

Eggs Good Food Bargain For Family Market List

By the Bureau of Home Economists, U. S. Department of Agriculture.

Not for twenty years have eggs cost so little as larger time as now. And spring is the season for quality—more good eggs come on the market in spring than at any other time of year. The egg market, therefore, says the Bureau of Home Economists of the Department of Agriculture, offers a good food bargain just now, exceptional food value for the money.

Eggs scrambled, soft cooked or fried, egg corn salad, muffins, sponge cake, omelet, bread dressings, custards—these nourishing dishes may have been out of reach of families on short rations, yet the people who could not afford eggs are probably those most in need of the nutrients that eggs contain. Now, perhaps, is the chance.

Eggs are body-building foods. Egg yolk is fed to the baby to supplement his milk, and a whole egg each day is a good rule to follow for little children. Like milk and meat, eggs are rich in vitamins—A, B, D and iron—and are an excellent source of protein in a form very easily utilized in the body. Because of this, iron, eggs are good blood builders.

They are more like milk in nutritive value than is any other food," says Dr. Hasel K. Stiebeling, food economist on the bureau's staff. "They are richer than milk in iron but less in calcium. But eggs should not be considered a substitute for milk," she adds, "rather they should be considered a supplement to milk."

Every cook wants eggs to cook with. They add richness, flavor, delicacy, and improve the texture of almost any kind of dish. And, stored or fresh, eggs add food value in whatever mixture they are used.

It is a mistake to think there is no "how" to the cooking of eggs, says the Bureau of Home Economists. Even in the simple process of "boiling" eggs there is a right way and a wrong way. "The secret of success in cooking eggs, and dishes in which eggs predominate, is to cook slowly at moderate, even heat," say Miss Lucy M. Alexander and Mrs. Fanny Walker Yeatman, specialists on the bureau's staff, who have prepared a leaflet on egg dishes. A boiling temperature toughens whites of eggs, they say, therefore, don't put eggs in boiling water if you want tender whites. Start them in cold water, enough to cover them, and heat the water gradually to simmering, but do not let it boil. For soft-cooked eggs, take the pan from the fire as soon as the water simmers, cover it, and let it stand for a few minutes.

In countless ways, eggs can be used as the main dish of any meal. For variety, they can be served with different seasonings and sauces: poached on toast with tomato sauce, for example; hard cooked with Spanish sauce; fried, baked with cheese, or creamed; with hick and served on toast. Omelets may be varied by adding chopped onion, chopped ham or bacon, by folding in jelly, cheese, tomatoes or almost any flavorful vegetable or meat. Or, for an economical dish, try a fondue made with a large proportion of eggs and enough cheese to flavor. Another good variation is poached eggs served on saucy rice. Baked custard with caramel sauce is a nutritious dessert that is economical when eggs are low in price.

MENU FOR ONE DAY
Breakfast: Sliced Oranges, Cooked Cereal, Toast, Coffee (adults), Milk (children).
Dinner: Baked Eggs and Rice in Tomato Sauce, Browned Potatoes, Oatmeal Muffin—Jelly, jam, syrup, Milk for All, Supper: Potato Soup, Toasted Oatmeal Muffins (from dinner) with Crisp Bacon, Baked Apple (baked while oven is going for dinner).
Tea (adults), Milk (children).
Dinner: Baked Eggs and Rice in Tomato Sauce, 1 cup uncooked rice, 1 quart canned tomatoes, 1 1/2 teaspoons salt, 2 onions, 1/4 cup melted butter or other fat.

MEAL MONOTONY CAN BE AVOIDED IS HINT TO HUBBY

"Every housewife should dine away from home one evening weekly," says Miss Heather Heath, expert home economist and culinary artist, who comes to Medford March 30 and 31 and April 1, to present her popular series of lectures and "The Kitchen Chautauque."

Miss Heath says: "The average man with a multitude of interests and contacts cannot understand why his wife gets tired of the routine of cooking. 'If it were possible the opportunity of devoting one of my cooking school programs to this essential item of lack of perspective of sympathy in otherwise sympathetic husbands. 'The husband who complains of the monotony in his meals does not realize that the monotony of his wife's duties are responsible. 'To my mind every wife should have a temporary respite once a week from cooking. Even bridging playing or going to the theatre becomes tiresome when made compulsory."

Miss Heath warns, however, that her remarks are not to be construed as taking away in any degree from housewife's interest in cooking. Cooking can be made the greatest adventure in the world, and the housewife who exercises a small amount of ingenuity can get a great deal of fun out of her kitchen, the home economist declares. It is merely that every one needs a vacation from his ordinary work regularly, and Miss Heath urges that the housewife take her vacation just as much as does anyone else.

"It is not only that Mrs. Housewife feels better on her own night out," continues Miss Heath, "but her husband should realize that a great deal of enjoyment out of this weekly dining-out process also. On such an evening-out course days are revived—Mrs. Housewife does her best brook and again her husband selects a place at which they will dine and order for the family. The evening which brings a lot of the romance which may go by the board with too much staying at home."

Miss Heath, as is usually seen from the above statement, will not confine herself to strict topics of how much shortening to put in a chocolate cake or how to keep meringues from falling, at the cooking school. The Kitchen Chautauque will be a complete home exposition, and every housewife in Medford and outlying districts will receive a great many hints and interesting suggestions on such topics as home decoration, budgeting, proper marketing and use of leopards time.

The newspaper feels that it is fortunate that it is able to offer such a varied and attractive program as the Kitchen Chautauque to housewives of the community. Miss Heath has made an enviable reputation for herself and talks to tens of thousands of housewives annually in scores of western cities. She brings to the cooking school platform a real insight of everyday program of the housewife, tinged by a delightful personality. Do not forget the time, date and place—2 to 4 o'clock, March 30, 31 and April 1 at the Holly theater, and remember that every one of the programs is entirely free and there is no obligation whatsoever. The Kitchen Chautauque is your cooking school. We heartily invite you to make it so.

Veteran Manager Of Fighters Dies
NEW YORK, March 25.—(AP)—Paddy Mullins, 70, manager of boxers, died today at his home in Brooklyn. Among boxers Mullins managed were Harry Wills, the negro heavyweight, Mike O'Dowd, Pete Latso, former welterweight champion, and Mike McTigue, former light-heavyweight champion.

Waldport—Work on water works system progressing.
Nashville—Nashville gas well recently reached depth of 260 feet.

HAND OF MERCY OUT TO VICTIMS OF DIXIE STORM

BIRMINGHAM, Ala., March 25.—(AP)—Relief agencies and neighbors of the stricken lent a hand of mercy to the south's tornado victims today as the death list grew to 388.

Survivors worked with the American Red Cross, the American Legion and other organizations to bury the dead, care for the injured, house the homeless and launch a program to rehabilitate the devastated regions. The Red Cross established relief headquarters here and authorized eight centers of operations over the storm area after the arrival of Dr. William De Kiehn, general medical advisor, and C. Wade Downing of the Washington office.

Field representatives pushed into the less accessible communities dashed flat by the freakish winds of Monday night to survey damage and determine the amount of aid needed. An appeal for contributions was broadcast here last night after relief workers conferred and estimated that \$150,000 to \$200,000 would be required for immediate needs of the storm victims.

Those who are bothered with constipation should read Mr. Gelpke's uncollected letter: "I have suffered with constipation for years. A friend of mine told me to try ALL-BRAN. I have taken ALL-BRAN for the past six weeks as a breakfast food. It has regulated my bowels as clockwork. Now I would not be without a package at all times."—Mr. Leslie Gelpke, 273 Ridgewood Ave., Newark, N. J.

Common constipation—with its headaches, loss of appetite, sleeplessness—is due to lack of "bulk" to exercise the intestines. Vitamin B to help tone the intestinal tract. Both are present in Kellogg's ALL-BRAN, as well as iron for the blood.

The "bulk" in ALL-BRAN is much like that in lettuce. Within the body, it forms a soft mass, which gently clears the intestines of wastes. Being a natural corrective, ALL-BRAN is not habit-forming.

Try ALL-BRAN in place of pills and drugs—so often harmful. Just eat two tablespoons daily. If your intestinal trouble is not relieved this way, see your doctor.

In the red-and-green package. At all grocers. Made by Kellogg in Battle Creek.

WRIGHT PLAYERS HERE ON EASTER

The Sunday evening Easter message at the First Baptist church will be presented in the form of a four-act drama "In the Shadow of the Cross," by the Wright California players, according to announcement. No charge will be made for the production, but an offering will be taken.

The story deals with the pomp and luxury of Mary of Magdala's life. Barabbas, the notorious robber, and the new man of Galilee. Having appeared in Medford previously the Wright players have a large following here.

Water Charge Aid Loans Are Aided
WASHINGTON, March 24.—(AP)—Secretary Hyde has been asked by Senators Carey (R., Wyo.) and Thomas (R., Idaho), to permit reclamation project farmers to borrow from the \$200,000,000 agriculture fund of the reconstruction finance corporation to pay water charges.

FRIEND TOLD HIM ABOUT ALL-BRAN
And It Brought Relief From Constipation

Those who are bothered with constipation should read Mr. Gelpke's uncollected letter: "I have suffered with constipation for years. A friend of mine told me to try ALL-BRAN. I have taken ALL-BRAN for the past six weeks as a breakfast food. It has regulated my bowels as clockwork. Now I would not be without a package at all times."—Mr. Leslie Gelpke, 273 Ridgewood Ave., Newark, N. J.

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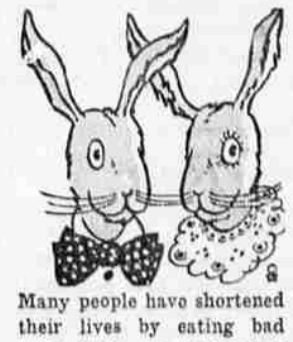
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PATRONS HOME PRINTERS Do not order anything in the printing line until you call up some local printer, and ask if they print the same work, and you will find they can furnish everything desired in the printing line and usually at lower prices than out-of-town printers. Don't advocate purchasing goods in your line at home and then order your printing from people whose employees do not live or spend money in Medford.—Paid adv.

Liberty Food Store

Liberty Bldg. "The Home of Pure Foods" W. Main St. Alexander Grocery Inc. E. F. ALEXANDER, Gen. Mgr. FREE DELIVERY Phone 143



Tomato Juice, 3 cans 25c
49-lb. Sack Blended Flour, sack . . . 97c
Large Cans Sauer Kraut, 3 cans . . . 29c
Large Cans Sugar Corn, 3 cans . . . 25c
Large Cans Oval Sardines, 3 cans . . . 19c
3 cans, No. 2, Green Beans 25c
Large Cans Grape Fruit, 3 cans . . . 33c
Large 2 1/2 size Del Monte Pineapple, 3 cans 43c
Large 2 1/2 size Del Monte Peaches, 2 cans 35c
No. 1 Klamath Potatoes, 100 lb. sack \$1.19
No. 2 Can Our Mother's Cocoa . . . 19c

Battle Creek Foods—Manning's Coffee

Model Bakery

Joe Doblmeier

EASTER SPECIALS

Maple Sticks, doz. 19c
Sugar Cookies, doz. 10c
REAL SIMNEL CAKE
A fine old English cake with almond topping
50c or 1/2 25c

Angel Foods, 25c & 50c
Pumpnickel, loaf 12c
Home-made Bread, 3 for 20c
Select from our variety of fine
Dinner Rolls, doz. 15c
Pan Biscuits, doz. 10c

Liberty Market

E. R. Peck

"The Home of Good Meats—Gov't. Inspected Swift & Co. Steer Beef"

Steer Beef, Pork, Veal, 1932 Milk Fed Lamb, Chickens, Turkeys, Squabs, Rabbits

SATURDAY SPECIALS

Get a Jones Dairy Farm Ham for Easter and Enjoy Your Dinner.

Swift's Premium Hams half or whole **1b. 20c**
Veal Stew **1b. 8c**
Swift's Premium Bacon half or whole **1b. 25c**
Pure Pork Sausage Country style **1b. 20c**
Lamb Stew **1b. 8c**
"My meats are all gov't. inspected."

PROGRAM AND DANCE PLANNED BY GRANGE

Tonight the regular meeting of the Boy's Own Grange will be conducted, and tomorrow evening the Grange will present a play and entertainment at the Eagle Point Grange hall. The latter was erroneously announced for April 7. A free dance will be conducted for all who attend the entertainment. A small charge will be made for the program.

Do Your Easter Shopping Where You Get Better Values and S. and H. Green Stamps!

You will Save More this Easter

By Shopping at the M. M. Dept. Store

COATS for EASTER

Lovely new tweeds, polo cloths and basket weave coats in the pastel shades—You'll easily find EXACTLY the coat you've been wanting in this group of new arrivals.

\$10.75 to \$29.75

EASTER FROCKS

You can afford a new Easter dress with prices so low—you must really see these dresses to appreciate the values.

\$3.95 to \$12.45

GLOVES

Newest in spring gloves. Net and silk and net combination. Complete run of sizes. White black and sunburn. Price **\$1.00**

MAIN FLOOR EASTER SEASON SPECIALS

EASTER BAGS priced at \$2.95 and \$1.95	CHILDREN'S DRESSES An exceptionally fine array of children's dresses for the spring season, priced at \$1.95
BARONET SATIN You will be delighted with this exquisite new material. Regular \$5c yard at this price, Saturday 65c	CRINKLE CREPE Chic Corticelli crepe in the much desired Bi-centennial colors. A real value at, yard \$1.95

How About Your Shoes?

Dress Up for Easter

We are featuring an exceptionally smart array of shoes for Easter in our Main Floor shoe department. White shoes and sandals, some with novelty trim in the season's most desired lasts and heels.

\$3.45 \$3.95
\$4.45 \$4.95

New Enna Jettick Spring Footwear \$5 and \$6

Men's Dress OXFORDS

In black and black and white combinations priced for Easter shopping at **\$3.95**

BASEMENT SPECIALS

Women's Silk Dresses—Light or dark patterns, sizes 14 to 40, values to \$6.95 **\$2.98**
36-in. fast color Percales, regular 15c. Special **12c**
36-in. fast color voile, figured or plain **20c**
Boys' Long Gords, cream, fawn or tan color. Sizes 6 to 18 years **\$1.49 to \$1.75**
Children's fast color printed wash frocks, attractive styles and materials, 2 to 14 years, 50c each or 2 for **\$1.00**
Women's two-tone sport oxfords, composition soles, low heels **\$1.98**
Women's Patent or kid, one-eye-tie—military heel. Light grey trim **\$2.45**
Women's one-strap sandal, medium heel **\$2.98**
Women's Sea Sand kid open tie, Louis heel **\$2.98**
Women's Black Kid oxford tie, white trim **\$2.98**
Children's shoes—Oxfords or straps **\$1.00 to \$1.98**
Soft sole baby shoes, white or suntan fabric **29c**
Men's black dress oxfords, all sizes **\$2.49 to \$3.48**



FLAVOR! Sealed in Vacuum

NOTE: The steel-cut "grind" of Golden West Coffee is the result of exhaustive tests... you'll find it perfect for "drip" and other methods of making coffee.

GOLDEN WEST COFFEE

90% of all coffee troubles occur in the making. This is why coffee experts say, "Drip your coffee." REAL ECONOMY... a most delicious uniform result.

Here's How... Measure Golden West into the maker. Pour in jumping, boiling water. Then let it "drip". No boiling, no percolation, no fuss. Your grocer features both Golden West, and the Golden West makes at economical prices.