

FOOD FALLACIES ARE PUNCTURED BY U. S. BUREAU

Best Diet Includes Variety of Common Foods—No One Food Complete Within Itself Is Warning

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

The best diet for the normal human being, say the scientific authorities, includes a certain variety of the common foods. Poor diets are not poor because of what they include but of what they lack. They are poor because they are not complete; that is, not balanced.

Keep these points in mind, says the Bureau of Home Economics of the U. S. Department of Agriculture, and you will not be worried by the fallacy which tells you not to eat fish baked in milk if you like it, and you will drink milk at breakfast or lunch or dinner along with your orange or grapefruit. You may even add lemon juice to the baby's milk, or combine his orange juice and milk. Certainly you will continue to use, without a qualm if you ever had one, cream of tomato soup.

Now will you spend time or money on the fad of "incompatibles"—such as trying to avoid proteins and starches at the same meal. You will continue to enjoy your meat and gravy or sweet potatoes, or beans or peas, along with a glass of milk.

No One Food Sufficient

Still less will you be fooled by the salesman's suggestion that his particular product, no matter how good it may be, will save life or health or bring roses to pale cheeks. The rest of the diet must be right, or no one food will help very much or for long. No one food is complete in itself. It is a part of the whole, likewise of the good qualities of the particular food, to advertise it as a cure-all.

The fish and milk fallacy is old and persistent. Perhaps it started with somebody who blamed this combination of foods for an illness that was really caused by a bit spoiled fish or crab meat, which would have made him sick anyhow, with or without milk.

Yet people who eat fish chowder, which is made with milk, seem afraid to drink milk at a meal where they have, say, fried fish. They may not worry about crab or lobster or shrimp when served at a Newburg, but they shudder if ice cream is served after any sea food. There just isn't anything to the notion, says the bureau, provided, of course, the milk themselves are all fresh and in good condition. Fish, crabs, shrimp, lobsters, oysters and clams are protein foods. Like meat and eggs and cheese, and far from being "poisonous" when used with milk, they are good with cream sauce or with milk gravy, or baked or creamed or scalloped in milk, as the case may be, or served with milk to drink at the same meal.

Curdling No Crime

Is somebody worried about sour fruits and milk together? Don't they curdle in the stomach? And if they do, the nutritionist calmly interjects, what of it? The first process in the digestion of milk is curdling. The gastric juice, in the stomach, does that. The curd that results from a mixture of fruit acids and milk is much finer and therefore easier to digest than the milk curd ordinarily formed in the stomach. There is no reason to be afraid of curdled milk, but quite the contrary. Buttermilk, you know, and a lot of kinds of curdled milk, are often recommended for the delicate digestion. And some authorities on child feeding recommend adding lemon juice to milk to help the baby to digest it.

As for not taking your proteins and starches at the same meal, this is something you couldn't avoid if you wanted to unless you cut out potatoes, sweet potatoes, beans and peas, and in fact most of the vegetables, for they contain both starch and protein. The digestive system is equipped to take care of both kinds of food material. Why, then, make it concentrate on starch at one time and protein another time, and give it a heavier job with each?

Don't Be Misled

And now for a word of caution, says the bureau. Don't let any wailing radio voice persuade you that any one food will save your undernourished or ailing child. Nothing, of course, is more important than his diet. But not even milk, which comes the nearest to being an all-around food, will be all he needs after he has passed his very earliest babyhood. Add the food materials milk does not provide, or in which it needs to be reinforced. Give

Basting the Roast With Natural Pineapple Juice

By Jane Rogers

GOOD cooks know that the favor of meat dishes and sauces can be greatly enhanced and made more appetizing by the use of fruit and fruit juices. Even an ordinary cook knows that nearly all fish should be served with lemon, that a pork roast just isn't a pork roast without pineapple, and that a roast turkey isn't a roast turkey without cranberry jelly.

However, the use of natural fruit juices in basting meats and the making of sauces to serve with vegetables etc. is not so well known. And that is a pity, for many housewives and cooks are missing praise and compliments that would come to them if they did so.

Recently the use of natural, un-sweetened Hawaiian pineapple juice (do not confuse this with the sweet syrup from sliced pineapple) has been finding much favor among those who like to impart new and appetizing flavor to their cookery.

Stuffing for Duck, Goose or Pork

1 large apple
2 cups fine bread crumbs
1 teaspoon powdered sage
1 teaspoon salt
1/2 teaspoon paprika
Grated rind of half a lemon
1 cup Hawaiian pineapple juice
1 cup Hawaiian pineapple juice
1/2 cup raisins
1/2 cup currants
1/2 cup walnuts
1/2 cup almonds
1/2 cup pineapples
1/2 cup cranberries
1/2 cup currants
1/2 cup raisins
1/2 cup walnuts
1/2 cup almonds
1/2 cup pineapples
1/2 cup cranberries

herbs, remove onion and brown the steak, which has been cut into pieces 2 by 3 inches and rolled in flour. Add remaining flour, brown slightly, then seasonings and hot pineapple juice. Cover closely and simmer for several hours, or until steak is tender.

Pineapple Curry Dressing

1/4 cup Hawaiian pineapple juice
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of a pressed baking dish, add some of the sauce, then another layer of salmon, and so on until all the ingredients are used. Cover the top with the buttered bread crumbs and bake in a moderate oven until the sauce bubbles up and the crumbs are brown.

Indict Policeman As Mish Murderer

PORTLAND, Feb. 7.—(AP)—The county grand jury yesterday indicted Joseph John Osbourne, former special policeman, on a charge of first degree murder in connection with the slaying last December 11 of Simon Mish, 70, retired merchant. Mish was beaten to death in his home and his body was thrown into a fish pond. Osbourne has been held in jail without bail.

RECIPE: Scalloped Salmon

1 pound can salmon (2 cups), 2 tablespoons butter, 2 tablespoons flour, 1 1/2 cups milk, 1/4 teaspoon salt, 1 cup buttered bread crumbs.

Break the salmon into pieces and remove the bones. Prepare a sauce of the fat, flour, milk, and salt. Place a layer of the salmon in the bottom

BIBLE DAY STYLES EXERT INFLUENCE ON SPRING MODES

By ADELAIDE KERR

PARIS, Feb. 8.—(AP)—The dress-makers of Paris, their annual spring style shows over, waited today to determine with what enthusiasm ladies will respond to the products of their craftsmanship.

A general view of the exhibitions show many modes went back to Biblical times and the days of the early 19th century. Otherwise, period influences were not conspicuous.

Many evening gowns were designed of satin and crepe along lines suggesting the robes of Ruth and Naomi. Their soft, spiral folds swathed the figure and they often were worn with scarfs draped over the head.

Other evening frocks of flowered tulle, organza and lace in hyacinth blue, yellow, pink, green, white and black were fashioned with low décolletés and wide, sweeping skirts reminiscent of the gowns worn by the regency belles.

The new Paris profile has a molded bust, big sleeves, a slightly shorter and fairly full skirt and a slender waistline, which is accented by wide belts of linoleum, spun glass, ribbon or leather with buckles of silver clasped hands or patterned flower plaques.

The gay regency blades were recalled by flared capes and wide, reversible coats. Long coats were often designed along redingote lines with no collars and big sleeves.

Hats stressed poke bonnet shapes and off-the-face models with veils.

Home portraits of family groups and children at Special Prices. Shanghae Studio. Phone 1308.

RE-OPENED—Boulevard Cafeterias in Ashland. Specializing in American, Italian, French and Chinese cooking. Tel. 234-J.

Although unused because of its remoteness in rugged mountain territory, Stone Mountain in Wilkes county, North Carolina, is nearly as large as the famous Stone mountain near Atlanta, Ga.

Pies and Pancakes Made With Pineapple Juice

By Jane Rogers

THE use of natural pineapple juice in the making of cakes, pies and sandwiches should be investigated by women who like to impart fine flavor to foods. Women who thrill at the exclamations of approval and delight when their husbands, children, or guests first try some new and tasty dish will do well to familiarize themselves with the many ways in which the aromatic and healthful juice of the luscious Hawaiian fruit can be brought into play in making food of all kinds more nourishing and much more palatable as well.

I refer, of course, to the natural, un-sweetened juice of the pineapple, squeezed from sun-ripened fruit on or near the very plantations on which it is grown. In preparing the following dishes be sure to use this juice, now available almost everywhere in containers of various sizes—and not the syrup in which sliced pineapple is packed:

Pineapple Pie

1 cup sugar
2 tablespoons cornstarch
1/4 cup Hawaiian pineapple juice
1 lemon and zest
Zest of 1/2 orange (grated rind)
1/2 cup crushed Hawaiian pineapple

Mix flour, cornstarch and sugar. Add the pineapple juice and bring to a boil. Cook in a double boiler until mixture is clear. (It will take from 20 to 40 minutes.) Pour over the beaten yolks, beating all the time, return to the double boiler, add the lemon juice, lemon and orange zest and crushed pineapple and cook until it thickens. It should be stirred all of the time it is cooking. When cool, pour into a baked pie crust and cover with meringue. Brown in a moderate oven (325).

Pineapple Sauce for Fritters or Puddings

1 cup Hawaiian pineapple juice
2 tablespoons granulated sugar
1/2 cup flour
2 tablespoons cornstarch

TWO CHILDREN STARVE WHILE MOTHER GIVES TIME TO NIGHT LIFE

BERLIN, Feb. 8.—(AP)—A mother so absorbed in gay night life she had no time to care for her children was portrayed today in the murder charge of Frau Charlotte Juenemann, accused of exposing her three children to die of hunger and cold.

The 24-year-old woman's four-month-old baby and one and one-half year old son were found starved to death in an unheated basement apartment. Her four-year-old son, Wolfgang, was taken to a hospital, where it was expected he would die of exhaustion.

"I had no time to give them food and water," police quoted the young mother.

Frau Juenemann received doler and food stuffs from the winter relief fund as her husband is an inmate of an insane asylum. The inquiry revealed she squandered her dole on cigarettes and liquor.

Use Mail Tribune want ads

ADDED FUND FOR HOLC SOUGHT IN CONGRESS

WASHINGTON, Feb. 8.—(AP)—Bills to increase resources of the Home Owners' Loan corporation by \$1,500,000,000 were introduced in the house and senate today by the banking committee chairman, Sen. W. F. Borah, D. (Pa.), and Representative Frank D. (Ark.).

This additional sum would represent the amount of bonds which could be exchanged for home mortgages. The original limit of \$3,000,000,000 recently was said to be exhausted.

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NARCOTICS AGENT SHOT BY SHERIFF

POST, Tex., Feb. 7.—(AP)—Sponsor Stafford, a federal narcotics agent of Port Worth, was shot and killed here today by Sheriff W. F. Cato of Garza county.

Sheriff Cato was quoted as saying he fired in self-defense.

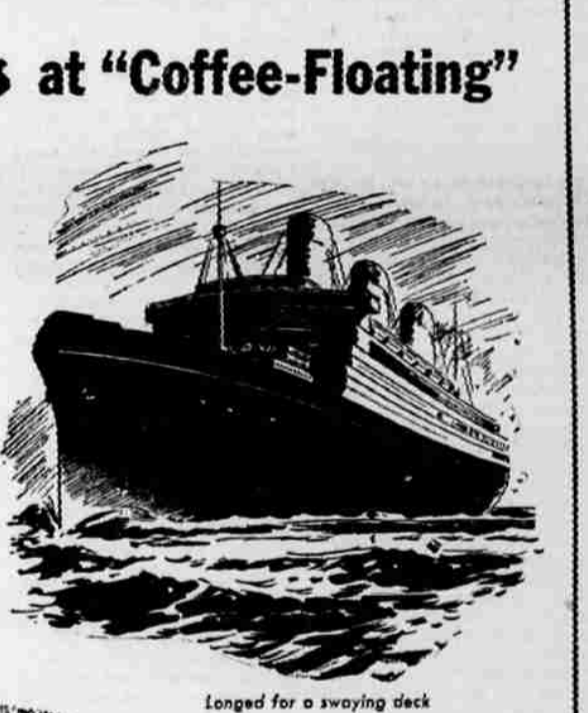
DEFUNCT DALLES BANK PAYS SECOND DIVIDEND

THE DALLES, Ore., Feb. 8.—(AP)—Payment of the second dividend of 25 per cent to depositors of the defunct First National Bank of The Dalles, was announced today by O. A. Carlson, receiver.

Retired sailor balks at "Coffee-Floating"

CAPTAIN RUDDER, retired, longed for a swaying deck under his feet and a steaming cup of good coffee. Mrs. Rudder did her best, and tried to give the captain what he wanted. She floated from brand to brand—changed coffee every time he kicked.

"Listen, Ruth," the captain said one morning, "you're boss of the galley, and you can buy any coffee you want. But why not anchor to



the one we know is best? "Let's stop this floating around and set a course for Hills Bros. Coffee. It's as steady as



a towboat in a heavy sea. The flavor doesn't heave and sway around—and change as quick as the wind. When I say I want a cup of good coffee, I mean I want Hills Bros."

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