

FEDERAL FOOD EXPERTS WARN PUBLIC ON VITAMIN NECESSITY EVEN THOUGH BUDGET IS LOW

At this time of year especially, when they are put to the make sure of your vitamin supply, Bureau of Home Economics. She warns the Bureau of Home Economics of the U. S. Department of Agriculture. This is especially important in selecting food on a limited budget where less variety is possible because of the cost. This, too, is the season when fewest green vegetables and fresh fruits are available. It is also the season when there is least sunlight and the violet rays of the sun (the rays that make one of the vitamins) are weakest. Sunlight and green foods are important sources of certain vitamins, and all vitamins are essential to health.

But what are vitamins, do you say? Or, as a correspondent of the bureau put it: "Are vitamins A, B and C real things or just hypothetical substances? Please refer this to someone who really knows. Don't ask just any school-boy." It is not a schoolboy, but one who really knows, the senior nutrition chemist of the Bureau of Home Economics, Dr. Hazel E. Munsell, who answers such questions when they are put to the Bureau of Home Economics. She is the head of the bureau's laboratory where workers are studying vitamins constantly.

VITAMINS ARE NEW

Until a comparatively few years ago vitamins were unheard of. Then it was demonstrated that natural foods—that is, un-manufactured foods—contain certain substances hitherto unrecognized but without which animals and human beings fall ill in various ways. Just exactly what these substances are nobody knows—any more than we know just what electricity is. Several vitamins have been identified, but it is probably because they are still somewhat mysterious that they are called by letters of the alphabet—A, B, C, D, E, and G.

What is known about vitamins, as about electricity, is what they do. Experiments have shown that without vitamin A in the diet, human beings are particularly susceptible to bacterial infection of various sorts. Without vitamin D, children have rickets. Without vit-

amins B, C, E, and G, respectively, other troubles come.

The question is, therefore, "What foods shall I eat to be sure I am getting enough vitamins?" The Bureau of Home Economics plans to answer that question in this series of articles, considering one vitamin at a time, and the foods in which it occurs in largest quantity. The subject this week is vitamin A.

FOODS RICH IN VITAMIN A

Among the common foods, the richest source of vitamin A is liver, which contains 2,800 units of vitamin A per ounce, or exactly twice as much as the next richest sources, which are spinach (raw and canned), cream cheese, and butter, each with 1,400 units per ounce.

Vitamin A is also found in whole milk, and although there are only 65 units per ounce of milk, an ordinary glass contains 8 ounces of milk, which would mean 520 units of vitamin A at a meal if you drank only one glass of milk. Vitamin A is in the milk fat. Therefore, it is plentiful in concentrated forms like dried whole milk, with 500 units per ounce, evaporated and condensed milk, each with 140 units per ounce.

Next in the list come carrots, with 940 units per ounce, then American cheese and Parmesan cheese each with 700 units per ounce. Eggs have 550 units concentrated in the yolk, prunes are next with 300 units per ounce, kidney with 230, peas (fresh or canned) with 175, peppers, 175, tomatoes (raw and canned) or canned tomato soup with 170, string beans with 150, bananas with 100.

SALAD VEGETABLES

Some of the salad vegetables, although rich in other vitamins, have very little vitamin A. Romaine, however, has 150 units per ounce, and escarole, a variety of endive, which has a very thin green leaf, has more than any other food yet tested—600 units per ounce. But you would have to eat a liberal serving of escarole to get those 600 units, for it is eaten green like lettuce. That is one thing to remember in calculating vitamins. An ounce is a much more compact and practical serving of liver, or of butter or of cheese, or for that matter, of spinach after cooking, than of raw romaine lettuce. Remember also that in leafy vegetables with green and white leaves, there are more vitamins in the green leaves. And the yellow-colored foods like carrots, sweet potatoes, yellow corn meal, and yellow turnips have more than the corresponding white varieties of those foods.

Authorities say that good diets furnish probably 5000 to 15,000 units of vitamin A per person per day. And a good diet is a well-balanced diet, including besides the vitamins, starch, sugar, fat, protein, and mineral salts. To keep costs down, select the foods that contain the most of the greatest variety of these nutrients. For vitamin A, depend on milk, butter, cheese, eggs, liver, green leafy vegetables, and other vegetables of a green or yellow color.

RECIPES

Scalloped Liver and Potatoes

1 pound liver, sliced thin
salt and pepper
2 tablespoons bacon fat
1 quart thinly sliced potatoes
1 small onion, minced
1½ cups milk

Salt and flour the liver and brown lightly in the bacon fat. Place a layer of the raw potatoes in a greased baking dish, sprinkle with salt and pepper, add some of the liver and onion, and continue until all are used. The top layer should be of potatoes. Pour on the milk, cover, and bake for 1 hour in a moderate oven (350 deg. F.), or until the potatoes are tender. At the last remove the cover and allow the potatoes to brown on top.

Thick Dried Pea Soup

2 cups dried peas
cold water
1 large onion, sliced
4 tablespoons butter, margarine or other fat
2 tablespoons flour
1 pint milk
2 teaspoons salt
dash of pepper

Pick over the peas, wash well, and soak overnight in 1 quart of



OFF TO HONOLULU

Above is Frank H. Bartholomew, Pacific coast division manager of the United Press, and Mrs. Bartholomew, as they sailed aboard the liner Maui for Honolulu. While in the "Pearl of the Pacific" Bartholomew will cover the trial of Mrs. Granville Fortescue, prominent American woman, and three navy men who are accused of abducting and killing a young native. The native allegedly attacked Mrs. Fortescue's daughter, Thalia, wife of Lieut. Thomas H. Massie, one of the navy men facing trial.

PERSONAL PARAGRAPHS

GILMORES RETURN

Art Gilmore and wife returned Friday night from Los Angeles, where they attended the funeral of Helene Horden.

VISITS MOTHER

Mahlon Brown is spending the week-end from Los Angeles with his mother.

EXPECTED HOME

C. E. Pembroke, who has been attending the Frigidaire convention at Dayton, will return home this morning on train 19, having been absent two weeks.

LEAVES FOR L. A.

Mrs. Frank Hudson is leaving today for Los Angeles to be absent for six months, having rented her new home for that period.

LEAVES FOR SCHOOL

Joy Simon, who has been spending the past month in this city with her father and brother, left yesterday, accompanied by her sister, June, for Los Angeles where they both attend school.

C. OF C. ENVOYS LEAVE

J. H. Dowd, Nye Wilson, Archie Grant, J. R. Lewis and A. R. Thompson, all of Las Vegas Chamber of Commerce, left this morning by automobile for Salt Lake City, where they will attend a highway convention of 23 Chambers of Commerce from points east of the Utah metropolis. They expect to be gone until Tuesday.

In the morning, add 1 more quart of water and the onion, cover, and simmer for about 1½ hours, or until the peas are soft. Press the peas and onion through a fine sieve, and save all the liquid. Blend the fat and flour, add the milk, and stir until thickened. Mix with the pea pulp and liquid, season, and serve hot. If the soup becomes too thick, add more milk to give the right consistency.

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Saturday & Monday Specials

BUTTER, No. 1 Best Fresh Creamery, Per Lb.	25c
EGGS, Strictly Fresh Per Dozen These are the best eggs on the market	20c
BEST FOODS	
PICKLES, Fanning's Bread and Butter Pickles, Large Jar	17c
SUGAR, Cloth Bags 10 Pounds for	49c
OLIVES, Fancy Ripe Large Cans, Reg. 18c, 3 for 3 Can Limit	29c
CATSUP, Oregon Made 14-oz. Large Bottle, 2 for From the Finest Tomatoes—2 Bottle Limit	25c
PRUNES, Fancy New Crop, 5 Pounds for	29c
HILL'S COFFEE, Red Can Per Pound	36c
IMPORTED NORWEGIAN SARDINES Reg. 18c, 3 for In Pure Olive Oil—6 Can Limit	25c
PEACHES, L. A. Silver No. 2½ Cans, Each In Heavy Syrup. Sliced or Halves. 2 Can Limit	15c
SPINACH, No. 2 Cans 3 Cans for Fine Quality—3 Can Limit	29c
SONNY BOY JAMS 2 Lb., 6-oz. Jar, 2 for In All The Flavors	65c
CAMPBELL'S BRAND TOMATO SOUP 3 Can Limit—3 Cans for	22c
BLACK & WHITE BRAND SHRIMP 2 Cans for The Very Finest—2 Can Limit	27c
JEVNE'S COFFEE 1-Lb. Pkg.	17c

We Reserve the Right to Limit Quantities

SATURDAY ONLY

RUSSETT POTATOES Per Sack	\$1.00
LETTUCE, Imperial Solid Head, Each	5c
YOUNG GREEN ONIONS 2 Bunches for	5c
ORANGES, Sweet and Juicy 3 Doz.	25c
GRAPEFRUIT, Large Imperial 8 for	25c
FRESH GREEN BEANS Per Lb.	10c
IDAHO RUSSETT No. 1—10 Lbs.	15c
CAULIFLOWER, Snowball Each	10c
YAMS, Sweet and Juicy Medium—7 Lbs.	25c
JONATHAN APPLES Bushel Basket	\$1.15
JONATHAN APPLES 7 Lbs. for	25c
UTAH PARSNIPS 3 Lbs. for	10c

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THE PICTURE EVERYBODY WANTS TO SEE

Wallace Berry with Jackie Cooper

IN

"The Champ"

THE FINEST PICTURE IN 13 YEARS
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Large or Small—Credit or Cash—Vendor of Merchandise
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SHOULD BE A MEMBER OF

VEGAS CREDIT BUREAU

BECAUSE

It Minimizes Waste Through Credit Losses.
Stabilizes Business.
Hastens Payment of Accounts.
Aids Dealer and Purchaser Alike.

EX-VEGAN RETURNS

O. C. Zazel of Los Angeles, former Vegan, is here on business.

COMMISSIONER HERE

A. L. Jones, county commissioner, of Overton was in Las Vegas yesterday for a meeting of the commission.

KNICKERBOCKER HERE

Floyd Knickerbocker of Los Angeles, former Las Vegas resident, is here looking after business and visiting friends.

FROM CALIENTE

Jack Swarts of Caliente will spend the week-end in Las Vegas with friends.

VISITS FAMILY

Frank Wadsworth, Caliente, will visit his parents here Saturday and Sunday.

PRESCOTT LEAVES

B. M. Prescott, traveling agent for the Union Pacific, has returned to Los Angeles after spending several days in this city on business.

A STYLE A DAY

The fagottig, diagonal closing and regional shoulder are features of this black crepe dress.

LAS VEGAS LAUNDRY SERVICE

PHONE 319
First & Garces Sts.

SAVE A DIME AT

Blanding's Palace Market & Grocery Department

16 oz. Loaf Fresh Bread .. 6c
10 pounds Potatoes 15c
U. S. Graded No. 1

No Leaders - No Special Prices

Just first class goods marked at the lowest prices you have seen in years

Morrell's Pride Skinned Hams Pound	20c
Swift Premium Skinned Hams Pound	21c
Premium or Pride Sliced Bacon Pound	35c
By the Side	25c
ONE POUND BROKLAWN BUTTER	50c
ONE DOZEN LARGE EXTRA EGGS	50c
Colored Hens, Friers, Roasters Pound	30c

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Feature

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28 Fremont Street

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We have started Delivery Service. All orders under \$5.00 a charge of 10c, and orders over \$5.00 delivered free.

VEGETABLE DEPARTMENT

UTAH CELERY HEARTS Per Bunch	05c
POTATOES, Select Russets 15 Pounds	25c
Sack	\$1.15
SPINACH, Fresh and Tender Pound	10c
APPLES, Large Rome Beauty 6 Pounds	25c
Box	\$1.49
ORANGES, Fancy Navels 2 Dozen	35c
PARSNIPS, Tender Utah Six Pounds	25c
HEAD LETTUCE Large Imperial, Two heads	15c

Here You Are Folks!

When Government Inspected Meats Down You Get the Benefit of It. This Friday and Saturday We Are Selling—

ALL STEAKS	22c
Loin, Rib and Round, Pound Cut from Cudahy's Puritan Baby Beef	
PORK ROAST Young and Tender, Pound	9c
PORK CHOPS Cut from the Loin, Pound	15c
HAMBURGER Made from Fresh Ground Beef, 2 Pounds for	25c
LIVER, Sliced for Frying 3 Pounds	25c
FRYING CHICKENS Rhode Island Reds, Pound	30c
HAMS, Cudahy's Puritan Pound	17½c
Center Slices, Each	10c
BACON SQUARES Pound	11c

Ward's Cash and Carry

PHONE 689
Prices Same At All Three Stores

SATURDAY ONLY

SHRIMP, Black & White 2 Cans for	29c
TOMATO SAUCE, Del Monte 3 for	15c
TOMATOES, Kitchen King No. 1 Cans, 3 for	27c
COFFEE, Iris Brand Per Pound	32c

Hill's Red Can Coffee 36c

Per Pound

TOMATOES, Del Monte Solid Pack, No. 1 Can, 2 for	22c
PEAS, Del Monte No. 2 Can, 2 for	33c
PINEAPPLE, Del Monte No. 2½ Can, 2 for	31c
PINEAPPLE, Solar Brand No. 2½ Can, 2 for	25c
PEACHES, Del Monte No. 1 Can, 2 for	24c
BEANS, Roly Poly No. 95 tin, 2 for	19c
SOAP, Crystal White 10 Bars for	29c
PRUNES, 50-60 Count 3 Pounds for	20c

White King Powder 34c

Large Pkg., Each