

Some Fats Needed in Diet Even in Midsummer Days

By the Bureau of Home Economics, U. S. Department of Agriculture. Midsummer, you may say, is no time to be talking about fatty foods. Cool drinks, green salads, or ripe watermelons seem much more reasonable. If, however, you happen to be living on a diet limited to the foods that cost the least (and not many of those) you will have to eat some fat to add the necessary calories and give staying power as well as palatability to your meals, says the Bureau of Home Economics of the U. S. Department of Agriculture.

Moreover, it is probable that we depend on some of the cooking fats, even in summer, to a greater extent than we realize. What is more useful, at any season, for giving flavor to vegetables than bacon fat and salt pork? For an agreeable summer meal—a vegetable plate, for example—which does not balk, or along with the boiled, creamed, baked, or raw foods, something panned or fried? A fresh-fruit pie, or a blackberry roll, its pastry rich in "shortening" adds more fat to the summer diet.

Dr. Louise Stanley, Chief of the Bureau of Home Economics, is one of the home economists who "sets great store" by salt pork for seasoning. "Salt pork," she says, "is a food too little appreciated by most housewives. It keeps easily and is available in any home at all seasons. It has many different uses which add variety to cooking, and it contributes needed fat and flavor to the diet at small cost. Its concentrated form, good flavor, and varied uses make it invaluable on a camping trip. It packs easily, keeps under all usual conditions and adds variety, interest, and flavor to camp cookery." Doctor Stanley calls attention especially to "the homely old-time method of parboiling salt pork, then dipping the slices in corn meal and frying," which results in tasty, crisp slices and serves as a basis for making delicious gravy. Serve with hot biscuits or corn bread, with the gravy over hominy or rice, with macaroni for dessert, and a more satisfactory supper menu is hard to find.

Salt pork is the characteristic constituent of all chowders, which are often summer dishes. Fried and eaten out, the salt pork furnishes flavor and crispness and adds to the nutritive value, making the chowder a whole meal in one dish. It is good in soups, especially bean soup and pea soup, "and then," says Doctor Stanley, "there are stuffings. You must taste salt pork stuffings to appreciate it. The fat is tried out and the pork browned slightly, bread crumbs and seasonings added, and you have a stuffing especially desirable in veal or lamb shoulder. Regularly the amount of bread to the salt pork in accordance with the fatness of the meat."

Bacon fat, for frying or for seasoning, crisped bacon broken in small bits—these give a smoked flavor along with the tang of the salt. A stripe or two of bacon on a plate of boiled potatoes, pike greens, fried tomatoes, or sticks of raw corn or cucumber is by no means too fat a meal for summertime.

Fried tomatoes, fried onions, fried potatoes—anything, almost, from the frying pan, tastes better for the flavor of bacon drippings. But lard now is the cheapest fat for use whenever the bacon flavor is not desired.

It is true that fried foods, because of poor frying methods, have come into some disfavor. But frying, the specialists of the Bureau of Home Economics point out, gives a texture and a flavor not obtainable by any other method of cooking. In deep-fat frying, temperature is the biggest factor, and the next factor is the preparation of the food for frying. Whatever fat is used, use as little fat as possible—it will be better when fried. A higher temperature is needed for frying foods already cooked (croquettes, potato cakes) than for uncooked meat, vegetables, or fruits, because the purpose is merely to brown the outside and heat them through.

BEAGLE

BEAGLE, July 8.—(Spl.)—Fifty friends gathered at the Fritz Edler home, Friday evening to enjoy a party given in honor of Miss Ellen Belts and Miss Alma Edler of Medford. The evening was spent in games and music and ended with refreshments at midnight.

Mr. and Mrs. Perrin of Ogden, Utah, arrived here Tuesday and will spend a few weeks visiting Mrs. Perrin's parents, Mr. and Mrs. R. H. Beegmiller and family, also relatives in Medford.

Mr. and Mrs. Moon and family spent the Fourth with Mr. and Mrs. Clyde Moore of Prospect. Orval Moore returned home with them after a week at Prospect.

Ellen Belts and Alma Edler returned to their homes in Medford the first of the week after a week's visit with relatives here.

Several families from here, including the Beegmiller, Grants and Edlers, spent the Fourth at Bybee

MENU FOR ONE DAY
Breakfast
Hot Cereal Toast
Coffee (adults) Milk (children)
Dinner
French Fried Potatoes
Harvard Beets Summer Squash
Hot Muffins
Milk for All
Supper
Rabbit on Toast
Rice
Tart Fruit (fresh or canned)
Milk for Children

RECIPES

Corn Chowder

1 pint milk
1 pint boiling water
2 cups canned corn
2 tablespoons salt pork, diced
1 onion or more, if desired
1 quart potatoes, diced
Salt
Pepper

Chop the pork into small pieces and cut the onion. Boil the diced potatoes in the fry of boiling water for 15 minutes. Fry the salt pork and onion for 2 minutes and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk, season to taste with salt and pepper, and bring the mixture to the boiling point. Serve very hot in soup dishes.

French Fried Potatoes

Pare and cut potatoes lengthwise into strips about one-half inch thick, rinse in cold water, and soak for 2 or 3 hours. Remove as much starch as possible. Remove from the water and pat with a clean dry cloth. Heat a kettle of deep fat hot enough to brown a small piece of bread in 60 seconds (about 375 degrees F.). Fry about a cupful of potatoes at a time, remove from the fat when golden brown, drain on absorbent paper, and sprinkle with salt. Serve at once while hot and crisp.

Apple Pie

4 to 8 tart apples (more if small, double if small green apples)
Pastry
1/4 cup sugar
1/4 teaspoon cinnamon
1/4 teaspoon salt
2 tablespoons butter

Pare, core, and slice the apples. Line a deep pie pan with pastry, spread a layer of apples over the bottom, sprinkle with a mixture of the sugar, cinnamon and salt, dot with butter, and repeat until all are used. Add the top sheet of pastry. (See Plain Pie Crust, below.) Put the pie in a moderately hot oven (400 degrees F.) for 19 minutes, lower the temperature to moderate heat (375 degrees F.), and bake the pie for 30 to 35 minutes, or until the apples are tender and the crust is golden brown.

Plain Pie Crust

1 1/2 cups sifted soft-wheat flour
1 teaspoon salt
8 or 6 tablespoons fat
About 2 1/2 tablespoons water

Mix the flour and salt and work in the fat with the tips of the fingers or a fork or biscuit cutter. When the flour and fat are "grainy," add the water slowly, and use no more than absolutely necessary to make a stiff dough. On a lightly floured board roll out a little more than half the dough into a thin sheet large enough to line the pie pan. Pat the sheet of dough very lightly into the pan so there will be no air bubbles underneath, put in the pie filling, and moisten the rim of the dough. 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 if the filling is juicy allow enough dough to fold under well. Lift the pan up and trim off the surplus dough, holding the knife slantwise underneath the pan. With the tines of the fork, press the rim lightly down to the pan, and the pie is ready to bake.

Fern Valley

Mr. Williams spent Friday afternoon with his granddaughter and great-grandson, Mrs. Glen Bond and Robert Keith, at the Suncrest orchard.

Baseball game at Williams Creek, July 4, with Fern Valley boys proved interesting. The score was 8 to 8 at the last half of the last inning, with the Williams boys with two outs, winning the game. Fern Valley team was composed of Cecil Swingle, Roy Barnes, Ed Marshall, Eugene Coates, George Coates, "Red" Sears, Marvin Montgomery, Ralph Swisher and Donald Barnes.

Others from Fern Valley picnicking at Williams Creek were Mr. and Mrs. Hensler, Mary, Alice and Tommy Hensler, Elmer Barnes, Mrs. Ed Marshall and children, Mr. and Mrs. L. H. Hughes, L. R. Hughes, Nolan and Gary Montgomery.

Mr. and Mrs. Swingle, making their home at Williams Creek, were formerly of our community. The boys, Charles, Ralph and Cecil, were the instigators of the game, both being on the Williams team.

Mr. and Mrs. Naomi Montgomery, Naomi and Donna, were guests of Mr. and Mrs. Putman and family the Fourth. In the afternoon the younger members of the families went swimming. Miss Christina Putman of Medford was a guest of her parents the Fourth.

Margaret Beer of Medford was a guest of her parents, Mr. and Mrs. Lem Hughes, Tuesday evening.

Miss Opal Montgomery is staying with her brother during the absence of his wife.

Members of the Irish Trio were luncheon guests of Mr. and Mrs. Ralph DeWit Tuesday and dinner guests of Mr. and Mrs. Hughes the same evening.

Louis Putman spent Sunday with a party of friends driving in northern California.

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An ambitious thief made off with the corner stone, which contained a few coins, of a church at Verona, Miss.

Mr. Steele's berry crop is at its best now.

Mr. and Mrs. Elmer Weis are building a new home on their property next to Barnes.

Mr. and Mrs. Ellis Davis and Jimmy Davis, Mr. and Mrs. Joe Kantor, Sr., Elmer, Henry, John, Helen and Lillian Kantor, spent the Fourth on Applegate.

Mr. and Mrs. Harry Steele and Harry, Jr., picnicked on Applegate the Fourth with a large number of friends and relatives. Among them were their son and his family, Mr. and Mrs. Cyril Steele.

Mr. and Mrs. Althouse of Medford were guests of Mr. and Mrs. Ralph DeWit Wednesday afternoon.

Mr. and Mrs. Ben Rogers and family of Medford were week-end guests of Mr. and Mrs. Joe Kantor, Jr., Misses Florence and Minnie Putman were in Talent Wednesday evening.

Ivan Hedrick, formerly of Fern Valley, was a member of the Steele's party on the Fourth. While swimming in the Applegate he struck a

rock and lacerated his arm quite seriously.

Mr. and Mrs. George Alford and Miss Echo Alford were dinner guests of Mr. and Mrs. Lester Carr Sunday. Clarence Childers of Valley View was a guest of his aunt, Mrs. Ray Ward, Wednesday evening.

Eugene Coates, "Red" Sears, Travelle Turpin and Ralph Swisher spent Wednesday evening with Roy and Donald Barnes.

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Hood River.—Harry Hain purchased Ed Thornton's interest in Chat 'n' Nibble restaurant.

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- When 18 holes have hit you hard—and you need a real pick-up.
- When you have a party on your hands—and there's not a breath of air on the porch.
- When you're home from shopping—and can hardly drag one foot after the other.

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