and Vinegar of

Have all ingredients and mixing utensils cold. Mix dry ingredients. Add egg yolks and when well mixed, add 1/2 teaspoonful of vinegar. Add Mazola drop by drop until the mixture begins to thicken, beating slowly. As soon as the mixture thickens, add the remainder of the vinegar a little at a time. Beat best in the remainder of the Mazola gradually until all is used. The Mayonnaise should be thick enough to hold its shape. Put in a glass jar and cover close. Press in the top to be used when needed. It will keep for weeks. Do not stir it when you open it; tilt out as much as you need with a tablespoon and close the jar.

Fancy Upland Potatoes
Fruits, Vegetables, Fresh and Clean.
All kinds always on hand

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Uncle John's Syrup
The real flavor from the Maple Grove

Gal. cans \$2.95. Half-gals. \$1.55.
Qts. 80c. Small cans 45c.

Royal Club brand Pineapple, can.....45c
Apricots, large can.....25c
Apricots, gallon can.....80c
Crisco, 1 1/2 lb can.....40c
Quaker Quakies, large pkg, corn flavor.....20c
Corn Meal, sack.....50c
Small White Beans, 4 pounds.....25c
Hills Bros. Blue Can Coffee, 3 pounds.....\$1.00
Our Best Bulk Coffee, a real treat, @.....40c lb

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Opposite Postoffice

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A fine selection of Gent's Suits and Overcoats made to your measure

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Phone 1033 Shores Bldg. Front St.

There will be a shadow social given by the Seniors in the basement of the church Saturday, January 29. The proceeds will go to pay the delegate's expenses to state convention. All are welcome and your help will be appreciated. A good time is insured all.

The cottage prayer meetings on Wednesday of each week are proving a fine success. Come and see and help carry on this great work for the Master. "The harvest is white but the reapers few." Everyone welcome to all services at

all times.—Church Correspondent.

Lost a Million

Sugar is now retailing here for ten cents a pound, which is only one-third what it cost less than a year ago. Hundreds of speculators in crystallized sweetness have been bankrupted by the drop; and we note that three business firms in Montgomery county, Kansas, where this scribe lived for thirty years, have lost a million dollars by going long on sugar.

Calling Cards, 100 for \$1.00.