

Cabbage Important Food More Should Be Eaten

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

Next to potatoes, it seems we eat more cabbage than any other vegetable. Nevertheless, according to nutrition specialists of the Bureau of Home Economics of the U. S. Department of Agriculture, there are many who would do well to eat more cabbage than they do. These are persons who, for one reason or another, depend too largely on starchy foods. They need a balance to their bread, meat and potatoes, for example, and cabbage is one of the foods that will help to furnish that balance. In the diet, cabbage is in the class with tomatoes, oranges and spinach, which with other green leafy vegetables, are listed as "protective foods," that is, foods which help to build resistance to disease.

Cabbage has another great virtue; it is nearly always cheap. It occupies, however, a far from lowly position in the American bill of fare. Creamed cabbage, cabbage salad, scalloped cabbage and apples, are dishes of delicate flavor which appeal to the most discriminating taste, while corned beef and cabbage, ham and cabbage, buttered cabbage, hot and cold sauerkraut never lose their popularity.

The cabbage plant grows in some form, almost everywhere in the world, and ever since the beginning of history has been an important food. The common cabbage of our markets is only one member of the very large cabbage family; indeed, it is only one of many species classified by botanists as of the genus *Brassica*. Broccoli, Brussels sprouts, cauliflower, collards, kohlrabi, red cabbage, Chinese cabbage, Savoy cabbage—these are only some of the kinds of cabbage, some more abundant or popular than others, in different parts of the country.

Both the green cabbage and the red are good sources of food iron. Raw green cabbage is also one of the best sources of three of the vitamins—A, B and C. White cabbage, or the white center of green cabbage, has less iron and less vitamin A, but is rich in vitamins B and C. Thus a salad made of shredded or chopped green cabbage is one attractive way to use the exceptional food values of cabbage. To this may be added chopped celery, shredded green pepper, or thin slices of tart apples. Cold salad, if the green leaves are used, is equally good in food value. Shredded raw cabbage by itself, or crisp strips of cabbage leaves, served in place of celery stalks, are a still simpler way to add vitamin and mineral values to a meal. Again, if there is no lettuce at hand for a base for other kinds of salad, a thin slice of raw cabbage may be used for this purpose—with apple and peanut, plain potato salad, tomatoes or other salad vegetable on top of the slice.

Cabbage is subject, unfortunately, to a very common abuse. Often it is literally "boiled to death." Its vitamin value is lost by overcooking; the mineral salts it contains are largely cooked out into the "pot liquor," and the flavor becomes too "strong." To retain the most food value and the fine flavor in cooked cabbage, and also to keep the fresh color, the cooking time should be short, the cooking vessel should be uncovered, and all the cooking liquid should be used, says the Bureau of Home Economics. It is the long-time cooking of cabbage, moreover, unnecessary and undesirable, that fills the house with a disagreeable cabbage odor. "Five-minute cabbage" is a highly recommended recipe, which at its best is made with cream, but can be cheapened by using milk, fresh or evaporated. Scalloped cabbage and apples, scalloped cabbage and peanuts, and pan-fried cabbage are other attractive ways to serve this useful vegetable—not to mention such appealing combinations as sparrows and sauerkraut.

Red cabbage becomes dark purplish when cooked, but a little vinegar or lemon juice, added just before serving, will bring back the original red color.

Low-Cost Menu for One Day.
Breakfast:
Buckwheat or other Griddle Cakes
Crisp Bacon
Toast and Tomato Juice for youngest Child

Coffee (adults) Milk (children)
Dinner:
Cabbage Scalloped with Cheese Sauce
Baked Sweet Potatoes
Graham Muffins
Tea (adults) Milk (children)

Supper:
Corn Fritters
Apple and Raisin Salad
Bread and Butter
Milk for all.

Creamed Cabbage.
8 cups milk
1 1/2 quarts finely shredded or chopped cabbage, packed
4 tablespoons flour
4 tablespoons melted butter
1 teaspoon salt.

Heat the milk and cook the cabbage in it for 5 minutes. All the blended flour and butter and the salt. Cook for about 5 minutes longer and stir constantly. The cabbage retains its delicate flavor and color.

Swedish Cabbage.
1 Medium sized head cabbage (red or green)
2 or 3 apples
Water
1/4 cup vinegar
2-3 cup sugar
5 tablespoons butter or other fat
Salt
Pepper.

Cut up the cabbage with the apples and cook 15 to 20 minutes, or until tender, in a small quantity of lightly salted boiling water. If too much cooking water is left, boil it down to half a cup. Add the vinegar, sugar and fat, and heat for a few minutes. Pour this sauce over the cabbage and apples, and let stand until the sweet-sour flavor goes all through. Add salt and pepper to season, and serve hot.

Cabbage Scalloped with Cheese Sauce.
1 Large head cabbage
1 pint milk
4 tablespoons butter or other fat
4 tablespoons flour

RED CROSS HELPS DISABLED VETERAN UNREEL RED TAPE

By Eva Nealon Hamilton.
As city streets respond once more today to the tramping of military feet, while Medford joins the world in observing again the signing of the Armistice, which brought to an end the dark days on European soil, in his small cottage home in the neighboring hill region, a disabled veteran of the World War for the first time in many years joins in the celebration. For he sees before him today, in spite of the cruel reminders of war, which have robbed him of the ability to acquire home or money, hope of a comfortable future for his wife, his five children and himself.

Through the interest and untiring work of the local Red Cross chapter this hope has come to him. His story, when it came to the Red Cross, was a sad but not an unusual one. Miss Lillian Roberts, executive of the local chapter, stated yesterday, for disabled veterans have a way of becoming discouraged with the necessary negotiations and red tape, preliminary to obtaining compensation. That is why the Red Cross cares for many claims cases.

This veteran had once been on compensation, being badly injured in the war, but as his health seemed to improve he decided the red tape was too much for him and that he could get along on his own. A number of years passed. His family grew to five. His disability gradually became aggravated and he was again unable to work.

Finally after months of worry and need he wrote to Miss Roberts. She motored to his home, 40 miles distant, and through the visit realized that this was a claims case in which she would undoubtedly be able to aid. The first requisite then became one of persuading the man to accept hospitalization due him and to cooperate with the veterans' administration. Discouraged by his former experiences and his disability which acted as a constant irritation, the man was reluctant to try again.

After some time his attitude changed and the case was reopened. At the end of six months he had received \$1500 in back pay and monthly compensation of \$80 a month, which is doing much today to brighten the outlook of one who made the great sacrifice for his country, coming back from over seas, sans health and spirit, and that certain amount of initiative necessary in accomplishing even compensation.

Claims cases are constantly coming before the Red Cross and constitute one of the most important aids given by the organization to ex-service men. Through this department veterans are given something to which they are entitled, but which they often lack the heart to acquire.

Meteorological Report

November 11, 1932.

Forecasts.
Medford and vicinity: Tonight and Saturday, cloudy. Slightly warmer tonight.

Local Data.
Lowest temperature this morning, 29 degrees.

Temperature a year ago today: Highest, 49; lowest, 28.

Total precipitation since September 1, 1932, 2.08 inches.

Relative humidity at 5 p. m. yesterday, 80 per cent; 5 a. m. today, 94 per cent.

Sunrise today, 4:54 p. m. Tomorrow: Sunrise, 6:58 a. m. Sunset, 4:53 p. m.

Observations Taken at 5 A. M. 120th Meridian Time

City	Temp	Wind	Clouds	Humidity	Pressure
Baker City	42	22	Cloudy		
Boise	44	26	Cloudy		
Chicago	34	26	Snow		
Denver	28	10	Cloudy		
Des Moines	28	22	Cloudy		
Durham	56	44	P. Cdy.		
Fresno	74	48	Clear		
Holena	58	30	T. P. Cdy.		
Los Angeles	82	50	Clear		
Marshallfield	62	42	P. Cdy.		
Medford	37	31	P. Cdy.		
New York	55	44	Clear		
Phoenix	80	44	Clear		
Portland	54	46	Cloudy		
St. Paul	50	34	Clear		
Roseburg	48	38	Cloudy		
Salt Lake	40	26	Clear		
San Francisco	76	58	Clear		
Seattle	50	44	Cloudy		
Spokane	40	28	Cloudy		

Navy Coach Displaced.
ANNAPOLIS, Md., Nov. 11.—(P)—The naval academy announced today that E. H. Mohler, navy baseball coach, will be replaced by Lieutenant A. K. Doyle, U. S. N., who will act as coach and officer representative for the 1933 team.

M. E. (Murray) Daugherty, formerly of the Cottage Barber Shop, announces he will be pleased to meet his former as well as new customers at his new location, 31 N. Fir St., Hotel Holland Bldg.

AVOID THE DANGER OF CONSTIPATION

Delicious Cereal Overcomes This Condition Safely and Pleasantly

The first signs of constipation may be headaches, tired feelings, sallow complexions, sleeplessness, loss of appetite. If neglected, constipation may seriously impair health.

Today, you can banish constipation by simply eating a delicious cereal. Laboratory tests show that Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to further aid regular habits. ALL-BRAN is also a good source of iron for the blood.

This "bulk" in ALL-BRAN is gentle in action similar to leafy vegetables. Within the body, it forms a soft mass, and gently clears out the intestinal wastes.

Two tablespoonfuls daily will overcome most types of common constipation. If not relieved this way, see your doctor.

Enjoy ALL-BRAN as a cereal, or use in cooking. Appetizing recipes on the red-and-green package. Sold by all grocers. Made by Kellogg in Battle Creek.

DEATH TOLL GROWS IN KENTUCKY ELECTION

PINEVILLE, Ky., Nov. 11.—(P)—Kentucky's death toll from election shootings rose to seven today with the death of Paul Miller.

Miller, an election officer, was one of four men shot Tuesday in a gun fight at a polling place at Four Mile, Bell county. Andrew Miller died of wounds the next day. Huey Rice and Matt Shelton, were wounded.

In addition to the second dead, seven others were wounded in Kentucky's election day violence.

Colorado Senate Race Near Tie

DENVER, Nov. 11.—(P)—The race for the short term senatorship from Colorado, upon which depends control of the senate in the session of congress which opens in December, had narrowed today to a margin of 83 votes in favor of Karl C. Schuyler, Republican.

Complete unofficial reports from all 1549 precincts in the state gave Schuyler 200,658; Walter Walker, Democrat, Grand Junction newspaper publisher, 200,572.

Pender and body repairing. Prices right. Bill Sheet Metal Works. Real Estate or Insurance—Leave to Jones. Phone 796.

NEW CEREAL IN GROCERY STORES

Local grocers will be featuring the new Kellogg Whole Wheat Flakes in the Medford territory this week. These new delicious flakes, made by Kellogg in Abtlee Creek, contain whole wheat in its most appetizing form. Whole Wheat Flakes come in a large 10-ounce package and are styled the economical cereal for modern times. They are ready to serve with milk or cream and are fine for children's suppers.

F. T. Dick, Kellogg representative, is in Medford this week making arrangements with the local grocers for the announcement of their new whole wheat product.

VICKS COUGH DROP

... All you've hoped for in a Cough Drop—medicated with ingredients of VICKS VAPORUB

A cup of good coffee starts your day right on Wings of the Morning. Some coffee does. Some coffee does not. One coffee always will. Because it comes from the only coffee roaster in America who specializes in making fine coffee exclusively.



Schilling coffee

Schilling coffee

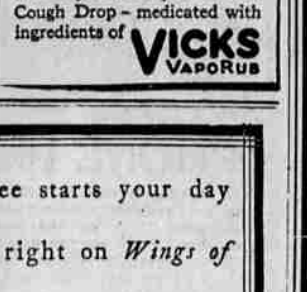
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SATURDAY Will Be COAT Day at Burelson's

Burelson's entire stock of Beautiful Winter Coats on sale tomorrow. Luxurious fur collars and cuffs . . . fine silk linings . . . the very smartest fabrics at the season's lowest prices.

Fur Trimmed Coats

\$24.75 values in new styles from the fashion centers. These coats are trimmed with rich fur sets. Saturday sale

\$18.50

Sport Coats

Popular colors in expertly tailored Coats of Polo cloth . . . Tweed and other new sport materials. Saturday sale

\$15.95 and \$17.95

Polo Coats

A new shipment of Polo. Every coat silk lined and inter-lined. Blue, brown, tan and red. Saturday sale

\$9.50

Dress Coats

High quality coats grouped for Saturday. Fashionable materials, rich furs and new styles.

\$24.00

Dress Coats

The very smartest styles and materials. Fur-trimmed and silk lined. Saturday sale

\$28

Burelson's

101 S. Central Ave.

Choose a Name . .

Here's an opportunity to win a valuable prize—Select a name for this brand new pattern of domestic dinnerware which comes to us without a name—The winner will receive a fine—

32 Piece Dinner Set FREE

Names Must Be Submitted Before 8:30 P. M. Saturday

Another Charming New Combination Silverware and Dinnerware Set

26-piece "Thelma" Silverware set in an attractive chest and a beautiful 32-piece set of dinnerware to match—This is an extra special offer at this price.

\$11.95

Handy Fortek-Gillette Dripless Electric Sandwich Toaster

This convenient all-around electrical appliance cooks, fries, broils, grills and toasts—Buy one now, at this low price, as a gift or a handy appliance in your home—Without cord.....

\$2.39

Electric Toast Set

A smart toast set with six plates, a toast holder to match and an electric sandwich toaster to match—Just the set for parties and luncheons—Complete with cord

\$3.50

Electric Corn Popper

Electric popcorn popper with cooking pan—complete with cord—Right now is the start of the popcorn popping season—A real bargain at

\$1.49

ME and HOWE

MEDFORD FURNITURE & HOWE CO.

"From the Cheapest That's Good to the Best That's Made"

The store with credit or with low cash prices both featured!