

Mrs. Coleman

Accredited Teacher of

Piano-Theory and Harmony

presents the following course of study for the term opening September 8rd.

Ensemble work given with two pianos

Rhythm Band

Fundamental Music Training Classes

Moore System

1. Musical Kindergarten.
2. Class Group as taught in the public school.
3. Class Group and Individual Lesson.
 - (a) Pupils 6 to 9.
 - (b) Pupils 9 to 14.
 - (c) Musicianship Class for High School pupils
 - (d) Musicianship Class for adult pupils.
4. Individual Pupils.

SIX CYLINDER SENTENCES

By DR. JOHN W. HOLLAND

O-O

A hobo is generally a man who would not lose out his row. To young women: Marry the "plunger." He will prove a provider. Wise sailors prepare for storms when the seas are smooth. He who cheats the "boss" steals from his own pocket. The universe breaks with the man who breaks an honorable pledge. Start, and the world starts with you; stand and it starts at you.

(© 1935 Western Newspaper Union.)

666

Relieves a Headache or Neuralgia in 30 minutes, checks a Cold the first day checks Malaria in three days.

666 also in Tablets

Legion Convention Sept. 13

"The members of the Baker convention commission have left nothing undone," said A. F. Kerr, president of the Baker County Chamber of Commerce, in a formal statement issued today. "The thousands of visitors at the greatest of Oregon's annual gatherings, the American Legion Department Convention, August 13-17, will find a program that has taken months of hard work to prepare. They will meet an enthusiasm that has been gaining momentum during the months of preparation. They will experience a hospitality genuine and sincere. They will be guests of a community where every group and faction has coordinated with one aim in mind, and that is for the Convention to be the 'success of Successes.'"

Chadwick Lodge No. 68

A. F. & A. M.
Stated Communication
Aug. 12-8:00 P. M.

SOCIAL NOTES

Thursday evening of last week Mr. and Mrs. Julius Ruble entertained their two-table bridge club. Mrs. M. H. Hersey and Mrs. C. G. Warren, of Seattle, were extra guests for the evening. High score prizes went to Mrs. Hersey and Dr. Drake. A delicious lunch was served just before the guests departed to Dr. and Mrs. E. A. Johnson, Mr. and Mrs. C. D. Walker, Mrs. C. G. Warren, Mrs. M. H. Hersey, Dr. P. M. Drake and the hosts, Mr. and Mrs. Ruble.

Mrs. E. L. Townsend was the delightful hostess on Wednesday afternoon to the "Merry Makers" club ladies. Sewing and conversation was the diversion during the afternoon. Those attending were Mrs. A. L. Burch, Mrs. Ella Shehan, Mrs. James D. Bell and Mrs. Morris Morrott.

A pleasant evening was spent on Monday at the home of Mrs. M. J. Hartson when she entertained the "En Rapport" bridge club members. Mrs. George Lorenz and Mrs. Edward Lorenz filled the places of two absent members, Mrs. Edward Lorenz being honored by receiving high score prize. The members attending were Meadames E. M. Kay, H. S. Norton, William Zosel, James Brady and John L. Aasen.

Chicken Feed Gang Lunches

The chicken feed gang had a big feed at the home of Bessie Bunch Thursday evening. Those attending were: Mr. and Mrs. Paul Bunch, Mr. and Mrs. Lowell Bothwell, Mr. and Mrs. Severt Iverson, Iris Clinton, Bernice Bennett, Virginia Crosby, Leanna Schroeder, Elton Clinton, Lewis West, Adrian Schroeder, Lendon Jenkins, Carl Laird, Jesse Laird, Bobby Bunch, Sonny and Phyllis Bunch, Mr. and Mrs. Frank Bunch and Bessie Bunch.

Drew-Lee

Rev. G. A. Gray, of the Methodist church here, performed the wedding ceremony at 5:30 p. m. last Saturday, which united Dave Drew and Nellie Lee, both of Marshfield. The groom is the son of the first white child to be born in the city of Coquille. They were accompanied by T. W. Yarbrough and Mrs. Merle Moore, of Marshfield.

Bring your handle troubles to Hart's House of Service. We sell, and fix them for you if you wish. Prices reasonable.

Wanted—Tents, Camp Stoves, Furniture, etc. Arrow Hardware Co., next door east of Farmers and Merchants Bank.

SAFeway STORES

DISTRIBUTION WITHOUT WASTE

Foods for Vacation Time in the Vacationist's Paradise

This is the greatest country in the world for outdoor enjoyment in summer time. Southern Oregon is certainly the vacationist's paradise. We feel sure everyone is thinking about camping, picnic, and summer foods generally. We have just the things you will want—and at such low prices! Just compare these values and let us put them up for you.

Prices effective August 9 to 14 inclusive

Gingerale

Pale Face, the new invigorating, cooling summer drink.

EACH 15c
DOZEN \$1.69

Pork & Beans

Van Camp's, always popular for quick lunches and picnics. Medium cans.

6 cans 49c

Marshmallows

New fresh fluffy quality marshmallows. Toast them by the campfire. Buy a supply.

LB. 19c
5-lb box 89c

Mayonnaise

Finest quality in bulk, only the highest quality products used in its manufacture. Try it.

LB (equal to pint) 29c

Deviled Meats

Max-i-mum Brand, a sandwich delight, no cereal added. ¼ size cans.

6 cans 25c

Flapjack Flour

Albers Flapjacks of the West, just nothing like them.

Large Package 19c

Sandwich Spread

Best Foods Relish Spread. A spread that is easily and quickly prepared.

Pint jars 35c

Olives

Mt. Shasta giant jumbo size ripe olives. A relish in values.

Large 26-oz. cans 39c

Sardines

Max-i-mum Domestic or Souvenir Brands in pure olive oil.

3 cans 29c

Extra Values in Staple Items

Milk

Max-i-mum Brand, evaporated pure fresh sweet milk.

6 cans 47c
Case, 48 cans \$3.69

Sugar

Pure cane brown.

4 lbs. 29c
Granulated

10 lbs. 49c

Crackers

Perfection Sodas, fresh and crisp at Safeway. Your choice of plain or salted.

3-lb box 37c

MANY MORE VALUES AT LOWER PRICES THAN EVER BEFORE.

MATCHES

Favorite Brand, a light in every match.

14c

TUNA FLAKES

Clearwater, served creamed. No. ½ cans.

29c

COFFEE

Safeway or Peaberry blends, freshly roasted, highest quality. pound 37c; 3 lbs.

\$1.09

All Quality Fruits and Vegetables at Safeway

Watermelon

Red Ripe Klondikes. Every melon guaranteed.

Per lb. 3c

Green Beans

Tender, local grown.

Per lb. 7c

Apples

Transparents, finest for pies and sauce.

Per lb. 5c

FREE DELIVERY AT 10 A. M. AND 3 P. M.

Store No. 469

COQUILLE, OREGON

Phone 122

You Can't Train An Athlete On Nothing But Climate!

EDITOR'S NOTE

The University of Southern California's victory at Cambridge this spring, (its third in ten years in this historic annual meeting of college athletes), was not only a decisive triumph for the men competing but also a practical demonstration of the soundness of their training methods. We have asked Mr. Oromwell to tell us something about what he feeds his men, how he kept them fit during the long trek across the country, and what he considers the most important factors in keeping in trim, not only for competitive sports, but also for every day life.

—EDITOR.

By Dean B. Oromwell

(Track coach of the University of Southern California—winners of the 54th annual I. C. A. A. A. meet at Cambridge, Mass.)

It is quite understandable that track enthusiasts, in reviewing the fact that nine of the last ten I.C.A.A.A.A. meets have been won by teams from the Pacific Coast, draw the conclusion that climate must be the complete answer to the question, "How do they do it?"

There is no question that athletes in Southern California do have greater opportunity to train in the open, but it's more what they eat that gives them the drive and stamina to win meets. It has been my experience that the greatest handicap an athlete has to overcome in building up his body is to take care of the "ashes," as I call the residue. And with this in view, I always have emphasized the need for roughage to provide bulk in the diet. This is gained through eating fibrous or leafy vegetables and plenty of those cereals which have the necessary cellulose de-

signed to give a "vegetable" effect.

One of the things of which I am proudest is the fact that I have developed in my men a wholesome attitude toward this need for proper elimination of the "ashes" through including quantities of bulky foods in their diet. They waste no time in getting into a meal of vegetables, salads or cereals with a rest that shows their appetites are in com-

plete accord with these sound views on diet. They eat these foods; they like them; and all the rest of their lives, long after they have left college, they will continue to employ this natural means of keeping fit.

For breakfast, I feed my men fruits and cereals that have the

bulky qualities necessary to achieve the desired "vegetable effect." Among such cereals, one which I find particularly palatable and effective is whole rice. This delicious breakfast dish offers its cellulose bulk in an unusually smooth form.

For lunch, I see that the men eat salad—and by salad, I mean SALAD—not one of those dainty little affairs, one finds at the Ritz, but big heaping plates of leafy and fibrous

vegetables. Here again, you see, I keep in mind the need for ample cellulose to help get rid of the "ashes."

Dinner includes meat—and more vegetables. You will notice that roughage, in the form of cellulose derived from one type of food or another, thus has been included in every meal. My experience in bringing twenty men East for the meet at Cambridge this Spring strikingly illustrates what such careful dietary habits will do. Here were twenty men, keyed up for the big track meet of the year, yet forced to remain idle for a whole week during their monotonous trip across the country. Not one man, however, with the single exception of Frank Wykoff, varied a pound from his normal weight. And Wykoff I was deliberately allowing to put on a bit of weight as he burns up three to four pounds in a single afternoon's competition in the 100-yard dash.

Such eating habits are as worth cultivating by the average office worker as they are by an athlete in active training. We all feel better, have more pep, and are capable of better work when we are not burdened with poisonous "ashes" which diets deficient in cellulose are unable to remove. Try including more fibrous and leafy vegetable foods in your daily diet. Eat more food which can supply this vitally necessary "vegetable effect," and you will not wonder at the consistency of Southern California's athletes. Climate is great stuff—but it needs a little sensible help.



Dean B. Oromwell

SIX CYLINDER SENTENCES

By DR. JOHN W. HOLLAND

O-O

Cut your friends and you shen off your own soul. A continual borrower becomes a "tomorrow." Regulate your desires or society will regulate you. Keep going. There are more people die sitting than die running. He who kills time must carry the corpse strapped to his back. No pocketbook was ever yet large enough to put a heart into.

(© 1935 Western Newspaper Union.)

"Is it insured?"

The Pioneer Methodist Church

S. D. Walters, Pastor
191 So. Henry St., Phone 50-J
Sunday School 10 a. m.

Your children should be in Sunday School every Sunday. Bring them Sunday and remain for the morning worship.

Morning Worship 11 a. m.
Solo by Mrs. Marvel Oberbauer, illustrated by Mrs. Gene Nosler.
Evening Worship 8 p. m.
Solo by Miss Elva Willey.
Epworth League and Junior Epworth Society 7 p. m.
Prayer Meeting Wednesday 7:30 p. m.

Important meeting of the Board of Stewards Tuesday evening, August 12. We invite you to all our services and assure you a welcome.

The Holy Name Catholic Church

Coquille
Services for Sunday, August 10th: Mass at Bandon at 7:30 a. m.; Coquille, 9 a. m. Note change of hours from regular time that members may attend Catholic Day celebration on this date at Sunset Beach. Those desiring may attend Mass at the Beach, which will be conducted by Arch Bishop Howard, at 10:30 a. m.

Rev. L. A. LeMiller, Pastor.

Church of Christ

Sunday, August 10
Bible School 10 a. m. Ned C. Kelley, Supt.

Morning worship 11 a. m.
Christian Endeavor 7 p. m.
Evening services 8 p. m.

Prayer meeting each Thursday evening at 7:30.

Throughout all of our services we plan to make them worshipful and uplifting. We believe that the church need not put on a "dog and pony" show to draw the crowds. People still need the gospel of Christ and hunger for it.

D. L. Hackett, minister.

Methodist Episcopal Church

Sunday School, 10 a. m.
Morning Preaching, 11 a. m.
Evening Preaching 8:00 p. m.

Prayer meeting, Wednesday, 7:30 p. m.

Scriptural, spiritual preaching.
G. A. Gray, Pastor.

Baptist Church

Rev. D. Loree, Pastor
Sunday School at 10 a. m.
B. Y. P. U. at 6:30 p. m.
Prayer services Thursday 8 p. m.

You are cordially invited to attend.

Christian Science Society

Sunday School at 9:30 a. m.
Sunday Service at 11 a. m.

Subject for next Sunday, "Spirit." Wednesday evening meeting at 8 o'clock.

Free public Reading Room open in Church Building every Tuesday and Friday afternoons from two to five.