

Coquille Valley Sentinel

COQUILLE, OREGON

FEBRUARY 12, 1948.

Imagination Helps To Make Salads A Real Winter Treat

Mrs. Helen A. Running, Coos Home Demonstration Agent

Winter salads often present a problem to the homemaker if she lives in a small community and hasn't access to a large market supply of fresh fruits and vegetables. However, even she has a much more varied supply of fresh fruits and vegetables than the homemaker of 30 or 40 years ago. With a little imagination and planning, it is easy to serve your family a fresh salad every day, and it is well worth the effort. It is important that we keep up our intake of fresh fruits and vegetables during winter months they help to keep up the body's resistance against colds, keep cheeks rosy and digestive systems in good tone.

If you are running out of ideas for winter salads, try one of the recipes below. You will find that cream cheese, tangy and delicious. They will add precious calcium, protein and vitamins to the food value of your salads. Sour cream has all the nutritive value of sweet cream and you will find it invaluable in making tasty salad dressings. And the vegetables and fruit used are all in season, almost any time!

Apple, Carrot and Peanut Salad
3 apples, coarsely diced
2 cups shredded raw carrot
1 small onion, minced
1/4 cup chopped salted peanuts
1/2 cup cream, sweet or freshly soured
1 to 2 tablespoons lemon juice
salt and pepper
Dice apples without parings and combine with grated carrot and minced onion. Add cream blended with lemon juice and salt and pepper to taste. Serve on lettuce. Serves six.

Lime Jello Cottage Cheese Salad
1 package lime jello
1/2 cup hot water
1 small can crushed pineapple
1/4 cup whipping cream
1/2 cup mayonnaise
1 tablespoon horseradish
1 cup country-style cottage cheese
1/2 cup chopped walnuts
Dissolve jello in hot water. Combine pineapple, mayonnaise, horseradish and nuts and cottage cheese which has been put through a sieve. Whip cream and fold into mixture. Add lime jello mixing lightly. Pour into molds rinsed with cold water. Chill until firm. Serves eight.

Substantial Salad
Combine 1 cup cottage cheese, 4 teaspoons chopped chives. Spread on 12x4-inch slices of dried beef. Roll up. Chill. Arrange 3 rolls on lettuce on each plate. Place cabbage-carrot slaw in center. Serves four.

Confirmation Classes To Be Instructed

Starting with a meeting on Tuesday, February 17, at 7:30 p. m. St. James' Episcopal Church will hold weekly classes of instruction for all persons wishing to be confirmed in the Episcopal Church. The classes will be directed by Father Lessing and will cover the history of religion, the history of the Christian Church, the doctrine and practice of the Episcopal Church, and the use of the Book of Common Prayer.

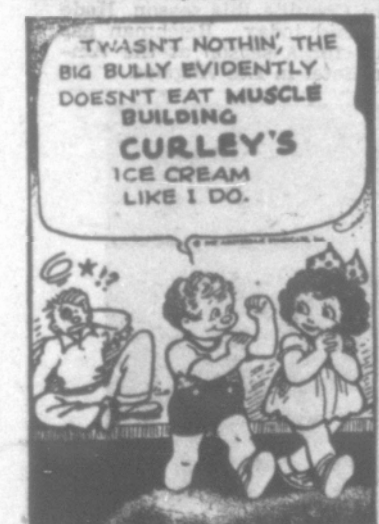
Because of the broad field covered in these lectures and discussions, it is planned to open the sessions to any who might be interested in attending, whether or not they are desirous of becoming confirmed. There is absolutely no obligation.

Candidates for Confirmation may be anyone over the age of 12 years. There will be sessions on Saturdays for school children. The classes will prepare for the visit of the Rt. Rev. Benjamin Dagwell, Bishop of the Diocese of Oregon, who will be at St. James' on April 11 to confer the Sacrament of Confirmation on those who wish it.

Fr. Lessing urges those who are already confirmed and who would like to have further instruction to take advantage of this opportunity. The meetings will be held in the Parish Hall of the Church.

YOUR ATTIC may be a treasure chest. Turn your unwanted articles into money by using a Sentinel Classified.

I-SCREAM KIDS



Open Sunday

1 P. M.

OPEN — 9:30 A. M. to 11:00 P. M.
Friday and Sat. 9:30 to 1 A. M.

**Curley's
PLACE**
436-W-FRONT ST.

club at school last week. Other officers elected to serve with Smith were vice-president, Patty Hermann; secretary, Cleone May; assisting secretary, Gladys Evernden; treasurer, Fritzie Forrest; librarian, Frances May. She will be assisted by Gladys Evernden. Several committees were also appointed to serve during the second semester.

Returns to School

Bonney Lackey, who came home to honor the birthday anniversary of her grandmother, Mrs. Emma Rook, returned to her studies at Oregon State college in Corvallis on Sunday of last week.

Posters Herald Contest

Posters are out announcing the Red and Blue membership contest being sponsored by the Sunday school. The membership of the church and Sunday school has been divided equally and Roy Varn has been chosen as leader for the blue side while Helen Gibbs is the leader for the red side. The contest will last until Easter Sunday, March 28, at which time the winning side will be announced. The losers will then have to entertain the winning team. Points are being awarded as follows: five points for attendance, ten points for new membership and ten points for bringing their Bibles to Sunday school. Reports will be given each Sunday and the losing side must sing a theme song to the other side.

It is hoped the contest will tend to increase attendance at Sunday school and church and increase the membership in the organization.

SNOW STOPS WORK

Several men from the community who were working in the logging woods were laid off a few days last week due to several inches of snow in the higher mountains. They all returned to work as soon as the snow had melted sufficiently.

Booster Club Meets

The Broadbent Booster club met on Thursday evening of last week instead of Thursday this week, the regular meeting night, in order to complete plans for their Valentine card party to be held Friday night, February 13th in the school gym. Fred Tams and Thomas Forrest will serve as hosts for the evening. Tickets are being sold at fifty cents each and refreshments will be served at the close of the evening. The new silverware which the club ordered some time ago arrived and was accepted by the club. Light refreshments of cookies and coffee were served at the close of the meeting to a good attendance.

Has Sore Throat

Patty Smith has been confined to her bed for the last ten days due to

a severe sore throat and high fever. She has been under the doctor's care and is reported to be improving. She is the daughter of Mr. and Mrs. J. A. Smith.

Leaves Hospital

Lloyd Smith was able to leave the Mast hospital on Thursday of last week where he had been confined since the previous Monday due to a severe head injury. He is employed in the Smith Brothers' sawmill where he was working when the accident occurred. He makes his home in Myrtle Point.

In Roseburg

Mrs. J. A. Smith was in Roseburg from January 29th until January 31st,

where she was attending the Singer Sewing school. While in Roseburg she was a house guest of her daughter, Mrs. Ray Emery. She made the trip by bus.

At Broadbent

Schoolmates Hold Party Sunday

Mrs. Roderick Hermann and Mrs. J. A. Smith were hostesses at the J. A. Smith home on Sunday of last week, when a group of schoolmates

gathered in honor of the birthday anniversary of Billy Hermann and Keith Smith. The boys were ten and twelve respectively.

Those present to help the boys celebrate the occasion were Faye Rogers, Carol Watson, Cleone May, Charlene Forrest, Patricia Hermann, Peggy Smith, Joanne Lett, David Smith, Daniel Gibbs, Phillip Fry, Elvon Tams, Thomas Forrest, Jr., Myrl Root.

Games were played during the afternoon and refreshments of jello, cake and cool-ade were served by the hostesses at the close of the afternoon.

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'REALLY SORRY!! I had to make an unexpected trip to the coast last week which prevented me giving you my weekly "Ad" so here it is again with all its consistent prices.—On returning I find the boys down town selling Cigarettes at cost — Butter, too, and Oleo. Well whatta know, I gotta, too. If I or any of my clerks fail to meet or give you the Right Price, Tell 'Em—and last but not least, I have no trouble whatsoever getting into my cash register to refund you on any purchase you make that is not right — L. R. ARMSTRONG

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Odd Brands

Bar

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Pkg.

SPAGHETTI 10c

Golden Grain

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VICKS Vapo-Rub 31c

ASPIRIN Box of 12 8c

MINUTE-RUB For chest colds 55c

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Groves

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At Broadbent Active Week Spent By Broadbent Folk

Hostess to Party

Mrs. Robert Palmer was hostess to a Stanley party at her home on Wednesday evening of last week. Those enjoying the evening were Mrs. Waldner Gurney, Dee Smith, Lorraine Smith and Margaret Peterson, all of Myrtle Point; Mrs. Thomas Forrest, Mrs. Fred Tams, Mrs. Dave Lundeen, Mrs. Clinton Frye, Mrs. Al Daniels, Mrs. Don Gibbs, Mrs. Jerry Boyer and Lora Lee Tams. Dainty refreshments of cookies, jello and coffee were served at the close of the evening by the hostess.

Hornets Get Sweat Shirts

"The Hornets," the boys' basketball team, received their sweat shirts last week to complete their basketball outfits. The sweat shirts, which are grey were purchased from C. M. Bonniksen. Money for the shirts was from the gate receipts of the game played with Powers on the Broadbent court recently.

Home From Law School

Howard Bonniksen, who is attending law school in Berkeley, California, arrived home on Thursday of last week for two weeks vacation at the home of his parents, Mr. and Mrs. C. M. Bonniksen.

Elected President

Keith Smith was elected president of the citizenship club for the second semester of the school year when election of officers was held by the

Valentine SPECIALS FOR HER

Valentine Boxed Candy\$1.25 to \$8.25

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