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SCHOOL NOTES

The Oregon school law now provides that schools shall convene for one and one half hours on February 22nd to celebrate the birth and life of the "Father of Our Country," the remainder of the day to be a legal holiday in his memory. Accordingly on last Tuesday morning the classes at the grade building assembled in two rooms and gave a very attractive program to an appreciative audience of over thirty parents and friends. With appropriate decorations and selections the pupils entered heartily into the spirit of the day.

Those perfect in Spelling for this week are:

Second B—Menalkas Selander.
Third B—Neta Rose Bunch, Lela Ocheltree, Henry Stancliff, Harold Stevens, Primo Scaltrette, Geneva Agostino, Elnore Elliott, Mary Hoover, Gertrude Mehl, Graydon Anderson, Lendon Jenkins, Walter Dunham.

Third A—Laura Pollary, Elma Russell, Corrine Wheat, Helen Belloni, Dorothy Bunch, Flora May Johnson, Emma Flitteroft.

Fourth B—Lelah Oden, Delores Lamson, Alice Jenkins, Aune Pollary, Neil McGilvery, Gilbert Ice, Jerome Low.

Fourth A—Nina Butler, Gerald Sandon, Jessie Johnson, Maxine Neal, Edith Hurd, Rosa Kudrna, Pauline Ellingsen, Blanche Gregory, Lurline Wilkinson, Rosa McQuigg, Gretchen Mehl, Lisle Varney.

The Box Lunch

Many children of our schools find it necessary to carry a box lunch on account of the distances which they live from the school house. Where the hot lunch is served the problem is much simplified, but only a few schools are so fortunate.

As Spring approaches, children sometimes grow tired of the conventional cold lunch, which often consists of bread and butter, with a piece of pie or cake and consequently bring it home untouched or leave it half eaten somewhere on the school ground.

This loss of appetite is sometimes called "Spring fever" but whatever it may be called, the child needs the food which is wasted in this way. Something should be done to prevent this waste of both food and body tissue.

If the school is so thoughtful as to provide a place where the children may all sit down and eat lunches together, it is better than when the children eat out of doors and the enthusiasm to enter into play causes the nervous child to leave his lunch untouched.

Another way to encourage the child to eat the box lunch is to pack it attractively and in such a way that the lunch will be fresh and taste fresh.

This can be done by using paraffin paper to wrap the different food separately. Drying out of food and mixing of flavors can be prevented in this way.

In order to prevent the sandwich from tasting like the cake and the cake having a similar flavor to the sandwich, ventilation of the box is necessary. (If the box is ventilated the need for wrapping is still more necessary to prevent drying.) In order to secure good ventilation the pail should have holes on opposite sides. Holes in the lid not only do not bring about circulation of air but instead gives an opportunity for water to enter the pail. The pail should be scalded each night and allowed to air well.

Care of the lunch pail and condition of the food when eaten is very important but of no less importance is the food material of the lunch.

The sandwiches are the universal foundation of the cold lunch box. This, of course, is understood, to mean good yeast bread, not cold soggy biscuits, cold hot cakes, and related products so often found. The yeast bread is especially suitable for sandwiches because it is neutral in flavor and permits a great variation in fillings as meat, cheese, jams, jellies, ground dried fruits, nuts, eggs, vegetables, as lettuce, celery and combinations of these. Variety in the Spring time is quite necessary and the farther we get from the cold sliced meat sandwich the better. An effort should be made to make the lunch a daily surprise.

Rich cakes and pies should always be avoided. If we desire to add sweets, it may be done by means of good sugar candy.

Fruits of all kinds are a good asset to the diet.

The writer, during her experience as a teacher, has seen lunches consisting of two cold griddle cakes to a piece of the richest frosted cake. One is about as bad as the other for the child and both represent poor judgment of the parent. Contract with these a good bread and butter sandwich and a glass of milk. Which of these do you think would most quickly overcome the existing condition where from 15 to 25 per cent of our school children are undernourished?

Send the Sentinel to eastern friends.

Coos Students' Campfire

Twenty-eight Coos county students of the O. A. C. gathered around a camp-fire in the woods near Corvallis Tuesday morning to fry bacon and eggs and make coffee in a can. They consumed 11 dozen buns, seven dozen eggs, four gallons of coffee, a bushel of apples and several pounds of fixin's.

There was a true division of labor in the preparation of their breakfast; four persons acted as pan-handlers; another group were egg-breakers; a third sprinkled salt and pepper; then there were bun-splitters, spreaders of butter, coffee vendors, cream and sugar dispensers, etc. There were no dish-washers, for there were no dishes to wash; each person brought a cup and a spoon and these were taken back home to be washed.

These people gathered as neighbors from one and the same county, to eat and chat; to bump elbows and to get acquainted. They succeeded. The affair was enjoyed by all.

The following persons were present:

From the school of agriculture: A. B. Widby, Myrtle Point; F. W. Bullard, Ed Fish and S. W. Armstrong, of Bandon; Herman Mende, E. L. Conner, and E. R. Peterson, North Bend; W. H. Justrum and C. W. Garst, Marshfield.

From the school of home economics: Crystal Lafferty and Beatrice Cotton, Coquille; Anna Mosier, Myrtle Point; Ruth Dungan and Helen Reese, Marshfield.

From the school of commerce: Hil-dur Anderson, North Bend; Ruth Utter, Fred Wimer, William Oeding, Fred Harlocker, and Alva Shelton, Coquille; Clara Ferguson, Edith Johnson, Emond Glossop and Paul Doyle, Marshfield.

From the school of engineering: D. Rodgers, Bandon; C. K. Davis, Powers; W. H. Philpott, Prosper; Charner Wright, Marshfield.

This number represents probably a few more than half of the students registered in the O. A. C. from Coos county.

Items From Arago.

A very good program was given by the school Tuesday morning, quite a number of the parents attending.

Jasper De Long arrived oMonday from Oklahoma and is visiting his sister-in-law, Mrs. Gus Schroeder.

Mrs. George Clinkenbeard entertained the Progressive Club at her home last Thursday and a very pleasant time was reported.

Mr. and Mrs. George Gillespie and little daughter returned to their home in Canada last Monday.

Mrs. Stevens, of North Bend, accompanied by her sister, Mrs. William Mills, of Brownsville, Oregon, were the guests of Mr. and Mrs. Geo. Clinkenbeard the first of the week.

Mrs. Emily Schroeder is making an extended visit at W. H. Schroeder's at Coquille and will also visit J. H. Schroeder's and T. P. Hanley's at Lampa.

The Barger family have the sincere sympathy of the community in their late bereavement.

East Fork Notes

Saturday and Sunday storm. Monday the sunshine of Spring.

Last week Tom Krewson, the road patrol, was working in the canyon cutting trees out of the road.

Mr. Fields is to build a bridge at China Camp creek, above the club grounds a short distance. Christensen and Bridges, of Brewster Valley, are cutting the lumber. K. E. Marcy is hauling it.

Friday night there was a dance at Mr. Rainey's at Brewster Valley. The report is that those who were there had a fine time. A phonograph and Rolly Alford furnished the music.

Mr. Chamberlin preached in the Brewster Valley school house Sunday.

The German lust for murder and destruction balks when it comes to paying the price of a small part of their hellish deeds, but they will pay. R. A. Easton.

Cow Is Handicapped

L. J. Simpson reports that he has a Holstein cow at his Shoreacres farm which is producing 98 pounds of milk daily. "Were it possible to enter her in competition she would defeat the famous cow produced last year by the Carnation Stock farm," Mr. Simpson said. He explained that while the cow is a record producer, she would be disqualified from any contest because of the fact she has but three teats. This cow is producing 11½ gallons of milk daily which if sold at retail prices in North Bend would bring \$6.90. We predict some of Mr. Simpson's friends will be asking to see the records kept by his herdsmen to prove the assertion.—Coos Bay Harbor.

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Going Some!

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The COUNTRY GENTLEMAN

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