

# LEO J. CARY

## GOAL

PROMPTLY

Delivered to All Parts  
of the City

Beaver Hill Nut \$9.00 per ton  
Beaver Hill Lump \$10.00 per ton  
Libby Lump \$9.00 per ton

Delivered in ton lots where it  
can be shoveled from wagon

Phone 763

Room No. 9, First National Bank Building

### SCHOOL NOTES

Six of the children, who were found underweight one month ago, had brought their weight up sufficiently to be checked off the list. These children have been supplied with one half pint of whole milk each day during the morning recess by the local Red Cross. Straws are furnished for drinking the milk so that it cannot be taken too rapidly.

The Red Cross expect to continue to have milk delivered at the school for all underweights until the end of the term. Any parents wishing their children who are not underweight to have the same advantage may make arrangements with school authorities and have milk delivered at the school building the same as the Red Cross.

Visitors during the week: Mrs. Robert Lorenz and Mrs. Glaisyer. Mr. Baker and his Teachers' Training class spent part of Wednesday afternoon in visiting the Grade school.

Perfect in Spelling  
Second B—Menalkas Selander, Walter Barnes, Allington Glaisyer.  
Second A—Paul Vincent, Rita Varney.

Third B—Elnore Elliott, Lela Ocheltree, Helen Wickham.

Third A—Laura Pollary, Agnes Ice, Georgia Leatherwood, Bennie Hill, Helen Belloni, Flora May Johnson, Martha Jane Webb, Emma Flitcroft, Leale Robbins.

Fourth B—Dolores Lamson, Alice Jenkins, Nell McGilvery, Gilbert Ice, Pamella Willard.

Fourth A—Florence Cary, Gerald Sandon, Viola Pribble, Audrey West, Jean Pierce, Everett Seeley, Ralph Barnes, Lisle Varney.

### Forbidden Foods for Young Children

Drinks: Tea, coffee, rich cocoa and chocolate, cider, ice cream sodas.

Desserts: Rich preserves or puddings, cheese, pies, pastry, salads, except with plain oil dressing, rich candy, and simple candy except at meal time.

Vegetables: All fried vegetables, pickles, raw vegetables, except lettuce and celery.

Breadstuffs: Hot rolls or fresh breads, fresh cakes, all rich cakes and fried griddle cakes.

Cereals: All partially cooked cereals, (should be cooked from two to three hours.) Package cereals as puffed rice, wheat, etc.

Fruits: All green, half ripe, or over ripe fruits; bananas, unless skins are brown, and then only at meals; large helpings of fruits with seeds.

Meats: Large helpings of any meats, but especially highly seasoned sausage and stews.

The fact that these foods are forbidden for young children is not a notion of a faddist. Common sense will give a reason for each one if we but exercise that gift. They also are not the best for grown people.

Some are hard to digest, such as rich cakes, fried potatoes, green fruits and vegetables and undercooked cereals.

Others, such as highly seasoned foods, cause the appetite to become fickle. When the mother permits the child to eat these foods she is only storing up trouble for herself. Wrong habits are so easily and quickly formed in children. A continuous desire for highly flavored foods will thus be created, which cannot be satisfied. Nature intended mild foods as demonstrated to us in milk ("Nature's food.")

Tea and coffee act as a stimulant and if the habit is created take the place of a drink like milk in the child's mind, while the child cannot afford to do without milk.

Hot breads in themselves are not bad, but the child will not chew them sufficiently. They are usually swallowed in hard lumps.

There is no harm in package cereals, like puffed rice, wheat, etc., as a food, but if the child is allowed to have these it will develop a dislike for cooked cereals which are so much higher in food value.

Yet, considering all of these common sense facts, some mothers say with pride: "My child eats anything." There are a few children whom nature has provided with a digestive apparatus, which can stand such treatment, but most people as a result, have chronic stomach troubles, before they are old enough to vote.

### Save the Calves

(From Farm Bureau News)

Each year Coos County destroys many head of heifer calves that are born of much higher producing stock than many more of the calves that are raised. Cows that produced 365 pounds of butter fat each year are not commonly found.

The county agent recently sent out a circular letter to some twenty Farm Bureaus in the Northwest and has had this proposition accepted by two. Calves from grade cows who produced 350 pounds of fat sired by purebred sires to be crated f. o. b. express office for \$12.00 per head two weeks old.

The Norway community have taken up this matter as one of their Community Projects.

### Cow Testing Reports

(From Farm Bureau News)

Robert S. Trigg, of the Coquille-Myrtle Point Association, No. 1, reports 171 cows tested during the month, with an average production of 370 pounds of milk and 18.8 pounds of fat. Thirty cows produced over thirty pounds of fat. Frank Zello had the high grade herd, S. L. Leatherman had second highest and J. F. Schroeder had third highest. Adam Guthardt again had the high purebred cow, with 890 pounds of milk and 62.3 pounds of fat; and Frank Zello had the high grade cow, with 890 pounds of milk and 49.0 pounds of fat.

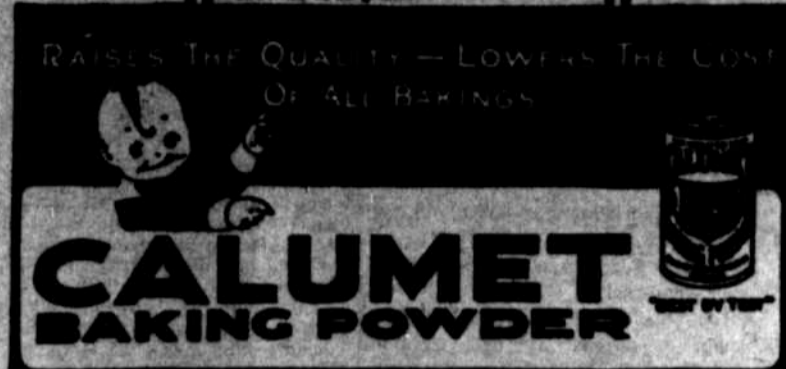
Walter Reimann, of the Coos Bay Association, reports 167 cows tested during the month, with an average production of 406.8 pounds of milk and 17.18 pounds of fat. The average cost of feed per cow per month was \$9.87. Three cows produced over forty pounds of fat. A. Gunnell had the high grade herd, Karl Ross second highest, and Guy Cutlip third highest. Karl Ross also had the high purebred cow, with a production of 778.1 pounds of milk and 40.46 pounds of fat. A. Gunnell had the high grade cow with a production 1090.5 pounds of milk and 42.53 pounds of fat. One cow was butchered and a new milk cooling house was constructed during the month.

Geo. M. Rhein, of the Bandon Co-operative Association, reports 116 cows tested this month, with an average production of 416.25 pounds of milk and 19.02 pounds of fat. Four cows produced over forty pounds of fat. Thos. Hanly had the highest grade herd, Chris Richert second highest, and P. A. Lux third highest. P. A. Lux again had the high purebred cow, with a production of 1,227.6 pounds of milk and 68.75 pounds of fat. Thos. Hanly had the high grade cow, with a production of 1023 pounds of milk and 40.92 pounds of fat.

Miss Evogene Furnish, of the Coquille-Myrtle Point Association, No. 2, reports 116 cows tested during the month, with an average production of 304 pounds of milk and 16.35 pounds of fat. Geo. Hampton had the highest grade herd, John Fabry second highest, and S. S. Reed third highest. S. S. Reed had the high purebred cow, with 930 pounds of milk and 48.36 pounds fat. John Fabry had the high grade cow, with 930 pounds milk and 51.08 pounds fat.

Butter Wrappers and Trespass Notices for sale at this office.

YOU certainly want to save money, and you would like to have better baking. Then use Calumet. It's the biggest thing you can do to improve the quality of your baking—and lower baking costs. Calumet is made in the largest, most sanitary Baking Powder Factory in the World. No Baking Powder is made under better conditions—none can be better in quality. It contains only such ingredients as have been officially endorsed by the U. S. Pure Food Authority. An absolute guarantee that it is pure.



It received highest Awards, World's Pure Food Exposition, Chicago—Paris Exposition, Paris, France—positive proof of its superior merit.

It is used by more housewives, domestic scientists and chefs than any other brand. That would not be the case, if it were possible to secure a higher quality leavener.

It is sold at a moderate price. All you have to do is to compare costs to determine how much you can save by buying Calumet.

Found can of Calumet contains full 16 oz. Some baking powders come in 12 oz. instead of 16 oz. cans. Be sure you get a pound when you want it.

Calumet Cream Cake Recipe  
—3 cups pastry flour, 3 level teaspoons Calumet Baking Powder, 1/2 cup butter, 1/2 cup granulated sugar, 1/2 cup cold water, 1 teaspoon orange extract. Then mix in the regular way.

### Coquille-Myrtle Point

(From Farm Bureau News)

The Coquille-Myrtle Point Cow Testing Association No. 1 summarizer report made by the County Agent's office reveals some very interesting information regarding production. It gives no information relative to costs of feed inasmuch as this association does not require feed records kept.

An average of 719 cows tested this year gave approximately 4,196,451 pounds of milk and 189,691 pounds of fat, averaging for each cow exactly 5,836 pounds of milk and 263.3 pounds of fat.

The highest milk and fat record for the association was made by a registered Jersey, four year old, owned by Adam Guthardt, giving 11,934 pounds of 6.5 per cent milk and 725.1 pounds of fat.

We are proud to announce that last year there were only twelve cows in the association producing over 400 pounds of fat and that this year there are forty-two cows producing this average.

Ten herds averaged over 300 pounds of fat. Fifty, the greatest

number of cows in one herd producing this average, are owned by Theo L. Clinton.

There are seven members of the "300 Pound Cow Club." These have ten or more cows in their herds producing over 300 pounds of fat:

Martin Lassen	30
C. M. Stelling	29
Theo L. Clinton	23
L. P. Trigg	22
Frank Zello	17
Adam Guthardt	15
W. C. Cutler	10

### A Right Start

(From Farm Bureau News)

Not long ago 58 children of one school were weighed and measured. Fifteen of these, or 25.5 per cent were underweight. How many times have we heard the purebred stock booster say: "Oh that calf didn't get the right start in life, wasn't fed and cared for properly and therefore didn't grow as she should have." Wonder if that could be true of the Child.

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## The COUNTRY GENTLEMAN

In a striking article, "The Prohibition Case is Closed," coming in next week's issue, A. B. Macdonald ably voices the convictions of the farmers of the nation.

The farmer has always been a champion of clean living. He will continue to be. And THE COUNTRY GENTLEMAN, the great national weekly of better farming, will continue to support him in this position. That's its function—to help the farmer to accomplish any worthy purpose. It helps him to make a better living in his business, to

organize to insure a square deal in his relations with other industries, to make his home life happier and more prosperous. Once each week it brings its budget of guidance and cheer to more than 800,000 progressive farm homes. For just \$1.00 it will come to you, on Thursday of each week, for a whole year.

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Mrs. G. Belieu

Phone No. 573

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