

PROTEIN FOODS FURNISH NEEDED BODY MATERIAL

Milk, Cheese, Meats, Fish, Poultry and Eggs All Rich Sources — Vegetables, Grains, Fruits Also Carry

Food furnishes the materials of which the human body is made, as well as the energy that keeps it alive and active. For body building materials, however, just as for energy, some foods are more important than others, and nutritionists distinguish some as "building foods," just as they call others "energy foods." The building foods, explains the Bureau of Home Economics of the U. S. Department of Agriculture, are those rich in substances that go to make muscles, bones, and other tissues of the body. For muscle building, that means protein in particular, and the foods most important for their protein are milk, cheese, meat, fish, poultry, and eggs, also nuts, peanuts, and soybeans. Nearly all fruits contain some protein. It varies, however, in quantity and in quality, or "efficiency."

And what is protein? The word is from a Greek verb meaning "to be first." Nearly a hundred years ago, writes one of the authorities on nutrition, a scientist gave the name protein to what he believed to be the main substance of the body. The plural form "proteins" has come to mean a large number of related chemical compounds which are essential to the formation of all plant and animal tissues. Plants manufacture their protein from materials they get from the soil and air. Animals must get theirs, more or less ready-made, in their food. Chemically, proteins are composed of substances called amino acids, which substances contain nitrogen, in addition to carbon, hydrogen, and oxygen, which are the elements occurring in carbohydrates and fats. There are 18 or more amino acids, and they form different combinations, or compounds, each of which is called a protein.

No One Food Has All
There are so many kinds of amino acids, so many proteins, that no one food contains them all, nor does the body need to get them all in its food. But some of the amino acids are essential, and when they are present in good proportions, the protein is said to be "efficient," or high quality protein. In foods where only some of the essential amino acids are present, or are there in very small quantities, the protein is not of good quality, or is "inefficient," i. e., inadequate for the body needs.

Milk, cheese, meats, fish, poultry and eggs are rich in proteins containing all the essential amino acids. There is first quality, "efficient" protein.

Nuts and the bean family (legumes) are also rich in protein, but of varying quality and usefulness. Nuts are rich in good protein, but they are also very rich in fat. For this reason it is hard to use nuts enough to meet the protein requirement without getting more fat in the diet than is desirable. Peanuts and soybeans also contain protein of good quality. In the common beans and peas, the percentage of protein is high, but of good quality that needs reinforcement from other foods—some meat, for example, as in chili con carne, or a glass of milk with the meal.

All other vegetables, grains and the fruits contain protein, but for the most part it is not of high quality. In the leafy vegetables the protein quality is good, but there is too little protein to count, very much.

Grains. Milk Good.
Almost any of the grains, with milk, furnish a good protein combination—oatmeal and milk, for example, as a breakfast food; or whole-wheat chowder, or corn chowder. The same is true of macaroni and cheese, or vegetables scalloped in milk or cheese sauce.

Milk, in fact, contains more than enough of the amino acids which are lacking in vegetables from most plant sources, and is a good supplement to any cereal or vegetable.
But how does all this work out when it comes to planning meals? Protein is absolutely necessary to life, and it is a substance that cannot be stored in the body—as fat, for instance, is stored. Children must have protein to build their bodies. Adults and children alike must have it to make up for the wear and tear upon bodies already built. But too much protein food is not a good thing, because any more than enough for actual body needs must be disposed of somehow, and this excess may give trouble. So the amount of protein we eat—our "protein intake"—is a matter of considerable importance.

Fortunately, the margin between enough and too much protein is fairly wide, and need not restrict most people seriously. Much depends upon habits of life. People who lead active lives out of doors can use more protein than less active people who live chiefly indoors. Something depends upon the size of the individual, too, for big bodies have more muscle, bone and blood to keep in repair. Children, however, need proportionately more protein than adults, because children need it for growth. That is one reason why nutritionists would have all growing children use a quart of milk a day. Milk is a building food for several reasons, one being the protein it contains, which supplements or makes efficient the proteins from the child's other food.

Serving a Day Enough.
For the average adult, nutritionists in the bureau of home economics say that one or two average servings of protein-rich foods a day is ordinarily enough, not counting milk. With an egg for breakfast, say, and meat for dinner, plus the proteins from bread, cereals, vegetables and fruits, the day's supply of protein is ample. Without meat or fish or eggs or cheese, other protein foods are needed—for example, a nut or peanut loaf,

Boy Dies In Cold



Roy Rogers, 4, was found frozen to death two miles from his ranch home in the Guadalupe mountains near Douglas, Ariz., after he had been missing for several days. (As associated Press Photo)

or soybeans, along with more milk and vegetables of different kinds.
Good sources of protein are such "made dishes" as chowders, because they are made either of fish or sea food, vegetables and milk; meat-and-vegetable stews; meat loaves, shepherd's pie, or any other meat-and-breadstuff or meat-and-vegetable mixture; codfish with spaghetti and tomatoes; creamed finnan haddie or other creamed fish or sea food; cheese toast; corn, tomatoes and cheese on toast; Welsh rabbit, tomato rabbit, cheese soufflé; macaroni and cheese, scalloped vegetables in cheese sauce, or any other cheese dish; eggs pudding, with its milk and eggs as well as corn; peanut loaf, scalloped onions-and-peanuts, or any mixture with peanuts or peanut butter; chili con carne, and soybeans, green or dried.
Other considerable sources of protein are muffins or other batter-breads, cakes, custards and other desserts that are made with eggs and milk. Nuts, of course, add still more protein to a bread or cake or dessert. Gelatin furnishes protein, but it is of poor quality, and as ordinarily used there is very little of it.

CARLTON CREAMERY HAS BEST YEAR IN HISTORY

CARLTON, Ore., Jan. 24.—(P)—Officials of the Carlton Creamery association told the annual 1,000 persons who met for the yearly session here that 1935 business was "the best ever."
George Johnson, manager, reported a net profit of \$3,488.88 and a gain in production of 20 per cent. Officers were re-elected.

BREAD AND WATER FOR REBEL 'CONS'

SAN FRANCISCO, Jan. 24.—(P)—Solitary confinement and a bread and water diet were counted on today by Alcatraz prison officials to break the rebellious spirit of "striking" prisoners.
Already 25 of the 100 men who howled a demand Monday for expanded privileges had capitulated to the strict prison rules. Warden James A. Johnston said.

"The other 75 mutineers," he said "are still in solitary on bread and water. They will come to their senses soon. The others have been permitted to return to work—and food."
Johnston said most of the ring-leaders of the "revolt" had been identified and that "they will be dealt with accordingly." He said their identities would not be disclosed.

Who Wouldn't?
BONNEVILLE, Ore., Jan. 24.—(P)—A rigger employed at Bonneville dam fell six feet and thereafter acted so queerly his fellow workers rushed him to physicians fearing he was insane. An examination showed he was merely badly frightened.
Use Mail Tribune want ads.

ELEANOR POWELL MUST TAKE REST

NEW YORK, Jan. 24.—(P)—The twinkling toes of Eleanor Powell, reputedly the fastest tap dancer on the stage, today were stilled by "complete nervous exhaustion."

Miss Powell, who missed her first performance in 10 years at yesterday's matinee of the musical show "At Home Abroad," is confined in a private sanitarium in Crestwood, N. Y.

For at least two months she must forego work of any sort, Dr. Ernest A. Lopes having prescribed total relaxation.
After having appeared in a screen play, Miss Powell came from Hollywood to New York for the current hit "At Home Abroad." She developed a sore foot and the strain of her work began to tell. She insisted on continuing, however, until just before the curtain call for the show yesterday afternoon. She was unable to rise from her bed.

Like Apples
KANSAS CITY, Jan. 24.—(P)—Western fruit jobbers like apples—or did. They ate 200 bushels, commitments of Idaho representatives, at their convention here.



THE FIRST pound will introduce you to the flavor of all coffees. Here is sealed-in-vacuum freshness, fragrance! Here's the modern miracle of Thermalō roasting! More cups to the pound—yet it costs you no more.

VACUUM PACKED THE RE-USABLE JAR

Next time Get GOLDEN WEST COFFEE

You must try this amazing NEW VEGETABLE MARGARINE!

says Ida Bailey Allen *Cooking's Foremost Authority*



NO WONDER THOUSANDS OF WOMEN ARE CHANGING TO NEW NUCOA!

The New Nucoa, made from finest vegetable oils and fresh pasteurized milk, is delicious on breads and perfect for all cooking.

"I'm sure you've never tasted a more delicious spread for bread than the New Nucoa! Try it on hot toast—the true flavor test!"

"Yet this amazing new-type margarine actually saves you 10¢ to 15¢ a pound over the most popular spread for breads!"

"And it's simply ideal for all your cooking, too... for delicious cakes and pastries... for seasoning vegetables... making sauces, gravies, and candies, and for frying."

"Really, I've never seen such a remarkable all-purpose margarine. And the New Nucoa is especially high in food energy content. It furnishes 3300 calories per pound... just the thing for growing children. Get a pound today!"

IDEAL FOR EVERY TABLE AND COOKING USE



Delicious on all breads Rich seasoning for vegetables
Candies, sauces, etc. Excellent for frying



MADE BY THE MAKERS OF BEST FOODS REAL MAYONNAISE

LUMAN BROTHERS

BIG FOOD CENTER

Main and Bartlett

Telephone 273 — 4 FREE DELIVERIES DAILY — Telephone 273

Savings

That cut a slice off your Budget

Don't miss these...

BIG WEEK-END SPECIALS!

Keeping within the Budget many times is no small task, but here at the Big Food Center for this Week-End are savings that should cut only a small slice off the Budget and leave a nice surplus that could be applied to "Special Occasions." For the small Budget this store should be most acceptable and this also applies to large budgets for we sell the best in foods that money will buy and are happy to save you all money. Then too, all food purchases may be made without leaving the store.

POTATOES
Klamath Falls No. 2
50 lbs. 59c

SUGAR 10 lbs. 53c

PRUNES — New Crop — 4 lbs. 25c

SPECIALS

R I Red Hens lb. 20c
T-bone or Sirloin Steak . . lb. 20c
Leg Lamb, choice lb. 25c
Eastern Bacon lb. 30c
Seasoning Bacon lb. 24c
Beef Pot Roasts lb. 12½c
Short Ribs Beef lb. 10c
Country Style Sausage . . lb. 15c
Pork Steaks lb. 20c
Pork Shoulder Roasts . . . lb. 20c
Salt Pork nice for frying . . lb. 23c
Shortening 3 pounds 39c

FLOUR

Silk Sifted
The best you can buy... 49-lb. sack

\$1.89

Kitchen Queen
Hard Wheat Flour.
49-lb. sack

\$1.49

Bouquet
Klamath Falls, 49-lb. sack

\$1.39

CANDY

Chocolates
The old fashioned kind—You'll like 'em.

lb. 10c

Cream Mix
Plenty Sweet and Good—Try them.

lb. 10c

NAVEL ORANGES

Don't forget we have those delicious Sweet Southern Navel Oranges selling at a

VERY LOW PRICE

MAYONNAISE

PINTS **28c**
QUARTS **55c**

Washing POWDER

Granulated Washing Powder.
Sells regularly for 33c.

Now 19c

PEANUT BUTTER

For the Kiddies **2 lbs. 29c**



NUCOA

OLEOMARGARINE

1 lb. 20c 2 lbs. 40c

TASTY BAKERY ITEMS FOR BRIDGE PARTIES

Our splendid Bakery Department makes a specialty of tempting items to serve at bridge parties, teas and for all dinners. Come in and inspect the fine assortment of pastries and breads of all types.

SATURDAY SPECIALS

Fresh Orange Pineapple Cakes
Two-layer square cake topped with fresh grated orange icing.

Small size 39c
Large size 49c

DANISH PASTRY TEA STICKS

Bunch of 8 13c
Two bunches 25c

VEGETABLES

FRESH AND CRISP

- LETTUCE 2 for 9c
- CELERY 2 for 19c
- CARROTS 3 for 10c
- CELERY HEARTS . . . bunch 10c
- SPINACH 3 lbs. 20c
- CAULIFLOWER each 13c
- GRAPEFRUIT, lg. size, 6 for 19c
- FRY. SWEET POTATOES, lb. 5c

Fancy Fruits

PRICED VERY LOW