

## WRONG COOKING CAUSES FOOD TO LOSE VITAMINS

Cooks who add a pinch of soda to retain green color in vegetables reduce thiamin or vitamin B1 values. This vitamin is an important health factor, so its value is stressed by home economists specialized at Michigan State College.

Vitamin tests conducted by the federal bureau of home economics and cited by food specialists at the college included meats, cereals, dried beans, potatoes, carrots, snap beans, spinach and green peas.

Carrots cooked in very little water lose none of their thiamin, either when boiled or cooked in a pressure cooker.

Potatoes, pared and boiled, lose about 25 per cent of their original thiamin, and another 10 to 15 per cent may be lost unless the cooking liquid is used in some way. Boiling caused only about 15 per cent loss of vitamin B1 in potatoes. About 20 per cent of the thiamin

value in spinach is destroyed by cooking, and 5 to 10 per cent more may be lost in the cooking liquid unless this is used. The loss in the cooking liquid may be avoided by cooking spinach in just enough water to serve it.

Green peas retain 80 per cent of their thiamin if soda is not used in cooking them, but 30 per cent can be saved if no more water than is absolutely necessary is used in the cooking and if all the juices are served with the peas.

Pork cooked as a roast loses about 3 times as much vitamin B1 as braised pork. However, pork cooked either way is an exceptionally rich source of this vitamin.

Port Longley, manager, estimates seed handled from the 1939 crop has totalled 300,000 pounds. Superior cleaning equipment brought by the organization has caused a reputation for purity that has enabled members to sell at prices above regular market prices. Debts are all paid and there now is a good cash reserve.

From a study of this cooperative and other farm producing enterprises in Michigan, the college farm crops men report that in lettuce seeds, in potatoes, small grains, corn and other crops more Michigan farmers should be using adapted Michigan-grown seeds.

Letters to the Editor are always welcomed by this newspaper.

DAVID E. UTLEY, Attorney, 311 1/2 State Bank Building, Pontiac, Michigan.

THE PROBATE COURT FOR THE COUNTY OF OAKLAND.

At a session of said court, held at the Probate Office in the City of Pontiac, in said County, on the 15th day of April, A. D. 1940.

Present: Hon. ARTHUR E. MOORE, Judge of Probate.

In the Matter of the Estate of Samuel (Sam) Ross Deceased.

Charles Ross, Executor of said estate having filed in said court a petition praying that the time for the presentation of claims against said estate be limited and that a time and place be appointed to receive, examine and settle all claims and demands against said deceased and be before said court.

It is Ordered, that two months from this date be allowed for creditors to present claims against said estate.

It is further ordered, that the day of July 1940 at ten o'clock in the forenoon at said probate office, be and is hereby appointed for the presentation and adjustment of all claims against said deceased.

ARTHUR E. MOORE, Judge of Probate.

A True Copy. Florence Doty, Probate Registrar. David E. Utley, 311 1/2 Peoples State Building, Pontiac, Michigan.

APR. 22-MAY 2

THE I. O. O. F. and Rebekahs of Clarenceville will attend the morning services, of the Clarenceville M. E. church on Mother's Day, May 12. The public is cordially invited to attend also.

Mr. and Mrs. Samuel Walker spent Monday with their daughter, Mrs. Henry Hills in Northville.

Mr. Stenhook returned to the home of his son, Fred, on Farmington Road, after spending the winter in Florida.

Mr. John Graham of North Farmington had the misfortune to have several cans of milk stolen from his home, Monday night.

Mr. A. A. Odol of Birmingham has sold his property on the corner of Farmington Road and Karl Avenue.

Deeds Received to Two Million Acres of Land

The land division of the conservation department received in April the last of the deeds to the more than two million acres of tax delinquent land north of the Muskegon-Bay City line. Title to these properties reverted to the state, and the lands to the administration of the conservation department, November 3, 1939.

PELTON & MOORE, Attorneys, Peoples State Bank Bldg., Pontiac, Michigan.

NOTICE OF MORTGAGE SALE. In the County of Oakland, Michigan, to HOME OWNERS' LOAN CORPORATION, a corporation organized under the laws of the United States of America, dated January 22nd, 1939, and recorded in the office of the Register of Deeds for Oakland County, Michigan, on February 2nd, 1939, in Liber 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

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Farmington Enterprise

Printing of Distinction

Your printed message must be as smart, as distinctive, as representative of your business as your personal representatives. That's the sort of printing that we specialize in.

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## SOUTH FARMINGTON TOWNSHIP NEWS

Mr. and Mrs. Clarence Billings and family attended the wedding of Mrs. Billings' brother, Willard Livingston in Detroit, Saturday.

Mr. W. C. Ekin, of Farmington, and Mrs. Harry Thurnham, of Farmington, children called on Miss Lily Slavik of Dearborn and Miss Virginia Seabald in Walled Lake, Friday.

Mrs. H. A. McIntyre, daughter, Mr. W. C. Ekin, of Farmington, and Mrs. Harry Thurnham, of Farmington, children called on Miss Lily Slavik of Dearborn and Miss Virginia Seabald in Walled Lake, Friday.

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bound on the east by land conveyed to E. W. Wolf, Jr., by deed, dated October 1, 1937, and recorded October 1, 1937, in Liber 117 of Deeds, page 52, Oakland County Register of Deeds Office.

Attest: My hand and seal of the Oakland County Register of Deeds Office, this 1st day of May, 1940.

ARTHUR E. MOORE, Attorney, 311 1/2 State Bank Building, Pontiac, Michigan.

STATE OF MICHIGAN.

IN THE PROBATE COURT FOR THE COUNTY OF OAKLAND.

At a session of said court, held at the Probate Office in the City of Pontiac, in said County, on the 15th day of April, A. D. 1940.

Present: Honorable Arthur E. Moore, Judge of Probate.

In the Matter of the Estate of Herman H. Baldwin, Deceased.

Attest: My hand and seal of the Oakland County Register of Deeds Office, this 1st day of May, 1940.

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