

Don't Duplicate Dishes If Economy Is Desired

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

You don't, if you know it, serve two dishes of a kind at the same meal—especially not if you are trying to keep your food costs down. The family doesn't need two of a kind, even of the cheapest kind. But the fact is, you may have noticed, that the commonest mistakes of this sort come with protein foods and starchy foods—protein the most expensive kind, and starch, the cheapest kind. How often you see two protein dishes at one meal? Maybe these are two kinds of meat, or meat and eggs, eggs and fish, meat and cheese, cheese and eggs, meat and dried beans, and so on. And often still, no doubt, you see two starchy foods, such as macaroni and potatoes, white potatoes and sweet potatoes, rice and potatoes, or rice and noodles, or other such repetitions.

There is nothing harmful in the double-protein, double-starch meal, says the Bureau of Home Economics of the U. S. Department of Agriculture, provided you can afford to serve, also, enough of the other kinds of food you need. Ham and eggs are fine together if you can afford them. But in actual food value, when you have to count every penny in order to get the variety of foods the family must have to be healthy, ham and eggs with bread and butter would probably not mean as much to you as ham and cabbage, or eggs and tomatoes, either of which combinations of bread and butter, would cost you less. You are better off with fish and turnip greens, for instance, than with fish and eggs, without the greens, because in fish and greens you are getting a greater variety of food substances than in the two protein dishes.

To keep your food bill down, it is a good thing to make out a market list at the beginning of each week, in some such way as this: Count so much for such protein foods as meat, fish and eggs, so much for milk, so much for vegetables, fruits, so much for cereals and breadstuffs, sugar and fats. There are rules to guide you in that—divide your money in five parts and for a sufficient and properly varied food supply at minimum cost, you would spend your food money this way:

About one-third for milk and cheese.

A fourth or less for vegetables and fruits.

About one-seventh for lean meat, eggs or fish.

About one-seventh for bread, flour and cereals.

The rest for fats (including butter), sugar, coffee, tea, seasonings, etc.

When you plan that way you will find you want to space out each kind of food to make each meal as varied as possible. On the days when you have meat you won't have baked beans. If you have an omelet you won't need beans that day. But you may want beans on a meatless day, or an eggless or fishless day. And if you can't eat out a protein dish for every day in the week, let everybody in the family drink an extra pint of milk or you might serve the family a milk soup—for milk is a good protein food, besides supplying calcium and several other things. Milk is one thing on which it is not a mistake to repeat. It has food values that fill in almost every kind of gap if other foods are short.

It is important, by the way, to distinguish between fat meat and lean when we are talking of food values. There is very little protein in bacon or salt pork, or fat back. They are chiefly fat—therefore energy foods. It is the lean meat that is the protein food—muscle meat, liver, milk, or you might serve the family a milk soup—for milk is a good protein food, besides supplying calcium and several other things. Milk is one thing on which it is not a mistake to repeat. It has food values that fill in almost every kind of gap if other foods are short.

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MRS. ROOSEVELT FEEDS DEER



During her "off the record" vacation trip in the west, Mrs. Franklin D. Roosevelt, accompanied by Miss Lorena Hickok, visited Yosemite valley where the first lady fed the nearly tame animals. The wife of the President is shown giving a tasty morsel to one of the valley's deer as Chief Ranger F. S. Townsley looks on. (Associated Press Photo)

Mrs. Roosevelt at Park Evidences a Democratic Personality and Charm

GRATER LAKE NATIONAL PARK

Aug. 3.—(Sp.)—The visit Wednesday of Mrs. Franklin D. Roosevelt at Grater Lake national park held one simple explanation for the constant popularity of the Roosevelt family in the White House. Her personality endowed with rare, inexplicable something, magnetism, which encourages the American public when in her presence to momentarily forget the high station she holds as the "first lady of the land."

Entirely Democratic in her ways, Mrs. Roosevelt arrived at Grater Lake as a private citizen—as any other vacationist in quest of enjoyment and relaxation in the out-of-doors. She drove to the park unannounced, partook of late dinner at the cafeteria and retired early. While she was eating, four young women of Indiana were at the next table. Their faces were wreathed in smiles and their eyes aglow with excitement over the thought they were eating in the same establishment as the nation's leading woman personage.

The girls arose from their table, and approached her. "Oh, Mrs. Roosevelt," the spokesman giggled, "Are you Mrs. Roosevelt? We're four girls from Indiana and we would like so much to have your autograph."

"Why, surely," she said smilingly. The girls were partially taken back by her graciousness. The next morning, Mrs. Roosevelt visited the Sinnott Memorial observation, accompanied by park officials, and a few minutes later walked down the crater lake trail to the waters of Grater Lake. She was enthralled by the beauty of the mountain scene and had an ample supply of adjectives to express her impressions of the lake, the first time visited by the wife of a President of the United States. She expressed interest in the geologic history of the scenic wonder and listened with rapt attention to the recitation of an Indian legend or two.

A short boat trip took her toward the lava shores of Wizard Island, and upon returning to the boat landing, a good-sized crowd of visitors was awaiting her arrival. A dozen cameras were pointed toward her and a few rushed forward to obtain autographs. Her flying pen signed cards by the dozens by the time she reached the head of the trail, which she had unusually heavy travel yesterday because of her presence.

Two newspaper reporters arrived early, to interview Mrs. Roosevelt, who gently but firmly refrained from granting an interview, stating she was not being interviewed while on the trip—at least not until she had joined the President in Portland today. She would not reveal her itinerary, but indicated she would join President Roosevelt on the train en route back to Washington, D. C., stopping at Glacier national park for one day while en route.

In speaking to newspapermen, she expressed regrets she was unable to do better by them, and indicated she had been following a similar practice throughout the length of her journey.

After Mrs. Roosevelt completed luncheon at the cafeteria, she was again besieged by autograph and snapshot hunters, who took up quite a number of minutes of her time. The hunters ranged in ages from six to 60 and all received the same gracious treatment.

In occasional remarks she made, it was revealed that in three months the mail brought her 35,000 letters from all parts of the nation. All of these were answered. She made num-

erous remarks concerning life in the White House and the routine of a President's wife.

Garbage "Better" Now. CLEVELAND—(UP)—Post-depression "extravaganza" is showing itself in the better things people are throwing away in their garbage, the city has found in discovering the quality of grease sold a Chicago company has been improving in quality and bringing in more money.

CHICAGO (UP)—Claude Shipley, 39, employed as a bus boy at \$3 a week, received word that he had inherited \$27,000 from his aunt, Mrs. Marie Van Dyke of St. Clair, O., announced that he had no plans for use of the money "except to have as good a time as I can."

DON'T FORGET—Speedboat races next Sunday, Aug. 5th, Savage Rapids Dam, north of Medford on Pacific highway.

Special WHITE KING TOILET SOAP GIFT OFFER
Limited Time Only

FREE bottle of *Nadji* Perfume

Sent to you, Prepaid, for only 7 WHITE KING Toilet Soap Wrappers

Pure, mild, fragrant... White King refreshes as it cleanses. Ideal for summer because it's specially made for cool water.

Your dealer is now offering 7 cakes of WHITE KING TOILET SOAP at a special low price. Buy now and save.

WHITE KING TOILET SOAP
For Cool Water Cleansing

RED CROSS URGES CONTRIBUTIONS TO RELIEF OF DORRIS

Geo. T. Frey, chairman of the Medford chapter of the Red Cross, today issued an appeal to the citizens of Medford to help raise relief funds for victims of the fire which destroyed Dorris, Cal., last Saturday.

The quota of the local chapter is \$250. A. L. Schafer, Red Cross manager in the Pacific area, advised the local chapter that J. W. Richardson, director of disaster relief, on reaching the scene reported that the plight of the fire refugees was worse than was first announced from Dorris.

Ninety families of the community suffered material losses. Forty-five dwellings and 20 other buildings were destroyed as every able-bodied man in town battled to save the lumber town.

Dorris is situated ten miles north of Dunsmuir and lies within the jurisdiction of the Shasta county chapter of the Red Cross at Yreka, Cal.

To meet the emergency and rehabilitation needs of the fire refugees, the Red Cross is raising a \$15,000 relief fund.

Contributions have been asked from Red Cross chapters in northern California.

Southern Oregon chapters asked for assistance include: Douglas county, Jackson county, Klamath county and Lake county.

Contributions will be entered at any Medford bank.

British M. P. May Enter Films. LONDON—(UP)—Hollywood has been outdone by a British film producer, who, it is said, is trying to coach John McCloven, a Clydeide M. P., to take the part of a workingman M. P. in a stirring film drama having for its counterpoint the turmoil of British politics.

Satisfaction

Long Police Record. KANSAS CITY, Mo.—(UP)—The police record of Harry Goldberg, 67, alleged by police to be a pick-pocket of international notoriety, covers three pieces of legal sized paper, single spaced on a typewriter. Goldberg was arrested here recently during the International convention of the Ekka' Lodge.

Dr. Bost Tooth Paste 29c

Harmlessly Removes Discoloration

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TOILETRIES	
\$1.00 Junis Cream	75c
35c Hallam Balm	25c
\$1.00 Milkweed Cream	75c
\$1.00 Melingo Powder	65c
1 lb. Violet Talcum	1.00
1/2 oz. Jergens Perfume	1.00
1/4 oz. Almond Lotion	35c
65c Ponds Creams	45c
35c Num Deodorant	25c
50c Odorono Compacts	35c
Packer's Gots 2 for 5c	

REMEDIES	
\$1.00 Adlerika	65c
\$1.00 Ovaltine	75c
60c Alka Seltzer	45c
25c Ex Lax	15c
\$1.00 Rinex	75c
35c Feenamint	15c
\$1.00 Biosdol	75c
4 oz. Castor Oil	15c
4 oz. Peroxide	10c
4 oz. Glycerine	15c
4 oz. Boric Acid	10c
\$1.25 Absorbine Jr.	85c
\$1.25 Agranax	55c
25c Zinc Ointment	15c

WITCH HAZEL	
Pints	25c

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ASPIRIN TABLETS	
"Genuine"	
1 dozen	5c
RUBBER GLOVES	
Fresh Stock	
25c value	12c
LOVELY HANDS	
Hand Lotion	10c
4 ounces	10c

IRONIZED YEAST	
\$1.00 size	71c
Special	
WOODBURY'S AFTER SHAVE LOTION	
50c size	29c
MEN'S SHAVING CREAM	
50c size	34c
STYPTIC PENCILS	
In Glass Case	5c
Lenox RAZOR BLADES	
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SUNDRIES	
50c Prophylactic Tooth Brushes	34c
PAPER NAPKINS colored, 80 pack	10c
SANITARY PADS	
KOTEX	
MODESS 12's	15c
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TOILET PAPER	
SANISOFT 1000 sheets	4 FOR 21c
LIME RICKEY	
Rambler 12 oz.	2 FOR 25c
KLEENEX	
200 Sheets	13c

TAKARA	
Donche Powder \$1.50 size	98c
75c size	59c
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STAR MARKET

314 E. MAIN FREE DELIVERY PHONE 273

Choice R. I. Red Hens and Fryers

Choice Beef Pot Roasts, per lb. . . 10c

Choice T-Bones and Sirloin, per lb. 15c

Fresh Side Pork, per lb. 15c

Home Rendered Lard, 3 lbs. for . . 25c

SHORTENING 4 lbs. for 25c

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Beck's Golden RUSK

The Famous Old World Delicacy. Tenderly Crisp. Oven Fresh. It is the perfect toast. And it's only

15¢ a package

At your favorite Food Store or at

BECK'S HOME OWNED BAKERY

A Parisian gown by Patou, the master, would be considered the supreme gift for women the world over. This is so for four reasons. The reputation of the maker. The materials. The style. The pleasure it gives the wearer.

Quality products are always a source of added satisfaction. Take S & W Mellow'd Coffee for instance. S & W has a world-wide reputation for quality foods. Only the finest green coffees are chosen for the S & W blend and the flavor has a style all its own. The moderate cost is within the reach of every purse. All can enjoy the pleasure of truly fine coffee.

AS FINE AS MONEY CAN BUY

57 Mellow'd Coffee

YET

MODERATELY PRICED

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HURRY . . . OFFER EXPIRES SEPT. 25, 1934

Mail this coupon and your 7 White King Toilet Soap Wrappers to Princess Nadji, Dept. 74, care of White King Soap Company, Los Angeles, Calif., and your bottle of Nadji will be sent to you promptly, postpaid.

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