

COOKING METHOD USED WITH MILK DECIDES PRODUCT

Milk Proteins Behave in Certain Ways When Heat Is Applied — Curd Kept Soft by Low Temperature

Milk, although it has a variety of food values, is classed as a protein food. It contains more fat than protein, more sugar than fat, and a considerable quantity of mineral salts and other substances. But your glass of milk is almost seven-eighths water, so all the other substances combined amount to scarcely 10 percent of the whole. Of protein there is only about 3 1-3 percent.

Milk, however, is very "efficient" protein, the nutritionist will tell you, and provides two kinds, each important in the diet. And you are supposed to have, says the Bureau of Home Economics of the U. S. Department of Agriculture, more than one glass of milk every day, or the equivalent in some other form—skim milk and butter, maybe, in a soup or sauce. Skim milk gives you most of the food values of whole milk, for when the cream is taken off most of the protein and most of the mineral salts are left in the milk. What you lose is most of the fat, which you get in butter, along with the vitamin A that is in the fat.

Casein in Cottage Cheese

One of the milk proteins is the same as one of the proteins of egg-white—albumen. The other milk protein is a phosphorus-containing compound called casein, which is the chief substance in cheese. In cottage cheese made of skim milk, as it usually is, the protein is largely casein.

Milk proteins behave in certain ways of their own when cooked. The albumen coagulates when heated, as it does in egg white. You see it on the sides of the pan almost as soon as you put the milk on the stove. But this is not the chief problem with which you are concerned in cooking milk. As long as milk is sweet, you can boil it, or you can pasteurize it, or you can just warm it, and the only thing you need bother about is to keep it from scorching and stir back into it the white coating that forms on the sides and bottom of the pan and the skin that forms on top. The coating on the sides and bottom of the pan is composed not only of albumin but some calcium that is collected with it. The skin on top is casein, calcium, and some fat, and probably other constituents of the milk. You do not want to lose those food values, so you stir them back into the milk.

Sour Milk Curdles

But sour milk, or milk that has just begun to turn, even though not yet sour to the taste, will curdle if you heat it. In other words, the acid in the milk precipitates the casein as soon as the milk is heated; that is, the casein separates out, and you have curds and whey. This is what you want when you are making cottage cheese—in fact, cottage cheese is curd with some of the whey squeezed out.

But the cheese will be tough or tender according to the way the milk has been heated. Heating at very low temperature (lukewarm) keeps the curd soft, tender and moist. High temperature makes it tough and dry.

Of course this same separation of the casein occurs if you let the milk sour naturally. The souring is due to "friendly germs," lactic acid bacteria, which are naturally present in milk and in the air. They act upon the milk sugar (lactose) and turn it into lactic acid. How soon this may happen depends chiefly on the temperature at which the milk is kept. In a refrigerator at 45 degrees F. or below, good milk will stay sweet for several days, because the cold slows up the growth of the bacteria. In time, however, the milk gets sour. Sometimes, depending on conditions, in the early stages of souring, it forms "sweet clabber," the smooth jelly-like curd that looks very much like junket. But clabbered milk is curds and whey, and curd is mostly casein, separated or precipitated by the acid in the milk.

Acids Cause Curdling

Milk curdles also if you add acid to it—fruit juices, or tomatoes, for example—unless you do something to prevent it. In making cream of tomato soup you prevent curdling thus: First you add a little flour thickening to the tomatoes. The flour acts as a "binder," we say, which means that it holds the molecules of casein where they are, apart from each other in the liquid. The flour also takes the edge off the acid, so to speak, because the protein in the flour combines with the acid and makes it less likely to affect the casein. Second, you add the hot tomato mixture to the milk, little by little. If you were to do this the other way round, adding the milk to the tomatoes, you would be putting so little milk into so much acid—hot acid, too—that your soup would curdle.

When you have combined the tomatoes and milk, heat quickly to serving temperature and serve right away. If you let the soup stand before serving, it may curdle. It is well to take precautions when you are making cream of pea and cream of asparagus soup, also, for though these vegetables contain less acid than tomatoes, they contain tannins and salts which may curdle the milk.

Enzyme Curdles Milk

Another thing that will curdle milk is rennet—which is the common name for rennin, an enzyme that exists naturally in the stomach, apparently for the purpose of turning milk into a soft, easily digested curd. The junket powder you buy in the store contains rennin from the calf's stomach, and when you add it to milk that is just warm (it must not be hot and it must not have been boiled) you get a soft sweet curd that is almost like a jelly, and is so tender that as soon as it is disturbed, even by a spoon to serve it, it separates into curd and whey. You make junket in individual cups to avoid disturbing the curd.

When you cook with milk—that is, when you make a white sauce, or a milk gravy, or a batter for bread or cake, or a custard—your cooking problem has more to do with the other ingredients than with the milk, so long as the milk is sweet. In sauces and gravies you have starch to deal with. In custards, you have eggs. In cake and batter breads, you may have starch and eggs and milk—a combination which is still another story.

In cooking cheese, however, we come back to the rule for protein cookery—low heat for tenderness. If you are cooking plain American cheddar cheese—creaming it for toast, maybe—you cook the white sauce first, add the cheese and heat the mixture only until the fat in the cheese melts and blends with the sauce.

Hen Defies A.A.

LEHIGHTON, Pa. (UP)—The chicken coop on the farm of Harry Honchen has more than 100 per cent efficiency. He has only eight New Hampshire Red hens, but collects nine eggs a day. "It looks like another surplus problem for the A.A.A.," Monchen said.

Beaver Note.

BOSTON (UP)—Boston has more than 1500 policemen, but in the whole department there is only one full beard. The whiskers are on the face of Patrolman Sylvanus A. Bosworth, of the Dudley street station. They keep him warm in winter, he says.

Albino Moose.

STOCKHOLM (UP)—For the ninth time a white albino moose with pink eyes was brought down in Sweden recently. The latest specimen was bagged by Dr. Torsten Gardena, in Koppom, in the province of Vermeland.

RATTLER'S BLOW QUICKEST MOVE AMONG ANIMALS

PHILADELPHIA (UP)—Daniel Pratt Mannix, owner of what might be called a snake dairy, says the blow of a rattlesnake probably is the quickest motion in the animal kingdom.

According to Mannix, the blow of a rattlesnake is so rapid that the human eye cannot follow it, and nothing within range can escape it. Mannix, 23, a University of Pennsylvania student, is owner, director and boss milker of the snake dairy at his home in Rosemont, near here.

The snake dairyman has a number of poisonous snakes, which he makes at regular intervals aid science and humanity by providing a serum for persons bitten by other reptiles. Mannix, in forcing the snakes to supply the base for serums, picks up the reptile just back of the head. This has to be done very swiftly and accurately, so that the "milker" will not be bitten if the animal turns and strikes.

The snake is induced to strike at a piece of rubber cloth stretched over a glass receptacle. At the moment the fangs penetrate the cloth, the poison is discharged in a thin, greenish liquid. About a teaspoonful is the usual quantity discharged.

"This liquid is then dried and in a very weak dilution is injected into horses," Mannix says. "These animals, by constant injections of increasing strength, gradually work an immunity to the venom, and it is from them that the serum is obtained."

The snake farmer considers a big Florida diamond-back rattler, because it is more deadly than any other snake. The reptile was a Christmas present from his sister.

Crime Doesn't Pay.

CLEVELAND (UP)—Seventeen pencils and 42 cents in change was the price Walter L. Blakmore, 23, paroled Mansfield, O., state reformatory prisoner, paid for his life. The pencils and change were found in his pockets when police killed him as he fled from a robbery.

Object to Rescues.

FORT WAYNE, Ind. (UP)—Although Fort Wayne firemen "are always willing to help out the hapless householder" who has locked himself out of his home, they seriously object to spending \$5 of the public funds each time they rescue cats from trees and dogs from sewers and culverts.

New Nearest Thief.

DALLAS, Tex. (UP)—A new nearest thief was discovered here when Paul Dodd, of Greenville reported to police that a thief reached through a window and took \$40 from his traveling clothes while he was in another part of the house, being married.

More than 100,000 illiterate adults in Louisiana have been taught to read and write in recent years.

ASHLAND QUINTET DEFEATED, 29-26, BY JEFFERSONIANS

(Continued from Page One)

tion yesterday which saw three of the favored quintets fall by the wayside.

Eyes were focused today on little Oakridge, the Lane county "B" entry, which, playing like a group of well trained veterans, trounced the favored McMinnville Bears in the final game last night 27 to 21.

After edging out a win over Benson, the Portland No. 1 team Wednesday, Ashland, one of the favored squads, lost out to Jefferson, the Portland No. 2 outfit, yesterday 20 to 25. The Lithians took an early lead of 10 to 1, only to see it dwindle away as the Jefferson team in general, and one Solie Herget in particular, started tossing goals from all angles.

Led by Herget, who threw three baskets in a row from near midcourt, the Democrats had tied the score 14 to 14 at the half. Ashland was ahead 19 to 18 as the third quarter ended, but was kept in the running in the final period only by the unerring eye of its big center, Bob Hardy, who tossed five in succession from the foul stripe.

Chairman Of Board



Mrs. Emily Newell Blair (above) was appointed chairman of the NRA consumers advisory board in Washington, D. C., to succeed the late Mrs. Mary Harriman Rumsey (Associated Press Photo)

LOCALS

Has Operation—Mrs. McClure of 128 South Holly underwent a major operation this afternoon at the Community hospital, at old Ina Thomason of Griffin creek.

Employed at Ashland

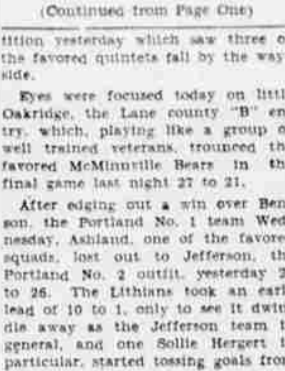
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Swallows Appear—Official barbers of spring, tree swallows are appearing in large flocks throughout the valley and could be seen today dabbling about near the Bear creek bridge. Despite the cold weather, they have been in southern Oregon since February 19, which is exceptionally early, according to E. Raymond Driver, who has a bird sanctuary at his home on the Old Stage road. He says the birds are staying near the surfaces of creeks and ponds, because of the coldness of the ground in higher elevations. They make the trip north each year from Old Mexico and South America, arriving with uncanny regularity. Mr. Driver reported today that 18 or 20 swallows nest near his home each summer. He also has a mockingbird at his sanctuary, far from its usual haunts.

Discriminating Thief.

JEFFERSON CITY, Mo. (UP)—Some thieves have queer tastes. William Grubbs was robbed of a set of piano tuning tools he left in his car. The next night an 11-volume set of children's books were stolen from the parked machine of R. E. Lindsey.

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S & W Royal Club Pound can . . . 27c
Wadhams' Drip or Golden West
In glass jars. Pound 31c

SHORTENING, FLAKEWHITE. 4-pound package 57c

Corn, tender sweet, No. 300. 3 cans 29c
Corn, Royal Club, fancy. No. 2 can 14c
Peas, Sun Blest, fancy No. 2 can 15c
Green Lima Beans, Meco, No. 2. 2 cans . . 25c
Stringless String Beans, No. 2 1/2. 2 cans . 25c
Pink Salmon, No. 1 tall can. 2 for . . . 25c
Minced Clams, fancy Royal Club. Can . . 15c
Oysters, Meco, 5-ounce can. 2 for 25c
Waxed Paper, 40-foot roll. 2 for 15c
Catsup, Del Monte, large 14-oz. bottle . . 15c
Tomatoes, Del Rogue. No. 2 1/2 can. . . . 14c

Fancy Solid Pack
Apricots, Padre brand. No. 2 1/2 can. . . 17c
Dog Food, Gold Cup, 3 for 23c—doz. 89c
Scott's Toilet Tissue. 3 for 23c

COOKED FOOD SALE HERE SATURDAY
By the ladies of the Fidelity Circle of the M. E. Church

SNOWDRIFT. 3-pound can 57c
Scott Toilet Tissue. 3 for 23c

BEANS

Reds, Whites, Speckled Bayos and Baby Limas, 25c package 19c
Rice, fancy head, 3 lbs. . . 19c
Macaroni, cut, 2 1/2 lbs. . . 17c

FANCY RANCH EGGS

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Fresh Extra. 2 dozen . . . 39c
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Finest Fresh Fruits and Vegetables

BANANAS Fancy Fruit Lb. 5c	Grapefruit Arizona Sunkist, 64 size 6 for 25c	LEMONS Oxnard. You can't beat them. 360 size, 2 dozen 25c
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ORANGES

Rose brand
126 size
Doz. **29c**

No better Oranges at any price!

ASPARAGUS Fancy Green 2 lbs. 29c	Bunch Vegetables All Kinds 3 bunches 8c
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GREEN PEAS Extra Fancy 3 lbs. 29c	NEW POTATOES Fancy Hawaiian 3 lbs. 25c
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SWEET POTATOES Extra Quality 6 lbs. 25c	AVACADOES Large Size 2 for 15c
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CAULIFLOWER Large Heads 2 for 25c	RHUBARB Fancy Grade 2 lbs. 19c
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PEERLESS MARKET

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Sirloin Steaks Tender Beef **lb. 15c**

Swiss Steaks A Real Value **lb. 17c**

Prime Rib or Rump Roast Boned and Tied No Waste **lb. 17 1/2c**

Dill Pickles Fancy graded 4 for 5c	Crater Brand Hams Whole or part Lb. 22c	Good Shldr. Cuts Beef Roast No necks Lb. 12 1/2c
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Genuine Lamb, Legs or Chops. Lb. 19c

Lamb Shoulder. Pound 14c | Veal Steak, shldr cuts. Lb. 12 1/2c
Smoked Picnics. Pound 15c | Shortening. 2 pounds 27c

FRESH FRUITS and VEGETABLES

Apples, Newtowns, box 23c
Juice Oranges, . 2 doz 29c

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Chocolate Fudge Cakes
23c ea.

Made in two shapes for convenient and dainty servings.

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19c doz.

