

# The Autumn Vegetables Rich Source Vitamin A

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

The autumn leaves are not more gorgeous than the autumn vegetables. Such yellows, and such reds and greens as the market displays now that frost has come! The squashes steal the show, but the rich old gold of the pumpkins is not to be overlooked, nor the flashing red and green of the peppers. There is yellow again in the carrots, softer tones in the rutabagas, and a brown coat covers over the yellow of the sweet potato. Then you come to a purple patch—"red" cabbage is plentiful now, along with the new green cabbage heads.

Those colors mean something, too. The yellows and greens especially, and some of the reds, says the Bureau of Home Economics of the U. S. Department of Agriculture. And this is why: One of many discoveries about foods in the last few years has to do with the coloring. In the green leaves and stems of plants, in the yellow roots, also in the yellow fruits, is a yellow pigment called carotene. Now it is discovered that carotene, in the animal body, turns into vitamin A. When cows have good green pasture and good hay all winter, their milk is rich in vitamin A. When hens have plenty of green foods, the yolks of their eggs are richer in vitamin A. So we get vitamin A both ways, because we eat both vegetable and animal foods.

When we eat green or yellow vegetables—and carrots are red ones—we get carotene, which turns into vitamin A, probably in the liver. When we drink milk or eat eggs or butter or liver, or salmon, we get vitamin A itself, made from the carotene in the green food of the cow or the hen, the calf or the pig or the lamb or the fish, as the case may be.

And it is fortunate for us that we can get it from more than one source. Without vitamin A we would be in a very bad way indeed—with infections of nose, throat, eyes, ears, sinuses, and, in fact, all the linings of the various glands and internal organs of the body. To put it in scientific language, "the function of vitamin A in the body is to maintain the integrity of the epithelial tissues"—and those tissues are linings. As an extra protection for them we give to the children and often to ourselves, likewise, either cod liver or halibut liver oil, which are exceedingly rich in vitamin A, that comes apparently from carotene in the green sea plants the fishes eat.

In green leaves, the yellow color of the carotene seems lost in the green, but it is there. So in the red pepper, or the tomato, it seems lost in the red. But it is there, as you know if you have ever mixed paints. In the yellow squash, of course, the pumpkin, carrot, yellow turnip and sweet potato, the yellow stands out for itself.

The green and yellow vegetables have other food values, of course. They furnish other vitamins, and several of the minerals we need. They are important also because they help to keep the balance between the acid and the alkaline foods we eat—the green and the yellow vegetables are non-acid, or alkaline-forming foods. They also furnish bulk, which the digestive tract demands. But right now, with winter coming on, it is very well to remember that the vegetables rich in carotene keep your linings in good condition and help you to avoid colds or other infections that attack those parts of the body in particular.

But now to go to the kitchen. When you serve white potatoes and greens, you are getting good returns for your money, because you have in that combination all the vitamins, especially vitamins A and B, and several minerals, particularly calcium and iron. Not all you need of each for the day, but a good start in that direction. When you serve sweet potatoes and greens, you get the same food values, but more of vitamin A and a little less iron than you get in the white potato combination. It is not economical to use a few white potatoes and sweet potatoes at the same meal, because in those two you get so many of the same kind of food values. But you are not duplicating too much if you serve either kind of potatoes with carrots or turnips. Cook them in different ways, of course, to look more inviting—baked potatoes and dried carrots or turnips, say, or creamed potatoes with raw carrot sticks.

Carrots are the best of all the yellow vegetables for carotene and hence vitamin A. Squash comes next, then pumpkin and yellow turnips.

Among the leafy vegetables, the greener they are the more carotene. New green cabbages are a better source than the winter heads. Collards are good, and they are a standby in the south all winter. Turnip greens, too, are hearty enough to grow well into the winter.

The pepper family is a good source of carotene and also of vitamins B and C. Green peppers and red peppers are equally good.

So what shall we have for a vitamin A dinner? Stuffed peppers (seasoned rice or breadcrumb stuffing with grated cheese), creamed potatoes, and raw carrot sticks would be good and also cheap. And you might add, if you cared to, pumpkin pie for dessert.

But that is only one meal. For a steady diet, at least one green or yellow vegetable every day, say the specialists, is needed to provide you with the carotene necessary to keep up your supply of vitamin A.

**RECIPES**  
**Stuffed Peppers**  
6 green or sweet red peppers,  
1 cup rice,  
A little fat,  
2½ cups meat stock,  
1 tablespoon finely chopped onion,  
Pepper and salt,  
¼ pound cheese, flaked or grated.  
Cut off the stem ends of the peppers, remove the seeds, boil the pepper shells 5 minutes in lightly salted

water and drain. Wash the rice, drain and dry. Brown in fat, add the meat stock, cover, and cook until rice is tender. Add the onion, pepper and salt and cheese. Mix well. Fill the pepper shells, place in a pan with a little water. Bake in a moderate oven (350 degrees F.) until the stuffing is hot and the peppers are tender.

**Mashed Sweet Potatoes With Salt Pork**  
Bake the potatoes and mash them, season with hot milk and salt. Crisp small pieces of salt pork and beat them into the mashed sweet potatoes. Brown in the oven. Instead of salt pork, use raisins, if desired, or currants, or nuts, and serve the potatoes on the half shell. Use a little more salt and some fat in the potato if salt pork is not used.

**Baked Carrots and Apples**  
Scrape the carrots and split them if they are large. Pare and core the apples and place them in a baking pan. Fill the spaces with the carrots. Sprinkle with salt, a little sugar and spice, and add a little fat. Cover and bake until tender.

## TRUANT OFFICER IS DISAPPEARING

ST. LOUIS—(UP)—The old-fashioned truant officer with his big stick, terrifying children who played "hooky" from school, is disappearing fast.

He is giving way to scientific social workers, who attempt to determine why children do not want to go to school.

The change, according to William L. Bodine, director of attendance officials of the Chicago Board of Education, has been brought about principally by the National League of Compulsory Education, which held its annual meeting here this year.

Dr. Bodine, who founded the league in 1911, said that modern methods used by compulsory education officials tried to reveal the causes of truancy and delinquency with a view toward correction. Especially bitter was Bodine toward juvenile court conviction of minors.

"This court should be expanded to a family court where they could prosecute 'Ma' and 'Pa' more and the children less," he said. Teachers who assign too much homework also came under Bodine's criticism of misdirected education.

## 'LONG PIG' OFF MENU OF CANNIBAL ISLANDS

ST. JOHN, N. B.—(UP)—Cannibals no longer consume "long pig" with such avidity in darkest Africa. Fear of white authorities, on one hand, and the work of Christian missionaries, on the other, have practically eliminated human flesh from the table fare of Sudan, according to Rev. C. L. Whitman, who has just returned to Canada for a visit after 12 years' work among the erstwhile cannibals.

## Phoenix Will Hear Ashland Minister

The Rev. S. W. Hall, pastor of the First Methodist church of Ashland, will speak at the Phoenix Presbyterian church on Sunday, November 4, in the absence of the pastor. There will be a Crater Lake Union Christian Endeavor rally and covered dish supper at the Phoenix Presbyterian church Friday evening at 7 o'clock.

## Two Treats for Your Table

Tomorrow we will feature two items which are particularly popular and which will interest every economical housewife.

The Hawaiian Fruit Rolls are especially suitable for your Sunday morning breakfast and we urge you to try them.

**Hawaiian Fruit Rolls**  
19c doz.  
**Date Drops**  
19c doz.

At our retail store or your favorite grocer.

**Fluhrer's**  
CASCADIA WONDERLAND'S FINEST BAKERY

## PORTLAND ELECTRIC CALLS BUDGET BACK ACCOUNT PAY RAISE

SALEM, Nov. 2.—(P)—In a telegram to Charles M. Thomas, public utilities commissioner, today, Franklin T. Griffith, president of the Portland General Electric company, asked that the budget for 1935 recently submitted to the commissioner, be returned to the company for adjustment.

The telegram read in part as follows: "I am advised that during my absence a budget was filed for the Portland General Electric company and subsidiaries, indicating an increase in salaries and wage schedules. The wage increase was the result of a demand of our employees for partial restoration of former wage cuts."

"It was intended that restoration of salaries should be confined with few exceptions to employees receiving less than \$200 a month."

Griffith's salary from the P. G. E. company in 1934 was \$19,400 and was increased to \$24,000 in the new budget. As president of three other utilities, Griffith also receives \$4,800 from the Portland Traction company, \$5,000 from the Portland Electric Power company, and \$6,000 from the Seattle Gas company.

## FIRST AIR PASSENGER WILL BE GIVEN HONOR

CHICAGO—(UP)—Were you bold enough to buy a ticket on an air line operating on regular schedule as early as 14 years ago? If so, you may be honored with a ride in the modern-day plane to Washington, D. C., there to receive recognition of the department of commerce.

United Air Lines is hunting the first person to travel as a bonafide pay passenger on established air lines in the United States. Stockholders of the line, mayors and others who made the first trip to show passengers will not be considered.

**Coops Filled With Coal**  
CADIZ, O.—(UP)—Chicken coops filled with eastern Ohio coal constituted the cargo of a truck which left here for Indianapolis. The driver, returning from New York, where he had transported hundreds of chickens, stopped at a Harrison county mine and filled his coops.

Use Mail Tribune want ads

**A Hoppy Tang**  
That sparkle... that "hoppy" tang... is the result of fine brewing from fine ingredients.

**BLITZ-WEINHARD beer**  
At the Better Dealers

**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.

# Groceteria Super Food Markets

### BREAD AND CAKES LIKE MOTHER MADE

## November Stock-up Sale

THERE is a lot of satisfaction in a well stocked pantry even though it's just an emergency stock for the day when it's too rainy to go shopping. Tomorrow and Monday we offer a very desirable assortment of reserve pantry items—the kind you use often. Besides the saving over present prices there is the possibility of advancing prices—predicted and desired by our National Administration.

## Pantry Savings in the Super Food Markets

A Dependable Source of Supply

- Del Monte Spinach—No. 2½ can—2 for 23c
- Del Monte Pumpkin—No. 2 can 9c
- Del Monte Pumpkin—No. 2½ can 12c
- Del Monte Country Gentleman Corn or Crosby Corn—No. 2 can—2 for 25c
- Del Monte Florida Grapefruit—No. 2 can 13c
- Amaizo Golden Syrup—5 lb. can 30c
- Amaizo Golden Syrup—10 lb. can 57c
- Amaizo Crystal White Syrup—5 lb. can 33c
- Amaizo Crystal White Syrup—10 lb. can 62c
- Amaizo Corn or Gloss Starch—1 lb. pkg. 7c
- Hunters Brand Pink Salmon—No. 1 tall can 11c
- Bell Isle Tuna Fish—No. ½ can—2 for 25c
- Del Monte Peaches—halves or sliced—No. 2½ can 15c
- Del Monte Pineapple Tidbits—8 oz. can 7c
- Del Monte Fruit Cocktail. No. 1 can 15c
- Del Monte Sliced Pineapple—No. 2½ can 19c
- Del Monte DeLuxe Plums—No. 2½ can 15c
- Del Monte Tomato Sauce—8 oz. can—3 for 14c
- Del Rogue Tomato Juice. No. 1 can—2 for 15c
- Mission Catsup—14 oz. bottle 11c
- Del Monte Catsup—14 oz. bottle—2 for 25c
- Del Monte All Green Mary Washington Asparagus—No. 2 can 21c
- Bagley Standard Tomatoes—No. 2½ can 11c
- Del Rogue Fancy Solid Pack Tomatoes—2½ can 15c
- Scot Towels—2 rolls and holder 39c
- Fels Naptha Soap—10 bars 49c
- P & G White Laundry Soap—8 oz. bar—10 for 26c
- Bob White Soap—10 bars 19c
- Camay Toilet Soap—4 bars 18c
- Pure Vermont Maple Sugar—½ lb. brick 25c
- Purex—½ gal. jug 19c
- Ralston's Wheat Cereal. 1 lb. 8 oz. pkg. 21c
- Lemon Fluff Salad Dressing—Qt. jar 27c
- Dromedary Dates—pitted—Pkg. 12c
- Mazola Oil—Qt. 29c
- Mazola Oil—½ gal. 55c
- Pillsbury Pancake Flour. 2½ lb. pkg. 19c
- Pillsbury Prepared Buckwheat Flour—2½ lb. pkg. 23c
- Scot Tissue Toilet Paper. 1000 sheets—3 rolls 20c
- Waldorf Tissue—750 sheets—3 rolls 13c
- Krispy Crackers—2 lb. box 29c
- L-W Soda Crackers—plain or salted—2 lb. box 28c
- Sperry Pancake Flour—28 oz. pkg. 16c
- Bisquick—20 oz. 17c
- Bisquick—40 oz. 30c
- Sperry Corn Meal—white or yellow, 20 oz. pkg. 9c
- Jello—all flavors—2 pkgs. 11c
- Bakers Premium Chocolate—½ lb. bar 20c
- Calumet Baking Powder. 1 lb can 24c
- Z-MOR-U Coffee—fresh from the roaster—1 lb. 27c
- Z-MOR-U Coffee—fresh from the roaster—3 lbs. 79c
- Natural Brand Pure Vermont Maple Syrup, 12 oz. 30c
- Natural Brand Pure Vermont Maple Syrup, qt. jug 73c

## Relief Increases Taxes

Build Oregon's payrolls and cut your taxes. November is Golden West Payroll Month

Tomorrow and Monday Golden West Coffee  
1-lb. glass jar . . . . . 30c  
3-lb. glass jar . . . . . 86c  
1-lb. can . . . . . 29c  
3-lb. can . . . . . 80c  
Altogether now—let's put our unemployed to work.

## Super Meat Market

Here is a special breakfast for tomorrow—Real Country Style Sausage—country ground and seasoned—with your choice of Z-MOR-U Coffee or Sperry Pancakes.

- 1 lb. Country Style Sausage and ½ lb. Z-MOR-U Coffee 25c
- 1 lb. Country Style Sausage and 20 oz. pkg. Sperry Pancake Flour 25c
- Swift's Premium Canadian Style Bacon—Lb. 25c
- Hens—2½ lb. average—Each 35c
- Fancy Colored Hens—dry picked—Lb. 22½c
- Fancy Colored Fryers. Lb. 22½c
- Sugar Cured Boston Butts—Lb. 22c
- Fancy Steer Steak—rib, sirloin or round—Lb. 15c
- Fancy Steer Swiss Steak—Lb. 15c
- Fancy Steer Beef Roast—Lb. 9c
- Fancy Steer Prime Rolled rib roast—Lb. 17½c
- Fancy Steer Boiling Beef—Lb. 6c
- Huber's Frankfurters—Lb. 15c
- Mince Meat—2 lbs. 25c
- Shoulder Pork Roast—Lb. 15c
- Shortening—4 lbs. 45c
- Oysters—Pint 30c
- Oregon Swiss Cheese—Lb. 25c

## Fruits and Vegetables

- Always the finest and freshest in wide variety.
- Bananas . . . . . Lb. 5c
  - Large Solid Lettuce . . . . . 2 heads 9c
  - Fresh Spinach . . . . . 3 lbs. 17c
  - Fancy Rose City Celery . . . . . Bunch 5c
  - Rose City Celery Hearts . . . . . Bunch 10c
  - Large Artichokes . . . . . 2 for 13c
  - Brussel Sprouts . . . . . 2 lbs. 19c
  - Bunch Vegetables . . . . . 3 for 10c
  - Egg Plants . . . . . 3 for 10c
  - Sweet Potatoes . . . . . 5 lbs. 13c
  - Fancy Cranberries . . . . . 2 lbs. 29c
  - Large Calavos . . . . . 2 for 25c
  - Casaba Melons . . . . . Each 7c
  - Local Cabbage . . . . . Lb. 1½c
  - Banana Squash . . . . . Lb. 1½c
  - Large Chestnuts . . . . . Lb. 15c

## HOME PURITY BAKERY

With none but pure home ingredients going into our bread—you may eat it with the same assurance of purity as you would the products of your own baking.  
Bread Wax Wrapped or Oven Fresh  
1 lb. loaf 8c—1½ lb. loaf 12c  
Sliced—1 cent extra  
Here is a new cake and a dandy  
Chocolate Malted Milk Angel Food  
A rich cake with butter cream icing—of that finer quality you have learned to expect from your Groceteria.  
Whole Cake 49c — ½ Cake 25c  
Bath Buns—a heavy fruited European dainty . . . . . 8 for 15c

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