

Society and Clubs

Edited by Eva Nealon

Past Noble Grands Meet

The Past Noble Grand club of Olive Rebekah lodge, met at the home of Sister Elsie Millard Thursday evening. After the regular business meeting the evening was devoted to sewing. Guests were Madge France of Reedsport, Dorothy Armstrong of Oakland, Calif., and Bessie Thompson of Klamath Falls. Refreshments were served by the hostess, assisted by Mesdames Scrippler and Rogers.

Royal Neighbors Announce Plan for Carnival Dance

The opening dance of the fall season is planned for Thursday evening, October 15, in the Knights of Pythias hall by members of the Royal Neighbors lodge. The hall will be decorated with horns, favors and other gaily novelties, appropriate to a carnival dance. An unusual program is promised, the public by Margaret Franklin, who is heading arrangements for the event.

Mr. and Mrs. Pugh Are Guests Here

Mr. and Mrs. James Pugh of Woodland, Calif., whose marriage was an event of this month, were visitors in this city the first of the week, having stopped en route to Portland, where they plan to visit friends.

Wenonah Club Party Is Event For Tonight

The Wenonah club will entertain with a card party for the public tonight. Bridge, five hundred and pinocle will be played.

Daughters of Veterans Will Meet Tonight

The Daughters of Union Veterans will meet tonight at the Medford armory at 8:00 o'clock. All members are urged to be present.

Mrs. Inskeep Leaves for Portland With Mother

Mrs. L. D. Inskeep and little daughter, Barbara and Susan, leave today for Portland, accompanied by Mrs. Inskeep's mother, Mrs. August Grone, who has been a guest here for the past three weeks. The Inskeeps will spend 10 days as guests of Mrs. Grone in Portland.

Guests Here Of The Heaths

Mr. and Mrs. S. Gibson of Logansport, Ind., who arrived in Medford yesterday, are the guests for several days of Mr. and Mrs. Fred Heath during their visit here. Mr. and Mrs. Gibson are Mrs. Heath's aunt and uncle.

Mrs. Newhall Invites Friends for Dinner

Among hostesses of the week will be Mrs. C. S. Newhall, who has returned from a visit in Portland. She will entertain at dinner Saturday night at her home near Jacksonville.

Eagles Meet Tonight In Dreamland Hall

The Fraternal Order of Eagles will meet tonight in Dreamland hall for regular semi-monthly session. The program will be followed by dancing. Mr. Redick of Snohomish, Wash., auditor for the order, will be present and give a short talk.

Roxy Ann Grange In Meet Tonight

Roxy Ann Grange will conduct a regular meeting this evening at 8:00 o'clock at the Red Top school house, according to announcement. An interesting program has been planned, and all members are urged to attend, as well as visiting Grangers.

KELLOGG BOOKLET OUT FOR KIDDIES

It is often very difficult to make children eat foods that are absolutely necessary for them. Every child, for instance, should drink a quart of milk a day, because milk is one of the most wonderful foods for growing children.

Many wise mothers have found that Kellogg's ready-to-eat cereals are the easiest, as well as the most healthful way of encouraging a child to take plenty of milk. The number of combinations of these cereals with other foods is almost endless. Local merchants are particularly featuring the various Kellogg products at this time.

And there are so many Kellogg's cereals, too. A favorite for each individual. Some like corn flakes. Most kiddies are crazy about Pep bran flakes. Rice krispies, with their "snap! crackle! pop!" never fail to delight them.

Adding honey or fruit makes a brand new dish. Serving cereals in combinations is a new taste delight. In order to help mothers with the problem of encouraging their children to eat foods that are really good for them Kellogg has prepared a series of booklets, especially for the children. Here in the midst of play, for example, they learn that hot, heavy foods are not so good for them at night as crisp, easily digested cereals.

V. Strang Suffers Muscular Ailment

Virgil Strang, well known local young business man, is confined to Sacred Heart hospital, with a muscular ailment, thought to have been caused by a fall last spring, while in swimming near Gold Hill. His condition is painful, but not serious. The affliction centers in his hip and an X-Ray was taken yesterday.

Family Diet Requires Vegetables and Fruit

(By the Bureau of Home Economics U. S. Department of Agriculture)

As a guide to relief organizations which will be distributing food stuffs during the winter the Bureau of Home Economics has supplemented its emergency low cost food information with tables showing advantageous uses of canned vegetables and fruits.

Individuals and communities throughout the country, have recently centered their energies in saving the large surplus of a variety of crops for the winter's use by canning and preserving them. As a result of appeals to the bureau it has set up the suit and vegetable requirements in terms of the home canned product.

"The Family's Food at Low Cost," published last January to help budget the food for those affected by the drought and unemployment, lists the quantities and kinds of food which can be relied upon to maintain normal nutrition. Its weekly market orders for families of different sizes and for individuals were worked out by nutrition specialists of the bureau.

Among the foods necessary to emergency diets, the bureau lists tomatoes or oranges. 6 pounds of which should be consumed each week by a family of five. Tomatoes and oranges, while widely different in the uses to which they may be put in cooking, are practically interchangeable as far as their contribution to the well balanced food supply is concerned, the bureau points out. If tomatoes are chosen, this means that a family of five should have three quarts of the canned product each week.

In the same publication the bureau points out that 15 or 18 pounds of other vegetables and fruits are necessary for this family of five each week. About two-thirds of this quantity should be allowed for vegetables and one-third for fruit. The amount of vegetables is again divided in half between the stored vegetables, including the roots and cabbage, and fresh or canned vegetables. The bureau emphasizes that the list should include some of green or yellow color because of their greater vitamin content.

Following this suggested distribution, there should be from 5 pints to three quarts of a variety of canned vegetables per week for the family of five. If the canning has been done in the commercial pack, this would mean that the family of five should eat each week either two No. 3 cans and one No. 1 can, or three No. 3 cans of vegetables. In families doing hard physical work, the larger quantity is necessary. A family of five also requires from 7½ to 9 pounds of stored vegetables, including potatoes, which are listed separately in this low cost food guide.

From 2½ to 3 pounds of fruits, fresh, canned or dried, complete the week's allowance of fruits and vegetables. Canned fruits, including the jellies and preserves, may be utilized entirely, providing they are of such a nature as to fit advantageously into the low cost diet, the bureau says. From 2 to 3 pints of home canned fruit are the equivalent of the 2½ to 3 pounds of fresh, canned or dried fruit.

This tabulation, which has been worked out for families of 3, 7 and 10, as well as 5, can also serve as a guide to the housewife who has done considerable canning this summer and who wishes to budget her supply for the entire winter. For example, figuring on a six month's basis, when the fresh vegetable is

not available, a family of 5 would require a minimum of 52 quarts of canned tomatoes to see them safely through until spring.

In addition to fruit and vegetables, "The Family's Food at Low Cost" also lists the weekly requirements of grain and cereal products, milk, legumes, fats, sugar, fish, cheese and eggs. The bureau wishes again to emphasize that its food guide is meant for families with limited incomes. Wherever possible, it suggests that the vegetable, fruit and meat allowance be increased. But it also wishes to point out that following this food guide will carry people safely through times of stress by protecting them from the deficiency diseases that come with malnutrition.

Menu for One Day

Breakfast: Fresh grapes
Cooked cereal (milk)
Dinner: Ground Beef Broiled on Toast
Mashed Potatoes
Green Beans or Green Cabbage
Apple Sauce
Supper: Corn Pudding
Scalloped Tomatoes
Oatmeal Muffins

Recipes

Ground Beef Broiled on Toast
1 pound ground raw beef
8 slices bread
Butter
Salt and pepper to taste
Toast the bread on one side. Butter the untoasted side, spread to the edge with a layer of the ground beef, dot with the butter and broil under a flame for about 5 minutes. Season with salt and pepper, and serve at once with a garnish of parsley or pickles.

Corn Pudding

3 eggs
2 cups fresh or canned corn, or dried corn soaked and cooked
2 tablespoons melted butter or other fat
1 teaspoon salt
Pepper
2 cups milk
Beat the eggs, add all the other ingredients, and more salt if neces-

sary. Pour into a greased baking dish, place in a pan of hot water, and bake in a moderate oven (350 deg. F.) for about 1 hour, or until set in the center. Corn canned Maine style—that is, with the grain scored and the pulp scraped out—is especially good for use in this kind of dish.

Tonight!

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Royal Club Fancy Pumpkin, No. 2½ can	12c
Del Rogue Tomato Juice, No. 1 tall can	10c
Van Camp's Tomato Soup	4 for 25c
Schilling's Baking Powder, 1 lb.	39c
Crisco Shortening, 1½ lb.	37c
Miss Lou Oysters	12c
Pint Purex	14c
Jewel Shortening	1-lb. carton 12½c
Jewel Shortening	4-lb. pail 57c
Jewel Shortening	8-lb. pail \$1.11

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Melba Toast	13c
Maxwell House Coffee	2-pound tins 66c
Swan's Down Cake Flour	33c
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No. 1 Klamath Spuds	50-lb. bags 75c

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Kellogg's ALL-BRAN — a tempting ready-to-eat cereal, which provides the "bulk" needed for proper elimination.

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The supply of these free books is limited because of the expense necessary to make them. They are the first of their kind — different from any children's books ever before published. They are worth treasuring because of the unlimited amount of fun that the children can get out of them. Don't be left behind. Get yours early today.

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Monarch Red Salmon, ½ lb. size, 2 cans	38c
25-lb. sack best Sugar	\$1.47

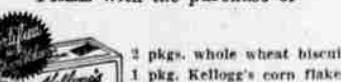
2 pkgs. Kellogg's W. W. Biscuit, 1 pkg. Kellogg's Corn Flakes	35c
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