

Martha Meade's KITCHEN COUNCIL

An Emergency Shelf in your kitchen—is many times a life saver. Maybe you have been away from home for a few days and return too late—or anyone of a dozen things may have happened to prevent your getting to the market in time.

Set aside a special shelf and keep these canned goods always on deck—pineapple and prepared grapefruit or prepared mixed salad fruits, mayonnaise, canned sweet potatoes, spinach, asparagus, canned milk, chicken soup or any kind, plum pudding in the can and dried beef.

Then if you only can find a little lettuce and some butter in the refrigerator and bread in the box, dinner will soon be ready. If the bread is dry toast it.

This is what you'll have for dinner—creamed dried beef (served on the toast if you wish), Canned sweet potatoes, buttered spinach, grapefruit and pineapple salad and plum pudding for dessert. With a little butter, flour and canned milk the white sauce for the dried beef is quickly made. A little hard sauce for the pudding can be put together while other things are warming.

Another meal all from the same emergency shelf might be—chicken soup, asparagus salad, creamed spinach, sautéed sweet potatoes, and plum pudding.

If you have just a few minutes to spare, for dessert you can make these quick little cup cakes—and they are delicious too.

- Little Lightening Cakes
1 1/2 cups Drifted Snow Flour
Two-thirds cup sugar
3 teaspoons baking powder
Half-teaspoon salt
One-third cup melted shortening
2 eggs
1 teaspoon each vanilla and lemon extracts.

Melt shortening in measuring cup and cool until only slightly warm. (Tin or aluminum cup is best). Add eggs whole, dropping into melted shortening. Finish filling cup with milk or water. Sift all dry ingredients together three times. Pour liquid ingredients into mixing bowl and beat first with egg beater then with spoon while gradually adding dry ingredients. Beat three minutes. Add flavoring. Put batter into greased muffin tins and bake for 20 minutes at 400 degrees Fahrenheit.

Remember I'm always glad to hear from you and to assist you with house-keeping problems whenever you write me—Address, Martha Meade, Home Service Bureau, Sperry Flour Co., San Francisco.

All Pairs at Wedding

At a double wedding held recently at Traralgon, Australia, the brides, Ivy and Ethel Matheson, were sisters; the bridegrooms, Roy and Lenard Battley, were brothers; the best men, R. and J. Pridney, were brothers; the bridesmaids, Misses Matheson, sisters of the brides; the groomsmen, B. and C. Webb, brothers, while the officiating clergyman, Reverend Prickett and Reverend Craig, had been fellow students. The traveling dresses and hats of both brides were identical.

Legend of Salamander

Salamander is the name of a species of animal akin to the common frog and the newt; but smaller in shape to a lizard. It is chiefly interesting from the ancient belief that it could live quite comfortably in fire.

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Buying the daily food supplies weekly will save many extra hours for the things you like to do best.

Take a look into your pantry and you will find that the food stuffs fall into two classes, the things you keep on hand or the staples and the perishable foods that you buy every day or so. Isn't it annoying to run out of a thing like flour, or vinegar or vanilla just at a critical moment? A good plan is to make a weekly check of all staples and keep a sufficient supply always on hand.

To start with make a list of the staples and pin it up somewhere, maybe on the kitchen calendar—baking powder, flour, granulated sugar, powdered sugar, vinegar, soda, mustard, molasses, salt, pepper, paprika, spices (whole and ground), vanilla and other favorite flavorings, chocolate (ground or cake chocolate), shortening, and canned milk. Maybe you have a few other things you call staples that you can add to this list.

Friday is fine day to go marketing. So many merchants have "Friday specials" and it certainly pays to watch for them. One homekeeper says she saves enough every week to buy a ticket to the movies.

Ways of keeping food stuffs make a lot of difference too in the amount to buy. If you have a good big flour bin you may buy family flour in fifty-pound sacks. If you keep it in a can on the cabinet shelf with the sugar, tea, coffee and so on buy in ten-pound sacks. It is best to buy pastry or cake flour in small packages and empty it into a tin container. Keep Graham or Whole Wheat flour on hand in small quantities because these flours do not keep as well as white flour.

Taking care of the more perishable foods such as fresh milk, eggs and butter requires extra time and maybe a trip to market in the middle of the week. But by planning the meals ahead you won't have to be wasting time running to the market several times a day.

A standing order for milk to be delivered each day works out fine if you keep a supply of canned milk for emergencies. Canned milk makes the best kind of gravies and sauces and puddings. Bread, too, can be ordered daily by planning meals ahead of time. Of course there may be emergency orders when you want to make sandwiches for a supper, tea or picnic. Vegetables such as potatoes, and all root vegetables can be kept several days in a cool storage place and save many trips to market.

You'll be surprised how much time and money you can save by systematic buying. Anytime I can help you with marketing suggestions drop me a line—Address—Martha Meade, Home Service Bureau, Sperry Flour Co., San Francisco.

Baseball's Origin

Baseball was known in various forms in the East for years before it received organized recognition, but its birthplace is a matter of dispute. Philadelphia takes the credit as far back as 1838, and New York claims that its Washington club, organized in 1843, was the first exponent of the actual game. Baseball as a national game really came into existence in 1858, with the formation of a National Association of Baseball Players, including the clubs of New York and vicinity.

First Typewriters

In 1714 a patent for the first typewriter was applied for by Henry Mill, a London engineer. In 1829, W. A. Burt patented the first American machine.

McKinley Notes

Harry Mast was operated on for rupture at Richmond hospital Monday. He was helping move a gas saw at the Rich McCarthy camp when he was hurt. He is doing very well at last reports.

H. L. Hansen has been laid up with a sprained foot for several days.

McKinley Grange held an open meeting Saturday night with about 100 in attendance. All seemed to enjoy a good time as well as a bountiful supper of salads, sandwiches, cakes, coffee, and Mrs. Bennett's famous tamale pies.

Miss Shone will give the postponed school entertainment on Jan. 21st. And the school has started in with rehearsals as some of the actors have to be replaced. Lavern Randall, who attended school here, has gone to Washington to live with an uncle.

Mr. and Mrs. K. E. Marcy, of Dora, and Mr. and Mrs. Sumnerlin spent Sunday at the W. H. Bunch home. The Marcys are almost strangers at McKinley of late years.

Mrs. R. H. Lawhorn, who had such a time with her teeth, is getting some better, although they are still painful at times.

Lyle Culbertson has been in the neighborhood buying cattle this week.

Aldon Mast has had to take several trips to the doctor to have an infected hand treated.

The fallers at the Rich McCarthy camp are through with their job and the buckers will probably finish this week or the first of next.

Another one of Mrs. Holmstrom's community letters has been received and is going the rounds of the neighborhood. We all do enjoy them and it certainly is a lovely idea to keep in touch with an absent friend, for it would be an utter impossibility to write individual letters to all her friends here and to have time for her other writings, too.

Why Booze Was High at Bay

Holiday festivities were not what they might have been on Coos Bay, for patrons found prices in one instance boosted to \$15 per, instead of \$10, the customary charge, whether holiday season or just party needs. One man is said to have lost 400 gallons which was well aged in kegs and barrels. Patrons, it was said, were to have a treat on mellow liquor at the standard price of \$10 a gallon, but the story goes the hucksters, finding they had made a good scoop, advanced the price to \$15. How did the loser learn so much? He sent a friend to buy a gallon and tasted it. It's a poor moonshiner who doesn't know his own production. This loser must be an honest man, for he says it is just as wicked to steal moonshine as a fellow's automobile.—Coos Bay Harbor.

Soot Runs Into Money

In 1826, it is estimated that only 2 per cent of the nation's fuel was from the smoke-making type; while last year, fully 80 per cent carried its lethal flood to pollute the atmosphere. Scientific computations show that some of the busy industrial cities precipitate as much as 700 tons of soot, the product of incomplete combustion, per square mile per year; the financial cost of cleaning such cities runs up into the millions every year, and the cost of health and comfort is beyond computation.

Calling cards 100 for \$1.50.

A Health Budget

(Oregon State Board of Health) As we near the close of the year and begin to figure our family budgets for the coming year we should remember that no one can tell what disease may cost us for 1928. Certain items can be eliminated if we will observe a few well known precautions for the prevention of disease. If we have been vaccinated against smallpox this disease will cost us nothing. Diphtheria need not cause us any anxiety if our children have been immunized against this disease. Many other diseases can be minimized by the observance of known methods of disease prevention. When we put off calling a physician we may be good gamblers but the odds are tremendously against us. An annual health examination is a good investment as it enables us to correct defects and get advice on how to care for the body. Conservation of our physical resources of health is true economy.

Avoid the common cold by getting more fresh outdoor air. At least four hours every day should be spent in the great outdoors. Our bodies should be protected by sensible, light, loose, porous clothing. You need at least eight hours sleep in a room that is abundantly supplied with fresh outdoor air. Food in sufficient quantity and variety to nourish the body properly should be eaten. Underweight and overweight may be due entirely to indiscretions of diet. Enjoy your meals by taking time to chew your food sufficiently and by giving your digestive system an opportunity to function in a normal way. Regular habits are essential to good health. Lift your head up, throw your shoulders back, keep your stomach in, walk and stand with heels apart and toes straight ahead. Avoid catching disease by keeping away from those who have them. Always wash your hands before eating. Be interested in your work and you will like it. Keep well by resting and sleeping enough to come back every day to the highest state of health. Cultivate a cheerful attitude towards life and you will have mastered one of the essentials of healthy living.

It costs little to live a healthy life. It costs very much less to keep well than to get well. Reduce your family budget by taking measures to preserve health and prevent disease.

Problem No. 7
Hearts—9
Clubs—K, J, 8, 2
Diamonds—K, Q, 3
Spades—J, 9, 8, 5, 4

No score, rubber game. Z dealt and bid one spade. If A doubled one spade (informatory), and Y passed, what should B bid? He has a choice of two clubs or one no-trump. What would you do?

Problem No. 8
Hearts—K, 7, 6, 2
Clubs—A, Q, 10
Diamonds—K, Q, 4, 3
Spades—K, 6

No score, rubber game. Z dealt and bid one no-trump. A doubled, Y passed and B bid two spades. If Z passed, what should A bid? Should he pass or bid two no-trump? Think it over.

Problem No. 9
Hearts—10, 9, 8
Clubs—A, K, Q, 4
Diamonds—K, 10, 4, 2
Spades—K, 10, 4, 2

No score, rubber game. Z dealt and bid one club, A bid one spade, Y doubled and B passed. What should Z bid? Should he regard the double of one spade as informatory or as a business double? In either case, what should he do? Think this over carefully for it is a situation where there are conflicting viewpoints.

Just to vary the thought, here is a problem as to the proper opening lead:
Problem No. 10
Hearts—K, 7, 3
Clubs—Q, J, 10, 9, 7
Diamonds—9, 7
Spades—8, 5, 2

No score, first game. Z dealt and bid one no-trump. A and Y passed and B

per bushel capacity, but elevators can be built much cheaper than this." Bates attributes Portland's dominant position as a grain shipping center to favorable transportation conditions, which permit the landing of wheat at tidewater at comparatively low rail freight rates; and to the nature of demand which causes wheat to flow westward for shipment by water from Pacific Coast ports.

A frugal postmaster in California sent Postmaster-General New a ball of twine eighteen inches high and five feet in circumference, and weighing 23 1/2 pounds. The twine had been salvaged from letters and packages sent to his office during 1926.

More people die of cancer each year than are killed by railroads, street cars, automobiles, fires, drownings, machinery, poison, homicide and suicide combined.

Not more than seventy-five years ago a New England city passed an ordinance making it unlawful to use a bathtub without a doctor's prescription.

There are 600,000 drug addicts in Greater New York.

NOTICE
In the Circuit Court of the State of Oregon In and For the County of Coos

Jerry Peart, Plaintiff,
vs.
E. E. Johnson Lumber Company, a Corporation, et al, Defendants.

Receiver's Notice
Case No. 8459

Notice is hereby given that I, M. O. Hawkins, am the duly appointed, qualified and acting Receiver in the above entitled suit, and as such am now in possession, or entitled to the immediate possession of all properties, both real, personal and mixed, and whatsoever situation of said Defendant Corporation.

All persons having claims against said Defendant Corporation are hereby notified to present the same to said Receiver, as by law made and provided, at the law office of Berg & Morgan, Attorneys for Receiver, Coquille, Oregon; or persons claiming any interest in or to said properties of said Defendant Corporation are hereby notified to prove their interest as by law made and provided; and, all within four weeks from the date hereof.

Dated this 10th day of January, 1928.

M. O. Hawkins,
Receiver of Defendant E. E. Johnson Lumber Company, a Corporation.

Warranty and Bargain & Sale Deeds for sale at the Sentinel office



How to Play BRIDGE

Series 1927-28 by Wynne Ferguson Author of "PRACTICAL AUCTION BRIDGE"

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ARTICLE No. 7

It is an interesting angle of the game of Auction Bridge that although the informatory double is now an old story in this country, it is just being recognized and played in England. For many years the English players refused even to consider its adoption and all sorts of objections were raised to it, but now these objections seem to have become converted and the informatory double has obtained an enthusiastic and widespread popularity. Naturally, many questions have arisen as to its application and as some of these are very much to the point, the following are submitted for the consideration of our readers. An analysis of each hand will be given in the next article.

Problem No. 7
Hearts—9
Clubs—K, J, 8, 2
Diamonds—K, Q, 3
Spades—J, 9, 8, 5, 4

No score, rubber game. Z dealt and bid one spade. If A doubled one spade (informatory), and Y passed, what should B bid? He has a choice of two clubs or one no-trump. What would you do?

Problem No. 8
Hearts—K, 7, 6, 2
Clubs—A, Q, 10
Diamonds—K, Q, 4, 3
Spades—K, 6

No score, rubber game. Z dealt and bid one no-trump. A doubled, Y passed and B bid two spades. If Z passed, what should A bid? Should he pass or bid two no-trump? Think it over.

Problem No. 9
Hearts—10, 9, 8
Clubs—A, K, Q, 4
Diamonds—K, 10, 4, 2
Spades—K, 10, 4, 2

No score, rubber game. Z dealt and bid one club, A bid one spade, Y doubled and B passed. What should Z bid? Should he regard the double of one spade as informatory or as a business double? In either case, what should he do? Think this over carefully for it is a situation where there are conflicting viewpoints.

Just to vary the thought, here is a problem as to the proper opening lead:
Problem No. 10
Hearts—K, 7, 3
Clubs—Q, J, 10, 9, 7
Diamonds—9, 7
Spades—8, 5, 2

No score, first game. Z dealt and bid one no-trump. A and Y passed and B

bid two spades; if Z bid two no-trump and all passed, what should A open? Should he lead his partner's spade suit or take a chance on his own club suit? Think it over.

Problem No. 11
Hearts—A, J
Clubs—8, 7, 6, 3
Diamonds—A, K, 10, 9, 8, 7, 2
Spades—none

: Y :
: A B :
: Z :

Hearts—K, Q, 10, 9, 8, 4
Clubs—10
Diamonds—Q
Spades—10, 8, 4, 3, 2

No score, rubber game. Z dealt and bid one heart, (a questionable bid). A bid one spade, Y two diamonds and B two spades. Z and A passed and Y bid three hearts. B and Z passed and A bid three spades. Y bid four diamonds, B passed and Z bid four hearts. All passed and A opened the king of clubs and all followed suit. A then led the seven of hearts. How should Z plan the play of the hand? Solution in the next article.

Answer to Problem No. 6
Hearts—A, K, Q, J
Clubs—A, 4
Diamonds—9, 2
Spades—10, 9, 8, 7, 6

: Y :
: A B :
: Z :

Hearts—4
Clubs—J, 7, 6, 2
Diamonds—Q, J, 5, 4, 3
Spades—A, Q

No score, first game. Z dealt and passed. A passed, Y bid one heart and B passed. Z now bid one no-trump, all passed and A opened the trey of hearts. How should Z play the hand so that he can score game against any defense? The lead of the trey of hearts shows that A has five hearts at most. Z should, therefore, play four rounds of hearts from dummy (Y's hand) and on the last three discard the ace, queen, jack of spades. He should then lead the ten of spades from Y's hand and force the play of the king. His spade suit is thus established and Y's hand has the ace of clubs as a re-entrancy.

Played in this way, Y-Z cannot lose more than one spade, one heart and two diamond tricks, and, therefore must score game. It is an instructive little problem so note carefully. It is very easy to lose game if the high spades in Z's hand are not discarded.

Play it out for practice, placing the king of spades in A's hand and have him lead a club when he wins the spade trick.

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