

U. S. Diet Needs Call for Increase in Nutrient Foods



Vegetable dishes taste better with grapefruit sections.

To become a stronger, healthier nation, we must improve our diet. Every modern scientist will tell you that. Many people, they report, are committing a form of slow race suicide by neglecting in their family diets essential foods either through indifference or some prejudice.

Today, under the great impetus of the drive for total national defense, many people are beginning to listen to the warnings of expert nutritionists and biochemists. We, as a nation should eat at least 60 per cent more fruits and vegetables than we do, 50 per cent more butter,

milk and eggs, and about 10 per cent more meat to attain full national health.

The following recipes combine low-cost winter vegetables with grapefruit. They are given as delicious novelties to show the way to perk up vegetables.

CITRUS PARSNIPS

Two pounds parsnips, 1 grapefruit, 4 tablespoons butter, paprika.

Wash and scrape parsnips. Cut in halves or quarters. Remove woody core if present. Boil in boiling salted water until tender. Peel grapefruit, removing white membrane with peel. Cut on each side of dividing membrane and remove section by section. Place cooked parsnips in baking dish with grapefruit sections, dot with butter and sprinkle lightly with paprika. Bake in hot oven (450 degrees F.) 10 to 15 minutes.

CITRUS SPINACH

Two pounds spinach, 4 tablespoons butter, 1 grapefruit.

Wash and drain spinach. Cook uncovered without water 8 to 10 minutes; stir occasionally. Melt butter in saucepan. Peel grapefruit, removing white membrane with peel. Cut on each side of dividing membrane and remove section by section. Add grapefruit sections to melted butter and cook very slowly until grapefruit sections are heated. To serve, season spinach with salt, and top with heated grapefruit sections and sauce.

BEETS WITH GRAPEFRUIT

Four tablespoons butter, 1 grapefruit, 2 tablespoons sugar, 2 cups sliced cooked beets, heated.

Melt butter in saucepan, add sugar. Peel grapefruit, removing white membrane with peel. Cut on each side of dividing membrane and remove section by section. Add grapefruit sections to melted butter and sugar and cook very slowly until grapefruit is heated. To serve, season beets with salt and top with heated grapefruit sections and sauce.

MENU

BREAKFAST: Stewed winter pears, oatmeal muffins, crisp bacon, crabapple jelly, coffee, milk.

LUNCHEON: Tomato juice, creamed salmon on steamed brown rice, compote of fresh fruits, nut cookies, tea, milk.

DINNER: Beef stew with carrots and onions, baked potatoes, citrus spinach, old-fashioned gingerbread, coffee, milk.



COAST FOLKS SOLVE BUDGET PROBLEMS

KLAMATH FALLS HOUSEWIVES

prepare energy-rich meals for busy boom-time workers... praise nourishing NUCOA, the delicious modern margarine which helps balance the diet and the budget, too!

No wonder NUCOA is the Coast's fastest selling, most popular margarine! It tastes delicious on lunchbox sandwiches or breakfast toast, for NUCOA is always sweet and fresh. It is made here on the Coast, on order only—never held in storage.

Contains VITAMIN A

You can have every confidence, too, in NUCOA's food value. Made from pure vegetable oils churned in fresh pasteurized skim milk, it furnishes as much food-energy as the most expensive spread for bread (3,300 calories per pound). And, winter and summer, every pound of NUCOA guarantees you over 7,500 units of precious, protective VITAMIN A!



NUCOA
The wholesome, modern "Thrifty Spread" for bread
Made on the Coast for Coast tastes

NUCOA DATE LOAF CAKE

Easy to make... keeps moist

Cream 4 tablespoons NUCOA, add 1 cup sugar gradually and cream together until fluffy; then beat in 1 egg. Mix and sift together three times, 2 cups sifted cake flour, 2 teaspoons baking powder and 1/4 teaspoon salt. Add 1/2 cup chopped dates. Add flour-date mixture to sugar mixture, alternately with 1/2 cup milk, beating smooth after each addition. Beat well. Bake in well NUCOA loaf pan in moderate oven 50 minutes, or until done.

Flour Arsenal Vital to Kitchen Defense Needs

The flour bin is one of the important arsenals of home nutritional defense. It is important to know the different types of flour.

Wheat flour makes large, light loaves of bread. The wheat contains two special proteins. When mixed with liquid they form a sticky, elastic mass known as gluten.

Good quality gluten is very elastic. It can easily "double in bulk" without breaking. Flour that contains this high quality gluten is called "strong" flour. It is made from the hard wheat types and is the baker's first choice for making yeast bread.

In the modern milling process, the flour is separated into several streams, each slightly different. The grade of the flour depends on the way these streams are mixed. Patent flour is the usual grade sold in retail grocery stores.

Cakes Need "Weak" Flour

When you make fine cakes and pastry, you're interested in a tender texture—not in strong gluten. In fact, too much gluten makes the cake tough and rubbery. So, for cakes and pastry, the home baker uses a "weak" flour that comes from soft wheat. Many homemakers prefer to buy just one kind of flour that will be suitable for anything they bake—bread, muffins, biscuits, or cake. For them there is an "all purpose" or "family" flour—a blend of hard and soft wheat, that has enough gluten to make good yeast bread and will also produce fairly tender cakes and quick breads.

Rye flour is also used for bread, but it is usually combined

MENU

BREAKFAST: Orange juice, scrambled eggs, whole-wheat toast, jam, coffee, milk. LUNCHEON: Potato soup, toasted French bread, apple-sauce cake, American cheese, tea, milk. DINNER: Sautéed leg lamb chops, French fried potatoes, buttered carrots, cole slaw, chocolate cream pie, coffee, milk.

with wheat flour, because the gluten formed is not very elastic. Corn, oats, rice, potatoes, soybeans, lima beans and buckwheat flours contain no gluten. Mix them with wheat flour to make a light loaf of bread.

Sift to Measure In following a recipe, exact measurements are important, and flour is probably the trickiest of the ingredients to measure. If the flour is packed down, you may be able to get as much as 1 1/2 cups into a one-cup

Will Girl Scouts Serve? Check



On behalf of her sister scouts throughout the nation, Mary Louise Harrison, District of Columbia Girl Scout, presents Mrs. Franklin D. Roosevelt with a "promissory note" in Washington. It pledges Girl Scouts to "pay to the order of the people of the United States any required number of hours of service in the interest of national defense."

Chiloquin

CHILOQUIN — The junior class of the Chiloquin high school will sponsor a Valentine dance next Saturday, February 16, at the high school gymnasium. Funds received from the dance will be used for the high school annuals. The Seven Swingers will furnish the music for dancing from 10 till 2 and the public is cordially invited to attend.

The Eastern Star lodge of Chiloquin held a luncheon in the local hall Wednesday, February 5, with 17 officers and the Grand Matron, Fay Ambrose of Portland, in attendance. Following the luncheon, which was held at noon, a school of instruction was held beginning at 2 o'clock. Wednesday evening the regular business meeting was held with Grand Matron Fay Ambrose a visitor.

Mr. and Mrs. Val Thomas and Mrs. T. L. Lockhart of Gilchrist visited in Chiloquin Sunday at the home of Mrs. L. B. Fagen.

Mr. and Mrs. Fred Markwardt and Mrs. A. C. Glenger spent a few days this week visit-

ing in Eugene with DeLorraine, daughter of Mr. and Mrs. Markwardt.

Alan Prescott spent Wednesday afternoon visiting with

friends and relatives in Ashland.

The Chiloquin Dial Study club met last Thursday afternoon at the home of Mrs. E. E. Evans. The world war of 1914 is being studied by the group and an interesting program on the aftermath of the world war in Germany was given by Mrs. LeRoy Glenger. Those who attended the meeting were the hostess, Mrs. Evans, Mrs. LeRoy Glenger, Mrs. Edouard Priault, Mrs. Charles Warren, Mrs. Donald Brookman, Mrs. Fred Markwardt, Mrs. Earl Grear, Mrs. Clint Pierce, Mrs. H. E. Muskrat, Mrs. Walter Zimmerman and Mrs. Robert Allen. Attractively served tea was enjoyed by the guests during the afternoon.

Mrs. Marvin Nerseth was guest of honor at a birthday party Saturday evening, given at the home of Mr. and Mrs. Kenneth Roberts of this city. Following the lovely dinner the group attended the showing of "Bitter Sweet" at the local theatre. Those enjoying the evening were Dr. and Mrs. Marvin Nerseth, Mr. and Mrs. Ernel Hosley, Mr. and Mrs. Arthur Blockinger, and the host and hostess, Mr. and Mrs. Kenneth Roberts.

Mrs. Guy Staiger, Mrs. William Morande and Mrs. Ivan O'Donahue attended an Eastern Star meeting in Klamath Falls Tuesday evening.

Mrs. Wayne Neihaus, Mrs. Ivan Doak and Mrs. George Reed were business visitors in Klamath Falls Wednesday. Mrs. Duke Wilbur has been

confined to her home for the past week with scarlet fever.

Mr. and Mrs. Neil Roberts of Prineville visited in Chiloquin over the weekend with friends and relatives.

Bud Halbritter returned to Chiloquin Wednesday morning from a three months vacation trip, visiting with friends and relatives in West Virginia, Pennsylvania and Washington, D. C.

Bonnie Joe, daughter of Mr. and Mrs. Tom O'Hara, has been confined to her home for the past several days with chickenpox.

Norman Coll of Klamath Falls is being temporarily employed in the local Safeway store.

WPA Workers Capture Convict

SALEM, Feb. 14 (AP)—The liberty of John Wood, 30, from a state prison gang yesterday was brief. A few hours after his escape two WPA workers captured him a half mile from a prison woods camp and brought him back to the penitentiary.

Wood entered prison three months ago from Eugene to serve two years for receiving stolen property.

There are more than 50,000,000 head of sheep in the United States.

HERE'S WHY I ENJOY IT!

There are four reasons why I prefer Schilling... and all of them are FLAVOR! You'll understand when you taste this delicious coffee.

Schilling
WINGS OF THE MORNING

YOUR CHOICE - DRIP OR PERCOLATOR

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FOR FOOD THAT'S PRICED RIGHT

SPECIALS FRIDAY, SATURDAY, SUNDAY AND MONDAY

MILK Swift's Premium 6 Tall Cans 35c	FLOUR Swansdown No. 1 Pat. 49-lb. Bag \$1.69	SUGAR White Satin 25-lb. Bag \$1.17	Brown Sugar 3 lbs. 19c	V-8 COCKTAIL 8 Vegetable Juices Combined 5 1/2-oz. can 2 for 15c 12 1/2-oz. can 2 for 23c 46-oz. can 35c	PEACHES Del Monte 2 No. 2 1/2 Cans 29c	CORN Del Monte No. 303 Can 10c	Asparagus Del Monte, No. 2 can 20c	Meco Corn No. 303 Can 3 for 25c	Peas No. 303 Can 3 for 25c	Peas Del Monte No. 2 Can 2 for 27c	Peaches No. 2 1/2 Can 2 for 25c	Peaches Rogue River 15c	Dole Pineapple Fancy Sliced, No. 2 1/2 can 19c	Fancy Crushed or Sliced No. 211 can 10c	Dole Coral-Sea Pineapple No. 2 1/2 can 15c	Dole Pineapple Juice 46-oz. can 25c	No. 2 1/2 can 2 for 23c	No. 211 can 3 for 25c	Apricots Merrimac No. 21 can 2 for 35c	Pink Salmon Tall Can 15c	Shrimp Fancy, small 2 cans 25c	Tillamook Brand Oysters Fancy, small 2 cans 25c	Minced Clams Seaside Brand No. 1/4 can 15c
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MEAT SPECIALS — SAT. ONLY

Hens For Roasting and Stewing 18c	Hams Cascade Tenderized 1/4 or Whole 27c	Bacon Swift's Oracle 1/4 or Whole 25c	Sliced Bacon Morrell's Dorried 33c	Sausage Country Style 2 lbs. 25c	Pork Roast Lean and Tender 19c	Pork Chops Loin Cut 29c	Veal Steak Shoulder 23c
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SPECIALS ON SO. 6TH

SLICED BACON No. 2 1/2 Lb. 25c	HAMS 1/4 or Whole Lb. 21c	SAUSAGE pork and veal 2 lbs. 19c	BOILING BEEF Lb. 10c
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Del Monte Fruit Cocktail
Tall Can
2 for 25c

Del Haven Brand Tomatoes
No. 2 1/2 can
3 for 25c

Fargo Brand No. 1/4's Dev'd Meat
Reg. 2 for 15c
5c

LaSalle Brand Vienna Sausage
Reg. 10c value
5c

Snowflake Crackers
2-lb. box
27c

Oatmeal Cookies
2 doz.
25c

Oxydol
Large Pkg.
18c

Giant Pkg.
51c

Ivory Soap
Medium Bar
5c

Giant Bar
3 for 25c

CRISCO 3-lb. Pail 43c

6 Pound Pail 85c

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Fine wines, in distinctive decanters... worthy of a place on your sideboard!

SHERRY PORT TOKAY ANGELICA MUSCAT
\$1.60 Gal. 50c qt.

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FRESH FRUITS AND VEGETABLES
FRIDAY AND SATURDAY

Asparagus Long, tender green tips 2 lbs. 29c	New Peas Small, tender, full pods 2 lbs. 15c	New Potatoes Fancy medium size for creaming 4 lbs. 25c	Lettuce Large solid heads 2 for 9c	Apples Box \$1.35	8 lbs. 25c
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Grapefruit Large Size
25c

Rhubarb Extra fancy hothouse
3 lbs. 25c

Oranges Sweet 288 size
2 doz. 27c

Southern Meat Pie
For This Recipe You'll Need:

GROUND BEEF	1 lb.	18c
Vegetable SOUP	3 cans	25c
CORN MEAL	2 1/2-lb. pkg.	15c
Irradiated PET MILK	3 cans	19c

ASK FOR RECIPE

Eggs, A Grade Large Size, Friday and Saturday Only

2 Dozen 43c

Sta-Crisp Crackers 2-lb. box 18c	Camay Soap Bar 5c
Gr'pe Juice Churches... Qt. bot. 27c	P & G Soap Reg. Bar 3c
Macaroni or Spaghetti In bulk 3 lbs. 14c	O.K. Brown SOAP 3c
Fresh Baked, Plain or Whole Wheat Fig Bars 2 lbs. 19c	Flakes Large Pkg. 21c
	Ivory Snow Large Pkg. 21c
	Dreft Large Pkg. 21c

CHASE AND SANBORN COFFEE
1-lb. **23c** 2 Lbs. **49c**
Can **23c** 3 Lbs. **69c**

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