



## SUCCESSFUL HOMEMAKING



### GOOD COOKS OF COOS COUNTY

It wasn't but an hour or so after breakfast when we entered the charming kitchen of the Ralph Stephens' home, and so tempting was the aroma of her piping hot nut bread, fresh out of her electric oven, that we were easily persuaded to sit down and sample it.

Was it good? It was delicious. As well you might know it would be for Mrs. Stephens, a pioneer of Coos county, and a real American homemaker, has lots of great-grandchildren and grandchildren, and she avers they all, too, are good cooks.

As we drank the piping hot coffee and enjoyed the morning baking, we learned some interesting things about the early days in Coos county. Mrs. Stephens who came to Coos Bay from California as a child of three told us that her grandparents lived at that time in a house built where the Tioga hotel is now situated.

She recalled for us highlights of her life as the wife of one of the county's stage coach drivers, Cal Harry. The stages coming from

Roseburg stopped for dinner at "Aunt Belle" Laird's, and there were times when our lady of the delectable nut bread assisted at the busy noon hour there.

And here's the recipe for the nut bread which is tops as Ralph Stephens or any one of Mrs. Stephens' children will testify:

#### NUT BREAD

1 egg beaten  
1/2 cup sugar  
1/2 cup shortening  
3 cups flour  
3 teaspoons baking powder  
1 cup raisins  
1/2 teas. salt  
1/2 cup sliced walnuts

Beat egg in sugar and creamed shortening, add milk, flour, nuts and raisins. Bake in loaf pan in a moderate oven 350 degrees for 50 minutes.

and nutritious, and make good eating for the whole family.

The early settlers made brown bread, known to us as "Boston brown bread," from a mixture of rye flour and Indian corn meal, sweetened with molasses and leavened by sour milk and soda. Our brown bread today varies but little from that of the early New Englanders.

#### Brown Bread

1 cup sifted flour  
1 cup corn meal  
1 tsp. salt  
1 tsp. soda  
1 tsp. baking powder  
1 cup graham flour  
1/2 cup molasses  
1 cup seeded raisins  
2 cups buttermilk

Sift together white flour, corn meal, salt, soda and baking powder. Add graham flour, blending well. Add molasses, buttermilk, and raisins, mixing thoroughly. Fill three greased No. 2 cans or other molds two-thirds full; cover tightly and steam three hours. Remove covers and place in a hot oven 450 degrees, F., five minutes before removing from cans.

Spoon bread is in a class all by itself. It's a cross between a

bread and a souffle. Soft, moist and fluffy, it is served with a spoon, piping hot from the dish. Spoon bread is served with butter or gravy and takes the place of the starchy vegetable and bread in a meal. Makes a grand breakfast or luncheon dish with butter and syrup, too!

#### Golden Spoon Bread

1 cup yellow corn meal  
1 cup cold milk  
2 cups scalded milk  
2 tbsps. butter  
1 tsp. baking powder  
1 tsp. salt  
3 beaten egg yolks  
3 stiff-beaten egg whites

Mix corn meal with cold milk. Slowly stir corn meal mixture into scalding milk; bring to the boiling point, stirring constantly. Remove from heat and cool to lukewarm. Add butter, baking powder, salt and beaten egg yolks, beating vigorously. Fold in stiff-beaten egg whites. Bake in a greased baking dish, 1 1/2 quart size, or custard cups in a moderate oven 350 degrees F., one hour or until puffed and brown. Serve immediately with butter or as a main dish with creamed fish, chicken or eggs.

#### College Pep Squad Guests In Coquille

Dr. and Mrs. T. De La Rhue had as their guests during the week-end the Lewis and Clark college rally squad, namely Nancy Nagues, Betty Hibbard, Sheri Stewart, Helen Hannah, Theresa Michalson, Winnie Carlock, Milton Zusman, Kirk Dean and Bill Leach. Also guests were Floyd Cummins, a representative of the press, and Ralph Fish, the driver.

#### Here's How To Make U. N. Flag

**GOLD BEACH (Special)**—October 24 is United Nations Day.

To emphasize the United Nations high hope for peace the United Citizens' Committee would like to have a United Nations flag displayed in every community on United Nations Day. Commercially-made flags are now difficult to obtain.

Patterns and instructions for making the flag have been made available to Dorothy Newton, county extension agent. The extension service has offered to serve as a focal center of information to assist any individual or group make a flag. Inquire soon so your flag will be ready to fly, October 24.

#### Cookout Enjoyed At Lampa Creek

Troop 10 of the Girls Scouts of Coquille accepted an invitation from Sandra George to have a cook-out at her home on Lampa creek on Wednesday, September 20th. Hamburgers and potatoes tasted wonderful after being wrapped in aluminum foil and cooked in a big bed of coals.

Accompanied by Mrs. LeRoy Swinney, leader; Mrs. Walter Pierson, assistant leader; Mrs. Ralph Milne, Mrs. Wayne Watson, and Mrs. Perry Sunderland, the following girls attended: Louise Jenkins, Judy Anderson, Barbara Brewer, Margie Martindale, Judy Milne, Florence Pierson, Elsie Watson, Marie Weaver, Ferol Sunderland and the hostess, Sandra George.

## Sentinel

COQUILLE, OREGON.

SEPTEMBER 28, 1950

## OPENING Saturday, September, 30 1950 School of Dancing

•TAP  
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•ACROBATIC

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