

Essential Nutrients Should Not Be Omitted, Though Food Cost Cut

(Continued from Page Three) have as much vitamin C per ounce as raw cabbage, but the cabbage is easier to use in sufficient quantities. Then come tomatoes, raw or canned, and the citrus fruits—lemons, grapefruit, tangerines. Parsley, too, is high in vitamin C and raw turnips (rutabagas) are also good. Raw spinach has as much as raw cabbage, but, like most other vegetables, loses some vitamin C when cooked. Tomatoes, fortunately, and peaches, retain their vitamin C even when canned. Potatoes, despite a loss in cooking, are a cheap source of this vitamin because such large quantities of potatoes are used.

And there we have another important point to remember: Vitamin C is likely to be destroyed in cooking—certainly in long-time cooking. Therefore, it is a good thing to eat cabbage, tomatoes, peppers, and even spinach raw. And it is important when these

vegetables are cooked to use quick cooking methods—such as are suggested in today's recipes.

Fruits, of course, because they are eaten raw, are an excellent source of vitamin C. Apples, bananas, peaches, pineapple, though they have only one-third as much vitamin C as oranges and the other citrus fruits, are a good source because most people like them so well they eat plenty of them—when they are cheap enough, of course. Just now, with apples as low as two or three cents a pound in some places, bananas as low as 20 cents a dozen, oranges a penny apiece, tangerines 10 cents a dozen in some markets, and grapefruit as low as 3 or 4 cents apiece, it is a good thing for variety's sake to use what you can afford, in place, perhaps, of a vegetable, and eat it in place of a pudding or pie.

Vitamin C is particularly important for children, and babies can

SPECIAL TURKEY DINNER

75c

SERVED FROM 12 TO 2 and 4:30 TO 8

Fruit Cocktail
Soup
Cream of Tomato
Relishes
Celery, Radishes, Green Onions
Salad
Lettuce and Grapefruit
Entrees
Roast Turkey with Oyster Dressing and Cranberry Sauce
Virginia Baked Ham
Vegetables
Cauliflower Candied Yams
Green Peas
Desserts
Hot Mince Pie Apple Pie and Cheese
Jello and Whipped Cream
Mints and Nuts

MRS. WATTS' DINING ROOM
431 Fremont—At Fifth

take orange juice or tomato juice. Children past the sieved food stage can take cabbage finely chopped, which can be made into very attractive sandwiches. Mixed with a little creamed butter or margarine, the chopped cabbage can be spread between thin slices of bread and children will like it. The rest of the family can, of course, get a good supply of vitamin C in cole slaw, or cabbage salad, to which, for variety, other raw vegetables may be added.

Weekly low-cost food supply for a family of three, including two adults and one child: Bread, 10-15 lbs.; flour, 1 to 2 pounds; cereal, 3 to 4 pounds; whole fresh milk, 9 to 14 quarts, or canned evaporated milk, 9 to 14 tall cans; potatoes, 8 to 10 pounds; dried beans, peas, peanut butter, 1 to 2 pounds; tomatoes, fresh or canned, or citrus fruits, 4 pounds; other vegetables (including some of green or yellow color) and inexpensive fruits, 12 to 14 pounds; fats, such as lard, salt pork, bacon, margarine, butter, etc., 2 pounds; sugar and molasses, 2½ pounds; lean meat, fish, cheese, eggs, 3 to 5 pounds; eggs (for child) 3 pounds.

MENUS

Breakfast
Orange or tangerine
Cooked cereal and toast
Milk (child) Coffee (adults)

Dinner
Cottage-fried potatoes
Cabbage bujia
Cottage cheese
Milk
Bread and butter

Supper
Creamed frizzled chipped beef on toast
Stewed or scalloped tomatoes
Milk Canned peaches
Bread and butter

RECIPES

Five-minute Cabbage
2 cups milk
1 quart shredded cabbage
3 tablespoons melted butter or other fat
2 tablespoons flour
Salt
Pepper

Heat the milk and cook the cabbage in it for 2 minutes. Add the blended fat and flour, and the seasoning, cook rapidly for 3 or 4 minutes, and stir constantly. The cabbage retains its crispness and is delicate in flavor and color.

Cabbage Bujia
4 tablespoons or more of fat
1 or 1½ onions, sliced
1 green pepper, shredded
1½ quarts shredded cabbage
1½ teaspoons salt
½ cup boiling water

Melt the fat and cook the onions and pepper until the onions are slightly browned. Add the cabbage, salt and water. Stir frequently and simmer until the vegetables are tender.

Quick-cooked Spinach
Carefully pick over the spinach, discard wilted leaves, cut off the stem ends, and wash in several waters to remove grit. If the spinach is young and tender, it can be cooked in the water that clings to the leaves. Start the cooking at moderate heat, cover the kettle

WAIT ANXIOUSLY AS WINNIE FIGHTS FOR LIFE



The Rev. and Mrs. H. J. McKinnell, Darlington, Ind., and their son, Burton, snapped in an ante-room of the Phoenix, Ariz., courtroom as their daughter, Mrs. Winnie Ruth Judd, began a fight to escape hanging for the alleged murder of two of her girl friends. Her relatives were not permitted in the courtroom because they were to be witnesses. Below, part of the crowd that fought to get into the courtroom.

PERSONAL PARAGRAPHS

BROWN VISITS
James Brown, former Las Vegas resident and past president of the Las Vegas Central Labor council, is in this city for a few days on business.

McNAMEE VISITS
Luke McNamee, Los Angeles attorney, is visiting relatives in Las Vegas.

JUNE SIMON VISITS
June Simon, a student at Woodbury's college in Los Angeles, is spending a few days in this city visiting her father, P. A. Simon, and her sister, Joy. Miss Simon expects to leave Sunday evening.

RETURNS FROM COAST
J. W. Roulac returned recently from Los Angeles where he has been spending the past several weeks on business and visiting with relatives.

BANISTER IN CITY
E. W. Banister, local mining man, has returned from the Goodsprings district and expects to remain in this city indefinitely.

BROKER HERE
Calvin Lanvis, prominent broker of New York City, arrived in Las Vegas last night and will remain here indefinitely. Miss Helena Bailey, niece of Lanvis, expects to arrive here tonight from her home in Los Angeles for a short visit with her uncle.

TO LIVE HERE
Geraldine Thomas, accompanied by her mother, returned to this city Thursday from Salt Lake City, where she has been attending a commercial school. Miss Thomas and her mother expect to establish their home in this city.

RESUMES DUTIES
Judge Frank Ryan is sufficiently recovered from his recent illness to resume his duties at the police court.

RETURN TO WYOMING
James Davison and Tellman Pace left last night for their home in Evanston, Wyo., after spending the past several days in this city on business. They expect to return here in the near future to remain indefinitely.

REPORTED ILL
Mrs. Mary Stewart of Alamo, who is visiting her son, Sumner Stewart, and his family on their ranch north of town, is reported to be seriously ill and will be unable to leave this city for some time.

MRS. BECKLEY HOME
Mrs. Will Beckley returned yesterday from Los Angeles, where she has been spending the past several days on business and visiting with friends.

U. S. OFFICIAL HERE
Arthur A. Newman, of the treasury department, C. N. Franklin, treasury department engineer, and Harry F. Blaney, irrigation engineer of the department, are Las Vegas visitors. Newman and Franklin are here in connection with the Las Vegas federal building delay.

BREAKS ARM
Howard E. Shipman, proprietor of a battery shop in the Jackson repair shop at 501 South Fifth street, suffered a broken arm yesterday, and was treated at the Las Vegas hospital.

NEW RESIDENTS
Mr. and Mrs. Herbert Mason and family of Bishop, Calif., arrived in

NEVADA'S ENVOY TO PARLEY NAMED CHINESE DRIVE BACK JAP TROOPS

CARSON CITY, Nev., Jan. 29. (AP)—Governor Balzar today announced that he had appointed Henry M. Rives, secretary of the Nevada Mine Operators' association, to represent him at the western states silver conference to be held in Denver February 15.

The Denver meeting, according to William Jennings Bryan, Jr., who is sponsoring the conference, will be for the purpose of organization and to determine upon a plan of action, including the "education and creation of an enlightened public opinion."

The governors of Montana, Idaho, New Mexico, Arizona and Colorado will participate actively in the conference.

HAS INFLUENZA
Reed Whipple, First State bank employe, is suffering from a mild attack of influenza and is confined to his home.

GOES TO L. A.
John Graglia of the Boulder Drug left yesterday for Los Angeles.

U. P. AGENT HERE
W. E. Rauch, industrial agent for the Union Pacific, is in Las Vegas on business.

FROM RENO
Clyde Vernon, insurance adjuster of Reno, arrived here yesterday.

LANDS HERE
W. Keith Scott, president of Scott Motors, Ltd., Nevada distributors for Buick and Cadillac, stopped over in Las Vegas to refuel his tri-motored plane yesterday. Scott was en route from Los Angeles to Reno.

If Mrs. A. N. Wescher will call at The Age office she will receive a free ticket good for today only at El Portal theater.

St. Johns Park, between St. Augustine and Jacksonville, Fla., will have at least ten days of racing this season.

300 JAPS KILLED
MANILA, P. I., Saturday, Jan. 30. (AP)—A special dispatch to the Chinese Commercial News today said 300 Japanese had been killed in fighting at Shanghai prior to the armistice which went into effect last night.

The dispatch said Chinese troops under General Tsi-Kai occupied the Japanese marine headquarters established on the north Szechuan road. Four Japanese planes were shot down.

SAYS LUMBER PLAN UNFAIR
KANSAS CITY, Jan. 29. (AP)—A plan, developed to reorganize the Long-Bell Lumber company following receivership action, is unfair to small bondholders, according to a second receivership suit filed today against the huge concern.

LOOK AT THESE EXTRA PANTS!



We have just received more of those separate trousers . . . If you were unable to get your size or pattern last week, we now have them . . .

Remember these are all fine worsted suit pants, taken out of \$45 and \$50 two pants suits and sell regularly for \$7.50 and \$8.00.

Your choice for \$4.95
Alterations Included.

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Reduced To\$39.50
- Our \$40 and \$45 SUITS—
Reduced to\$34.50
- Our \$35 SUITS—Reduced to ...\$29.50

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Store for Men

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THEIR LATEST COMEDY SMASH
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—also—
R. K. O. NOVELTY—"ETHER TALKS"
A JIMMY GLEASON COMEDY, "SLOW POISON"
And PARAMOUNT NEWS

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A TEN-MINUTE DRIVE ON THE LOS ANGELES HIGHWAY—AND EAT ONE OF OUR FAMOUS AMERICAN OR ITALIAN DINNERS—SEA FOODS ONE DOLLAR NO COVER CHARGE HOWARD JONES IS PRESENTING
The Four Aces With A Queen Orchestra

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And Be At
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98c Pillow Case 23c

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Lowest price in history! Serviceable quality—snowy white, always correct and easiest to free from stains. Favorite Jacquard floral designs.

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