

Keep Nutritive Value in Food Is Good Cooks Aim

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

The best foods can be ruined in the cooking. But "ruined" may mean different things to different people. To sacrifice flavor or texture or color is bad, of course. To sacrifice food value is worse, especially in a household that must count its pennies and buy its food with strict economy in food values. Nutrients—the most and best for the money—are the main things to consider there.

Because it is so important to keep as much as possible of the original value of the raw foods, the Bureau of Home Economics of the U. S. Department of Agriculture is continually studying cooking methods, especially for vegetables. So far nobody has found a way to cook vegetables without some loss of nutritive value, but the scientific cook can keep that loss to a minimum.

Loss of food value in cooking is due in part to the fact that some of the nutritive materials in the vegetable dissolve in water. This is true of some of the vitamins and mineral salts, some of the proteins, the sugars, and some of the starch. The more water, and the greater the cut surface of the vegetable, the greater this loss becomes. Therefore, says the expert, cook the vegetable whole when you can. Use as little cooking water as you can, and serve the liquid with the vegetable, or else in soup, or sauce, or gravy. Cook the vegetable only long enough to make it tender. Overcooking makes it flabby, soft, or mushy, and causes greater loss of nutritive values.

Other losses that occur in cooking are due to chemical changes, especially oxidation. The oxygen in the air, in the cooking water, or in the vegetable itself, may cause this chemical change. Heat also causes chemical changes, which vary with the cooking time.

Mineral salts are lost because they are soluble and because the vegetable tissues break down on overcooking and release the vegetable juices. In most of the vegetables, the greatest loss in cooking is of vitamin C, which is soluble in water, and easily destroyed by heat. Tomatoes are an exception to this, because the acid of the tomato protects its Vitamin C. In general, to preserve this vitamin as far as possible, cook quickly in boiling water. Vitamin B, also soluble in water, is less easily destroyed by heat, and therefore much of it can be saved by having and using the cooking water. The same is true of vitamin G. Vitamins A and D are not readily destroyed in cooking.

From the standpoint of food value, baking a vegetable in its skin or in a casserole is the best cooking method, but it does require more fuel than top-of-the-stove cooking. Potatoes, squash, cucumbers, tomatoes, and onions, for example, contain enough water to form steam and keep them moist, and the skin holds in the steam. The baking should be slow, with moderate oven. In casserole cooking the earthenware baker, or heavy glass container, with a close-fitting lid, takes the place of the vegetable skin by holding in the steam and juices.

Boiling, though it requires less fuel than baking, calls for greater precautions to preserve food value. For cabbage, turnips, onions, cauliflower and Brussels sprouts, use only enough water to cover and boil gently. Cook green vegetables, such as turnip tops, kale or other green leaves, in a very small amount of

water, or none except that which clings after washing.

Panning is an excellent top-of-the-stove method, and very economical. Cut the vegetables into small pieces and cook in a fat covered pan with a little fat to prevent sticking. The water that cooks out evaporates, so there is no extra liquid, and the cooking time is so short that the loss of vitamins is slight. Kale or cabbage panned in milk are good variations of this method.

Frying is the cooking method which gives a flavor all its own. The hot fat causes the starch in the vegetable to brown, or dextrinize, and some of the sugar to caramelize, thus developing the characteristic flavor of fried foods.

LOW-COST MENU FOR ONE DAY
Breakfast
Fried Mush Syrup
(Mush as cereal for youngest child)
Coffee (adults) Milk (children)
Dinner
Bacon
Panned New Cabbage with Bacon
Drippings
Creamed Potatoes
Tea (adults) Milk (children)
Supper
Cream of Vegetable Soup
Bread and Butter
Apple Sauce
(Canned or fresh)
Milk for Children

RECIPES
Panned New Cabbage
3 quarts shredded or chopped cabbage.
4 to 6 tablespoons bacon fat.
Salt and pepper.
Put the fat in a frying pan, add the cabbage, cover to keep in the steam. Cook slowly and stir occasionally. When the cabbage has lost some of its crispness but still is green, sprinkle with pepper, more salt if needed, and serve at once.

Browned Parsnips
Scrub parsnips clean, drop into lightly salted, boiling water, and cook for 20 to 30 minutes, or until tender. Drain, scrape off the skin, split lengthwise, and pull out the stringy cores. Dip the pieces in flour and fry in fat until golden brown. Or mash the parsnips after the cores have been removed, season and form into small cakes before frying.
Cream of Vegetable Soup
2 tablespoons finely chopped turnips.
2 tablespoons finely chopped carrots.
2 tablespoons finely chopped onions.
2 tablespoon melted fat.
1 tablespoon flour.
1 quart milk.
1/2 teaspoon salt.
Cook the finely chopped vegetables in the fat for 10 minutes, add the flour and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time before serving. Reheat and serve. Use evaporated milk or dried milk powder instead of fresh milk if cheaper.

Head Work in Budapest.
BUDAPEST—(AP)—Deciding to use his head, which is bald, an unemployed man here had the name of a department store painted on the bare spot and hired himself out to sit in cafes and advertise the store.

Forty-one timber wolves and 202 coyotes were trapped in Michigan during three months this fall.

Cycles To Work



Rep. Lewis Douglas of Arizona, who will be director of the budget in the Roosevelt administration, gets his exercise by pedaling his bicycle to the capitol. (Associated Press Photo)

Medford Apples Score Hit With Solons When Distributed at State House

(Mary Greiner Kelly)

SALM, Ore., March 8.—(Special)—With all the members munching Medford apples, it was difficult to distinguish the eyes from the noses as the roll was called on the first bills before the house this morning. One representative, hurrying through his first apple in the hope of landing another before they entirely disappeared, got a chunk lodged in his throat and couldn't answer at all. As his name was called for the third time, he signaled his vote to the reading clerk.

As will be recalled, the Medford apples were sent here as payment for votes to select Medford as the setting for the Diamond jubilee celebration of the founding of Oregon. Donated by the Pinnacle Packing Co. about a month ago, they have been stored at the home of Representative Eearl Duff until they ripened.

Verbal thanks came to the Jackson county delegation as the box of apples, placed on the clerk's desk, disappeared. A note of appreciation was sent over from the senate for a similar supply devoured there.

Bills are killed as yawns are smothered, and even the authors don't let out a squawk as the session nears an end.

One author beat the house to it and withdrew seven of his own bills this morning. He was followed by others who jerked their brain and foster children off the calendar in order to hurry along adjournment.

One representative who apparently never loses his vital interest in the session is Dr. F. H. Dammasch of Portland, author of the basic science bill.

Father of Louis Dammasch, clerk at the Jackson hotel in Medford, Dr. Dammasch has had an interesting and colorful career. Having graduated from dental school in Philadelphia, he went to the University of Strasbourg in 1902 to study medicine. Here he became assistant to the royal dentist, during the hours when he wasn't attending classes. In this capacity he once filled a tooth for the young son of the crown prince of Saxony.

He came back to America and practiced for a while in Portland, returning to Germany in 1911 to take an eight months' post-graduate course at the University of Berlin. He still carries with him his student's identification card he used at that time. After returning, his career took him into public service work, the army medical corps during the war, onto the university faculty staff and finally into the legislature itself, where he has performed invaluable service for the medical profession.

Armenians Get Soviet Help.
ERIVAN, Soviet Armenia.—(AP)—About 1,500 Armenians, mostly skilled workers, have returned from Greece, France and Bulgaria to which they emigrated several years ago. A special government commission has been formed to provide them with shelter, food and work.

Czech Parliament a Babel.
PRAGUE.—(AP)—Seven languages are spoken in parliament here, Czech, Slovak, German, Hungarian, Russian, Rutenian and Polish, and there are stenographers for each group. Only one deputy speaks in Polish but a Polish stenographer is on the payroll.

VETERANS BATTLING TO KEEP RIGHT WON DURING LONG YEARS

"This is a fighting year for fighting men," believes L. C. Garlock, commander of Medford post No. 15 of the American Legion.

"Never before in the history of the Legion has the veterans' cause been under such heavy fire from powerful interests as at the present time," he said. "Veterans who have worked many years to gain the just benefits they are now receiving are in danger of losing their benefits—and all because the veteran himself is not fully aware of what is taking place."

"It has taken nearly 15 years for the men who were made millionaires during the war and the prosperity following the war, to realize that someone must pay for the folly of war, and the most logical ones to pay are those who amassed fortunes during the time of war. They will loudly that the veteran is looting the treasury of the country, and that the handicaps he suffered from his war service should not be discontinued for reasons of national economy."

"But who will care for the war disabled?" asks Garlock. "Well, if the national government doesn't provide for them, the local communities will have to provide for them, and the tax burden will then be a local question that will have to be met by each county or state."

"All veterans of the World war should belong to the Legion, and find out what this economy move is all about and how it will affect them. The American Legion is fighting their cause for them, and during the coming month is putting on a strenuous membership campaign that is nation-wide, to enroll one million veterans into the Legion, to give its national officers real talking strength to carry on the cause of the veteran."

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Extra Savings for Saturday and Monday, March 11 and 13

- Milk tall can . . . 6 for 25c
- Crisco 3 lb. tin 49c
- Margarine Dinner Bell 3 for 25c
- M. J. B. Coffee lb, 30c, 3 lb. 85c
- Sanka Coffee . lb. can 49c
- Cake Flour Swan's Down 22 1/2c Large Pkg.
- Chocolate Baker's Prem. 1/2 lb. 22c
- Salad Dressing 12 oz. size 10c
- Corn Flakes Kellogg's pkg. 7c
- Pineapple Solar Brand 2 1/2 can 16c
- Tuna Flakes El Campo 1/2 size can 2 for 29c
- Dog Food Vigoral . 3 cans 25c
- Garden Sticks . 2 doz. 25c
- Corn Del Maiz med. size can 10c
- Oxydel Washing Powder large 21c Small Pkg. Free
- Dash Gran. Soap lg. pkg. 37c



STOP!

CONSIDER the PRICES of things in 1929 - 1930 1931 and 1932



LOOK!

at TODAY'S PRICES, then BUY!!!

HAT "Prices Are Rising" is a fact backed by stock shortages all along the line from retailer to manufacturer. And there is a shortage of "supplies" in most homes as well. Operating on a limited budget people have used the old things until they simply can't be used any more.

If the things you and your family use are giving out, if your reserve supplies are running low, now is the time to stock-up . . . now, before the rising market catches you napping and you are forced to pay far more for things you simply must have. Medford shops have never shown more attractive merchandise—and have never offered greater values!

And here is another tip: you'll find that the best way to obtain full advantage of today's prices is to watch carefully the ads that appear in the Mail Tribune. Buy now before rising prices take from your dollar its present value and use the Tribune as your buying guide.



THE MAIL TRIBUNE

HELPS for HOUSEWIVES

AMONG THE CONTRIBUTORS:
Mrs. Alexander R. George, Author of "Menus of the Day"
Alice Judson Peale, Author of "Talks to Parents"

Save Time and Money.

A whole dinner in one dish makes an inexpensive, time-saving meal, says the Bureau of Home Economics, which suggests: Onion soup made with meat stock and served with toasted slices of bread and cheese; meat stew made with meat, a mixture of vegetables and some bread-stuffs, such as dumplings; corn chowder with milk, potatoes, onion and salt pork.

These Shades Wash.
For the housekeeper who dislikes draperies in the kitchen, due to the steamy atmosphere, the washable window shade is ideal. It is advisable to have a permanently finished cotton that can be wiped off with a damp cloth. The fabric can be bought by the yard and tacked to rollers already at the windows.

Body's Alkaline Reserve Vital.
The tissues of the body are alkaline, and health demands the maintenance of an "alkaline reserve," say federal food experts. Eggs, meats and flesh foods tend to reduce this reserve. Milk, fruits and vegetables increase it.

Vegetable Plate Popular.
The "vegetable plate," which consist of three to five vegetables, has become popular. Care must be taken that it provides the same variety of flavors and textures as the more usual meal of vegetables and meat.

Efficient Closet Housekeeping Aid.
When a home has the convenient two-way closet that opens both into the dining-room and the kitchen, it should be arranged to give maximum efficiency. The shelf space on a level with the kitchen sink should afford clear passage for dishes from one room to the other. It is best to have wooden doors on both sides to prevent undesirable glimpses of the kitchen while the dishes are being changed for courses.

To give a glazed surface to pastry and cookies, brush the top, before baking, with one tablespoon of egg yolk mixed with one tablespoon of cold milk.

Ready cooked cereals are improved in flavor and crispness if they are heated for several minutes just prior to serving.

Making a MAN of baby



PUT HIM TO BED AND LEAVE HIM ALONE



Lay pieces of waxed paper under the dresser scarf and if anything is spilled the dresser top is protected. The cheaper cuts of meat contain as much nutriment as the more expensive cuts. The difference lies in the preparation.

CANNERIES EXPECT SEASON CLEANUP

A cleanup in the \$40,000,000 canned fruit and vegetable pack of the Pacific coast before the 1933 pack comes on the market is indicated by the lowest inventories since the war and large and fairly steady shipments, the Bank for America (California) reports in a weekly comment on far western business.

Disposal of the present inventories, it is stated, will provide the groundwork for betterment in this important coast industry and for the ultimate prosperity of thousands of farmers and a number of packers and transportation companies in Washington, Oregon and California. Unsold peaches, one of the principal items, is added, now represent less than 30 per cent of the 10,864,375 cases on June 1 last. A portion of this, according to the report, can be moved within the next six months. Stocks of canned cherries, apricots, pears, peaches and vegetables are moving rapidly into foreign as well as domestic trade, giving some support to predictions from certain quarters of shortages before summer.

Swedish Trucks Make Own Gas.
STOCKHOLM.—(AP)—An estimated 1,000 trucks in Sweden have tanks for producing charcoal gas as motive power. The government reduces taxes on and helps finance such trucks because use of charcoal is a direct aid to Sweden's timber industry.

Lights Replace Bobbies.
LONDON.—(AP)—Trafalgar Square, whence a dozen streets feed heavy traffic in and out, is to go modern. Twenty-two stop-and-go lights are being erected to regulate a traffic which is estimated at 7,000 vehicles an hour.

The number of persons in receipt of pensions or allowances from the British ministry of pensions on March 31, 1932 was 1,181,000, compared with 1,265,500 on March 31, 1931.