

# Whole Wheat Advocated As Healthful and Cheap

By Bureau of Home Economics, U. S. Department of Agriculture.

Every so often, especially in these times, the bureau of home economics of the U. S. department of agriculture, is asked about the use of whole wheat for the family table. The question comes from housewives who must buy the cheapest foods they can find, and it comes from relief workers who are struggling to make meager funds hold out for hungry people. The farmer, meantime, has surplus wheat to sell, and wheat is very cheap.

Whole wheat, says the bureau, in response to such queries, is a very nutritious food. It contains proteins, minerals and vitamins (especially vitamin B). In addition to the proteins and carbohydrates that are the chief constituent of white flour, the wheat germ, however, which is the most nutritious portion of the grain, and which lies in a very exposed position at one end and side of the kernel, is taken off in the milling process, along with the bran coat. With these parts go most of the mineral and vitamin values and some of the protein content of the whole grain. When the entire grain, whole or cracked, is used the full nutritive value of wheat is available.

For these reasons, says the bureau, the use of the whole grain is especially advantageous where food supplies are limited. In a mid-western city a three-day wheat demonstration school was held not long ago by extension service nutritionists co-operating with a local agency. Various appetizing dishes were prepared by the 500 women who attended the school, to illustrate the possibilities of whole and cracked wheat in the family bill of fare. One result of the demonstration was that nine of the city's schools began to use wheat in the feeding of undernourished children.

The city housewife may not be able to buy whole wheat at a grocery, the bureau says, but she can get it at a feed store. Grocers do not ordinarily carry it because of difficulty in long-time storage. Clean wheat, however, cleaned either at the mill or the farm, can be kept in the house, in a dry, cool place, for three or four weeks, according to wheat experts of the department of agriculture.

Clean wheat at the feed store may cost 3 cents a pound, but probably will cost less in most localities. A pound of whole-grain wheat will make breakfast porridge for 2 days for a family of five, with generous servings. Even at 3 cents a pound, the cost of such servings would be less than a third of a cent each, or 1 1/2 cents per day for the family. A peck of wheat (15 pounds) is enough to provide such a family with breakfast food every day for a month.

To save time and fuel in cooking, the wheat may be ground. Perhaps the feed store will grind it. At home a coffee grinder, or a meat grinder can be used. There are also special machines for scoring the grain. For cooking the ground wheat, over direct heat, the bureau suggests using six pints of boiling water to the pound of wheat, with three tablespoons of salt. Let the mixture simmer for an hour to an hour and a half, stirring occasionally. For cooking in a double boiler, use equal quantities of wheat and water, and cook until tender, or until no uncooked starchy flavor is present. It will probably be most convenient to cook enough for two days at a time. In that case the reheating on the second day will improve the flavor and texture of the wheat.

To cook the whole grain, first soak it overnight, then boil it gently for three or four hours, or until it is tender and no uncooked starchy food is present. Among the table possibilities of whole wheat, besides breakfast porridge, the bureau of home economics suggests chowder, scrapple, a pilau, muffins, pudding, or cookies. Or the wheat may be served at dinner as rice or hominy is served.

### LOW-COST MENU FOR ONE DAY

Hot Cakes Brown Sugar Syrup Tomato Juice for youngest child Coffee (adults) Milk (children)

Dinner: Pork Liver Sautéed with Potatoes Sauerkraut Whole-wheat cookies Coffee, Tea (adults) Milk (children) Supper.

Whole-wheat Chowder Canned Peaches Milk for all

RECIPES Whole-wheat Chowder 2 cups diced carrots 1 pint boiling water

# Famous Cartoonist's Work Will Be Tribune Feature



Glenn Williams, nationally known cartoonist, whose work will appear daily in the Mail Tribune beginning Monday, first saw the light of day in San Francisco in 1888. He was educated at Harvard university graduating in 1911.

This ancient and dignified institution of learning did not dim his appreciation of the lighter side of life, however. Mr. Williams then served for a period of years as art editor of Youth's Companion. He also contributed cartoons to Life, Collier's, Century and various other magazines. The unique and irresistible appeal of his drawings has won him rapid fame, and he is known as present as one of the foremost American humorists wielding the pen. Mr. Williams formed his connection with the Bell Syndicate, Inc., some years ago and has been working steadily on his daily cartoons, applying the highest grade of amusement to an ever growing public. His is not the crude slap-stick humor of most comic artists, but a more subtle

and penetrating thing that finds an echo in the lives of all who chuckle over his drawings. The doings on Suburban Heights, the trials and tribulations of the Suburbite and his family, symbolical of millions of real people throughout the country, have won fame by reason of their universal appeal. Mr. Williams is especially noted for his panels of baby drawings which are inimitable.

**VICKS COUGH DROP**  
... Real Throat relief!  
Medicated with ingredients of Vicks VapoRub  
**OVERCOMES BAD BREATH**

**Monarch Seed & Feed Co.'s**  
SATURDAY—CASH  
**Reminders**  
THIS IS MEAT SMOKING TIME—Cure Your Hams and Bacon with OLD HICKORY.  
Sugar Cures  
Smoke Flavors  
In One Operation  
Per Can—Saturday **98c**

**FEEDS**  
Buy them at our conveniently located retail store where quality and service make us lasting friends.  
FEED WHEAT, Re-cleaned, cwt. \$1.15  
CRACKED CORN, sifted, graded, no waste, cwt \$1.25  
WHOLE CORN, re-cleaned, no cob, no waste, cwt \$1.15  
COB CORN, cwt., in your sacks. 70c  
DAIRY CHOP, 80 lb. sack. 80c

**CROWN MILL RUN**  
Here's a superior mill feed. Crown Millrun contains absolutely no ground screenings. True, the price is higher, but there's also higher quality. TRY IT. **85c** SACK

EGG MASH, cwt., contains Nopco xx. \$1.65  
MADRONA 20% EGG PRODUCER  
Nopco xx, Milk, Greens, Minerals, sack. \$1.90

**Land Plaster**  
YOU WON'T BE ABLE TO BEAT OUR PRICE — — COME ON IN!  
BUY QUALITY BE BETTER PLEASED

## LOCAL BOYS SEEK MILITARY CAREER

A civil service examination will be held at Grants Pass tomorrow for southern Oregon young men, who wish to enter the military and naval academies.

Jackson county young men who are applicants for cadetship at West Point are Curtis Barnes and Don Nelson. Frederick Smith was listed, but has decided not to take the examination.

Woodrow A. Jones, son of Mrs. Laura Jones of the Griffin Creek district is a member of the 76th Field Artillery and who has been attending a preparatory school at Ft. Winfield Scott in California, will take the examination for West Point in California.

Alfred Taylor of Central Point is the only young man from Jackson county who is listed to take the examination for the naval academy at Annapolis.

These young men were all recommended by Senator Frederick Steiwer.

**Oregon Professor Gets Japanese Bid**  
EUGENE, Jan. 13.—(P)—A visiting professorship at the Tohoku Imperial University at Sendai, Japan, was offered Dr. A. H. Moore, professor of general physiology at University of Oregon yesterday by the Rockefeller Foundation for medical research.

**Huskies Clash With Vandals**  
SEATTLE, Jan. 13.—(AP)—Seeking the sixth consecutive basketball title in the northern division of the Pacific coast conference, the University of Washington quintet opens its season tonight by swinging into action here against the Idaho Vandals.

# Economy Groceteria

THE HOME OF BREAD LIKE MOTHER MADE

## Oh! Boy—Real Egg Noodles!

YOU BET THEY'RE THE REAL THING—fresh eggs, milk and the very same materials mother used when she cooked those rich yellow noodles in chicken or beef broth.

Made in Medford, too, of local milk and eggs—fresh, not powdered—at the Swiss Creamery. Try them and you will serve them often.

Demonstrators will be in both stores tomorrow. Wide, medium and narrow noodles will be specially priced at 3 packages for 25c.

Remember, the solution of the unemployment problem is employment. Not in New York, Chicago or London, but right here in the Rogue River Valley.

Buy butter, cheese, canned foods, noodles and all other valley products. Never before was this so important.

Fischer's Gold Medal Egg Noodles, 3 pkgs. . . . . 25c

**BAKERY GOODS**  
Apple Pies—from yellow Newtown Apples . . . . . 15c  
**BREAD**  
1-lb. loaf . . . . . 3 for 13c  
1 1/2-lb. loaf . . . . . 2 for 13c  
**ROLLS**  
Buns, Napkin, Parkerhouse, doz. 12c  
Spice Cup Cakes, doz. . . . . 15c  
Cookies, all kinds, 2 doz. . . . . 19c

**Canned Fruits and Vegetables From Our Own Rogue River Valley**  
Del Rogue Tomato Juice, No. 1 tall can . . . . . 3 for 23c  
Bagley Solid Pack Tomatoes, No. 2 1/2 can . . . . . 10c  
Del Rogue fancy Solid Pack Tomatoes, No. 2 1/2 can . . . . . 2 for 29c  
Sauer Kraut—from valley cabbage (at the bakery counter) qt. . . . . 10c  
Del Rogue Hot Sauce, can. . . . . 4 for 15c

## Other Thrift Items

- Ladino Eagle Point Cheese sells at a premium in outside markets, yet some of our folks ask for another kind. "Funny, isn't it?" **16c**
- Shelled Nuts—salted or plain—all kinds—some as low as. **40c**
- Assorted Chocolates—same quality as packed in fancy boxes at \$1.00 the pound—assorted or any one of six flavors. **43c**
- Chocolate coated juicy cherries. Box . . . . . **69c**
- Orange Slices. **17c**
- Jelly Beans, fruit flavors. **15c**
- Swift's Jewel Shortening. **27c**
- Z-MOR-U Coffee. **83c**
- 1 lb. 28c. 3 lbs. . . . . **83c**
- Dry Onions. **25c**
- 25 lbs. . . . . **25c**
- Sardines, in olive oil, Del Monte brand. Can. . . . . **5c**
- Peaches—Alliance brand from Hunt Bros. No. 2 1/2 can. . . . . **35c**
- 3 for . . . . . **35c**
- Sunmaid Raisins—seedless or puffed, 15-oz. pkg., 4 for **25c**
- White Star Tuna—small can 10c; medium can. . . . . **15c**
- Corn—Minnesota Golden Bantam or white, No. 2 can . . . . . **8c**
- Wheaties—a delicious ready to serve whole wheat flake—(duck balloon free with two pkgs.) **10c**
- Sperry's Rolled Oats—quick cooker or plain. Large family **14c**
- Pancake and waffle flour—Sperry's—4 lb. sack **18c**; No. 10 sack . . . . . **37c**
- Gold Medal Cake Flour (soft as silk). . . . . **22c**
- Bisquick (biscuits in a jiffy)—a few biscuit cutters left. **29c**
- Pkg. . . . . **29c**
- Tiny Salad Beans—Del Rogue—tiny valley Kentucky Wonders—flavor unexcelled. No. 2 can, **59c**
- 3 for . . . . . **59c**
- Del Monte Coffee. **27c**
- 1 lb. can . . . . . **27c**
- Chille Con Carne—Van Camps—No. 300 can—2 for **25c**
- Mayonnaise—Flavor Foods pint jar **22c**; qt. jar. . . . . **40c**
- Scott Tissue Toilet Paper. 3 rolls . . . . . **22c**
- Rumfords Baking Powder. 1 lb. can . . . . . **25c**
- Hersheys Cocoa, 1/2 lb. can **10c**; 1 lb. can. . . . . **17c**
- P. and G. White Laundry Soap. 10 bars. . . . . **25c**
- Bob White—a Proctor and Gamble Laundry soap. . . . . **22c**
- 10 bars . . . . . **22c**
- Life Buoy Soap. **25c**
- 4 bars . . . . . **25c**
- Dash—a new granulated soap from Proctor and Gamble—most for the money. 5 lb. pkg. **37c**
- White King Toilet Soap. 5 bars . . . . . **19c**
- Flour—Maple Leaf—a good hard wheat. 49 lb. . . . . **89c**
- White Rose—a fine light bread flour. 49 lb. . . . . **\$1.09**

**SYRUPS**  
Karo, 5 lbs., light, **35c**; dark . . . . . **33c**  
Amaizo, 5 lbs., light, **33c**; dark . . . . . **30c**  
Log Cabin, medium can . . . . . **39c**  
Amaizo Butter Scotch, 5-lb. can . . . . . **43c**  
Rockdell Cane and Maple, 2 1/2-lb. can . . . . . **35c**  
Tea Garden, qt. jug . . . . . **29c**

**TURKEY DINNER**  
Roast Oregon Turkey with dressing, cranberries, etc. . . . . **25c**  
Hot Chocolate . . . . . **10c**  
Chilli Con Carne. . . . . **10c**  
Hot Tamales with bread and tea or coffee . . . . . **15c**

6th at Grape **Gates & Lydiard** 6th at Central  
SAVING WITHOUT SELF-DENIAL  
Delivery of \$1.00 Orders. Phone, East Side 752, West Side 428

**Some Southern Oregon Girl Will Enjoy a FREE TRIP To Hawaii**  
Watch the MAIL TRIBUNE for Complete Details SOON!