

# Safeguard Milk After Delivery Says Bureau

The milk item in the household food supply has two important aspects. Not only must it be good, safe milk—which really is not difficult to get in these days of rigid milk inspection—but it must be kept good and safe after it comes to the house. This requires knowledge and care—care which is all the more important in the households where milk is needed most.

The household where milk is needed most, say the scientists, is one where there are children, and where there may be little variety of other kinds of food. Milk safeguards a restricted diet. It has so many kinds of food value that can often make up for lack of other foods. But milk spoils easily, because bacteria flourish on the very substances which make it so valuable to human beings.

Some bacteria, especially the lactic acid bacteria, are always present and they are harmless, but if not checked by low temperature or pasteurization, or both, they cause the milk to sour. On the other hand, milk not properly cared for has been known to carry dangerous kinds of bacteria that cause disease. This is the reason, of course, for the rigid inspection of milk by public authorities. But no amount of public inspection, no amount of care and precaution on the part of the milk producers and milk dealers, can prevent spoilage of milk after it leaves their hands. It is up to the consumer then.

A good general rule for the household is to use milk within a few hours after it is delivered. Or if it is bought at a neighborhood store, don't buy it until just before using, thus leaving it in the store refrigerator as long as possible. With a good household refrigerator, milk can be kept longer, of course, but a temperature of 45 degrees Fahrenheit is needed, according to the experts, if the milk is to be kept for 24 hours or more. Even the inexpensive little ice chest, however, will keep milk overnight.

Without a refrigerator, various devices will delay souring, such as keeping the bottles under a slow drip of tap water, or covering it with clean, damp cloths in some cool dry place. In any case, today's milk will be better than yesterday's milk for drinking, and yesterday's milk, if any is left over, can be made safe by boiling it, or using it in cooking. Cooking destroys the bacteria.

If milk would have to be held several hours before using, and if there is no refrigerator, the Bureau of Home Economics suggests that a good alternative to fresh milk is evaporated milk, which will keep indefinitely in the unopened can. Evaporated milk, moreover, in many places and under many conditions, costs less than fresh milk, yet it contains much the same food values.

For the care of milk, the Bureau of Dairy Industry of the Department of Agriculture has a series of suggestions for consumers. In general, say these authorities, and they put it in capital letters, "KEEP MILK CLEAN, COVERED, AND COLD." They say also:

Consult the health department before selecting your milk dealer.

Buy only bottled milk. Dipped milk is often dirty and lacking in cream.

Take milk into the house as soon as it is delivered, and put it in the refrigerator (or, the coolest place in the house) immediately. Bacteria increase rapidly in milk which stands in the sun or warms up, and such milk will sour quickly.

Keep milk in the original bottle in the refrigerator until the moment of serving. Milk which has been poured from the bottle should not be returned to it.

Keep the bottle covered with a paper cap or an inverted tumbler, to prevent the entrance of flies and dust, which may carry dangerous bacteria into the milk, and to keep the milk from absorbing odors.

Wash milk bottles as soon as emptied, by rinsing first with lukewarm water and then with hot water. If there is an infectious disease in your house, do not return any bottles except with the knowledge of the health department and under conditions which it may prescribe.

Suppose, however, the milk does sour—and this, by the way, will happen to pasteurized milk as well as to raw milk. Many a cook delights in such an opportunity to serve the family with sour-milk biscuits, muffins, corn bread, batter cakes, gingerbread, devil's food cake, or cottage cheese.

In baking, sour milk may be substituted for sweet milk in equal quantities, with soda to neutralize the acid. In the case of thin batters the soda and sour milk generally furnish enough leavening, but for thick batters or doughs baking powder is usually needed in addition. Thus for griddle cakes, 1 cup of sweet milk and 2 teaspoons of baking powder may be replaced by 1 cup of sour milk and a scant half-teaspoon of soda. For biscuits, with the same proportions of sour milk and soda, add 2 teaspoons of baking powder.

Weekly Low-cost Food Supply for a family of five, including two adults and three children:

Bread, 15-18 lbs.  
Flour, 1-2 lbs.  
Cereal, 4-6 lbs.  
Whole fresh milk, or 23-28 qts.  
Evaporated milk, 23-28 tall cans.  
Potatoes, 15-20 lbs.  
Dried beans, peas, peanut butter, 1-2 lbs.  
Tomatoes, fresh or canned, or citrus fruits, 6 lbs.  
Other vegetables (including some of green or yellow color) and inexpensive fruits, 15-18 lbs.  
Fats, such as lard, salt pork, bacon, margarin, butter, etc., 2 1/2 lbs.  
Sugar and molasses, 3 lbs.  
Lean meat, fish, cheese and eggs, 5-7 lbs.  
Eggs (for children), 8 eggs.

**MENU FOR ONE DAY**

**Breakfast**  
Ready-to-serve cereal—Top milk  
Sour milk batter cakes—Syrup  
Coffee (adults)—Milk (children)  
Tomato juice and toast for youngest child

**Dinner**  
Fresh fish, fried—Potatoes, boiled in skins  
Carrots cooked in milk  
Sliced peaches or other fresh fruit  
Hot tea (adults) Milk (children)

**Supper**  
Potato and Cucumber Salad  
Crackers or Toast  
Gingerbread  
Milk for all

**RECIPES**

**Sour Milk Cottage Cheese**  
1 quart freshly clabbered milk  
1 quart boiling water  
Salt  
Pepper.  
Pour boiling water over the clabber. Let stand until curd separates. Turn into cheesecloth bag and let hang until whey has drained. Break and moisten curd with 2 tablespoons of melted butter. Season to taste. Sweet or sour cream may be added, for greater smoothness and better flavor.

**Gingerbread**  
1-3 cup fat  
1/2 cup sugar  
1 cup molasses  
1 egg  
3 cups sifted soft-wheat flour  
4 teaspoons baking powder  
1/2 teaspoon soda  
1/2 teaspoon salt  
1 teaspoon ginger  
1/2 teaspoon cloves  
1/2 teaspoon cinnamon  
1 cup milk  
Cream together the sugar and fat. Add the molasses and beaten egg. Sift the dry ingredients together twice and add to the first mixture alternately with the milk. Bake in two shallow pans in a moderate oven (350 degrees F.) for 30 to 40 minutes. Serve with cream cheese or whipped cream.

One cup of sour milk may be used instead of the sweet milk. In that case, use 1 scant teaspoon of soda in place of the one-half teaspoon now called for, and use only 2 teaspoons of baking powder.

## Beagle

BEAGLE, Sept. 9.—(Spl.)—August 28 the Friendly Neighbors' leader was Mr. Soegmiller. Two special numbers were given, a song by Mr. and Mrs. and Mrs. Bischoff and instrumental music by Leo Loring and Merrill Martin. September 4 the leader was Mrs. Sanderson. The primary children gave memory verses and the young folks each had a reference on the lesson. A special song was given by Mr. and Mrs. Bischoff, Mrs. Fritz Elder and Jack Elder.

Mr. and Mrs. Charles Sanderson and family spend August 28 at Lake O' the Woods and Fish Lake.

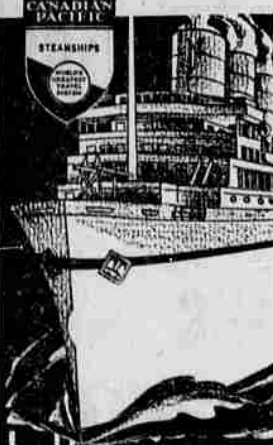
Mr. Ransom and sons, Bill and Earl, have moved to Medford. They have been staying with the DeWes family and working at Modoc. Mr. Ransom is Mrs. DeWes' father.

There was no singing practice on Thursday evening as the school board had painted the inside of the school room and varnished the desks last week. School opened Monday with Miss Bousson as teacher.

Phil Palaska of Portland, working on the surveying crew in the Crater Lake national park, was a week end visitor at the Sanderson home.

High school bus from Sams Valley started its trips the first of the week, taking the Table Rock and Antioch high school children.

Charles DeArmond is finishing the



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threshing here this week. The grain yield is about average this year. He will go from here over to the river country.

Mr. and Mrs. R. Copley of Nevada are here on a visit and are combining business with their stay. They have rented their farm here to a party from near Medford.

Mr. and Mrs. Herman Pence and son of Klamath Falls spent the week end with Mrs. Pence's parents, Mr. and Mrs. L. M. Sweet. They also visited with Mr. Pence's parents at Trail.

Minister and his wife from the Rogue River tabernacle and Mr. and Mrs. Blackman visited at Antioch Sunday morning and held preaching services after Sunday school.

Mr. Davis' grass fire got away from him Wednesday afternoon and it burned over all his place and adjoining foothills.

Jim Martin has one of his work work teams stricken with the disease that is taking toll of so many horses in this part of the valley.

Mr. and Mrs. Fritz Elder and two daughters, Mary and Joan; Jack Elder and Bill Elder of this place, and Alfred Haynes of Ashland enjoyed a turkey dinner at the Bischoff home Sunday.

Milo Lamb of Medford was a business caller here last week.

Alfred Haynes of Ashland returned home Monday evening after spending the week end with his mother, Mrs. Bischoff.

Mr. and Mrs. Wm. Nelson called on friends and relatives here Sunday evening.

Those from here who attended Grandpa Holt's birthday party at Sams Valley were Mr. Schulz Sr., Adolph Schulz, Mrs. Frink and son, Morris, and daughter, Emma, and Mrs. Miles Swanson.

Rev. Millard of Medford will preach during the Friendly Neighbors' hour the evening of September 11, at 8 o'clock. An invitation is extended to all.

Harriet Frey of Lake Creek is spending the week visiting at the Sanderson home.

Mrs. Flora Frey and children and Otto Frey and small daughter, Eva, of Lake Creek were visitors at the

Fritz Elder home the last of the week. School started at Antioch Monday morning with an enrollment of 23.

Ina Pearl Lucas, who is making her home with her aunt in Roseburg, is spending this week visiting with her father, E. B. Lucas. She will return north the first of next week.

Mr. and Mrs. Sakraida and daughter, Mary, were Medford visitors last week. Mary entered school in Medford Monday morning. She will stay with her brothers during the school year.

Mrs. Soegmiller is suffering with a large carbunkle on her shoulder. She was unable to attend the Friendly Neighbor meeting Sunday evening, of which she is president.

## Ye Poet's Corner

To the Editor:  
The following piece of poetry was handed in to the foreman of a large pear orchard, and it seemed quite appropriate for the season. It is to the tune of the chorus of "A Faded Summer Love":

**The Pear Picker's Lament.**  
Pears come tumbling down on my head;  
Some of them are green, some are dead;  
Beautiful to see, but reminding me  
Of the days that used to be.  
Climbing high above in the trees,  
Swaying to and fro with the breeze;  
Now the pears are small, bringing to us all  
Visions of the fruit that used to be.  
I'm like the poor pear that fell with a thud,  
I thought the ground was soft;  
You are the one that shoved my ladder  
And left me in the mud.  
Summer morning sun turns too hot,  
Pickers that were fresh, now are not;  
Now the day is done, and the setting sun  
Brings to us an end of fun.

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## DICTOGRAPH GAVE TIP ON PLANS TO RULE UNDERWORLD

(Continued from Page One)

ing her against the public defender, which notes she showed to Egan.

The newspaper said police heard plans laid to free Tinnin from San Quentin prison, to have Mrs. Hughes slugged and run over by a heavy automobile borrowed from Fire Lieutenant Oscar Postel in a simulated hit and run accident. Once a date was set for the slaying and two police cars rushed to the Hughes home, out of which Egan walked while Dullea was trying to reach Mrs. Hughes on the telephone.

**Crime Follows Plan.**  
The police guard, the story says, was maintained over the woman unbeknown to her. When the men were called to work on another murder case, she was slain April 29 exactly as police heard it planned over the dictograph.

No attempt was made by police to arrest the plotters, as attorneys advised it would be futile. Likewise, the newspaper reported, the information was withheld from the trial on the advice of attorneys it might endanger the strong state case by creating prejudice against police methods.

**Egan's Connection Surprised.**  
The dictograph was originally installed in the office of Egan's friend in the hope of solving the slaying of Earl Lutz, racketeer, who was shot in a San Francisco beer parlor in June, 1931. The newspaper said police were surprised when Egan's voice began to be heard regularly over the dictograph, following which came plans for the murder of Mrs. Hughes for Egan's financial benefit, and the wholesale slaying to make the public defender czar of crime.

## Hurley Flying To Legion Convention

WASHINGTON, Sept. 9.—(AP)—Secretary Hurley left Washington this morning by airplane for Tulsa, Okla., where he will stop on his way to Portland, Ore., to attend the national convention of the American Legion, which opens September 12. The secretary of war took off in a private three-motored plane, which he said he has rented for three months. He will fly back from Portland to Washington.

MARSHFIELD—Dr. J. D. Rankin locating here.

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