



# FOOD & MARKET PAGE



## The Market Basket

By The Bureau of Home Economics,  
U. S. Department of Agriculture, and the Woman's Division of the  
President's Emergency Committee for Employment

### Economy Diet Needs Plenty of Milk

The most economical diet that can be devised, says the Bureau of Home Economics of the U. S. Department of Agriculture, is built around milk and grain foods. Milk, along with a combination of whole-grain and refined grain products, furnishes the cheapest sources of energy, of building materials, and of certain health-protecting substances. This foundation, reinforced with potatoes or tomatoes, for example, citrus fruits or some other sure source of vitamin C, makes it possible to get along, if necessary, with less of some other foods than one might like.

Milk furnishes more kinds of nutrient than any other one food. Therefore, anybody who does not have a variety of other foods should have plenty of milk. For people who are overweight and should watch their calories, milk is especially important. Low in calories in any case, the calories can be further decreased by using skim milk and buttermilk. And people who do not like to drink milk can take it in other dairy products, cooked or served with cereals and in soups, and cooked or served with vegetables, or in puddings.

Milk is rich in protein, in minerals (calcium and phosphorus especially) and in vitamins. Because of this many-sided food value, it is one of the cheapest foods. To most people milk means fresh whole milk, but evaporated milk is whole milk concentrated to half its original bulk, and may be cheaper than fresh milk. It can be used instead of fresh milk, especially in cooking, and since it can be kept indefinitely if the can is unopened, it is a convenient and economical substitute where fresh milk can

not be had. A "tall can" of evaporated milk when diluted with an equal quantity of water is equivalent in food value to a quart of fresh pasteurized milk.

Dried milk, or milk powder, is made from whole milk, from skim milk, or from partially skimmed milk. It is sold at retail under several trade names. Dried skim milk is the cheapest form, and when obtained at less than 15 cents a pound provides fluid skim milk at 3 cents a quart or less. Relief workers have used it to great advantage in various communities, buying it by the barrel, or in 50-pound sacks, at 6 to 10 cents a pound. Sometimes the powder can be bought from bakers or ice cream makers. Or a homemakers' club, or some other organized group in the community may find it well worth while to invest in dried skim milk in wholesale quantities. (Recipes for using dried skim milk will be furnished by the Bureau of Home Economics on request.)

Milk increases, of course, the food value of foods with which it is cooked. Corn meal mush, oatmeal, cracked whole wheat, brown rice hominy or hominy grits—all these are much improved both in food value and in flavor by cooking with milk, and for this purpose evaporated or dried skim milk can be used instead of fresh. The same is true of vegetables and puddings, and because the milk is sure to be served with the vegetables, the maximum mineral and vitamin value of both milk and vegetables are retained. Potatoes scalloped in milk, kale panned with milk, cabbage cooked in milk, onions or summer squash served with milk have a delicate flavor and a high food value whether the milk is fresh,

evaporated, or dried.

### JUST A GOOD OLD GYPSY CUSTOM



Although Prince John, son of Mark Adams, king of all the gypsies, died six weeks ago, he has just arrived in gypsy heaven, and in accordance with tribal legend, his entrance into the celestial world was celebrated at a glorious feast. Three hundred

### LOW-COST MENU FOR ONE DAY

**Breakfast**  
Orange Sections, Slices, or Juice  
Cereal cooked in milk  
Toast  
Coffee (adults) Milk (children)

**Dinner**  
Sausage Cakes—Fried Apples  
Scalloped Potatoes  
Cornbread  
Milk for children

**Supper**  
Cream of Vegetable Soup  
Crackers  
French Toast—Sirup  
Milk for children

### RECIPES

**Cream of Vegetable Soup**  
1-2 cup finely chopped turnip  
1-2 cup finely chopped carrots  
1-1 cup finely chopped onion  
1-1 cup finely chopped celery or celery tops  
4 tablespoons fat  
1-2 tablespoons flour  
3 pints milk  
1 teaspoon salt

Cook the finely chopped vegetables in the fat for 10 minutes with constant stirring; add the flour, and continue to stir until well blended. In the meantime heat the milk (fresh or reconstituted) in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.

This soup can be made either with

fresh or evaporated milk, or dried skim milk powder. Of skim powder use 1 1-2 cups with 3 pints of water.

**Creamed Salmon**  
4 tablespoons butter or other fat  
5 tablespoons flour  
1-2 teaspoons salt  
3 cups milk  
1 pound can salmon  
Toast  
Chopped parsley

Prepare a white sauce of the fat, flour, salt, and milk. Flake the salmon and add to the white sauce. Cook in a double boiler until hot. Serve on toast with the chopped parsley over the salmon.

**Creamed Cabbage**  
3 cups milk  
1-2 quarts finely shredded or chopped cabbage, packed  
4 tablespoons flour  
4 tablespoons melted butter or other fat  
1 teaspoon salt

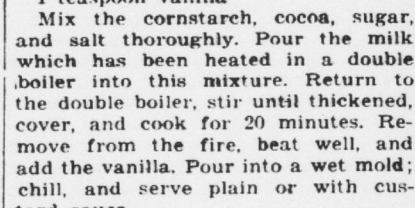
Heat the milk and cook the cabbage in it for five minutes. Add the blended flour and butter or other fat and the salt. Cook for about five minutes longer and stir constantly. The cabbage retains its delicate flavor and color.

**Chocolate Cornstarch Pudding**  
6 tablespoons cornstarch  
4 tablespoons cocoa (or 1 square unsweetened chocolate melted in the milk when heated)  
1-2 cup sugar  
1-4 teaspoon salt  
1 quart milk  
1 teaspoon vanilla

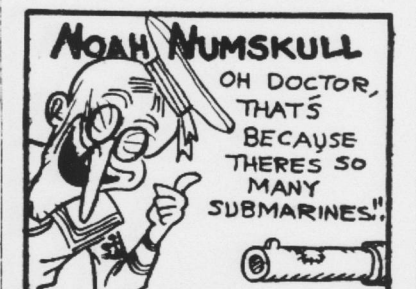
Mix the cornstarch, cocoa, sugar, and salt thoroughly. Pour the milk which has been heated in a double boiler into this mixture. Return to the double boiler, stir until thickened, cover, and cook for 20 minutes. Remove from the fire, beat well, and add the vanilla. Pour into a wet mold; chill, and serve plain or with custard sauce.

Science is a creation of the Greek genius.

**Wife Preservers**



A long-handled brush is the best tool with which to combat that "ring around the bath tub." Use with soap or other cleanser.



**NOAH NUMSKULL**  
OH DOCTOR, THAT'S BECAUSE THERES SO MANY SUBMARINES!

DEAR NOAH— WHY ARE THE MARINES OF VARIOUS SIZES, AND THE SOLDIERS UNIFORM? DR. J. A. OVERTON, FARMINGTON, MD.

DEAR NOAH— IF THE LEMON CANTALOUPE WITH THE POOR PRUNE, AND PEACHES CANT MAKE HIM FALL, DO YOU THINK THE BANANA SKIN? TRY YOUR LORRETTA KLINE SMITH, FORD, CLIFF, PA.

HAND AT NUMSKULLERY— USE EITHER HAND— AND SEND IN YOUR QUESTIONS TO DEAR OLD NOAH— CARE THIS PAPER.

## Saturday Specials

### FREE BUTTER

With every pound of fresh country butter sold at 30c we will give one pound FREE as long as our supply lasts.

Grapelade, Strawberry, Raspberry and Apricot Preserves, 25c size  
17c each or 3 for 50c

Fat Back Meat, lb.,	6c
Fresh Squash, lb.,	10c
Fresh Tomatoes, lb.,	10c
Celery,	10c and 15c
Lettuce	10c
Fresh English Peas, lb.	10c

New Potatoes, Turnip Salad, Beets and Carrots.

## M. G. Evans

### Back to the Farm Move Launched by American Legion

Daily Dispatch Bureau,  
In the Star-Walter Hotel,  
BY J. C. BASKERVILLE.  
Raleigh, April 22.—A "back to the farm" agricultural employment program which its sponsors believe will return thousands of unemployed to work that at least will provide them with food and shelter, is being started by the American Legion Employment Committee for North Carolina, it was announced today.

The object of the plan, which has been given the high-sounding name of "Farm Improvement and Subsistence Program," is to place as many of the State's unemployed, especially those from rural districts, back on farms where they may cultivate gardens and truck patches. The Legion employment committee will ask all farm owners that now have unoccupied tenant houses on their land, to donate the use of these unoccupied houses together with from one to two acres of land for the use of the unemployed and their families. The faculty of the School of Agriculture at State College is cooperating with the Legion committee in developing this plan.

In return for the use of these farm houses and truck and garden plots, those who occupy them will also be expected to assist the owners of the land from time to time as they may be needed.

## MEATS of QUALITY

SERVICE AND SATISFACTION GUARANTEED

### TURNER'S MARKET

Phones 304-306.

## Super Values For Saturday

Fat Back Meat, thick, lb.	5c
Tomato juice, can	5c
Campbell's tomato soup, 4 cans	25c
Baked beans, 4 cans for	19c
Rosita coffee, mild, lb.,	17c
Sliced rindless bacon, lb.,	15c
Beef pot roast, lb.,	12 1-2c
Pork liver, sliced, lb.,	5c
Picnic hams, small lean, lb.,	10c
Veal chops, lb.,	15c
Frankfurters, 2 lbs.,	25c
Pork roast, lb.,	10c
Pig tails, 3 lbs	25c
Pork chops, lb.,	12 1-2c
Pure lard, 2 lbs.,	15c
Hams, whole or half lb.,	15c
Tray sausage, 2 lbs., for	15c
Tender beef steak, lb.,	12 1-2c

Lamb, Country Pork, Stew Beef, Fryers, Baking Hens and Fresh Fish.

## Nelson's Market

Henderson, N. C.

Dispatch Advertising Pays

## DRINK LUZIANNE COFFEE

"A coffee that makes the politician wise  
To see through all things with his half-shut eyes."

LUZIANNE COFFEE COUPONS

## Grandmother's BREAD

20 oz. loaf 7c  
Wrapped

PEAS—CORN—  
SAUERKRAUT—  
KRAUT JUICE— can  
TOMATO JUICE—

# 5¢

QUAKER MAID  
CATSUP 8-oz. Bottle 10c 14 oz. Bottle 15c

QUAKER MAID  
BAKED BEANS — 4 16-oz. Cans 19c

NUCOA "One of the Best Foods" lb. 14c

1 pkg. SHREDDED WHEAT with 1 pkg. PREMIUM SODAS 1 lb. 25c

EAGLE MILK can 18c

PILSBURY'S  
PANCAKE FLOUR 2 pkgs. 25c

Cleansweep BROOMS — 19c

SUGAR lb. 4 1/2c 10 lb. Bag 45c

SWIFTS JEWEL  
SHORTENING — 4 lbs. loose 25c

MEAT, Fat lb. . . . 5¢

White House evaporated  
MILK, Tall Can . . . 5¢

Chesterfield, Camel, Lucky Strike, Old Gold, cigarettes, carton \$1.25

Lemons, large juicy, dozen 25c  
Fresh green Cabbage, pound 31-2c  
New No. 1 Red Bliss Potatoes, 4 lbs., 25c  
Fresh tender Squash, pound 12 1-2c

Lettuce, large head, 10c  
Fresh tender Spinach, pound 10c  
No. 1 Maine grown White Irish Potatoes, 10 lbs., 33c  
Young tender fresh Cucumbers, lb. . . 25c

THE GREAT ATLANTIC & PACIFIC CO.

## PENDER'S UNUSUAL WEEK-END SPECIALS

Circle, Plain and Selfrising  
**FLOUR** 98 lb., bag \$1.99 48 lb., bag \$1.05 24 lb., bag 55¢

Phillip's String Beans, No. 2 can, 2 cans	15c	Phillip's Spaghetti, 3 cans	17c
Colonial Grape Juice 2 Pint Bottles	25¢	Honeydew PRESERVES 2-lb. Jar	25¢
Phillip's Pinto-Beans, 6 cans	25c	Phillip's Pork and Beans, can	5c
Best Creamery Cheese lb.	15¢	Triangle Pure Creamery Butter lb. Roll	25¢
Best Foods Nucoa lb.	14¢	Pure or Compounded LARD 4 lbs.	25¢
Peanut Butter, 2 lb., par	25c	Sugar, granulated, 10 lb. bag	45c

All Brand CIGARETTES 2 pkgs. 25¢—Carton \$1.25

### IN OUR MODERN MEAT MARKET

Beef Roast, lb.,	12 1-2c	Pork Roast, lb.,	11c
Small Lean PICNICS lb.	10¢	FAT MEAT lb.	5¢
Pork Sausage, 3 lbs.,	25c	Neck Bones, lb	5c

ADDED WEEK-END SPECIAL  
**Betty Crocker Milk Chocolate Cake lb. 21¢**