

AGE FOOD SECTION

Quality

Price

Economy

Butter, Milk, Eggs and Salmon Are Urged by Government Food Experts; And They Tell You Why in Article

Tasty Recipes Given For Those With Low Income

Sunlight in summertime; cod-liver oil in winter; eggs, butter, milk, salmon and certain kinds of sardines at any time are prescribed by nutrition chemists of the Bureau of Home Economics of the U. S. Department of Agriculture and the Bureau of Fisheries of the U. S. Department of Commerce, as the best means of providing the human body with the highly essential vitamin D. This is the vitamin that helps make good bone tissue. Without it the two principal bone-making materials, calcium and phosphorus, are not so completely utilized in the body. Vitamin D, the specialists point out, helps to prevent rickets in children.

Vitamin D, unlike other vitamins, is not so plentiful in many of the common foods. Green vegetables do not contain it, nor do fruits or cereals. It can, however, be produced in various foods and in the human body by artificial means. This is because many food materials contain the chemical compound known as ergosterol, which is changed into vitamin D when exposed to sunlight or to the rays of an ultra-violet lamp. The human skin, also, contains ergosterol, and this, it is believed, is the reason why baths in summer sunlight, when the ultra-violet rays are most abundant, are so effective in promoting bone growth and preventing rickets in children, just as are the foods that are rich in vitamin D.

The importance of vitamin D to children can hardly be overstated, according to Dr. Hazel E. Munsell, chemist in charge of the nutrition laboratory of the Bureau of Home Economics. Some vitamin D for the baby is contained in the mother's milk provided she has had enough vitamin D food before and since the baby was born. It occurs in the milk of cows that feed in sunny pastures, or on prepared feed which supplies the cows with vitamin D. Milk from other cows, however, can not be depended upon for vitamin D, though it will furnish the necessary calcium and phosphorus. To make sure of vitamin D, therefore, feed the child cod-liver oil in winter, say the specialists, or else give him vitamin D from some other source. In summer, to provide him with vitamin D, let him run about in the sunlight.

Egg yolks are a good food source of vitamin D, which, according to the nutritionists, is not lost when the eggs are cooked. Butter, too, is good. One of the very richest food sources of vitamin D, however, is canned salmon. Dr. C. D. Tolle, of the nutrition laboratory of the Bureau of Fisheries, has found that the best canned salmon, the chinook or king salmon, contains much vitamin D. Cheaper grades of canned salmon also contain some of this vitamin, giving new importance to this kind of fish food. Vitamin D is in the oil of the salmon flesh, as well as in the viscera, and 90 per cent of the oil, according to Doctor Tolle, remains there even after all free oil

VEGAS VERDE AND NORTH VEGAS GET NEW STORE TODAY

North Las Vegas and Vegas Verde housewives will be interested to know that a new grocery and mercantile store has opened in their community this week. The new establishment, the H. Allis Mercantile, is located on the Salt Lake highway, across from the Oasis camp. It is owned and operated by H. Allis, veteran merchant.

Allis, who has had many years' experience in the business, is from Hobbs, N. M. He recently finished construction of the building in which he is now located, and is enthusiastic over the future of North Las Vegas. He has announced a policy of lowest possible prices for the very best merchandise. His weekly specials may be found in the advertising columns of this issue of The Age.

flour with a small quantity of cold milk, and stir into the heated milk to which the onion, salt, and butter or other fat have been added. Cook until thickened. Add the vegetables and the salmon, cook for a few minutes longer, sprinkle a little parsley over the top, and serve.

Hot Salmon with Cooked Salad Dressing
Large can salmon
Salad dressing
Parsley
Put the unopened can of salmon in a saucepan surrounded by boiling water. Let the water boil for 10 to 15 minutes to allow the fish to be thoroughly heated through. While the fish is heating, prepare the salad dressing. When opening the can of fish, place a cloth over most of the can, make a small hole in the top to allow the steam to escape, and cut all the way around the edge so that the fish can slide out on a hot platter without breaking. Pour the hot dressing over the salmon, sprinkle with finely chopped parsley, and serve at once.

Salmon Salad
For use in salad, drain the liquor from canned salmon, and break the fish into flakes. Mix the fish lightly with chopped raw celery, chopped sweet, sour, or dill pickle, and a small quantity of dressing. A tart cooked dressing is very suitable. Arrange this mixture on lettuce or crisp cabbage leaves, garnish with more dressing, and serve at once.

Whole Wheat, Fish and Tomato
1 pound canned fish
2 quarts canned tomatoes
1 cup chopped celery
2 teaspoons salt
1/2 teaspoon pepper
4 cups cooked whole wheat
Drain the fish, reserve the liquor and flake the fish into small pieces. Cook the tomatoes, celery and fish liquid until the mixture is fairly thick. Add the seasoning, wheat, and fish, and cook a few minutes longer and stir to blend well. Serve on crisp toast.

PUPILS GIVE PROGRAM HERE

In observance of the birthday of Abraham Lincoln, the martyred President, children of the grammar school offered a short program in the school auditorium yesterday. The affair was arranged by Howard Wirth, chairman of the committee, and George Lang, faculty member, aided by the Messrs. Knudson, Sledge, Victor and Larson, made up the program.

An outline of the entertainment follows: Lincoln day address, Jay Wellington; "Captain My Captain," a reading, Mary Kelly; The Dance of the "Glow-Worm," Helen Katz; "Lincoln the Man of the People," a reading, Dixie Morgan; "Horror of Youth," a reading, Helen Katz; A Skit, Hope Harriman and Robert Lowry; A Shadow Act, Dramatics club; Musical Selections, Glee club; "America," assembly.

CHURCH FETE IS PLANNED

Expecting to entertain nearly 150 guests, plans are going forward within the Methodist church for a big all-church banquet to be held next Tuesday evening, according to the Rev. C. S. Reynolds.

Guest of honor and principal speaker will be Dr. Willis Martin, pastor of the Wilshire Boulevard Methodist church of Los Angeles. Dr. Martin was pastor of the Boise, Idaho, Methodist church some time ago, and will be remembered by many employees of the Reclamation bureau here, who were at that time stationed at Boise.

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OFFICES for RENT
Entire third floor will be vacant March 1, when the Reclamation Bureau moves to Boulder City. Nine offices, all outside, facing Fremont and First streets, will be available. Each is roomy, airy, beautifully finished. Light, water and janitor included. Plumbing suitable for doctors and dentists. Finest office building in Las Vegas. At First and Fremont streets.
BECKLEY BUILDING
See Will Beckley For Details

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- FRESH BREAD** 16-Oz. Loaf 6c
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BARGAIN WEEK END WARD'S Cash Stores

Payday Specials

No. 1—110 Fremont No. 3—101 Fremont

No. 2—Silver State Market, Fifth at Fremont

Saturday Only

<h3>GROCERIES</h3> <ul style="list-style-type: none"> Graham Crackers Edgemont 2 one-Lb. Pkgs. 25c Del Monte Plums, DeLuxe 2 Large Cans 33c Del Monte Peaches, Sliced 2 No. 1 Tall Cans 24c Tomato Soup, Van Camp's 4 for 25c Del Monte Pineapple Sliced, 2 Large Cans 31c Solar Pineapple Broken Slices, 2 Large Cans 25c Pop Corn, Black Beauty 4 Pounds 25c Del Monte Peas 2 No. 2 Cans 31c Libby's Tomatoes, Solid Pack, 2 No. 2 1/2 Cans 35c Peanut Butter, Pet 2 One-Pound Jars 35c Soap, Ben Hur or Crystal White, 10 Bars For 29c Dried Prunes, Medium Size 3 Pounds For 20c Pancake Flour 9 Pound Sack 41c Flour 9/8-10 Lb. Sack 29c Sugar 10 Pounds 47c 	<h3>MEATS</h3> <p>MEAT SPECIALS AT STORES NOS. 1 AND 3 ONLY</p> <ul style="list-style-type: none"> Baby Lamb Legs Per Pound 21c Beef Pot Roasts Per Pound 14c Sir Loin Steaks, short cut Per Pound 23c Pork Steaks Per Pound 15c Veal Loin or Rib Steak Per Pound 23c Swift's Sliced Bacon Rind Off—Per Pound 23c SWIFT'S OVENIZED Premium Hams Half or Whole, Pound 23c Spare Ribs Per Pound 15c Banquet Cheese 2 Pounds For 35c Banquet Better Butter Per Pound 26c SWIFT'S SILVER LEAF Lard 2 Pounds For 21c
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