

# SAVE TIME

In Cake Making, use

## Excello Cake Mixture

Just Add Water—All Seasons

Home Made Apple Butter  
Fats and Oils

Fancy Prunes, 10c and 12c lb

Hip O Lite Ready-to-use Marshmallow Creme  
Flat Jar, Special at 30c each

Fruits and Vegetables handled and displayed under clean and sanitary conditions

Our Prices Are Right

Prompt Delivery

## Fraedrick's Grocery

Opposite Postoffice



## No smoke in your kitchen

**MAZOLA** does not smoke up your kitchen when frying—as do lard and compounds.

Besides its economy, Mazola is more readily digested than any hard fat.

It is a pure vegetable fat and absorbs no odors nor flavors from the foods fried in it. It can be used over and over again; even after frying fish. Merely strain, and it is fresh as just bought.

Once you try Mazola you will prefer it to lard and compounds.

Selling Representatives  
**JOHNSON-LEIBER COMPANY**  
Portland

FREE Write for handsomely illustrated 64-page Cook Product Cook Book. Cook Products Refining Company, P. O. Box 181, New York City.

## The Former Bock Market on First Street

Is Now Open for Business

Highest prices paid for Beef, Veal, Pork, Mutton and Chickens

## Migge's Meat Market

What Does YOUR Label Say?

### SCHOOL NOTES

The average attendance of the first four grades for the first month of this semester was 97.3 per cent.

Visitors during the week were: Mrs. Stammer, Mrs. Lee, Mrs. Seely and Mrs. Greenough.

#### Perfect in Spelling

Second B—Menalkus Selander, Irene Sandon, Hugh Orr.

Second A—Rita Varney.

Third B—Grace Ellingsen, Lela Oehlert, Ruth Stonecypher, Helen Wickham, Rodney Cresser, Worden Ellis, Tallant Greenough, Henry Stancel, Primo Scaltrite, Grace Whittington, Geneva Agostino, Marjory McClellan, Lendon Jenkins.

Third A—Helen Belloni, Emma Plitcroft.

Fourth B—Alice Jenkins, Nell McGilvery.

Fourth A—Nina Butler, Gerald Sandon, Jessie Johnson, Maxine Neal, Edith Hurd, Arthur Boyrie, Blanche Gregory, Jean Pierce, Harold Day.

#### Day's Ration for a Child

Every child is carefully and well fed in accordance with his body needs, as described in previous articles, receives every day at least one food from each of the following groups:

1. Milk, (or dishes made chiefly of milk), meat, fish, poultry, eggs and meat substitutes.
2. Bread and cereals.
3. Butter and other wholesome fats.
4. Vegetables and fruits.
5. Simple sweets.

Here is a day's food for a child from 6 to 12 years, chosen according to the above groups:

Breakfast: Baked apple, (group 4), Cereal mush, (group 2), Milk, (group 1), Toast, (groups 2 and 3).

Dinner: Lamb chop, (group 1), Baked Potato, (group 4), Spinach, (group 4), Bread and butter, (groups 2 and 3), Rice and milk and sugar, (groups 1, 2 and 5).

Supper: Milk, (group 1), Bread, (group 2), soft boiled egg, (group 1), Stewed grapes, (group 4), Plain cookies, (group 5).

Diet for a child 2 to 5 years, chosen according to the above groups:

Breakfast—7:00 A. M.

Stewed fruit or fruit juice, one-fourth cup, (group 4); one-half to one cup well cooked cereal with milk, (group 2); one to two slices of toast with butter, (group 2 and 4); 1 cup milk to drink, (group 1).

Dinner—12:30 P. M.

Bread and butter, (groups 2 and 3); one cup of cream soup or one egg on baked potato, groups 1 and 4); one to two tablespoons of spinach, peas, or carrots, (group 4); one cup milk or junket, custard or milk pudding, (group 1).

Supper—5:30 P. M.

One-half to one cup rice or other cereal and milk and sugar, (groups 1, 2, and 5). 1 to 2 slices of toast or bread, with butter, (groups 2 and 3); one cup milk, (group 1).

This balanced diet supplies foods for muscle building in group 1, foods for heat and energy in group 2, protective foods and heat and energy in group 3, minerals for blood and other fluids as well as for bones and protective foods in group 4, necessary sweets for heat and energy in group 5. The quantity depends somewhat upon age and nature of the child.

### YORK STATION GOSSIP

Those having business in Coquille last Saturday night were R. W. Catton, Chas. Schroeder and Earl Steele.

Mr. James, the tie and lumber inspector, was here last Saturday.

Geo. Halter, the hustling dairyman of Arago, was here lately, placing orders for building material.

Claud Mullen gave his "Ford" its initial trial trip for the season of 1921 last Saturday night. It didn't balk, after being idle all winter, but on the contrary, it's raring to go.

Bud Hemstreet quit work at the mill last Saturday evening to engage in farm work with his father on the Ruckliff ranch, of which Jesse Clinton is the owner.

The sunshine of last Saturday called out our road foreman, Joe Lett; good results were accomplished in leveling up many ruts.

Walter Miller was successful in his case at Coquille last week.

W. V. Schroeder and family visited at the Richey Houghton home last Sunday.

The writer has just seen one of the advertising booklets, issued co-operatively by Coos county court, Coos County Farm Bureau and the commercial bodies of the county. It is very neatly gotten up and does justice to Coos County. Send some to your friends.

Those journeying to Myrtle Point last Saturday evening were Joe Yarbrough and wife, Lester Hiseox, Bill Mullen, Ellis Miller, Tom Gurney, V. M. Graham and wife and others.

Dick Braden, of Myrtle Point, has been down this way lately repairing the roads.

Raymond Endicott, of Myrtle Point, quit work at this camp last Saturday evening.

Mr. Postal, the carpenter at Norway Creamery, was at the mill last



## The "Peak" of Clothes Satisfaction

There is no better tailoring than that we offer you in S. H. Churchill made-to-measure clothes for men.

Neither is there a wider choice of good and up-to-date patterns from which to make just the right selection—

But what will please you most is the downright better value we can give you in either a suit or overcoat made specially to fit your particular figure.

Drop in and look over the new styles.

## CITY CLEANERS & TAILORS

Phone 1033 Shores Bldg Front St. Coquille

Saturday. R. J. (Uncle Bob) Clinton and wife have returned from California. They expect soon to move their household effects from this place to Myrtle Point.

J. A. Hart, the Rawleigh man, was here last week, drumming up trade.

This plant recently finished a lumber shipment for the K. of P. Lodge at Marshfield. The lodge is erecting a new hall.

Jim Venotis was a visitor here last Saturday.

Wood shipment to Marshfield will be resumed this week from this mill.

Mrs. Gus Bender and boys visited at the J. D. Carl home at Arago last Saturday and Sunday.

Mrs. Pearl Pressler, of Myrtle Point, was visiting with relatives at this place last Sunday and Monday.

Mr. Campbell was inspecting ties here last Monday.

Percy Schroeder went to Myrtle Point last Sunday after a supply of seed oats, which he purchased of Bert Davenport.

Henry Carver, of Myrtle Point, was a new employee at this mill, beginning last Monday.

Miss Genevieve Thompson and Miss Ada Witterman spent Sunday at the Witterman home in this neighborhood.

Chas. Holloway, the night watchman, went to Myrtle Point last Saturday to be with his family over Sunday.

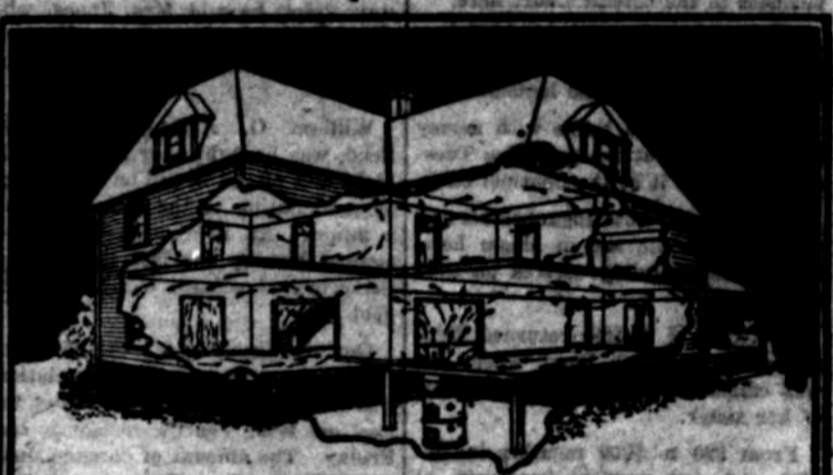
Mr. Stoten, the official cow tester for this county, was a visitor at the A. H. Schroeder home last Monday evening.

The Houghton boys, Lawrence and Herbert, are working in J. L. Assen's camp near the Shuck mountain on the North Fork.

A good representation from this camp took in the Macy-Baird show at Myrtle Point last Monday evening. Jocko.

### Suing for \$19,000 Damages

Among the first civil cases to be tried in the Circuit Court here this term will be that of L. A. Blanc against the Coos River Transportation Co. Blanc is suing for \$19,000 damages sustained when the Coos River creamery was burned. He was feeding hogs there at that time, and claims that the fire was due to a spark from the steamer Rainbow. L. A. Liljeqvist will represent the defendant and Peck & Brand the plaintiff.



## Quaker Heat is Quicker Heat—and Cleaner too

The Quaker Pipeless Furnace is built of heavy riveted boiler plate steel—and steel radiates heat *three times* as fast as cast iron. That is why Quaker heated homes are always so comfortable on cold mornings. Just open the draft and up through the Quaker Register pours an enormous volume of warm, pure, clean air. Before you buy a furnace, find out about the

## QUAKER

"The Pipeless Furnace that is built of Steel"

It not only gives you quicker heat but more of it from the same fuel. Every corner of every room is warmed thoroughly. It's cleaner too because every joint is riveted tight like a steam boiler. Can't leak gas, soot or smoke like the common joints of cast iron furnaces do. The top is lined with high temperature fire bricks. Holds heat extra long. Won't crack nor burn out. Handy water filler outside of furnace keeps dirt and soot out. The Quaker is the ideal heating plant for homes, schools, churches and stores. Easily and quickly installed in any old or new building.

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Fresh Bread, Cakes and Fancy Pastry

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