

MOST ECONOMICAL DIET BUILT AROUND MILK AND GRAIN FOOD GOVERNMENT EXPERTS STATE

The most economical diet of the 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 source of vitamin C, makes it possible to get along, if necessary, with less of some other foods that one might like.

Milk furnishes more kinds of nutrients 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 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 pan-fried 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.

This week's menu includes dishes cooked with milk, and other dishes are suggested in the recipes that follow:

- 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, Syrup
Milk for children

RECIPES

- Cream of Vegetable Soup**
1/2 cup finely chopped carrots
1/2 cup finely chopped onions
1/2 cup finely chopped celery or celery tops
4 tablespoons fat
1 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 milk powder use 1 1/2 cups with 3 pints of water.
- Creamed Salmon**
4 tablespoons butter or other fat
5 tablespoons flour
1/2 teaspoon 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 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 melted square unsweetened chocolate melted in the milk when heated.)
1/2 cup sugar
1/2 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 thick-

STATE LEGION RACE WARMING

(Continued From Page One)
"queen" of the American Legion convention.

The contest for the honor of being named "queen," is growing hotter every day. "Jackie" Branson, mystery entrant from Boulder City, has enlivened things considerably. All of the contestants are working like mad to surpass the unknown standing of this young lady. At press time this morning, no accurate count of the votes turned in during the day could be made. Miss Branson avows that she will win the contest and it was rumored that she is far out in front.

SEVENTH DAY ADVENTIST
112 Fremont, Economy Hall
Sabbath service Saturday.
Sabbath school, 9:30 a. m.
Preaching service, 11 a. m.
Everyone is welcome.

ened, 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.

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PERSONAL PARAGRAPHS

EUROPEAN TRIP
Miss Eva Adams of the high school faculty left this morning for her home in Reno. Accompanied by Miss Isabel Loring of Fallon, she will leave June 1 for Montreal, where she will embark June 11 for England. They will tour England, Scotland and Ireland and will later meet a party in Paris with whom they will visit places of interest on the continent. Miss Adams expects to be in Vegas again when school opens in September.

NEW PHYSICIAN
Dr. C. N. Woodbury, formerly of Salt Lake City, arrived in Las Vegas yesterday. He will be associated with the Las Vegas Hospital association, and will be in charge of their downtown office at 121 North Second street.

HERE FOR VISIT
Mrs. Bud Bartell, accompanied by her daughter, Miss Marjorie and Miss Marcella Dente of Los Angeles arrived in Las Vegas Saturday morning for a short visit with friends. They expect to return to California Sunday afternoon. The Bartells are former residents of this city.

RETURN HOME
Mrs. Jeanne Boythe Gentry and her son, James, have returned to their home in Redlands, California after spending the past several days in this city visiting Miss Mabel Peterson and her brother Floyd.

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Market No. 3

BEEF ROASTS
Lb. **15¢**

PORK ROASTS
Lb. **10¢**

GROUND BEEF
3 Lbs. . **25¢**

COTTAGE HAMS
2 to 4 Lb. Each
No Bone
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BACON
Lean Sugar Cured
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Whole or Half
Lb. **21¢**

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POTATOES Large New 8 Lbs. 25¢	BACON CUDAHY'S Sugar Cured, whole or half lb. 17¢	MILK Tall Tins, BANNER, can 5¢
MEAT DEPARTMENT Fred Tune, Prop.		
PORK Shoulder 14¢, Loin 14¢, Steaks 12 1/2¢	BABY LAMB Stew 3 lbs. 25¢	
All Poultry Fresh Dressed Daily At Adjacent Ranches At Special Prices		
BABY STEER BEEF SPECIALS	Sliced Liver 1 lb. 15¢	
Pot Roasts 14 1/2¢ Pound	Pork Sausage 100% pure, lb. 15¢	
Boiling Beef 9 1/2¢ Pound	Baby LAMB Shoulders, lb. 16¢	
Ground Beef 15¢ Pound		
A Complete New FISH Department Now Under Our Management, Assuring You of a Large Assortment of Fresh Fish Daily		
FRUIT AND VEGETABLE DEPT. Harry Smith, Prop.		
ORANGES , Sweet and Juicy 6 dozen 25¢	BANANAS , Large Yellow 2 1/2 dozen 25¢	
CHERRIES , Large Bing 15¢ Pound	CABBAGE , Solid, New 3¢ Pound	
REHUBARB , Fresh, Tender 4 pounds 15¢	ONIONS , New Sweet 4 pound 15¢	
LEMONS , Juicy, thin skinned 2 dozen 15¢	ALL BUNCH VEGETABLES 2 for 10¢	

WARD'S CASH & CARRY NO. 2

SAME PRICES AT No. 1—110 Fremont and No. 3—101 Fremont

CLOROX 1-lb. Bottle 10¢	FIG BARS , Fresh Pound 10¢
CATSUP , Van Camp's Large Bottle, 2 for 25¢	GRAPE JUICE , Welch's Pint 21¢
SHREDDED WHEAT 2 for 21¢	CHOCOLATE , Guitard Sweet 1-lb. Tin 26¢
KIDNEY BEANS , Van Camp's 2 for 15¢	SHRIMPS , Miss Lou 2 for 25¢
CHICKEN AND NOODLES 1-lb. Jar 27¢	BROOMS , Compo Each 39¢
COFFEE M. J. B. with trial size 35¢	SALAD DRESSING KRAFT'S Quart Jars 28¢
	PEACHES SILVER BAR No. 2 1/2 tin, 2 for 34¢

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Catsup 11-oz. Large Bottle, 2 For 25¢	Sardines, imported Cross Pack—3 Cans For 23¢
Shrimp, dry pack Southern's Best, 3 Cans 38¢	Salmon, Alaska Pink Fine Quality, Tall Cans, 3 Cans 27¢
Tomato Juice Tall Cans, 15-oz., 3 Cans A Wonderful Bay 25¢	Sardines OVAL CANS, Large 15 oz. in Tomato Sauce, 2 For 19¢
Pineapple, Iris Brand Dale's No. 1 Peel, 2 1/2 Can 18¢	Shredded Wheat 2 For 19¢
Sugar, cloth bag 10 Pounds For 42¢	Camay Soap 3 Bars For 19¢
Fly Tox The Best Fly Spray—Pints QUARTS 39¢	Sweet Relish, Pickles 2 Lb., 6 Oz. Jars 24¢
Mustard Best Quality Sel-d. 2 Lb. Jar 19¢	Butter, Delta Valley OR BANQUET—Per Pound 21¢
Cherries ROYAL ANNE, 3 Lbs. For 25¢	Local Apricots 3 Pounds For 25¢
Fresh Sweet Peaches 3 Pounds For 25¢	Apples 4 Pounds For 25¢
Oranges for Juice New Valencias, 6 Dozen 25¢	Tomatoes Home Grown, 2 Lbs. 15¢
Grapefruit Sweet Seedless, 12 For 25¢	New Potatoes 7 Pounds For 25¢
New Onions, sweet 4 Pounds For 15¢	

ON ICE
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