SAVINGS ON FOOD SHOULDN'T DANGER NUTRITIVE VALUE

Some of Cheapest Foodstuffs Often More Beneficial Than Expensive Sort, Is Federal Warning

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

When you must economize on food, says the Bureau of Home Economics of the U. S. Department of Agriculture, the only safe way is to choose first for nutritive value and then buy the nutritive values at as small a price as possible. You can't go wrong if you follow that rule, because it happens, fortunately, that some of the cheapest foods are just as nutritious, often more so, than the most expensive foods in the same class.

But keep the emphasis on that word class. Milk and milk products are one class; vegetables and fruits another; bread and cereals another. Meats, fish, and eggs are in one class; fats and sugars in another. The thing you can't afford to do is to try to live on one or two classes of food — just bread and meat, for instance; or just vegetables and sweets; or just corn bread, fat meat, and molasses. For such a diet you are bound to pay a high price sooner or later because it lacks certain food substances which your body requires. Better buy something from each class of foods, say the nutritionists, even if you have to buy less of each food, for to promote good health variety is as necessary as quantity.

Protein Class Cited

But within each class of foods you find some costing more than others, and there you can economize by choosing the cheapest. Take the meat class for example, or better say the protein class.

The choices are very numerous, and the prices run from very low to very high. There as all the different cuts of beef, veal, lamb, and pork. There is liver of these same kinds. There is fish and also poultry, and sometimes game. There are eggs and there is cheese. These different foods are listed in the meat group because they serve the same general purpose in the diet. They are all rich sources of protein, which is one of the substances we depend upon for body building and energy. They have other food values besides, but we are considering them for their protein now.

The most nutritious of all meats is liver, and this is true whether you buy pig liver, which usually cheapest, lamb liver, beef liver, or the calf-liver which is considered such a delicacy. And because there is so little waste to liver, the price usually compares favorably with other kinds of meat. Remembering that liver is the very best source of iron we have, and a source of the important vitamins A, B, D, and G besides, you can depend upon liver as a bargain always. If you know how to cook the cheaper kinds and serve them in appetizing ways. Of such ways there are plenty.

Stew Cuts Are Nutritive

Stew beef or lamb are just as good for nutritive values as are the choice steaks, chops, or roasts. And the cheaper pieces of pork compare in the same way with the choice hams and loin roasts or chops. Of poultry, again, you can choose by the price, depending upon skill in the kitchen to make a dish the family will enjoy.

Fish of different kinds offer some-protein foods, fully equal to meat or poultry, and some fish have other im-poultry, and some ish have other important food values. Some of the common market kinds of fish have very little waste, and often cost less than meat. Most canned fish, especially canned salmon, has no waste at all, and is exceptional in its food values.

So there are choices of flesh, fish, and fowl. If you choose the cheapest you will fare as well in protein value as if you had bought the most expensive.

Eggs Worth Price

When it comes to eggs, we get all the food value of meat and more, but nowadays the price is up, as usual at this time of year. The children in the family, however, should have egg two or three times a week, and because eggs are so rich in protein, an egg dish for the whole family now and then may be a good buy in the place of meat or fish.

Cheese is composed largely of milk protein, with many other nutritive values or milk, especially a great deal of calcium. Cheese is often a good buy for a main dish, because you can use less of it and get good protein values cheaper than in any other way perhaps, unless in liver and eggs. The common American cheese, which is a cheddar cheese, made of whole milk, is our cheapest cheese. Macaroni and cheese, or rice and cheese, or any of these bland foods with cheese and tomatoes, make a very cheap and nutritious main dish, and you would not want—certainly you would not need—another protein dish at the same meal.

And now we come back to the cook. On meats, especially, she must use her skill and make them tender if they are not naturally tender. Long, slow cooking in the presence of moisture will do this—as for a pot roast, or swiss steak, or braised liver. Or the cook can grind or chop or cut the meat in small pieces for a stew, for meat balls, or for creaming.

Fish Aid Economy

As to fish, there are many cheap ways to serve it, because the flavor can so easily be extended. A pound will make a chowder for four or five people. Fish balls, made of flaked fish and potatoes; creamed fish with vegetables, or a fish pie, made like a shepherd's pie, with mashed potatoes, are other good ways to make a cheap meal with fish.

A cheap egg dish, even when eggs are high, is egg Minanese—hard-cooked eggs sliced and spread over a bed of spaghetti and tomatoes — a whole meal in one dish. A few eggs would go far on such a dish, or on a dish of greens, for eggs are rich in protein, besides their other food values.

Cheese, too, can be used in comparatively small quantities and yet provide all the protein you need for the day. Cream it in white sauce, for example; make a rabbit of it with tomatoes; or an English monkey, which is cheese, milk and breadcrumbs; or cook it with macaroni or rice; or grate it on a toasted slice of bread in onion soup. In many of these ways you get enough protein for your meal in very cheap form.

Jailed for "Slow Pay"

QUINCY, Mass. —(UP)— Herman Schatzi is in jail, working it out at 50 cents a day, because district court found him "slow pay." Fined $65 for bootlegging in May, 1933, it developed recently that under the installment plan granted in his case he had paid only $4.

ARMY WILL TEST NEW TYPE 'BABY' DIRIGIBLE SOON

Non-Rigid Balloon Has Observation Car Which Can Be Lowered Below Clouds for Scouting Purposes

HAMMONDSPORT, N. Y. — (UP)— The TC-14, a new type of control car for non-rigid dirigibles, recently has been completed at the Mercury Aircraft plant here after more than a year and a half of work.

The ship, built for the United States army, embodies new principles and is said to be among the largest in the world.

Army Design

The general plan of the craft was outlined by army engineers, but details and design were worked out by H. J. Mummert, chief engineer for the Mercury company.

The craft will be shipped to Scott Field, Ill., base of the army's lighter-than-air activities, where it will be attached to a huge gas bag and operated in a series of test flights. The car is 15 feet nigh and a special railroad shipping route was planned to avoid low railroad bridges which might damage it.

Scout Dirigible

The TR-14 will be used by the army for scouting, observation training and coast patrol. It can attain a speed of 80 miles an hour. The gas bag will be capable of sustaining the control car above the clouds while a special one-man observation car can be lowered below the clouds. The observation car is painted the drab color of clouds and would be almost indiscernible while the larger car was hidden above the clouds.

A huge gas bag, filled with 400,000 cubic feet of helium, will support the car, which is equipped with two 300 horsepower motors and an auxiliary 125 horsepower motor. The car, which can accommodate a crew of 10 men, is built of light metal over a frame of steel tubing. It is 43 feet long and conical in shape, about 10 feet wide at its widest point. The gas bag also will be conical in shap, 245 feet in length with a diameter in the center of about 50 feet.

Slots were put in the sides of the car for the operation of machine guns.

Accident Argument Was Fatal

YAKIMA, Wash.—(UP)—An argument with another motorist over a trivial accident proved too much for William A. Hill, salesman. He died sitting at the steering wheel, apparently from a heart attack. His car's fender had been dented.

Owns Lincoln War Pass

BOSTON. —(UP)— Richard F. Barker of Dorchester still has in his possession a pass that was issued to his grandfather, Lieutenant Charles F. Morse, during the Civil war by Abraham Lincoln.

Eight Ears of Corn On Stem

SEATTLE. —(UP)— Multiple births in Ontario and elsewhere had minor parallels in Seattle. George L. Neil exhibited eight ears of corn growing from a single stem. Homer M. Phelps found 10 peaches growing from one stem in his orchard.

Use Mail Tribune want ads

Defends Hauptmann

James M. Fawcett (above), New York attorney, will defend Bruno Richard Hauptmann against a charge of extorting $50,000 from Col. Charles A. Lindbergh. (Associated Press Photo)

Horned Toad Found

WEST HARTFORD, Conn.—(UP)— Horned toads are common enough in the southwest, but very rare in Connecticut. A workman on a sewer project discovered one of the amphibians and turned it over to the children's museum at Hartford, where it was deemed one of the ugliest specimens of a nature collection.

Bad Legs

Varicose Veins—Ulcers

Make up your mind today that you are going to give your legs a chance to get well. No operations nor injections are necessary, no enforced rest. This simple Emerald Oil home treatment permits you to go about your business as usual — while it quickly heals old sores, reduces swellings, stimulates circulation and makes your legs as good as new. No waiting for relief! You begin to get it INSTANTLY.

Just follow the simple directions—you are sure to be helped or money back. For sale by druggists everywhere.

MOONE'S EMERALD OIL

Hotel Figueroa

Figueroa St. at 10th Los Angeles Calif. One of Los Angeles newest Hotels. 100 Outside Rooms of Comfort. Downtown Garage in Connection Rates from $1.50 per day without bath $2.00 per day with bath $3.00 per day twin beds and bath A. B. SMITH Lessee.

WINTER FASHIONS EMPHASIZE SLEEK AND SLENDER LINE

By RITA FERRIS
Associated Press Fashion Editor

PARIS. —(AP)— A greyhound silhouette, as slender and lithe as the canine famed for its fleetness and beauty of form, has streaked into the daytime winter fashion displays just shown in big salons as clothes for the modish modern.

The new profile is neither match-like nor form-fitting, but fashioned to allow ease of movement—though sometimes one moves more easily after the skirt is slit, as it often is. It's slim and tall, young and smart, fashioned to combine elegance with the practical needs of the twentieth century girl and resigned to sound a death knell to bulging diaphragms.

Day frocks are cut with skirts generally narrower and about the same length as last year or slightly longer. Their waists are natural, often marked by belts which tie; their necklines are high and generally touched with a bit of contrasting color as a striped lame ribbon or a velvet flower. Thigh or knee-length tunics are often seen.

Long coats follow the greyhound silhouette by buttoning or tieing instead of having to be held in place. There are literally hundreds of shorter coats — five-eighths, three-quarter or seven-eighths lengths—shown as part of the suits and ensembles which are displayed for every hour from breakfast to dinner.

A definite note of 1910 elegance tinges the late afternoon mode with its big hats rolled up on one side and down on the other, often feather trimmed, its fur garnished coats and rich materials.

The fabrics which make them all are something to talk about. Wools woven with everything from rubber and mohair to transparent paper and metal threads make early daytime togs, while satins, pebbled crepes, laces, lames and moires step out at night. Black, white, green, purple, red, brown, gray and numerous light shades exclusive to evening wear are the favorite colors.

Evening gowns appear in a softened modification of the greyhound silhouettes with — sometimes — tulle frivols to break the hemline, or in a glamorous robe de style whose full skirt sprays out at the floor.

GEARY FREED BY U. S. GRAND JURY

PORTLAND, Ore., Oct. 4.—(AP)— Six secret indictments, 28 general indictments and 12 not true bills were returned by the federal grand jury today after it had been in session 10 days.

Liquor indictments included: Jas. D. Scott and Saw Velson, possession untaxed liquor, Roseburg; Walter G. Maratens, possession untaxed liquor, Klamath Falls; Joe Basama, sale liquor to Indian, Klamath Falls; Mart Broom, possession untaxed liquor, Salem; Thomas Cartner, operation unlicensed still, Lane county; Vernon Mason and James Terry, sales to Indians, Klamath Falls.

Carl Harris, counterfeiting, Pendleton; Roy Cook, Mann act, Pasco to Klamath Falls; Samuel Everett Nelson, theft of goods in interstate shipment, Union county.

Included among the persons freed on not true bills were: Ralph C. Cook, possession untaxed liquor, Salem; Irene Terry, sale to Indian, Klamath Falls; Ben Geary, setting fire to government land, Jackson county; John Monrie Marvin and Lillie B. Marvin, possession stolen goods in interstate shipment, Union county.

ST. LOUIS.—(UP)—E. M. Egan recently held a hand all pinochle players dream about. Playing in a three-handed game, he found himself with 1500 trumps in hearts.

Use Mail Tribune want ads

Stop Your Cough *or money back*

One swallow of Bronchuline Emulsion and you get relief INSTANTLY. Unmistakable relief.

Certainly you won't need more than half a bottle of this grand old cough-killer to knock that cough for good. If you do, you can have your money back. Jarmin's Drug Store and all other first-class druggists guarantee it.

No dope. Nothing to upset your stomach. So why cough, cough, cough yourself to pieces? Get Bronchuline Emulsion and RELIEF.

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"MATTE"

Famous Exhilarating Drink from South America

DELICIOUS—HOT OR ICED!

TRY IT TODAY—The "Daily Drink of Millions" Imported Direct From South America. Mailed or Delivered on Receipt of check, money-order or Sent C.O.D. on order.

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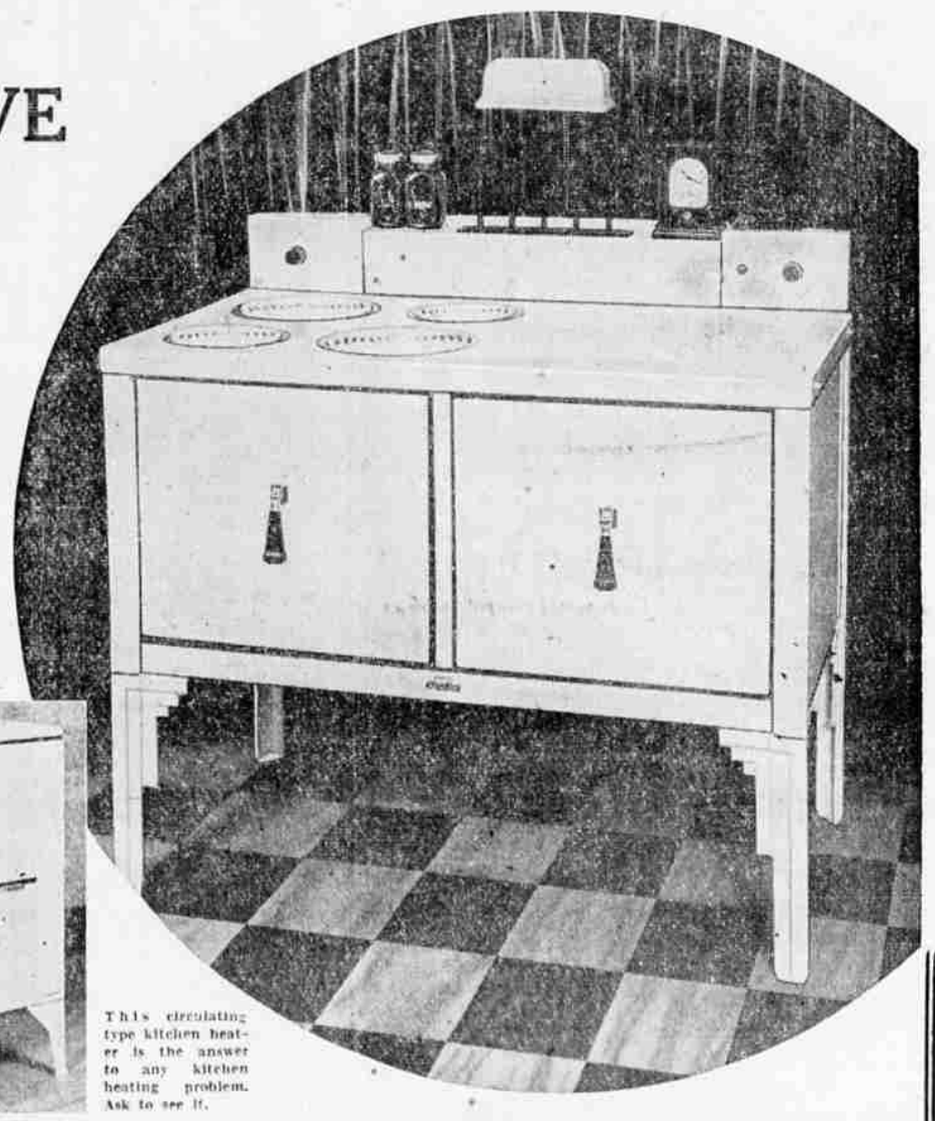

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