

SIRUP IMPORTANT ITEM OF FOOD IN AMERICAN PANTRY

Some Have Special Place in Cookery—All are Useful on Table—Wide Difference in Food Values

Sirup of some kind, as well as sugar, is usually an item in the well-stocked pantry. Some of the sirups have a special place in cookery, and in some parts of the country, sirup or molasses appears on the table at every meal. That may be too often for a well-balanced diet, for sweets take away the appetite and crowd out more important foods, such as milk and vegetables and fruits. But such is the sweet tooth of America.

There are sirups and sirups, however, and they differ in food values as well as in flavor and consistency, says the Bureau of Home Economics of the U. S. Department of Agriculture. Considered geographically, there are the sugar-cane products of the "deep south"—cane sirup, molasses and refined sirup; the "sorghum belt," which reaches northward from the sugar-cane belt, sorgho or sorghum sirup; in New England and some other northern states, maple sirup. Corn sirup comes, of course, from the corn belt of the middle west. Then there is plain sugar sirup, made of sugar (beet or cane) and water. And last but not least there is honey, produced in nearly all the states, the one sirup that nature offers ready made.

Make Own Cane Sirup
Cane sirup is made where the sugar used in the states where the sugar cane grows. There, they say, every household has its cane sirup, either made on the home farm or bought in a local store. The farmers raise the sugar cane and make the sirup by pressing out the juice and boiling it down to sirup thickness. Thus cane sirup contains all the food values of the sugar cane juice, most important of which are iron and calcium. Government regulations require that the cane sirup, to be so labeled, shall consist of evaporated sugar cane juice containing not more than 30 per cent water.

Molasses and refiners' sirup are by-products of the commercial cane-sugar manufacturing process. They are sold all over the country in one form or another. When the "raw" sugar is crystallized out of the sugar cane juice, a "mother" liquid is left. Concentrated and clarified, this is molasses, of which there are different grades according to the amount of sugar taken out. "Cooking molasses," therefore, as one grade is sometimes called, differs from "table molasses" in being less sweet. "Blackstrap" is the lowest grade and has very little sugar. Any molasses, however, contains all the food values of the cane juice except that part taken out in the raw sugar, and, like sirup, is rich in iron and calcium. To be correctly labeled, molasses must contain more than 25 per cent water.

Molasses Aids Cakes
Molasses, as every cook knows, is "the very making" of some kinds of cakes, cookies and candies because of the flavor and texture it gives. It is used also in baked beans, Indian pudding and various dark breads. It contains acid, and soda should be

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Gameness Wins Plaudits in Portland



Although losing to better-trained, more experienced boxers, the Medford CCC district fight team proved to be one of the most popular outfits in the amateur tournament in Portland this week. Outclassed by more skillful opponents, the Medford crew of eight men won the applause of the crowd by sheer gameness in the ring and they have been invited to return for the next tournament in the spring. Here are two of the Medford team members. They are John Rosell, left, of 117 Camp Prescott, who fought at 118 pounds, and Harold Friedman, of Oak Knoll, who tips the beam at 112. (Cut courtesy the Oregonian).

used with it in breads and cakes of all sorts. The gas thus produced acts as leavening.

The other by-product of sugar-making, refiners' sirup, is the liquor left from the refining of the brown, or "raw," cane sugar into white sugar. It has the cane-sirup flavor and brown color, and is used often in mixtures with other sirups, under various trade names.

In the sorghum belt, the farmers grow sweet sorghum cane and make sorgho sirup from it in the same way their neighbors to the southward make cane sirup. The sorgho food values are higher, if anything, than the cane sirup values. More than 13 million gallons of sorgho sirup were made in this country last year, and this year there will doubtless be more because the sorghum crop is bigger. Sorgho is a table sirup, dark, thick, and strong flavored, and is used just as molasses is used in cooking. Sorghum sirup, by the way, is sometimes wrongly called sorghum molasses. There is no such thing as molasses made from sorghum. Under the law the label "sorghum sirup" or "sorgho sirup" belongs to the product made by evaporation of juice obtained from the sorghum plant and contains more than 30 per cent water.

Maple Sirup Source
Sugar maple trees yield the sap that makes the only native American sirup. Though sugar cane and sorghum were brought to this country from the other side of the world, the Indians were making maple sirup long before white men appeared on the American scene. The maple flavor is considered by many people the finest of all sirup flavors, and maple sirup or maple sugar is used in cakes and puddings, sauces, ice creams, and candies of choicest kinds. As to food value, however, sugar is the chief item.

ions of maple sirup were made in this country last year, and the average yield is not much if any more. For this reason, and because of the wide demand, maple sirup is often diluted for market, or imitated. Maple mixtures usually contain sugar sirup or refiners' sirup or corn sirup with maple, but no mixed sirup may be legally sold as maple. The label "Maple sirup" is allowed only on sirup made by evaporating maple and or by dissolving maple sugar in water. The product must not contain more than 35 per cent water and must not weigh less than 11 pounds to the gallon. Imitations are to be distinguished from mixtures. They contain no maple sirup and must be labeled "Imitation" or "Artificially flavored and colored."

Sugar Makes Sirups
Sugar sirup, which is used commercially in sirup mixtures, is made by dissolving sugar in water and boiling it down to a sirup thickness. It usually is made at home, perhaps with brown sugar, perhaps with white sugar (beet or cane) and fruit or other flavoring, to use with hot cakes for breakfast, as sauce for some dessert, or as sweetening for drinks, especially iced drinks.

Corn sirup differs from other sirups in the kinds of sugar it contains and in the purposes it serves. In the cane products, in sorgho and in maple sirup, most of the sugar is the kind chemists call sucrose. Corn sirup is chiefly glucose and maltose, neither of which is as sweet as sucrose. For table purposes, corn

sirup is usually mixed with refiners' sirup or maple sirup, to give it sweetness and flavor. The mixtures are sold under various trade names. The corn sirup known as "crystal white," which is about 90 per cent corn sirup and 10 per cent sugar sirup, is colorless and very useful in making soft candies and some kinds of frostings for cakes, because the glucose in it keeps them from crystallizing too much, or, as we say, "turning to sugar." Corn sirup is largely used in some of the maple sirup mixtures, as the labels, of course, are required to show.

Honey, manufactured by the bees from the nectar of flowers, is the sweetest of all sirups because it contains so much of the sweetest of all the sugars, levulose. It is used as other sirups are used, and is prized for its unique flavor.

Acquitted in Beat-Up
ASTORIA, Ore., Nov. 22.—(AP)—A jury in circuit court acquitted Lee Jones and Sig Wendling, members of the Sawmill and Timber Workers' union, of charges filed in connection with the beat-up of Robert McLeod, Crown-Willamette worker affiliated with the International Pulp and Sulphite Paper Workers' union.

LA GRANDE, Ore., Nov. 22.—(AP)—Bids for a gymnasium auditorium at La Grande and a grade school project at Union were rejected here by the school boards of the respective towns. They were declared too high. The work will be readvertised.

FIRE DEPARTMENT COMPLETES PLAN FOR ANNUAL BALL

Plans were completed today for the annual ball to be given at the Oriental gardens on Thanksgiving night by the Medford fire department, with both the professional and volunteer members participating as sponsors.

George Dayton and his 8-piece orchestra will provide the music. Dancing will begin at 9:00 o'clock and continue until 12:30 or 1:00, Fire Chief Roy Elliott said.

This is the thirteenth ball to be sponsored by the Medford fire department, this series of popular social events having been inaugurated in 1923. Tickets may be obtained at the fire hall or from members of the organization.

The Medford fire department is rated by the state fire marshal's office as one of the most efficient in Oregon. Last year the department established a new low record for fire loss in Medford and Chief Elliott said today that the prospects for 1935 are good.

Harry E. Rinsinger is chairman of the dance committee. He is being assisted by Chester H. Merriman, Marion Piening and Virgil Swanson. The decorations committee is composed of George Shreeve, chairman, Robert Mahar, Jack Burns and Robert Fredenburg.

RAPID TURN-OVER IN SPRINGFIELD MAYORS

SPRINGFIELD, Ore., Nov. 22.—(AP)—Springfield had a large supply of ex-mayors today following three rapid-fire changes in city rulership last night.

E. H. Turner gained the jump on recall proceedings by resigning as mayor at the start of a council meeting.

W. A. Taylor, council president, automatically became mayor. But a few minutes later Ed Waltham won the council's vote and became "hizoner" the mayor.

Weather
Northern California: Unsettled tonight with light rain north portion; Saturday partly cloudy with light rains extreme north portion; no change in temperature; gentle, variable winds off coast, except moderate southerly north of San Francisco.

Oregon: Occasional rain tonight and Saturday; snow over high mountains; slightly warmer east and interior of north portion tonight; fresh to strong southeast winds off the coast.

Salem Growing Up
SALEM, Nov. 22.—(AP)—Members of the Salem city council last night discussed plans to install seven traffic signals at busy downtown intersections.

DENVER, Colo., Nov. 22.—(AP)—Engineer J. A. Jackson jerked his locomotive whistle for the "short blast" required at a rail crossing here. The whistle shrieked—and kept on shrieking for 20 minutes—until a half dozen machinists managed to quiet it.

OAKLAND, Calif., Nov. 22.—(AP)—How to treat a bee sting—apply honey. That's the advice of experts attending the 46th annual convention of the California Bee Keepers' association.

Use Mail Tribune want ads.

Meteorological Report

November 22, 1935
Forecasts
Medford and vicinity: Occasional rain tonight and Saturday; not much change in temperature.
Oregon: Occasional rain tonight and Saturday; snow over high mountains; slightly warmer east and interior of north portion tonight.

Local Data
Temperature a year ago today:
Highest 55; lowest 42.
Total monthly precipitation, 93 in. Deficiency for the month, 58 inches. Total precipitation since September 1, 1935, 337 inches.
Relative humidity at 5 p. m. yesterday: 93 per cent; 5 a. m. today 100 per cent.

Tomorrow: Sunrise, 7:11 a. m.; sunset, 4:44 p. m.

Observations Taken at 5 A. M., 120th Meridian Time

CITY	High Temp.	Lowest Temp.	Wind	Weather
Boise	50	34	...	Cloudy
Chicago	50	42	...	Foggy
Denver	54	30	...	Clear
Butte	58	32	...	Cloudy
Helena	50	30	...	Clear
Los Angeles	80	58	...	P. Cdy.
MEDFORD	47	37	...	Clear
New York	56	46	...	Clear
Omaha	34	18	...	Cloudy
Phoenix	72	42	...	Clear
Portland	50	40	...	Cloudy
Reno	44	34	...	Cloudy
Roseburg	56	48	...	Cloudy
Salt Lake	48	28	...	P. Cdy.
San Francisco	60	52	...	Cloudy
Seattle	50	40	...	Cloudy
Spokane	34	30	...	P. Cdy.
Walla Walla	36	32	...	Cloudy
Washington, D.C.	54	48	...	Clear

SALEM, Nov. 22.—(AP)—Public works progress administration officials notified local interests that they had agreed to scale down the bonded debt of the Salem Lumber Mills, Inc., from 45 to 25 per cent. This concession was expected to save Salem bondholders \$17,000.

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Democratic Club Leaders Elected

PORTLAND, Ore., Nov. 22.—(AP)—Members of the Jackson club of Oregon elected Dr. Joseph F. Wood, president; Mrs. Walter B. Gleason, secretary; E. L. Ross, treasurer, and Harry Fraser, Henry Hess and Dorothy Kleiner vice-presidents of the first, second and third congressional districts respectively.

Dr. Wood is state central Democratic committeeman from Multnomah and was chairman of the Oregon delegation at the Chicago convention which nominated President Roosevelt.

Mountain Camps Aid Girls
PIERRE, S. D. (UP)—Patterned after the mountain camps sponsored by Mrs. Roosevelt for unemployed girls, two educational camps for women have been opened in South Da-

Classes scheduled to be taught include English, history, home economics, domestic science, sociology and current events.

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