

CHOOSE FOOD FOR MINERALS NEEDED IN BODY BUILDING

Calcium, Phosphorus Make Bones and Teeth—Iron Required for Blood—Plants and Meats Source

Minerals, as the word is commonly understood, do not seem much like food. Calcium in the form of marble, phosphorus in the phosphate fertilizers, or iron, hard and strong enough to bridge a river, do not appeal to the appetite, to say the least. Calcium, phosphorus, and iron, however, and some other mineral elements are indispensable building materials for the human body. Calcium and phosphorus are used chiefly to make bones and teeth. Iron is needed especially in the blood. The body must get these materials in its food and a shortage of any one of them very soon causes trouble in the body.

But there need not be a shortage, says the Bureau of Home Economics of the U. S. department of agriculture. We can get the mineral elements we need by choosing the foods that provide them in the form of "mineral salts," or other digestible compounds. Plants use mineral substances, which they take direct from the soil. We eat plants, we also eat animals that have eaten plants, and in the plant tissues which compose vegetables and fruits, and in the animal tissues that furnish meats, poultry and fish, or in animal products in the form of milk and eggs, we get those same minerals in forms which we can assimilate.

Watch Mineral Value Practically, then, our problem is one of selecting foods for their mineral value, just as we select for energy, protein, and other values. And here, once more, foods vary. Nearly all foods contain at least a trace of each important mineral, some are rich in one or more of the minerals. The food most useful as a source of calcium—milk—though rich also in phosphorus, is poor in iron. And eggs, rich in phosphorus and iron, carry practically all their calcium in the shell. And so on through many variations and grades in value.

The body requires more of some minerals than others. It requires a lot of calcium, which is not abundant in many foods, and a lot of phosphorus, which is plentiful in many foods. It requires only a little iron, but that little is hard to acquire because even the foods called "iron-rich" contain very little indeed.

Nutritionists simplify the problem somewhat when they tell us that if we make sure of the calcium and iron, the phosphorus will take care of itself, because it comes in so many foods, including those rich in calcium or iron.

Calcium, then, needs special attention. Some nutritionists believe that in American diets, there is very

likely to be a shortage of this particular element—partly because the body needs so much. The bones and teeth, where calcium is so largely needed, constitute a big part of the body bulk, and calcium is unevenly distributed in the common foods.

Calcium For Kids Children particularly need plenty of calcium. A shortage of calcium or phosphorus in children's food retards growth. The bones either do not develop, or they are weak and fragile and the child may develop rickets—a wholly preventable disease which leaves crooked bones or other deformities for life.

As both these minerals are plentifully supplied by milk more easily and economically than by any other food, nutritionists recommend plenty of milk in the children's diet—a quart a day is best, they say, to make good strong, straight bones. Adults need calcium to keep bones and teeth in repair and it is hard for anybody to get enough calcium without using milk in some form—either to drink, or in soups, chowders, cheese, or sauces. Vitamin D is necessary, too, for bone-building.

Milk Rich Source So milk is at the top of the list of foods rich in calcium—and this means skim milk and buttermilk, as well as whole milk, fresh, evaporated or dried, and it means cheese also. Then come the greens—beet tops, cabbage, cauliflower, chard, collards, dandelions, kale, mustard, and turnip tops. Some of the syrups too, are good for their calcium—sorghum syrup, sugar cane syrup, and molasses.

Iron is not so easily supplied. There is no one food that can be depended upon to furnish the day's quota of iron. The best sources of iron among foods from animal sources are egg-yolks; meats, particularly liver, kidney, brain and heart, also lean muscle of beef, veal, pork, lamb, and dark meat of poultry, oysters and shrimps. In the vegetable kingdom, the best foods for iron are the green leaves, particularly turnip and beet tops, dandelion and mustard greens, watercress, and spinach, also kale, and broccolli leaves; dried fruits, particularly apricots, peaches, currants and dates, also figs, prunes and raisins; whole-grain flours or cereals, particularly whole wheat, barley, rye and oats; molasses, sorghum syrup and sugar cane syrup; beans and peas of all kinds, fresh or dried; and nuts, particularly almonds and hazelnuts, also walnuts, pecans and hickory nuts.

Each of these various types of food contains a little iron—but it takes several iron-rich foods to furnish a day's supply, for there must be plenty of iron in the diet to make good red blood.

Phosphorus is found in many foods. Particularly rich in phosphorus are milk and cheese, eggs, meat, fish, oysters, lobster, shrimp, clams, beans and peas, whole grains, cornmeal, and some of the greens—so many different kinds of food that we are almost sure to get enough phosphorus.

Few Foods Have All Although most foods contain at least a trace of all the food minerals, foods rich in all three of the essential minerals here discussed are exceptional. Two sea foods, oysters and shrimps, are rich in all three—calcium, phosphorus, and iron. Milk is rich in both calcium and phosphorus, and so are clams and lobsters. As to calcium and iron together, only the greens and the syrups (molasses,

sorghum syrup and sugar cane syrup) are rich in both these minerals. A good many foods are rich in phosphorus and iron, but this combination is less important because phosphorus is abundant in so many foods.

When it comes to planning meals, foods rich in bone and blood-building minerals are of course among the essentials, along with carbohydrate foods and fats for energy, and protein-rich foods for muscle building. For example, says the Bureau of Home Economics: Breakfast including dried apricots or peaches, cereal and milk, and whole-wheat toast provides a good supply of calcium, phosphorus and iron. A lunch including an oyster milk-stew, or an egg salad with a glass of milk and gingerbread, would be rich in these minerals, as would also a dinner including a milk soup, lean meat or liver, and greens of some kind, or, if there is no meat, baked beans, brown bread, and greens or a green salad.

Relief Rolls Near Past Year's Peak

WASHINGTON, Jan. 31.—(AP)—Harry L. Hopkins, WPA administrator, estimates dole and work relief rolls are nearly as bulky now as a year ago, when an all-time relief population peak of 20,000,000 was reached.

Hopkins was reported to have told a group of Democratic senators yesterday at majority leader Robinson's office that while there had been a "slight improvement," the burden remained about the same.

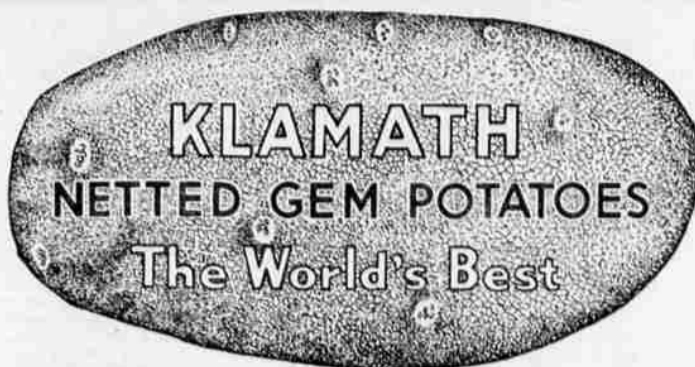


Sooner or later you'll try Schilling Coffee. Till then—"Wings of the Morning to you!"

Try the Schilling way to better coffee flavor by using the special Schilling Coffee specially made for the method you use.

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Two kinds One for drip. One for percolator.



Your Potato Takes On Some New Clothes

Safeway Stores this week are co-operating with a campaign to further the interests of the Mill Employees of Rogue River Valley. Fancy Netted Gem Potatoes are now attractively displayed in each Safeway Store in this city in wooden containers.

Yes, the Potato of this city has cast off his inferiority complex, throws away his burlap blind-fold, looks his public right in the eye and says: "Now I'll give you a square deal! I don't have to sweat, smother and spoil in a dark old sack where I couldn't even get my breath."

If every potato sold in Rogue River Valley were packed in wooden boxes it would add Thousands of Dollars annually to Rogue River Valley lumber payrolls. THINK THAT OVER!

Select U. S. No. 1 Bakers . . . 25 Lb. box 59c

FREE DELIVERY ON ORDERS OF \$1 OR OVER

CRACKERS Snowflakes or Grahams 2 lb. box 25c

CHEESE Brookfield Full Cream lb. 19c

Coffee Airway Pure Brazilian, 3 Lbs. 49c Nob Hill The Aristocrat of Coffees, lb. 21c

Peaches Delmonte, Sliced or halves, Lge 2 1/2 cans 2 for 25c

Syrup Sleepy Hollow, Quart 35c

Pork & Beans Van Camp's, Large 2 1/2 cans 11c

Syrup Log Cabin, med. size, Pkg. Aunt Jemima Pancake Flour Free 37c

Sauerkraut Juice Libby's, No. 2 Tins 10c

Toilet Tissue Zee—750 sheets, 3 Rolls 13c

Jell-Well Cube flavor, 2 Pkgs. 11c

Grape Nuts There's A Reason, Package 16c

Cocoanut Long Shredd, Lb. 15c

Peas Goody Goody, No. 2 cans, sweet and tender, 2 for 25c

Corn Delmaiz Golden Bantam, 303 can 2 for 25c

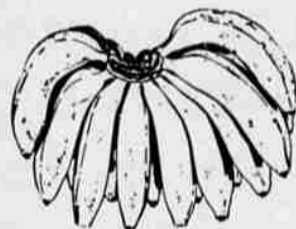
Beans Idaho large white, Great Northern 3 lbs. 19c

Macaroni Or Spaghetti, Curved Cut 3 lbs. 19c

Tomatoes Large No. 2 1/2 Can 10c

Walnuts Fancy Franquettes, Lb. 19c

Fruits & Vegetables



Bananas Golden Ripe. At a low price 4 lbs. 19c

Oranges Large Size Juicy Navels doz. 25c

Carrots Smooth. Even size 5 lbs. 10c

Lettuce Large Solid Heads each 4c

Lemons Check that Cold with Hot Lemonade! Juicy Sunkist doz. 15c

Grapefruit Sunkist, Imperial Valley, Full o' juice 5 for 10c

IN OUR MARKET



SALMON 5-lb. average—half or whole

Fine for baking or frying. Lb. 12 1/2c

MUTTON

Legs	Shoulder Roast	Chops	Stew
11c lb.	9c lb.	11c lb.	5c lb.

Little Pig SPECIAL . . . Link Sausages lb. 19c

Beef Hearts lb. 10c For Baking

Hamburger 2 lbs. 25c All beef, no cereal



THIS NEW NUCOA TASTES GOOD ON BREAD, MUMMY

YES, DEAR... AND IT'S SO GOOD FOR YOU!

"A new-type vegetable margarine—THE NEW NUCOA IS MARVELOUS!"

"Perfect for all your cooking, too! Made from finest vegetable oils and pure pasteurized milk! By IDA BAILEY ALLEN

"NEVER in all my experience have I seen such a marvelous all-purpose margarine! You'll agree that you've never tasted such a delicious spread for breads. Try it on hot toast—the real flavor test for any spread!"

"Yet, the New Nuccoa actually saves you 10¢ to 15¢ a

pound over the spread you are probably now using!

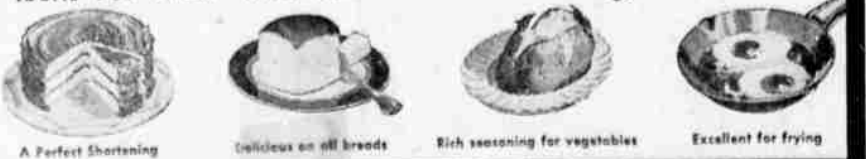
"Then try it in your kitchen. See how marvelous it is for baking cakes, flaky biscuits and pie crust! Perfectly delicious, too, for seasoning vegetables . . . and for making sauces, gravies, candies, and for frying!"

"And this amazing new vegetable margarine is rich in food energy content. It actually furnishes 3300 calories per pound. How fine that is for growing children. Why not get a pound today?"

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