

How to Save Values in Cooking, Canning Food

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

Some of the same questions that arise in cooking of fresh vegetables and fruits come up also in canning—so there are two reasons for discussing them just now. Some ways of cooking save food values, and others waste the minerals and vitamins of which most vegetables and fruits are a very important source.

You lose mineral values when you cook vegetables in too much water and drain off the liquid after cooking. Calcium, which is one of the bone-making minerals, and iron, which is a blood builder, are dissolved in this way and a considerable percentage is lost. So with other mineral salts found in fresh vegetables. To avoid this loss as far as possible, cook your vegetables in very little water and serve the liquid with them in the form of a sauce or gravy.

In canning, hot-pack your vegetables and most of your fruits, and fill up the cans with the liquid in which you pre-cooked them. And when you serve the canned food, serve juice and all.

When it comes to saving vitamins, the cooking problem is a different one, and so is the canning problem. In fact, it is different for different vitamins.

We look to vegetables and fruits for a good part of our supply of vitamins. Vitamin A, as it happens, is not much affected by the cooking process. But both vitamin B and vitamin C are affected by heat, and by oxidation. Destruction of vitamin B takes place more rapidly where there is both heat and water, as in cooking. To save this vitamin, short, quick cooking, at the boiling point or just below, is best.

Vitamin C, however, is more troublesome. It is very easily destroyed by heat and oxidation. That is why nutritionists tell us to make sure of this vitamin by eating some vegetables raw. But for the time of year, when fresh fruits and vegetables are out of season, we must use canned ones, and it is important to know how to conserve the vitamins in canning. Right here we get a lucky "break," so to speak, because tomatoes, the best of all vegetables for vitamin C, will provide it whether raw or cooked or canned. Tomatoes, unlike the non-acid vegetables, do not lose much of their vitamin C when cooked or canned. Their acidity protects the vitamin C content.

But again there is a "how" to it—with tomatoes as well as everything else. To save vitamin C as well as vitamin B, cook as short a time as possible, at the boiling point or just below. As to canning, here are two points that are emphasized by the Bureau of Home Economics:

First: Can fruits and vegetables as soon as possible after you bring them from your garden. If you let them stand around even in a refrigerator, they lose some of their vitamin value.

Second: Use the hot-pack method, and work fast. The short pre-cook before you put the food in the cans drives the air out of the tissues. This helps save food values because air has a bad effect on vitamins. Also, the hot-pack makes it possible to shorten the time the food has to stay in the water bath or the steam pressure canner for processing.

Fruits and tomatoes are the foods easiest to can at home, and they are also better sources of vitamin C than the non-acid vegetables. They are easy to can because they may be safely processed (i. e., heated in the cans to kill the bacteria that cause spoilage) either in a boiling water-bath or in the oven. The non-acid vegetables, such as corn, peas, beans, and in fact all the others except tomatoes, should—to be safe they must—be processed in a steam-pressure canner, according to the Bureau of Home Economics, because for non-acid foods there is no other way you can be sure of temperatures high enough to kill the bacteria.

Following are directions for canning peaches and plums by methods recommended by the Bureau of Home Economics. Directions for other fruits and vegetables will be furnished on request to the bureau.

Peaches—Make a thin or medium syrup as desired. Put in one cracked peach pit for every quart of syrup. Boil for five minutes and strain.

Immerse the peaches in boiling water for about one minute or until the skins will slip easily, plunge at once into cold water for a few seconds; remove the skins, cut the peaches into halves, and discard the pits. Some varieties of firm clingstone peaches require the lye solution method for peeling. Peaches may be packed raw, but a better pack is obtained if the fruit is first simmered until soft. Pack at once, placing the halves pit side down in overlapping layers. Fill up the containers with hot syrup. Process all containers for 15 minutes in boiling water.

Plums—Plums are ordinarily canned whole, and they should be gathered just as they are commencing to ripen. After they are washed, prick each plum to prevent the skin from bursting. Fill into jars and cover with boiling medium syrup. Process quart and pint glass jars or 2 minutes in boiling water and No. 2 and No. 3 sanitary or R enameled tin cans for 15 minutes.

Or, if preferred, prepare sauce by cooking the plums with sugar to taste until the sugar has dissolved. The pits and skins may be strained out or not as desired. Fill the containers boiling hot, and process all sizes for five minutes in boiling water.

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Meteorological Report

July 20, 1934.

Forecasts

Medford and vicinity: Fair tonight and Saturday. Little change in temperature.

Oregon: Overcast on coast; otherwise fair tonight and Friday. Little change in temperature.

Local Data.

Temperature a year ago today: Highest, 91; lowest, 50.

Total monthly precipitation, .07 inch; deficiency for the month, .27 inch.

Total precipitation since September 1, 1933, 11.02 inches; deficiency for the season, 6.75 inches.

Relative humidity at 5 p. m. yesterday, 82%; 5 a. m. today, 72%.

Sunrise tomorrow, 4:54 a. m.

Sunset, 7:41 p. m.

Observations taken at 5 a. m., 130 Meridian Time.

CITY	High Temp.	Low Temp.	Wind	Clouds	Weather
Boise	60	40	Clear		
Boston	88	72	P. City		
Chicago	78	64	Clear		
Denver	100	72	Clear		
Eureka	60	54	Cloudy		
Helena	60	51	Clear		
Los Angeles	84	64	Cloudy		
Medford	80	52	Clear		
New York	88	74	Cloudy		
Omaha	110	84	P. City		
Phoenix	94	74	Cloudy		
Portland	76	56	T. Cloudy		
Reno	86	64	Clear		
Roseburg	80	50	Cloudy		
Salt Lake	102	70	P. City		
San Francisco	62	52	Cloudy		
Seattle	66	54	Cloudy		
Spokane	88	68	T. Cloudy		
Walla Walla	90	60	P. City		
Washington, D.C.	94	76	Cloudy		

MACON FLIES HOME AFTER JAUNT TO SEA

SAN DIEGO, Calif., July 20.—(AP)—Homeward bound after contacting the presidential cruiser Houston yesterday, the navy dirigible Macon was 600 miles southwest of San Diego at 8 a. m. today, according to radio reports received at 11th naval district headquarters. It is due to arrive at its Sunnyvale base tomorrow afternoon.

Florida sponge divers are perfecting a "submarine" to enable them to collect sponges from the bottom of the sea.

Helen Jepson, the Metropolitan Opera's new soprano, will be that institution's blondest blonde.

Markets

Livestock.

PORTLAND, July 20.—(AP)—CATTLE: 225; calves 115; fully steady, unchanged.

HOGS: 100; notably steady, unchanged.

SHEEP: 400; about steady, unchanged.

Portland Produce

PORTLAND, July 20.—(AP)—BUTTER—Pr. Int. A grade, 24c; parchment wrapped, various, 25c; quantity purchases 1/2 lb. less; B grade, parchment wrapped, 23 1/2c; cartons, 24 1/2c.

BUTTERPAT—Portland delivery A grade delivered at least twice weekly, 21-23c; country routes, 18-20c lb.; B grade or delivery fewer than twice weekly, Portland, 20-22c; country routes, 17-19c; C grade at market.

EGGS—Sales to retailers—Private firms: Specials, 24c; extra, 22c; extra fresh extra, brown, 22c; standard, 19c; fresh medium, 20c; medium firsts, 18c; checks, 17c; bakers, 15c dozen.

EGGS—Sales to retailers—Co-ops: Overlake, 24c; extra, 22c; standard, 18c; medium, 15c dozen.

EGGS—Buying price of wholesalers: Fresh specials, 20-21c dozen; extra, 19-20c; extra medium, 17c; medium firsts, 14-15c; pullets, 13-14c; undergrades, 13-14c dozen.

COUNTRY MEATS—Selling price to retailers, country-killed hogs, best butchers, under 150 lbs., 10-10 1/2c; vealers, 90-100 lbs., 8 1/2-9c; light and thin, 6-7c; heavy calves, 5-6c; others unchanged.

CANTALOUPE—Standards, \$1.50. Cheese, milk, live poultry, onions, potatoes, strawberries, wool and hay, unchanged.

Portland Wheat

PORTLAND, Ore., July 20.—(AP)—Wheat futures:

	Open	High	Low	Close
July	81 1/2	81 1/2	81	81 1/2
Sept.	83	83	81 1/2	81 1/2
Dec.	84 1/2	84 1/2	83 1/2	83 1/2

Cash wheat:

Big Bend bluestem 54

Dark hard winter (12 pct.) 57

Dark hard winter (11 pct.) 52

Soft white, western white, hard winter, northern spring and western red 51

Oats—No. 2 white, 52 1/2.

Corn—No. 2 E. yellow, 22.25.

Milhrun standard, 22.00.

Today's car receipts: Wheat 13, flour 4.

Chicago Wheat

CHICAGO, July 20.—(AP)—Wheat futures:

	Open	High	Low	Close
July, old	1.01	1.01	.97	.97 1/2
New	.99 1/2	.99 1/2	.95 1/2	.95 1/2
Sept. old	1.02 1/2	1.02 1/2	.98 1/2	.98 1/2
New	1.02 1/2	1.02 1/2	.98 1/2	.98 1/2
Dec. old	1.04	1.04	.99 1/2	.99 1/2
New	1.04 1/2	1.04 1/2	.99 1/2	.99 1/2

Wall St. Report

NEW YORK, July 20.—(AP)—Stocks turned sharply downward today under the leadership of the metal group. The decline was attributed partly to an expansion of professional operations based on the warning of inflationary psychology and rumors of a disquieting foreign situation. The close was rather weak. Transfers approximated 1,300,000 shares, the largest turnover since June 8, last.

Today's closing prices for 32 selected stocks follow:

Al. Chem. & Dye	133 1/2
Am. Can.	98 1/2
Am. & Fgn. Pow.	6 1/2
A. T. & T.	112 1/2
Anacosta	12 1/2
Atch. T. & S. P.	58
Bendix Avia.	13 1/2
Beth. Steel	30 1/2
California Pack'g.	32 1/2
Chrysler Tract.	25 1/2
Clyde	98 1/2
Com. Scr.	12 1/2
Curtiss-Wright	23 1/2
DuPont	68 1/2
Gen. Foods	31 1/2
Gen. Mot.	30 1/2
Int. Harvest.	32 1/2
I. T. & T.	11 1/2
Johns-Man.	49
Monty Ward	27 1/2
North Amer.	61
Penney (J. C.)	18 1/2
Phillips Pet.	5 1/2
Radio	20 1/2
Soc. Pac.	20 1/2
Std. Brands	20
St. Oil Cal.	34
St. Oil N. V.	43 1/2
Trans. Amer.	6 1/2
Union Carb.	42 1/2
Unit. Aircraft	34 1/2
U. S. Steel	28

Federal Raider TO FACE TRIAL

ST. LOUIS, July 20.—(AP)—Lear B. Reed, suspended agent in charge of the department of justice here, was under indictment today on a manslaughter charge resulting from the slaying of Mrs. Doale Masterson in a raid led by Reed on the Masterson home.

Reed was indicted by a grand jury late yesterday after testimony of federal and local authorities who participated in the raid and Harry Masterson, husband of the slain woman. Mrs. Masterson was killed last Friday night when her flat was raided under the misapprehension that it was occupied by a suspect in a re-

remodeled, affording added conveniences for patrons of this long established firm.

According to present plans, the remodeled store will be formally opened on Saturday, August 4, in the present location in the Liberty building. Regular service for store patrons, however, will be maintained daily.

Warrant Call.

State of Oregon, County of Jackson. Notice is hereby given that there are funds on hand for the redemption of all outstanding warrants drawn on the General Road Fund. Interest on those warrants registered June 28, 1934, to July 17th, 1934, ceases on July 21st, 1934.

A. C. WALKER, Treasurer of Jackson County, Oregon.

Good Beer

Our Constant Aim is to produce as fine a beer as can be brewed. QUALITY, not quantity, is our only interest.

IN BOTTLES OR ON DRAUGHT

BLITZ-WEINHARD

for 77 Years

ECONOMY MARKET

206 E. Main Free Delivery Phone 46

LESSON IN Economy

Our business continues to increase as Medford housewives realize that it pays to buy the best grade meats. They like to be complimented for their excellent dinners made possible by choice meats from the Economy Market.

VEAL ROAST Shldr cuts, lb.	12c
VEAL STEAK Shldr cuts, lb.	15c
VEAL STEW Lb.	8c
BEEF POT ROAST Lb.	12c
BEEF SHORT RIBS Lb.	9c
BEEF STEAK loin, round, lb.	20c

Lard, open kettle rendered, 3 lbs. 29c

Hamburger, 3 lbs. 25c

Colored Fryers—Colored Hens—Rabbits—Fish Cheese—Pickles—Olives

LIPTON'S TEA

GREEN 1/2 lb. 33c

For a rarer fragrance and greater economy in your tea, use Lipton's.

BLACK lb. 77c

CALUMET 25c

BAKING POWDER—Calumets double-action. Takes the uncertainty out of baking. One-pound cans

FLOUR \$1.95

FISHER'S—Milled by experts and blended to suit the most critical. 24 lbs. \$1.00. 49 lbs.

Oh boy is this a swell jigsaw puzzle!

... just try a bag of

SUNRISE Brand COFFEE

A delicious new blend, roasted and ground fresh every day lb. 27c

and get this 340 pc. jigsaw puzzle Free

Do you like fresh ground coffee? We have installed an electric mill which removes all chaff and will grind for drip-maker, percolator or pot. Try a pound of this special blend today; you will be more than pleased, and, why buy tin cans?

SPECIAL COFFEE A good grade and you get a beautiful green glass FREE with each pound. 25c

WHITE KING GRANULATED SOAP—Made from pure vegetable and nut oils, condensed for economy and it takes so little—Large package 28c

SPECIAL GIFT OFFER! FREE \$1.00 bottle NADJI Perfume for 7 WHITE KING TOILET SOAP Wrappers

MAIL WRAPPERS TO PRINCESS NADJI WHITE KING SOAP CO., Los Angeles, Cal. 7 Cakes WHITE KING TOILET SOAP 29c

DEL MONTE

PEAS Early Garden. No. 2 tins 17c

CORN Whole kernel. Just like fresh. 12-ounce tin 15c

TUNA Light meat. Rich with oil. 1/2's 2 for 29c

FRUITS for SALAD No. 1 tins 17c

Early Garden. Brings delightful, tempting freshness to every salad. Always economical.

No. 2 Large Tins 23c

PUREX quarts 2 for 29c

Removes all disagreeable odors. Used in millions of homes.

CERTO Everybody uses Certo for satisfaction. Bottle 22c

GRAPENUTS There is more than one reason. Pkg. 17c

OXYDOL A soap for every household use. Large pkg. 22c

RELISH Durkee's for your sandwiches. Pints 19c

WORCHESTERSHIRE Durkee's gives an out-door tang to meats. Bottle 19c

OATS Crystal Ware. Beautiful dishes in each package. Per pkg. 27c

CLAMS Royal Chef. Rich in iodine and minerals. 1/2's 2 for 25c

TOMATOES Large cans with puree. 2 for 29c

FLAPJACK—FLOUR 2 for 25c

ALBENS—As simple to use as stirring cream in your coffee. Convenient size for that camping trip. Small size

HEINZ VINEGAR WHITE or CIDER

Pints 12c Quarts 21c

SOUP That famous Mushroom. No. 2 Tins. 2 for 29c

BUTTER PIGGLY WIGGLY (Saturday only)

The best is none too good, so why not use the best, when it costs less. 92 score.

lb. 25c

FRUIT and VEGETABLES (SATURDAY ONLY)

Oranges, Sunkist, 200 size. Dozen . . . 30c

Lemons, Sunkist, 300 size. Dozen. . . 33c

Tomatoes, firm and ripe. 3 lbs. 13c

Cantaloupes, Jumbo size. 3 for 23c

Lettuce, large firm heads 5c

PIGGLY WIGGLY

Consistent Low Prices and High Quality our motto. Shop at Piggly Wiggly first and note the actual savings. These prices effective Saturday and Monday, July 21st and 23rd, except as otherwise noted. The coolest place to shop. Try it. See our Modern and Sanitary Vegetable Display for FRESH Produce. FREE DELIVERY. 310 East Main Street.

MAYONNAISE Per pound 15c

Or Sandwich Spread. Served from our sanitary dispensers. Tasty Foods.

TISSUE ZEE. Fluffed for softness. The comfort tissue. 3 rolls 14c

SOAP White King Laundry 10 for 19c

FLOUR WINDMILL. You make no mistake buying flour, now. 49-lb. bags. \$1.59

PORK & BEANS 4 for 25c

JELL POWDER 3 for 14c

H-D. Assorted flavors.

OLIVES LAOGA. ripe. So flavorful plump and good. No. 1 tins 15c

PUFFED WHEAT pkg. 10c

QUAKER for a "light" breakfast.

GRAPEFRUIT 2 for 29c

Broken segments. No. 2 tins.

PEARLS OF WHEAT ALBENS. Physicians recommend this food for children. It's all energy. Try it today. Pkg. 19c