

Balanced Winter Diet For Health in Spring

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

Our diet in winter has much to do with our health in the spring. The "tired feeling" that comes with the first warm days may have nothing to do with the weather, but instead may be caused by a lack of the right variety of foods in winter. Now is the time to take stock of winter food prospects.

Lack of the necessary variety in diet is more likely in winter because some of the important "protective" foods are then out of season in many parts of the country, and therefore are more expensive. But some way must be found of supplying, if not those foods, then their equivalent in food value, all the year round and at all levels of cost. The specialists know that each person in the family must have approximately so many calories of body fuel each day, according to age, sex and degree of activity. They know that the body must have certain food substances to build or repair its blood, bone and muscle. They know that certain "protective" substances regulate the body and help to build resistance to disease. When their calculations are complete and specialists are able to suggest a weekly marketing list which will include common articles of food that contain the necessary variety and proportions of the required food substances, i. e., carbohydrates, proteins, fats, minerals and vitamins. This marketing list will furnish a balanced diet, including fuel foods, building foods and protective foods.

- Coffee (adults) Milk (children)
- Dinner
- Tomato Juice
- Roast Stuffed Pork Shoulder with Apple Rings
- Baked Potatoes Gravy
- Buttered Onions Rolls
- Hot Nut Gingerbread
- Coffee (adults) Milk (children)
- Supper
- Cottage Cheese Salad
- Cinnamon Toast
- Canned Fruit
- Milk for all.

RECIPES

Roast Stuffed Pork Shoulder.

Have the butcher skin a trimmed, fresh, loin shoulder of medium to large size and remove the bones. Wipe the meat with a damp cloth. Lay the boned shoulder, fat side down, and carefully cut a few gashes in the parts where the meat is thickest so that it will hold more stuffing. Sprinkle with salt and pepper. Pile in some of the hot stuffing, begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing, not packing it, but putting in lightly as much as the shoulder will hold. The recipe for stuffing makes the right quantity for a three or four-pound shoulder; for a larger shoulder make the stuffing on the basis of three cups of bread crumbs and increase the other ingredients proportionately. Rub the outside of the stuffed shoulder with salt, pepper and flour. Place the roast on a rack in an open pan without water. Sear the meat for 30 minutes, or until lightly browned in a hot oven (300 to 325 deg. F.), and continue roasting at this temperature until the meat is tender. A four-pound shoulder will require about three and one-half hours to cook when these oven temperatures are used.

Savory Stuffing.

2 cups fine dry bread crumbs
1/2 cup chopped celery
2 tablespoons butter
1 tablespoon chopped onion
1 tablespoon chopped parsley
1/2 teaspoon celery seed
1/2 teaspoon savory seasoning
1/2 teaspoon salt
1/2 teaspoon pepper

Melt the butter in a frying pan, add the celery, onion and parsley, and cook for a few minutes. Then add the bread crumbs and other seasonings and stir until well mixed and hot.

Hot Nut Gingerbread.

1-3 cup fat
1/2 cup sugar
1 cup molasses
1 egg
1/2 cup chopped nuts
3 cups sifted soft wheat flour
4 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1 teaspoon ginger
1/2 teaspoon cloves
1/2 teaspoon cinnamon
1 cup milk

Cream together the sugar and fat. Add the molasses and beaten egg. Roll the nuts in a small quantity of the flour. Sift together the remaining flour, the baking powder, soda, salt and spices. Add to the first mixture alternately with the milk. Add the nuts. Bake in a moderate oven (350 deg. F.) for 30 to 40 minutes. Serve hot with cream cheese, if desired.

One cup of sour milk may be used instead of the sweet milk. In that case, use one scant teaspoon of soda.

Slayer Confesses.

SCOTT'S BLUFFS, Neb., Nov. 25.—(AP)—Merle Lowman, 18, today waived extradition to Chicago, where he is wanted for the slaying of Henry Shoop, a cattleman. Lowman told officers, they said, that he was with Ben Herr of Clunkey, N. D., when they quarreled October 3 with Shoop over \$4 in a Chicago hotel. He said Herr struck Shoop with a water pitcher and trussed him up and left him still alive.

The citrus fruits—oranges, tangerines, grapefruit, lemons — are rich sources of vitamins. Dried fruits, although they have lost much of their vitamin content, are still good sources of minerals. Raisins, prunes, dried apricots especially are important for their iron. Among the cheaper canned fruits, peaches and pineapple retain much of the food value of the fresh fruit.

In short, the bureau's advice is this: Do not fail to eat vegetables and fruit as regularly in winter as in summer. The more limited the family purse, the more uneconomical it is to spend that precious food money for a one-sided diet, too heavy with breads, cereals, fats and sweets, and lacking in vegetables and fruits.

A Low-Cost Menu.

Breakfast: Cereal, Toast
Orange or Tomato Juice for the baby

Meteorological Report

November 25, 1932.

Forecast:
Medford and vicinity: Tonight and Saturday cloudy. No change in temperature.
Oregon: Fair east; cloudy west portion tonight and Saturday. No change in temperature.

Local Data.
Lowest temperature this morning, 38 degrees.

Temperature a year ago today: Highest, 38; lowest, 26.

Total precipitation since September 1, 1932, 2.33 inches.

Relative humidity at 5 p. m. yesterday, 74 per cent; 5 a. m. today, 64 per cent.

Sunrise today, 4:43 p. m.
Tomorrow: Sunrise, 7:14 a. m. Sunset 4:43 p. m.

Observations Taken at 5 a. m., 120 Meridian Time.

City	High Temp	Low Temp	Wind	Weather
Baker City	48	32	P. Cdy.	P. Cdy.
Boise	45	32	P. Cdy.	P. Cdy.
Chicago	40	32	Clear	Clear
Denver	68	38	Cloudy	Cloudy
Des Moines	46	34	Clear	Clear
Eureka	55	45	Clear	Clear
Fresno	78	48	Clear	Clear
Helena	65	30	P. Cdy.	P. Cdy.
Los Angeles	88	64	P. Cdy.	P. Cdy.
Marshfield	62	48	Cloudy	Cloudy
Medford	50	41	P. Cdy.	P. Cdy.
New York	52	38	T	Clear
Phoenix	78	46	Clear	Clear
Portland	48	40	Clear	Clear
Reno	55	38	Cloudy	Cloudy
Roseburg	55	44	Clear	Clear
Salt Lake	50	34	Clear	Clear
San Francisco	65	55	Clear	Clear
Seattle	45	42	Cloudy	Cloudy
Spokane	54	34	Clear	Clear

In place of the one-half teaspoon now called for, and use only two teaspoons of baking powder.

SANTA CLAUS DUE WARDS TOMORROW

An announcement of interest to every child was made today by I. F. Andrea, manager of the Montgomery Ward and Co. store. Santa Claus will be at Ward's in person tomorrow from 11 in the morning until 5 in the afternoon. The first hour, from 11 to 12, Santa will broadcast over KMEM from the store and by remote control with the North Pole.

This celebration marks the opening of Toyland at Montgomery Ward and Co. There will be a large stock of new toys of all descriptions on display.

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FLU PREVALENT IN VALLEY; CARE AND CAUTION NEEDED

An influenza epidemic spreading throughout the valley was reported today by Dr. C. I. Drummond, county physician, who issued a call for caution on the part of all persons suffering from the malady. Most of the people in this county afflicted, and about 50 per cent of them are having or have had the influenza, he stated, are ill about four or five days. It is imperative that they remain in bed and take very good care to avoid future complications. So far most of the people suffering with the epidemic are getting along satisfactorily. The greatest number of illnesses are found among the unemployed, he stated, and are many times the result of undernourishment.

In a pamphlet issued by the state board of health, a warning regarding this epidemic is sounded. "Influenza is a highly communicable disease," it states. "It comes on suddenly with a fever lasting three days. There is a feeling of great depression and a marked lowering of physical vigor. Bronchitis and pneumonia may rapidly follow, especially when the victim attempts to return to his work too early. Failure to give in to so short an illness and the natural tendency of the vigorous male to 'fight it off' when indisposed undoubtedly accounts for the fact that, while females are attacked, the death rate is usually higher among males.

The most simple complication is pneumonia. Simple uncomplicated cases of influenza do not die. Influenza deaths in Oregon, 1922, to 1931, were as follows:

Year	Deaths
1922	387
1923	241
1924	123
1925	226
1926	228
1927	263
1928	353
1929	355
1930	204
1931	202

Obituary

Ole H. Holland
Funeral services for the late Ole H. Holland, who passed at Salem, Ore., November 22, will be conducted from the Perl Funeral Home, Saturday at 2 p. m. Central Point lodge of Odd Fellows will have charge of the services at the grave in the Central Point cemetery.

M. D. Jackson
M. D. Jackson, a resident of Gold Hill for 12 years, passed away at a local hospital Wednesday at the age of 75 years.

Mr. Jackson leaves no known relatives but a host of friends in and around Gold Hill.

Funeral services will be held at the Rock Point cemetery at Gold Hill at 2 p. m. Saturday. Conger Funeral Parlor in charge.

Visit in Bend—Estill Phipps and Orville Wilson are spending the Thanksgiving holidays in Bend, visiting friends.

100 MEN DETAILED FOR RELIEF WORK

There were approximately 500 members of the unemployed in attendance at the authorization meeting held Wednesday afternoon at the court house, called by Victor Tengwald, secretary to the county court, for distribution of county relief road work.

One hundred men were authorized to replace the men now on the job, to go out next Monday and another authorization meeting has been called for Thursday, December 1, at 2:00 o'clock. At that meeting a crew will be selected to replace the men going out November 28.

The men are asked to watch the bulletins on Tengwald's desk in the county court room for information and to call after 10 o'clock on Tuesdays and Thursdays regarding all matters relating to relief work.

All men being sent out on the county relief work are men with families, most of them with several dependents. Mr. Tengwald pointed out today. A thorough check is being made on their needs and those in need of most urgent help are being given preference.

COAL—\$13.00
National Utah
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MEDFORD FUEL CO.
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A visit to our store will suggest something appropriate for everyone on your list... there are so many charming and practical gifts to choose from.

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FREE—CHRISTMAS CARD RECORD BOOK. Come in and get your copy of this handy little address book. A record of all cards sent and received.

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Per load

Dry Slabwood

12-in. or 16-in.

\$3.50

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Plan Now to Attend

Medford's Christmas Opening TOMORROW NIGHT

More Brilliant Than Ever Before!

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