

Budget for Food Needs Protects Family Health

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 economics 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 business, the bureau thinks, but to budget the food money is a protection to the family health, particularly if the family funds are low. A market list, made up weekly, and made up wisely, can be used to insure a balanced diet as well as a balanced 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 each other in nutritive value. And the more limited the choice of foods, the harder it becomes to work out that kind of balance.

Consider, for example, a family that has no more than \$7 a week to spend for food, with children in the family. This allowance will buy less in some parts of the country than in others, of course, but what foods shall the budget provide in order to meet, within that cost, the requirements in nutritive value?

To answer that question it is necessary first to have in mind that the body needs several different kinds of foods—energy-yielding foods, body-building and body maintenance foods, foods to help regulate body functions and to build resistance to disease. To

supply these needs it is necessary to provide foods that will furnish carbohydrates, fats and proteins required for body fuel; the proteins, minerals and vitamins for body building and protective purposes. As a matter of convenience foods may be classed in five groups, from which to select for those purposes, and these groups are: Milk and milk products; vegetables and fruits; bread and cereals; fats and sugars; meats, fish and eggs.

Something from each of these food groups must be included if the food budget is to balance in nutritive value. But how much of each?

This question is answered most easily by applying the familiar rule for expenditure of food money: Divide each food dollar in five parts (not equal parts, however). If the weekly allowance for food is \$7 for the family in question, the food budget would be balanced in nutritive value if the money is spent about this way:

One-third (\$2.33) for milk and cheese.

One-fourth (\$1.75) for vegetables and fruits.

One-fifth (\$1.40) or less, for cereals, bread, and beans.

One-eighth (87 cents), or less, for fats, sugar and molasses.

The rest (65 cents or more) for other foods—meat, fish, eggs.

Many families, unfortunately, are compelled to get along nowadays on still less than the \$7 weekly budget suggested above. For a \$5 food budget, an emergency food relief allowance, the bureau urges approximately this

same proportional division of money. The same variety of foods is necessary for emergency diets as for other diets and variety needs more emphasis because it is harder to obtain. Remember, says the nutritionist, that milk does more for the body than any other food; that dried beans and peas are many-sided foods and for this reason can be used to good advantage in low-cost diets; that potatoes have several kinds of food value and are therefore economical; that you need tomatoes and raw cabbage, and also greens and as many other vegetables and fruits as you can afford. A weekly low-cost food budget for a family of five may be set up thus, the cost varying, of course, with the locality, and the choice of articles in each class of foods:

LOW-COST MENU FOR ONE DAY.

Breakfast.
Cereal (adults) Milk (children)
Coffee (adults) Milk (children)
Tomato juice for youngest child

Dinner.
Kidney bean stew
Cold slaw
Hot biscuits Jam or jelly
Hot tea (adults) Milk (children)

Supper.
Cheese toast
Stewed apricots
Milk for all

RECIPES

Kidney Bean and Rice Stew
1 1/2 cups dried kidney beans
2 quarts water
1/4 pound salt pork, diced
2 onions, chopped.
1/2 cup rice
Salt
Pepper
2 cups canned tomatoes.
Wash the beans thoroughly and soak overnight in the water. Simmer the beans in the water in which soaked until nearly tender, about one

hour. Fry the salt pork until crisp, remove, and brown the onions in the fat. Wash the rice and add with the onions to the beans and boil gently for about 20 minutes. Stir in the tomatoes, salt pork, with salt and pepper to taste, heat to boiling, and serve.

Scalloped Mixed Vegetables.

Mix two or more kinds of fresh-cooked or left-over vegetables such as string beans, carrots, and turnips or cabbage, and place in a shallow baking dish. Pour over the vegetables thin white sauce, to which cheese has been added. Cover with buttered bread crumbs and bake in a moderate oven until the sauce bubbles and the crumbs are brown.

Baked Indian Pudding.

1 quart milk
1-3 cup yellow cornmeal
1 teaspoon salt
1/2 cup molasses
1/4 to 1 teaspoon ginger.
Cook the milk, cornmeal and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake 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 forwarded to that city today by the state legislature.

Senator Geo. W. Dunn of Jackson county presented the resolution.

Patronize Home Industry. Buy Whitelaw's Chocolates. Keep that money at home.

FREE—Planners and descendants photographed without charge for pioneer historical collection—SHANGLE STUDIO.

MRS. MEYER SPEAKS ON BUDGET MAKING AT CLUB LUNCHEON

Mrs. Delilla Stevens Meyer, former county clerk, addressed the Business and Professional Women's club at luncheon Thursday noon at the club-rooms in the city hall. The making of the county budget, from beginning to end, was described.

Covers were arranged at the club table by Mrs. Edwina Weishaar, club president, and Mrs. Alice Coppin, acting as committee for the day.

During the business session numerous matters of interest to all were discussed, particularly the club's five-point program for economic adjustment. The national program includes provision for shelter for homeless, unemployed women; contributions for the relief of the unemployed woman worker of the white-collar class; property campaigns to stimulate community buying, and extension of opportunities for vocational training to the temporarily unemployed and creation of jobs for women out of work.

Infants Need Exercise.
The normal baby exercises constantly when awake, thus giving every part of his body the movements necessary for growth. Twice a day, at bathing time and bedtime, he should 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
Dramatic price reductions
ETHEL WYN B. HOFFMANN
Sixth & Holly

SAFEWAY STORES

DISTRIBUTION WITHOUT WASTE

Brighter Days Ahead!

With Safeway, throughout the years, good or lean, Safeway has continuously served you in the most efficient manner possible, giving the most for your food dollar. You can save at Safeway.

Extra 1933 Savings Saturday and Monday!

Cheese Oregon Full Cream, Rich 1 Lb. 15c	Important News Safeway will maintain the finest produce displays in town, giving you the choice of the finest of many markets. Your choice of the best in the west; and of course those homegrown products. Yes, you can get it here.	Salt Morton's Plain or Iodized Crtn. 8c
Sanka Coffee with the caffeine removed. 1 Lb. Can 49c Drink it and sleep	Spinach New Crop, fresh from the garden 3 Lbs. 25c	Crackers Honeymaid Graham, the quality crackers 2 Lb. Box 25c
Grapefruit Sunset Seedless 5 for 11c	Onions U. S. No. 1 Local in Shopping Bag 23 Lbs. 29c	Lettuce Extra Fancy Crisp Heads 2 for 11c
Spuds U. S. No. 2 Klamath Gems 1/2 Sack 35c	Oranges Small size navels for juice Dozen 5c	

Peanut Butter Max-I-tum Extra Quality Fresh Ground 2 Lbs. 19c	Corned Beef Poster Brand. It's a Meal No. 1 Can 17c
---	---

Jellwell Popular Dessert. All Flavors 3 Pkgs. 17c	Grape Nuts A crunchy, health giving cereal Pkg. 16c
---	---

We are the West's Largest Distributors of Quality Coffee

AIRWAY Best Santos Quality from Brazil. Fresh Ground Lb. 23c	La France Use it for washing. Loosens dirt without rubbing Pkg. 9c
NOB HILL It is no exaggeration. There is no better Lb. 29c	Soap Sunny Monday. A favorite for Laundry 10 Bars 19c

Shortening Pancrust, High Quality Shortening at a Saving 6 Lb. Pall 67c	Oil Golden West Pure Vegetable Gallon in your container 59c
---	---

Toilet Tissue Superior big 1000 sheet rolls of fine tissue 3 Rolls 14c	Fischer's GOLD MEDAL Fresh Egg and Milk NOODLES "The Beefsteak of the Wheat Field" A local product Pkg. 10c
--	---

Pancakes & Honey One 5-lb. pull Oregon Honey and the large package Max-I-tum Ready Mixed Pancake Flour All For 49c
--

Bulk Foods at Substantial Savings at Safeway

White Beans Fancy Small or Medium Whites 7 Lbs. 24c	Fancy Raisins Amber Beauty, factory packed quality seedless 4 Lb. Bag 23c
Soup Mix Mixed correctly. Just add water and cook 2 Lbs. 19c	Oregon Macaroni Tender when cooked 3 Lbs. 13c
Butter Beans The old kind that are so good 5 Lbs. 24c	Fancy Rice Money Head Rice, the select grains 5 Lbs. 17c

Camel Cigarettes (can. \$1.23) 2 pkgs. 25c

Save on Quality Meats at SAFEWAY

Vegetable SHORTENING 3 lbs 23c	Fresh Ground HAMBURGER 7 1/2 lb. 7c	OYSTERS Pint 19c	Fresh Picnic PORK ROAST 6 1/2 lb. 7c	Pig Pork STEAK 7 1/2 lb.
BOILING BEEF 5 1/2 lb. 11c	SUGAR CURED HAM 11 1/2 lb. 11c	OYSTERS	Rib T Bone SIRLOIN STEAK 9 1/2 lb. 9c	Leg Pork ROAST 9 1/2 lb. 9c

33 North Central Phone 507 Two Stores Main and Holly Conveniently Located

Now-waste heat is turned into POWER!

Union 76 anti-knock quality again increased 189 cubic centimeters per gallon



THREE TIMES since the introduction of 76 a year ago (January 1, 1932) its effective anti-knock octane rating has been improved. Now New Union 76 is even a better gasoline.

The natural stabilized anti-knock fractions of the gasoline have been increased 189 cubic centimeters per gallon more than the best previous non-premium motor fuel—retaining definitely the leadership of 76 as the finest anti-knock (octane) non-premium gasoline ever offered.

New Non-Premium Advantages

The development of 76 has had one continuous objective—toward uniform performance under varying heat, cold and atmospheric conditions. The new improvements in Union

Available at thousands of Independent Dealers and at all Union Service Stations, Inc.

WATCH FOR THE **76 BANNER** UNION OIL COMPANY

Listen In!... THE 76 MERRYMAKERS
Featuring BEN BARD, Master of Ceremonies and STERLING HOLLOWAY
COLUMBIA BROADCASTING SYSTEM
SUNDAY NIGHTS... 9 to 10 p. m. Pacific Coast Time
KERN, Bakersfield; KJL, Fresno; KHJ, Los Angeles; KOIN, Portland; KFBK, Sacramento; KGB, San Diego; KFBK, San Francisco; KDB, Santa Barbara; KOL, Seattle; KFPY, Spokane; KWG, Stockton; KVI, Tacoma; and KOY, Phoenix (10 to 11 p. m.)

76 not only stop knocks and smooth out motor operation, but increase power through decreased engine temperatures and the harnessing of more waste heat.

New 76 is also the most ECONOMICAL fuel you can use. Because "pounding" is stopped, wear on bearings, wristpins, valves and other engine parts is greatly reduced, minimizing engine repairs. Oil life is lengthened because there is cleaner combustion and less free gasoline passing the rings to dilute crankcase oil.

Added MILEAGE is secured in direct ratio to the waste heat turned into power.

The price of New 76 Gasoline has not been increased. It's today's greatest gasoline value. Try it.

OUR GUARANTEE

After you try 10 gallons of New Union 76, if you do not recognize an improvement over any non-premium fuel you have used, just send us your receipt and we will refund the amount of your purchase in cash.