

NEXT SUBJECT WILL BE "USEFUL LABOR-SAVING DEVICES."

Home Course In Domestic Science

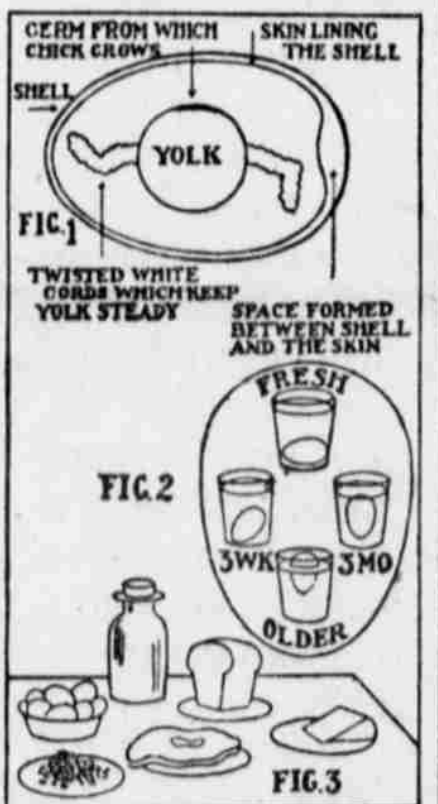
VII.—Substitutes For Meat.

By EDITH G. CHARLTON, In Charge of Domestic Economy, Iowa State College.

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It has been previously hinted in these articles that every need not form a part of every meal—in fact, the majority of people will have better health if they abstain from flesh eating oftener than once a day. The suggestion has also been made that meat substitutes, such as dishes in which eggs, beans, cheese or nuts form the chief ingredient, be served at least two meals a day. The variety of ways in which the materials may be used is numerous, all that is needed being a little ingenuity in combining them with other ingredients in order to obtain satisfactory results. Some people who are fond of hearty foods and meat flavors are loath to see the meat platter depart from the table only to reappear once a day. For such persons it will be necessary to practice the virtue of patience, make the other dishes substantial and appetizing and occasionally take a few lessons on food values. Beans, nuts and cheese all contain a larger per cent of protein than meat and, combined as they often are with other protein food, are really more nutritious than meat.

Cheese is a food rich in nutriment. It contains more than twice as much tissue building material than meat and a large per cent of fat. But because it is a concentrated food it gives the digestive organs considerable work. One reason for this is because the curd of the milk has been hardened by heat in the process of making, besides being closely pressed. Grated or finely broken cheese is more readily digested than that served in larger pieces. Cooking also increases the digestibility of cheese, and for this reason in



(Fig. 1 illustrates composition of an egg. Fig. 2, tests for freshness of an egg. Fig. 3, that nine eggs, one-half pound beans, fourteen ounces beef, one-half pound bread and one-half pound cheese equals one quart of milk in food value.)

all dishes requiring cooking the cheese should be subjected to as little heat as possible. There is a large amount of fat in cheese, and cooking fat changes its character, breaking it up into glycerin and fatty acid. For this reason all fat used for cooking purposes should not be heated longer or to a higher degree than necessary. A very delicious supper or luncheon dish in which cheese is used in combination with cooked macaroni, eggs and milk is known as macaroni loaf and is made as follows:

Macaroni Loaf.

Three-quarters of a cup of macaroni, one cup of cream, one cup soft bread-crumbs, one-quarter of a cup of butter, one tablespoonful of red or green pepper, one-half cup of grated cheese, one tablespoonful of onion juice, one tablespoonful of chopped parsley, three eggs and one tablespoonful of salt. Cook the macaroni in boiling salted water until tender. Drain and rinse in cold water. Scald the cream, add bread-crumbs, butter, pepper, salt, grated cheese, parsley, onion juice, then beaten eggs and macaroni. Line a quart baking dish with buttered paper, turn in mixture, set the pan on many folds of paper in a dish of water and bake in a moderate oven from one-half to three-quarters of an hour. Serve with tomato sauce.

Tomato Sauce.

Two tablespoonfuls of butter, two tablespoonfuls of flour, one-half teaspoonful salt, one-eighth teaspoonful of pepper, one cup of stewed and strained tomatoes, slice of onion and half a teaspoonful of capers. Brown flour and butter separate, then combine and add salt and pepper. Cook tomatoes with slice of onion for a few minutes, then remove onion and add juice gradually to butter and flour. Cook thoroughly, then add capers.

The macaroni should be broken in inch pieces and cooked in a quart of boiling water to which a tablespoonful

of salt has been added. Keep boiling rapidly until the macaroni can be crushed between the thumb and finger, drain and pour over it a quantity of cold water to keep it pliable from sticking together.

How to Cook Eggs.

The white of egg is almost entirely pure albumen, a substance which is quickly coagulated by heat and toughened by prolonged cooking. Albumen is the proteid part of animal foods and when hardened by cooking is rendered much less easy of digestion. It is probable that eggs and meat cooked as carefully as may be are less readily acted upon by the gastric juices than either would be in the uncooked state. Albumen coagulates at a very moderate temperature, only a little higher than 100 degrees, and at less than simmering point, 180 degrees, it is hard. Boiling makes it tough and indigestible; hence it can readily be seen that eggs should never be boiled if their digestibility is to be retained in even a moderate degree. The term "soft boiled" or "hard boiled" should never be applied to eggs; rather, "soft cooked" and "hard cooked" would better be used. The custom of boiling eggs three minutes is an unwise one to follow. This is the scientific method for cooking eggs in the shells, and when it is followed even the hard egg, cooked until its yolk can be grated, will be found perfectly digestible.

Soft Cooked Egg.

Allow one pint of water for two eggs. Heat in double boiler until water in the outside part of utensil is boiling. Temperature of water in inner vessel will be 180 degrees. Put in eggs with a spoon, cover and let stand over fire for six to eight minutes if liked soft cooked, thirty minutes for hard cooked. The same result may be obtained by having water boiling in saucepan. Slip in eggs and remove saucepan to back of range where water will not boil again. Eggs perfectly cooked should be placed and kept in water at a temperature of 175 degrees.

Nothing is more tempting for breakfast than a light, fluffy omelet, so tender that it almost vanishes at a touch. The secret of a good omelet is to beat much air into the eggs and then apply a moderate temperature in cooking that the albumen may not be toughened. The air in the eggs will expand by the heat and be retained by the albumen as it is hardened. My favorite recipe for an omelet, which may be served with tomato, cheese or oyster sauce, is as follows:

Plain Omelet.

Four eggs, half teaspoonful of salt, a few grains of pepper, four tablespoonfuls of water and one tablespoonful of butter. Separate yolks from whites. Beat yolks in a bowl with a Dover beater until thick; add salt, pepper and water. Beat whites until stiff, cutting and folding the yolks into them until the mixture is blended. Melt butter in omelet pan, and when moderately hot turn in mixture, spread evenly, place on range where it will cook slowly—about twelve minutes. Keep the temperature low until the last minute, when it may be raised to brown the bottom. When well puffed put pan in a moderate oven to cook the top—that is, until omelet is firm to the touch. Grease, cross the top and fold. Serve at once.

Cheese Custard.

Half cup of cheese, three eggs, two cups of milk, salt and pepper and slices of buttered bread. Beat eggs, adding salt, pepper, milk and grated cheese. Then pour over slices of buttered bread and bake in moderate oven, following method of baking custard. What a simple dessert is a baked custard! It is a baked with almost every person when favored with firm, with no indications of wateriness. And yet, possibly because it is so simple, it very often appears more like curds and whey than the article which the name implies.

The secret of success is in the method of cooking. The oven should be moderate, only hot enough to brown a piece of white paper in twenty minutes, and the dish containing the custard should be set in a pan of hot water on several folds of paper to equalize the temperature and prevent the custard boiling.

Baked Custard.

Four cups of scalded milk, five eggs, one-half cup of sugar, one-quarter teaspoonful of salt and a little grated nutmeg. Beat eggs, add sugar and salt, and pour on slowly the scalded milk. Pour into buttered baking dish or into individual buttered baking cups, sprinkle with nutmeg, set in a pan of hot water and bake in a slow oven until custard is firm. Remove from pan containing hot water and set in cold.

Stews and Soups.

A few pounds of the clod or forearm are excellent for a stew. Cut the meat into small pieces for serving. Plunge into rapidly boiling water, set the kettle over the simmering burner or a very low fire where it will not boil again and cook slowly until meat is tender. Salt and pepper may be added after the meat has been seared, and as the water boils away more should be added. Meat thus cooked in a small quantity of water, and some of the juice and flavor are in the liquid. Meat is boiled in a large quantity of water and allowing it to boil three or four minutes. This closes the cut muscles, hardens the outside and keeps the juices in the meat.

In making soup the method is exactly opposite. The meat is cut into small pieces—a shank or shin is best for soupmaking—put into cold water and salt added at once. This will draw out the juices of the meat into the liquid. The water should not be allowed to boil throughout the entire time of cooking. If vegetables are used, they should not be added until the last hour.

EDEN PRECINCT ITEMS.

Miss Clara Allen was a Phoenix visitor Tuesday. Fred Moor of Fern Valley was over to Phoenix last Sunday. J. Hunter of Coleman creek was a Phoenix visitor last Monday, trying to buy a gentle horse.

Miss Ethel and Sadie Shaffer of Phoenix were visiting at the home of Mrs. W. S. Stancliff Tuesday.

Mr. and Mrs. C. Carey were guests at the home of Mrs. Nancy Helmice last Tuesday evening.

James Allen of the garden section below Talent was marketing some fine hens in Phoenix last Wednesday morning.

C. Carey is considering an offer on his three acres of young Winter Nellie pear orchard this week.

Mr. and Mrs. James Kirk of Illinois, who have been visiting Mr. and Mrs. A. S. Farry of Phoenix, who are relatives, left Tuesday for their home.

The infant child of Mr. and Mrs. Charles Owens of Phoenix is dangerously ill with membranous croup.

JOSEPHINE COMPANY RE-ELECTS OFFICERS

GRANTS PASS, Or., Feb. 24.—The Josephine County Irrigation & Power company has re-elected the old officers for the ensuing year. According to the secretary's report, \$29,000 was collected and expended last year. There is a considerable sum yet outstanding to be collected.

"PLACERVILLE MAN."

SACRAMENTO, Jan. 10, 1910.—About three years ago I had my feet poisoned, having sore feet. I tried two doctors in Placerville and they did not do me any good and I came to Sacramento and went to Doctor Hing, Chinese Physician, 725 J street, and he cured me. There has been no return of the complaint.

Again I got kicked by a horse just above the ankle and got blood poisoning. This time I went straight to Dr. Hing and sought relief. He immediately cured me.

This was while I was employed by S. G. Beach of Placerville, for whom I worked seven years. I was born and raised west of Placerville. Dr. Hing's testimony was called to my attention by testimonials of those who had been cured of appendicitis without use of knife.

I will be pleased to verify above statements to anyone calling on me at 727 1-2 J street.

EMPLOYMENT AND BUSINESS CHANCES

- For sale—2 lots on Oakdale avenue, \$2500.
- For rent—9-room and 6-room house. Wanted—Three ranch hands.
- Wanted—Two girls at once; no house work.
- For sale—4-room house, half acre \$1250.
- For sale—7-room house, 1-1/2 acre, \$2500.
- For sale—5 acres near Phoenix, \$750.
- For sale—5 acres, \$600.
- I can furnish you help to work by the hour or by the day at odd jobs.
- Wanted—Ranch hand, \$45 per month no board.
- Wanted—Ranch hand, \$1.25 and board.
- Wanted—Ranch hand, one that can handle four horses.
- Wanted—Girls for general housework.
- For sale—7-room house, lot 90x200, \$3000.
- For sale—Two houses, lot 52x126, \$1100.
- For sale—12 acres in bearing.
- For sale—half acre, house and barn, terms; \$1500.
- For sale—9 acres in fruit; \$9000.
- For sale—18 acres improved, 10 acres irrigated, 8 in alfalfa.
- For sale—Lot 83x100, water main; good location.
- For sale—Lot, 50x100; Mistletoe; fine location; \$900.
- For sale—6-room cottage, modern, on Oakdale avenue, \$3500.
- For sale—2000 peach trees, cheap.

E. F. A. BITTNER, 208 Taylor & Phipps Bldg. Phone 4141

CITY NOTICES.

RESOLUTION. Be it Resolved, by the city council of the city of Medford, Oregon:

That it is the intention of the council to lay a 4-inch water main on Reddy avenue from Roosevelt avenue to Phipps street, and to assess the cost thereof upon the property fronting on said portion of said street in proportion to the frontage of said property.

The council will meet at the council chamber in the city hall in said city on March 1st, 1910, at 7:30 p. m., at which time all protests against the laying of said water main on said portion of said street and the assessment of the cost thereof upon the

CITY NOTICES.

property fronting thereon will be heard.

The foregoing resolution was passed by the city council of the city of Medford on the 18th day of February, 1910, by the following vote: Welch aye, Merrick absent, Emerick aye, Wortman aye Eifert aye and Demmer aye.

Approved February 18th, 1910. W. H. CANON, Mayor.

Attest: ROBT. W. TELFER, City Recorder.

RESOLUTION.

Be it Resolved, by the city council of the city of Medford, Oregon:

That it is the intention of the council to lay a 4-inch water main on Queen Anne avenue from Roosevelt avenue to Phipps street, and to assess the cost thereof upon the property fronting on said portion of said street in proportion to the frontage of said property.

The council will meet at the council chamber in the city hall in said city on March 1st, 1910, at 7:30 p. m., at which time all protests against the laying of said water main on said portion of said street and the assessment of the cost thereof upon the property fronting thereon will be heard.

The foregoing resolution was passed by the city council of the city of Medford on the 18th day of February, 1910, by the following vote: Welch aye, Merrick absent, Emerick aye, Wortman aye Eifert aye and Demmer aye.

Approved February 18th, 1910. W. H. CANON, Mayor.

Attest: ROBT. W. TELFER, City Recorder.

RESOLUTION.

Be it Resolved, by the city council of the city of Medford, Oregon:

That it is the intention of the council to lay a 4-inch water main on Beulah avenue from Roosevelt avenue to Phipps street, and to assess the cost thereof upon the property fronting on said portion of said street in proportion to the frontage of said property.

The council will meet at the council chamber in the city hall in said city on March 1st, 1910, at 7:30 p. m., at which time all protests against the laying of said water main on said portion of said street and the assessment of the cost thereof upon the property fronting thereon will be heard.

The foregoing resolution was passed by the city council of the city of Medford on the 18th day of February, 1910, by the following vote: Welch aye, Merrick absent, Emerick aye, Wortman aye Eifert aye and Demmer aye.

Approved February 18th, 1910. W. H. CANON, Mayor.

Attest: ROBT. W. TELFER, City Recorder.

CITY NOTICES.

NOTICE TO CONTRACTORS. The city council of the city of Medford, Oregon, will receive sealed proposals for the construction of all lateral sewers which will be required constructed by said city during the year 1910.

All bids must be filed with the city recorder on or before 5 o'clock p. m. March 8th, 1910, and accompanied by a certified check payable to the city treasurer of said city, equal to five per cent of the amount bid for.

Dated at Medford, Oregon, this 21st day of February, 1910. ROBT. W. TELFER, City Recorder.

NOTICE TO CONTRACTORS.

The city council of the city of Medford, Oregon, will receive sealed proposals for the construction of all water mains which will be required constructed by said city during the year 1910.

All bids must be filed with the city recorder on or before 5 o'clock p. m. March 8th, 1910, and accompanied by a certified check payable to the city treasurer of said city equal to five per cent of the amount bid for.

Dated at Medford, Oregon, this 21st day of February, 1910. ROBT. W. TELFER, City Recorder.

NOTICE TO PAVING CONTRACTORS.

The city council of the city of Medford, Oregon, will receive sealed proposals for the paving of certain streets with a hard surface pavement and for the placing of cement curbs on both sides of said streets.

Plans and specifications on file in the office of the city engineer. All bids must be accompanied by a certified check or bond for two thousand dollars (\$2000.00), made payable to the city treasurer, and bids to be filed with the city recorder of the city of Medford on or before 5 o'clock p. m. on the 8th day of March, 1910.

Dated at Medford, Oregon, this 21st day of February, 1910. ROBT. W. TELFER, City Recorder.

Coffee at Goodfriend's.

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ROGUE RIVER ELECTRIC CO.

The General Electric Radiant Toaster



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ROGUE RIVER ELECTRIC CO.

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JOHN S. ORTH, Cashier W. H. JACKSON, Asst. Cashier

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