

SAVE ON MEALS

Problem of Home Cooking is Worked Out by Writer

POORLY BALANCED MEALS ARE COSTLY

Creamed Potatoes Should Not Be Served With Gravy—Man With Bullet in Heart Survives—Fat Men Organize Society

By Lillian Lowrance (Written for the United Press)

ST LOUIS, April 27.—The real problem of home cooking is the preparing of appetizing and wholesome meals, with due regard to expenditure of time and money. Meals should be planned several days ahead, each meal and the program for each day hinging on the preceding one. In this way desirable combinations can be had with little or no waste. If the meal is prepared without planning the housekeeper must use what she has on hand and a badly balanced meal and poor combination often result. If a market is near and a telephone is used in ordering she is apt to get an expensive piece of meat which can be cooked nicely while the meat and vegetables left over from the preceding day are often wasted as no thought had been given on how to combine them.

It is not necessary to spend much time figuring perfect balance of food principle in family meals but it is necessary to have a general idea of composition of food and to be careful that not too much protein, fat, sugar or starch be served in a meal. The following examples, often served in poorly "balanced" meals, will illustrate this point:

Beef, macaroni and cheese, peas—too high in protein.

Beef, cheese, custard—too high in protein.

Pork, fried potatoes, rich pudding—too high in fat.

Light meat, potatoes, sweet potatoes, corn, rice pudding—too high in starch.

Meat, candied sweet potatoes, jelly, cake, preserves—Too high in sugar.

The tendency in well-to-do American families is to serve meals containing too high a proportion of fat and protein, also to serve too much. The total food value should depend chiefly on the amount of physical activity taken by members of the family. The menu for a farmer's family should contain more heavy, rich foods than that of a family where occupations are sedentary.

That good digestion depends to a considerable extent on pleasurable taste in eating, has been proven scientifically, as well as by experience of the ages. "Appetite is the best sauce," and outdoor exercise gives good appetite. But not everyone can have a keen appetite at all times, so pleasing combinations are important from a health standpoint.

Food has the following characteristics or contrasts: Heavy or light; moist or dry; strong or mild flavored; crisp or soft; acid or sweet; hot or cold. A meal should have contrast or variety. It should not be composed of all of one kind of food as all heavy or all strong flavored dishes. Mild flavored foods like

bread and potatoes can be eaten in considerable quantities in a meal, but the appetite rebels at large quantities of turnips, cauliflower, cabbage, game or cheese.

In simple combination the strongly flavored food should be much less in quantity than mild edibles such as bread and cheese, macaroni and tomatoes, baked beans and ketchup.

Creamed potatoes should not be served when there is gravy; they should be served with dry meat. Meat stews, etc., should be served with dry vegetables. Plain butter cakes, not rich or layer cakes with fruit or nut fillings, should be served with ice cream or whipped cream desserts. Acid sauces should be served with rich puddings. In a three-course dinner, make two courses moderately heavy and the third light.

As in other arts it is not possible to give definite rules for planning successful meals, but with careful observation the home keeper should succeed in planning appetizing and wholesome meals.

With Bullet in Heart Man Recovers

VIENNA, April 27.—Alive and well with a bullet in his heart, is the report made of an unusual if not unprecedented case in medical annals, by Dr. Finsterer, to the Viennese Society of Physicians and Surgeons. Dr. Finsterer called to attend a young man brought to an emergency hospital. He had attempted suicide by shooting himself. He was unconscious but still alive. By means of the X-ray it was seen that the bullet was actually in the heart. It was loose in one of the heart chambers and with each movement of that organ the bullet moved about. After consultation with Professor Hoeheneb, the famous surgeon, it was decided to sew up the hole in the heart where the bullet entered and that without attempting to remove the bullet. This was done. After two weeks it was certain that the young man would get well. Four weeks later another X-ray examination showed the bullet had been "healed in" near the lower edge of the heart and gave the patient little or no trouble.

Fat Men in Tokio Organize

TOKIO, April 27.—The weighty members of parliament have organized the "Society of Fat Men," only those tipping the scales over 215 pounds being eligible to membership. Twenty-five attended the inaugural dinner, the three heaviest being Jishi Saiga, 255 lbs.; Utaro Noda, 252 lbs. and Y. Sakamoto, 224 lbs. The lightest weight present, Gen. Monzo, under secretary of war, was admitted on probation, after his promise to acquire six additional pounds before the next meeting.

S. J. Shoemaker was a Sunday visitor to Eugene, returning today. Everybody is going to hear him—Chaffin, at the Armory—8 p. m. Tuesday. 524-a28

The alarm of fire this morning about 9 o'clock was found to have been a false one after the department had made a run to the reported district.

The Pythian Sisters will give the second of a series of card parties at the I. O. O. F. hall, Wednesday evening, April 29. Everyone invited. Admission, including refreshments, 10 cents. 518-a29

HAVE ACCEPTED

Many Nations Will Exhibit at Panama Fair.

LIVE STOCK SHOW TO BE IMMENSE

Sixty-Five Acres of Ground Required For Livestock Department—Fifty Thousand Troops Present.

SAN FRANCISCO, April 27.—Thirty-five nations have accepted the invitation of the United States to participate in the Panama-Pacific International Exposition at San Francisco in 1915. The nations are as follows: Argentine Republic, Australia, Bolivia, Brazil, Canada, Chile, China, Costa Rica, Cuba, Denmark, Dominican Republic, Ecuador, France, Guatemala, Haiti, Holland, Honduras, Italy, Japan, Liberia, Mexico, New Zealand, Nicaragua, Norway, Panama, Prussia, Peru, Portugal, Salvador, Siam, Spain, Sweden, Turkey, Uruguay and Venezuela.

The exhibit palace of machinery at the Panama-Pacific International Exposition has been turned over by the contractors to the exposition management and will shortly be ready for the installation of exhibits. The building covers nearly nine acres. Three other exhibit palaces will be ready by the first of May, and will be completed by July 1.

More than two hundred and twenty conventions, at which more than 500,000 accredited delegates are expected to assemble, will meet at San Francisco during the Panama-Pacific International Exposition in 1915. Among these are 21 agricultural societies; 20 business; 22 educational; 35 fraternal; 7 genealogical; 23 Greek letter fraternities; 15 government and civic societies; 5 historical and literary; 15 industrial; 9 labor; 13 professional; 8 religious; 19 scientific and 7 social service.

The livestock exhibit at the Panama-Pacific International Exposition at San Francisco in 1915, at which all the great cattle and stock raising nations will display, will cover 65 acres. \$175,000 has been set aside by the Exposition management for premiums and prizes for livestock, and the sum of \$47,000 has been raised by breeders' associations in the United States and abroad.

More than fifty thousand troops representative of all the great nations of the world, are expected to participate in the greatest military tournament ever held, upon the grounds of the Panama-Pacific International Exposition at San Francisco in 1915. The invitation extended by the war department of the United States to the foreign nations to send troops to an international military encampment as being heartily received, and for the first time in history the troops of more than three nations will assemble for maneuvers during time of peace. With the exception of the time that the allied armies occupied Peking, this will be the only instance when

the troops of more than three nations have been encamped together.

An international fleet of more than two hundred vessels, including representative types of battleships from the navies of all the great nations, will gather at Hampton roads in January, 1915, and proceed upon a cruise through the Panama Canal to San Francisco harbor reaching their destination early in March, 1915, and shortly after the formal opening of the Panama-Pacific International Exposition.

(Continued from page 1.)

named to assist in the supervision of the city government are: Commander O. H. Stickney, of the Prairie, captain of the port; Fleet Surgeon W. L. Pratling, sanitary inspector; Commander D. F. Sellers, of the Arkansas, provost-marshal; Commander John Lubby, of the South Carolina, director of the postoffice.

Roberto Diaz, mayor of Vera Cruz, is among those who have agreed to reopen their offices and it has been arranged that the public schools shall be reopened tomorrow.

General Maas has established headquarters at Soledad, about 16 miles from Vera Cruz, and his men are tearing up the railroad tracks. The gap between Tejera, the water supply station, which is guarded by Americans, and Soledad has grown greatly and it is now no simple task for the refugees, whether foreigners fleeing from Huerta or Mexicans proceeding from Vera Cruz toward the capital, to get across the open space.

No intimation has been received that Huerta intends to release Americans, some of them women and children, held at Cordoba, Orizaba, Pachuca, Aguas Calientes and other places.

CITY NEWS

Douglas County Creamery butter is the best on the market. Insist on home product, which is always strictly fresh and guaranteed. Two pound your grocer supplying you with this roll 60 cents. 309-tf

The heavy rainfall yesterday morning and again later in the afternoon was rather general throughout the valley according to reports received. It was accompanied with unusual velocity of wind ranging above 30 miles per hour.

Patronize the Farmers Public Market Tuesdays, Thursdays and Saturdays. Producers' and consumers' interest. Prices always reasonable. 309-tf

The various theatres all report a large attendance at their places on Saturday night, the program in each instance being of a high class character. The main streets of the city were crowded until a late hour with shoppers and pleasure seekers attracted by the fine evening.

Home made and commercial candles, cigars and tobaccos at the Candy Kitchen, 312 N. Jackson street, two doors north of the Palace theatre. 517-m22

A. J. Liburn and family were over Sunday guests of J. M. Moore and wife, of South Deer Creek, to meet the oldest daughter of Mr. and Mrs. Moore, who is here from her home in California on a short visit with her parents.

Let us repair your wagon and farm implements. All work done in a workmanlike manner. Kinser & Marsh, the scientific horsehoers. 232-tf

Patronize the Farmers Public Market Tuesdays, Thursdays and Saturdays. Producers' and consumers' interest. Prices always reasonable. 309-tf

Rudolph Harness, proprietor of the Economy Grocery, late last week sold a half interest in the business to Oliver Johnson, formerly of the firm of Harness & Johnson, who conducted a business for so long on Sheridan street.

The bulletin boards of The News were constantly surrounded with an interested crowd Sunday afternoon, reading the specials that had been arranged for from the seat of war. The telephone in the office was kept busy answering inquiries from others who could not come down and from outside of the city.

CARD OF THANKS.

We hereby extend our heartfelt thanks to all those who so kindly assisted in the lateness of our beloved mother, Sarah A. Gaddis, and for the sympathy expressed and beautiful flowers sent.

CASH N. GADDIS, W. C. GADDIS, ECHO GADDIS, EARL C. GADDIS.

FOR RENT—Furnished rooms. Inquire 217 S. Stephens. 532-m2p

HON. EUGENE W. CHAFFIN

Twice Prohibition Candidate for President of United States.

One of America's most distinguished orators. Has appeared at hundreds of Western chautauquas and been welcomed in many Eastern lecture courses. His popular lectures are: "Lincoln, the Man of



Sorrow," "Washington as a Statesman," "How the U. S. Grew," "The Church and School," "Against Capital Punishment," "Conventional Lies," "Wealth and Waste," "The Two Plagues," "Government by Political Parties," "History and Progress of the Great Reform," "One Standard of Morals, for County, State and Nation." Hear him at the Armory, Tuesday, 8 p. m. free. 527-a28

The Portland Oregonian says of Eugene W. Chaffin. "Repeatedly he was interrupted by outbursts of applause, and the droilery of his humor, mingled with optimism as well as epigram and satire kept the audience in constant attention." Be sure to hear him at Armory, 8 p. m., Tuesday, April 28. 526-a28

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NOTICE FOR BIDS FOR SCHOOL HOUSE IN DISTRICT NO. 133

Sealed proposals will be received at the home of the undersigned at Days Creek, Ore., until 12 M., May 16, 1914, for the building of school house in District No. 133.

Plans and specifications will be at the office of County Superintendent until May 1, after that date at office of the Riddle Tribune until date of opening proposals.

Certified check for 10 per cent of the amount of the proposal must accompany each proposal.

Board of directors reserve the right to reject any and all proposals.

MRS. JENNIE DE WALD, School Clerk

Dated, April 16, 1914. 491-mch11

FOR RENT—3 furnished rooms, hot and cold water; garden plot if wanted. Apply 217 Chadwick street. 531-m1p

FOR RENT—Furnished housekeeping rooms, inquire at 804 Oak St. 530-m9p

WANTED—Poland China sow with pigs. Address W. J. Clarke, Star Rt. West. 522-m1p

FOR SALE OR TRADE—Two yearling Shetland ponies. A. A. Bellows, City. 525-tf

FOR SALE—195 head good sheep, Ewes and lambs. I. B. Nichols, Brockway, Or. 523-m1p

WANTED—Dressed pork, call at the farmers' market or phone 25F2 for particulars. 516-tf

FOR SALE—3 cows, one Holstein, one Ayreshire, one Jersey, good cows, two being fresh. Ray Marsters, Phone 17F2 521-tf

WANTED—Work by the hour or washing. Will call for and deliver laundry. Inquire Mrs. Weekly, 1248 Military St. 519-m2

FOR SALE—Attractive cottage, 4 rooms, bath, closets, sleeping porch, basement; with or without furniture. Garden and chickens. Inver leaving city. J. W. Groves, 704 S. Main. 512-tf

FOR SALE—6 room house with one acre of land, fruit and berries. Call 1276 Umpqua avenue or phone 259. 528-m6

Are You Saving

Your Bills From Stubbs'

40 of our customers have received Valuable Premiums; more than the S. & H. stamps paid them. Will you be the next? Save every bill, because They are Valuable To You

Try us and be convinced that we are selling you as cheap as any grocery house in the city and giving you more than 3 per cent discount in return.

Yours for Business

R. STUBBS
The Grocer

APPLES, PEARS, PEACHES, AND BERRIES

Mr. Fruit Grower or Farmer, what are you going to do with your crops this year? Are you helping to support the Umpqua Valley Fruit Union by buying your Flour Feed, Chick Feed, Spray Materials and other supplies at the Warehouse? Lowest prices in the city—Fine line of Fertilizer on hand. Come and see us whether you are a member of the Union or not.

A. L. KITCHIN - Manager

If it's New We Have It

Roseburg's Leading Dry Goods Store

The Store Where the Women Trade

Bellow's Store Co.

ATHENA

Knit Underwear for Summer

THE PATENTED SEAT

A FEATURE THAT IS PARTICULARLY APPRECIATED BY WOMEN. GIVES THEM THE COMFORT FOR WHICH THEY HAVE BEEN LONGING.

Of all the special features which make Athena excel none is such a great advance upon old-style underwear as this.

By a unique and patented method of tailoring, the Athena seat has been shaped to fit the figure in any posture—sitting or standing.

Because of the special cut Athena seat, Athena garments are tailored narrow across the hips—without an inch of superfluous cloth over the abdomen—all the fullness is thrown into the seat, where it belongs.

The Athena seat stays closed—there is no gapping, no hogging. The Athena seat is patented. It can be obtained only in Athena garments. Athena is made in dainty, cool fabrics for summer wear, in all the pretty low-neck designs in union suits and separate garments.

GOLDEN

5c Theatre 5c

TO-NIGHT

The Stepmother

With Florence Lawrence in two parts. This is good. See it.

Animated Weekly

Ex-Police Charles Becker saved from electric chair.

Mardi Gras Carnival, Century old Celebration of Lenten Festival at New Orleans.

California Girl Christens navy's newest gunboat, Sacramento.

Matinee Every Day 2 p. m.