

GOOD PREPARATION ALSO IMPORTANT NUTRITION PHASE

Getting Right Kind of Food
For Family Not Enough
to Insure Full Utilization.

Merely getting the right kind of food for a family will not insure good nutrition unless it is followed up by good preparation, points out Marian J. Farrell, home demonstration agent and chairman of the Jackson county nutrition committee for defense. Many excellent foods sometimes lose much of their value before they reach the table because of improper storage or cooking methods, she says.

Miss Mildred Arnold, instructor in foods and nutrition at Oregon State college, has recently listed some of the things to watch for in making sure that foods reach the table with all of their value retained.

Storage Important.
Heat air, and water all take their toll of minerals and vitamins in fresh fruits and vegetables if not properly controlled, she says. Storage of clean but unpeeled raw vegetables in a hydrator will keep them at proper temperature and desirable moisture. The many families who do not have mechanical refrigerators and their accompanying hydrators may accomplish much the same by wrapping vegetables in a moist cloth and storing them in a cool place.

Fruit juices should be used as soon after opening as possible in order to preserve the food

value. However, if kept over night they should be tightly covered and kept in the refrigerator. Much of the food value in fruits and vegetables is stored near the skin; for this reason, if possible to cook them with the peeling on a better product will result. Care should be used in peeling vegetables so as not to lose all the rich part that is under the skin. Fruits and vegetables taste better and are higher in food value if they are fresh when used or canned. This is one place where the home gardener has the advantage over all others.

Raw Vegetables Good.
Use of raw vegetables on the table is becoming more and more prevalent, as many of them are both attractive and tasty when eaten raw. Raw spinach is good in salad. Most children like raw carrot sticks, while shredded beets and turnips and raw flowerettes of cauliflower are other possibilities.

Those vegetables which must be cooked should be peeled and cut just before using. Or, better still, do not peel at all, or scrape instead. Cut the pieces no smaller than necessary to insure proper cooking. Soaking of vegetables, says Miss Arnold, results in significant losses of minerals and vitamins. Prepared vegetables should be cooked only until tender and as quickly as possible in boiling salted water. No more water than necessary should be used and meal preparation should be planned so the food will be ready just before serving.

Green vegetables may be kept bright by cooking with the lid off, as soda used for this purpose destroys the vitamins. Commercially canned vegetables are best cooked quickly, while frozen vegetables are placed unthawed in boiling salted water and served promptly.

Ten illustrated charts suitable for use in club meetings or schoolroom on "Get the Good From Your Food" are available

YANKEE SOLDIERS PLAY SANTA FOR BRITISH CHILDREN

U. S. Army Camp, Somewhere in England, Dec. 16—(U.P.)—Santa Claus swapped his sleigh and reindeer for a General Grant tank yesterday to spread Christmas cheer among 150 children of British service men fighting abroad.

Santa, or Father Christmas as he is known in Britain, was impersonated by Capt. Raymond Jennison, of Hopkinsville, Ky., who rode up in his tank to distribute toys, candy, peanuts and chewing gum. His gifts were provided by officers and enlisted men of this American armored unit.

Officers paid for the dolls, rubber balls, jigsaw puzzles and building blocks they managed to round up from the almost bare toy counters of London stores. The candy and gum—rare delicacies in severely rationed Britain—were contributed by enlisted men from their normal rations. Even the mothers got presents. They received spun-glass "Hurricane and Spitfire" bracelets made from chippings of window screens on RAF planes.

Both mothers and children then were treated to tea, sandwiches and fudge and a show by a barnstorming British magician.

SCOUT TROOP 8 WILL MOBILIZE

A war service mobilization meeting and court of honor will be held by Boy Scout troop 8 at St. Mark's Parish hall tonight at 7:30 o'clock, according to Ernest C. Conrad, scoutmaster.

Scouts to receive advancement at the court of honor include Delos Cullen, Ward Webb, Elgan Amidon, Jerry Kendall, Jon McNeil, Don Blumenhall, second class; Dick Runyard, second class, tenderfoot; Donald Long and Wayne Finley, tenderfoot; Donald Bundy, merit badge, safety and salesmanship.

Closing time for Classified ads 9 a. m.—Too late to classify 12:30 p. m.

Beattie's 'Freely To Pass' Unfolds Drama of Globe War

By Walt Rundle
United Press Staff Correspondent
New York—(U.P.)—In six years as a foreign correspondent for United Press, Edward W. Beattie, Jr., has covered global war from Tokyo to Berlin to Ethiopia and London, with as many stops between as there were crises in the exciting years between peace and war.

His career as an international journalist is logged in the entries in his passport—92 pages of visa stamps, thumb prints collected at American consulates throughout the world, and purple pencil scrawls entered by a wide assortment of European and Asiatic sleeping-car porters.

Each stamp, each scribbled note, relates directly to some phase of international events that has made news and history. And from them Ed Beattie has drawn the material for his book, "Freely to Pass." The result is one of the warmest, most human stories of the war yet written by a foreign correspondent.

Now at the age of 33, Beattie has known or has met most of the great and near great of Europe and many of Asia's leaders during his unusual career. But his book concerns itself primarily with the little man—the ordinary citizen of the dozen or more countries he has seen harassed by war. It is a story of defiant Czechs who stood bareheaded in a blizzard and sang their national anthem into the mouths of the German gobs as Hitler's gray-clad troops goose-stepped into Prague; the story of dazed, hopeless Poles who fought fire

bombs and strove to save their homes and families from annihilation in Warsaw; of French peasants who continued working in their fields as German troops smashed toward Paris, too stunned to comprehend the magnitude of their nation's disaster.

All these things Beattie saw at first hand. And all of them made impressions on this sensitive journalistic veteran that were as indelible as the purple pencil scratches in passport No. 474593.

Shuttles Around the Globe
Beattie's passport was issued and his globe-girdling adventures began in September, 1937. Before that he had represented the U. P. in Addis Ababa. His assignment originally was intended to be a brief one to Japan. But events were moving rapidly in the late 1930s and Beattie found himself being swept from country to country by their headline-making impact.

In rapid succession U. P. assignments moved him from Tokyo to Shanghai, Hong Kong, Singapore, India, Egypt and to Berlin.

From the German capital Beattie followed the chain of circumstances which led eventually to war. He went to Godesburg with Hitler and followed, as closely as any correspondent, the frenzied comings and goings of Britain's Prime Minister Chamberlain. He was at Munich when the pact was signed which sealed the fate of Czechoslovakia and recognized then the futility of such agreements with Hitler.

From Munich on, Beattie's story is the story of every major development of the war. Passport No. 474593 carries stamps entered at Prague as Czechoslovakia knuckled under to German occupation, at Warsaw where Beattie remained until after the Polish government had fled, in Finland when her small army rattled Russia's troops in the Arctic cold, in France where he covered the so-called "phony war" from behind the supposed impregnable Maginot line. Beattie saw France fall and reached England just before Dunkirk. He returned to cover the historic evacuation of the B. E. F.

Returning to Britain, Beattie again found himself in the center of action—the battle of Britain. From the cliffs of "Hell's Corner," on the English coast, he watched for days as brave British convoys were battered by the German air force. And he shared with Britain's little men the sense of pride and hope that came as the R. A. F. gradually gained superiority and finally drove the Germans from the daytime air over Britain.

London's "Little People" In "Freely to Pass," Beattie has set down one of the most colorful and absorbing stories

written of the London "blitz." It is the story of the Docks-side Londoners unboarding their shop fronts each morning; of clerks, shop-girls and housewives who fought fire bombs throughout the night and continued with their normal tasks without faltering or complaining.

Beattie has earned for himself a journalistic reputation for seeing the facets of events and grasping the underlying human drama missed by many another correspondent. And of all he sees he has a facility for writing superbly well.

Although he has been a newspaperman only since his graduation from Yale in 1931, Ed Beattie's U. P. by-line is known throughout the world. His friend Quentin Reynolds recently said of him:

"Ed is a great reporter because he knows everybody and everybody likes him. I regret to say that he calls both our ambassadors, Mr. Winant and Mr. Biddle, by their first names. One day when I introduced Beattie to General Eisenhower, he floored me by saying, 'Howya, Ike?' and 'Ike' responded by throwing both arms around our young Rover Boy. Once I called to see another of our generals. I was told he was busy. I waited an hour and finally the door opened. Four generals and Ed appeared.

"It is very annoying," Reynolds added laughingly, "to have men like Ed Beattie around London. I trust that his book will be a terrific hit and that Hollywood will buy it and that Ed will have to leave London to work on the picture. That will make us all happy. There's too

much competition over here now as it is."

Use Mail Tribune Want Ads.

KEEP UP THE HOME FRONT

RE-UPHOLSTER

Your Present Furniture

Preserve the Homes
for which our men
are fighting.

Central Point Mattress
and Upholstery Shop
CENTRAL POINT, ORE.
4th and Cherry Phone 308
WE DELIVER

Our Great Aim
is to be helpful to an
who engage us; we
try to satisfy all by
the manner in which
every detail is handled
LADY ATTENDANT

PERL
FUNERAL HOME
John A. & Frank Perl
Ambulance Service
PHONE 2878

SURE, IT'S YOUR GROCER'S FAULT

...or is it?

YOUR GROCER started this war—or did he?

He sank the ships that carried your coffee—or did he?

He took the cans away from the canners, the labor away from the farmers, the tires away from the draymen—or did he?

And he hasn't a worry in the world—except

—except trying to satisfy you with a smaller variety of foods than you're used to

—except trying to serve you with less help, less goods, less gasoline

—except trying to keep his business going with higher expenses, less profits, fewer products, and more taxes

—except wondering why he doesn't shut up his store and take a good job elsewhere that will pay him more money and let him sleep at night.

Even so—your grocer isn't crying for sympathy.

He knows you have your own problems, too. But he is saying, if you will cooperate with him he can make life easier for you.

For instance—well, let Mrs. Smith give you a few tips:

A LITTLE HEADWORK SAVES A LOT OF FOOTWORK... says Mrs. John Smith, housewife

MRS. S. I used to enjoy shopping. But not any more! The gas and time it takes—the shoe leather—and the trouble to get what you want. MRS. JONES. And aren't those Saturday crowds terrible!	MRS. S. Maybe we ought to try this Del Monte "Buy-for-a-Week" plan they're talking about here. MRS. J. How does anybody know what she wants, that far ahead?	MRS. S. Take a look at this Del Monte Wartime Meal Planner. There's a list of everyday foods to choose from. And here's a practical form for working out a whole week's menu.	MRS. J. I get it! And then you buy as much of what you need for a week as you can all at once. One trip to the store does most of the work. MRS. S. That makes good sense during times like these.	GROCER. Good sense, all right! But it's more than that. The way things are going, this Del Monte "Buy-for-a-Week" plan is a lifesaver for me. Helps me give better service. I wish more women would try it.
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FOR over a quarter of a century, our advertising has been telling housewives about Del Monte Products and Del Monte Quality.

We felt that this was the biggest service we, as a company, could give consumers—that the opportunity to buy a wide variety of fruits, vegetables, juices, dried fruits, coffee and other foods, all under one dependable label, meant greater satisfaction for all—with less guesswork, less waste, less lost time for everybody.

Today, you can't choose as freely as you have in the past. Many of these foods are going to the army and navy.

But we feel that Del Monte advertising can be of even greater service today—to you, to your grocer, to the whole country.

To win the war we must all work together. We must understand each other's problems. We must all cooperate intelligently.

Most grocers are doing their level best to serve you well under very difficult conditions. They are the same men who, after this war is over, will again want to give you the widest possible selection of Del Monte's many quality foods. Help them—and you help yourself.

Four easy steps to HELP YOURSELF by helping YOUR GROCER

Plan for a Week

No two meals the same, no one dish too often! That's the great advantage of planning ahead. To help you do it, we've prepared a handy little folder—"The Del Monte Wartime Meal Planner." Gives you a simple form for writing out a whole week's menu. See if your own grocer can't give you a copy. If not, use coupon below.

Buy for a Week

That way, you make one trip do the work of several. And when you shop, buy as many of the foods you need for a week as you can in one grocery order. Not just canned foods but other groceries, too! Saves you time, tires and gas. Saves your grocer work, or extra deliveries. A help—from everybody's angle.

Shop Early

Week-end shopping never was any picnic. And it's worse today. Your grocer is faced with a real shortage of labor—many of his clerks are new. When you shop early in the week and during the less busy hours, you have a chance to make a better selection, you get waited on quicker, and you aren't bothered by the crowds.

Switch and Swap

It is up to all of us to take the foods our grocer has. That's why Del Monte's wide variety is so important. If he's out of Del Monte Peaches, he may have Del Monte Pears, Pineapple or some other Del Monte Fruit. If he hasn't Del Monte Corn, he may have Del Monte Peas, Asparagus or some other Del Monte Vegetable. No question about quality, either.

Get this helpful Wartime Meal Planner FREE.

One of the simplest meal-planning helps you could have, these war days. Write Dept. 38, California Packing Corporation, San Francisco, Calif.

Name _____
Street address _____
City _____ State _____

Now to grocers: If you haven't your supply of "Meal Planner" write to California Packing Corporation as above.

TAKE THE VARIETIES
YOUR GROCER HAS

BUY FOR A WEEK
AT A TIME



That Extra Something!

...You can
spot it every time

SUPPOSING you were Old Santa Claus. What a job you'd have! Chimneys waiting everywhere... youngsters' gift lists to be checked. The job certainly calls for that extra something.

You'd get tired and thirsty, too. You'd want that extra something in refreshment—ice-cold Coca-Cola. Well, you'd find it in many homes everywhere. You could help yourself at the icebox and be welcome.

You'd find thirst gone and refreshment arriving. You'd thrill to the taste so delicious and distinctive that it stands alone. You'd know you were enjoying all the quality that skill and choicest ingredients could put there. You'd find refreshment going quickly into energy. You'd be ready again to shout, "Ho, Prancer! Ho, Vixen..."

(You can pretend you're Santa. You don't have to pretend you're enjoying an ice-cold Coca-Cola. Have one!)



Happy moments at home are brighter when ice-cold Coca-Cola adds its life and sparkle. It's an old friend of the family ready to take off its cap and help out any time.

It's natural for popular names to acquire friendly abbreviations. That's why you hear Coca-Cola called Coke, Coca-Cola and Coke mean the same thing...the real thing...coming from a single source, and well known to the community.

The best
is always the better buy!



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COCA-COLA BOTTLING COMPANY OF MEDFORD



Del Monte Foods