Bread Is Cheapest Food For "Filling" and Energy

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

Keeping down the cost of family's food means using a lot of bread—there is no getting away from that, apparently, nor from the problem of how to make bread count for most throughout the week in terms of nutrients and variety. For most families, according to the Bureau of Home Economics of the U. S. Department of Agriculture, bread is probably the cheapest energy food. Once certain other essential kinds of food are provided, as a balance to safeguard health, bread can be used in emergencies "to fill up on" so that there may be food enough.

Tastes vary, of course, and costs likewise, in different parts of the country, but probably the cheapest bread is the one-pound loaf that is bought at the store for five cents—or sometimes for less if it is a day or more old. This bread is cheap because it provides more calories for the money than almost any other food would give, it is ready to use, without cost of fuel, or time or labor at home, except in the serving. There, however, in the serving, come the housewife's problem. How can loaf bread be served in enough different ways to prevent monotony? And to carry most food value?

Bread is one of the important food extenders. A little meat flavor, a little cheese, or egg, or fruit or vegetable can be made to go much farther when combined in some way with bread, and the bread is then made to seem like something else. And — not forgetting food values — these combinations can often be made into a whole meal in one dish.

The simplest combination, no doubt, and one of the best for the money, is plain milk toast. In food value, white bread provides chiefly the fuel value of its starch. There is also some protein from the wheat and some added food value if the bread is made with milk instead of with water alone. There is no better supplement to bread than milk, for it contains more of the values bread lacks than does any other single food.

French toast made of slices of bread dipped in egg and milk and browned in fat is considerably more nutrition than bread by itself, and it tastes very different, too. The egg adds protein, minerals and vitamins, little of which are found in the bread.

Ground beef is cheap. When broiled on slices of toasted bread, the bread takes up the juices and the flavor of the meat, and makes an appetizing dish for dinner, lunch or supper. A cheese sandwich, toasted and served with tomato sauce is almost a whole meal in one dish, for the cheese adds some of the necessary values and the tomatoes fill out the rest. Onion soup with toast and cheese can be used in much the same way, for it, too, contains most of the necessary kinds of food.

Instead of toast in slices, little cubes or croutons may be used to make a dish attractive. A savory stew may be served on toast or with croutons, as preferred. Eggs, scrambled with croutons, is another attractive way to make an egg dish go farther.

Bread crumbs, dry or buttered, soft or toasted, may be used in ways too numerous to mention. They make stuffings, of course, and puddings. They are used in baked dishes, as thickeners and to cover the top. They are used in meat loaves, meat balls, scalloped dishes, batter cakes and fruit betty.

The nutrition specialist always points out in any discussion of bread the importance of using at least some each week that is made from whole-ground grain. A grain of wheat, rye, oats or barley is composed largely of starch, but also contains proteins, some minerals, especially phosphorus, iron and calcium, and some vitamins, especially A and B. The minerals and vitamins, however, are found almost entirely in the germ and the outer coats of the grain, and these parts are separated as the grain goes through the milling process. In the white flours, or any highly milled flour, these very nutritious parts of the grain are usually lost. Whole wheat or graham flour, and the whole-ground grains of other kinds retain those important values.

Breakfast.
Cooked Cereal Biscuits
Tomato Juice or Orange Juice for youngest child
Coffe (adults) Milk (children)

Dinner.
Cheese Sandwich with Tomato Sauce
Apple Cookies
Tea (adults) Milk (children)

Supper.
Bean Soup Toast Cubes
Lemon Bread Pudding
Milk for all.

RECIPES

Cheese Sandwich with Tomato Sauce.

2 Tablespoons chopped onion
2 Tablespoons melted butter or other fat
3 Cups canned tomatoes
1 Tablespoon flour
Salt and pepper to taste
10 Slices bread
Thin slices soft American cheese.

Cook the onion for a few minutes in the fat. Add the flour and blend with the onion and fat. Add the cold tomatoes, mix well, and simmer for about 15 minutes. Season with salt and pepper. Make sandwiches of the hot toast and cheese, put them on hot plates, and pour over them the hot tomato sauce.

Savory Meat on Toast.

1 Pound chopped lamb, beef or pork
3 Cups shredded cabbage
1 Small onion, chopped
2 Cups canned tomatoes
1 Teaspoon salt
Pepper
2 Tablespoons butter or other fat
2 Tablespons flour
Toast.

Brown the chopped meat in its own fat in a skillet. Add the cabbage, onion, tomatoes, salt and pepper, cover and cook for 15 minutes, or until the meat is tender. Add the blended fat and flour, and stir until the mixture has thickened. Serve on slices of thin crisp toast.

Lemon Bread Pudding.

3 Cups milk
2½ Cups fine bread crumbs
1 Cup sugar
1 Tablespoon butter
¼ Teaspoon salt
2 Eggs
1 Lemon, juice and grated rind.

Heat the milk, soft bread crumbs, sugar, butter and salt in a double boiler. Gradually pour the mixture into the well-beaten yolks of the eggs, add the lemon juice and rind. Pour into a greased baking dish and bake in a moderate oven (350 deg. F.) about 30 minutes or until set.

Phoenix

PHOENIX, Dec. 16. — (Spl.) — At the meeting of the Recreation club of the Granges of Jackson county Monday evening, R. C. Ward, a member of the Phoenix Grange, was elected president for next year.

Mrs. Marie Furry, who recently underwent an operation, will be moved to her home here today.

Mrs. Twila Bloc and infant son will also be moved from the Community hospital to their home here some time the latter part of this week.

Mrs. George McClain is reported as getting along very nicely since her operation.

Mrs. Buckmaster entertained with a dinner one night last week in honor of her husband. There were 17 relatives and intimate friends present.

Third and Fourth degree teams of the Phoenix Grange met Thursday night for practice. There will be no more meetings until December 29.

Phoenix Grange met Tuesday night. At the close of the session, Mrs. Mabel Mack, president of the Recreational club, led in games and other entertaining features. Group singing was also enjoyed, led by Frank Hansen. Next meeting will be December 27, and the program will be presented by the officers of the Grange.

Word has been received that Rev. Walter Duff and his sister Evangeline, who conducted services at the church here last summer, will be here on Wednesday evening, December 21. A covered dish supper will be served at 6:30, to which all in the community are invited, bringing their contribution to the super. Rev. Duff will conduct a service immediately following the supper.

Bottage Grove.—W. A. Woodward Lumber Co. sawmill resumed operations.

Port Orford.—Graveling completed on highway on Port Orford-Euchre Creek section.

Bandon. — Annual poultry show held here.

Tillamook. — Worn on Tillamook county court house progressing rapidly.

WILLAMINA—Roub's Garage being moved to Holt's garage.

REEDSPORT—Winchester Bay Lumber Co. operating on six-day, six-hour basis.

VALE — Juntura bank opened in Lytle building.

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Tree Tea ½ lb. green 22c, ½ lb. black 30c
S O S 8 pad size 21c
Waldorf Toilet Tissue 5 rolls 24c
Almonds . . . lb. 19c
Plain Mixed Candy lb. 10c
Star Chocolates 2 lb. 29c

Jap Oranges, box 89¢
Quick Quaker Oats, large pkg. 15¢
Fischer's Gold Medal Egg Noodles, 3 pkgs. 25¢
Piggy Wiggly Bread, 3 loaves 13¢
Butter, Piggly Wiggly, fresh creamery, lb. 27¢

Lifebuoy Soap 3 bars 20c
Rinso lg. pkg. 21c
LaFrance Flakes 10c
Satina . . . 6c
Baker's Premium Cocoanut pkg. 18c
Red Mex. Beans 4 lbs. 19c
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