

Hints for Solution of Carried Lunch Problem

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

You remember the tin dinner pail, with its narrow neck, holding a tin cup of coffee. And the various tin boxes and other lunch-carrying devices that have come along one after another, in the effort to lessen the bother of it all. We have reached a point now where we can at least reduce the size of the package and avoid having the pail or the tin box to carry back home—thanks to the cheap paper bags and wax paper, and to the service nowadays of hot coffee or milk almost anywhere. But lunch when it has to be carried to work is a problem nevertheless. How can it be easy to carry, and at the same time appetizing, well balanced, satisfying and cheap?

As a matter of fact, says the Bureau of Home Economics of the U. S. Department of Agriculture, you really can have better lunches than you used to have, even though you carry them. This partly a matter of the better container and wrappings, with such added conveniences as paper plates, cups, forks and spoons. But work is a problem nevertheless. How can it be easy to carry, and at the same time appetizing, well balanced, satisfying and cheap?

Lunch, like other meals, should include different kinds of food. The trouble with the carried lunch is that the foods which are easy to carry are too much of one kind, and others, therefore, are likely to be left out. It is a good idea to concentrate on those others—for bread and meat and cheese for sandwiches will not be forgotten. The question is, what else might you have?

If you can count upon a bottle of milk for lunch, that question is easier. Even if you must squeeze each penny, you can probably better afford to buy a bottle of milk than to do without it. It will make up for many shortcomings in the rest of your lunch, at least in the way of food you could have. But when you carry a sliced meat sandwich, or an egg or cheese sandwich, put in also a vegetable sandwich, or a ripe tomato, if you can. Or a fruit of some sort.

When all is said and done, however, it is hard to get away from sandwich in a carried lunch, for they are the most compact way of carrying food. So we get down to the question of sandwich fillings. Vary the sliced meat, with crisp bacon, or with sliced ham, or with fried dried beef. And spread a lettuce leaf, or a layer of chopped or shredded cabbage, chopped carrots or celery, over the slice of meat or cheese in the sandwich; or make separate sandwiches of the chopped vegetables, with a little butter, or salad dressing, and spread on slices of bread. Or, instead of the usual sliced-bread sandwich, try a crisp crusty roll, hollowed out and filled with chopped meat or flaked fish which is moistened or seasoned or mixed with salad dressing.

And here is another suggestion: Make a mold of spinach—eggs, milk, grated cheese, and chopped spinach made into a sort of custard and, say, in a custard cup. After it cools turn it into a paper cup or dish for easy carrying in the lunch. Or make a family-size mold for dinner today, served hot, and slice what is left for lunch tomorrow. This is a very substantial dish, and with a bacon or frizzled dried beef sandwich, is very appetizing. (See recipe).

RECIPES
Sandwich Fillings
Not as substitutes for the sliced meat and cheese sandwiches which are so substantial and likewise so easy to make, but as a means of varying the daily lunch, try some of these suggestions:
Chop hard-cooked eggs, and mix with minced crisp fried bacon and enough salad dressing to moisten.
Wash prunes, dates, raisins, or dried figs or apricots, chop fine, mix with about twice as much cottage cheese, add salt to season, and chopped nuts if desired.
Smoked cooked codfish, or canned fish, flaked, with lettuce or cream.
Mix cottage cheese with chow-chow, chili sauce, or chopped dill pickle, green pepper, watercress, onion, or other salad vegetable, or with grated canned pineapple or chopped nuts, and add salt to season.
Spread slices of graham or steamed brown bread with cottage cheese, and to one slice add a layer of jelly.
Grind shelled roasted peanuts medium fine, mix with enough cream or salad dressing and add salt to season. This is particularly good as a

the mountains above Butte Falls, where they were putting up hay and moving cattle to higher range.
Mrs. Millard Robertson is home from the hospital and is recovering nicely from a recent operation.
Mrs. Harold Guerin of San Francisco is visiting relatives in Eagle Point.
Mrs. Lottie Van Scoy and Mrs. Harold Guerin spent Sunday at Crater Lake.

The local cheese factory opened on Thursday after being closed for a month on account of the illness of Mr. Woodrich.
Mrs. Mae Rose Walker of Portland is a guest of Mrs. Roy Stanley this week.

Mrs. Edith Wiedman spent the week end visiting her sister at Portland.
Mrs. Royal Brown is visiting her son and family at Portland for a few days.

Mr. and Mrs. John Rader, Mrs. Roy Anspole and Mrs. Beryl Hickson returned Sunday from a trip to Portland.
The Grange H. E. C. club is sponsoring an ice cream social in the Eagle Point city park the evening of August 23.

Mrs. Jim Rummel of Medford is visiting Grandmother Taylor this week.
Mrs. Bernice Hansen and Miss Florence Ball of Puyallup, Wash., were guests of Mrs. Vanscoy over the week end. They visited Crater Lake Sunday.

Mrs. Theron Taylor, Grandmother Taylor and Mrs. Rummel spent Monday visiting relatives and friends in Jacksonville.
The Copco pictures of the Diamond Jubilee, shown at the Grange hall Tuesday night, drew a large crowd and were greatly enjoyed by all.

Forest Creek

FOREST CREEK, August 10.—(Spl.)—Mr. and Mrs. O. C. Dorothy of Jacksonville were Sunday dinner guests of Mr. and Mrs. Arthur Davies July 29.

Harry Ayres returned from Annie Springs CCC camp to spend the week-end with his family.
Susan Davies had her tonsils removed at the Community hospital July 31. She is recovering very well.

Mr. and Mrs. Aaron Ayres and family enjoyed swimming at Cantrill's July 29.
Mr. and Mrs. John Black made a business trip to Medford August 1.

Vera Ayres returned Monday from a two weeks' visit with relatives in Medford.
Mrs. Boyd and Mrs. George Wells and family of San Francisco, who have been visiting here this summer left for home the morning of July 7.

Mrs. Boyd is the mother of Mrs. Paul Pearce; Mrs. Wells is her sister.
Paul Pearce returned August 7 from a business trip to British Columbia.
Mrs. Jack Crump and sons, who are spending the summer at Star ranger station, visited here August 9.

Mr. and Mrs. George Pearce and daughter, Valerie, made a trip to Butte Falls August 5.

Stamp Theft Caused Sentence.
CLEVELAND.—(UP)—A former schoolmaster who stole 40 cents in stamps from the Beloit, O., postoffice, was sentenced by Federal Judge Samuel H. West to a year and a day in Rockview federal penitentiary, at Lewisburg, Pa. The schoolmaster, Frank H. Grestinger, 25, gave no reason for his theft.

Use Mail Tribune want ads.

Eagle Point

EAGLE POINT, Aug. 10.—(Spl.)—Mr. and Mrs. George Daley and Mr. and Mrs. Frank Brown spent Sunday at Yreka and Fort Jones, Cal. They visited Mr. Daley's son and some old schoolmates of Mrs. Brown's that she had not seen for 30 years.
Mr. and Mrs. Roy Stanley have returned from a three weeks' trip to

FOR Saturday!

Assorted Baby

JELLY ROLLS

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<p>Buy the Best . . .</p> <p>Meat from the Economy is always a good investment. You know that it is the highest grade available in Medford. Phone in your orders and get the same dependable service as when you call in person!</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td>LEGS OF LAMB, milk fed, lb.</td> <td>17c</td> <td>PORK SAUSAGE, fresh ground, lb.</td> <td>15c</td> </tr> <tr> <td>HAMBURGER, fresh ground, lb.</td> <td>10c</td> <td>BEEF ROASTS, steer beef, lb.</td> <td>12 1/2c</td> </tr> <tr> <td>BEEF STEAK, round or loin, lb.</td> <td>20c</td> <td>SHORT RIBS, boiling or stewing, lb.</td> <td>10c</td> </tr> <tr> <td>VEAL STEAK, shoulder cuts, lb.</td> <td>15c</td> <td></td> <td></td> </tr> </table> <p style="text-align: center;">Fish . . Cheese . . Chickens . . Rabbits Lunch Meats</p>	LEGS OF LAMB, milk fed, lb.	17c	PORK SAUSAGE, fresh ground, lb.	15c	HAMBURGER, fresh ground, lb.	10c	BEEF ROASTS, steer beef, lb.	12 1/2c	BEEF STEAK, round or loin, lb.	20c	SHORT RIBS, boiling or stewing, lb.	10c	VEAL STEAK, shoulder cuts, lb.	15c		
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<p>CIGARETTES DOMINO Carton, 10 pkgs. 95c pkg. 2 for 19c</p> <p>TAPIOCA ALBERS INSTANT For Quick Puddings and Desserts. 8 oz. pkg. 9c</p> <p>CRACKERS American, Sodas or Grahams 2 pound carton 25c</p> <p>MAYONNAISE Durkee's, the perfect Mayonnaise, Seasoned just right. Pints 23c</p> <p>FRILLETTES Porter's. Made from Semolina Wheat and strictly fresh eggs. Pound 23c</p>	<p>BUTTER PIGGLY WIGGLY 92 score. Insist on the best. Don't pay more for lesser grades. 2 lbs. 55c</p> <p>SCOT TISSUE Soft as old linen. 1000 Sheet Rolls. 2 for 15c</p> <p>SALMON A Dandy Grade of Pink. No. 1 tall tins. 2 for 25c</p> <p>COFFEE SUNRISE, Ground to Suit You. Chaff and dust removed. Glass Free with each pound 27c</p> <p>H-D JELL POWDER and PUNCH Assorted Flavors, Satisfaction in Every Package. 3 for 14c</p> <p>COFFEE Maxwell House. Good to the Last Drop, and Priced Right. This Gives Real Coffee Satisfaction. Pound 31c</p>	<p>Del Monte CORN Golden Bantam. Sweet and Tender. Tastes like Fresh Corn. No. 1 tins 2 for 25c</p> <p>Del Monte FRUITS-SALAD Assorted Fruits of the Finest Quality. Try Them in a Frozen Salad. No. 1 tins 17c</p> <p>Del Monte GRAPEFRUIT Sweet, juicy segments from the choicest of fruit. No. 2 tins 2 for 29c</p> <p>Del Monte TUNA Light Meat, rich with oil. The most appealing of all baked fish dishes. Try it. No. 1/2 tins 2 for 29c</p>
<p>SANKA COFFEE Lets you sleep. Pound 45c</p> <p>GRAPE NUTS Give them to the children. There's a reason. 2 for 35c</p> <p>MAZOLA OIL Pure Oiler, 40-grain in your jug. Quart tins 33c</p> <p>VINEGAR Pure Oiler, 40-grain in your jug. Gallon 19c</p> <p>MARSHMALLOWS Assorted colors. 6 3-4 oz. pkg. 10c</p> <p>GOLDEN GRAIN CEREAL The most healthful of all cooked cereals. Coarse and medium grind. 2 lbs. 19c</p> <p>NALLEYS SALAD TIME SPREAD. Quarts 31c</p> <p>LUMBER JACK SYRUP Cane and Corn, Maple Flavor. Large Jug 25c</p> <p>CHEESE Well aged, full flavored Cream Cheese. Pound 15c</p>	<p>PALMOLIVE For the skin you love to touch. 3 for 14c</p> <p>TOMATOES Mission Brand. No. 2 1/4 tins. 2 for 29c</p> <p>BOB WHITE SOAP 10 bars 19c</p> <p>TOMATOES Bagley's Solid Pack. No. 1 tins. 2 for 25c</p> <p>PORK and BEANS Ritter's, in Tomato Sauce. No. 2 tins 2 for 11c</p> <p>PAR SOAP POWDER 2 large bars of PAR Laundry Soap Free with each large package for 28c</p>	<p>Carnation Milk "FROM CONTENTED COWS" Irradiated for "Sunshine" Vitamin D—makes all foods more nourishing. Order it today! Tall Cans 6c</p> <p>CANNING SUPPLIES KERR or BALL MASON JARS PINTS, 75c QUARTS, 85c KERR LIDS, Regular . . . 2 dozen 25c KERR LIDS, Wide . . . 2 dozen 35c DOUBLE LIP JAR RINGS 3 dozen 10c (New fresh stock)</p>
<p>MATCHES Long strong sticks. Carton of Six Boxes 25c</p> <p>CARNATION PANCAKE FLOUR Self rising for a quick breakfast. 2 1/2 lb. pkgs. 2 for 25c</p> <p style="font-size: small;">Tune in on WMBD each Friday at 11:35 and each Tuesday at 10:00 a. m. for the Piggly Wiggly programme of old time songs and music. Interesting food prices will be announced at each broadcast. Tune in.</p>	<p>FRESH FRUITS and VEGETABLES</p> <p>CELERY—Tender, bright, well bleached stalks 10c</p> <p>POTATOES—Local reds. The best cookers. 15 pounds 25c</p> <p>TOMATOES—Fancy locals; firm, smooth and well colored. 3 pounds 10c</p> <p>LEMONS—Fancy Sunkist, 300 size, dozen 29c</p> <p>ORANGES—Sunkist Valencias, 200 size, dozen 25c</p>	<p>BALL ZINC CAPS Dozen 25c CERTO, bottle . . . 22c Economy Caps, doz. 25c</p> <p>SUGAR C. & H. Pure Cane, best for canning. 25 lb cloth bags \$1.40</p> <p>FLOUR Windmill — a dandy all purpose flour. Buy NOW, don't wait. Flour going up. 49 lb. bag \$1.69</p>