

## Tomatoes Cheap And Convenient Vitamin Source

Tomatoes are so plentiful in Oregon and useful in so many ways that most homemakers find it both convenient and profitable to store large quantities of them for winter use, says Lucy A. Case, extension nutritionist at Oregon State college. The belated good weather this fall has extended the season, making it still possible to obtain canning supplies.

Tomatoes are the easiest of all vegetables to can, Miss Case adds. Because they are an acid vegetable, all they need for processing is the heat of boiling water. When placed in jars hot they need only ten minutes in the boiling bath. If packed cold 45 minutes is needed.

In canning tomato juice, Miss Case says the best way to save all the food values is to heat the tomatoes just enough to separate the juice, about 190 deg. F., or just below the boiling point. These are then sieved immediately, as exposure to air causes loss of vitamins A and C. After sieving, the juice is canned immediately, preferably by the hot water bath method. If the open kettle method is used, the juice is best brought to a boil quickly without stirring.

A question frequently asked is "How does tomato juice compare with orange and grapefruit juice in vitamin C?" Miss Case says that, cup for cup, orange juice has about twice as much vitamin C as tomato juice, but, dollar for dollar, you may easily get more vitamins for your money in tomatoes. Two tall glasses of tomato juice a day would cover the vitamin C needs of the average person, although most people, of course, get a considerable part of their vitamin C in other fruits and vegetables.

Incidentally she advises against using soda in making cream of tomato soup, as the alkali destroys most of vitamins B and C. Mature tomatoes that have reached their full size but haven't turned red are as rich in vitamin C as ripe tomatoes.

A complete food preservation bulletin, Ext. Bul. 542, may be had free from any extension office.

A. L. Black, M. D., now of Hermiston, Oregon, who has been fitting glasses in Dr. McMurdo's office during the past year will continue doing so every Tuesday, at same office. Hours 11-3. 30p.tf.

## Waterways Group Sets Meeting Oct. 29-30

Walla Walla.—Dates of October 29 and 30 have been announced for the eighth annual meeting here of the Inland Empire Waterways association to be held in the chamber of commerce rooms.

An inspection of physical facilities devoted to handling the movement of bulk wheat from the interior elevators of the Walla Walla Grain Growers to their river shipping point, Port Kelley, and the loading of the Inland Chief, big wheat-carrying tug, will be made the first day.

Arrangements are being made for visits to petroleum tank farms and other wheat storage facilities at Umatilla, Atalia, Pasco and Kennewick.

One of the most important matters to be decided will be a stand by the association on legislation now before congress proposing the establishment of a Columbia Valley authority.

## Market Prospect Good for Oregon Animal Products

An unusually favorable market outlook for poultry and dairy products and for meats and wool during the 1941-42 marketing season is indicated by a report just issued by the Oregon agricultural extension service. The report also points out that farm labor and other costs have advanced materially during the past year and may be expected to increase further, although gains made in farm prices for eggs, milk, meat, and wool have been more rapid.

The longer-time outlook is problematical, as animal numbers are increasing and much uncertainty exists as to the duration of the present extremely high level of consumer purchasing power. One indicator of the current strength of consumer purchasing power is the record high level of industrial production, already 60 per cent greater than before the European war started.

Additional strength is given to the market demand for animal products by the government call for more milk, meat, and eggs in the food-for-defense program. These conditions have helped boost farm prices for dairy products 35 per cent, and wool 62 per cent. Further increase in the level of industrial production appears probable within the next year.

The demand for milk products is being emphasized by the government, particularly, to supply consumers in this country and for shipment to England, and much more meat and eggs are wanted in 1942. Although prices for feed are higher than a year ago, the total supply of feeds in the United States is larger than last year and far above average. The number of animals is enough greater to slightly more than offset the increase in feed supplies, especially of grain. Hay supplies in relation to livestock are as large as last year and near the record level. With respect to beef cattle the

report says that "from a long-time viewpoint the outlook for cattle would be better if marketings in 1941-42 were heavy enough while prices are high to stop the increase in numbers. Already there are enough cattle on hand to provide more beef and veal per capita than has been consumed for many years, although not as much as a quarter century ago." This is in line with the food-for-defense goals for Oregon.

The complete report which contains several charts and statistical tables may be had in printed form from county agents or direct from the college, free to citizens of Oregon.

## CARD OF THANKS

Our sincere thanks and appreciation are extended for the help and expressions of sympathy extended at the time of bereavement of Mrs. Mallissa Marlatt; especially do we wish to thank the Rebekahs and Order of Eastern Star.

The Family.

# TIPS ON LAMP GLOBES

for your children's study table...  
by the PP&L Home Lighting Advisor



## WASH OFF LIGHT GLOBES REGULARLY

...for dirty globes can absorb up to 20% of the light that young eyes need.



## PUT A 100-WATT BULB

...in every table lamp by which the children study or use their eyes for close-seeing tasks. If you use a smaller globe you are inviting eyestrain. Don't take chances when a 100-watt bulb sells for only 15c at any dealer's... and costs so little to operate.



## DON'T BE A BULBSNATCHER!

...after you've put a 100-watt bulb in the youngster's study lamp, don't you dare "borrow" it for use in the kitchen. If you do the youngsters will probably take the 25 or 50-watt globe from the hall sockets, and then they'll be straining their eyes even though they have a good lamp. Get a carton of spare bulbs at your dealer's today.

## PHONE FOR A FREE LIGHTING CHECK-UP

A trained lighting advisor will call and measure the lighting in each room with a sight meter... a scientific instrument that shows you instantly whether you're getting enough light to prevent eyestrain. She will show you how modern lighting not only protects precious sight, but adds new beauty and charm to your home. This service is free!



## SIGHT IS PRICELESS — LIGHT IS CHEAP!

Pacific Power & Light Company's new low rates make cheap electricity cheaper still.

## CHILDREN SHOULDN'T SEE A LIGHT GLOBE!

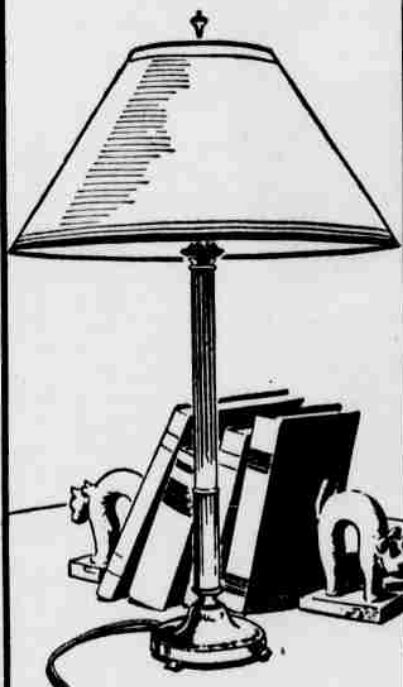


...for raw, harsh light from a bare bulb is glary and does as much harm as dim light. Shade the globe with a translucent bowl such as found on I.E.S. lamps (about \$5 at any dealer's). You can buy these bowls and screw them on most old lamps.

## I.E.S. TABLE STUDY LAMP

(Approved by Illuminating Engineering Society)

\$4.95



• This attractive lamp protects growing eyes against strain — makes studying easier. Glare-proof diffusing bowl and parchment shade give both direct and indirect light. Choice: gold, silver or bronze standard.

## PACIFIC POWER & LIGHT COMPANY

Always at Your Service

## PACIFIC POWER & LIGHT COMPANY

Always at Your Service