

GREEN VEGETABLES FOUND BEST FOR NUTRITION VALUES

Minerals and Vitamins Are Stressed by Home Economics Bureau in Offering Shopping, Cooking Hints

(By Bureau of Home Economics, U. S. Department of Agriculture)

Any shrewd grocer is fully aware of the sales appeal of banks of crisp, green vegetables, especially when brightened by a fine spray of water. They act like a magnet on the passerby.

And this is one of the times when sales resistance would be no virtue. Nutrition specialists say a person should have at least one green or yellow vegetable a day. And they also recommend eating some raw vegetable daily.

Greens have a secure place in the diet both for esthetic and for health reasons. They are especially important as a source of minerals and vitamins. Most of them have a liberal amount of the two minerals most often slighted in American diets: calcium and iron. And vitamin A is usually present in abundance. Many of the greens are excellent sources also of vitamin C, good sources of vitamin B, and good to excellent in vitamin K content.

The greener the leafy vegetable, the higher is its iron and vitamin A content. The more blanching the leaf the poorer it is in these two dietary essentials. Turnip tops, for instance, are much more nutritious than head lettuce.

When the average person hears the word greens he usually thinks first of spinach. And spinach is a good leafy vegetable. But scientists say other greens are quite as good. Beet tops, chard, dandelion greens, mustard greens, turnip tops and watercress are often richer than spinach both in calcium and in iron, and quite as good for the vitamins.

In shopping for any of the leafy vegetables, of course, you look for fresh, young, green, tender leaves. If leaves are very dirty, or are dry, or yellow, or have coarse stems, you'll look for a better buy. Such leaves probably will not be palatable or nutritious and will mean considerable waste.

Test Head Firmness
When you're buying lettuce you'll give the head a little hand pressure to find how firm it is. And you'll look for signs of tip-burn, the tell-tale brown edging the leaves, particularly in the innermost parts of the head. They would have to be trimmed off and so mean waste. They are caused by unfavorable growing conditions and may later become slimy areas—and then, of course, you have decay and an unusable head of lettuce.

In shopping for broccoli, try to discover if the stalks are tender and firm. See that the buds in the heads are compact and that not more than an occasional one has opened enough to show the full yellow or purple color of the blossoms. Wilted or flabby stalks are wasteful and often tough.

As to serving green vegetables, many of them can be eaten raw as well as cooked. And that goes for spinach as well as for the dandelions and cress. Whoever has never tasted spinach in any form except cooked, might try its tender leaves served just like lettuce or cress—with a good salad dressing.

Quick Cooking Advised
Though even the most careful cooking results in some nutritive loss, much of the minerals and vitamins may be conserved. Heat is an enemy both of color and of vitamin C, so greens should be subject to it for as short a time as possible. And since some of the mineral salts are easily dissolved in the water, the leaves



DADDY— I DIDN'T KNOW LITTLE CHICKS GREW SO FAST!



SOME CHICKS DON'T, SALLY—OURS GET NOPCO XX FULL OF VITAMINS A&D TO MAKE 'EM BIG AND STRONG

SOCIETY and CLUBS

By Janet Wray Smith

University Women To Name Officers

New officers will be elected to head the Medford branch of the American Association of University Women at the luncheon meeting set for tomorrow afternoon.

Luncheon is to be served at 12:30 o'clock at the Hotel Medford. Those attending are requested to make reservations through Miss Vera Humphrey. This is next to the last meeting of the year and all members are particularly urged to be present.

Reports of the recent district convention in Klamath Falls will be presented by those attending. A special feature of the program will be a discussion of Spanish affairs by J. Pedrosa, as guest speaker.

Southwest Adds New Color Range

Designers have found a whole new range of colors. Inspired by the Pan-American exposition which will open in Dallas, Texas, on June 12, they have gone color-researching among the remnants of the brilliant civilization that flourished four centuries ago in the region of the Rio Grande. Seven new strong primary colors and five somewhat softer shades are the result.

The first group features Aztec red, Toltec green, Mayan blue and Incan gold—all used in the official exposition flag—and desert dusk (much like the lavender-brown called "this-tie") toulcan (a strong yellow-orange) and chilli copper (a warm, soft pottery tone).

Less brilliant hues included in the second group are desert dawn, a soft, rosy color; pampas beige, which has a decided pink cast; sombrero, a purplish tone; and Magellan gray, a delicate pearl gray.

Kiwanian Plan Dinner Monday

Kiwanians will entertain ladies of the club at a dinner party Monday evening at 6:30 o'clock in the Hotel Medford. It has been announced. The affair is one of a several joint gatherings arranged by the club.

The monthly meeting of Kiwanian Dames which would have fallen Monday afternoon has been omitted, those in charge point out.

An evening of bridge is to follow the Monday dinner.

should be cooked in only enough water to prevent scorching. With spinach, just the water that is left on the leaves after they are washed will be sufficient.

Plant acids are among the worst enemies of the green coloring matter of the leaves. Heat frees these acids, lets them attack the green and break it down into ugly brown compounds. Some of the acids, however, go off with the steam during the first moments of the cooking. But if a lid is on the kettle the acids in the steam just collect on the lid and drop back onto the leaves to attack the green coloring matter. So to keep the leaves as green as possible, cook them in an uncovered utensil.

To cut down on cooking time and thus save more nutrients, it's a good idea to snip off the stems of spinach and discard them if they're tough or if they're not, start them cooking before adding the leaves. With chard, you might use your kitchen scissors to advantage, cutting the midrib out and giving it a few minutes head start of the thinner part of the leaf.

Hints On Cooking
To speed the cooking of broccoli, discard the woody ends, and split the stalks into lengthwise quarters so that each one will have a tuft of the buds.

BUNGALOW GROCERY

409 N. Riverside We Deliver Phone 485
Plenty of Parking Space—Open Sundays & Evenings
Except 1 to 4 P.M. Sundays

TANG--A Perfect Dressing for Salads—Fish—Oysters—Crab Meats, Cold Meats

1 sample jar with the FREE--purchase of Pint or Quart
Sale Price . Pt. 21c Qt. 35c

FISHER'S BISCUIT MIX Cooky Book Free 27c

FLOUR Kitchen Queen, 49 lb. \$1.69 24 1/2 lb. bags 89c

NUBORA, Refined Borax Soap Granules 1ge pkg. 37c

CANDY BARS . . . 3 for 10c
Butter Fingers, Square Meal, Jolly Jack, salted Peanuts, Baby Ruth, and Others

CAMPBELL'S SOUP Except Chicken 3 cans 25c

PORK and BEANS Campbell's 16 oz. cans 3 for 23c

MEAT SPECIALS

COTTAGE HAMS Limited quantity lb. 35c

BACON, Country Heavy, lb. 23c Light, lb. 27c

VEAL STEAKS lb. 19c

EXTRA GREEN STAMPS
Bring this adv. and receive 1 extra Green Stamp with purchase of \$1.00 or more—sugar and flour excepted—only 10¢ stamp to a customer.

DAMS IN SIERRAS WILL WORK VAST TERRAIN CHANGES

Central Valleys Project to Reverse River, Blot Out City, Reroute Railroad—Long Waterway Planned

REDDING, Cal. (UP)—High in the Sierra watershed, this thriving community awaits actual construction on the \$70,000,000 solution to its greatest problem—winter floods and summer water shortage.

Completion of preliminary surveys and selection of nearby Kennett as the focal dam site have been announced.

Magnitude of the project almost staggers the imagination. Greater than famed Boulder canyon dam development, the central valleys project includes plans for a 500-mile waterway from the upper Sacramento river, down through the Sacramento and San Joaquin valleys to the great citrus fruit regions of southern California.

The valleys lie midway between the Sierra range and the Pacific coast, and San Francisco and Los Angeles lean heavily upon their productivity. San Francisco's dependency has been conservatively placed at \$600,000,000 and that of Los Angeles at \$150,000,000.

Project to Pay Out
A self-liquidating undertaking, the project will repay federal loans by sale of water and power.

The 420 foot dam at Kennett at the headwaters of the Sacramento river will impound 3,000,000 acre feet of water, half as much as the combined total of California's 750 other dams, assuring a year-round controlled river flow.

Legal, economic and financial problems regarding rights of way, selection of dam sites, provision for transportation of surplus water that now sweeps away in destructive floods.

Other officers named with her are: Mrs. Minnie Bryant, vice-president; Mrs. Edna Hague, secretary-treasurer; and Mrs. Maude Chapman, teacher.

The elections followed dessert-luncheon at the Strickland home.

Society Plans Next Meeting.
Mrs. L. S. Stenerson will be hostess to members of the missionary society of the First Baptist church at her home on the Jacksonville highway for the next session. Members of the executive board will be in charge.

A debate and installation of new officers will feature the session.

If you add vinegar or lemon juice to your greens, do so after cooking them. It's that old feud between the acids and green coloring again. They soon turn the cheerful green of the leaves to a drab olive cast. You might mix the vinegar in just before you bring the dish to the table. Or better yet just pass the vinegar cruet and let everyone at the table use as much or as little as he pleases.

Butter gives a pleasing flavor to any dish of greens—say about 1 1/2 tablespoons of it for each 2-cup quantity. Or bacon fat with bits of crisp bacon.

Whatever your pet way of preparing greens, by all means get them into the menu somehow. In the spring wild varieties are so easily available and cultivated kinds so reasonable that one can fairly revel in them.

UNIFORMED CHERRIANS DIRECT BLOSSOM TOUR

SALEM, April 23.—(AP)—Cherrians in uniform will direct tourists here Sunday—the annual blossom day at Salem. All routes will be well marked. King Bing A. A. Chaffrey announced. Indications here today are that the fullest blossom period of the spring will fall on Sunday.

Kennett itself will be at the bottom of a huge lake, with the water's surface far above the present roof-tops.

A double-deck bridge, with the world's tallest piers, will carry automobile and railroad traffic far above the then swollen waters of the Pitt river.

River Boats to Fly
River boats, a joy to the hearts of sentimentalists and a source of profit to businessmen, again will reach Red Bluff, 60 miles south of here, from Sacramento and San Francisco.

Inland encroachment of salt water from the San Francisco bay area will be halted, likewise aridity in the San Joaquin valley.

At the top of the San Joaquin watershed, the 4,000-foot Friant dam will become the longest concrete dam in the world, making the San Joaquin river run backward and carrying much needed irrigation water over step dams under pressure.

From a national viewpoint interest center on the project because its completion will mean assurance of water normalcy in an area from which are drawn the country's choicest specialties of crops of raisins, figs, olives, apricots, citrus fruits, vegetables and cotton.

To Harvest Vast Area
When all the seemingly "insurmountable" engineering problems have been solved and numerous other pieces fitted into the gigantic jigsaw, California will have harnessed and put to work the 20 million acre feet of surplus water that now sweeps away in destructive floods.

Legal, economic and financial problems regarding rights of way, selection of dam sites, provision for transportation of surplus water that now sweeps away in destructive floods.

Other officers named with her are: Mrs. Minnie Bryant, vice-president; Mrs. Edna Hague, secretary-treasurer; and Mrs. Maude Chapman, teacher.

The elections followed dessert-luncheon at the Strickland home.

Society Plans Next Meeting.
Mrs. L. S. Stenerson will be hostess to members of the missionary society of the First Baptist church at her home on the Jacksonville highway for the next session. Members of the executive board will be in charge.

A debate and installation of new officers will feature the session.

If you add vinegar or lemon juice to your greens, do so after cooking them. It's that old feud between the acids and green coloring again. They soon turn the cheerful green of the leaves to a drab olive cast. You might mix the vinegar in just before you bring the dish to the table. Or better yet just pass the vinegar cruet and let everyone at the table use as much or as little as he pleases.

Butter gives a pleasing flavor to any dish of greens—say about 1 1/2 tablespoons of it for each 2-cup quantity. Or bacon fat with bits of crisp bacon.

Whatever your pet way of preparing greens, by all means get them into the menu somehow. In the spring wild varieties are so easily available and cultivated kinds so reasonable that one can fairly revel in them.

UNIFORMED CHERRIANS DIRECT BLOSSOM TOUR
SALEM, April 23.—(AP)—Cherrians in uniform will direct tourists here Sunday—the annual blossom day at Salem. All routes will be well marked. King Bing A. A. Chaffrey announced. Indications here today are that the fullest blossom period of the spring will fall on Sunday.

mission to commercial markets, and engineering questions, occupied many days of conference between U. S. reclamation officials and the California water authority.

The big job will require: More than 7,000,000 cubic yards of concrete; 28,800,000 pounds of reinforcing steel; 114,543,000 pounds of structural steel; 6,494,000 barrels of cement; 38,311,000 cubic yards of excavation, and 186,224,000 man-hours of labor.

Fund Set Aside
An executive order from President Roosevelt in 1935 ordered allocation of \$15,000,000 to begin construction of storage reservoirs in the Sacramento and San Joaquin rivers.

The 74th congress later appropriated nearly \$7,000,000, but meanwhile the president's sum was cut to \$4,500,000, leaving approximately \$11,400,000.

Some 400 men already are engaged in the preliminary work, but the blueprints are drawn and even now men are drifting here, asking for jobs. Seven years probably will be required to complete the project.

RETAIL TRADE SUFFERS DURING BAD WEATHER
PORTLAND, April 23.—(AP)—All retail trade, particularly clothing and shoes, slacked during the week because of unfavorable weather. Sam and Bradstreet reported today.

Brisk activity appeared in the food stuffs trade.

With the lumber industry already handicapped by the inability to get logs and by limited boat space, further deadening of trade occurred with new labor disputes.

ALUMINUM TRUST CHARGED IN SUIT

WASHINGTON, April 23.—(AP)—Attorney General Cummings said today the justice department had filed suit in the southern district of New York against the Aluminum Company of America asking complete re-arrangement of its property on grounds that the company had established a monopoly in violation of anti-trust laws.

The government's 46-page petition

named as defendants in addition to the company itself, 25 subsidiary and affiliated companies and 38 officers, directors and stockholders.

Cummings charged that the company's "most recent act of oppressive and unreasonable price fixing" was the concern's action last March 1 "in advancing the cartel price of virgin ingot."

STOMACH ULCERS DUE TO EXCESSIVE ACIDITY
Thousands of sufferers, many cases of years standing, after using UDGA, report amazing relief. UDGA relieves you of pain, nausea, and other discomforts. UDGA is highly recommended for Ulcers, Acid Dyspepsia, Heartburn, Indigestion and Gas Traps, when due to excess acid.

For quick, pleasant relief get FREE SAMPLE of UDGA at Western Thrift Stores

REVIVAL CAMPAIGN OPENS

at THE APOSTOLIC FAITH

42 North Front St., Medford

EVANGELIST RAY R. CRAWFORD

and party from the Headquarters at Portland, Oregon will be in charge.

The 20-piece Orchestra, with various vocal organizations, will furnish the special music and singing.

These services will be conducted in old-fashioned revival style, with not a dull moment in any of the services.

MARVELOUS PERSONAL TESTIMONIES will give evidence to the work God is doing in the lives of men and women from every walk of life.

THE MESSAGES WILL BE FILLED with inspiring and fundamental Bible truth, current topics being handled in the light of prophesy fulfillment.

Services Beginning Friday Evening, April 23rd, at 7:30

Sunday, 10:30, 2:30, and 7:30

Every Evening a 7:30 (except Saturday)

Come and Enjoy a Gospel Feast—A Collection Is Never Taken

The flavor of good coffee is like a fine friendship - satisfying and dependable. We like to think that describes Schilling Flavor.

Schilling Coffee

One for Percolator—another one for Drip and Silex

NEW MANAGER'S Sale

CONTINUES UNTIL—**Saturday Night - May 1**

This sale gives you your chance to make real savings on your Spring needs for all the family. Buy now for weeks to come.

ENNA JETTICK SHOES
All Enna-Jettick Shoes are now on sale. Browns, Blacks and Whites.
\$5.00 values \$3.95
\$6.00 values \$4.95

80 SQUARE PRINTS
127 pieces of new Spring Prints are included in this sale. Also full line of plain colors. Regular 25c values. New Manager's price, yard **19c**

SATURDAY SPECIAL
43 Ladies' Dresses
Prints, plains, knits. Values to \$7.95. New Manager's Price **\$2.95**

SHEETS AND PILLOW CASES
Get our prices on Pequot and Truth Sheets and Cases during the New Manager's Sale.
EXCEPTIONAL SAVINGS

BARGAIN BASEMENT SHOES
All shoes in Bargain Basement **10% OFF** Regular Price

Gingham Prints
Short lengths. New Manager's Price **7c yard**

House Dresses
Fast colored Print Dresses, values to \$1.19. New Manager's Sale **89c VISIT**

OUR BARGAIN BASEMENT OFTEN DURING THIS NEW MANAGER'S SALE!
The above are only a few of the big values we are now offering during this sale.
Every department is filled with New Manager's Sale Specials.

M. M. DEPT. STORE

CHARLES S. ADAIR—MANAGER
MEDFORD BUILDING