

# Breads and Cereals Aid Food Budget Balancing

The safe way to plan a low-cost diet, says the Bureau of Home Economics of the U. S. Department of Agriculture, is to provide, within the limits of the family pocketbook, as much of the cheapest foods as will keep the food supply in "balance." Among the cheapest foods are bread and cereals. As the rule works out in practice, a family of five, using 30 pounds of bread, flour and other cereals every week, needs 28 quarts of milk, 20 pounds of potatoes, 27 pounds of other vegetables, 8 pounds of meat and eggs, 3 pounds of fats, 3 pounds of sweets to balance the 30 pounds of cereal foods in such a budget.

But that is a lot of bread and cereals, you may think! The mother in that household may find it hard to keep her family interested in so much of one kind of food. On the other hand, the Bureau of Home Economics points out, a commonplace meal can be much "dressed up" by some special bread, and there are almost countless kinds—wheat bread, corn bread, rye bread, oatmeal bread, potato bread, rice bread, buckwheat cakes and all the rest—each in turn with its variations.

Something is to be said, of course, as to the relative food values of these different breads. First of all, bread made with milk is much more nutritious than bread made with water, and breads made with both milk and eggs have still higher food value. Some bakers' bread is milk bread, and more of it doubtless will be as time goes on and bakers respond to a demand for the richer product. Fresh milk, sour milk, evaporated or dried milk have about the same food values and are equally good in bread-making.

Then there is the variety in kinds of flour or meal that go into bread. The dark grains or flours, like whole wheat, bran, whole-ground corn meal, or oatmeal, contain very valuable food substances which are usually taken away in the process of milling. The dark breads, therefore, as well as the milk breads, contain some of the same protective values that are provided in vegetables and fruits. Not enough, it is true, but more than the white breads that are made with water, which have value only as fuel foods.

Quick breads, or hot breads—that is, breads leavened with baking powder or with sour milk and soda—are especially useful for adding variety to meals. Baking powder biscuits are a good example; small biscuits, medium size, or large, as you prefer, but served piping hot, perhaps with gravy, or with creamed meat or vegetable in the main course; or with sirup, jelly, jam or marmalade at the end of the meal. Biscuit dough with a little more fat makes shortcake—for a meat shortcake or a fruit shortcake, served either in biscuit size or as one large cake.

Then there are orange biscuits, for which the rind of the baby's orange may be grated and added to biscuit dough, then a little of the grated rind spread on each biscuit top.

flour with the tips of the fingers. Make a well in this dry mixture and, stirring from the center, add slowly enough milk to make a soft dough. On a lightly floured board, pat out the dough to a layer about 1/4 inch thick and cut in small rounds. Bake in a quick oven from 12 to 15 minutes or until light brown. Serve at once.

### Cranberry Muffins

1 egg  
3/4 cup milk  
2 cups sifted flour  
4 teaspoons baking powder  
1/2 cup sugar  
1/2 teaspoon salt  
4 tablespoons melted butter or other fat  
1 cup cranberries

Beat the egg slightly and add the milk. To the liquid mixture, add the sifted dry ingredients. Roll the berries in two more tablespoons of sugar, and fold into the batter with the melted fat. Do not stir the mixture any more than necessary. Pour into greased muffin pans and bake in a moderately hot oven (400 degrees) for about 30 minutes, or until brown. Serve hot.

### Applegate

APPLEGATE, Nov. 18.—(Sp.)—Although Mrs. William Peckham of Big Applegate was expecting her daughter, Mrs. Nellie Barrett, home for her birthday November 18, she did not expect her under another name. She was completely surprised when she presented her husband. The new-weds, Mr. and Mrs. Joe Kenney of Willows, Calif., arrived Tuesday and were married in Jacksonville, an old-time friend of the bride, and S. Wilson were witnesses. Mr. Kenney is owner of the J. G. Kenney radio store at Willows and has had the business over 20 years.

Mrs. Leah McKee, daughter of Mr. and Mrs. Floyd McKee, who underwent an operation at the Sacred Heart hospital last week, expects to leave the hospital Sunday and stay at her grandmother's, Mrs. D. W. Beebe, at Agate. Leah was present with many gifts from her Sunday school class at Beaver creek while ill.

Mr. and Mrs. E. R. Jones left Saturday morning for Camas valley to visit their daughter and son-in-law, Mr. and Mrs. Fred Newman.

William Pursel of Yale creek received a letter last week telling of the death of his brother, I. W. Pursel at Great Bend, Kansas. His passing makes five deaths in the Pursel family within six months, one being Charlie Pursel of Medford.

Twenty-eight head of horses and mules belonging to the Rogue River National forest, were driven to the Cass place on Little Applegate last week to pasture this winter. Five more will be taken from the Star Ranger station soon. This includes horses belonging to rangers.

Beaver Creek Sunday school has changed time of meeting to the afternoon. They were visited Sunday by William Dorn of Medford who gave a nice sermon. A new pupil Vernetta Ruprecht, enrolled in the young peoples' class.

At a recent meeting the community league elected officers, who are Jack O'Brien, president; Leon Offenbacher, vice-president; Fremont Gordon, secretary and treasurer. Seven directors

are Edward Kubli, Walter Miller, Frank Knutzen, Fred Offenbacher, Fred Benedict, George Harriott and Harry Brown.

Miss Ethel Houston, teacher at Little Applegate, spent last week-end at Ashland with Mr. and Mrs. Clyde Young. Miss Houston attended the home-coming at the Normal school Friday.

Mrs. A. S. Kilenhammer is planning to leave Sunday for San Francisco to visit her daughter and son-in-law, Mr. and Mrs. Miriam Worthington. She will accompany Mr. and Mrs. Clarence Fry of Medford, who will visit relatives in Oakland.

Mr. and Mrs. George Beaman of Colusa, Calif., arrived last week to spend two weeks visiting Mrs. Beaman's parents, Mr. and Mrs. J. A. West and family.

Mr. and Mrs. Ben Dawson are the parents of a son, weighing 8 pounds, 3 ounces, named Matthew Ben. A daughter was born to Mr. and Mrs. H. M. Harris, who weighed 6 1/2 pounds, and who was named Joan May.

John Devlin of Portland arrived last week for an extended visit here with his sister and brother-in-law, Mr. and Mrs. Miles Cantrell. The Cantrell family and their guest spent Sunday with Mr. and Mrs. Gene Cantrell at Medford.

Miss Earline Taylor attended a party Saturday at Eleanor Throckmorton's, Eagle Point. Six couples were present and an enjoyable evening was spent in games, candy making and dancing.

Miss Lucille Stearns was a Saturday night guest of Mr. and Mrs. Leonard McKee.

Mr. and Mrs. Frank Christy of Steamboat returned home Monday from Myrtle Point, where they were called by the death of their son, who was killed in an explosion.

Mr. and Mrs. C. G. Buck entertained Sunday for Mr. and Mrs. Clarence Cheley, Mrs. Shely's mother, Mrs. Elsie Handalis, Mr. and Mrs. Clyde Clark of Medford, Mr. Shely and Mr. Clark made a business trip to Steamboat.

Mr. and Mrs. Paul Anderson, Mrs.

Anderson's mother, Mrs. Taylor and Miss Vera Witcher of Medford spent Sunday visiting Mr. and Mrs. E. H. Taylor and Mr. and Mrs. Jesse Taylor.

Pupils of the Beaver creek school are preparing a program for November 23, to combine features for Thanksgiving and the Washington bicentennial. The children will have a school fair at the same time to display work prepared for the county fair.

Seventh Day Adventists, who have been holding meetings at the Little Applegate school house all summer, will now come on Sunday nights, instead of Friday nights.

### Trail

TRAIL, Nov. 18.—(Sp.)—Mr. and Mrs. E. E. Ash and daughter, Mrs. Irma Cushman and two little girls, Iverne and Melba, left Tuesday on a pleasure trip of several weeks. They will visit relatives at Chehalis, Wash., then go to Seattle.

Mrs. S. W. Hutchinson returned home Wednesday after several days, visiting Mrs. George D. Saltzman near Medford. While there she visited the airport, attended church at Phoenix and Medford, had lunch with Mrs. Mary Middlebush and dinner with Mr. and Mrs. M. Sheets and Mr. and Mrs. Dean Dow.

Louis Schimer, who is spending the winter at California on the Rogue bought several silver foxes, which are on exhibition at the camp now.

S. W. Hutchinson and Wilmer Ragsdale are cutting wood for the former.

There has been a great deal of rain in this area.

### Riviera

RIVIERA, Nov. 18.—(Sp.)—Mr. and Mrs. Vensel Cerveny visited Mr. and Mrs. N. H. Turpin Sunday.

Mr. and Mrs. O. E. Joelson and son Leon Martelle are visiting Mrs. Joelson's parents, Mr. and Mrs. John Biles, this week.

Mr. and Mrs. Chip Carr received an announcement November 14 of a daughter being born to Mr. and Mrs. Henry Carl of San Francisco. Miss Carl is Mr. and Mrs. Carr's daughter.

Mr. and Mrs. Marion Lance were in Grants Pass November 8.

Mr. and Mrs. V. Cerveny were picking turkeys for Clay Biles November 15.

Mrs. Ben Harrison visited Mrs. N. R. Turpin November 17.

Leater Bolling visited his mother-in-law, Mrs. Pouler, Sunday. He also

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### Long Mountain

LONG MOUNTAIN, Nov. 18.—(Sp.)—A turkey dinner was given at the Jack Stewart home in honor of his

son and family of Eugene, who are visiting relatives a few days.

Marah Garrett has purchased the Tommy Nichols ranch on Rogue river, and expects to take possession soon. Rogue River Cowboys played at the Central Point hall Saturday night Mr. and Mrs. W. R. Holman and daughter, Grace, Tommy Stowell, Glenn Lanning, Hugo and Henry Englehard and sister, June, and June Stowell of this district, attended.

Those helping Mr. and Mrs. Bill Holman pick turkeys are Mr. and Mrs. Bill Root of Central Point, Howard and Gold, Sam Coy, Vida Nickel. This seems to be the main activity at present.

### Card Shortstop Wounded In Leg

CHAMBERSBURG, Pa., Nov. 17.—(AP)—Charlie Gelbert, St. Louis Cardinal shortstop, was in a hospital today with a bullet wound in the left leg as a result of a hunting accident.

Gelbert's gun was accidentally discharged as he tripped over a vine while gunning yesterday in the mountains near McConnellburg.

Watch for the Leader—a new Chevrolet in December.

### MRS. HOOVER CHOOSES BLACK FALL ENSEMBLE

WASHINGTON.—(AP)—Mrs. Herbert Hoover wore for her trip to Iowa with the President a black fall ensemble with a fall hat of black felt bound in black velvet.

When needing duplicating sales books, flat-packs or fan-fold cash register forms, ledger sheets for bookkeeping machines or any other kind of printing, don't order from out-of-town firms and pay more. Phone 75 and one of our representatives will call.

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In celebration of the 80th Anniversary of the makers of Drifted Snow "Home-Perfected" Flour, and to induce women to more quickly try this marvelous milling creation that banishes home baking failures, every sack (all sizes) now contains silver certificates. You are urged to take advantage of this valuable gift offer at once. And see for yourself what a difference Drifted Snow "Home-Perfected" Flour will make in your baking.

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No other flour is home-tested—"Home-Perfected"—in this same unique way to assure housewives perfect baking results always. To protect this milling process, exclusive with Drifted Snow, the signature of Martha Meade, distinguished cooking authority, is printed on every sack. Be sure to look for this stamp of approval when you buy.

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KFXM	San Bernardino	KSE	Pocatello	KGW	Portland	KPT	Wreath
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One Member of the Martha Meade Society Says: "I have been listening to the Martha Meade Society Meetings broadcast every Tuesday and Friday morning, and like the programs very much. I have copied several of the recipes mentioned and have had wonderful success with them. I always look forward to the program."

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