

HI-WAYS TO HEALTH

By ADA R. MAYNE

OREGON DAIRY COUNCIL

To Market, To Market,

To Buy a Fine Cheese

Oregon is recognized as a dairying state, and unquestionably ranks high in the production of cheese—cheese—whose place in the diet is alongside meat, fish and poultry. A food that can be worked into many an appetizing and nutritious dish.

Cheese is made from whole milk and has all of the desirable qualities found in milk. It contains muscle-building material—protein—of a quality particularly suited to the best growth of children. Its mineral elements—calcium and phosphorus—for the building of bones and teeth, are especially valuable. As to the nutritive value of cheese, five ounces of the average American Cheddar, or other similar firm cheese, have practically the same protein, fat and calcium content as does a quart of whole milk.

When a shopper goes into a grocery store and orders some cheese and doesn't indicate any special kind, what he gets is cheddar cheese. As everyone knows, popular taste on this side of the Atlantic runs to the mild rather than to the sharp cheese.

tion of cheddar cheese amounted to three times the total of all the other cheese types combined.

The second most popular cheese in these United States, if popularity is to be measured by production, is Swiss cheese. The eyes in Swiss cheese are what determine its grade and hence its price, for to a large extent they indicate the flavor. They should be neither too large nor too small, uniform in size and appearance, and evenly distributed.

Cream cheese comes third in American production. Genuine cream cheese is made from a rich cream thickened by souring or by the addition of rennet.

And brick cheese ranks fourth. Where it got the name nobody knows. It is made from the whole milk and has a strong sweetish flavor about half way between the Limburg and Swiss cheeses. It has many small, round eyes, quite different from those of Swiss cheese. Its texture is elastic.

Soft Ball League Organizing

Coquille's soft-ball league is shaping up nicely for this summer's play. The league, organized by a group of local boys, is expected to start in the fall. As it did last year the 20-30 club is sponsoring the league and will enter a team. The Eagles will put two teams on the field, Stan Stevens will manage another, Walter Moore another, and the Smith Wood-Products team has not yet been definitely decided upon.

One thing about a soft ball, a man doesn't have to be a youngster to enjoy the game and play it. Naturally competition keeps the interest stirred up, but it's the exercise out of doors which is beneficial.

Whether Athletic Park can be fitted with flood lights for night playing is problematical, but that is a target which the sponsors of and participants in the soft ball league are shooting at.

Calling cards, 50 for \$1.00.

A Pioneer of 1869 Buried at Dora Last Friday

(Continued from Page One)

with his threshing machine on every ranch in the valley and the Coquille tributaries where grain was raised. Six years ago the following tribute was paid to him by R. A. Easton, now living in Ashland, who was the Sentinel's East Fork correspondent until he moved to Ashland:

I know a man who for fifty-five years has given his neighborhood and county threshing machine service. In '76 he commenced, his horses pulling the threshing outfit over roads that were little better than trails and at the settings were the power on the sweep to drive the machine. For 55 consecutive seasons he and his threshing machine have been on the job. It was in '97 that I first became acquainted with this man and it was counted an event when it was known Charlie Heller and his machine would start on the threshing pilgrimage, and each farm folk counted the days for their turn.

The crew never had a picnic but they were always sure of their pay, even if the owner of the outfit had set his machine on a job that did not have bushels enough to give more than the five dollars setting charge. It was not a question whether the job would pay, it was: does the man want his grain threshed.

Every five seasons of that kind of service fixes a man's place in the memory of his neighbors and friends as something that would not be erased. And there is no question in my mind but that a man who has lived that kind of a life has given equal service to his fellowmen with the man whose work is rated larger. Not the job but the spirit in which the job was done, is the token of a man's life.

Charlie Heller and his threshing machine make a landmark in my life.

Card of Thanks

We desire to express our sincere appreciation to the friends and neighbors who by their kindness and sympathy during our recent bereavement were a comfort in our hour of sorrow.

Mrs. Chas. Heller and family.

FORECLOSURE SALE

NOTICE IS HEREBY GIVEN, That under and by virtue of an Execution and Order of Sale issued out of the Circuit Court of the State of Oregon, for the County of Coos, on the 30th day of March, A. D. 1937, in a certain cause in said Court pending wherein Evaline Breen is Plaintiff, and Katharine V. Dudley, Edward S. Bice, George E. Nichols, Trustees in Trust, Clifford A. Maynard and Elsie A. Maynard, and the unknown heirs of Harlan J. Dudley, deceased, and Margaret B. Dudley, deceased, also all other persons or parties unknown, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein, are Defendants, Case No. 11121 of said Court, and commanding me to sell the hereinafter described real property to satisfy the sum of \$20,020.80, with interest at 5 per cent from the 18th day of March, 1937, and costs and disbursements \$49.45 with interest at six per cent from the 30th day of March, 1937, together with accruing costs, I WILL ON SATURDAY, THE 1st DAY OF MAY, 1937, at the hour of 10 o'clock in the forenoon of said day at the front door of the County Court House in the City of Coquille, Coos County, Oregon, offer for sale and sell at public auction, to the highest and best bidder for cash in hand, all the right, title and interest of the said Defendants in and to the following described real property to-wit:

An undivided one-half (1/2) interest in the East half (E 1/2) of the East half (E 1/2) of Section Twenty-four (24) Township Twenty-five (25) South, Range eleven (11) West of the Willamette Meridian, Oregon; the North half (N 1/2) of the Northeast quarter (NE 1/4) the Southeast quarter (SE 1/4) of North-east quarter (NE 1/4) and the North-east quarter (NE 1/4) of the South-east quarter (SE 1/4) of Section Twenty-five (25) Township Twenty-five (25) South, Range eleven (11) West of the Willamette Meridian, Oregon; and the Southeast quarter (SE 1/4) and Lots Four (4), Nine (9), Ten (10) and Eleven (11) in Section Thirty (30) Township Twenty-five (25) South, Range Ten (10) West of the Willamette Meridian, Oregon, all of said lands being situated in the County of Coos and State of Oregon.

Said sale being made subject to redemption in the manner provided by law.

Dated at Coquille, Oregon, this 2nd day of April, A. D. 1937.

WM. F. HOWELL,
1215 Sheriff of Coos County, Oregon

IN THE CIRCUIT COURT OF THE STATE OF OREGON, IN AND FOR THE COUNTY OF COOS

S. H. Stockhoff, Plaintiff

vs.

Geo. W. Reck and Amy Mae Reck, husband and wife, and Ivan Coult, Defendants

No. 11185

Summons

To Geo. W. Reck and Amy Mae Reck, husband and wife, and Ivan Coult, the above named Defendants: In the Name of the State of Oregon, You, and each of you are hereby required to appear and answer the complaint filed against you in the within entitled suit, on or before the 1st day of May, 1937, said date being after the expiration of four weeks from the date of the first publication of this Summons and if you fail to appear and answer, the Plaintiff will apply to the Court for the relief demanded in his complaint on file herein, a succinct statement of which is as follows:

That the Plaintiff have and recover judgment against the defendants in the sum of \$227.90 and the further sum of \$75.00 attorney's fees and the costs of this suit. That Plaintiff's mortgage be declared to be a first lien upon the real property described in the complaint on file herein; that the same be foreclosed and the mortgaged premises be sold as provided by law; that plaintiff may become a purchaser at said sale, and for such other relief as the Court shall deem equitable.

This summons is published pursuant to an order of publication made by the Hon. Hugh McLain, County Judge of Coos County, Oregon, and entered herein on the 1st day of April, 1937. The date of the first publication of summons is April 2, 1937, and the date of the last publication is April 30th, 1937, all as prescribed in said order.

Try This New Radio Marvel!



PHILCO 10X
Only \$139.50

PHILCO AUTOMATIC TUNING



...tunes instantly, with automatic precision. That's Philco Automatic Tuning—your assurance of perfect radio reception. Come in for a demonstration of Automatic Tuning... the Philco Periscope Tuning System, Color Dial, Inclined Sounding Board, 3-Point Tone Control, and a host of other big 1937 features!

EASY TERMS — LIBERAL TRADE-INS

The Hub

SOUTHWESTERN OREGON'S GREATEST STORE

Marshfield, Oregon

COQUILLE BRANCH

U. E. McClary, Mgr.

Phone 209R 315 West First

QUALITY at a POPULAR PRICE

Made in Oregon from Oregon and Washington fruits

Now made to the standards of finest imported brandies, 84 proof, distilled from fruit world-famous for quality.

LOOK FOR THE LABEL!

HOOD RIVER BRAND APPLE BRANDY

HOOD RIVER DISTILLERS, INC.
Hood River, Oregon

65¢ PINTS
\$1.25 QUARTS

scribed in said order.

C. A. Barton,
Attorney for Plaintiff,
Residence and Postoffice Address:
Coquille, Oregon. 1215

NOTICE TO CREDITORS OF THE FIRST NATIONAL BANK OF COQUILLE

THE FIRST NATIONAL BANK OF COQUILLE (OREGON), located at Coquille, in the State of Oregon, is closing its affairs. All noteholders and other creditors of the association are therefore hereby notified to present the notes and other claims for payment.

L. H. HAZARD, President
March 9th, 1937. 919

Now is the time to buy your new radio. Several beautiful models in R. C. A. Victor, Sparton and Gillfillin. Liberal allowance for your old radio.

H. S. Norton, Music & Stationery.

H. E. HUDDLE

Local & Long Distance

HAULING

Moving a Specialty

coal

Phone 178-L

Insured Carrier

\$30

FOR YOUR OLD KITCHEN STOVE IN TRADE




Quality and Beauty

● Here is a chance to get rid of your worst enemy and receive \$30 besides. Yes, if your old fuel range could talk it would undoubtedly sound something like this. "I am old, dilapidated and out-of-date. Mrs. Housewife thought I was wonderful when I was new, but I have made things hot for her, especially in the summer time. She nearly breaks her back feeding me wood and carrying out the ashes. I am doing my best to roast the youth and beauty from her face. I'll wear her down until she is as tired and battered as I am. As long as she keeps me, I'll make life miserable for her."

You didn't realize you were keeping such a villain in your kitchen, did you? \$30 allowance on your wood or coal-burning kitchen stove. \$5 down, \$3.34 monthly if you act at once.

Mountain States Power Company

Chevrolet Aids Author Wilson



Neil C. Wilson, author of the recently-announced tale of the Panamint mining camp, "Silver Stampede," used his Chevrolet to ferret out the lost trails and lode sites of Death Valley. Upper left—the old Indian, lone survivor of the days of Panamint opulence. Upper right—the present condition of the once-roaring Death Valley silver camp, showing the 1937 Chevrolet Master De Luxe sport sedan in foreground. Lower—Author Wilson and artist's map showing comparative location of the "city" that once promised miners "another Comstock."