

Required Iron in Diet Held Easily Supplied

By the Bureau of Home Economics, U. S. Department of Agriculture. Most people know they need iron in their diet, but many people do not know which foods will furnish the iron they need. Fortunately, says the bureau of home economics of the U. S. department of agriculture, iron occurs in very different kinds of food, and the average person's needs can be supplied in liberal servings each day of two foods which are rich in iron, plus the smaller quantities that occur in most other common foods.

This is possible even on a strict economy diet, providing one knows which foods contain their essential blood-building nutrient. At breakfast there are several chances of getting a good start on the daily iron supply. Whole grain cereal, especially oatmeal and whole wheat cracked or crushed, are good sources of iron. Stewed prunes and dried apricots are good. So is whole-wheat bread or toast. So are eggs—that is, the yolks of eggs, for the iron is concentrated there. Molasses, for hot cakes or fried mush, furnishes iron.

At other meals, iron will be found chiefly in lean meat and vegetables, although there may be some in soup or dessert, depending, of course, upon the kind of soup or dessert. Lean beef, veal, pork, and lamb are rich in iron. Of the meats, however, the richest sources of iron are liver, kidney, brain and heart, and for iron value beef liver, pork liver, and lamb liver are as good as the more expensive calf liver.

Among vegetables, the best sources of iron are the greens—particularly turnip tops, beet tops, chard, dandelion, mustard, collards, watercress, spinach, kale—and dried beans and peas. Fresh beans and peas and also the vegetable oyster or asafly, are likewise high in the list. Of desserts and sweets, the custards and puddings made with eggs are richest in iron, but stewed apricots, stewed prunes, raisins, and apples baked with molasses furnish iron, as do some of the fresh fruits also. Among the fresh fruits blackberries, blueberries, quinces and raspberries are best for iron.

In other words, with an ample serving of oatmeal and whole-wheat toast, or of whole-wheat cakes and molasses at breakfast, plus a green vegetable, or dried beans or peas at dinner; or plus a good sized baked potato, or lean meat, or an egg at any meal, the day's supply of iron is assured, because most other foods contain a little and the sum total is enough. The whole-grain cereals, the cheaper cuts of lean meat, potatoes, greens, dried beans, dried peas, and dried fruits are chiefly relied on for iron in the low-cost diets suggested by the bureau of home economics.

The menu suggested this week is rich in iron—a good kind of menu to provide 3 times a week. Changing the main dinner dish from beef stew to baked or boiled beans, or an omelet or other egg dish, would furnish variety and just as much iron. Liver, which is especially rich in iron, is a good main dish to provide once a week.

LOW-COST MENU FOR ONE DAY

Breakfast.
Oatmeal with top milk
Whole Wheat Pancakes—Molasses (Toast for youngest children)
Coffee (adults) Milk (children)
Dinner.
Brown stew of Beef
Boiled Rice (or potatoes)
Mustard Greens (or other green leaf or green-colored vegetable)
Bread and Butter
Tea, Coffee or Milk (children)
Supper.
Potato Salad or Potato Soup
Lettuce Sandwiches
Apricot and Prune Pie
Milk for All

RECIPES

Potato Soup
2 cups diced raw potato
1 quart boiling water
1 pint milk
1 onion
2 tablespoons finely chopped parsley
4 tablespoons butter or other fat
1 tablespoon salt
1 teaspoon flour
Pepper.
Cook the potato in the boiling water until soft, drain off and keep the potato water (which should measure about 1 pint). Rice the potato. Heat the milk in a double boiler with the onion. Cook the parsley in the fat and the flour, stir until well blended, combine with the milk, potato water, and potato, stir until smooth, cook for 2 or 3 minutes, and add the salt and pepper. Remove the onion before serving.

Brown Stew of Beef.
4 tablespoons flour
2 pounds beef
Salt
1 small onion, chopped
1 quart water
1/4 cup chopped parsley
Pepper.
Brown the 4 tablespoons of flour in the oven or in a heavy skillet over low heat. Wipe the meat with a damp cloth, cut into small pieces, sprinkle with salt, and roll in flour that has not been browned. Fry out some of the suet, add the meat and onion, and cook for a few minutes. Add the water, cover, and simmer until the meat is tender. Stir in the browned flour, season with pepper, cook for 3 minutes, and sprinkle the parsley over the top before serving.

Liver and Rice Loaf.
1/2 cup rice
4 cups boiling water
1 pound sliced liver
2 tablespoons fat
1 small onion, chopped fine
1 cup chopped celery
1/4 cup chopped parsley
2 tablespoons flour
1 cup tomatoes, canned or fresh
Salt.
Cook the rice until tender in boiling water with 1 teaspoon of salt. Do not drain, but let the rice absorb the water so as to form a sticky mass which will act as a binder for the loaf. Wipe the liver with a damp cloth. Sprinkle the liver with salt and flour, and cook in the fat in a skillet for about 3 minutes. Remove the liver, and grind

or chop it very fine. Cook the onion, celery and parsley in the drippings for a few minutes, add the flour and tomatoes, and stir briskly until thickened. Then mix all the ingredients until thoroughly blended, adding more salt if needed. Form into a loaf with the hands on parchment paper placed on a rack in an open roasting pan. Bake for about 30 minutes in a moderate oven (350 degrees F.)

Apricot and Prune Pie.
1/2 pound apricots
1/2 pound prunes
2 cups water
2 tablespoons cornstarch
1/2 cup sugar
1/2 teaspoon salt
1 tablespoon butter or other fat
Pastry.

Wash the prunes and apricots. Cover with the water and soak overnight, saving the liquid. In the morning, drain the fruit, remove the seeds from the prunes, and cut the fruit slightly. To the liquid add the cornstarch, sugar, and salt, and have been thoroughly mixed, and cook for a few minutes. Add the fruit and cook until it is heated through. Pour the mixture into a deep pie pan lined with pastry. Dot the top with butter. Moisten the rim of the dough slightly with water. Roll out the dough for the upper crust, allowing about a half inch extra around the edge. Fold the sheet of dough in half, make a few slashes through both thicknesses, near the center, lift onto the pie and spread out over the filling. Press lightly around the edge of the pan and allow enough dough to fold under well. With the tines of a fork press the rim lightly down to the pan.

Bake about 30 minutes in a moderately hot oven (400 degrees F.) Sprinkle with powdered sugar while hot and serve the pie hot or cold.

Nazarene Church Planning Revival For Young People

Beginning next Sunday, a young people's revival will be conducted in the Church of the Nazarene, North Central at Jackson.

The meeting is being sponsored by the young people's society of the church. Rev. Ira P. Dumas and wife, Rev. Aetha A. Dumas, talented young workers in the field of evangelism, members of the local Church of the Nazarene, have been secured for the meetings. They both preach and sing; and will alternate in directing of song and preaching. In addition they will sing special at each service.

Two services will be held Sunday at 11 a.m. and 8 p.m., and every evening during the week at 8 o'clock except Saturday.

Members of the local choir will assist in the music and singing.

The following committees have been named to handle all details of the meetings:

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While the meetings are being sponsored by the young people, all other departments of the church are uniting in a churchwide concerted effort for a spiritual awakening in the city.

Rev. John T. LaRose, pastor, announced as a slogan for the coming year the word "DO."

"Deeper in the Love of God. Others brought to the Savior."

He also expressed his appreciation and hearty support of the young people's enthusiastic progress in behalf of the church and its program.

Candidates Meet Rogue Elk Lodge

Tomorrow evening candidates for public offices in Jackson county will meet and dance at Rogue River, according to announcement made earlier in the week. The public is invited to attend the gathering and meet the candidates for party nominations.

WASHINGTON JUDGE TO RACE AGAINST JONES

SEATTLE, May 6.—(AP)—Justice Adam Beeler of the state supreme court today advised the Seattle Times he had resigned to enter the Republican race for United States senator. Wesley L. Jones is the incumbent.

Colonel Alfred E. Clark, the man who is seeking the Republican nomination for United States senator, had the unsolicited endorsement of all seven members of the Supreme Court of the State of Oregon for the office of Solicitor General of the United States, when it was vacant in April, 1929. The eminent jurist said in part: "The standard high in public station, is a man of unquestioned integrity, and in his selection the government will secure an officer in every way qualified for the position, both by reason of extraordinary talent and integrity."—(Pd. adv.—Clark for U. S. Senator committee, 820 Yeon Bldg., Portland, Ore.)

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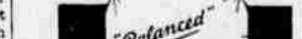
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4 cups boiling water
1 pound sliced liver
2 tablespoons fat
1 small onion, chopped fine
1 cup chopped celery
1/4 cup chopped parsley
2 tablespoons flour
1 cup tomatoes, canned or fresh
Salt.
Cook the rice until tender in boiling water with 1 teaspoon of salt. Do not drain, but let the rice absorb the water so as to form a sticky mass which will act as a binder for the loaf. Wipe the liver with a damp cloth. Sprinkle the liver with salt and flour, and cook in the fat in a skillet for about 3 minutes. Remove the liver, and grind

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