

ICE CREAM HABIT OF AMERICANS IS GOOD FOR HEALTH

Millions of Gallons Consumed—Aids in Utilizing Milk Surplus—Best Methods, Recipes Are Given

With Americans, ice cream is a national habit—such a habit that even staple foods are not much easier to come by than this one-time luxury. Last year the people of this country bought nearly 250 million gallons of ice cream and in more prosperous days they bought more than 365 million gallons. At the same time family freezers and home refrigerators were turning out many million gallons more for the family table.

No one should find fault with the ice cream habit, says the bureau of home economics of the U. S. department of agriculture. It is one way of using some of the milk we need. Made of cream and milk, ice cream is a nutritious, wholesome, and easily digested food. In general ice cream is a safe food, too, for most of it is manufactured under state or city regulations and inspected by health authorities.

Once Luxury Foods
Ice creams and ices started as luxury foods. For centuries kings and queens and emperors—yes, the presidents' wives—have served them. Louis XIV had them made in fancy shapes and colors, much as we see them at their elegant best today. They were "cream ices," some say, on Martha Washington's table, and certainly on Dolly Madison's. But in those times such frozen delicacies were only for state occasions and the fortunate few.

Then, so the story goes, an American woman, Mrs. Nancy Johnson, invented the ice cream freezer. And along in the 1850's Jacob Fussell, a milk dealer in Baltimore who had surplus cream on his hands, started the wholesale manufacture of ice cream.

Ice cream is food for great and small, rich and poor. It can be purchased in every restaurant, hotel or tea room, at confectioners', at drug stores, cigar stores, and the five-and-tens. Every town and hamlet offers it, and often the cross roads store. The urchin can buy his ice cream cone from push carts in the city streets. Or for a penny or two he can buy a frozen lolly-pop and eat it from the stick.

Of Different Grades
Ice cream is of different grades and qualities, depending upon what goes into the "mix" and upon the method of freezing and care in handling. Manufacturers generally use cream plus other milk solids in the form of whole milk, or skim milk, or evaporated, condensed, or dried milk. To this mixture of cream and milk is added sugar and flavoring and usually a very little gelatin for texture. The proportions of milk and cream in the mixture vary, but every state has a law requiring a minimum percentage of butterfat in ice creams sold as such, and those requirements range in the different states from 8 to 14 percent butterfat. Nearly half the states require also a certain percentage of milk solids other than fat—at least 18 to 20 per cent—and still other states require 30 to 35 per cent of solids, butterfat included. Nine states have bacteriological standards. Such standards are desirable as well as the consumer is to be protected. Certain states and municipalities require that ice cream mixes, along with other milk products, be pasteurized.

The texture of ice cream depends upon the size of the ice crystals in it. Cream and milk, even at their richest, contain a good deal of water, and ice cream is made by freezing that water, which forms little ice crystals all through the mixture. But to make ice cream smooth, the crystals must be kept very small, and this is done by constantly interfering with them as they form. The sugar interferes somewhat, and so do the particles of fat and other milk solids.

SHE FELT MARVELOUS WHEN HABITS BECAME REGULAR

Kellogg's ALL-BRAN Relieved Her Constipation*

Read this splendid letter: "I tried everything, with little or no results. I felt miserable, was 20 but looked much older, and my skin was continually breaking out.

"I decided to try ALL-BRAN, three meals a day for about a week. Elimination became regular; I felt marvelous and looked better. Even my outlook on life was changed."

Mrs. Amanda Hamel, Pawling, N. Y.

*Constipation due to insufficient "bulk" in meals.

Kellogg's ALL-BRAN provides "bulk" to aid elimination. It also furnishes vitamin B and iron.

The "bulk" in ALL-BRAN is gentle. More effective than "bulk" in leafy vegetables, as it does not break down within the body.

Isn't this natural food pleasanter than patent medicines? Just eat two tablespoons daily. Chronic cases, with each meal. If not relieved, see your doctor.

Get the red-and-green package at your grocer's. Made by Kellogg in Battle Creek.

as well as the gelatin when that is used. But the principal interference comes from the dasher in the freezer, as it whips air into the mixture and at the same time cuts off the little crystals at each turn. As the freezing process goes on, the mixture expands, becomes lighter and softer, and the crystals become smaller and smaller, until the frozen cream is so smooth the crystals can scarcely be detected.

Expanded By Air
"Overrun" is the manufacturer's term for the expansion due to air beaten into the cream by the dasher. Air is necessary. A solid block of ice would result from freezing the mixture without whipping air into it. But in commercial ice cream the overrun or expansion ranges from 40 to 100 percent, occasionally to 130 percent. The significance of this appears in the weight of the ice cream.

A gallon with a 40 percent overrun weighs almost two pounds more than a gallon with 100 per cent overrun, and the heavier gallon is to that extent richer ice cream. With 100 per cent overrun, ice cream is 50 per cent air—and costs the manufacturer less than if there were more cream. The bureau of dairy industry is now working on overrun problems which may lead to the improvement of these products. Meantime the best the customer can do is to compare the weights of different ice creams he buys and find out which gives the most and the best for his money.

Home-made ice creams can of course be varied in dozens of ways, according to what is on hand in the way of "makings," and according to the family taste.
For plain vanilla ice cream, says the bureau of home economics, a good mixture to put in a freezer is a quart of cream, 2-3 cup of sugar, 1½ teaspoons of vanilla, and a pinch of salt. This can be made richer by substituting a cup of heavy cream for one of light cream. Or it can be made less rich with a pint of cream and a pint of milk. Evaporated, condensed, and dried milk are used in a variety of good creams, and are cheaper than fresh cream. For milk sherbets only milk with sugar and flavoring are needed. Sherbet freezes in coarser crystals than ice cream.

Slow Turning Best
In freezing best results are obtained when one part of salt is used to four to six parts of ice, and the crank turned slowly.

Ice creams can be made without freezer and without stirring, if the cream is whipped beforehand, to beat in the necessary air. The product then is called mousse, which has a loose, flaky texture, different from true ice cream, but very pleasing. For mousse, whipping cream is needed, which, if it seems too rich and cloying, may be diluted with beaten white of eggs and maybe a little gelatin which has been dissolved in water. Mousse can be made of just the whipping cream, sweetened and flavored. Left in the ice-making compartment of a mechanical refrigerator, it will be ready to serve within two or three hours, depending upon the temperature of the refrigerator.

Mousse can be frozen without a mechanical refrigerator, if the mixture when whipped is put into a tightly closed can or a well-sealed mold and buried in a bucket or a big pan of ice and salt, about three parts of crushed ice to one of salt, until frozen.

Plain mousse can be varied, of course, with fruit, juice or crushed fruit for flavoring, or by serving with sauce. Suggestions about this and

other frozen desserts are published in Bureau of Home Economics Leaflet No. 49, "Ice Creams Frozen Without Stirring," which can be had for five cents a copy from the superintendent of documents, Washington, D. C.

Long Mountain

LONG MOUNTAIN, Aug. 23.—(Sp.)—George Lawson had the misfortune of injuring his knee over again. Miss Mary Harnish of Eagle Point returned home Tuesday after a week's visit with Miss Bonney Jean Stowell.
Tom Stanley threshed for Guy Pruitt Monday and Tuesday.
Mr. and Mrs. G. A. Lawson are expecting their son and family from Oklahoma.

Miss Irene Stowell is spending several days with Miss Marjorie Nichols of Eagle Point.
Mr. and Mrs. Bill O'Hara of Sillcoo, Ore., called Tuesday evening at the Ross Kline home.
Mrs. H. C. Short spent the week end at her home.
Mrs. John Foster and Mrs. E. Hamel of Eagle Point called on Mrs. Nick Young on business Monday.

THE OLD JUDGE IN KENTUCKY SAYS:

"One thing that can't be made by new-fangled methods is an old-fashioned Kentucky straight whiskey like Shipping Port. It's made the old-time way—yet they charge mighty little for it."



SHIPPING PORT
Kentucky Straight Bourbon THE BEST STRAIGHT WHISKEY AT SO LOW A PRICE 90c
Frankfort Distillers Louisville & Baltimore Code 175-C

Old Wilderness BRAND
Kentucky Straight Whiskey 70c PINT
Made by Frankfort. Code No. 181-C

Frankfort Distilled Dry Gin
65c PINT Code No. 506-C
AT ALL STATE STORES

HEAVENLY MOMENTS

Life begins at 4

...and, Dolly dear, I'll make you a beautiful tuna salad, just like Mother made for me!"

Tiny, growing bodies... how they need White Star Tuna! And, how tiny, hungry palates love it! Serve it several times a week... there are many easy, different ways it can be prepared... all delicious! Containing Vitamins "A" and "D," phosphorus, potassium, and iodine, that effective preventive of nutritional goiter, White Star Tuna gives growing youngsters lots of what they need!

Free recipes

WHITE STAR TUNA FISH

Write for "86 Proven Recipes for White Star Tuna" in Van Camp Sea Food Co., Inc., Dept. W., Terminal Island, California.

PEACHES

EARLY CRAWFORDS ARE AT THEIR BEST NOW!

20 lb. crate No. 1's **63c**

GRAPES
Thompson's Seedless 3 lbs. **10c**

Watermelons Red Ripe Lb. **1c**

Tomatoes Locals No. 2's Crate No. 1, crate, 49c **35c**

Peppers Locals for Stuffing Lb. **5c**

POTATOES U. S. No. 1 25 lb. bag **49c**

CANTALOUPE Large size 2 for **15c**

LOCALS

Mason Jars
Kerr or Ball Reg., Quarts dozen **89c**
Jar Rubbers Regular 3 dozen **10c**

SAFEWAY STORES

Catsup 11c
Del Monte. Just the Right Flavor. Note the Price 14 oz. Bottle

Vinegar 19c
Pure Cider, Undiluted. Bring your jug Gal.

White King 29c
Laundry Soap 10 Bars

Flour Castle Brand. Famous Galatin Valley Montana Hardwheat. 49 lb. sack **\$1.49**

Toilet Tissue 17c
Waldorf 4 Rolls

Shortening Jewel, Creamy White 8 lb. pail **\$1.03**

Salad Oil Pure Vegetable in Bulk Quart . **27c** Gallon . **\$1.05**

Crackers N. B. C. Uneeda Biscuit. 3 pkgs. **14c**

Cheese Kraft's Swanky 7 Varieties to Choose From 5 oz. jars **16c**

Flour Fisher's Blend. No. 10 bag **39c**

Beer Brown Derby Ice Cold. 11 oz. bottle **10c**

Noodles Porter's Prillets or Macaroni 30 oz. pkg. **23c**

Raisins Thompson Seedless 4 lb. pkg. **25c**

Cocoa Rockwood's 2 lb. can **16c**

PEANUT BUTTER 33c
MAX-I-MUM, ground 24 oz. jar fresh

COCOANUT 10c
Molot Style ¼ lb. can

COCOA 9c
Baker's ¼ lb. tin

SUNBRITE CLEANSER 25c
6 cans

CREAM OF WHEAT 23c
Large Package

TOMATO JUICE 10c
Libby's No. 2 can

WHITE KING 32c
Granulated Soap Lrg. Pkg.

CERTO 45c
2 bottles

Dependable MEATS

<p>Beef Roast Young, Tender Beef lb. 12½c</p> <p>VEAL STEAKS Tender Shoulder Cuts. Lb. 15c</p> <p>BEEF HEARTS Nice Baked with Dressing. Lb. 10c</p> <p>FRESH GROUND Hamburger No Cereal Lb. 12½c</p> <p>RIB BOILING BEEF Stewing or Braising Lb. 9c</p> <p>BOLOGNA LIVER SAUSAGE WEINERS Your Choice Lb. 19c</p>	<p>SHOULDER LAMB Roast or Steak lb. 12½c</p>
--	--

AIRWAY COFFEE
The West's Best Seller
3 lbs. 49c

Safeway Pioneer Days are coming. Watch for the date. During Fruit Season Safeway Stores will be open until 7 p. m.