



Watch Klamath News Food Ads

MARKET BASKET PAGE



Market Report for the Pacific Coast

PORTLAND MARKETS

By United Press

Livestock

Cattle receipts none; market steady. Steers, good \$10.60-\$11.25; medium \$10-\$10.75; common \$8.50-\$10; heifers, good \$10-\$10.50; common-medium \$8-\$10; cows, good \$8.75; common-medium \$7-\$8.75; low cutters \$5-\$7; bulls (yearlings excluded) good \$7.50-\$8.50; common-medium \$6.75-\$7.50; calves medium-choice \$9.50-\$12; cull-common \$8-\$9.50; vealers, good-choice \$13-\$14.50; medium \$11.50-\$13; cull-common \$8.50-\$11.50.

Hog receipts, none; market steady. Heavyweight (250-300 lbs.) medium-choice \$8.75-\$9.75; (200-250 lbs.) \$9.75-\$10.50; (150-200 lbs.) \$10.60-\$10.85; (130-150 lbs.) \$9.75-\$10.75; packing hogs, rough and smooth \$7.75-\$9; slaughter pigs, (90-130 lbs.) \$9-\$10.25; feeders and stockers (70-130 lbs.) \$8-\$10.

Sheep receipts none; market quotably steady. Lambs \$4 lbs. down, good-choice 14-16; medium 11-14; cull-common, all weights 11-12; yearlings weights 10-13; ewes, medium-choice \$5.50-\$7.50; cull-common, all weights 3-5.

Portland Wheat

BB bluestem 11.50; soft white 11.22; western white 11.22; hard winter, 11.19; northern spring 11.19; western red 11.20.

Merchants' Exchange Prices

Butter: Cube extras, 46c; standards, 45 1/2c; prime firsts, 45 1/2c; firsts, 45c.

Eggs: Fresh standard extras

22c; fresh standard firsts, 20c; fresh medium extras, 25c; fresh medium firsts, 25c.

Prices to Farmers

Fruit: Apples, 90c-\$1.10 bunch box.

Root vegetables: Carrots, 75c;

lugs; turnips, 85c; beets, 85c lug;

rutabagas, 60-85c lug; parsnips, \$1.00-1.25 lug.

Cabbage, \$2.75-3.00 crate;

\$2.50 sack; cauliflower, 75c;

\$1.00 crate.

Onions: No. 1 Labich, \$5.00;

No. 2, \$3.50; boilers, \$3.00 sack;

green, 40c dozen bunches.

Potatoes, \$1.00-1.15 sack; spinach, \$1.25 orange box; celery, 60-90c dozen; celery hearts, \$1.50-1.65 dozen bunches; lettuce, \$1.25 crate; brussels sprouts, \$1.10-1.15 peach box.

SAN FRANCISCO MARKETS

SAN FRANCISCO, Feb. 19.—

Butter: Extras, 46 1/2c; prime firsts, 45c.

Eggs: Extras, 27 1/2c; pullets, 24 1/2c; undersized pullets, 19c.

Cheese: Calif. fancy flats 22 1/2c.

Potatoes: Stockton, \$1.00-1.25;

Washington Netted Gems, \$1.15-1.25.

Poultry: Broilers, Leghorn 1 to 1 1/2 pounds, 32-33c; fryers, 32-33c; old roosters, 15c; leghorn hens, 2 1/2 to 3 pounds, 24-25c; 3 1/2 pounds and up, 24-25c;



Laying Ghosts

THERE are some obstinate ghosts which, like that of Hamlet's father, will not down, in spite of all the weight of evidence that further apprehension of them is groundless. A modern specter is this sort is the fear of canned foods, a spirit which originally stalked abroad because of some imperfections in the early methods of canning which have long since been overcome. This fear still persists, however, to some extent in certain quarters in spite of the billions of cans of food which are sold and eaten every year.

This ghost takes the form of fears that the process of canning may destroy essential vitamins, or that canned foods are in some way less safe, wholesome and nourishing than fresh foods. It should have been had a long time ago, if the consuming public has any faith in our scientists. These erudite men are the chief exorcisers of Hamlet when he urged on his father: "Rest, rest, perturbed spirit!" One of the most recent attempts to lay this ghost was made by no less an authority than "Hygeia," the popular health magazine published by the American Medical Association which is always in the van and forefront of every movement looking toward the betterment of public health.

Canning Preserves Vitamins

An article by Dr. E. F. Kohnman in this publication states that recent scientific investigation has

shown that the loss of vitamins during the cooking of foods is really due largely to oxidation (this means the act of uniting with oxygen, a colorless, tasteless and odorless gaseous element existing in large quantity in the air) and that the heat of cooking merely hastens the oxidation.

"In canning," the article states, "this oxidation is effectively avoided, and hence commercially canned foods have been found to be richer in vitamins than home cooked foods."

The article then goes on to compare the vitamin content of canned products with that of raw fruits and vegetables which have been held in storage.

Canned Foods Hold Vitamins

"Raw fruits and vegetables," Dr. Kohnman writes, "have been found to lose their vitamins on storage. Peas held in the pods for six days in a cool place, although still excellent in appearance, had lost some of their vitamin content. Apples held in storage from October to April and May—a normal period for the varieties used—lost half their vitamin C. Apples canned in October from the same lot still had their original vitamin content eight months later when tested."

Canned tomatoes and canned spinach have been tested three years after canning and no evidence was found that the storage

of canned foods results in any appreciable loss of vitamins. In fact, the canned tomatoes after three years were as rich in vitamins as raw tomatoes. Hence the tomatoes lost no appreciable amount of their vitamins either on canning or subsequent storage. Canned strawberries were tested sixteen months after canning and found equal in vitamin content to raw strawberries purchased daily off the New York markets when this fruit was in season.

"Sound, Wholesome and Safe"

The best answer to the other apprehensions caused by this solar undead ghost is contained in the recent report of the Committee on Fruits, Vegetables and their Products, of the American Public Health Association.

"Canned foods," it said, "are cooked in hermetically sealed containers which prevent recontamination until opened. The nutritive and caloric values of the same fruit or vegetable, fresh or canned, are essentially the same."

"Canned foods, whether prepared in the home or in commercial canneries, regardless of the type of container, are sound, wholesome and safe. Their continued use is commended. The advantages to the American health from the use of canned foods in the diet can hardly be overestimated. The nation may have faith in its canned foods."

SNOW FLAKE SALMON CANAPES

Toast Snow Flakes in oven. Spread each one, in heart or diamond shape, with paste made as follows: Mix chopped egg white and mayonnaise with Worcestershire sauce seasoning. Add small pieces of smoked salmon. Garnish with slice of pimento olive. Serve on plate with small lace paper mat as opening course of the luncheon.

SPICED LIME

Hot tea is good served with slices of lime instead of lemon, with each slice speared with a clove bud. Add a candied cherry as well.

WHITE INK

When you need a little white ink and have none, try a solution of bicarbonate of soda.

Classified advertising is a growing newspaper proposition. See The News.

Basin Couples Wed in Medford

Cameron Moore and Ruby Schmulian, and James McRae and Fernie Dodson all of Klamath Falls were united in marriage last week end in Medford by Judge Taylor.

An account of the weddings as printed in the Medford Mail Tribune follows: "Two couples of Klamath Falls people appeared in Judge Taylor's court in the federal building late Friday afternoon to be married just as the judge was about to close up for the day. Of course they were accommodated at once, and each couple acted as the legal witnesses for the other's wedding."

"The first to be married were Ruby Schmulian and Cameron Moore, after which Fernie Dodson and James McRae were united in wedlock, with Mr. and Mrs. Moore as witnesses."

"Another man had entered with the lovesick quartet and Judge Taylor, half suspecting that he had another prospective bride concealed out in the corridor, inquired of the newcomers, 'and who is that gentleman?'"

"Oh, he is just the matchmaker, laughingly replied one of the brides. Then all departed."

DEATHS

Dr. Thomas Chambers, Campbell Dr. Thomas Chambers Campbell, well known and prominent physician of this city, passed away Tuesday morning at 7 o'clock following an illness of several days duration. He was born at Ontario, Canada, Sept. 6th, 1880 and died at 48 years 5 months and 13 days at the time of his death. He is survived by his wife Bertha M. Campbell, his father A. E. Campbell of Trail, B. C. and two brothers Sydney and Reddell both of Ontario, Canada. The remains are in the Gold-room of the Earl Whitlock Funeral Home, Pine Avenue at Sixth where friends may call.

Friends are respectfully invited to attend the funeral services to be held Thursday afternoon at 2:30 o'clock at the Earl Whitlock Funeral Home, Pine Avenue at Sixth, with the Reverend J. Henry Thomas, pastor of St. Paul's Episcopal church officiating. Commitment services will be held and interment made at Monmouth, Oregon.

MRS. B. YATES DIES

TE DALLIES, Ore., Feb. 19. (U. P.)—Mrs. Barbara Yates, 82, mother of State Representative J. P. Yates of Wasco, Sherman county, died here today. Mrs. Yates suffered an injury to her hip when she fell at her home at Wasco. She was born in Germany in 1846, and after coming to Oregon in 1883, lived for many years at Eugene.

NEW CASTLE

If you chop some sour grass or water press into creamed potato soup, the soup itself will be a lovely color and the taste new and delicious. Serve with croutons.

HONEY DRESSING

Add a tablespoonful of honey to French dressing that you are going to serve with fruit. It makes a pleasant change.



There is no standing still . . .

DURING the past two years 6000 switchboards have been reconstructed in the larger cities served by the Bell System to enable the operators to give a more direct and faster service.

Previously in towns where there were more than one central office, your operator would hold you on the line while she got the operator at the other central office on an auxiliary pair of wires. Now she connects directly with the other central office and repeats the number you want to the other operator. You hear her do this

so that you can correct her if there is any mistake.

This little change cost millions of dollars. Likewise, it saves millions of minutes a day for the public and it has cut down the number of errors by a third.

It is one of the many improvements in methods and appliances which are constantly being introduced to give direct, high-speed telephone service. There is no standing still in the Bell System. Better and better telephone service at the lowest cost is the goal.

"THE TELEPHONE BOOKS ARE THE DIRECTORY OF THE NATION"



THE PACIFIC TELEPHONE AND TELEGRAPH COMPANY
BELL SYSTEM
One Policy - One System - Universal Service

A PEACH OF A PIE



THEY tell a story about a man who said that he liked any kind of pie provided it was apple. There are pies and pies, and everyone has a preference. But if pies were elected instead of selected the ones made of canned peaches would poll a large vote. Sliced peaches come in cans you know, as well as halved ones, and here is a recipe for peach caramel pie made with the former kind.

Put two tablespoons butter and four tablespoons sugar in a skillet and cook slowly until thick and brown, stirring constantly to prevent burning. Add the syrup from a number 2 1/2 can of sliced peaches and then two tablespoons cornstarch smoothed with one tablespoon cold water and a slightly beaten egg yolk. Cook in a double boiler until thick. Arrange and pour over the caramel sauce. Bake

at 450° for fifteen minutes, then at 400° for fifteen to twenty minutes or until done. Cool. Cover with whipped cream. Eat.

Sliced Peaches Economical

A careful comparison of the contents of number 1 cans of a well-known brand of sliced and halved peaches showed six ounces of syrup and eleven and a half ounces of peaches for the sliced as compared with seven ounces of syrup and only ten ounces of peaches for the halved. This cannot be taken as a general rule for all brands, but is merely indicative that the use of canned sliced peaches for pies and tarts is economical because more peaches are likely to be concentrated into the cans of sliced than halved.

Dr Charles Barker To Speak in City

Dr. Charles E. Barker, eminent lecturer, has been engaged by the Klamath Rotary club to deliver several addresses here on Friday, March 1st.

Dr. Barker was formerly personal physician to William Howard Taft, when he was president of the United States. Of late years he has devoted his life in an endeavor to increase health of the general public. This will be the theme that he will talk on here. He has paid special attention to hygiene and Dr. Barker's advice to fathers and mothers, is now a national matter. He also talks to the boys and girls.

In connection with Rotary the Ladies Library club are assisting in making arrangements for the doctor's appearance in this city.

Jacob Better Is Latest Report

J. L. Jacob, president of the Klamath Irrigation district is well on the road to recovery from the effects of a painful nasal operation in a Portland hospital, according to word received here yesterday. He is expected to return to Klamath Falls in the near future.

Speaking of the comic strip—some of the girls are almost that way.

Baking Insurance

If you find any fault whatever in this baking powder, or think you do, your grocer will return your money and also pay for the eggs, butter, flour, etc., you have used.

Schilling

1 pound

There is no substitute for cream of tartar for fine baking

There are substitutes--but none that will produce fine baking. Ask any domestic science teacher which she prefers--a cream of tartar baking powder or one that contains a substitute. Ask any doctor. Ask any pure food department. Any good baking powder will do an acceptable job--but if it contains cream of tartar, you are on the safe side--that's all. But that's enough for millions of housewives.

All cream of tartar baking powders are about the same, and sell at about the same price. But Western women have known for many years that one of them--Schilling--contains a full pound for their pound price. They know it means 10c in the purse every time they buy Schilling full-weight baking powder.

Read the Schilling label--it means just what it says. That's another Schilling way of keeping faith with you.



Gertrude's — 519 - Main St.
SPRING FASHIONS IN MILLINERY
WILL BE ON DISPLAY

WEDNESDAY, FEB. 20th

Everything that is new is here—Hats for dress, street or sports wear. Large head sizes, small head sizes. The newest shapes and materials. Smart "Linen Like" Straws—Sisal—Baku—Ballibuntal—Paris Meme—Pearl Visca—and the colorful prints with scarf to match for the ensemble. Moderately priced. Also a complete line of Children's hats.

Gertrude's