

Fresh Tomatoes Carry Special Value in Diet

(By the Bureau of Home Economics, U. S. Department of Agriculture.)
 Fresh, homegrown tomatoes, luscious because ripened on the vine, are now both plentiful and cheap. In many states and cities that must depend upon shipments in other parts of the year, the tomato crop is now at its peak, and tomatoes are selling at their lowest prices. The Bureau of Home Economics directs attention to this opportunity because tomatoes have a special value in any low-cost diet.

The tomato was popular long before housewives understood its great importance in the diet. Now, because of the essential food substances it contains, it is considered one of the most valuable foods in the American diet. This popularity and importance combine to make a demand to which producers have responded with large tomato crops. Tomato production in the United States now runs to more than four billion pounds a year for market and canning purposes only, not including the tomatoes in home gardens for home use.

The food values of the tomato are much the same as those of the orange, grapefruit and other citrus fruits. It is rich in vitamins A, B and C, and even when cooked or canned, it retains its vitamin values. This gives it special importance as a source of vitamins B and C, because these two vitamins are usually destroyed by heating. The acid of the tomato prevents that loss when tomatoes are cooked or canned.

From the homemaker's standpoint, the tomato is a satisfactory article of food because it can be used in so many ways. Raw, cooked or canned, it furnishes a welcome contrast to many other vegetables, both in flavor and color. And it can be served at any meal or in any part of any meal. It is the only common vegetable that may be safely canned at home without a pressure cooker. Thus it can be put away for use in winter when fresh vegetables and fruits, though equally good sources of vitamin C, may be out of season or out of reach because of cost.

Of tomato dishes there are literally scores, partly because tomatoes combine so well with other foods of so

many kinds. They may be cooked with meat—Swiss steak, for instance—or they may be cut in half and baked on a slice of ham. Stuffed and baked, and served with grated cheese, they make an appetizing main dish for dinner, lunch or supper. Tomatoes, corn and cheese on toast make a combination of food values amounting to a whole meal in one dish. Raw tomatoes, stuffed with cold slaw, or stuffed with chopped cooked meat and chopped celery or chopped cabbage; or with canned salmon and chopped celery or cabbage, provide still more vitamins, with sustenance of other kinds besides. A salad of tomatoes and cottage cheese, or of sliced tomatoes and sliced hard-cooked egg, is another dish rich in vitamin, protein and minerals as well.

For babies, and for everybody, one of the most useful and convenient letins on the modern American menu is tomato juice. Plain tomato juice or orange juice for the baby, say the nutritionists, are equally good, and one or the other is very necessary, for the baby's food would otherwise be very deficient in vitamin C. For the rest of the family, tomato juice cocktail is more interesting, and this may be made in a dozen ways, according to taste. Other cocktails are simple combination of tomato juice and sauerkraut juice, in proportions according to taste. Other cocktails are flavored with onion, celery, tomato catsup, or horseradish.

Then there are the green tomato possibilities—some of them quite as attractive as ripe tomato dishes. Merely to mention fried green tomatoes, green tomato pickles, or green tomato pie is proof of that.

Fried tomatoes, by the way, according to bureau experts, are best if the slices are dipped in egg diluted with water, then dipped in fine bread crumbs or corn meal, and allowed to dry a little before frying. Many people prefer underripe or green tomatoes for frying.

MENU FOR ONE DAY

Breakfast: Hot Cereal
 Lunch: Fried Tomatoes, Bread and Butter
 Dinner: Tomato Juice for Baby, Coffee (adults), Milk (children).

HELPED TO ENLIVEN CONVENTION



Among those most decidedly present at the American Legion convention at Portland, Ore., were Miss Audrey Hoglum, drum majorette of the North Dakota band; Secretary of War Pat Hurley (above at right) and Mayor James Curley of Boston, who assailed the methods employed to rid Washington of the bonus expeditionary force. Secretary Hurley is shown defending the administration's bonus army action. (Associated Press Photo)

Dinner:
 Pot Roast with Potatoes, Carrots and Onions
 Whole Wheat Bread and Butter
 Sliced Ripe Bananas and Top Milk
 Hot Tea (adults) Milk (children).

RECIPES
Tomato, Corn and Cheese on Toast.
 3 tablespoons flour
 3 tablespoons melted butter or other fat
 1 onion, sliced
 2 cups tomatoes, fresh cooked or canned
 2 cups corn, fresh cooked or canned
 2 teaspoons salt
 1/4 pound sharp cheese, shaved thin

Broiled Tomatoes.
 Wash tomatoes, remove stem ends, cut in half, put in a greased shallow baking dish, add salt, pepper and melted butter or other fat to season, and place under the flame of a broiling oven, far enough from the heat to allow the tomatoes to cook before browning. Broil for 20 to 30 minutes; or until tender and lightly

browned. Serve hot, garnished with parsley on crisp buttered toast.

Baked Eggs in Tomato Cups.
 Scoop out the centers of large, firm, ripe tomatoes. Sprinkle the tomato cups lightly on the inside with salt and dot with butter. Break an egg into each tomato, sprinkle with salt, pepper and fine dry bread crumbs, and dot with butter. Bake in a moderate oven (350 deg. F.) until the tomato skins are slightly wrinkled.

Stuffed Tomato Salad.
 Select large ripe tomatoes. Skin the tomatoes, cut a round piece from the stem end, and remove enough of the pulp to make a cup. Season inside with salt, turn the tomatoes upside down to drain, and place in the refrigerator until time to serve. If a heavy salad is desired, stuff the tomato shells with cottage cheese, or a filling of chopped cooked meat, fish or crab meat, diced cucumber, chopped celery, or some cooked green vegetable, the tomato pulp and thick salad dressing. For a less substantial salad, use only vegetables in the stuffing. Fill the shells with the mixture, add a spoonful of dressing on top of each stuffed tomato, and serve on crisp lettuce leaves.

Pirate Bars
 1/4 Unseeded Graham Crackers
 1/4 teaspoon salt
 1 1/2 teaspoon baking powder
 1 1/2 cups dates
 1 cup chopped nut meats
 3 eggs well beaten
 1 cup brown sugar

Crumble Unseeded Graham Crackers fine and mix with salt and baking powder and add chopped pitted dates and nuts. Beat the eggs and sugar together and combine the two mixtures, mixing thoroughly. Turn into well buttered shallow pan. Bake in moderate oven (375 degrees F.) 20-25 minutes. Cut in bars while warm. Delicious soft cookies; this recipe makes 16 bars one inch thick. Preparation, 8 minutes. Only 10 minutes to prepare this—
Club House Cake
 Crust: 20 Unseeded Graham Crackers.
 1/4 cup butter
 1-3 cup sugar
 Filling:
 1/4 cup sugar
 1 tbsp. flour
 1/4 tsp. salt
 1 lb. cream cheese or cottage cheese (put through ricer)
 1 teaspoon vanilla
 2 eggs

1/4 cup cream
 Crumble crackers fine and mix with soft butter and 1-3 cup sugar. Reserve 1-4 cup of this mixture. Line deep butter pie plate or small spring form with remainder, pressing mixture firmly with fingers against sides and bottom of pan.
 Mix 1/4 cup sugar, flour and salt and blend thoroughly with cheese. Add vanilla and yolks of eggs and beat; add cream and mix again. Fold in beaten egg whites. Pour mixture into crumbled pan. Spread with remaining crumbs. Bake in a moderate oven (350 degrees F.) until center is set, about 1/2 hour. A marvelous cheese-cake; 6 portions. Preparation, 10 minutes.

Central Point
 CENTRAL POINT, Sept. 16.—Mrs. Leslie Grim is recovering from her recent illness and is now enjoying a visit with her sister, who has arrived from San Francisco, Calif.
 Mrs. Carr underwent an operation for the removal of a tumor at the Sacred Heart Hospital Monday.

Mrs. E. Farrs spent Sunday with friends in Grants Pass.
 Mr. and Mrs. Chester Merriman of Medford were entertained Friday at the home of Mr. and Mrs. Ernest Scott.
 Mr. and Mrs. Ray C. Anders of Klamath Falls moved last week to the ranch of Mr. Anders' father at Willow Springs. Ray and his father are both employed by the S. O. S. packing company.
 Mrs. L. M. Swartz who has been an invalid for many years, was given a fine treat at her home on Tuesday by the "good will" group of five young men of Seattle, Wash., who are touring the country in the interests of the Crystal Health mineral wells. All are musicians, with Mr. Sanderson as leader. Instruments played were: Piano accordion, violin, guitar, clarinet and banjo.
 Following the business session of the Woman's Relief Corps on Saturday afternoon, September 17, the ladies will hold their quarterly birthday party. A good attendance is expected and each member is asked to invite a guest.
 The H. K. C. of the Grange will meet at the home of Mrs. Ida Henderson on Wednesday, August 26 at 2:30 p. m.

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