

# Cheaper Kinds of Liver Boast Good Food Value

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

Liver may be either a cheap food or a luxury. That depends upon the kind you buy. Cheap or expensive, it is a very nutritious food, says the Bureau of Home Economics of the U. S. Department of Agriculture.

Liver is a unique food. In the animal body it serves partly as a storage organ, and therefore contains an abundance of food substances not found in other meats. It is especially rich in iron and copper, which are needed for the building of red blood corpuscles. It is one of the richest sources of vitamin A, a good source of vitamin G, and contains some vitamin B. Like other meats, it has a high percentage of protein. In recent years science has discovered that liver has specific value in certain types of anemia. For the regular family bill of fare, nutrition specialists suggest liver as one of the most valuable kinds of meat.

Much of the attractiveness of liver as it comes from the farm depends upon the method of cooking. It depends also upon the tenderness and freshness of the liver. The age of the animal is a factor here. The usual method of cooking liver is to broil or saute it. Cookery experts point out, however, that liver may be very easily overdone by cooking a little too long or by using too much heat. Fresh and tender liver should be cooked only long enough to take away the red color. Other liver, with a less delicate flavor and texture, tastes better if scalded first, although some food value is then sacrificed.

Another way to use the cheaper kinds of liver, like the cheaper cuts of meat of any kind, is to chop or grind and combine it with other foods. Thus, besides such popular dishes as broiled liver and bacon, liver and onions, liver and milk gravy, braised liver or baked liver, all of these utilizing slices, there are creamed liver, liver hash, liver and rice loaf, and liver croquettes, which call for chopped or ground liver. Then there are scalloped liver and potatoes or scalloped liver and whole wheat. Liver salad may be made of chopped liver, raw cabbage and onions.

Braised liver in tomatoes is still another appetizing dish. For this, dip the liver in flour, brown it in fat, then cover it with tomatoes which have been slightly thickened, season it with onion, green pepper and salt, and cook slowly, covered, for 15 or 20 minutes.

Liver is an excellent food for children, say the nutrition specialists. Therefore, when fowls of any kind are on the family bill of fare, let the children have the livers. Liver makes good sandwich filling, too, for the school lunch box. Paste may be made by mixing chopped or ground liver with chopped pickle, chopped cabbage, chili sauce, or other seasonings.

### LOW-COST MENU FOR ONE DAY

- Breakfast: Hot Cereal, Toast, Tomato Juice for Youngest Child, Coffee (adults), Milk (children)
- Dinner: Liver and Rice Loaf, Canned String Beans, Corn Gems (Molasses)
- Tea (adults), Milk (children)
- Supper: Fried Apples and Sweet Potatoes, Bread and Butter, Milk for All

### RECIPES

**Broiled Liver**  
1 1/2 pounds liver, cut in slices 1/4 inch thick.  
Salt.  
Pepper.  
Butter.

Wipe the slices of liver with a damp cloth. Place them on a greased baking sheet or broiling rack and put it under the flame of the broiling oven. The flame should not be too high or the meat too close to it. Cook from 8 to 10 minutes, turning frequently. When the liver loses its red color it is done. Add salt and pepper, melted butter, and serve at once.

**Liver and Ham on Toast**  
1 1/2 pounds sliced liver.  
2 tablespoons fat.  
2 tablespoons flour.  
2 cups milk.  
1 cup ground cooked ham.  
Salt to taste.

Cook the liver slowly in the fat for about 10 minutes and cut into small pieces. Mix the flour with a little of the milk, and stir into the drippings. Add the ingredients and cook for a few minutes. Serve on crisp, thin toast.

**Scalloped Liver and Whole Wheat**  
4 thin slices bacon, or salt pork.  
1 onion, sliced.  
Salt.  
Pepper.

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## INFORMAL SUNDAY SUPPER PLEASANT, LEISURELY MEAL

There is no meal during the entire week that is as pleasant in its informality as the Sunday supper. We think of it as a leisurely meal which should be made as easy as possible for the housewife, as well as for the family and guests, if any. There is no need for an elaborate menu or for much food, because, as a rule, Sunday dinner is a hearty one and often served late. The more informal and simple the Sunday supper is kept, with everyone helping in the preparation, the more pleasant and cheerful the occasion becomes.

The ideal Sunday supper menu should be made up of food which we are apt to have on hand most of the time. One simple hot dish during winter evenings tastes good. A delicious one easy to prepare is Shrimp a la Newburg. It needs no beforehand preparation; in fact, can be put together at the last minute and is served on toast or small baking powder biscuits.

**Shrimp a la Newburg**  
4 tablespoons butter.  
4 tablespoons all-purpose flour.  
1 teaspoon salt.  
Few grains cayenne.  
2 cups rich milk.  
2 cups fresh cooked or canned shrimp.  
2 egg yolks.  
1 tablespoon cooking sherry or lemon juice.

Method: Melt butter, add flour, salt and cayenne and mix well. Add milk gradually and bring to boiling point, stirring constantly. Add shrimp. Just before serving add the beaten egg yolks and flaring. Garnish with parsley and thin strips of pimiento, and serve over hot biscuits or toast. Amount: 6 to 8 servings.

Another easily made hot dish is Blushing Bunny, so called because of its similarity to the Welch Rare-bit.

**Blushing Bunny**  
1/2 lb. American cheese.  
1 tablespoon butter.  
1 can tomato soup.  
1-3 teaspoon mustard.  
1-3 teaspoon pepper.

Method: Cut the cheese in small pieces and place in the upper part of a double boiler with the butter to melt. Add the tomato soup and seasoning and cook until smooth. Serve on crackers or on buttered toast. Amount: 6 servings.

The sandwich type of supper is always popular. Cold meat left from dinner or cheese mixtures, between thin slices of buttered bread and served with a crisp salad always works out nicely. The material may all be placed on the table letting each person make his own according to his own taste. This informal method of serving pleases everyone.

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## Cow Parasites Indicate Early Spring Coming

TABLE ROCK, Jan. 27.—(Spl.)—Con Devore, the Medford butcher, was a business visitor here recently. He claims we are going to have an early spring and bases his belief on the condition of the marbles in the backs of cattle.

## R. W. Gloss in City Reporting Good Sales

R. W. Gloss of San Francisco, representing the Johnstone Advertising and Sales Service, spent Thursday in Medford contacting the drug trade of this city. Mr. Gloss is well known in this city, having visited here a number of times during the past few years.

"Kogene," a new antiseptic solution, is included among the products now being handled by Mr. Gloss. It will be featured in Medford by Heath's Drug Store. Other well known products which Mr. Gloss represents are: Kruschen Salts, Radox, Broncholine, Moone's Emerald Oil, Dare's Mentha Pepsin, Allenbur, Howard's Buttermilk Cream and Bunk insect powder.

"Despite the existing depression we have enjoyed a gratifying business for the products I represent," Mr. Gloss said Thursday. "We feel that an increase in sales in the face of present conditions reflects the popularity and quality of these products."

## SECONDARY QUINTS IN ACTION TONIGHT

With the Phoenix high school basketball team definitely in the conference lead, and Central Point trailing by a one-game margin, the schools of the secondary league conference will play another round this evening. Phoenix plays Jacksonville at Jacksonville, Central Point plays Rogue River at Central Point, and Talent plays Gold Hill.

Two more games remain in the first half of the conference play, when each team will have played the other team. The second half of the conference will be a repetition of the first, with each team playing all the other teams of the conference.

Phoenix won the pennant last year, and hopes to win it again, but Central Point still has an outside chance. The league winner plays the winner of the Medford-Ashland series for the right to represent southern Oregon in the state tournament.

## Debate Brings Fight In Diet

DRESDEN, Germany, Jan. 27.—(AP)—An uproarious fight in the press gallery of the Saxon diet today caused a suspension of the session during debate on last night's communist disorder in which nine men were killed and eleven wounded.

## MUST TAX OLEO IN FARM RELIEF SAYS DAIRYMAN

WASHINGTON, Jan. 27.—(AP)—A spokesman for 350,000 milk producers told a senate committee today that to help them the domestic allotment farm relief bill must be amended to tax oleomargarine "to maintain sales parity with butter."

Charles W. Holman, secretary of the National Co-operative Milk Producers' association, favored the bill with this and other amendments. He said he thought its application to dairy products would be practicable.

"We are approaching it as a social experiment in time of deep distress, when our people as well as others might grasp at any measure which might give relief," he said.

"What I want to know," said Senator McNary, "is this: Is it practicable under this bill to collect a tax from the many interests dealing in milk?"

"We think so," replied Holman. Under the bill as passed by the

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house dairy products are included along with wheat, cotton, rice, peanuts, tobacco and hogs. A tax would be levied on "the processor" buying from the producers, the proceeds to be paid the farmer to bring his price to the pre-war figure.

## Table Rock Club Meeting Tonight

TABLE ROCK, Jan. 27.—(Spl.)—Table Rock Community club will meet Friday, Jan. 27. The program will be furnished by Prof. Ralph

Bailey and his debating team from the Medford high school. Refreshments will be in charge of Ed Wilson, John Nealon and Frank Meyers. Desirable houses always in first class condition for rent, lease or sale. Call 108.

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**Sugar** Pure Cane fine granulated 8 Lbs. **35c**

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**Oysters** Miss Lou Fancy Southern Oysters **7 1/2c** Can

**Butter** Safeway Quality Creamery **21c** Lb.

**OUTSTANDING VALUES**

**Wheat Flakes** Sperry's, Economical Cereal **35c** 9 Lb. Bag

**Tomatoes** Choice Solid Pack Tomatoes, grown in Southern Oregon **49c** 2 cans 17c. 6 cans

**ORANGES** Sweet July Rose Brand. Juice Size. **35c** 2 doz.

**Onions** Fancy Locals 25 lbs. 2bc **10c** 7 lbs.

**Bunch Vegetables** Carrots, Beets, Turnips and Green Onions **5c** 2 for

**Coffee** Airway Quality Coffee at a Low Price **22c** Lb. Bag

**Peas** Valley Brand. Real Quality No. 3 Can **29c** 3 Cans

**Corn** Del Malt—the New Quality Golden Corn **10c** Med. Can

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**Macaroni** Made in Oregon; Curve Cut **25c** 6 Lbs.

**SAFEGWAY MARKET FEATURES**

**OYSTERS** . Pint **19c**

**SPARE RIBS** lb. **10c**

**SMELT** FRESH CAUGHT **3 lbs. 25c**

**PORK ROAST** FRESH PICNIC **lb. 6 1/2c**

**CHOICE BEEF STEAK** lb. **8 1/2c**

**SIRLOIN—T-BONE—RIB**

**BACK BACON** MILD CURE **lb. 12 1/2c**

**VEGETABLE SHORTENING** **3 lbs. 23c**

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If a piece of bread isn't toasted evenly, it's charred in places, and streaked with white in other places. A piece of crisp, crunchy, golden-brown toast can be made only with an even, steady heat all over both sides. You couldn't get that with a match!

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