

Eggs, Plentiful, Cheap Boast High Food Value

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

The fable would tell us the bunnies have something to do with the abundance of eggs at Easter time. At all events, eggs are plentiful, nutritious and cheap—which is fortunate this year, especially, says the Bureau of Home Economics of the U. S. Department of Agriculture. For all-around food value, eggs come next to milk. They are richer in vitamins and some minerals and their protein is just as good. For calcium, which is particularly important to young children, milk is the very best source. The calcium of the egg is chiefly in the shell, and therefore not available as human food. But even the child that has plenty of milk is better off if he has eggs, too.

The nutrients in the white of the egg are chiefly proteins and vitamin G. The yolk contains proteins and many other food substances besides—phosphorus, iron, sulphur, calcium—in addition to the calcium of the shell, some of which the chick assimilates as bone-making material. If the hen has the right food, the egg yolk is a rich source of vitamins A and D. Normally it contains also vitamins B and G.

The presence of vitamin D makes egg yolk especially important as food for children. This is the vitamin that is necessary, along with milk, for proper bone development and to prevent the children's disease known as rickets. Egg yolk is one of the few common foods that contain vitamin D in considerable quantities.

The unusual food value of eggs makes them an exceptional bargain when prices are down as at present. Eggs are a good main dish as any meal. Or an egg dessert, such as custard, makes it possible to do with a less substantial main dish than would otherwise be needed. Egg salad, egg sandwiches, sauces or salad dressing made with eggs—all these add materially to the food value of a meal, and to the variety also.

As a variation from fried eggs, poached eggs, scrambled eggs and omelets, the bureau of home economics suggests baked eggs and cheese, cheese souffle, eggs creole, shirred eggs on greens, curried eggs, baked eggs and rice in tomato sauce. Then for desserts, there is a rich bread pudding. Fruit whips—always attractive and nutritious desserts—are inexpensive when eggs are cheap. They can be made of any fruit pulp of pronounced flavor and color, but prune and apricot whips are favorite. Heat the fruit pulp to dissolve the added sugar, and combine while hot with the stiffly beaten egg whites so as to cook the eggs partially and give body to the mixture. After the fruit pulp has been combined with the egg whites and sugar, the mixture may be baked if desired. When baked in a dish surrounded by water in a very slow oven (225 to 250 degrees F.) for about one hour, the whip should not fall, and may be served either hot or cold. Or fruit whips may be served as soon as mixed without cooking.

been mixed with the cheese. Bake for about 15 minutes in a moderate oven (350 degrees F.) or until the eggs are well set and the crumbs brown. Serve at once.

Poached Eggs on Toast With Savory Sauce.

Toast slices of bread. Place on each piece of toast a thin slice of crisp, cooked bacon, and on top of this a poached egg. Cover with hot sauce and serve at once. Make the sauce with the bacon fat, milk and flour, and add a little chopped green pepper if desired.

Stuffed Bread Pudding.

1 quart milk
2 cups soft bread crumbs
1/2 cup sugar
1/4 teaspoon salt
2 tablespoons butter
1 cup seedless raisins
1 teaspoon vanilla
4 eggs

Scald the milk, bread crumbs, sugar, salt and butter in a double boiler. Pour some of the hot mixture into the beaten eggs, reserving 2 whites for the meringue. Combine all the other ingredients, pour into a greased baking dish, and set in a pan of hot water. Bake in a moderate oven (350 degrees F.) for about 1 hour, or until the pudding is nearly firm in the center. When the pudding has partially set, stir well so the raisins will be through the pudding, rather than at the bottom of the dish. To make the meringue add 2 tablespoons of sugar to each well beaten egg white, and add a dash of salt and vanilla. Cover the pudding with the meringue and put in a very moderate oven (about 325 degrees F.) for 15 to 20 minutes, or until lightly browned. Serve hot or cold garnished with bits of tart red jelly.

Eggs Creole.

2 tablespoons chopped onion
2 tablespoons fat
1 tablespoon flour
2 cups canned tomatoes
1 green pepper, chopped; or chopped parsley
Salt and pepper to taste.

Cut hard-cooked eggs in quarters, place them upon a bed of hot flaky cooked rice, and cover with a sauce made of the ingredients listed.

To make the sauce cook the onion in the fat for a few minutes. Sprinkle the flour over the onion and quickly stir in the tomatoes and simmer for about 20 minutes. Add the green pepper or parsley, salt and pepper, and serve.

ASHLAND YOUTH FALLS INTO PIT

ASHLAND, April 14.—(Sp.)—Suffering intense pain from injuries received yesterday afternoon when he stepped backwards into the lubrication pit of the Shell Oil station on Main street, operated by Kenneth Madden, Victor Sander, senior of the Ashland high school is confined to his home with injuries of undetermined seriousness.

Young Sander is the son of Mr. and Mrs. W. G. Sander.

At the time he fell it was feared his back was broken and permanent injury would result. Today, however, the attending physician said he was hopeful the injury would not prove as serious as was at first feared. He is suffering from shock to such an extent that the full extent of the injuries cannot be determined.

SUNRISE SERVICE ON HILL EASTER MORNING

The Westminster Forum will hold a sunrise service on Knob Hill, directly opposite the entrance to the golf course, at 6:30 a. m. Easter. Mrs. E. Iverson will be the speaker. Special music has been arranged.

All young people, no matter what their affiliation, are invited to attend. Cars will leave from the Presbyterian church at 6:15 a. m.

LOW-COST MENU FOR ONE DAY

Breakfast.
Oatmeal Top Milk
Mush Fried in Bacon Fat—Syrup
Tomato Juice (baby)
Coffee (adults) Milk (children)

Dinner
Shirred Eggs on Spinach
Potatoes Boiled in Skins
Bread and Butter
Milk for Children

Supper
Canned Lima Beans
Bread and Butter
Spiced Canned Peaches
Milk for All.

RECIPES

Shirred Eggs on Spinach.
1 pound spinach, chopped fine.
1 1/2 cups dry bread crumbs.
1/2 teaspoon salt.
Pepper.
5 eggs
1/4 cup grated sharp cheese.

Heat the spinach, stir, and cook for about 2 minutes. Add the salt, 1 cup of the bread crumbs, and pepper if desired. Spread the spinach in 2-inch layer in a greased shallow baking dish or pan. Break the eggs on top of the spinach and cover with the remaining crumbs which have

OPTIMISM GROWS AS PRICES MOVE TO HIGHER LEVEL

(Continued from Page One.)

The labor lobby arose in invisible wrath against the move to extend the Black 30-hour week bill to 30 hours. It killed the extension without showing its hand.

Even Democratic Floor Leader Robinson knew nothing about the lobby activities. He sponsored the extension as a compromise. Without checking he thought he could count on his Democrats. When the roll was called he found he had been out-counted. He was short eight votes.

The labor boys had rounded up their strength overnight.

A senator of 20 years' experience said he had never seen such powerful pressure exerted so swiftly.

A struggle is on backstage to control the kind of inflation we are going to have.

The administration is secretly hankering for a mild stimulant of a public works bond issue. The bonds would be discountable at federal reserve banks. The amount authorized would probably start at one billion with a three billion goal in view.

The western boys in congress are howling for a real shot in the arm. They could kick up quite a fuss if they ever got loose from the presidential reins.

You may have noticed a line in the news about the house leadership trying to change the rules. The same Democratic leaders who established liberal rules last session now want the power to control the minority.

Speaker Rainey led the fight for the present rule enabling 145 members to force a vote on any issue. Now he is leading the move to require 218 members, a majority. No reason is given for this change of front.

The real reason is inflation. These new Democrats from the west are restive. There is no telling what they would vote for in the way of inflation if they ever had a chance. The new rule is to keep them from having a chance.

Easter Services Phoenix Church

PHOENIX, April 14.—(Sp.)—Sunday morning at 10 o'clock will be Sunday school, with a special Easter service during the worship hour.

At 11 o'clock morning worship with the sermon "The Resurrection" preached by Rev. E. S. Peterson.

At 8 o'clock Sunday an Easter cantata, "The Message of the Angels," under the direction of the choir is to be presented.

A group of knitted dresses & suits greatly reduced to \$2.95 & \$10.95
ETHELWYN B. HOFFMANN'S

POLICE CAR BOASTS RADIO RECEIVER FOR CALL IN EMERGENCY

Installation has been completed of the police radio in the automobile driven by Sergeant James O'Brien of the third state police district, and tests given the set have already proven that the equipment will be valuable to officers in this area.

The set, a Philco transstone, was especially reconstructed into a police radio by Will Claycomb of Witham's Super Service station, and Sergeant O'Brien expressed enthusiasm over the exceptional work on the radio. Short wave reception from police broadcasting stations is clear and distinct.

Sergeant O'Brien travels throughout the entire third district in his work, and if at any time he is wanted by headquarters, such a message will be broadcast over station KGPP, the Portland police, and picked up by the officer.

The sergeant's automobile is the only one in district three equipped with a radio, and the practicality of the set is to be determined by this installation.

Reports are clearly received over the set, and the sensitiveness of the dialing apparatus makes it possible to obtain reports from various police broadcasting units. Operation of the automobile engine does not interfere in any way with reception, Officer O'Brien stated.

RUNAWAY WHEEL SMASHES AUTO

ASHLAND, April 14.—(Sp.)—One of the highway construction trucks figured in a rather unusual accident this week when it lost a wheel which rolled into an oncoming car.

The truck, which has dual wheels, lost a wheel and one of the wheels started on a joyride down the highway just below the undercrossing, going at 40 or 50 miles an hour.

H. M. McAllister, of Ashland, was driving toward Ashland in a Chevrolet car and made an effort to avoid the oncoming wheel, but just before the wheel reached Mr. McAllister's car, it hit a rock or a piece of dirt on the highway and swerved, hitting the McAllister car head on.

The car was severely damaged, but no one in the car was hurt. Washburn and Hall, the highway contractors, are having the damaged car repaired.

Change to crispness!

Kellogg's CORN FLAKES

Change to crispness!

Time to change from heavy foods

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SAFEGWAY STORES

HAM and EGGS for Easter

Ham and eggs are to Easter what turkey is to Thanksgiving. Our hams are mild, sugar cured and full flavored. Bake, boil or fry them for Easter. And eggs!...you know we are particular about our eggs...they're strictly fresh, large size with chalk-white shells. Color them for the Easter Baskets or serve them freely for breakfast.

EGGS
Strictly Fresh Extra.
Candled and inspected.
2 Dozen **23c**

AIRWAY COFFEE
Pure Brazilian Blend, the favorite of many.
Lb. **22c**

FLOUR
Mill prices advancing again. We think it wise to stock up now.
SAFEGWAY Highest grade all purpose. **\$1.09**
49 lb. bag
PRIDE OF WEST Oregon milled hardwheat. **93c**
49 lb. bag

SALAD OIL
All vegetable oil in bulk.
Per Quart **17c**

GRAPEFRUIT
Goldettes Brand for the desert or cocktail.
12c 3 cans **35c**

BAKING POWDER
Calumet, Double Action
Lb. can **25c**

MAYONNAISE
Best Foods, has that Extra Quality that makes Salads So Good.
Pint jar **29c**

WE'VE GOT 'EM
Checkerboard Puzzles
One Free With
NOB HILL COFFEE
Highest quality Coffee. We dare you to try this puzzle.
Lb. **28c**

JELL WELL
All Fruit Flavors for that colorful Easter dessert.
Pkg. **5c**

PORK & BEANS
Milder, with pork and tomato sauce
16 oz. can **5c**

GOLD DUST
Washing Powder. Let the Gold Dust Twins Do Your Work.
Pkg. **17c**

WHITE BEANS
Strictly Fancy Neelcan Whites.
7 lbs. **29c**

MILK
Max-i-mum Extra Quality
Can **4 1/2c**

CORN
Del Maiz Fancy Quality
Can **10c**

PEACHES
Libby's Fancy
Large Can **15c**

See Our Display EASTER VEGETABLES

New Potatoes and Fresh Green Peas **15c**
2 Lbs.

ORANGES Sweet, full of juice **15c**
2 Doz.

RADISHES Fresh Local Also Local Green Onions **3c**
Bunch

PEAS Valley Brand. Supplies of this rare value almost exhausted. No. 2 can **10c**

MATCHES Favorite Brand Quality **19c**
8 box crk.

OLIVES California ripe. A treat Tall can **9c**

CHEESE Kraft's Famous Quality All kinds including swiss 1/4 lb. pkg. **14c**

EASTER SPECIALS ON QUALITY MEATS

PREMIUM HAMS . . lb. 17 1/2c

HAMBURGER lb. 5c

LARD Pure Home Rendered . . . **3 lbs. 21c**

HAMS Mild Cured Half or Whole . . . **lb. 12 1/2c**

PORK CHOPS lb. 12 1/2c

Leg-Pork-Roast . . . lb. 9 1/2c

Prime-Rib-Roast Boned and Tied **lb. 15c**

FRYERS Fresh Dressed for . . . **2 for 49c**

HAM, Sliced each 10c

Main and Holly. TWO STORES. 33 No. Central

Easter

Dinner is not complete without a good cake, such as Model Bakery's

New Orleans Pecan Cake
35c and 70c

Maraschino Angel Food
A tasty cake which will be long remembered
25c, 35c and 50c

Betty Crocker's Angel Food Plain **20c and 39c**
Frosted **25c, 35c and 50c**

Betty Crocker's Malted Milk Chocolate Cake **20c and 40c**

There is a dandy assortment of fine Dinner Rolls waiting for your selection, **15c doz.**

That famous Home Made Bread
3 for 20c

MODEL BAKERY, Liberty Bldg.
Phone 511

How to make good coffee everytime

This is the new coffee and the new way to make it. Morning after morning it's always the same, delicious, crystal clear. How many times have you longed for it—mornings when you blamed the coffee pot, the coffee, the water, the timing. Try this new way!

Use a **Drip Coffee Maker**—a simple device that permits fresh boiling water to filter quickly and only once through a special coffee and filter paper (see illustration).

Specially prepared Schilling Drip Coffee. It is specially blended, specially roasted and specially ground for the Drip Process. No standard coffee is suitable for the rapid once-through filtration of this method. Grinding it finer helps some—but not much. The Coffee must be specially prepared, so that all its rich fragrant goodness may be quickly extracted.

A **filter paper** rests below the coffee, to let through nothing but the delicious healthful amber drops. Real Drip Coffee cannot be made otherwise. For your convenience, a sufficient number of filter papers (20 to the lb.) are packed in each Schilling tin.

Costs far less. First, you use far less coffee than with any other process (saves you over 5¢ per lb.). Then, the 20 filter papers in each lb. of Schilling DRIP Coffee save you 2¢ (regular retail price).

The **Schilling Drip Maker** shown here, is of sturdy enamel endorsed by "The Good Housekeeping Institute". The color is rich ivory, trimmed in pastel green—in keeping with the finest table service.

Moneyback. (See the Special Offer below) Try the Maker and the Coffee for a week—for a month. If, morning after morning, they do not produce the most delicious coffee you ever tasted—your \$1.20 back from your grocer or from us.

Introductory Offer!
\$1.20 Special model Drip Coffee Maker and 1 lb. Schilling Drip Coffee both for only \$1.20
at your grocer's
If he cannot supply you, send his name and \$1.20 to A Schilling & Company, San Francisco. They will be sent to you direct

Schilling Drip Coffee

For Percolator or ordinary coffee pot use Standard Schilling Coffee as usual