

WORKING WOMEN SHOULDN'T STINT SELVES ON FOOD

Often Hate To Bother With Cooking Proper Meals For Just Selves—Saving May Result In Ill Health.

(By Bureau of Home Economics, U. S. Department of Agriculture.)
 Women who live alone—and how many there are nowadays—it is said, often stint themselves in food. Usually they are working women, and maybe they don't want to bother with cooking for just one person. Maybe, after buying the clothes they must have to keep up with their jobs, they haven't enough in the pay envelope to cover room rent and adequate meals. Maybe they depend too much on the filling and fattening foods, although they are sitting or standing all day at their jobs, with very little exercise afterward. Maybe they are out of work. What ever the reason, many of them are living on a diet which may seem to be the cheapest they can find, or the most convenient, but which may be far short of what they need—a road to ill health in fact—besides making it hard to feel up to the job at any time.

Diet Rules Name
 The rules of good diet are the same, of course, for the woman who lives alone as for the family woman or any other adult. Nobody should forget this, say the nutrition experts of the Bureau of Home Economics of the U. S. Department of Agriculture. Like everybody else, she should have a certain variety of foods, and enough, all told, to provide energy for the physical activity her job calls for. The more active she is, the more food she needs. But if she is to get the most food value for her money, she must know which foods will give that return.

As a guide for a woman like this, or for any individual who finds it hard to make ends meet, the Bureau of Home Economics suggests the following weekly pattern for food, at minimum cost, bearing in mind that this diet should be improved by adding fruits and vegetables whenever the pocketbook allows:

Every day: Bread, milk (as a drink or in soup, sauce, or gravy, or in pudding), cereal (in porridge or pudding), potatoes and at least one green or yellow vegetable, fruit or another vegetable.

Two to four times a week: Tomatoes, dried beans or peas, lean meat, fish, poultry, eggs or cheese.

Five kinds of food appear in that guide, and all of us need them all: (1) milk; (2) vegetables and fruits; (3) bread and cereals; (4) lean meat, fish, poultry, eggs or cheese; (5) fats and sugars (contained in other foods). If you are down to rock bottom, you can go longer on milk and cereal than on any other two foods, and you get more food value from milk alone than from any other one food. This means that milk is the best food to fill up gaps of any kind—if you miss a meal, for instance, or are short of some particular kind of food. But it takes all five kinds to furnish all the different nutritive substances your body requires—substances which chemists call proteins, mineral salts, vitamins, fats and carbohydrates. The first three are builders of bone, blood, muscle, and other body tissues, and keep the body in running order. The fats and carbohydrates (starch and sugar) provide the warmth and energy to keep you going.

And how much of each kind of food? The scientific way to tell that—too scientific for most of us—is to count the calories required from each kind of food. A short cut to that is to watch your weight. Low-cost diets necessarily run high in fattening foods, because it is among those you find the cheapest foods. The difficulty always is to get enough of the other, usually more expensive foods, to balance the cheaper and more fattening ones. If your weight is normal for your height and build and age, try to keep that weight. If you find it running 10 or 20 pounds more than normal, especially if you are getting on to middle-age, cut down on the fattening foods, such as bread, cereals, potatoes, fats and sugars, and use more fruits and the green or yellow vegetables. If you are underweight eat more of the fattening foods—but not to the exclusion of the others.

But to get to the question of choosing food for the different meals, and making the money go round.

For breakfast, you can do no better for "staying" quality than milk and cereal, unless you can have an egg with your bread or toast. Eggs are a good buy, even when they seem expensive, because they have many kinds of food value. Whole-grain cereals are more nutritious than others, and oatmeal is usually the cheapest of these unless you can get whole wheat (at a feed store if nowhere else) and cook it whole or ground. If you don't care for milk to drink, cook the cereal with milk, or make cocoa with it, or use hot milk in your coffee. That, by the way, is a very good idea at any time, and very French—càfé-au-lait. You pour yourself half a cup of coffee and fill up the cup with hot milk. The coffee has no food value but the milk has, so you get food and stimulant, too, in the café-au-lait. If you can have some fruit for breakfast, so much the better. Apples, raisins, prunes, and in some places berries or peaches or melons or bananas, may be cheap.

Fruit Is Needed.
 But if you don't have fruit for breakfast, try to have it sometime during the day. Don't trust to toast and coffee alone to last you half a day.

For lunch, if you carry it with you, make your sandwiches with nutritious filling such as meat, cheese, peanut butter, chopped carrots and cottage cheese, egg, baked beans, or nuts and dates. Drink milk or buttermilk and add a fruit if you can—bananas, apple, berries, melon, peach, grapes.

If you go to a cafeteria for lunch or dinner, look for something they serve on toast. If you need not buy bread in addition, choose toast, or Welsh rabbit, especially tomato rabbit, or vegetable bunny, which consists of peas and carrots in a cheese sauce, furnish a good variety of food values, and they are economical dishes because cheese is such highly concentrated food. It contains most of the food values of milk. Baked beans or dried beans or peas cooked in any other way, are nutritious, and usually cheap as well as satisfying. But make sure also of your daily requirement of green leafy vegetables or tomatoes—cold slaw, sliced tomatoes or cucumbers, where they are cheap, or plain cooked cabbage or greens of some kind, stewed tomatoes, or tomato juice.

Meat In One Dish
 Macaroni or spaghetti or rice, cooked with cheese and tomatoes, amounts to a full meal in one dish. Bread, cabbage or greens, and a piece of fruit pie; potatoes, tomatoes, bread and butter; a milk soup or bean soup with plenty of bread and some kind of fruit or raw vegetable salad—any of these make a cheap and sustaining lunch from the cafeteria counter. For dinner, a good cheap dish is a stew, or a chowder, and if it contains meat or fish and two or three vegetables, you can make a meal of that with just bread and butter. Better add a fruit, however, or some kind of greens if you can.

need to guard against is choosing too many starchy things. These are usually the cheapest dishes, and they are so filling that they seem to be giving you a lot for your money. But they should be balanced by other kinds of foods, and if you spend most of your money for starchy foods you may have to do without other kinds. With bread and potatoes, for instance, you do not need corn or macaroni, or cake or pie. Choose rather a green vegetable, or tomatoes, or a fruit.

Choose To Fit Dessert
 If you go to a cafeteria where, as so often happens, the desserts are the first foods you come to in the line, remember that your choice of dessert should affect your choice of everything else. With apple pie for dessert, cottage cheese and bread and butter would make a good cheap lunch. A cup custard for dessert goes well with a tomato sand-

wich, stewed fruit with a meat or cheese sandwich; cake with a fruit or vegetable salad.

And now a few words of caution from the nutrition experts: Don't think of coffee and tea as food. They are stimulants and may be very comforting, but they have no food value whatever.

Remember also that white sugar is pure carbohydrate, with concentrated energy value, but nothing else. Don't eat sweets before meals because they take away the appetite for more important foods.

To make sure you get enough of certain vitamins that are easily destroyed by cooking, eat some fruits and vegetables raw each day.

BROTHER OF ALICE FAYE MARRIES



Charles Faye, brother of Alice Faye, and Bonnie Bannon, 19-year old film actress of Hollywood, after their marriage at Tijuana, Mexico. A "blind date" started the romance between Faye and the Fresno, Cal., beauty contest winner. (Associated Press Photo)

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NEW DEAL FACES SEVERE TEST AT MISSOURI POLLS

State Candidates Make Roosevelt's Policies Campaign Issue—Observers See Democratic Victory.

By Richard L. Harkness
 (United Press Staff Correspondent)
 JEFFERSON CITY, Mo.—(UP)—Missouri will furnish an out-and-out test for the Roosevelt New Deal in the November general election.

United States Senator Roscoe C. Patterson, old-guard Republican stand-patter, is running for re-election against Harry S. Truman, an administration Democrat elevated to the position of the party's nominee through power of T. J. Pendergast, Kansas City boss.

Attacks New Deal
 Patterson's campaign speeches have been confined to bitter attacks on the New Deal and its relief legislation. Truman's whole campaign cry has been two words—"Follow Roosevelt."

Patterson has contended that the New Deal is unfair to Missouri, that Missourians have paid \$12,000,000 to the federal government in hog reduction processing taxes and received back only \$2,000,000. Meanwhile, he said, Texas has contributed \$12,000,000 and been given \$46,000,000.

Hacks New Deal Policies
 Truman, whose only political office up until the current campaign was that of Jackson county court judge, has pledged himself to support all of President Roosevelt's farm relief policies, and claimed this state has received a just portion of relief funds.

Political observers already have conceded a Democratic victory on the basis of primary election strength. The Democrats showed a little short of 700,000 voters and the Republicans were shy of 300,000 supporters.

Pendergast Featured
 Pendergast himself, one of the few remaining powerful political bosses, has been a feature of the campaign. The Republican have been attacking

SIX DIE AS BLAST TEARS RESIDENCE

HALIFAX, Oct. 11.—(AP)—Explosion and fire wrecked a three-story dwelling house today, leaving at least six dead.

The blast shook the north end of the city. A sheet of fire rose 100 feet into the sky and "the structure lay in ruins."

The dead: Mrs. Daniel Dudas, wife of the building's owner, Peter Dudas, 1, and Donny Dudas, 5, her children; Mrs. Robert Cruse, wife of an unemployed laborer, and Kathleen and Joseph, her two children. The body of a man employed by Dudas was sought.

The cause of the explosion was not determined. Dudas, who was away at the time, told police questioners there was no gasoline in the building and "not more than a stick of dynamite."

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LUMBERING QUOTA TO BE PROTESTED

EUGENE, Ore., Oct. 11.—(AP)—An appeal protesting the code authority's latest methods of allocating lumber production quotas will be drafted by Willamette Valley Lumbermen's association members at a meeting here next Tuesday night.

Those calling the meeting contend that most of the small and medium sized mills are at a severe disadvantage compared with large tidewater competitors.

One contention will be that under new quotas many heads of families will be able to earn only \$5 or \$6 a week on the average, where others on the same pay basis will be earning \$12.75 or more a week.

Production allocations now are computed from average hourly and yearly production figures of the best three out of five years.

LUMBER EMPLOYMENT REPORTED INCREASING

WASHINGTON, Oct. 11.—(AP)—The National Lumber Manufacturers' association said in a report today that preliminary figures on employment, 4400 lumber mills for July and August showed a 2.44 per cent increase compared with May and June.

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One dose of Broncholine Emulsion will fix that cough of yours. Give INSTANT RELIEF! Another dose or two an hour apart will probably end it for good and all. If you have to take more than half a bottle to get rid of it, you can have your money back. Jarmine's Drug Store and all other good druggists guarantee it. Contains no dope and won't upset your stomach. Broncholine Emulsion—INSTANT RELIEF FROM COUGHS.

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21 OUT OF 23 ST. LOUIS CARDINALS SMOKE CAMELS!

by FRANK FRISCH

They sure made it hot for us this year, but the Cardinals came through in great style clear to the end when we needed every ounce of energy to win. We needed it—and we had it. There's the story in a nutshell. It seems as though the team line up just as well on their smoking habits as they do on the ball field. Here's our line-up on smoking: 21 out of 23 of the Cardinals prefer Camels.

The World Series is over. The Cardinals are on the top. Their astounding achievement will go down in history—a sensational charge from 7 games behind to win the pennant...and then the series!

They are champions—and popular champions. Frankie Frisch, Carleton Rothrock, Orsatti, Leo Durocher, Bill Walker, Medwick—all America knows this Cardinal team by heart and applauds its stirring victory.

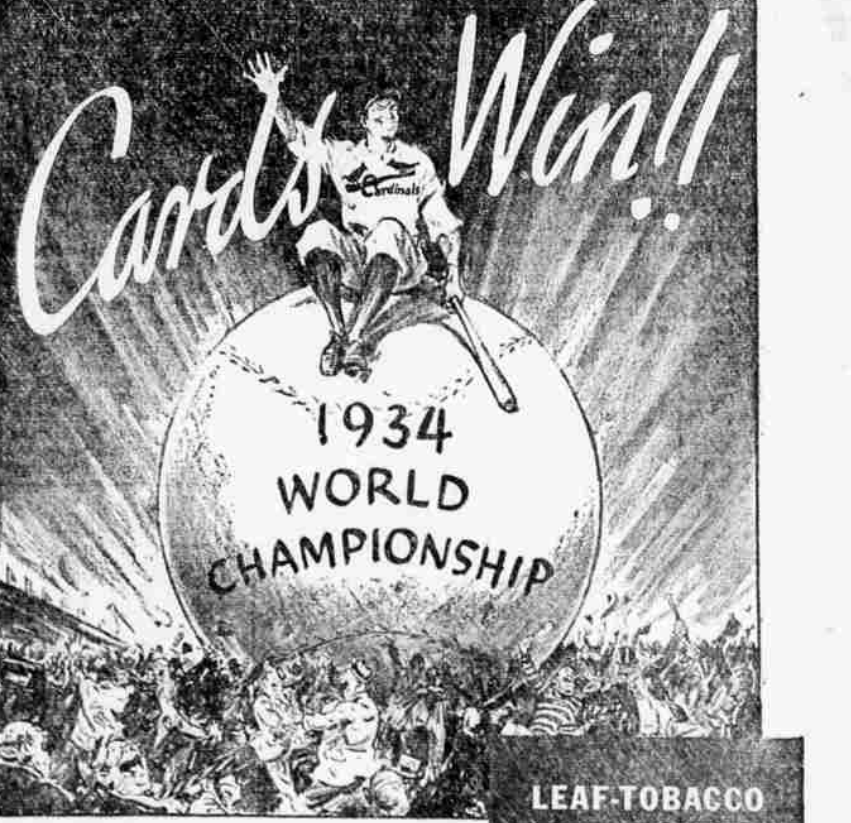
"What do the World Champions smoke?" A natural question. And above you get Frank Frisch's answer. The preference is overwhelmingly for Camels.

The Cardinals' virtually unanimous preference for Camels is worthy of every smoker's attention. Be guided by their experience. Enjoy Camel's "energizing effect" which science has studied and confirmed. Camels are milder—made from a matchless blend of finer, MORE EXPENSIVE TOBACCOS. They never get on your nerves!

"DUCKY" MEDWICK (Left)
 "A Camel takes away the tired feeling as soon as I leave the field, turns on my 'pep' again."

"RIP" COLLINS (Right)
 "A Camel has a way of 'turning on' my energy. And when I'm tired I notice they help me to snap back quickly."

"PEPPER" MARTIN (Right)
 "I like Camels because when I light one I can actually feel all tiredness slip away."



THE DEANS!

PAUL DEAN says: "Smoking a Camel gives me the feeling of having more energy. Camels never give me jumpy nerves or leave a 'cigarette' aftertaste!"

"DIZZY" DEAN: "A Camel sure brings back your energy after a hard game, or any time when you're tired, and Camels never frazzle the nerves."

LEAF TOBACCO EXPERTS AGREE:
 "Camels are made from finer, More Expensive Tobaccos—Turkish and Domestic—than any other popular brand."

GAMEL

A TIP TO THE FANS . . .

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I shall be in Medford at the Medford Hotel, October 12, 13 and 14, and shall be very pleased to assist you with any contemplated travel plans.

A. E. Schrader
 Traveling Passenger Agent

I shall be glad, too, to give you full details about our popular Round the World cruises for \$545 Tourist Class—\$810 First Class.

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