

Tomatoes Rich Source Of Necessary Vitamins

By the Bureau of Home Economics, U. S. Department of Agriculture. Use all the tomatoes you can now and save the surplus for winter, the suggestion of the Bureau of Home Economics of the U. S. Department of Agriculture, which highly recommends them in the diet at all times.

Tomatoes are one of the best single foods for supplying vitamins A, B, C and G. The rich supply of vitamins, says the bureau, makes them almost invaluable to both children and adults, since it helps materially to prevent deficiency diseases and infections of the skin and mucous membranes, to maintain normal growth and to stimulate the appetite. Tomatoes are rich also in the mineral salts essential for good nutrition.

The bureau includes tomatoes in all its low-cost dietaries, primarily because of their vitamin G content. They are especially valuable as a source of this unstable vitamin, since people so frequently eat them raw or lightly cooked. And even when canned or cooked for longer periods, their acid reaction tends to prevent destruction of this vitamin.

Tomatoes add interest, color, and flavor to low-cost diets. A few cents spent for tomatoes may make a dull and unpalatable dish enjoyable. Tomatoes are low in price this year because of the large crop.

Tomatoes lend themselves to an almost unlimited variety of combinations in cooking. They mix well with other vegetables, meat, fish, cheese, legumes, spaghetti or eggs. In fact, in various forms, they can take their place in any course of a meal, beginning with the tomato juice cocktail and going through the soup, entree, vegetable, relish, salad and ending with the dessert—which might be green-tomato pie.

Now is the time to use the last tomatoes ripening on the vines and to put up any surplus for future use. When frost comes, gather the green tomatoes. It may be well to check over your supply and see whether you can utilize the last of the crop to best advantage canned, in catsup, or in chili sauce.

Green tomatoes suggest pickles, though there are other ways of using them. Store the largest and best in a cool, dark place for ripening. One good practice is to wrap each tomato in paper, much after the fashion in which they come to market in winter. Be sure, however, to see that the tomatoes have no blemishes or they will rot quickly. There are innumerable recipes that can be made from green tomatoes, including Borden's sauce and piccata. Green tomatoes can be pickled, making almost as good relish as pickled cucumbers. They will keep for some time in a weak brine solution, to be used as needed.

Green tomatoes may be served for the table in a number of ways—stewed, in creamed soup, fried, salted, in pie, and in marinade. Minestrone made from green tomatoes utilizes the tart, fall apples and makes excellent pie.

Green tomatoes are not as good a source of vitamins as ripe ones, but they contain sufficient nutriment to make them worth while. Tomatoes ripened in a dark place after being removed from the vine are richer in vitamin C than the green ones, although they do not compare as favorably with those ripened on the vines. If picked green, tomatoes gradually develop vitamin C as they ripen.

The Bureau of Home Economics has other information on the utilization of ripe and green tomatoes, which it will send free.

MENU FOR ONE DAY.

Breakfast.
Cooked Cereal with Milk
Coffee (adults) Milk (child)
Dinner.
Scalloped Eggplant with Tomatoes
Browned Sweet Potatoes
Apple Tapioca
Milk for All.
Supper.
Corn Chowder
Creamed Chipped Beef on Toast
Tea (adults) Milk (child)

RECIPE.

Scalloped Eggplant with Tomatoes
1 large eggplant
4 tablespoons butter or other fat
1 green pepper, chopped
1 small onion, chopped
2 teaspoons salt
Pepper
1 cup bread crumbs
1 qt. chopped or raw tomatoes.
Pars the eggplant and cut it into small even pieces. Melt 2 tablespoons of the fat in a skillet, add the green pepper and onion, and cook for a few minutes. Add the tomatoes, eggplant, salt and pepper; cook for 10 minutes and place the mixture in a shallow greased baking dish. Melt the remaining fat in a skillet, stir in the bread crumbs, and sprinkle the crumbs over the eggplant. Bake in a moderate oven for 15 minutes, or until the eggplant is tender and the crumbs are browned.

Stewed Green Tomatoes.
8 large green tomatoes
1½ teaspoons salt
Pinch of pepper
2 tablespoons butter
4 tablespoons catsup
4 tablespoons bread crumbs
Scraped onion for seasoning.
Scald the tomatoes and remove the skins. Cut in small pieces, boil

**Swiftest, Easiest Way
to End Bilious Spell**

When you neglect those first symptoms of constipation—bad breath, coated tongue, listlessness, the whole system soon suffers. Appetite lags. Digestion slows up. You become head-achy, dizzy, bilious.
It's easy to correct sluggish bowel action! Take a candy Cascarets to-night. See how quickly—and pleasantly—the bowels are activated. All the souring waste is gently propelled from the system. Regular and complete bowel action is restored.
Cascarets are made from pure cascar, a substance which doctors agree actually strengthens bowel muscles. All drug stores have Cascarets. 10c.

until tender, season and thicken with bread crumbs which have been browned in the butter.

Stewed Tomatoes and Celery or Cabbage.
1 quart canned tomatoes
2 cups cut celery or cabbage
1½ teaspoons salt
2 tablespoons butter or other fat.

Simmer the tomatoes and the celery together for 20 minutes, or until the celery is tender. Season with salt and fat and serve. This is an excellent way to use stalks of celery that are undesirable for serving raw. Or, after the tomatoes have cooked alone for about 15 minutes, add finely shredded cabbage instead of the celery. Cook the tomatoes and cabbage together for from 5 to 10 minutes, add the seasoning, and serve at once.

Piccalilli.
2 gallons green tomatoes
2 or 3 green, sweet peppers
2 hot peppers
1 quart onions
3 quarts vinegar
4 cups sugar
1 teaspoon ginger
1 teaspoon cinnamon
2 tablespoons mustard (seed or ground)

1 cup horseradish (grated).
Chop tomatoes or slice in ½-inch slices. Soak chopped tomatoes and chopped onions and peppers overnight in one pint salt and enough water to cover. Drain thoroughly. Mix sugar, spices and vinegar. Heat vegetables in mixture until tender, not reaching boiling temperature. Note: Onions may be omitted.

Catsup.
Select red, ripe tomatoes, wash, and cut into pieces, rejecting discolored portions. To each 10 pounds of prepared tomatoes, use as follows:
3 medium-sized onions, sliced
2 large sweet red peppers, sliced and seed removed.

1 cup vinegar
¾ cup sugar
2 teaspoons ground paprika
¾ teaspoon ground mustard
¾ teaspoon celery seed
3 teaspoons salt
½ tablespoon whole allspice
½ tablespoon whole cloves
3 pieces stick cinnamon, 2 in. long.

Cook the tomatoes, onions and peppers about 30 minutes, then press through a fine sieve. This pulp will be thin and watery, so cook again until somewhat thickened. Add the vinegar, sugar, paprika, mustard, celery seed and salt. Tie the spices in a cheesecloth bag, and cook the mixture, stirring frequently until the right consistency. Fill sterilized bottles with the catsup, use new cork stoppers, and then dip the bottle tops into paraffin or sealing wax. Store in a dark cool place. This quantity of tomatoes will yield from 1 to 2 quarts of catsup.

FERN VALLEY HAS COMMUNITY MEET

FERN VALLEY, Ore., Oct. 2.—(Sp.) A winter roast was given by the community September 25 on Skank's hill. Coffee, cake, wieners and buns were served around the big bonfire. Games were played, such as Miller Boy, Flying Dutchman and Slipper until all were tired, then other games were played around the fire.

Those present were Mr. and Mrs. Lester Carr, Bobby and George Carr, Mr. Alfred, Echo Alfred and Mrs. Fred Henner, Alice, Mary and Tom Henner, Mr. and Mrs. Spruell, Harvey, Ardath and Ola May Spruell, Fred and Fern Reed, Bob Spade, Joe Silva, Bertha Reed, Edna Jones, Harold Slooper, Nick Orman, Nicholas DeWitt, William, Henry, Elmer, Helen and Lillian Kantor, Mr. and Mrs. Bill Ferns and sons, Mr. and Mrs. Steele, Harry Steele, Marguerite Cunningham, Mrs. Ed Marshall, Joyce and Patricia Marshall, Mrs. Joe Kantor, Dorothy and Josephine Kantor, Mr. and Mrs. Ellis Davis and Jimmy Davis.

During my absence my associate, Dr. H. B. Gillis, will be in the office regularly and answer all calls. Same phones, 36 and 36-2. Dr. Chas. T. Sweeney.

NEW YORK, Oct. 2.—(AP)—Ghosts of the bustling ladies and moustachioed gentlemen of the gay nineties hovered over a milling throng of guests at a pre-view of the New Waldorf-Astoria last evening.

To the strains of the same gay music which once echoed in the ballroom of the former hostelry with the swish of silks, the guests examined a new Waldorf of 45 floors and 2200 rooms. The old Waldorf was on Fifth avenue, where the Empire State building now is.

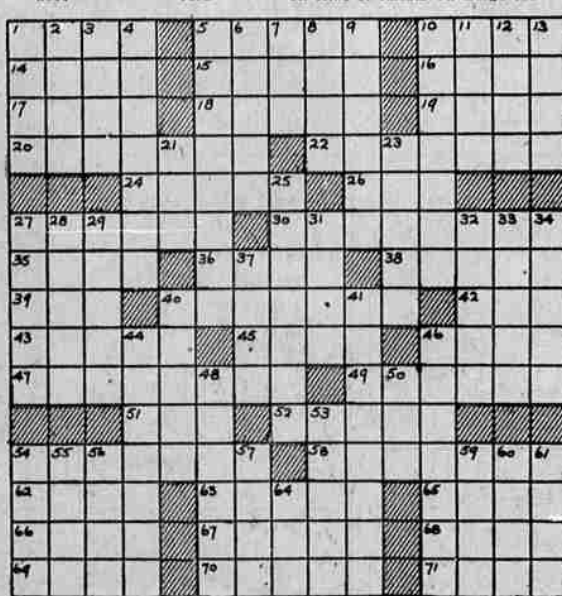
The new one is on Park avenue. The old hotel was 16 stories tall and contained 1000 rooms. In the

new structure are preserved Peacock alley, the Empire room, the Astor gallery and the paintings that hung therein.
Peacock alley, a promenade, is three times as large as its predecessor. Its color scheme comprises the greens, golds, reds and royal purples of a peacock's fan.
President Hoover in a radioecast address in connection with the opening praised the erection of the structure at this time as "an exhibition of courage and confidence to the whole nation." He characterized hotels as community institutions conducted in far larger vision than mere profit and earnings.

MAIL TRIBUNE DAILY CROSS-WORD PUZZLE

ACROSS
1. Poems
5. Clerical linen collar
10. American Indians
14. Metal thread
15. Run away to
16. Be married
18. Feminine name
17. Ireland
20. Ten-sided figure
22. One who goes very little into society
23. Biblical weeds
24. Hind
27. Disturb
28. Church dignitary
29. Musical work
30. Old spelling of their
31. Silly
32. Gaseous acid
33. Addition
34. Statue
35. Chord of three tones
36. Tardy
37. Love to excess
38. Made mournful
39. Rotated
40. Unclose: poet.
41. Gase
42. Forced air
43. Low haunts
44. Bearing a date through the
45. Finely divided nose
46. Washing lightly
47. Possess
48. Large low sofa
49. Fly aloft
50. Above
51. Escape by
52. Artifice
53. Lamb's pen name
54. Low haunts
55. Bearing a date through the
56. Finely divided nose
57. Was indebted
58. Dreadful
59. Scandinavian navigator
60. Legislative
61. Baking compartment
62. Bummed
63. Unaccompanied
64. Form of
65. Fretting
66. Initiator
67. Cylindrical
68. Solid
69. Kind of balsam
70. Large tub
71. God of love
72. Satisfy
73. Automotive fuel: colloq.
74. The eyelashes
75. Extends
76. Sheds the feathers
77. Music drama
78. Ghastly and sensational
79. Hire
80. Claw
81. Related through the mother
82. Stretched
83. Unemployed
84. Expert
85. Kept back
86. Worshippers
87. Women's garments
88. Required
89. Vase
90. Exchange
91. Provided with shoes
92. Body of a church
93. Baking compartment
94. Prima donna
95. City in Kansas
96. Scene of one of Christ's miracles
97. 1/100 of a right angle
98. Large tub

DOWN
1. Was indebted
2. Dreadful
3. Scandinavian navigator
4. Legislative
5. Baking compartment
6. Bummed
7. Unaccompanied
8. Form of
9. Fretting
10. Initiator
11. Cylindrical
12. Solid
13. Kind of balsam
14. Large tub
15. God of love
16. Satisfy
17. Automotive fuel: colloq.
18. The eyelashes
19. Extends
20. Sheds the feathers
21. Music drama
22. Ghastly and sensational
23. Hire
24. Claw
25. Related through the mother
26. Stretched
27. Unemployed
28. Expert
29. Kept back
30. Worshippers
31. Women's garments
32. Required
33. Vase
34. Exchange
35. Provided with shoes
36. Body of a church
37. Baking compartment
38. Prima donna
39. City in Kansas
40. Scene of one of Christ's miracles
41. 1/100 of a right angle
42. Large tub
43. God of love
44. Satisfy
45. Automotive fuel: colloq.
46. The eyelashes
47. Extends
48. Sheds the feathers
49. Music drama
50. Ghastly and sensational
51. Hire
52. Claw
53. Related through the mother
54. Stretched
55. Unemployed
56. Expert
57. Kept back
58. Worshippers
59. Women's garments
60. Required
61. Vase
62. Exchange
63. Provided with shoes
64. Body of a church
65. Baking compartment
66. Prima donna
67. City in Kansas
68. Scene of one of Christ's miracles
69. 1/100 of a right angle
70. Large tub
71. God of love
72. Satisfy
73. Automotive fuel: colloq.
74. The eyelashes
75. Extends
76. Sheds the feathers
77. Music drama
78. Ghastly and sensational
79. Hire
80. Claw
81. Related through the mother
82. Stretched
83. Unemployed
84. Expert
85. Kept back
86. Worshippers
87. Women's garments
88. Required
89. Vase
90. Exchange
91. Provided with shoes
92. Body of a church
93. Baking compartment
94. Prima donna
95. City in Kansas
96. Scene of one of Christ's miracles
97. 1/100 of a right angle
98. Large tub



Milling Throng Views New Waldorf-Astoria

NEW YORK, Oct. 2.—(AP)—Ghosts of the bustling ladies and moustachioed gentlemen of the gay nineties hovered over a milling throng of guests at a pre-view of the New Waldorf-Astoria last evening.
To the strains of the same gay music which once echoed in the ballroom of the former hostelry with the swish of silks, the guests examined a new Waldorf of 45 floors and 2200 rooms. The old Waldorf was on Fifth avenue, where the Empire State building now is.
The new one is on Park avenue. The old hotel was 16 stories tall and contained 1000 rooms. In the

BLOOD TRANSFER FAILS IN EFFORT TO SAVE JOHNSON

After struggling unconscious for many hours to carry on with the aid of a blood transfusion, E. V. Johnson, 36, employee of the Timber Products company, who became violently ill Tuesday, died at the Sacred Heart hospital Wednesday night of stomach hemorrhages. He was brought in from the

mountains near Williams creek, where he was working Tuesday. His condition was realized as very serious. The man was unconscious and could name no friends or relatives who might come to his aid. The physician sent out a call from the Sacred Heart hospital for someone willing to give blood for a transfusion, the one chance of saving his life. The call came to the Salvation Army and Paul Wilcox immediately volunteered, although the ill man was a stranger to him. The transfusion was made but proved futile. Johnson made his home while in the city on North Riverside.

Notice
Dr. E. J. Carpenter will be in his office again on Thursday, October 8. Krystalglow, kodak glass negative. The Peaseys, opp. Holly theatre.

Society and Clubs

Edited by Eva Nealon

Miss Richardson Leaves

To Sing in Portland
Miss Doris Richardson, who will represent Medford in the Atwater Kent radio audition in Portland this week-end, left this morning for the Rose City. She will be on the air Sunday night, when the feminine contestants will be heard after 11 o'clock. The young men participating in the contest will sing Saturday night, according to the present plans.
Mrs. George Andrews, chairman of the audition in southern Oregon, is also leaving for Portland and will accompany several of the singers at the piano.

Roosevelt Circle

Meeting Today
The Roosevelt Home and School circle is holding its first meeting of the fall season this afternoon in the new auditorium. Hostesses for the afternoon are Mesdames Henry Pringle, Chas. Boyden, Eliza Wall, B. R. Elliott, House, C. Cole and Harding.

Pan Hellenic Meets

Saturday at Hotel
The first meeting of the fall season for local members of Pan Hellenic will be held Saturday at the Hotel Medford. Luncheon will be followed by cards and hostesses for the afternoon are Mesdames A. F. West and Robert Norris.

Social Afternoon

Planned by Lady Elks
The Lady Elks will meet at the Elks temple Tuesday, October 6. Bridge and pool will be in play between the hours of two and five. Visiting Lady Elks are extended a special invitation to attend.

Local Folk Motor

Through Eastern Oregon
Mr. and Mrs. F. E. Nichols and Mr. and Mrs. Chester Armstrong left this morning for a motor trip through eastern Oregon. They will return Monday.

Dixie Club Meets

Saturday Afternoon
The Dixie club will meet tomorrow afternoon with Mrs. Robert Frame at Phoenix.

Oregon Weather

Fair tonight and Saturday; no change in temperature; moderate north and northwest winds offshore; fair over week-end.

Coke's refined and remodeled at the Fashion Shop, 424 Medford Bldg. Tel. 1181.

Cut flowers—Oregon aster, sinningia, 15c doz. Mrs. Dressel 1107 E. Main

Broken windows glazed by Trowbridge Cabinet Works

Harry Hinman, advertising manager

21ST ANNIVERSARY OF MANNS STORE COMES TOMORROW

Mann's store will reach the voting age tomorrow and the first ballot cast will be to give thousands of southern Oregon customers even greater values and better merchandise for their money than ever before.

Twenty-one years ago John C. Mann opened a very small store on North Central avenue, possessing more than his share of optimism and completely "sold" on Medford's future as a business center. Saturday marks another anniversary and the end of one of the most successful years in the history of Mann's department store. During that time it has grown to be the largest and finest store of its type in this part of Oregon. Every possible service is now offered to patrons of Mann's store where there's never a question of getting superior quality in every department.

Harry Hinman, advertising manager

Unforgettable Mince Meat
Rich...fruity...sleeping with a spicy, piquant juice! Such is Kerr's Mince Meat.

This gallon jar has many uses after it is emptied of its flavorful burden

KERR'S

Royalty of the Table

WHITE KING
GRANULATED
CONDENSED
SOAP
FOR EVERY HOUSEHOLD

a SPOONFUL does the WORK of THREE

There are dishpan duties three times a day at your house! Don't dump unmeasured amounts of ordinary soap in order to make a suds. That's an expensive practice. Use White King Granulated, the modern soap that's condensed for economy. Every grain of White King yields a quick rich suds, because the air and moisture which make up the bulk of ordinary soaps are removed when White King is made.

Save not only money, but time and temper as well. The pure vegetable and nut oils which go into the

making of White King make all washing easier and quicker. You don't need the hot water which ordinary soaps require. Use lukewarm water, and rinse the dishes with hot water, to save your hands from irritation.

Use White King Granulated for every washing need. You won't need bleach or bluing on white fabrics (another saving). The purity of White King is the best safeguard to the colors and wearing qualities of modern fabrics. Ask for White King Granulated Soap at your dealers today.

WHITE KING GRANULATED SOAP

If You Want to Make the Family Smile

SERVE SNIDER'S
Ice Cream

Special Next Week
**BANANA NUT
ICE CREAM**
"We Know You'll Like It"

Snider Dairy & Produce Co.

for Mann's, is the man who lets the public know what's new through his interesting window displays and Mail Tribune ads. Mann's general manager is John Moffatt, who has been with the organization for a number of years. Dan Watson has charge of the men's wear section, which offers Medford's male population a complete selection of up-to-date clothing.

Both old and new customers are invited to be on hand for the twenty-first annual sale tomorrow in order to inspect the hundreds of bargains. Special articles will be featured in each department daily all next week and until the sale ends.

The Ever Ready Circle of the Presbyterian church will hold a rummage sale in the Holly Bldg. Oct. 9th and 10th. To donate, call 621-Y.

Hats and dresses remodeled; children's sewing done in your home. Tel. 623-J.

Coal, best Utah, \$13.00 ton with free kindling. Med. Fuel Co. Tel. 681.

MODEL BAKERY'S

Saturday Specials

Orange Rolls
15c doz.

Raised Do-Nuts
15c doz.

Homemade Bread
3 for 20c

Potato Glazed Do-Nuts, 25c doz.

Special 23c Pine-apple Sponge Cakes

111 W. Main



DON'T YOU HAVE LARGE PORES?
The regular day-by-day habit of thoroughly cleansing the skin, will aid in stimulating circulation and normalizing enlarged pores. For best results be sure to use the famous

Du BARRY BEAUTY PREPARATIONS
by HUDNUT

Cleansing Cream...\$1.50
Skin Tonic and Freshener \$1.00
Pore Cream...\$1.00

Free Facial

THIS COUPON IS GOOD FOR ONE

Free Facial!

at
Jarmin & Woods' Drug Store if presented between Sept. 28 and Oct. 3rd.

by
MISS LILLIAN SHORT
Representing The
Du Barry Beauty Preparations
(No obligation to buy)
Make Your Application Now
PRESENT THIS COUPON AT
THEIR STORE AS SOON AS
POSSIBLE

MISS SHORT HAS BEEN INSTRUCTED NOT TO SELL ANY COSMETICS — UNLESS YOU REQUEST THEM

THIS SERVICE IS OFFERED TO YOU GRATIS BY

**JARMIN &
WOODS
Drug Store**

3-vol. 12-plate batteries, 1-yr. guarantee...\$5

Battery Recharging 50c
Severin Battery Service
1522 No. Riverside

Radio Repairing
ANY MAKE SET
H. O. PURUCKER
ELECTRIC WIRING CO.
222 W. Main Phone 333