

Milk Forms Foundation Most Economical Diet

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

The most economical diet that can be devised, says the Bureau of Home Economics of the U. S. Department of Agriculture, is built around milk and grain foods. Milk, along with a combination of whole-grain and refined grain products, furnishes the cheapest sources of energy, of building materials, and of certain health-promoting substances. This foundation, reinforced with potatoes or tomatoes, for example, citrus fruits or some other source of vitamin C, makes it possible to get along, if necessary, with less of some other foods that one might like.

1/2 teaspoon salt
1 pound can salmon
Toast
Chopped parsley.

Prepare a white sauce of the fat, flour, salt and milk. Flake the salmon and add to the white sauce. Cook in a double boiler until hot. Serve on toast with the chopped parsley over the salmon.

Creamed Cabbage.
3 cups milk
1 1/2 quarts finely shredded or chopped cabbage, packed
4 tablespoons flour
4 tablespoons melted butter or other fat
1 teaspoon salt.

Milk furnishes more kinds of nutrients than any other one food. Therefore, anybody who does not have a variety of other foods should have plenty of milk. For people who are overweight and should watch their calories, milk is especially important. Low in calories in any case, the calories can be further decreased by using skim milk and buttermilk. And people who do not like to drink milk can take it in other dairy products, cooked or served with cereals and in soups, and cooked or served with vegetables, or in puddings.

Milk is rich in protein, in minerals (calcium and phosphorus especially) and in vitamins. Because of this many-sided food value, it is one of the cheapest foods. To most people milk means fresh whole milk, but evaporated milk is whole milk concentrated to half its original bulk, and may be cheaper than fresh milk. It can be used instead of fresh milk, especially in cooking, and since it can be kept indefinitely if the can is unopened, it is a convenient and economical substitute where fresh milk can not be had. A "tall can" of evaporated milk, when diluted with an equal quantity of water, is equivalent in food value to a quart of fresh pasteurized milk.

Milk increases, of course, the food value of foods with which it is cooked. Corn meal mush, oatmeal, cracked wheat, whole wheat, hominy or hominy grits—all these are much improved both in food value and in flavor by cooking with milk, and for this purpose evaporated or dried milk can be used instead of fresh. The same is true of vegetables and puddings, and because the milk is sure to be served with the vegetables, the maximum mineral and vitamin value of both milk and vegetables are retained. Potatoes scalloped in milk, kale parned with milk, cabbage cooked in milk, onions or summer squash served with milk have a delicate flavor and a high food value whether the milk is fresh, evaporated or dried.

This week's menu includes dishes cooked with milk, and other dishes are suggested in the recipes that follow.

Heat the milk and cook the cabbage in it for five minutes. Add the blended flour and butter or other fat and the salt. Cook for about five minutes longer and stir constantly. The cabbage retains its delicate flavor and color.

Chocolate Cornstarch Pudding.
6 tablespoons cornstarch
4 tablespoons cocoa (or 1 square unweetened chocolate melted in the milk when heated)
1/2 cup sugar
1/4 teaspoon salt
1 quart milk
1 teaspoon vanilla.

Mix the cornstarch, cocoa, sugar and salt thoroughly. Pour the milk, which has been heated in a double boiler, into this mixture. Return to the double boiler, stir until thickened, cover and cook for 20 minutes. Remove from the fire, beat well and add the vanilla. Pour into a wet mold; chill, and serve plain or with custard sauce.

NOMINEES NAMED FOR GIRLS' LEAGUE

Nominations for officers of the Medford High School Girls' League for next year were made by the Girls' League council at a meeting April 28. Qualifications of the candidates, which were considered by the nominating group, were four: Scholarship, character, leadership and fellowship.

The nominees for president included Margaret Warner, Ann Mae Pusey and Katherine Stearns. Candidates for vice-president, June Davis, Betty Stennett, Frances Perry, Alice Brock, Thelma Niedermeyer. Treasurer nominees, Elizabeth Perry, Helen Stewart, Marjory Pythian, Velma Stone, Marjorie Puley, Ruby Stone and Dorothy Gore are candidates for the secretary office.

FACULTY, PUPILS HELP IN COMEDY

Through the co-operation of the faculty and student players this year's senior play to be presented May 6, is expected to be one of the best comedies to be put on by Medford high school.

The comedy, in three acts, has to do with a wealthy business man and his extravagant family. The play, "Adam and Eve," written by those most successful English playwrights, Bolton and Middleton, carries a succession of laughs and a maximum of entertainment.

This circus is being sponsored by the Lincoln P. T. A. and the proceeds will be used to reimburse the soup fund.

The thaler—whence dollar—was once the European standard for weight and purity.

SCHOOL CIRCUS OPEN AT LINCOLN TONIGHT

The public is invited to attend the Lincoln school circus which will be held at the school this evening. All committees have been working hard and some very interesting and amusing entertainment is promised, such as Dancing Sambo, Wild Nell, breaks, etc. Horseback riding will be going on in the playhouse while eats will be served in the basement.

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LOW COST MENU FOR ONE DAY

- Breakfast.**
Orange Sections, Slices or Juice
Cereal cooked in Milk
Toast
Coffee (adults) MILK (children)
Dinner.
Sausage Cakes Fried Apples
Scalloped Potatoes
Cornbread
Milk for children
Supper.
Cream of Vegetable Soup
Crackers
French Toast Strup
Milk for children
- RECIPES**
Cream of Vegetable Soup.
1/2 cup finely chopped turnips
1/2 cup finely chopped carrots
1/4 cup finely chopped onion
1/2 cup finely chopped celery or celery tops
4 tablespoons fat
1 1/2 tablespoons flour
3 pints milk
1 teaspoon salt.
- Cook the finely chopped vegetables in the fat for 10 minutes with constant stirring, add the flour, and continue to stir until well blended. In the meantime heat the milk (fresh or reconstituted) in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.
- This soup can be made either with fresh or evaporated milk, or dried skim milk powder. Of skim milk powder use 1 1/2 cups with 3 pints of water.
- Creamed Salmon.**
3 1/2 tablespoons butter or other fat
5 tablespoons flour

EAGLE PT. GRANGE PLANS EXPLOITING LOCAL PRODUCTS

(By Gertrude Haak)

A very interesting program was given by the lecturer, Mrs. Bitterling, at the last Grange meeting.

Several numbers were sung by the Grange; reading of the National Grange master's proclamation regarding Saunders day was read by the master, A. C. Mittelstaedt; Wilfred Davies read a short biography of Wm. Saunders; Mrs. A. J. Tingleaf read an article on improving and beautifying Grange properties.

A. J. Tingleaf read extracts of the agricultural outlook for 1932, covering dairy and turkey outlook.

Surprise numbers by the local school faculty were: Reading, "The Oil Cans of No. 9, a temperance story by Fern Simpson; piano duet, "Liebestraum," by Franz Liszt, rendered by Miss Yetta Olsen and Miss Wilda Darnelle; a skit called "Yes," by C. F. Davies and Floyd Barrett.

During the business session C. F. Davies explained the power bill that will be on the ballot at the coming election. The Grange recommended that dairymen use a small amount of butterfat returns to carry out an advertising campaign.

Motion to appoint a committee to organize and conduct a strenuous campaign to encourage greater use of home grown products and a lesser use of shipped in products received favorable consideration.

May 6 was set aside as candidates' night, when all of the candidates of the county would be invited guests of the Grange.

Frank Hansen pleased the audience with two solos.

MAYOR TESTS 10-CENT DIET



The only way Rolland B. Marvin, "fighting mayor" of Syracuse, could be sure a 10-cent-a-day welfare relief diet for the city's dependents contained the proper nourishment was to try it on himself and his family. They will take two weeks to complete the test. Here is the mayor breakfasting on toast, coffee, orange juice and butter substitute—total cost about 3 cents. Mrs. Marvin, at his side, prepared the meal.

SCHOOL CHILDREN GIVE PROGRAM FOR GRANGE GATHERING IN PHOENIX

PHOENIX, April 29.—(Sp.)—The program at the Grange hall Tuesday was put on by school children under the guidance of Mrs. Golden, teacher. Dances for the music festival at Ashland were well presented. The first dance was staged by 18 girls: Irene Steadman, Georgiana Costa, Mabel Hardesty, Janet Bishop, Rosemary Bishop and Maxine Cobligh. The last number was planned by Mrs. Ward, senior guardian of Juvenile circle, Oak circle.

A business session was held. Guests were Mr. and Mrs. Mueller of Jacksonville and Mr. and Mrs. Barrett of Eagle Point. Mr. Mueller and Mr. Barrett brought brief messages. Mr. Willett was given the obligations of the first and second degrees of the Grange.

The next meeting of the Grange will be May 10.

Tom Swem of Medford. Two vocal solos were given by Irene Steadman and Patrick Purry, accompanied by Mrs. Woods. A tablet was given by Irene Steadman, Georgiana Costa, Mabel Hardesty, Janet Bishop, Rosemary Bishop and Maxine Cobligh. The last number was planned by Mrs. Ward, senior guardian of Juvenile circle, Oak circle.

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Dot Clements Goes To South America

WILLOW SPRINGS, Ore., April 29.—(Sp.)—Dot Clements, son of Mr. and Mrs. A. H. Clements, left Monday for Columbia, S. C., where he has accepted a position as electric engineer with the South American Gold & Platinum Co. He expects to be gone about two years. Dot has been a student this year at the University of Oregon and will finish his course when he returns.

Medison, Wis., capital of the state, was chosen as the capital site when there was not a house on the present location of the city.

Indian deer hunters use bells when stalking deer, the animals being attracted by curiosity rather than frightened away.

I. O. O. F. AND REBEKAH NATIONAL MUSIC WEEK LODGES OF VALLEY PLANS INTEREST MANY ENJOY JOINT MEETING SOUTHERN ORE. FOLK

The festivities and exercises held in the I. O. O. F. hall Tuesday night under the auspices of the Odd Fellows and Rebekahs of Medford, Ashland, Jacksonville, Central Point and Gold Hill were attended by a large crowd of the fraternities and their guests. There were representative delegations from the neighboring towns.

The dinner at 6:30 was quite an elaborate feast of seven courses, well prepared and expeditiously served. Two sittings were necessary to accommodate the crowd. After the repast many indulged in card playing until the hour came for the other part of the program. Every number of the program was enthusiastically received and the readings and musical selections heartily enjoyed. A. B. Williams presided as master of ceremonies and announced the following numbers:

Singing, "America," by the audience.

Humorous readings by Rev. Baird. Solos by Rev. D. E. Millard.

Patriotic address by A. J. Hanby, a glowing tribute to Washington, the bi-centennial of whose birth is being observed this year; and to the United States and its flag.

Selections by ladies' mandolin and guitar orchestra of ten pieces, of Gold Hill.

Address on "Odd Fellowship," by Rev. D. E. Millard, with particular stress on one of its cardinal principles, "brotherhood." Violin and piano duet by the little Misses Norris of Jacksonville.

Humorous readings by Mrs. Sausbury.

Instrumental numbers by Gold Hill string orchestra.

The success of the event was due to the committee which outlined and prepared the program, with the assistance of those locally and from other towns who helped in carrying out the details.

win, in each of whom a definite part of the week's program is assigned. Real Estate or Insurance—Leave it to Jones. Phone 796.

Scores in the Home

Budweiser Malt

ASK ANY TEACHER OF COOKING WHICH KIND SHE USES and WHY

She knows the small differences between different kinds of baking powder that make the big differences in your results. She knows that home economists and dietitians the world over are almost unanimous in their preference for Cream of Tartar Baking Powder.

Schilling Baking Powder

EVERY GOOD JOB NEEDS A BOSS

COME ON BOBBY—WE'RE GOING TO PLAY COWBOY!
NOPE—I'M CLEANING UP THE LAWN!
WHAT ARE YOU GETTIN' FOR THE JOB?
THAT'S TELLIN'—GO ASK MY MOTHER!

Sunshine KRISPY CRACKERS

Crispier! Flakier! More flavorful! Serve them all through meals... Today's biggest bargain in quality crackers!

YOUR MOTHER GAVE US A JOB—TOO
WE'RE GETTING KRISPY CRACKERS AND PEANUT BUTTER—SAME AS YOU
O.K.—WITH ME I'LL SEE THAT YOU DO THE JOB RIGHT

EXTRA FLAKINESS MAKES THEM EXTRA GOOD!

FROM THE THOUSAND WINDOW BAKERIES OF LOOSE-WILES BISCUIT CO

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

Our store is the most interesting Food Shop in all Southern Oregon and Northern California. Stop in and look around. See the many new things in foods.

SPECIALS FOR SATURDAY

2 LARGE CANS MILK With the purchase of 1-lb. can Monarch Cocoa	5c	1 POUND GOLD SEAL BUTTER With each pound of Dried Sweet Corn	10c
1 CAKE FAIRY SOAP With each can Monarch Red Raspberries	1c	2 PKGS. CORN FLAKES With each qt. jar Yolo Sweet Pickles	5c
5 CAKES WHITE WONDER SOAP With each can Vegetable salad	9c	1 PT. JAR BEST FOODS MAYONNAISE With each can Maine Blueberries	19c

BATTLE CREEK HEALTH FOOD MANNING'S COFFEE

Model Bakery Joe Doblmeier
SATURDAY SPECIALS
Honey Cookies doz. 10c
Homemade Bread Malted Milk, 3 for 20c
New Orleans Praline Cakes 35c
Shortcake Layers
Angel Food Cakes 7 inch 2 for 10c
Chocolate or White, each 20c 8 inch 2 for 20c

Liberty Market E. R. Pech
"The Home of Good Meats—Govt. Inspected Swift & Co. Steer Beef"
SWIFT'S BEST STEER BEEF AND PORK
Aged meats contain 1.3 more food value than fresh-killed meats.

I have a choice line of Beef—Pork—Lamb—fine colored Fryers—Turkeys and fancy Rabbits, 100 per cent Pork home-made sausage, 100 per cent Beef Hamburger with no cereal or water in it.

SATURDAY SPECIALS
FRYERS, 3 for \$1.00
HENS, each 45c
BOSTON BUTTS, lb. 10c
LAMB STEW, lb. 5c
ITALIAN SALAME, lb. 20c

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Buy your meats at this shop and get choice, tender cuts at very reasonable prices.

SPECIALS

R. I. Red Hens, lb. 20c	Sirloin Steak, lb. 15c
R. I. Red Young Roosters 15c	T-Bone Steak, lb. 15c
Lean Pork Roast, lb 12c	Bacon Squares, lb. 10c
Steer Beef, lb. 12c	Home Rendered Lard, lb. 10c
Pot Roast, lb. 12c	

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AMERICA'S BIGGEST SELLER
Distributed by I. R. PRIDEGER, Ashland

Today, as always, Blue Ribbon Malt is packed full 3 pounds to the can, but what is far more important than quantity is the unmatched quality in every ounce. In Blue Ribbon Malt you get the most of the best.