

Apples Offer Delicious Healthful Winter Food

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

These are apple-picking days in the apple country. By the end of November the crop will all be off the trees and in storage or on the market. Since early October, in fact, freight cars and trucks have been moving across the continent in all directions, distributing millions of bushels of apples from the regions that grew them to the rest of the country and other parts of the world. But the commercial crop, at that, is less than half the total quantity of apples grown in the United States. This is our staple fruit, grown on the home farm and on many a city lot, and counted almost as much of a standby as the Irish potato.

The popularity of apples is possibly their greatest virtue from the nutrition standpoint, according to the bureau of home economics of the U. S. department of agriculture. It is because we eat so many, especially so many raw apples, that their food values are important. They furnish a mild roughage, they contain vitamins A, B and C, especially in the portion just under the skin, and they have some carbohydrate and some mineral value—not enough, however, to be so very important if we ate apples no oftener than we eat lemons, for example. But apples, although they are as old as the Garden of Eden on the other side of the world, in modern times have become pre-eminently a North American product. Of 211,806,000 bushels grown in the United States in 1931—which is many times larger than the crop in any other country—more than 104 million bushels were sold for consumption as fresh fruit. The rest of the United States crop, more than 117 million bushels, supplied the home table with apples raw, cooked, or canned, or made into cider and vinegar.

Just now the markets offer such popular varieties of apples as Grimes Golden, Delicious, Jonathan, Spitznberg, Stayman Winesap, York Imperial, McIntosh, Rhode Island greening, Rome Beauty, Baldwin, Northern Spy, King and many another favorite late fall and early winter apple. Later will come the old-fashioned Winesap, the Albarmarle Pippin of Virginia, or, as they know it on the west coast, the yellow Newtown, those being saved for the last of the winter because they store better.

Apples are grown on farms almost everywhere in the United States, but the great commercial orchards are in the Pacific northwest, in the northern tier of states including Michigan, Ohio, New York, and New England, in the Middle Atlantic area, which includes Virginia, West Virginia, Pennsylvania and Maryland, and in the Ozark regions of Arkansas and Missouri.

Tastes differ, but nearly all of the varieties mentioned are good "eating apples." The Rome Beauty, however, is valued chiefly as a baking apple. The Baldwin is considered a general purpose apple. The Jonathan and Northern Spy, among others, are also considered excellent for sauce and pie, as well as for eating raw.

In early times in this country apples were valued chiefly for making

cider and vinegar. But the uses of apples nowadays are almost innumerable, running from such old reliable dishes as apple sauce, baked apples, apple pie, and apple dumplings, to combinations of all sorts. Fried apples and bacon, baked spareribs with apple stuffing, fried apples and carrots, fried apples and onions, scalloped apples and cabbage, scalloped apples and sweet potatoes, are attractive dishes for the main course. Apple sauce cake, upside-down apple cake, Dutch apple cake, apple float, apple tapioca, apple brown Betty, apple compote, apple turnovers, are variations for dessert. Raw apples make a useful part of many kinds of salad. And the pectin content of apples makes them excellent for jelly, jam and marmalade.

LOW-COST MENU FOR ONE DAY.

Breakfast.
Hot Cereal Toast
Tomato juice for youngest child
Coffee (adults) Milk (children)

Dinner.
Pork Chops de Luxe (with apples, potatoes, and onions)
Hot Biscuits or Muffins—Jam or Syrup
Tea (adults) Milk (children)

Supper.
Mixed Vegetable Salad
Bread and Butter
Apple Sauce Cake (served hot or cold)
Milk for all.

RECIPES

Pork Chops de Luxe. (With apples, potatoes, and onions)
5 pork chops
5 medium-sized apples, pared and cored
4 white potatoes, medium size
4 onions, cut in half
3 teaspoons salt
1/4 teaspoon pepper
1 1/2 cups boiling water
Flour.

A large baking dish is necessary for this. If a casserole is not available, a roaster with a cover may be used. Grease the baking dish. Cut the onions in half, and place them in the bottom of the dish. Sprinkle with salt, core the apples. Cut each apple into 4 or 5 rings, and stick the end of a pork chop through these rings. Then place the pork chops and apples over the layer of onions and sprinkle lightly with flour. Fill up the spaces with the potatoes, thinly sliced. Add the remaining salt and the pepper. Pour in the boiling water and cover the baking dish. Bake until tender, which will take a little over 1 hour. Then remove the cover of the baking dish and continue the baking until the top is a rich, golden brown.

Apple Salad.
Select medium-sized, firm, tart apples; pare and core. Cook in a covered pan in sirup made in proportion of 2 cups water and 1 cup sugar. Use enough sirup to cover the apples. After cooking, drain the apples, chill, and fill the center with cottage or cream cheese which has been mixed with salt, paprika, and a little freshly chopped green pepper. Or form the cheese into balls, roll in ground nuts and place beside the apples. Serve on lettuce with mayonnaise or French dressing.

Dead Man's Vote Declared Legal In Virginia Poll

NORFOLK, Va., Nov. 11—(AP)—The vote of a dead man was counted in the presidential election that was held legally cast. Fred W. Calvert, the victim of an automobile accident on last Thursday, had previously sent in his ballot by mail to Norfolk. A Republican watcher challenged the ballot on the ground a "dead man cannot vote."

The judges, however, ruled the ballot had been legally cast when placed in the mails by Calvert and ordered it counted.

who spear cattle in preference to native game. Recently air force machines, which have a bull's eye marker, toured the cattle country and the blacks, thinking these were eyes watching them. So the ranchers are sending up "eyed" planes of their own.

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KC BAKING POWDER
SAME PRICE today AS 42 YEARS AGO
25 ounces for 25¢ Full Pack No Slack Filling
MILLIONS OF POUNDS USED BY OUR GOVERNMENT

Apples Compote.
4 tart apples
2 cups sugar
2 cups water
1/4 teaspoon salt.
Select tart apples that will hold their shape when cooked; pare, and core them. In a pan large enough to hold all the apples make a sirup of the sugar and water, put in the apples and the salt, cover, and simmer until the apples are tender when pierced with a straw. Drain, and place at once on plates for serving. If desired, the centers may be filled with tart jelly. A spoonful of hard sauce, grated coconut, or chopped nuts may be served on top. No sirup may be used in fruit drinks, or more added to it and another lot of apples cooked in it.

TURKS PLACE COFFEE ON BASIS OF BARTER

ISTANBUL — (AP) — Millions of Turks got a bad shock when, sipping their traditional cups of black, syrupy coffee, they read in the papers: "Millions of figs for coffee, but not one cent in cash."

The new minister of economy, Djelal Bey, announced that unless coffee exporting nations—chiefly Brazil—buy Turkish figs, olives and rugs, the 3,500,000 Turks (even babies drink it) will have to find a new national beverage.

"I will not allow one centime to be sent out of this country in payment for coffee," Djelal Bey said.

Rheumatism Goes Swollen Joints Vanish

PAIN EASED FIRST DAY

If you suffer from crippling rheumatic aches and pains, Neuritis, Lumbago, lame knotted muscles, swollen inflamed joints, it's because your system is full of the irritating poisons that cause rheumatism. What you need is RU-MA, the new internal medicine that acts on the blood, liver and kidneys, and helps expel these dangerous poisons from the system through the natural channels of elimination. Only an internal medicine can do this.

No long waiting for your suffering to stop—RU-MA eases pain first day and gives rheumatic sufferers such safe and lasting relief from their stiffening, crippling lameness and torturing pain that it is recommended by druggists everywhere. Jarnin & Woods urge every sufferer to get a \$1.00 bottle of RU-MA today, and agree to return the purchase price if it does not free them from all their aches and pains of rheumatism.

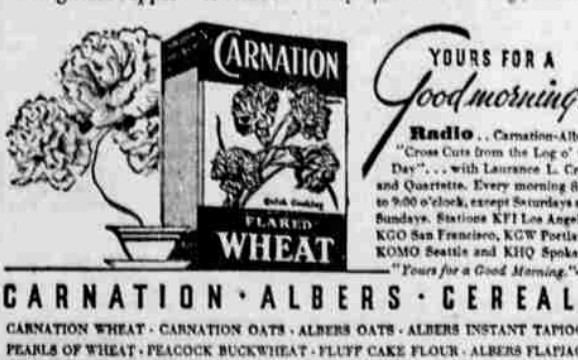
EYES FROM AIR HALT RAIDS UPON CATTLE

PERTH, Australia—(AP)—Ranchers in northern Australia are using airplanes with huge eyes painted under the wings to frighten away tribesmen

Twice a day for toddlers CARNATION WHEAT



Make his first steps sturdy and strong! . . . Give him the help that promotes growth—builds blood and bone. It's here in Carnation Wheat—a hot home-cooked cereal of twice-a-day importance—easy to prepare. Why Carnation Wheat? Because it contains the very heart of the wheat—rich in vitamins B, A and E. Because Carnation Wheat is whole wheat—rich in carbohydrates, proteins, minerals and bran. Because it is a bland food that little stomachs can digest, little appetites enjoy. Tonight for supper—or tomorrow for breakfast serve Master Toddler a steaming bowl of smooth, creamy Carnation Wheat—a vitalizing cereal approved by the American Medical Association. . . A cereal the whole family will enjoy. And think of it! For a trifle more than half a cent a serving! **FREE.** a "DRI-A-DISH" towel of fluffy, absorbent flannel material. Hemmed, bleached, laundered. And big—30" x 30" and over! One of these will be sent you free upon receipt of the top of a large size package of Carnation Wheat. Trim top around edges for convenient mailing and send with name and address to Carnation Company, 1075 Stuart Bldg., Seattle.



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CARNATION WHEAT - CARNATION OATS - ALBERS OATS - ALBERS INSTANT TAPIOCA
PEARLS OF WHEAT - PEACOCK BUCKWHEAT - FLUFFY CAKE FLOUR - ALBERS FLAXACE

Economy Groceteria

THE HOME OF BREAD LIKE MOTHER MADE

Quality Most Important—Costs No More

NEVER before was quality so essential. With all the world price conscious, foods of every description have been made to fit prices. Hang-over distressed stocks—some quite old—have entered the market for clean-up before times get better.

There is a ray of sunshine, however. Some of the better brands have not followed the trend in lower quality, but have followed the trend in prices.

So buy the brands you know—the old dependable ones that have pleased you for so many years. They are still good, yet cost no more.

Remember, food means good or bad health and good food is always cheaper than medicine.

Again, we remind you. It costs no more to be sure of quality.

BREAD

Medford's finest—real home style—fresh from the oven the day you buy it.

1-lb. loaf 3 for 13¢
1 1/2-lb. loaf 2 for 13¢

Cookies—any kind or assorted—
2 dozen 19¢

Free Foot Balls

A dandy regular size football free with each can of Tasty Malt.

Tasty Malt—a delicious chocolate flavored Malt drink, can 49¢

Other Thrift Items

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|--|---|---|
| Snowdrift Shortening,
6 lb. pail 75c | Orange Marmalade—King
Kelly brand, 1-lb jar 23¢ 49c
3-lb. jar | Dry Onions,
50 lbs. 49c |
| Golden West Tea—Extra
fine quality, yet priced to
suit—
Orange Pekoe, 1/2 lb. 23¢ 43c
Green, 1/2 lb. 17¢ 33c | Electric Light Globes, all
sizes below 75 watts, 5 for 89c | Squash,
Lb. 1c |
| Asparagus—Hunt's Alliance
Brand, No. 1 tall
can 13c | Seedless Raisins, 4 lb.
pkg. 19¢ \$1.15
25 lb. box | P. and G. Soap, finest white
laundry, 10 bars..... 25c |
| Grapefruit, Florida, Sea
Island brand, 8 oz. can, 4
for 25¢. No. 2 can
2 for 25c | Gold Medal (soft as silk)
Cake Flour, Pkg. 22c | Bob White Laundry Soap,
10 bars 22c |
| Florida Grapefruit Juice,
Dromedary, 10 oz. can, 3
for 25¢. No. 2 can 15c | Grapefruit—Imperial valley
large ones, 4 for 23c | Maple Leaf Flour, hard
wheat, 49 lb. 93c |
| Dromedary Grapefruit—natural
unsweetened Florida
Grapefruit, 10 oz. can, 3 for
25¢. No. 2 can 15c | Gaulthier, fancy quality,
Lb. 5c | White Rose, guaranteed
light bread flour,
49 lb. \$1.09 |
| Grape Juice—Widmore's
Eastern Concord,
Pint bottle 17c | Flour, fancy quality,
Lb. 5c | Drifted Snow Flour,
49 lb. \$1.29 |
| Dromedary Dates, pitted or
plain, pkg. 15c | Cranberries,
2 lbs. 25c | Johnson's Wax,
Lb. can 59c |
| | Sunkist Oranges, sweet and
juicy, 2 dosen 35c | Ironing Boards complete
with pad and cover,
two sizes, \$1.59 and \$1.98 |
| | Bunch Vegetables,
2 for 5c | Regular \$1.00 O' Cedar Pol-
ish mop and 26c bottle of
O' Cedar polish,
\$1.25 value 89c |
| | New Parsnips,
3 lbs. 10c | Weller Ware oven Casse-
roles, choice of three colors,
two sizes 69¢ and 89c |
| | Sweet Potatoes,
5 lbs. 9c | |

Thanksgiving Sale of Roasters

Select any aluminum roaster from our wide assortment at 1/4 off the regular marked price.

FOUNTAIN

- | |
|---|
| Turkey Dinner, with dressing, cran-
berries, etc. 25¢ |
| Hot Chili 10¢ |
| Tomato Juice 5¢ |

6th at Grape **Gates & Lydiard** 6th at Central

SAVING WITHOUT SELF-DENIAL

Delivery of \$1.00 orders. Phone East Side 752; West Side 428

Saturday at the Cinderella

An Exciting Sale of COATS
Smartly furred winter coats in the new materials and colors. \$32.95 values. Saturday price
\$27.50
Polo Coats
\$14.95 values in polos and tweed materials. Beautifully tailored
\$10.95

Silk Dresses

A new shipment of silk dresses. Styles for afternoon and evening wear. Grey, brown, green and red. Special

\$6.95 to \$14.95

All Hats Reduced

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