

# Greens for Midwinter A Diet Recommendation

Bureau of Home Economics, U. S. Department of Agriculture  
If you follow the rules of good diet, you have greens in midwinter as well as in the spring and summer. You should eat them almost every day in fact—a green or else a yellow vegetable every day, say the Bureau of Home Economics of the U. S. Department of Agriculture. But the yellow vegetables are not numerous, so the question comes chiefly on greens. What shall we use for greens now, in the middle of February?

In the far south, of course, that is not much of a problem, for you can grow your own greens or buy home-grown greens in local markets all the year round. A little farther north you can still have home-grown greens most of the year because such plants as collards and kale and turnip salad do not mind a little frost; in fact, are the better for it. Collards are the southern substitute for the winter cabbage of the north. They are a home-garden vegetable and they are also, nowadays, a commercial crop which is shipped to northern markets. In New York just now collards cost but little more than kale and probably less than spinach.

Collards—as you may know, if you are not a southerner—are a plant of the cabbage family which fails to head, and grows a stalk. The leaves are large and grow in tufts, or big rosettes. Georgia collards often grow to three or four feet in height. They grow better in the south than does late cabbage because they withstand heat better. Some people, however, use the term collards for young leaves of cabbage, cut before the head forms. Generally speaking, collards are cooked in the same ways that you cook cabbage—and the same precautions against overcooking are needed. Five or ten minutes are really enough and certainly not more than 20 minutes. Collards are good pan-fried or "smothered," and seasoned simply with salt pork or bacon fat—or butter if possible. Or they are good pan-fried, with milk added. Or served with white sauce. Or cooked with meat—in which case, cook the meat almost "done" before you add the collards. This will minimize the "strong" flavor that comes from the long cooking necessary for the meat.

In the cities, you may find another green leafy vegetable on the market—escarole, or broad-leaved endive. This is very popular with people of Italian stock, in fact escarole shipped only to communities where there is a fairly large Italian population. It is one of the best of all greens for vitamin A, and like all the other green leaves is a very good source of iron, too. It is used chiefly as a raw salad. But it is good in a mixture of cooked greens—with chard, spinach and kale, for example. It can also be served as you prepare wilted lettuce with a tart sauce. Or you can wilt it with hot sauce, such as you make for slaw. Or again, you can cook escarole and serve it with white sauce.

Kale, reliable old friend that it is, may be cooked as other greens are cooked. Pan-frying is a good way—and milk may be added here, too. Spinach, of course, is one the market almost everywhere in this country, and

is usually cheap. Or if fresh spinach is not cheap canned spinach may be, and it has almost the same food value as fresh spinach.

Least but not least, cabbage, which we have all the year, is probably the cheapest greens of all. But your own planting if you are far enough to the southward, may be yielding turnip salad at this moment. There are no better food values in any kind of greens than in these same green tops of the turnip.

### LOW-COST MENU FOR ONE DAY

- Breakfast**  
Hot Cereal Toast  
Tomato Juice for Youngest Child  
Coffee (adults) Milk (Children)
- Dinner**  
Collards or Cabbage with bits of Crisp Salt Pork  
Cruddy Mashed Potato Cakes  
Muffins  
Apple Brown Betty Served Hot  
Supper  
Macaroni and Cheese  
Celery or Turnip Sticks  
Bread and Butter  
Cocoa

### RECIPES

- Collards with Crisp Salt Pork**  
Sort, trim and wash the collards, and remove the tougher stems and midribs. If the leaves are large, chop coarsely. Cook from five to fifteen minutes in a small quantity of unsalted water until tender. Add crisp bits of browned salt pork, and season with pork drippings.
- Wilted Escarole**  
2 quarts escarole.  
4 tablespoons bacon fat.  
1 cup milk vinegar.  
1 teaspoon salt.

- Wash the greens thoroughly and cut into small pieces with scissors. Heat the bacon fat, vinegar and salt in a frying pan, add the greens, cover and cook at moderate heat until the greens are wilted. Serve at once.
- Turnip Greens and Rice**  
2 pounds turnip greens.  
2 cups cold cooked rice.  
Bacon drippings.

### Freed Will Give Talk On NEC Over Radio At 9:45 P. M.

PORTLAND—Acting on a suggestion from President Roosevelt, Edgar Freed, National Emergency Council, director for Oregon, will go before the people of the state in a radio address to be presented as a joint program at 9:45 tonight, over radio stations KGW and KEX, Portland.

Mr. Freed will explain the formation of the NEC, its aim and functions, in the radio address Friday. He returned this week from Washington, D. C., after a series of conferences with the ranking heads of the federal recovery program and the other 47 state directors of NEC.

Announcing NU-MODE Tint Finger Waves. They give the hair life and lustre. Medford Beauty Shop, North Central. Tel. 191.

## OLD SKETCH BOOK GIVES GLIMPSSES INFANT MEDFORD

A glimpse of Medford in her real boom days, when the late Dr. J. F. Reddy was mayor and J. A. Perry, president of the Medford Commercial club, is to be gleaned from an old sketch book, brought out by the club, predecessor of the chamber of commerce, in about 1910. The book was recently brought to the chamber of commerce by E. C. Jerome, chairman of the Oregon Diamond Jubilee celebration, just by way of showing that the town always had a lot of pep.

The changes in styles are very obvious, (particularly Mr. Perry's handle bar mustaches) but the Medford spirit, which was aroused then, has continued to characterize the Peat city. The booklet, attractively arranged and bound, is filled with interesting pictures. Many are of people, who are still staunch supporters of Medford's welfare, others of citizens who died, while still serving Medford, still others of those, who couldn't stand the slump, which followed the first boom, and returned eastward.

Dr. J. M. Keene, little changed in appearance, is shown as a "recognized leader in the promotion of Medford's interests." The late W. I. Vawter, Sr., is pictured as president of the Jackson County bank and civic leader. Others shown in this capacity are J. E. Enyart, and John Oweil. Full page photographs of Dr. Reddy and Mr. Perry are also found in the booklet. Mrs. John Oweil and Mrs. J. E. Enyart grace the society section. The first described as "one of Medford's

## HAROLD GE BAUER IN COLLEGE THEATRICALS

Harold GeBauer, graduate of Medford high school, and former student at the University of Oregon, is now a senior at Pasadena Junior college and is also taking part in several play productions in the southern city.

At the present time, he is appearing in "Macbeth," being given by the Pasadena Community Playhouse association. Preceding this production, the association gave "Camille of Romain" Camp," in which GeBauer also took a part.

When attending school in Medford, GeBauer took a prominent part in the high school dramatics and was cast in many of the productions.

W. H. Ellenburg of the Medford state police office and chairman of the committee, said Thursday while in Grants Pass the plaque, with an inscription written by Charles Pray, superintendent of the state police, is in the Medford office now and will be attached to a large granite monument already located at the scene. The monument was placed by the state highway department.

## BURRELL BAUCOM MEMORIAL RITES SLATED FEB. 25TH

GRANTS PASS, Feb. 16.—(Sp.)—In memory of Burrell M. Baucum, state police officer who died in line of duty July 1, 1933, a monument at the scene of his death will be dedicated in joint ceremony, February 25, by the Oregon state police and national guard, according to plans now being arranged by the committee in charge.

Baucum was killed July 1 by John Alvin Bowles and Harry Barter, about eight miles north of Grants Pass on the Pacific highway, when he started to return the youths to Grants Pass for questioning regarding the car they were driving. It was later learned that the car had been stolen, as Baucum had suspected.

A program of addresses by prominent men both in business and political life, with state police and national guard figuring prominently, is being arranged by the committee, of which Mace Featherer, state officer for the Grants Pass district, is a member.

Baucum's state police badge and the national guard insignia are set into the plaque, Ellenburg said. The confessed killers, Bowles and Barter, were sentenced to the state penitentiary for life.

## Rev. Stuart Called As Pastor of Full Gospel Church Here

The Full Gospel church has called the Reverend J. Logan Stuart of Anacortes, Wash., as pastor, whose family has just arrived from the north to establish their residence at 815 Sherman street.

Rev. Stuart comes here, not only as a spiritual builder, but being an able speaker, will take an active part in the welfare activities of the city, service clubs and business men's meetings.

His record is outstanding among the leaders of his conference, having served three terms as district superintendent in Colorado, also as an evangelist in all the states west of Missouri, and has held pastorates in a number of the larger places in Colorado, Washington, Oregon and California.

His ministry has that depth and quality made rich only through those interesting experiences encountered during 20 years of active service in the ministry, a part of which has been in pioneering remote districts and mining camps throughout the Rocky mountains.

For some time he also conducted a radio church over station KMED, Denver, being assisted by his wife as music director. She also helps in this capacity in the regular church services.

Find Pertussis Vaccine. CINCINNATI—(UP)—Two physicians at the Jewish Hospital here announce the discovery of a new vaccine to determine immunity from pertussis, otherwise known as whooping cough.

## Double Specials!

We will have two items on sale Saturday which we want you to investigate. We know that when you see them you will agree with us that they are real values for the money.

### Individual Pies 9c each

Will generously serve two people. Several varieties to choose from.



### Gold-N-Sno Cake 49c each

This is the Special Betty Crocker Cake which you have heard advertised over the Radio.

Made just as you would make it in your own home. Extra large 3-layer size.

# Fluhrer's

CASCADE WONDERLAND'S  
FINEST BAKERY



# 1¢

## WHILE SUPPLY LASTS—AT YOUR GROCER'S

# SALE



Would you use  
cube sugar  
to mix a cake?

There are several types of sugar (granulated, powdered, cube). Each is prepared to serve a different purpose. So it is with coffee. There are two vitally different methods of making it—percolator and drip. Each demands a different coffee.

In a drip coffee maker, boiling water drips ONLY ONCE through a coffee specially prepared to yield its flavor QUICKLY. In a percolator, water passes many times through a coffee prepared to yield its flavor SLOWLY. The same coffee can be used for both methods, but like a "Jack-of-all-trades" it is "master of none"—neither drip nor percolator. In one or the other, little things happen. It's a little weak, or a little strong, or a little cloudy, or it has a little less flavor. It's these little things that make or mar good coffee. Be sure to use the correct coffee for each method.

Your grocer has two Schilling Coffees, identical in flavor, but each is specially prepared for its purpose—each one different in blend, roast and grind.

## Two Schilling Coffees

Percolator Coffee  
Drip Coffee

## WOMEN ACCEPT FULL-SIZE 10¢ PACKAGE OF

# OXYDOL

New and Improved

The Amazing New Procter & Gamble Laundry Soap  
Discovery That Washes Clothes 4 to 5 Shades Whiter  
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AT GROCER'S—HURRY—BEFORE ALL ARE SOLD OUT

## THIS IS ALL YOU DO

To Start Getting Your Clothes 4 to 5 Shades Whiter With This Wonderful New Soap Discovery—Oxydol—That's FASTER-ACTING AND FAR SAFER Than The Fastest Soaps Heretofore

Simply go to your grocer today. Ask him for a regular ten-cent package of Oxydol. And receive an additional Ten-Cent package FOR ONLY ONE CENT more. Do this—and see your clothes come 4 to 5 shades whiter in just HALF the usual washing time—utterly without harm to fabrics, colors or hands.

You can see the results in the suds. Oxydol multiplies 500 TIMES in suds! Which means at least twice as much "soap action" as from old-style soaps.

We knew it had to be better to win women from older ways. So we made it better; and now we urge you to try the new, improved Oxydol in your own home. We promise you'll save hours of labor. You'll get clothes 4 to 5 shades whiter, without scrubbing or boiling. You'll have no more fading colors; "no soap streaks" after ironing; and no soap-bitten, red hands either.

Take Advantage Of 1c Sale Today

Please note, in your own interest, this unusual one-cent sale is strictly limited as to time and quantity. It will be continued only as long as grocers' stocks last. And there is a strict limit of one deal to a customer. So act quickly to avoid possible disappointment.

Remember, all you do is go to your grocer—and purchase one regular full-size package of new, improved Oxydol, for 10c. And then receive another full-size package for only 1c more.

Thousands of women are talking about this new, faster-acting soap today. And thousands are turning to it, as a still faster laundry way that's really SAFE! See for yourself how remarkable it is—buy for a penny today! Procter & Gamble.

MY—I'VE NEVER SEEN CLOTHES SO LOVELY AND WHITE! AND YOU'RE ALL THROUGH SO EARLY! HOW DID YOU DO IT?

WITH OXYDOL—THE NEW PROCTER AND GAMBLE SOAP DISCOVERY THAT'S FASTER ACTING THAN STRONG SOAPS, AND YOU GET YOUR FIRST TRIAL PACKAGE OF OXYDOL FOR ONLY A PENNY!

### REMINDER SLIP

Put this reminder slip in your purse now so that you won't forget to take advantage of this remarkable 1c sale.

Ask your grocer for one regular 10c size package of Oxydol and get another full-size 10c package for only 1c. This offer good only while grocers' stocks last.

NEW, IMPROVED OXYDOL IS ECONOMICAL

By actual test, a regular 25c package of Oxydol will do the work of 8 to 10 cubes of bar soap—or 2 to 3 times as much flakes.