

# Corn Meal Provides Base For Substantial Dishes

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

Corn, to the Englishman, is not our corn, but wheat. To the Scot it means oats. And to at least one Australian, traveling in America, our spoon corn bread proved to be "a farinaceous food" she had never heard of before. In fact, in other countries the name "corn" is the name applied to the principal grain crop whatever that may be. Indian corn, our corn, is native to the Americas.

In the United States today, we have more corn than we can use, although, as the Bureau of Home Economics of the U. S. Department of Agriculture points out, we still consume tons and tons of corn meal, as we always have. Some of it is "old process," or "water-ground" meal, still so called because originally ground in mills run by water power. But "water-ground" meal is ground between millstones and in many places today there are mills which turn out stone-ground meal by steam or electric power. Especially in the country and in the south, it is still possible to get the "water-ground" meal, which is, in fact, softer and richer in food value than the "new process" or bolted meal.

The "new process" grinds the meal between steel rollers or steel disks, and the product is more granular than the stone-ground meal. Its food value is less than the stone-ground meal because the "new process" takes out nearly all of the skin and the germ of the grain, which is left in the meal in the old process. These are the parts of the grain which have most mineral and vitamin value, but the germ spoils rather quickly. The advantage of the "new process" meal is that it will keep longer than the old-fashioned product because the germ is "bolted" out.

When life was simpler, people used fewer and simpler foods. The corn—or maize—eating peoples added to the grain something to supply other kinds of nutriment in the same dish. Thus the mush-and-milk or "hasty pudding" of early New Englanders constituted actually the best kind of combination of food values we know how to obtain in any two foods. So also the hoe-cake and buttermilk of the south. Natives of Jamaica mix corn meal, salt fish, and lard to make their "stamp-and-go." Mexicans add meat and peppers and onion to make tamales. Italians added cheese or tomato or gravy, or perhaps all three, to their "polenta" made of mush and milk. Our grandmothers taught the meat packers and the butcher shops of today how to add ground meat to corn meal mush to make what we enjoy as scrapple. In all these combinations, protein, minerals, fats, and some vitamins are added to a food which itself is chiefly starch. The Italians, adding tomatoes and cheese and meat, make actually a full-rounded meal in their "polenta."

As would be expected in a land as big and as varied as the United States, corn, which grows everywhere, finds favorite uses more or less peculiar to different sections of the country. If you come from the south, you want your corn pone or your hoe cake, made with sour milk or buttermilk. If you are a northerner, you like your mush-and-milk, or your Indian pudding, and you make this latter with yellow meal, milk, and molasses. But there are dozens of other ways to use corn meal.

The Bureau of Home Economics furnishes some three dozen corn meal recipes—and they range all the way from plain mush to Indian meal doughnuts, corn meal fig pudding and gingerbread. Some of the cheapest are crackling bread, raised corn meal muffins, corn meal mush with meat, polenta, and Indian pudding.

The Mexican tamale is also cheap—made of scalded meal or mush, with chopped meat (usually chicken) and red peppers, with onion or garlic. This mixture is folded and tied into corn husks which have been softened in hot water, and the tamales is then boiled. A variation of this is tamale pie.

**LOW-COST MENU FOR ONE DAY.**

**Breakfast.** Oatmeal, Toast, Tomato Juice for Youngest Child, Coffee (adults), Milk (children)

**Dinner.** Tamale Pie, Bread and Butter, Hot Tea (adults), Milk (children), Stewed Prunes.

**Supper.** Hashed Brown Potatoes, Hot Biscuits, Jelly, Jam or Sirup, Milk for all.

**RECIPES.**

**Scrapple.** Select 3 pounds of bony pieces of pork. Simmer in 3 quarts of water until the meat drops from the bone. Strain off the broth, remove the bone, taking care to get out all the tiny pieces, and chop the meat fine. There should be about 2 quarts of broth, and if necessary add water to make this quantity. Bring the broth to the boiling point, slowly add 2 cups of corn meal, cook the mixture until it is thick, mush, and stir almost constantly. Add the chopped meat, salt, and any other seasoning desired, such as onion juice, sage and thyme. Pour the hot scrapple into oblong enamelware pans which have been rinsed with cold water. Let stand until cold and firm, slice, and brown in a hot skillet. If the scrapple is rich with fat, no more fat is needed for frying.

**Polenta.** This dish, which is common in Italy, differs little, except in name, from corn-meal mush, though it is served in very different ways. Sometimes cheese is added during the cooking. Polenta is often reheated either with tomato sauce or a meat gravy left over from a meal, or with a meat gravy made from a small amount of meat bought for the purpose, or with half tomato sauce and half meat gravy. In any case, the dish is improved by sprinkling the cooked polenta with cheese. When the polenta is to be reheated in gravy, it is well to cut it into small pieces in order that the gravy may be well distributed through the dish.

**Tamale Pie.** 2 cups corn meal, 2 teaspoons salt, 2 cups cold water, 4 cups boiling water, 1 ounce suet, 1 onion, chopped, 1 pound ground beef, 1 cup canned tomatoes, 1/2 teaspoon salt, 1/2 teaspoon pepper. Mix the corn meal, salt and cold water until smooth, add the boiling water, stirring constantly, then cook over hot water for 1 hour. Render the suet and cook the onion in the fat for a few minutes, add the beef

and the tomato and simmer until the red color disappears from the meat. Season with salt and pepper. Place a layer of the mush in a greased baking dish, add the meat mixture and cover with the rest of the mush. Bake in a moderately hot oven (375 degrees F.) about 30 minutes or until the mush is lightly browned. Serve from the dish.

**Salt Pork Spoon Bread.** Chop or grind 1/2 pound salt pork. Then fry out the fat until the cracklings are slightly brown. Cook 1 cup of corn meal with 2 cups of water, stirring constantly. Add to this 1 cup of milk (fresh milk, or evaporated or dried milk made up with water), then the fried salt pork, fat and all. If possible, add 1 or 2 beaten eggs. Four into a well-greased hot pan of baking dish and bake for 40 to 50 minutes in a hot oven. Or bake in a skillet on top of the stove in a thinner layer.

**Baker Indian Pudding.** 1 quart milk, 1-3 cup yellow corn meal, 1 teaspoon salt, 1/2 cup molasses, 1/2 to 1 teaspoon ginger. Cook the milk, corn meal, and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake in a very moderate oven (about 300 degrees F.) for 2 hours. Serve hot with vanilla ice cream, or chill and serve with cream.

# DEBT ADJUSTING COMMITTEE FOR COUNTY FORMED

McCracken Elected Chairman of Group to Aid Farmers and Creditors — Statement of Aims Issued

The County Farm Debt Adjusting committee, recently appointed by Governor Meier for Jackson county, held an organization meeting in the office of County Agent R. G. Fowler Wednesday afternoon.

The following officers were elected: Chairman, J. B. McCracken; vice-chairman, Geo. B. Dean; secretary, R. G. Fowler, and Dick Straus of Sams Valley, John Anderson of Central Point and J. A. Perry of Medford complete the personnel of the committee. The function of such committees already appointed in several counties of the state is set forth in the governor's letter of appointment, part of which is as follows:

**Beer Parlor is Scene of Brawl**

Charles (Blackie) White, 43, was scheduled for a hearing in city court this afternoon, and L. P. Slavens, 60, was given a ten days' suspended sentence in city court this morning as the result of an alleged battle in a beer parlor on South Riverside at 11:15 o'clock last night.

White and Slavens, who police said had resorted to throwing chairs and bottles after Slavens had assertedly insulted White's step-daughter, were arrested by city officers.

Slavens was released last night when he furnished \$30 bail, and charged with violent and disorderly conduct, was given a suspended sentence in court, pending his good behavior.

White, who had not paid a \$10 fine imposed on him August 10 of last year, for disorderly conduct, was held in jail.

**Central Pt. Christian Church Annual Meet Surveys Great Year**

Over 100 members and friends of the Central Point Christian church of which D. E. Millard is pastor, gathered around the banquet table Thursday evening and enjoyed the fellowship dinner and program which followed. Reports all showed a wonderful growth and sustained service under the leadership of their pastor who is beginning the sixth year with the church.

Some of the accomplishments during these years was the building of two large additions to the church, more than doubling the membership, installing all new opera chairs in the auditorium and purchase of new hymn books. All improvements being paid for as completed. The church has had no debt for many years and the treasurer's report showed a balance after all bills were paid.

Reverend Howell of Medford Presbyterian church, was the guest speaker of the evening, who brought a fine, inspiring message. Musical numbers were furnished by the church orchestra and vocal numbers by Miss Ruth Haley, Mrs. Dorris Nealon and D. E. Millard.

Reverend Millard also read one of his own poems entitled "My Dear Old Violin."

The church considered the year just closed a very successful one and looks forward to a greater year for 1934, which will include a summer conference for young people and remodeling and beautifying of the church auditorium.

**Beef Tenderloin.** Aina Cederbloom, a Swedish girl, made the 180-mile perilous crossing of the North Sea from Bergen to the Shetland Islands in a 14-foot open outboard powered boat last summer.

Mr. Neff Is Home—Attorney Porter J. Neff returned yesterday morning from Portland, where he spent the past week on business.

# ONE HALL WON'T HOLD THROG AT ROOSEVELT BALL

There will be lost of room for dancing next Tuesday night, when Medford joins the rest of the world in festivity at the Birthday Ball for the President. It was announced today that two halls will be opened to the dance crowds, and maybe three. Ticket sale today justified the need for two locations, and if they keep coming in, a third place will be designated. A definite announcement of "where you may dance" will be given Sunday. In the meantime, all people are urged to buy their tickets, with the assurance that there will be "lots of room."

O. O. Alenderter, chairman of the hall committee, has arranged for a radio hookup for all local dances. In order that Medfordites may be dancing to the Marine band music right along with the rest of the nation, when the concert comes on the air.

The meeting of the ticket committee was an enthusiastic gathering last night. Larry Schade, treasurer for the ball, announced today. Women, representing all organizations of the city, started out this morning to cover the business section and will continue through tomorrow and Monday. All citizens are urged to aid a worthy cause by buying their tickets early.

It will be impossible for the solicitors to visit the residential district, so those persons not contacted down town are asked to obtain tickets at the Chamber of Commerce, the Hotel Medford, Hotel Jackson or Hotel Holland.

The earlier the tickets are purchased the sooner the general committee will

# JOSEPHINE POE, 88, PASSES AT HOME

Josephine Poe, beloved pioneer resident of Medford, where she had resided for over 80 years, passed away at her residence, 902 North Central avenue, Thursday morning at 11:15, after a long illness. For her advanced age of 88 she was in good health until a week ago, when she fell and broke her hip.

Mrs. Poe was born in Dallas Center, Iowa, May 24, 1846. She attended public schools there and on March 17, 1870, was united in marriage to Francis M. Poe (now deceased). They left Iowa and came to Medford in 1884. She leaves one grandson, Carol Poe of Medford.

Funeral services will be held from the Perl Funeral Home Sunday afternoon at 2 o'clock.

Hair Cuts, 35c. Shave, 25c. Allen Hotel Barber Shop.

Hubbard III—Ferdie Hubbard of the Crater Lake national park service is a patient at the Community hospital this week for medical care.

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**Emphasize the right word and save money**

Everybody likes the "granulated" wheat type of cereal—adults as well as children. None finer in quality than Pearls of Wheat. Be sure you say PEARLS of Wheat. It will save you money.

A CARNATION-ALBERS HOT CEREAL

*Cours for a good morning!*

**LIBERTY FOOD STORES**  
MAIN AND GRAPE. EVERYTHING IN GOOD FOODS!

**Alexander Grocery, Inc.**  
Phone 143. FREE DELIVERY. E. F. ALEXANDER, Gen. Mgr.

**SPECIALS FOR SATURDAY**

No. 2 Can Peas, sweet and tender, 2 for 25c  
Large Can Hominy 10c  
Large Can Armour's Pork and Beans, 2 for 25c  
No. 2 Can String Beans, stringless 10c  
No. 2 can Yellow Corn 10c  
Large Can Sweet Potatoes 10c  
Sunny Monday Soap, 10 bars 23c  
Sunbright Cleanser, 2 for 9c  
Toilet Soap, 3 bars for 5c  
Tiny Tots' Breakfast Cereal . . . 23c  
1 Pkg Energy Breakfast Cereal Free

**THE HOME OF GOOD MEATS—GOV'T. INSPECTED**

**Don't Hesitate**

This young lady is wondering what kind of meat to serve for dinner, and where to get it. The Liberty Market will solve that problem. Steer Beef, Fresh Poultry, and a wide variety of select cuts are featured at all times at right prices . . .

**Best Grade Beef, Pork, Veal, Lamb**

**FAT TURKEYS**  
Saturday Special, lb. 17 1/2c

**LIBERTY MARKET**  
E. R. PECH, PROP.  
CORNER MAIN AND GRAPE  
PHONE 164 WE DELIVER

**MODEL BAKERY**  
Light Walnut Cake  
A wonderful cake made from a home recipe  
2 layers 19c (Reg. 25c)  
Alligator Jaws  
A dandy piece of fried square filled with butter cream.  
18c doz.  
Parkerhouse Roll Special  
12c doz.

**STAR MARKET**  
East Main Free Delivery Tel. 273

**SATURDAY SPECIALS**

**LIVER** 3 lbs. . . . . 25c  
**STEAK** Choice, lb. . . . . 15c  
**LARD** Home Rendered 3 lbs. . . . . 25c  
**TURKEYS** Young, fat, lb. . . . . 20c

R. I. R. Hens - Fryers, lb. 17c  
Fresh Side Pork, lb. . . . 10c  
Beef Pot Roast, lb. . . . . 9c  
Shortening, 4 lbs. . . . . 25c

**PIGGLY WIGGLY**  
FREE DELIVERY. Phone 9. HOME OWNED STORES

STOCK UP YOUR PANTRY WITH GOOD THINGS TO EAT AT THESE PRICES. It's a good investment to keep your shelves well stocked with the things you need for every occasion, and now is the time to buy.

**Sunny Monday Soap, 10 bars - - - - 19c**  
**Prince Albert Tobacco Pocket tins 2 for 23c**

<b>GOLDEN WEST Coffee</b> lb. glass jar 27c 3-lb. jar 79c	<b>GOODY GOODY Peaches</b> Halves Lg. can 19c	<b>Josephine Co. Tomatoes</b> Solid pack, large can 2 for 29c
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**Durkee's Salad Aid, qt. 33c, pt. 19c**  
**Lux Toilet Soap, 3 bars - - 19c**  
**Lux Flakes, large package - 23c**  
**Parker's Honey, 5 lb. tin 45c**

**TREE TEA**  
Japan Green, 1/2 lb. 23c | Orange Pekoe, blk. 1/2 lb. 33c  
Japan Green, lb. . . . 45c | Orange Pekoe blk., lb. . . 59c

Mineral Oil, pure medium weight, bulk. Quart - - - - 35c  
Mayonnaise, Brookfield, gallon jar - - - - - 99c  
Lover's Pork & Beans, 2 cans 25c  
Royal Chef Clams 2 cans - 25c  
Wind Mill Flour, hard wheat, \$1.63  
Johnson's Floor Wax Paste, lb. 59c  
Scott's Tissue, 3 for - - 25c

Baker's Premium Choc., 1/2 lb. 22c  
Baker's Coconut, 1/4 lb. - 12c  
Southern Style  
Carrots, Beets, Turnips 3 bunches 10c  
Spinach, fcy. tender spinach, 2 lb. 15c  
Bananas, fancy Golden Fruit - lb. 5c

**weep no more my lady**

Here's a triple-plated recipe for eliminating those breakfast brambles. Husbands—yes, even the maddest of the fellows—are astonishingly pliable to the rich and mellow soothing of a steaming cup of Hills Bros. Coffee. In fact, so are you. Try it and see. No human system yet designed can stand the terrible strain of getting out of a cozy bed without proper incentive. Ample Hills Bros. Coffee waiting on the breakfast table is incentive enough for anyone. So weep no more, dear lady. Ply that man across from you with freshly brewed Hills Bros. Coffee. He will leave the table as meek as a lamb and go to the office with the determination of twenty lions.




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