Budget for Food Needs Protects Family Health

market list, made up weekly, and made up wisely, can be used to in-suie a balanced diet as well as a bai-anced budget. In fact, the food budget must be balanced, and in more than one way. There should be no deficit, of course. of money or food supply. But there is another sort of balance that must be achieved. The items in the food budget must balance ach other in nutritive value. And the more lim-it becomes to work out that kind ef thalanced.

balance. Consider, for example, a family that has no more than \$7 a week to spend for food, with children in the family. Thap allowance will buy less in some of course, but what foods shall the higher provide in order to meet, within that cost, the requirements in mutric & value? The rest (55 contex), and beans. Data and fruits. One-fourth (\$1.75) for vegetables one-fifth (\$1.40) or less, for cer-eals, bread, and beans. One-eighth (\$7 cents), or less, for that and the source of the sou

within that cost, the requirements in intriffer value? To answer that question it is nec-body needs several different kinds of foods.-energy-yielding foods, body-still less than the \$7 weekly budget, and to build resistance to disease. To the bureau urges approximately this soaked until nearly tender, about one the bureau urges approximately this soaked until nearly tender, about one the bureau tender ten

By the Bureau of Home Economics by U. S. Department of Agriculture. Do you budget your food money? If not, says the bureau of home eco-momics of the U. S. department of agriculture, there is a good subject for a new year's resolution. To budget all household expenditures is good budget the food money is a protec-tion to the family funds are low. A market list, made up weekly, and marked up wiely, can be used to in-suic 2 balanced diet as well as a bal-anced budget.

Gatment offee (adults) Tomato juice for youngest child Hot blamilts Hot tea (sdults) 3 Supper

4 pound salt pork, diced 2 onions, chopped.

Squarts water

Breakfast.

Dinner.

Kidney bean stew

Cold slaw

Cheese tosst

Stewed apricots

Milk for all

RECIPES

Ridney Bean and Rice Stew

Toast Milk (children

Jam or jelly Milk (children

historical collection

same proportional division of money. The same variety of foods is neces-sary for emergency dieta as for other dieta and variety heeds more em-the fat. Wash the rice and add with the tomatoes, salt pork, with salt and pease are many-stided foods and for the serve. Scalloped Mixed Vegetables.

1 composition and 1/2 cup molasses 1/2 to 1 teaspoon ginger. Cook the milk, commeal and sait in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased balding dish, and take a very moderate over debud 300 in a very moderate oven (about 300 degrees F) for 2 hours. Serve hot.

Legislators Mourn Death E. V. Carter

SALEM, Ore., Jan. 6 .- (AP)-Resolutions of condolence in the death of former Senator and Representative E. V. Carter of Ashland were for-warded to that city today by the

state legislature. Senator Geo. W. Dunn of Jackson county presented the resolution. Patronize Hume Industry.

Buy Whitelaw's Chocolates Kelp shat money at horse. Whitelaw's Chocolates FREE-Ploneers and descendants

table by Mrs. Edwina Weishaar, cuto president, and Mrs. Alice Coppin, act-ing as committee for the day. During the business session num-erous matters of interest to all were discussed, particularly the club's five-point program for coonomic adjust-ment. The national program incluidos newtaion for shelter fob homeless. provision for shelter foD homeless, unemployed women; contributions for unemployed women; contributions for the relief of the unemployed woman worke; of the white-collar class; pros-perity campaigns to stimulate com-munity buying, and extension of op-munity buying, and extension of op-portunities for vocational training to the temporarily unemployed and cre-taion of jobs for women out of work.

to end, was described.

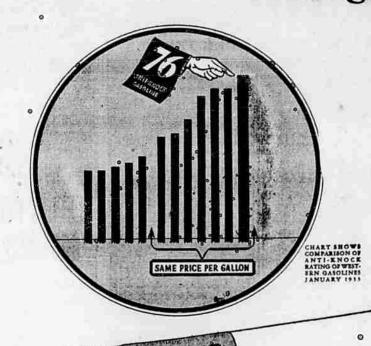
Infants Need Exercise. . The normal baby exercises con-stantly when awake, thus giving every part of his body the morements nec-essary for growth. Twice a day, at bathing time and bedtime, he should be allowed to exercise 10 minutes in be allowed to exercise 10 minutes in

a safe, warm place, such as on a large bed, with his mother watching.

January Clearance Sale of Ready to Wear Drastic price reductions ETHELWYN B HOFFMANN Sixth & Holly charge for

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