

Vegetables for Health, Economy in Family Diet

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

The housekeeper who is very hard pressed counts literally every penny and goes into the family meals. She probably plans her main dish, not just for today, but for each of the next several days. This money goes further when she figures it out that way—down to the number of pounds of potatoes, tomatoes, beans, greens, and other vegetables, fruits, meats, milk, bread, and so on, to see the family through the week.

But if you have not been planning as closely as that, you may find it hard to work into your list all the foods that are needed to keep the family well and fit. This is usually hardest to do when it comes to vegetables.

As a guide for this purpose, the Bureau of Home Economics of the U. S. Department of Agriculture has figured out a low-cost vegetable budget. If the family includes father, mother, and three children under fourteen years of age, the bureau says you need the following quantities of these different kinds of vegetables for a week: 15 pounds of potatoes, 6 pounds of tomatoes, 7 pounds of leafy green or yellow vegetables, 2 pounds of dried beans, peas, peanuts, or peanut butter, 3/4 pound of other vegetables.

That is enough vegetables to balance the cereals and meat and sugar and fats you will need, says the bureau, although more vegetables would be better. This budget will provide, for the family of five, potatoes or sweet potatoes every day, greens, tomatoes, dried beans, peas or peanuts each several times a week, with other vegetables now and then. For example:

There are potatoes enough to serve them baked, whole or in the half shell, browned, boiled scalloped, mashed, fried or hashed brown, creamed, or as potato salad—seven potato dishes for seven days. Or if you live where sweet potatoes are cheaper, you will be able to ring the changes on baked, boiled, candied or scalloped sweet potatoes with or without apples, plain mashed sweet potatoes, or sweet potato puff. Baking or boiling in the skins or cooking in a casserole are the best ways to conserve the food value of potatoes of either kind.

The list provides 7 pounds of leafy or other green vegetables, or yellow vegetables, and some of these is intended for every other day at least. Raw cabbage is counted next to tomatoes for vitamin C, and that suggests cabbage salad or cold slaw as good ways to use some of your cabbage. But planned cabbage, and five-minute creamed cabbage are other inviting possibilities—always being sure to use the greenest leaves, and cook them a very short time. Turnip, carrots or yellow squash, or yellow turnips, snap beans, or green peas, (canned for this time of year), are other items for this part of the vegetable list. Creamed greens, of course, or greens panned in milk, have the extra food value of the milk. For one day the family might enjoy a vegetable curry, or creamed mix of vegetables, or vegetables au gratin, made of left-overs.

For a family of five you will probably buy tomatoes in No. 2 cans, which hold 1 pound, 3 ounces net weight. Five such cans would be enough for scalloped tomatoes one day, Spanish rice (with tomatoes) another day, kidney beans or dried lima and tomatoes, or stewed tomatoes a third day, and this would leave enough to make tomato juice cocktail for a fourth day, provided the youngest member of the family is more than two years old. If there is a baby, he should have at least a fourth of a cup of tomato juice every day, and this would use up most of one can of tomatoes. To make this juice, it is best to put the canned tomatoes through a sieve. The pulp will go through if pressed a little, and there will be practically nothing left but seeds.

The two pounds of dried beans, peas, peanuts or peanut butter might be divided into 1/2 pounds of beans or black-eyed peas and a half pound of peanuts. You could have beans three days in the week in varying styles—boiled beans with salt pork, bean soup, beans scalloped with tomatoes, baked beans. Then you could use your half pound of peanuts in a dish of onions scalloped with peanuts.

Potatoes, greens, tomatoes and dried beans or peas are the regulars in the low-cost food schedule because of their unusual food values and the many ways they can be used. Plenty of these vegetables are needed to make sure of minerals and vitamins enough to balance the starches, proteins and fats and sugars of the other foods on your weekly list.

Your family is better off with more minerals and vitamins and your table is more attractive with a greater variety of vegetables. And the chances are you would not eat enough of the same foods over and over, because

you would grow tired of them. It is best to widen your choice to include beans, onions, canned corn, and any other vegetable you can afford, and 3 1/2 pounds of these additions are counted in the vegetable budget (2 pounds onions, a 1-pound can of corn and a bunch of beans). Baked onions, stuffed with peanuts, or sliced onions scalloped with peanuts, or glazed onions, may fit into one day's dinner. Corn chowder, or corn fritters, succotash made with left-over beans, or just stewed corn will taste good another day. Onion soup with cheese, and buttered beets or Harvard beets come time during the week would add still more variety to your bill of fare.

RECIPES

Scalloped Cabbage, Spaghetti and Cheese.

1 1/2 cups spaghetti broken into small pieces
3 tablespoons flour
3 tablespoons butter or other fat
2 cups milk
1 teaspoon salt
1/2 pound American cheese
1 quart shredded cabbage
1/2 cup buttered bread crumbs
Cook the spaghetti in boiling salted water for 20 minutes, and drain. Make a sauce of the flour, fat, milk and salt. Stir in the cheese, and mix to the hot potato, and stir until melted. Put the cabbage, spaghetti and sauce in a buttered baking dish in layers and cover the top with the buttered bread crumbs. Bake for 20 to 30 minutes in a moderate oven.

Baked Sweetpotatoes with Raisins.

6 medium sized sweetpotatoes
1 teaspoon salt
1/2 cup raisins, plumped
1/2 cup top milk
1 tablespoon melted butter
Wash and cook the potatoes in their skins. When tender scrape off the skins and mash the potatoes or force through a potato ricer. Mix the milk, melted butter and salt with the potato and beat until light. Pour hot water over the raisins, and let them stand for a few minutes until plumped; then drain, and add to the sweet potato. Grease a baking dish, and pile the potato lightly into the dish. Put in a medium oven to heat through, and brown lightly over the top. Serve from the dish in which cooked.

Vegetable Curry.

1/2 cup rice
1 cup diced onion
1 cup diced carrots
1 cup chopped cabbage
1 cup fresh or canned peas
2 tablespoons butter or other fat
1/2 teaspoon salt, or to season
1/2 teaspoon curry
Wash and cook the rice in three pints of gently boiling salted water. Drain and put in a colander and pour hot water over the rice. Then strain the colander over steam until the grains are well separated. Cook the vegetables in a small quantity of water and just before removing from the stove add the canned peas. Or if fresh peas are available, cook them with the other vegetables. Add the seasonings to the vegetable liquor. Make a ring of the cooked rice, place the vegetables in the center, and pour over them the liquid mixture. Serve very hot.

MORE WIVES SEEN AT EXTRA SESSION

SALEM, Ore. (UP)—Lobby gossip: More legislators are accompanied by their wives this season than during any recent assembly. — Multnomah county holds six seats in the senate and 12 in the house; one-fifth of the membership of both chambers. — Henry Hansen, director of the budget and Governor Meier's closest political advisor, reports a strong statewide support for the governor. — Senator W. E. Burke of Yamhill may match his often repeated statement in the senate. "Now is the time to take the bull square by the horns and look him in the eye," but many doubt it. — Representative C. A. "Shy" Huntington, Lane, is still gloomy over Oregon's defeat by the University of Southern California. Almost daily people remind him that he coached the last Webfoot team to win the coast championship and play in the Rose Bowl. — Mrs. Julius L. Meier is considered one of the most gracious members of the capitol's social set. — Legislators nightly are invading contract bridge tournaments started by regular capital residents, to discover that local players battle skillfully before they pay for lost points.

Be correctly corseted in an Artist Model by Ethelwyn B. Hoffmann Broken windows glazed by Trowbridge Cabinet Works.

FIGURES IN KIDNAPING TRAGEDY



Sheriff W. J. Emig of San Jose, Cal., announced he had questioned Mrs. Gertrude Estensson (left), former high school sweetheart of John H. Holmes, co-kidnaping of Brooke Hart, concerning any knowledge she might have had of his activities. She said she had rejected Mrs. Abbey Karneval and the Rev. Roy Thurmond as they visited their brother, Thomas, who is accused with Holmes of the abduction and slaying of young Hart. (Associated Press Photos)

Weight Lost By Worn Gold Piece Reduces Value

PORTLAND, Ore., Nov. 24.—(AP)—When is \$5 not \$5? Will Adams, city treasurer, can answer the query.

Adams received notice from a bank that a \$5 gold piece he had turned in for the city water bureau lacked 12 cents of full value, because the coin had worn off and lost that amount of metal.

Gold now is worth only its weight in gold and coins are not worth face value, the bank explained.

OPEN HOUSE AT HIGH TONIGHT

Open house will be observed at the senior high school on South Oakdale tonight, with the doors opening at 7:30 o'clock. It was announced today, with an extension of an invitation to all patrons and friends of the school.

Twenty minutes will be devoted to music in the auditorium, beginning at 7:30. Inspection of the building

From the Editor of The American Boy

In wild Mongolia, Roy Chapman Andrews, famous scientist-explorer, dies up the bones of monsters dead millions of years. In the Zulu land of Africa, Carl von Hoffman, Russian adventurer, sets a trap for a lion. The gripping experiences of famous men will be part of the reading diet in store for boys in 1934, according to word just received from the editor of The American Boy—Youth's Companion.

The issues of 1934 will be crowded with adventure. With Connie Morgan in the Arctic, with Douglas Rutherford of the Royal Canadian Mounted, with Jim Tierney, the retired detective who can't stay retired, the American Boy subscriber will enjoy the new experiences of his favorite fiction characters.

Stories that help prepare a boy for college and for business, helpful articles on hobbies and sports, and interviews with famous men, will help round out a record-breaking year for the magazine's readers.

The American Boy—Youth's Companion costs just \$2.00 a year. Until January 1, 1934, you may obtain a three-year subscription for \$3.00, a saving of \$3.00 over the one-year rate for three years. If the most advantage of the saving, be sure to get your three-year subscription in before January 1. Send your order direct to The American Boy—Youth's Companion, 7430 Second Blvd., Detroit, Mich. Adv.

WESTERN STATES WRESTLING WITH LIQUOR PROBLEM

SALEM, Ore. (UP)—While Oregon prepares to enter the liquor business, providing the Knox report is adopted by the state legislature, two other western states are laying plans for control of liquor through private industry.

In Arizona liquor control will be administered by the state tax commission and members may legally take their liquor to the bartender and have him mix their drinks. Guests may not carry bottles to public dining places and call for mixing materials.

Private dining rooms are not included in the law. If rooms are "leased" and not open to the public, liquor may be served there.

Local option laws are not effective. The liquor board may issue sale licenses to merchants anywhere in the state, even in such towns as Palo Alto, which voted against sale of 3/2 cent beer.

Montana is planning a state-owned

distribution system, similar to the one projected in Oregon. A state liquor board has been allotted \$25,000 to start the business with. Governor Frank Cooney thinks that is insufficient, that at least \$100,000 is needed.

One legislative group will propose licensing private stores for liquor sale. The governor said he will do everything possible to prevent return of the saloon to Montana.

REST FOR PHEASANTS ADVOCATED BY SOLON

SALEM, Nov. 24.—(AP)—There will be no open season on China or Mongolian pheasants in counties

west of the Cascade mountain range for three years, beginning with the 1934 season, if Senator Booth's bill, introduced in the senate, should become a law. After July 1, 1937, the open season is set for 10 days in each calendar year between dates fixed by the game commission, with a bag limit of three birds, either male or female, in any one day.

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- French's Mustard 6-oz. jar 10c
- Pumpkin Royal Club, lg. can . 10c
- Beer King & Orput, 3 for 25c
- Pitted Dates Dromedary, pkg. . . 22c
- Citron, Orange and Lemon Peel Lb. 33c
- Plum Pudding Heinz Fig or Plum Large size . . . 35c
- Bulk Mince Meat 2 lbs. 25c
- Margarine Dinner Bell, 3 for . 25c
- Cranberry Sauce Dromedary, can . . . 19c
- Cranberries, 2 lbs. 25c
- Sweet Potatoes 8 lbs. 25c
- Celery (extra large fancy stalks) 2 for 25c
- Potatoes, 50's, U. S. No. 2 59c
- M. J. B. Coffee 4-lb. can (Limit one) 99c
- Cake Flour Soft as silk. Lg. pkg. 32c
- Shrimp Gulf, tall can 10c
- Ripe Olives Lindsay, mammoth size 15c
- Drifted Snow Flour 49-lb. bag \$2.19
- Durkee's Salad Aid, pt. 19c
- Vermont Maid Syrup 12-oz. jug 22c
- P&G Nap. Soap, 10 bars 29c
- Oxydol, lg. pkg. 21c
- Ivory Soap, med. bar . . . 6c
- Dash, 40-oz. pkg. 23c
- Post Toasties, 2 pkgs. 27c
- Postum Cereal, pkg. 20c
- Citrus Powder, lg. pkg. . . . 23c
- Woodbury's Facial Soap, bar . 9c
- Candy, plain mix, lb. 14c
- Royal Baking Powder, lb. can 32c
- Rodman Tiny Peas, No. 2 can 19c
- Del Monte Tiny Peas, No 2 can 19c
- Del Monte Asparagus, No. 2 can 19c
- Lindy Corn, 303 size can . . . 10c
- Pacific Lime Rickey, 28-oz. bot 25c
- Chatka Crab Meat, 1/2 size . . . 29c
- Alber's Flapjack Flour large pkg. 18c. 2 for 35c

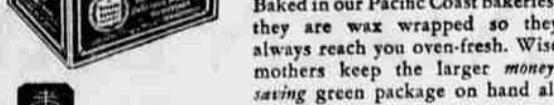
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 - Large No. 3 Flat Cans Sweet Potatoes. Reg. 15c cans, 2 for 19c
 - 3 Large 1 1/2 Cans Sugar Corn, 3 for 29c
 - Reg. 23c pkg. Peet's Granulated Soap; 5-10c pkgs., Peet's Granulated Soap, 73c value 19c
 - Beans, white or red, 4 lbs. 19c
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 - PRIME STEER BEEF Fed and raised in the Rogue River Valley. Loin and round steak. Lb. 15c
 - PORK CHOPS Loin or ribs. Lb. 15c
 - PURE PORK SAUSAGE No cereal. In bulk, 2 lbs. 25c
 - VEAL ROAST Shoulder cuts. Lb. 9c
 - PURE LARD 3 lbs. 25c
 - FISH — FINNAN HADDIE Special nice lot of Deep Sea Crabs. Fresh cooked. Each 20c
 - OYSTERS Large fresh ones. Pint 30c

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