

Ask Public's Cooperation in "Buy Oregon" Drive Beginning Saturday

Deficient Milk Supply Is Prevailing Mistake Say Nutrition Experts

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

Most of us do not use enough milk. The nutrition specialists who have been thinking so for some time. Now their opinion is confirmed by the findings of the Consumers' Council of the Agricultural Adjustment Administration, who has collected information as to the quantity of milk purchased by families with children in public schools in 89 cities in 46 states. A considerable proportion of those families bought no fresh milk at all. The average quantity of milk bought by all those families was enough for about one glass (half-pint) per person each day. What we ought to have, says the Bureau of Home Economics of the U. S. Department of Agriculture, is a quart of milk per day for every child, and a pint for each adult.

That does not mean you should drink that much milk unless you want to. The milk will be just as useful to you if you get it in soups, or for that matter, in cheese, where you get it in concentrated form. For any cooking purpose you can use evaporated milk or dried milk just as well as fresh fluid milk, probably at less cost.

There is good reason, of course, for all this talk about milk, especially for people who have very little money to spend for food. No one food in the world can satisfy all the food needs of the human body, but milk comes nearest to doing it. It is most important for its calcium, which is bone building material; its protein, for muscle building; its easily digested fat, and some sugar for body fuel; its vitamins A and G especially, though it contains other vitamins as well. It is not easy to get enough of some of these substances, especially calcium, unless you do use milk. And with this unique variety of food values, milk is a good buy, even at the prices which may seem high. In your pint a day and your child's quart, you are getting more for your money than you can buy in any other single food. And to that extent you can spend less for other foods. You get those values, too, if you use milk in other forms—evaporated milk or dried milk, which in cities you will find cheaper than fresh whole milk and easier to keep.

Evaporated milk is pure fresh cow's milk with much of the water evaporated (fresh whole milk is more than 87 per cent water). If, to a can of evaporated milk you add an equal measure of water, you can use it in most ways you would use fresh milk. And the food value would be the same at lower cost.

Condensed milk is pure fresh cow's milk sweetened and evaporated.

likely to make the powder lump. You can use dried skim milk as it comes, if you are making bread, for instance, or any other flour mixture. Sift the milk powder with the other dry ingredients and add butter if you can, to get the food value of whole milk. Then add either milk or water for the liquid called for in the recipe. For soups and chowders, gravies, sauces, make the dried skim milk into fluid by mixing with water, as directed in the previous paragraph.

Recipes

Lentil Soup with Milk
 2 cups dry lentils,
 2 cups milk,
 1 small onion,
 1 tablespoon flour,
 3 tablespoons fat,
 1 teaspoon salt.

Wash and soak the dry lentils over night in two cups of water. Then drain, add 3 pints of fresh water, cook the lentils until tender, and put them through a sieve or colander. Heat the milk, and stir in the lentil pulp. Brown the onion in the fat, stir in the flour, and add this mixture to the hot liquid. Cook for a few minutes and add salt and pepper to taste.

Oatmeal Chowder
 2 cups quick cooking oats,
 1 quart boiling water,
 1 quart milk,
 1/4 pound diced salt pork,
 2 medium onions, chopped,
 2 cups shredded carrots,
 Pepper,
 Salt.

Soak the oats in the quart of boiling water for about 4 minutes and stir frequently. Add the milk. Fry the salt pork until crisp, remove the pork and cook the onions until well browned in the fat. Mix the cooked oats, onions and carrots and simmer for a few minutes, then add the pork and salt and pepper to taste. Place two or three crackers in a hot soup dish and pour in the chowder.

Cheese Soup
 1 quart milk,
 2 tablespoons butter,
 2 tablespoons flour,
 1 cup soft flaked cheese,
 Salt,
 Paprika,
 Dash Tabasco sauce,
 1 tablespoon finely chopped parsley.

Heat the milk in a double boiler and stir some of the hot milk into the well blended butter and flour. Return to the double boiler and cook the mixture for 5 minutes. Add the cheese and stir until the cheese has melted, then beat until smooth. Season to taste with salt, paprika and tabasco sauce. Sprinkle a little of the parsley over the top of each serving.

Rice and Onion Soup
 2 tablespoons broken rice,
 1/2 teaspoon salt,
 2 cups water,
 1 onion, chopped very fine,
 2 cups milk,
 1/4 cup salt pork cut in small pieces.

Wash the rice and sprinkle slowly into the boiling salted water, add the onion, and cook until the rice is tender. Brown the pork until crisp,



Fencing has been added to the list of winter pastimes at Miami, Fla., and Maureen Kerns, one of the converts, is well supplied with lances. (Associated Press Photo)

remove from the fat. Mix all of these ingredients, except the pork, with the milk and heat the mixture. When hot, add the crisped salt pork and serve.

Mail Carriers Protected
 KNOXVILLE, Tenn. (UP)—Tired of having his mail carriers nipped by dogs, Postmaster Graham issued the following edict: "We will not deliver mail to houses where there are vicious dogs unless they are tied up."

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PHOENIX PRESBYTERIAN INVITES GRANGERS FOR WORSHIP AND PROGRAM

Sunday, November 18, is Grange day at the Phoenix Presbyterian church. This particular date has been chosen because of the fact that the National Grange convention, now in session, will attend church in a body in the city of Hartford, Conn. on that day. Subordinate Granges all over the United States are following this precedent set by their national organization.

Members of the Phoenix Grange will meet at the Grange hall and go to the church in a body, where they will be seated in the center section. Immediately following the worship service, there will be a covered dish dinner served in the church dining room. Arrangements for this dinner are in charge of Mrs. Ralph Wilcox and Mrs. O. C. Maust.

After luncheon, there will be a sing and a time for fellowship. A program including the following numbers has been planned by Mrs. Ray Ward and Mrs. Myron Sheets:
 Greetings—E. Lester Newby
 Violin Solo—Vaughn Quackenbush
 A Tableau in Song—Mrs. Delno Sloan
 History of the Grange—Ray Ward

MISLE.....The Church Quartet

Address: W. A. Johnson of Grants Pass. All members and friends of the church and of the Grange are cordially invited to enjoy this day of worship and fellowship at the church.

LEGION LEADERS TO VISIT ASHLAND

ASHLAND, Nov. 16.—(Sp.)—Joe Chamberlin, department commander of the state American Legion, accompanied by his staff and Mrs. Cecelia Gunn, department president of the American Legion Auxiliary, will be present at a joint meeting of the Ashland Legion and Auxiliary, December 8. It was announced at the regular meeting of Ashland post No. 14 Tuesday evening.

All ex-servicemen, whether members of the Legion or not, have been invited to hear Chamberlin's report on the national Legion convention recently held in Miami.

Mrs. Gunn comes from Portland and Chamberlin from Corvallis.

Oregon Weather.
 Rain tonight and Saturday in west, and local rains late tonight or Saturday in east portion; somewhat warmer tonight in the interior; strong southeast wind becoming of gale force off the coast.

LOCAL TOMATOES USED IN MAKING KNIGHT'S CATSUP

Ted F. Mesch of Portland was in Medford this week representing the Knight Packing company of Portland, one of the state's well-known home institutions. Mr. Mesch's company is vitally interested in southern Oregon, manufacturing famous Knight's tomato catsup, tomato juice and tomato ketchup from Rogue River valley tomatoes. In commenting upon the superior quality of Rogue river tomatoes, Mr. Mesch said:

"The goodness and healthfulness of Rogue River tomatoes is appreciated throughout the country. The even climatic conditions, the fertile mineral soil of the Rogue River valley are ideal to the growth and culture of the choicest sunshine-laden tomatoes. Rogue River tomatoes are used exclusively in all Knight's tomato products. Those who serve this brand are certain of no finer tomato grown—packed the same day they are picked from the vine, retaining every bit of flavor and sunshine vitamins found in Rogue River tomatoes."

Robert R. McKean, sales manager for the Knight Packing company, is

again chairman of the "Oregon Products Days" campaign this fall, after successfully handling that important job last spring.

Windows Get Belated Bath.
 CLEVELAND—(UP)—City hall employees are jubilant now, but some are complaining that light hurts their eyes. Both attitudes are justified, for windows of the municipal building have just been given their first bath since Mayor Harry L. Davis' administration moved in. That was November 15, 1933.

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