

Menus Planned to Measure Family Meals By 'Yardstick of Good Diet'

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NEA Service Staff Writer

No matter what part of the country you live in, nor what the season, you can plan your family meals to fit into the new national "yardstick of a good diet," given by the Food and Nutrition committee of the National Research Council. Nutritionists and home economists in all states have been working this scientific list into family menu terms.

These two menus for a day, planned by the Bureau of Home Economics, measure up to the new "nutrition yardstick." Anyone with an appetite can understand.

MENU I

BREAKFAST: Rolled oats and milk, applesauce, scrambled eggs, toast and butter, milk (for children), coffee (for adults).
LUNCH OR SUPPER: Potato soup with onions, peanut butter and lettuce sandwich on whole-wheat bread, fresh fruit, milk for all.

DINNER: Beef pot roast, stewed tomatoes, green beans, bread and butter (whole grain or enriched bread), berry shortcake, milk (children), coffee or tea (adults).

MENU II

BREAKFAST: Whole-wheat cereal with milk, tomato or orange juice (young children), French toast, milk (children), coffee (adults).

LUNCH OR SUPPER: Baked beans and salt pork, brown bread and butter, cabbage slaw, milk for all.

DINNER: Braised liver, cream-

ed potatoes, spinach, bread and butter, prune whip, milk (children), coffee or tea (adults).

Before you adjust the "nutrition yardstick" to your own family preferences and to your own local market, you should memorize this very important list of foods required every day by a healthy person:

Milk: Three-fourths to 1 quart a day for a growing child; 1 quart for expectant or nursing mothers; 1 pint for everyone else.

Tomatoes, Oranges, Grapefruit, Green Cabbage, Raw Vegetable Greens: One or more servings for everyone.

Leafy, Green, or Yellow Vegetables: One or more servings.

Potatoes, Other Vegetables and Fruits: Two servings or more a day.

Eggs: One a day, or at least 3 or 4 a week.

Lean Meat, Poultry or Fish: One or more servings a day.

Cereals: At least 2 servings of whole grain products or enriched bread.

Fats and Sweets: Some butter or Vitamin A rich fat every day, and enough more fats and sweets to satisfy the appetite.

MENU

BREAKFAST: Orange juice, boiled eggs, wholewheat toast, coffee, milk.

LUNCHEON: Cream of spinach soup, toasted cheese sandwiches, fruit bowl, tea, milk.

DINNER: Lamb kidney stew, brown rice, buttered beans, lettuce and radish salad, peach pie, coffee, milk.

Housewives Advised to Prepare Fruit Butters While Season Lasts

Fruit is plentiful. So it's time to make fruit butters to store away for non-fruit seasons. The following tested information comes from the Farmers' Bulletin, No. 1800, of the department of agriculture.

For fruit butters, the pulped fruit is cooked with sugar until the mixture has a homogeneous thick consistency that is soft enough to spread easily when cold.

The fruits most commonly used for butters are tart apples, apricots, grapes, peaches, pears, plum and quinces. Apple butter made with cider has an especially good flavor. Other combinations are apples and grape juice, apples and plums, and apples and quinces, to give desirable blendings of flavor and color.

Use only sound, ripe fruit or firm portions of windfalls or culls. Wash the fruit thoroughly and prepare as follows:

Apples: Pare and slice. Use equal measures of fruit and cider, or 50-50 mixture of cider and water.

Apricots and Peaches: Scald; remove skins and pits. Crush fruit and cook in own juice.

Grapes: Remove from stems, crush and cook in own juice.

Pears: Quarter; remove stems but not cores and skins. Add half as much water as fruit.

Plums: Crush and cook in own juice.

Quinces: Cut into small pieces and remove blossom ends but leave cores and skins.

Add water, using from one-half to equal quantities of water to fruit.

Cook until the fruit is soft, stirring constantly. Press through

a colander, then through a fine sieve to remove all fibrous material and give smooth consistency. The quantity of sugar varies according to taste, but the usual proportion is half as much sugar as fruit pulp. Add one-fourth to one-half teaspoon of salt to each gallon of butter. Boil rapidly and stir constantly to prevent burning.

As butter cooks down and becomes thicker reduce heat to prevent spattering. When butter is thick, test by pouring a small quantity on a cold plate. Cook until no rim of liquid separates around the edge of the butter on the plate.

Stir in spices as desired, for example, 1 to 2 teaspoons of mixed ground spices to the gallon of butter.

Use only fresh spices and just enough to give a delicate flavor without obscuring the natural fruit flavor. Or if a light-colored butter is desired, add whole spices tied loosely in a cheesecloth bag while the butter is cooking.

Pour the butter while boiling hot into sterilized containers and seal.

MENU

BREAKFAST: Honeydew melon with lemon slices, rolled oats, toast, coffee, milk.

LUNCHEON: Red kidney beans, enriched bread and chopped lettuce sandwiches, sliced oranges, tea, milk.

DINNER: Canned corn beef hash with poached eggs, fried potatoes, green beans, raw carrot sticks, stewed pears, cookies, coffee, milk.

Read the Classified page.

'BEER' LABELS ON TRUCKS DELAYED

PORTLAND, July 25 (P) — The state liquor control commission delayed action Wednesday on a request of brewers that enforcement of a regulation forbidding the word "beer" on beer trucks be delayed.

George Paulsen, secretary, and John Pipes, attorney for the Brewers' Institute of Oregon, said the ruling, which also banned the words "ale, lager, brew, wine, vintage or other words of like import and reproduction of any container," was a hardship on little-known brands of beer. They asked a delay until winter so that retreating trucks would cause no inconvenience.

The commission granted 17 licenses, refused one and heard appeals from previous decisions.

Governor Crowns Queen of Pageant

EUGENE, July 25 (P) — Governor Sprague placed a crown on the head of Mary Sue Jackson last night and the Oregon Trail pageant ruled by Queen Susanah V opened.

A cast of 2500 depicted pioneer Oregon days in the first of three evening pageants.

Earlier in the day an estimated 20,000 persons saw a civic and industrial parade.

The Coos Bay Pirates "kidnaped" Sprague and made him a member of their organization, despite his previous membership in the rival Grants Pass Cavemen.

IDAHO LICENSE

LEWISTON, Ida., July 25 (P) — A marriage license was issued here yesterday to Richard Gookins and Doris Dodel, both of Klamath Falls.

NOW---At Your Grocer

IT'S NOW EASY TO BE *Slender*

Without Starving, Taking Drugs or Strenuous Exercises. Don't let ugly fat spoil your loveliness—just include two slices of Hollywood Bread in place of fattening foods with each meal. Hollywood Bread is a new, delicious, lower starch bread, particularly good toasted. Write for FREE Booklet, "The Hollywood Way to Reduce," Hollywood Bread, Dept. 00, Hollywood, Calif.



YES—IT'S ANOTHER OF THE FAMOUS

Fluhrer's
Energy Breads

PRICES ARE FOR FRIDAY, JULY 25 thru MONDAY, JULY 28

Why We Price Fruits and Vegetables By the Pound

1. You can make a true comparison of values—a pound is the same everywhere.
2. Whether you shop early or late—you get the same value, for the price per pound is the same to all.
3. You can choose the exact weight and quantity you need and pay only for what you get (and no more). Buying vegetables for soup is a good example of this.
4. In citrus fruits, the juice content determines the value to you. Juice weighs heavy, pulp and skin weigh light. Therefore, regardless of size, the weight tells you the best value immediately.
5. Pricing by weight means savings for you, because we can make savings which we pass along to you. For instance, tops are cut off root vegetables at the farm, saving on shipping and hauling expense; also, bunching and tying costs are saved. Then too, our buyers can concentrate on getting the best available values instead of on sizes, to advertise at no much per each. You select the size you want, and pay according to weight.

—SAFEWAY STORES



Rinso

23 1/2-oz. Pkg. 21c

Klek Soap

Small 9c
2kg.

Ivory Soap

10-oz. bar 9c
6-oz. bar 3 for 17c
Guest bar 4 for 17c

White King

Toilet Soap
3 for 14c

Brown Derby BEER

3 12-oz. cans 29c

Oleomargarine PARKAY

1 lb. ctn. 20c
2 lb. ctn. 39c

HEINZ Famous Foods

KIDNEY BEANS
12-oz. tin 7c 17-oz. tin 10c

BOSTON BEANS
12-oz. tin 7c 17-oz. tin 10c

TOMATO SAUCE BEANS
12-oz. tin 7c 18-oz. tin 10c

VEGETARIAN BEANS
12-oz. tin 7c 18-oz. tin 10c

FRYERS

Colored. 2 to 3 lb. Average.

Lb. 27 1/2c

PICNICS

Swift's boned and tied.
4 to 5 lb. Average.

Lb. 27c

VEAL

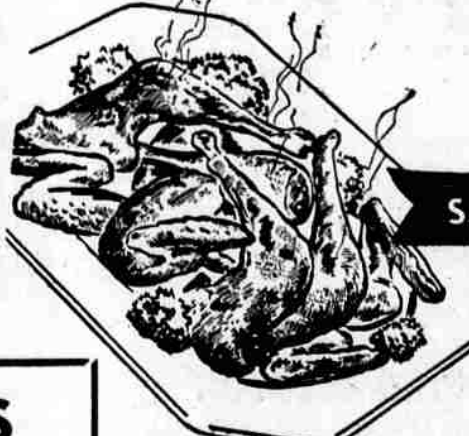
Veal Roasts

Lb. 19c

Veal Shoulder

Steak

Lb. 22 1/2c



Safeway Prices for July 28

PEACHES



Those famous California Elbertas, rich with that deep warm sunny orchard taste — Yes, they are here in abundance at your nearest Safeway store and the price is right—even lower than they were last year—so why not take advantage of this opportunity and buy several crates today.....Crate 69c

Crate 69c

Just a good friendly tip: If you are wise, you will buy your peaches early this season.

Watermelons

Kingburg, deep red meated... lb. 2c

Cantaloupes Extra sweet and meaty... lb. 3 1/2c

Tomatoes Large, firm red tomatoes for slicing... lb. 5 1/2c

Celery Oregon, crisp, green Utah type... lb. 5c

Cabbage Rogue River Valley, hard, crisp heads... lb. 3c

Apricots

Fancy large Morparks. The last for this season—so get them NOW.

Crate 79c



Salt, Maximum, plain or iodized, 26-oz. pkg. 7c

Flour, Red Arrow, 49-lb. sack 1.09

Dog Food, Play Fair, No. 1 cans 6 for 25c

Pears, Harper House, No. 2 1/2 can 17c

Certo 3 bottles 45c

Shredded Ralston, 12-oz. pkg. 12c

Post Toasties, Reg. pkg. 5c

Fig Bars, Whole wheat or vanilla, 2 lb. carton 21c

Cigarettes, Raleighs, 2 for 25c ctn. 1.23

Ritz Crackers, 1 lb. ctn. 21c

Salad Oil May Day 37c 1/2 Gal. 67c Tin

Wesson Oil Quart Can 45c

Mazola Oil Quart Can 50c

Nob Hill Coffee 1 lb. pkg. 21c 2 lb. pkg. 41c

Airway Coffee 1 lb. pkg. 15c 3 lb. pkg. 42c

Edwards Coffee 1 lb. can 25c 2 lb. can 49c



Cane Sugar 10 LB. BAG 59c

25 LB. BAG \$1.47 100 LB. BAG \$5.70

SAFEWAY Guaranteed MEATS

BEEF All cuts guaranteed to be satisfactory or your money refunded without question.

BEEF ROASTS, Blade cuts lb. 17 1/2c

BRISKET BOIL lb. 12c

SIRLOIN STEAK lb. 31c

RIB STEAK lb. 31c

GROUND ROUND STEAK lb. 25c

Bacon Squares Cen-Pak Lb. 15c

Hams Cen-Pak skinned, Baked or boiled ham makes delicious cold cuts for summer meals lb. 31c

Bacon Sliced, No rind lb. 29c

PORK

Pork Steak lb. 25c

Pork Chops lb. 33c

Pure Pork Sausage, 2 lbs. 35c

PALACE MARKET

GROCERIES AND MEATS

Phone 4109 A Home Owned Store 524 Main St. Free Delivery Phone 4109 Free Parking... Customer Parking Lot at 5th and Pine... We Reserve Right to Limit

Fresh Fruits and Veg. Saturday Only MEAT SPECIALS

Seedless Grapes... 3 lbs. 19c Blade Cut Pot Roast... lb. 15c

New Medford Cabbage... lb. 2c Rib Boil... lb. 10c

Green Ideal for Stuffing Peppers... 2 lbs. 9c Boneless Stew Beef... lb. 25c

Large Size Lemons... 2 doz. 25c Loin Veal Chops... lb. 35c

Radishes, Green Onions, Turnips and Beets 2 bunches 10c RABBITS AND FRYERS

SPECIALS FOR SATURDAY

Drip or Regular M.J.B. Coffee 58c 2 lb. can

Royal Club plain or Iodized Salt 17c 2 2-lb. pkgs.

Standard Fly Spray 35c Quart

Doumack's Snow White Mar'mallows 15c 1 lb. pkg.

Formay Shortening 65c 3 lb. can

Brimfull Brand Sweet Peas 11c No. 303 can

Mission Brand, in Puree Tomatoes 25c 2 No. 21 cans

M-D Tissue 25c 3 rolls

Paper Naps 17c 2 pkgs.

Calumet Bak. Powder 19c 1 lb. can

Ritz Crackers 23c 1 lb. box