

SOUPBONE BASIS APPETIZING AND NUTRITIOUS DISH

Marrow Furnishes Fat, Protein and Iron—Meat Gives Fat, Minerals and Vitamin G — Recipes Given

When meat prices rise and the family purse strays rather flat, there is still the old soupbone. It furnishes the beginnings of a hot dish that can be most cheerful, appetizing and nutritious.

Use the soupbone for all its worth, that's certain. First we get the butcher to crack it, so we can get the marrow. We put the bone in the pot in water to cover, and there we let it simmer for hours.

From the marrow of the bone we get fat, some protein, and some iron. A little calcium will dissolve from the inner part of the bone, and some of the bone tissue will be converted into gelatin.

It is safest, from the standpoint of food values, to count on meat stock primarily for its meat flavor, using its protein and fat and minerals as far as they go, but depending for food value more upon the foods you add to the soup.

Beans or lentils or peas add more food value to meat stock than perhaps any other vegetables, because they are concentrated foods and contain minerals and protein which supplement the minerals and proteins of the meat stock.

A good way to vary flavor in meat and vegetable soup is to brown the vegetables in fat before putting them into the meat stock. Rice is good treated this same way.

A nice touch to add to bean or pea or lentil soup, if you have a bit of leftover sausage meat, is to break up and brown the pieces, then sprinkle them over the soup.

In other countries, where they keep the soup pot on the fire all the time, they increase the food value of some of their soups by adding sour milk, or curd—or sometimes sour cream.

RECIPES

Meat and Vegetable Soup. Select a beef bone or knuckle of veal and have the bone cracked to get out all the good flavor and nutrition.

To make even more substantial soup add rice, or short pieces of macaroni or spaghetti, or pearl barley, or cracked wheat.

Could the soaked beans or peas in the pot liquor which has been diluted with water until it does not taste too salty. Add a chopped onion.

INDIAN MAIDENS PREPARE DINNER



The severe winter, along with the depression, has forced large numbers of California Indians to subsist on acorn soup, mustard greens and rabbit. Violet Moman (left) and Agnes Rey are shown at the Auburn, Cal., reservation grinding acorns into meal.

some of the pork, chopped, and mix thoroughly. To give the right consistency, add a little flour mixed with cold water and cook for a few minutes, stirring constantly.

Borsch (Adapted from a Russian Recipe). 2 cups minced raw beets 1/4 cup chopped onion 1-3 cup chopped cabbage 1 potato, chopped 1 turnip, chopped 1 carrot, chopped 2 tablespoons fat 2 quarts meat stock Pepper Salt Sour cream (or 1 tablespoon vinegar or lemon juice).

Brown the vegetables together in the fat. Add them to the stock and simmer until the vegetables are tender. If sour cream is used, add a tablespoonful to each serving.

HICKS TELLS PET COMPANY HISTORY

P. E. Hicks of this city, representative for the Pet Milk company in this district, gave an interesting interview concerning the history of his company.

"Half a century ago the world was very young. The great Pasteur was struggling then to convince scientists that he had discovered how we could protect ourselves against the invisible armies which in so many ways had invaded the fortress of health and taken heavy toll of human life."

"In that day a farmer in the vicinity of St. Louis, turning from his plow, took up the study of science and found the way to protect the most important item of all our food from these invisible enemies. The Pasteur theories were thus proved in practice in this community before they were generally accepted in the world of science."

"On February 15, 1885, Pet Milk company was founded at Highland, Ill. A chemist from Switzerland had the idea that milk could be kept in cans as fruit was kept. But milk turned out to be a different problem."

"Fitting up a small laboratory in the little country town and securing the services of a retired university professor as tutor, Latzer took up the task of solving the many problems and difficulties. Little was known then of the chemistry of milk."

"From that start evaporated milk has grown in sales to be the largest single item of the food supply."

BE WISE BUY WISE ECONOMIZE with HODGEN-BREWSTER FEEDS Milk Chick Starter, cwt. \$2.80 Milk Chick Starter Pellets, cwt. \$2.85 Chick Mash Without Milk, cwt. \$2.65 Baby Chick Scratch, cwt. \$2.55 Lawell Egg Producer, with milk and Cod Liver Oil, cwt. \$2.25 Three Star Egg Mash, with milk and Cod Liver Oil, cwt. \$2.00

Jackson County Feed Company 4th and Bartlett Streets Medford, Oregon

BUS, TRUCK BILL GOES TO SENATE FOR AMENDMENT

House Passes Measure After Having It in Committee 50 Days — Many Faults to be Rectified by Senate

SALEM, March 8.—(AP)—Leaving to the senate the work of correcting or amending out objectionable features in the big bus and truck bill, the house last night passed it across the lobby after having it in committee for 50 days.

The bill provides that after a person has been convicted of a violation of the motor vehicle code such as drunken driving, manslaughter, reckless driving or failure to stop after causing an accident, he must furnish proof of financial responsibility before being permitted to drive again or else take out liability insurance.

Pass Sunday Closing. The Sunday closing bill, Representative Erwin's measure which had already received a favorable vote in the house, passed in the senate late yesterday by a 24 to 6 vote.

JACKSON KNOCKS OUT WRESTLING REFEREE

SAN FRANCISCO, March 8.—(AP)—"BullDOG" Jackson, 154 pounds, Portland, took two out of three falls from Jack Reynolds, 150, Cedar Rapids, Wyo., last night.

Senator Walter Pearson of Portland was named by President Harry L. Corbett as a member of the state emergency board, and the choice was unanimously approved by the senate.

CITY BOWLING LEAGUE SCHEDULE ANNOUNCED

The schedule for matches in the City Bowling league the coming week include: Monday, March 11—Mail Tribune vs. Eagles Lodge; Economy Lumber vs. Forest and Park.

STRONGBOW PINIONS DON WAGNER TWICE

PENDELTON, March 8.—(AP)—Jules Strongbow, 275 pounds, Oklahoma Indian, took two out of three falls from Don Wagner, 225, Corvallis, last night.

STUDENTS GAIN TIME SUBMIT NHA ESSAYS IN MEDFORD CONTEST

The essay contest being conducted by the committee under the housing act campaign has been prolonged until March 16, it was announced this morning.

Have you found the SUNNY PACKAGE on your grocer's shelf?

It's a delicious ready-to-eat cereal. Millions of Americans have found Kellogg's All-Bran a safe, effective means of correcting common constipation—the kind caused by lack of "bulk" in the menu.

Laboratory measurements show that ALL-BRAN provides "bulk" to aid elimination. ALL-BRAN also supplies vitamin B and iron.

The "bulk" in this tempting cereal is more effective than that found in fruits and vegetables—because it permits digestion better. Within the body, it absorbs moisture, and forms a soft mass. Gently, it cleans out the intestinal waste.

Isn't this natural food better than taking patent medicines? Two tablespoonfuls of ALL-BRAN daily are usually sufficient. Chronic cases with each meal. If this fails to give relief, see your doctor.

Enjoy ALL-BRAN as a cereal, or cook into appetizing recipes. Kellogg's All-Bran contains much more needed "bulk" than part-bran products.

In the red-and-green package. Made by Kellogg in Battle Creek.

Keep on the Sunny Side of Life

Meteorological Report

March 8, 1935. Forecast: Medford and vicinity: Unsettled tonight and Saturday; not much change in temperature.

Temperature a year ago today: Highest, 73; lowest, 30. Total monthly precipitation, 8.42 inch. Excess for the month, 0 inch.

Relative humidity at 8 p. m. yesterday, 74%; 8 a. m. today, 90%.

Sunrise tomorrow, 6:33 a. m. Sunset tomorrow, 6:10 p. m.

Observations Taken at 5 a. m., 150 Meridian Time.

Table with columns: CITY, High Temp, Low Temp, Precipitation, Weather. Rows include Boise, Boston, Chicago, Denver, Eureka, Helena, Los Angeles, MEDFORD, New York, Omaha, Phoenix, Portland, Reno, Roseburg, Salt Lake, San Francisco, Seattle, Spokane, Walla Walla, Washington, D.C.

SPRING AIR TRAVEL STARTING IN EARLY

Spring is in the air—and so are air travelers, according to L. G. Devaney, field manager of United Air Lines here, who reports that air passenger bookings indicate a banner spring and summer season for air travel between Medford, Seattle, California and the east.

Capacity and near-capacity loads already are the order on United's transport planes although the spring travel season ordinarily does not begin until April 1, Devaney said.

Use Mail Tribune want ads.

NOTED LECTURER SPEAKS MONDAY AT KIWANIS MEET

Announcement has been made that the Kiwanis club has secured the services of Alden G. Alley, well known lecturer, who will appear at the noon luncheon of that organization at the Hotel Medford Monday.



Alden G. Alley

of history at Dana college and master at Milton academy, served as lieutenant in the United States infantry in France in 1918-1919. His extensive travel in Europe before the war and his 13 trips abroad since 1920, during which he has attended 10 sessions of the League of Nations assembly in Geneva, have qualified him as an exceedingly well informed lecturer on international affairs.

BAN ON PHILIPPINE TWINES, ROPE, ASKED

WASHINGTON, March 8.—(AP)—Senator Walsh (D., Mass.) has introduced a bill to amend the tariff laws to prohibit the importation of all yarn, twine, cord, cordage, rope and cable from the Philippine Islands.

DISROBING IN COURT HALTED BY OFFICERS

LOS ANGELES, March 8.—(UP)—Antonio Espinola, 36, astonished Municipal Judge Wilbur C. Curtis' court today when he pulled off his coat during proceedings and threw it at the chandelier.

For Saturday! BECK'S SUGGEST Custard Cream Puffs They look good and taste grand. A real treat for any meal. 6 for 23c At your favorite food store or at Beck's BEST BAKERY

HOT START FOR A COLD DAY Shredded Wheat is delicious hot or cold. But with winter whipping around you, eat it hot for extra warmth and resistance. SHREDDED WHEAT NATIONAL BISCUIT COMPANY "Unkneaded Bakers"

Post-mortem on "Coffee-Floating" "LOVELY evening—my eye!" John Frazer yanked at his tie and collar. "Why in the world," he turned to Jane Frazer, "did you tell Helen Banks that her coffee was good? If you women would only learn to stop floating around from one coffee to another, and stick to Hills Bros. for awhile, your parties would be a whole lot better. That coffee of hers was terrible!" Jane was combing her hair. "But I can Do you call a couple of pennies much?" it out, you'd find Hills Bros. makes some good cups to the pound. And I'm telling you—even if it didn't—I'd rather pay a penny or so to get some real richness and flavor. You'll admit Hills Bros. has that.