

Eggs Rate Next to Milk As Most Valuable Food

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

If we had to do without milk, the next most valuable single food would be eggs. Eggs are more nearly interchangeable with milk in nutritive value than any other food, according to scientists whose life work is the study of foods.

Eggs are so very important, says the Bureau of Home Economics of the U. S. Department of Agriculture, that this country would be better off if everybody could be supplied with at least three or four eggs a week, and more if possible. Apparently we did average something like that a few years ago. But more eggs are eaten on the farms that produce them, it seems, than by people who must buy them, and a great many people get eggs very seldom indeed. Certainly, at city prices, a dozen or two of eggs for the family each week makes something of a hole in the food budget trimmed down to the slimmest pocketbooks. But maybe, at that, the eggs would be a better investment in food values than some other things that seem cheaper.

Let us see why, says the Bureau of Home Economics of the U. S. Department of Agriculture. Eggs are easily digested—so easily that we give them to the babies and invalids. That means we digest an unusually high percentage of the food substances eggs contain. And, with just two important exceptions, are rich in all the known food substances necessary for growth and development of the human body. The egg has proved its concentrated food value because it does actually feed the embryo chick, providing everything the chick needs to put him actually on his feet and walking as soon as he is hatched. The chick, by the way, gets calcium from the egg, although we can't. He gets it from the shell, which we discard.

The important nutritive values of the egg are its protein, fat, minerals (especially phosphorus and iron), and vitamins (especially A, B, D and C). And as these are food values that change very little when eggs are properly cooked, it doesn't matter much, nutritionally speaking, whether you take your eggs raw or cooked.

The big point is HOW to cook them. That has much to do with the digestibility of eggs. Always cook them slowly, at moderate heat.

For soft-cooked eggs or for hard-cooked eggs with tender whites, start the eggs in cold water to cover, supported on a rack. Heat the water gradually to simmering, but do not let it boil. Boiling temperature toughens white of egg. The temperature of the water should not be allowed to go higher than 185 degrees F. For soft-cooked eggs, remove from the fire when the water simmers (or is at 185 degrees F.), cover the pan and let it stand for a few minutes. The length of time required must be found by experience. The number of eggs cooked at a time, the size of the pan, and the quantity and temperature of the water all affect the rate at which eggs cook. For hard-cooked eggs, continue cooking over a low fire for 30 minutes after the water simmers, and keep it below boiling.

To poach eggs, break them into enough boiling salted water to cover them in a shallow pan, and immediately remove from the fire. Cover and let stand for about five minutes. Remove the eggs carefully with a perforated spoon.

To fry eggs, break them into a moderately hot pan containing bacon or other fat, and cook over a low fire. If the eggs are to be cooked over the top, dip up the hot fat with a spoon and pour it over the yolks until a coating is formed. Or, if preferred, turn the eggs carefully and cook them on both sides.

For shirred or baked eggs, break them into a shallow buttered baking dish or ramekin, dot with butter, and sprinkle with salt and pepper. Place the dish in a pan of water and bake in a moderate oven (350 degrees F.) until the whites of the eggs are set.

Even when the price of eggs is up, they are comparatively cheap as a main dish for any meal, because they give so much food value for the money. With eggs and milk, greens or tomatoes, and bread, you have all the KINDS of food you need for a meal; or say you have an omelet, toast and fruit, with milk to drink; or creamed hard-cooked eggs, or baked eggs in white sauce or eggs with salt pork or bacon—to any of these add tomatoes or cabbage, or fruit, drink milk or buttermilk, and you have a balanced meal.

And keep this in mind for economy's sake: Two protein dishes, like eggs and lean meat, eggs and fish, or eggs and beans, served at one meal, are extravagant. If you wish to keep your food bill down, and at the same time keep the family diet balanced, use eggs as a main dish when you are not serving lean meat, or beans. Baked Eggs and Rice in Tomato Sauce. 1/2 cup uncooked rice.

- 1 pint canned tomatoes.
- 1/2 teaspoon salt.
- 1 bay leaf.
- 1/2 cup fat.
- 2 tablespoons melted butter or other fat.
- 2 tablespoons flour.
- 2 eggs.
- 2 tablespoons grated cheese.
- 1/2 cup buttered bread crumbs.

Cook the rice in a large quantity of boiling salted water for 20 minutes, or until tender, wash in cold water, drain, and let steam and swell over hot water. Prepare a sauce by cooking the tomatoes and seasonings for 10 minutes, strain and thicken with the blended fat and flour. Make a layer of the rice in a shallow greased baking dish, drop the raw eggs carefully on the rice, pour on the sauce, and sprinkle over the top the grated cheese mixed with the buttered bread crumbs. Bake in a slow oven (about 275 degrees F.) until the eggs are set. Serve in the baking dish.

Eggs Scrambled With Shredded Lettuce or Cabbage
Shred the lettuce or the cabbage fine, with a very sharp knife. For six eggs chop enough onion to make a tablespoonful. Melt one tablespoon of butter in a saucepan, add the onion, cook until the onion is soft. Beat the eggs until they are well mixed but not light, adding one tablespoon of milk for each egg. Add the beaten eggs to the butter and onion, with salt, pepper, and the shredded lettuce or cabbage. Cook slowly, stirring with a fork until the eggs are "set," turn at once into a hot platter and serve.

Flat Omelet With Onion
Beat the eggs with one tablespoon of milk for each egg and salt to taste. Stew chopped onion in butter until the onion is tender, stir into the beaten eggs. Pour a thin layer of the mixture into a hot greased pan and cook slowly and evenly. When brown on the bottom, roll the omelet in the pan and turn it out on a hot platter.

When you serve coffee that is smooth and delicious, your family and your guests always crave a second cup.

"I am a crank about good coffee," writes a Western woman. "I use nothing except S&W. My guests always ask for a second cup." S&W Mellowed Coffee, with its round rich flavor, full mellowness and full strength, is sure to awaken a greater appreciation for your coffee-making skill. Have your grocer supply you now.

AS FINE AS MONEY CAN BUY
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MODERATELY PRICED

"NOT CONSTIPATED FOR SEVEN WEEKS"

Writes Mrs. Johnson After Using Kellogg's ALL-BRAN

Sufferers from constipation will be interested in this unsolicited letter:

"Your ALL-BRAN surely relieves constipation. I am so glad over the good it has done me that I feel I must write and tell you of it. "For lunch I take a banana, a large one. Six tablespoons of ALL-BRAN in a sauce dish, and dip banana at each bite until all is consumed. I haven't been constipated now for seven weeks."—Mrs. Louise Johnson, 1433 Forest Street, Denver, Colorado.

Constipation often causes headaches, loss of appetite and energy, sleeplessness. This condition is usually due to lack of "bulk" to exercise the intestines, and vitamin B to further promote regular habits. Kellogg's ALL-BRAN has both, as well as iron for the blood.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. Within the body, it forms a soft mass. Gently, it clears out the wastes.

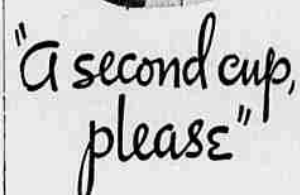
Try ALL-BRAN in place of patent medicines—often harmful. Two tablespoonfuls daily will overcome most types of constipation. Chronic cases, with each meal. If not relieved this way, see your doctor.

Use as a cereal, or in cooking. Recipes on the red-and-green packaging. Sold by all grocers. Made by Kellogg in Battle Creek.

CONVICT GIRL'S SLAYER WILL FACE GRAND JURY ON CHARGE OF MURDER

LITTLE ROCK, Ark., July 13.—(AP)—Coroner L. C. Aday placed a first-degree murder charge against Frank Martin, trusty guard, for the killing yesterday of Helen Spence Eaton, woman convict, as she was attempting to make good her escape from the state farm for women.

Aday said he had advised the governor's office of his intention to let the whole matter come before the grand jury and said "the governor's office heartily concurs in my views." The circumstances under which the restless girl convict was shot to death nine miles from the state farm for women yesterday were such, Aday said, that he wanted the whole pub-



"A second cup, please"

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BRAKEMAN HERO SAVES TINY TOT

RENO, Nev., July 13.—(AP)—Leaping from the pilot of a moving ore train locomotive, C. D. Rose, brakeman, saved the life of an unidentified girl about three years of age, it was learned here today.

As the train was proceeding between Ely and East Ely, Rose saw the child standing in the middle of the tracks. He leaped from the pilot of the engine, seized the girl and threw himself and the child down an embankment.

NEWLYWEDS DROP NUDIST COMPLEX

CHICAGO, July 13.—(AP)—Samuel Wallace, Jr. and his bride were set free today to honeymoon anywhere they like—except a nudist camp. But nudism ended where marriage began, the couple told Judge Francis Borrelli when they appeared for sentencing on the charge of an indecent exhibition.

"We're through with nudism," said they whose marriage, undraped, in a world's fair concession two weeks ago, stirred a small tempest. "We shall probably go to New York. We'll never return to the nudist colony."

Heavy Rain Before Drought

ROCKWELL CITY, Iowa.—(UP)—This Iowa city, in the midst of the area stricken by the recent drought, had more rainfall during the first four months of 1934 than it did during the same period in 1933. Official figures showed the precipitation from Jan. 1, 1934, to May 1 to be 7.87 inches; in 1933 precipitation was 6.03 inches.

Norse Descendants Won Fight

ASTORIA, Ore.—(UP)—Descendants of Norsemen won their battle before the city council, and as a result a new street will be known as "Leif Erickson Drive." The name "Aadir Drive" was suggested by opponents.

SAFEWAY STORES

Values for Sat. and Mon., July 14, 16

FOOD NEWS

Food is news 1095 mealtimes in a year—to you, to your family. That's why it's so important to keep fully posted about QUALITY, PRICE and VARIETY. Your Safeway Store specializes in all three, plus a full measure of FRIENDLY COURTESY sincerely expressed.

- CATSUP** . . . 2 large bottles 25c
Van Camp's, 14-oz. Bottle
- MAYONNAISE** . . pt. 19c-qt. 29c
Best Foods. Price has advanced. Buy today
- CORN Valley Pride** 10c
Golden Bantam—No. 2 can
- SALAD OIL** gal. 73c
Golden West Vegetable Oil—Bring Your Container
- COCOANUT** 12c
Baker's Unsweetened, in bulk—1/2 pound

COFFEE

AIRWAY	Edward's Dependable
A Pure Brazilian Blend	Choice Quality
3 lbs. 60c	Low Price 2 lb. can 53c

- Flour** 49 lb. bag \$1.73
Crater Lake. Guaranteed Hard Wheat Lion Brand, \$1.43
- Milk** 6 cans 35c
Maximum. Tall Cans
- Tomatoes** 10c
Day Pack. Solid Pack. No. 2 1/2 Can

Lunch Spread . . dozen 39c

Libby's Deviled Meat, 1/4 size can

- Baking Powder** 17c
K. C. The Old Reliable. 25c Can
- Cocoa** 2 lb. can 19c
Rockwood's. That Food Drink
- Vanilla** 4 oz. bottle 19c
Hamilton's Bunny Lemon or Maple

DELICIOUS, FRESH MEATS

- TENDER YOUNG MUTTON**
Shoulder, lb. . . 10c—Leg. lb. . . 13c
Chops, lb. 13c
 - Veal Roast** lb. 13c
Fancy Milk Fed
 - Veal Steaks** 2 lbs. 25c
Fancy Milk Fed
 - Bacon Squares** lb. 13c
Sugar Cured
 - Sugar Cured Picnics** lb. 16c
 - Hamburger** 3 lbs. 25c
Fresh Ground
- Fresh Fish, Crabs and Poultry

Peanut Butter

Max-I-Mum Fresh Ground

Pound . . 10c

Marshmallows . . 15c
Fluffiest Always Fresh. 1-lb. Package

Tuna Fish . . . 10c
Del Monte for Salads. No. 34 can

Pork & Beans 10c
Van Camp's 27-oz. Can

White King . 29c
Granulated Soap. It takes so little. 1-g. Pkg.

Jam . . . 2 lb. jar 29c
Gold Seal. Strawberry

Olives 10c
American River Ripe. No. 1 Can

Honey, jar . . 29c
TasteWell. Pure Extracted. 32-oz. Jar

Soap . . . 7 bars 15c
Luna, a P & G Product. 7-oz. Bars

Lipton's Tea 1/4 lb. 21c
Yellow Label
Edward's Black Tea, 1/2 lb. . . 24c

Grape Nut Flakes pkg. 9c
Healthful

Jello 5c
Assorted Flavors. Pkg.

Nucoa 12c
For Cooking. Lb.

FRESH PRODUCE

Tomatoes . . 4 lbs. 15c
Field grown. Full flavor.

Cantaloupes . . each 5c
Hearts of Gold

Lemons . . . dozen 23c
Full of Juice. Large Size

Watermelons ea. 23c
Clean-up Price
New car next week!

Home makers Bureau

VEGETABLE COCKTAIL
A snappy beginning.

1 small green pepper 1 stalk celery
3 radishes
1 tablespoon 1/4 cup French cooked string dressing beans

Remove seeds from pepper, parboil 5 minutes. Drain, chill and shred. Add celery, sliced, string beans cut small. Marinate in French dressing 30 minutes. Drain, put in cocktail glasses. Marinate thinly sliced radishes and tomato, cut in thin sections, arrange in circle on top of cocktail. Chill. Serve 2.

For aid in household problems, menu planning, or special recipes, send in your request to Julia Lee Wright, director, Homemakers' Bureau, Safeway Stores, Inc., Box 660, Oakland, California.

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4/3 Quart

Popular with those who want a good gin at a low price.

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PINT 75c

With a flavor that smacks of the old days.

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DISTILLED DRY GIN

\$1.75 Full Quart
PINT 90c

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BLENDED WHISKY

\$1.45 Full Quart
PINT 75c

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Shortening 4 lbs. for 25c	Fresh Ground Sausage or Hamburger 10c per lb.	Home Rendered Lard 3 lbs. for 25c

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Shoulder, lb. . . 10c—Leg. lb. . . 13c
Chops, lb. 13c

Veal Roast lb. 13c
Veal Steaks 2 lbs. 25c
Bacon Squares lb. 13c
Sugar Cured Picnics lb. 16c
Hamburger 3 lbs. 25c

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