

Milk Should Be Feature For School-Day Lunches

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

Returning school days bring back the problem of the school-day lunch. School cafeterias lessen the lunch problem for some mothers, but most children must carry lunch to school or come home to eat it. What, then, shall they have for lunch?

Growing children, food specialists say, have special needs in the way of food. Even when they eat all their meals at home, it is no easy matter to see that they are properly fed, and when they eat part of their meals at school, the difficulty is greater. This, the bureau points out, is not because healthfulness and cleanliness are more important in this meal than in any other, but because they are harder to secure. It is not easy to keep food clean and attractive when it must be packed and carried to school.

Unfortunately, too, most of the foods that children need for the development of strong, healthy bodies cost more than some of the foods that are more filling. Many families can not afford unlimited quantities of milk, eggs, butter, fruits, and vegetables. Cereals and sugar are cheaper, they furnish more body fuel, and are more filling. So these carbohydrate foods are relied on to a great extent—often to a much greater extent than is healthful. In fact, in the light of present knowledge of the requirements of the human body in childhood, one of the worst diets that could be devised would be made up chiefly of bread and sweets.

It is feasible, however, the bureau says, to keep down the cost of the diet by getting a large part of the necessary fuel from those cheapest sources, provided proper quantities of other necessary food are supplied. That is, if each child has each day at least a half or a quart of milk, at least a serving of tomato, or an orange, a green-colored vegetable and an ounce of butter.

At many schools where no lunches are served, the children can get milk. In such cases, the rest of the lunch is less of a problem. If the child can not get milk at school, then more care is necessary to balance his daily diet. A cheese sandwich—cottage cheese, cream, or American cheddar—with plenty of butter, will help to meet the child's requirements for calcium and vitamin A otherwise supplied by milk. A fresh tomato, an orange, or other fruit—always desirable—are the more important if the child must do without milk at lunch.

With waxed paper, paper napkins, paper cups, plates and covered containers, nowadays so cheap, the paper bag has largely taken the place of the school lunch box or lunch basket. This makes for cleanliness and convenience in packing the lunch.

In hot weather, the use of soft, moist foods should be avoided. Although chopped meat, moistened with a dressing of some kind makes a good sandwich filling, such foods are less desirable in hot weather than slices of meat, peanut butter, cheese, or other foods, which are not so likely to spoil.

For lunches to be carried to school, the following suggestions are offered:

1. Sandwiches with scrambled egg filling and lettuce. A firm tomato. Cookies. Milk.
2. Chopped cold cooked meat sandwiches, filling moistened with chili sauce, lettuce leaf, apple or grapes. Milk.
3. Sandwiches filled with cottage cheese salted and mixed with any of these: Chow chow, chili sauce, chopped dill pickle, green pepper, celery, parsley, onion, or other salad, vegetable, chopped nuts. Cup cake, milk.
4. Peanut butter sandwiches—or ground shelled roasted peanuts moistened with cream or top milk—on whole wheat bread. Raw crisp cucumber sticks or celery. Cup custard or rice pudding. Milk.
5. Sandwiches of dried beef "frizzled" in butter, with crisp lettuce, crisp or chopped parsley. Banana or dried fruit. Milk.
6. Baked bean sandwiches on brown bread, the beans moistened with chili sauce or catsup and mashed to a smooth paste. Raw carrot sticks. Raisins. Milk.

For school day lunches at home, here are some suggestions:

1. Baked potato and bacon. Fresh tomato and lettuce. Bread and butter. Milk. Muskmelon.
2. Milk-vegetable soup. Scalloped cabbage and apples. Buttered toast. Milk. Raisin cup cake.
3. Brown rice. Buttered kale. Cooked stewed dried apricots. Oatmeal or milk.
4. Steved Lima beans with bacon. Baked tomato. Bread and butter. Milk. Apple brown betty or apple sauce.
5. Creamed fish with vegetables. Buttered toast. Milk. Peach or apple tapioca.
6. Scrambled eggs. Panned cabbage. Toast. Milk. Fruit gelatin.

Low-Cost Menu for School Day:

Breakfast: Whole grain cereal. Toast. Coffee (adults). Milk (children). Lunch Carried to School. Baked Bean and Catsup Sandwiches on Whole Wheat or Brown Bread. Raw Carrot Sticks. Raisins. Milk. Noon-day Meal at Home. Baked Beans—Catsup. Chopped or Ground Raw Carrot Salad. Whole Wheat Bread and Butter. Stewed Raisins or Prunes. Milk for Children. Supper. Scrambled Eggs—Fried Potatoes.

If Your Ears Ring With Head Noises

People who are growing hard of hearing and who experience a stuffy feeling of pressure against their eardrums, accompanied by humming, rattling sounds in the head like water falling or steam escaping, should take prompt and effective measures to stop this trouble.

Secure from Jarmin & Woods or your druggist 1 oz. Parmitin (Double Strength). Take this home and add 1 pint hot water and a little sugar. The tablespoonful four times a day should quickly relieve distressing eardrums, make breathing easy, stop annoying mucous discharge. All eardrum sufferers should give Parmitin a trial.

Rolls and Butter—Jelly Milk for All RECIPES.

1 cup corn meal and 1 cup rye meal, or 2 cups corn meal.
1 cup Graham flour
1 teaspoon salt
3/4 cup molasses
2 cups sour milk and 1 1/2 teaspoons soda, or 2 cups sweet milk, 1/4 teaspoon soda, and 4 teaspoons baking powder.

Mix the dry ingredients and add the molasses and the milk. Beat the mixture thoroughly, and pour into greased molds until they are about three-fourths full. Cover loosely to keep out the moisture, and steam for 3 1/2 hours. Remove the covers and bake the bread in a moderate oven for about 10 minutes to dry it off. If the bread seems likely to crumble, loop a string around the loaf and cut slices by pulling the ends of the string.

Beef Loaf.

2 pounds lean beef
1 cup diced salt pork (about 1/2 pound)
4 tablespoons flour
1 1/2 cups milk
1 cup chopped parsley
1/4 cup chopped onion
1 cup fine, dry bread crumbs
2 teaspoons salt
1/4 teaspoon pepper.

Put the meat through a grinder. Fry the diced salt pork until light brown and crisp and remove the pieces from the pan. Make a sauce of the flour, milk and 3 tablespoons of the pork drippings. Cook the parsley and onion for a few minutes in the rest of the pork drippings, and add to this the bread crumbs and seasonings. Combine all the ingredients and use the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of heavy paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven (350 F) for 1 1/2 hours. Do not cover the pan and do not add water. Much better results are obtained by making the meat loaf in this way than by packing it into a deep pan and baking it like a loaf of bread. Remove the meat loaf from the paper and serve hot, or chill it and serve in thin slices with watercress garnish.

CHINESE PIRATES LOOT STEAMSHIP

HONGKONG, Oct. 14.—(AP)—The British steamer Helicon, en route from Hongkong to Saigon, was seized by a group of Chinese passengers and looted. It was reported here today.

The steamer was held for 36 hours while the loot was transferred to junks in Hechechin bay. The captain was taken off as a hostage, but later released.

One Chinese passenger jumped overboard and drowned and four were kidnaped for ransom.

British destroyers rushed to the spot, but arrived too late to intercept the pirates.

One of the women passengers, a Miss E. B. Boynton, is an American, and the other, Mrs. Dirk VanDriest, is a Canadian.

NEALON RANCH HOME WOOD DUCK COLONY

TABLE ROCK, Oct. 14.—(Sp.)—Some 250 wood ducks hatched in this district are making their headquarters at the pond on the Nealon ranch. In past years, although protected by federal laws, similar birds have been killed by hunters, which fact has aroused several lovers of this species of waterfowl, and an effort is being made to cooperate with the game officials to protect them.

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We have just received a shipment of baked enamel flower pots, saucers and pans. Many colors and shapes.

Tribal Kids Go Hot-cha And Old Heads Worried

By JAMES H. STREET
LITTLE RIVER, Fla., Oct. 14.—(AP)

—There is consternation among the squaws of the Seminoles because the children they bore far out on the wastes of the everglades have shown an inclination to go "hot-cha."

It is a serious tribal crime for a Seminole to ape white men. Bucks have been "steamed" for adopting paleface customs. "Steaming" is a punishment in which the offender is confined to a mud and grass tepee and hot rocks are thrown in water near his feet. The steam doesn't kill, but it cures.

Now some of the bucks and mid-ena threaten to go modern. Many bucks have deserted the sweeping, gaudy dresses of their tribe and wear pants. The girls still pack 20 or 30 pounds of beads around their necks like mother does, but some of the adventurous maidens have ridden in automobiles.

Obedience and tribal pride have been taught the young since the days when their chief led the Seminoles into a wilderness of swamps and slime for a last stand against the white man's ways, the white man's whiskey and the white man's gunpowder. But now the tribal wise men say a spirit of rebellion has entered the camps.

The Seminoles consider the situation extremely grave because they have maintained a tribal pride despite poverty, disease and curiosity of tourists. They might have been rich like their Creek brothers if they had taken orders from the American government. But the everglades Seminoles take orders from no nation and fear only the gods of the corn and the moon. The government ordered them to the Indian territory years ago, but they retreated to the swamps and vowed they would practice for-

ever their own customs and follow their own laws.

Tribal customs say children cannot be born within the camps so the mothers go far away on the hummocks of the everglades for the ordeal. There are more than 500 Seminoles in Florida now and each is proud of his heritage, that's why the squaws and the braves are worried lest the children forget their families and follow the roads that white men built.

Hattrem To Enter Penitentiary Today

PORTLAND, Oct. 14.—(AP)—Weber A. Hattrem, former president of the Municipal Reserve & Bond company, was to leave Portland today for the state prison in Salem, to begin an eight-year sentence for larceny by embezzlement of \$95,825 of the company's funds. He surrendered yesterday to the county sheriff.

For smart wearing apparel see ETHELWYN B. HOFFMANN'S Sixth & Holly.

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Use VICKS VapoRub To PREVENT many Colds To end a Cold SOONER

A Flavor all its own



A sweet so different and so enticing on pancakes that Amaizo Golden Syrup is called just Amaizo by its friends. To say "pass the syrup" would not do-it justice.

Amaizo Golden Syrup is used for all sweetening purposes from cookies, desserts to icings and candies. Children love it on bread.

It is an energy food easily digested, good for adults, children and babies. (Accepted for infant feeding by the American Medical Association.) A toy airplane with each can at your grocer's.

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GARNER'S SILENCE HELD BEST POLICY

CHICAGO, Ill., Oct. 14.—(AP)—Republican national headquarters today issued a statement, attributed to Congressman Fred A. Britten of Illinois, attacking John N. Garner, the Democratic vice-presidential candidate.

The statement quoted Representative Britten as saying that "Garner's silence during the present campaign which has led to reports that he had been 'muzzled' by the Roosevelt campaign managers, does not make the first time the Texas congressman has sought refuge in quiet."

"Garner apparently realizes that he might say something he would regret. That he has had this experience in the past is evident from the fact that on numerous occasions he has suppressed numerous speeches which he has made on the floor of the house."

Portlanders Fall On Slippery Pavement

PORTLAND, Oct. 14.—(AP)—Slippery pavements and poor visibility resulted in the injury last night and early today in Portland of 14 persons, seven of whom were pedestrians. No one was seriously hurt.

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Taste this wonderful flavored Cheese Saturday at both stores and have a cup of the new Nob Hill Coffee. Cheese on Special at Lb. 17c

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Golden, Medium, Brown 4 Lbs. 19c

1c DEAL

Buy a large 40-oz. package Sperry's Pancake Flour and receive in addition for only 1c. One large 20-oz. package Sperry Wheat Hearts. 1c

Soap

Feldman's Napha for hot or cold water. 5 Bars 22c

Cocoa

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Figs

Choice, Mission in cellophane bag. 3 Lbs. 19c

Rolled Oats

Sperry's quality. 9 Lb. Bag 29c

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FLOUR

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Try this choice quality, vacuum-packed coffee at a very low price. You will like its delightful flavor and smooth mellowness. Lb. 30c

Balco Malt

Hot flavored quality Malt—Our most popular. Large can 47c

Jellwell

Or Flavojell—All flavors. Pkg. 5c

Kelloggs

Whole Wheat Flakes, fresh and crisp. 2 Pkgs. 15c

Fig Bars

Made by National Biscuit Co., your guarantee of quality. 2-lb. Bag. 17c

Catsup

Our choice brand. Fancy quality. Lge. Bottle 13c

Brooms

Kitchen, 4-tie, good straw, painted handle. Each 30c

FRESH PRODUCE Bunch Vegetables

Carrots—Turnips—Beets. Each 3c

Salmon

Gold Seal, Oregon pack. 15-oz. flat cans. 2 Cans 25c

Cleanser

Crystal White, cleans quickly. 3 Cans 10c

Potatoes

U. S. No. 1 Klamath Netted Gems. 50 Lb. Bag 47c

Butternut Beans

Try them baked. 4 Lbs. 25c

Dog Food

D-O-G brand, for cats or dogs. 4 Cans 25c

Peppers

Fancy, for stuffing. 5 lbs. 11c

Calumet

Double action baking powder. 1 Lb. Can 21c

Rice

Fancy quality. Use every meal. 4 Lbs. 19c

Onions

Buy a supply at this price. 25 lbs. 33c

Butter

Safe quality. Fancy creamery. Lb. 23c

Prunes

New crop Oregon Italians or Petite. 6 Lb. Bag 25c

SAFEWAY MARKET SAVINGS

Market Location, Main and Holly

You can buy good meat only so cheap. Buy Quality Meats at Safeway at a Saving

Bacon

Eastern Sugar Cured Lb. 14 1/2c

Beef Roast

Swift Choice Steer Beef lb. 9 1/2c

Pork Roast

No Shank lb. 8 1/2c

Salmon

Fresh Chinook and Silverside For Roasting or Boiling lb. 8 1/2c

Oysters

Fresh Large Select 20c Pint

Pork Steak

2 lb 23c

Shortening

Pure Vegetable 4 lb 33c

KRAUT

1932 Pack 2 qt 17c

Wieners

Fresh Made 2 lb 25c

HAMS

Morrell's Eastern, Sugar cured Half or Whole lb 15 1/2c