

## UNCLE SAM SUGGESTS USE OF "MEAT CLUB"

Government Goes Into Cook Book Business and According to Housewives Book Is Very Good, Indeed.

WASHINGTON, D. C., March 24.—"Meat clubs" is one of the many suggestions for the lowering of the high cost of living in a cook book just issued by the government.

A "meat club," let it be explained, is a club in which the members must take turns providing an animal for slaughter.

Uncle Sam has gone into the cook book business, and according to housewives who have perused the contents of the book, prepared by two government experts, the business is a success.

In Uncle Sam's zeal to protect the American stomach and flattened purse, he has come out boldly against the vegetarian movement and declared for meat. The volume emphasized the fact that many cheaper cuts are more nutritious than the more expensive cuts.

"For many reasons," says the volume, it seems fair to conclude that this widespread habit of eating animal food is the result of experience and that it has its foundation in bodily needs. The consensus of opinion among psychologists is that the flesh foods are wholesome and a normal part of the diet."

## REPORT PINCHOT TO MEET ROOSEVELT CONFIRMED

WASHINGTON, D. C., March 24.—Confirmation of the statement that Clifford Pinchot, former chief forester is hastening to Europe to meet President Roosevelt at the summons of the former was given out here yesterday.

An associate of Pinchot said that he knew of Pinchot's somewhat hasty departure and assumed that the colonel decided first hand information on the political conditions of the United States.

## MR. AND MRS. ED FORDYCE PARENTS OF DAUGHTER

After eight years of married life, Mr. and Mrs. Ed Fordyce, of Eureka, California, are parents of a nine and a half pound daughter.

Both were former residents of Medford. Mr. Fordyce's father owned the property originally that is now covered by the Stewart orchard, while Mrs. Fordyce was formerly Miss Lillian Rheinhardt and for several years one of the belles of Medford.

## CURED WITHOUT A KNIFE.

About eight years ago, after having consulted several physicians who failed to cure my wife, I called in Dr. Hing, Chinese Physician, 725 J street, Sacramento. After making an examination he pronounced it a case of abscess of the bowels, for which he successfully accomplished a cure without a knife. About a year ago he also treated her for heart trouble, with which he had the same success.

Some time back he cured me of a case of kidney trouble. Anybody wanting any references can address me at 528 Oak avenue, or Antelope, Sacramento county.

T. J. ATWOOD.

## SUMMER EXCURSIONS EAST.

The Southern Pacific company will sell excursion tickets to eastern points at reduced rates on the following dates: May 2d and 9th, June 2d and 17th and 24th, July 5th and 22d, August 3d and September 8th, going limit ten days, total limits 90 days. Rates to Missouri River points and return \$69.90; to Chicago and return, \$82.40. For further information call at local ticket office or address A. S. Rosenbaum, Local Agent Southern Pacific Co.

## NOTICE

Is hereby given that the undersigned will apply at the next meeting of the city council of Medford, Oregon, for license to sell malt, vinous and spirituous liquors in less quantities than one gallon, for six months, at lot 10, block 20, in Medford, Oregon, for a period of six months.

BASS & HALE.  
Dated March 22, 1910.

## GRAND OPENING.

Thursday, Friday and Saturday we keep open house and invite everybody to visit this store, enjoy the musical program in the evening, note the beautiful display and examine the new spring goods. A welcome awaits you here.

H. C. KENTNER CO.

Prices that a merchant is anxious to advertise are sure to be right, for he knows the hurt to his store's reputation if most ad-readers should say, "that's too high!"

Haskins for Health.

NEXT SUBJECT TREATS ON HINTS OF HOME LAUNDERING.

## Home Course In Domestic Science

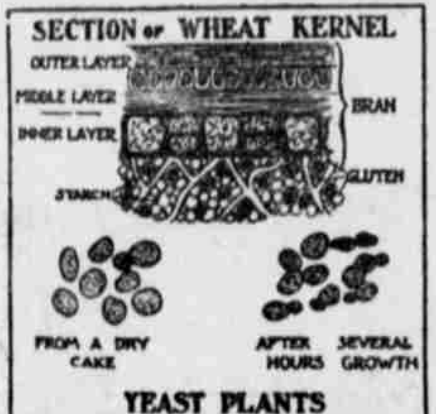
### XI.—The Process of Breadmaking.

By EDITH G. CHARLTON.  
In Charge of Domestic Economy, Iowa State College.

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NEXT to milk there is no food more generally used by civilized nations than bread. To the average housekeeper there is probably no part of the regular cooking more important or worthy of her best attention than breadmaking. To be able to make a well risen, good flavored, well baked loaf of wheat bread is the goal of the young aspirant for culinary fame. One has only to attend county fairs, farmers' institutes and meetings of other organizations where pantry stores and baked goods are entered in contest to see quickly that it is in the bread that the greatest interest centers. And all this is as it should be, for bread is one of our best staple foods. With the addition of a little butter or eaten with a glass of milk, it furnishes a nutritious, well balanced diet upon which one could subsist and maintain good health for an indefinite length of time, provided one did not weary of the sameness.

With a practical knowledge of certain principles governing alcoholic fermentation as produced in breadmaking, also some knowledge of the difference in flours, and with careful at-



attention to these points, breadmaking is really a very simple process. Without this knowledge or attention there will ever be mystery and uncertainty about it, and there will always be indifferent results.

There are only four ingredients absolutely necessary for the making of a loaf of raised wheat bread. They are good bread flour, fresh yeast, liquid—either milk or water—and salt. Other ingredients are often used, but they are not necessary. For instance, shortening is sometimes added. This makes a richer loaf. Sugar, too, may be used in small quantity. This hastens the growth of the yeast plants. Potato water occasionally replaces the milk or water and makes a moist loaf, while potatoes and hop water form a mixture in which the yeast colonies are quickly started. But good bread can be made without the addition of any of these things.

### Flour Used in Breadmaking.

In order that we may have a well raised light loaf it is necessary to use a flour containing a large per cent of gluten. This is the flour made from the so called "hard" wheats. Such flour has less water than the flour made from the "soft" wheat, therefore, mixed with a liquid, gives a larger loaf. Gluten is a grayish, rubber-like substance found in flour after the starch has been washed out. It is the "gum" obtained from chewing a handful of wheat, as known by most people who have spent their childhood in the country. This very character of gluten makes it necessary in breadmaking. It stretches and stretches, forming little pockets in which the gas is retained in the loaf until it is baked. The heat of the oven hardens the gluten quickly before it has had time to relax, and so the loaf keeps its puffed shape.

Good bread flour should be white, with just a suggestion of yellow. After being pressed in the hand it should fall loosely apart. If it keeps the impress of the palm or remains in lumps it has too much moisture. When rubbed between the thumb and finger there should be a slight grittiness; it should not feel too smooth or powdery.

### What is Yeast?

This useful agent in breadmaking is as old as the hills, and its action is better understood when one is familiar with it. Yeast is a microscopic plant, consisting of a single round or oval cell. The rapidity with which it grows and reproduces itself gives it much of its importance. It reproduces either by sending out buds which break off as new plants or by forming spores which will grow into new plants under favorable conditions.

Like all plants, yeast requires heat, moisture and food in order to grow. The degree of heat at which it grows best is from 75 to 90 degrees, and this is the temperature at which bread should be kept throughout the process of making. If it were not for the liquid used in breadmaking the yeast would not have sufficient moisture and would not grow any more than it does in the dry cake.

The food of the yeast plant is sugar,

and this is obtained by a chemical change being produced in the starch of the flour, changing part of it into sugar. This results in a fermentation of the products of which are alcohol and carbon dioxide gas—the gas which makes the bread light. The average housekeeper is familiar with yeast or leaven in three forms—that which she makes herself by combining potatoes, flour, hop water and a "starter" left from a previous baking; also the dry and compressed yeasts. The last two are practically the same, the dry yeast having been mixed with more flour or cornmeal in order to preserve the plants for a longer time. The chief difference between these three forms of leaven is in the number and kind of yeast plants which they contain. The compressed yeast—the small square cake which comes wrapped in tin foil—contains the largest number of plants and so is able to produce the greatest amount of gas in a given time, making it possible to finish the bread in fewer hours. The commercial yeasts are supposed to be what is known as a "pure culture"—in other words, one variety of plants—therefore is more uniform in strength and composition.

Yeast plants exist in the air, and it is upon these we depend in making "salt rising" bread. The flour and water with a little salt are mixed into a batter, then set aside in a warm place to ferment. It contains sufficient gas to make into dough when full of holes or when like a sponge, and this fermentation has been caused by the action of the wild yeasts in the air.

### The Process of Breadmaking.

This article is in no sense an explanation of all the scientific technicalities of breadmaking because the subject is too big and complicated to be thoroughly treated in a column or two. It is simply an attempt to outline some of the principles to be observed and to give a few helpful suggestions to women who may not have a satisfactory method of their own. The following recipe is for bread made with compressed yeast, and when care is taken to maintain an even temperature, about 80 degrees, throughout the process the bread should be ready for the oven in about four hours from the time it is started. The special advantage of the compressed yeast is that it is more rapid, and when it is used bread need not be set overnight.

### Compressed Yeast Bread.

Add two tablespoonsful of shortening (butter or lard), one tablespoonful of sugar and one teaspoonful of salt and one cake of compressed yeast dissolved in three tablespoonsful of cold water in one pint of scalded milk or one-half milk and one-half water. Then stir in flour until dough is stiff enough to beat vigorously. Turn on molding board and knead until dough does not stick to the board, using more flour as necessary, a little at a time. Put in a well greased bowl and brush surface lightly with melted butter to keep from crustling over. Cover with towel and let rise again until double its size (about three hours). At the end of that time mold into rolls or loaves and put into greased pans, brushing the surface with melted butter. Cover as before and set to rise until double its size; then bake.

Bread should be baked as soon as it is sufficiently light, and the oven should be hot enough to brown flour in fifteen minutes, about 300 degrees. At this temperature ordinary sized loaves of bread should be browned all over.

Bread should be turned from pan as soon as taken from oven and placed uncovered in such a position that all sides will be exposed to the air, not allowing it to come in contact with anything which will give it an unpleasant odor or taste. When cold it should be put into a box or jar to which the air can have access and be kept in a dry, cool place. This amount of yeast will raise three times as much flour and other ingredients if longer time is given for it to become light. One point in which many first class breadmakers often fail is in the baking. Bread to be thoroughly digestible should be thoroughly baked. The ordinary sized loaf requires from one hour and a quarter to one hour and a half to bake sufficiently, and that this may be accomplished without burning, the oven should not be too hot in the beginning. The bread should not begin to brown until after the first ten minutes.

Many changes take place in bread during the baking. The yeast plants are killed by the high temperature, the gas expands, making the loaf still lighter, the fermentation is stopped, the alcohol is driven off and a large amount of the moisture is evaporated. Also the browning of the crust increases the ease with which the loaf is digested, and the action of the yeast on the gluten is also supposed to aid its digestion.

### Whole Wheat Bread.

Scald a cupful of milk, take from the fire and add a heaping teaspoonful of salt, a level teaspoonful of sugar and a tablespoonful of shortening. Add a cupful of cold water to the scalded milk and when the mixture is lukewarm add one-half yeast cake that has been dissolved in one-half cupful of lukewarm water. Beat in enough whole wheat flour to make a rather thin batter, beat well, cover and set aside until light. Then stir in as much more whole wheat flour as you can beat in with a spoon. It must be stiff. Beat well, turn into greased tin, let rise until light, then bake an hour in a moderate oven.

### Diabetic Bread.

Take one quart of sweet milk, one heaping teaspoonful of good butter, one-fifth of a cake of compressed yeast beaten up with a little water and two eggs well beaten. Stir in gluten flour until a soft dough is formed. Knead as in ordinary bread, put in pans to raise and when light bake in hot oven.

## EAGLE POINT EAGLETS

[By A. C. Howlett

Elmer Spencer of Dudley, who has been in the hospital in Medford the second time this winter to be treated for appendicitis and gallstones, came out last Saturday and Sunday morning. Lon Smith took him in a buggy as far as Butte Falls, where he was to stop for the night, on account of his weak condition, and Monday night a message came over the phone to the Sunnyside to try to get Dr. Conroy on the phone and have him come with all speed to his relief, as he was in a critical condition, and his many friends here are anxiously waiting for word from there.

Thomas Riley, one of the old pioneers of this county, and at one time one of the county commissioners, was smiling on his many friends here last Monday.

John Edsall of Butte Falls was a pleasant caller last Monday on his way to the valley.

Sunday evening A. E. McBride, Miss Constance McKilligan, Warner Caster and Miss C. G. McKilligan, all of Medford, called for supper and spent a while resting and enjoying good music, after which they started, but they—some of them, at least—expressed fears that they would get lost on the desert, although the road is plain and the moon was shining bright.

Last Saturday Misses May Howe, Grace Smith and Mable Webb were in Eagle Point on their way to Trail. They are all school teachers and have schools engaged in that region, although Miss March is teaching at Trail, but there are several schools in that section and they will find plenty to do in their line and fine communities in which to teach.

Miss Mable Webb is recently from the state of Kentucky, and like all the rest who come from the old blizzard-ridden countries, is delighted with our delightful climate.

Our stage driver from Eagle Point to Trail had a little more than he bargained for in the way of passengers last Saturday, as he had to leave quite a number on account of room and bad roads.

Charles Burgess, who has been to Los Angeles to have two cancers removed, returned the last of the week, after having the operation performed, and his many friends here are rejoicing with him over his success.

I understand that Mr. Harvey and wife arrived a few days ago from Vermont and will take charge of the Dr. Page orchard in the near future; also that they are well pleased with our climate, and why shouldn't they. When they left home everything was frozen up as tight as a jug and on reaching here in a few days found the wild flowers blooming on all the hills around.

Rev. Delam, the Baptist Sunday school missionary, preached for us last Sunday night. He had preached and organized a Sunday school in

Brownboro the same day in the forenoon. I understand that he contemplates conducting a series of meetings in that place soon.

I wish here to express my thanks to Mrs. G. W. Owings, hostess of the Eagle Point hotel, of this place, for several items of interest in this article.

Evert Culbertson of Lake Creek, who had his eye put out some time ago by a chip of wood striking his eye, and went to Portland for treatment, returned last Saturday. His sister, Miss Hazel, accompanied him from Medford and they were met here by their father, James C., and all went up home Saturday evening.

James Ringer, our expert painter, commenced to paint the house erected last fall for a cellar and laundry room for the Sunnyside last Monday, but the rain Monday night has put a stop to that kind of work.

J. O. Grey and wife and four boys, direct from Chicago, Ill., came into the Sunnyside last Monday evening via the P. & E. train. He has come to take charge of and superintend the planting and cultivating of the tracts of land recently purchased by J. H. Smith, Mr. Earl and Mr. Roberts, all of Chicago, off of a tract lying close to the town of Eagle Point and about a mile from the Tronson & Guthrie orchard. They have been having the three tracts of land planted to fruit trees this past winter, under the supervision of Mr. Bromley. Mr. Grey's advent among us with his four children will add to our school, and Mrs. Grey will be quite an addition to the female part of our society, while we are always glad to extend the hand of fellowship to such men as Mr. Grey.

Achie Thomason, his brother, James, and Oscar Smith called Tuesday for dinner on their way to California. They did not say where they were going, but said that they had left railroading and were going to California. They have been cutting wood on the right of way of the P. & E. railroad for the company, or rather the contractors, all winter, and are through with their job.

Yes—if it's in or near this city, that real estate is salable—salable now. Classified advertising sells real estate in this city every day—sometimes every hour of a day.

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On these you must act quick, as they are below actual values.

- S—140 acres, good location; 10 Oaeres choice fruit land; 78 acres bearing trees; good improvements. This ranch will show good income. Price \$75,000, terms.
- T—400 acres, fine alfalfa and fruit ranch; 50 acres in alfalfa; 40 acres in 3-year-old apple trees; fine buildings; private irrigation system; in excellent locality for raising stock also. Price \$25,000, terms.
- V—11.95 acres, all set to fruit, right varieties, in age from 1 to 20 years. Price \$15,000.
- W—11.60 acres, all in fruit; 574 Newtowns 4 years old, 175 Bose pears 4 years old, 80 Bartlett pears 4 years old. Price \$8400.
- 3—Fine lot, 50x175 feet, two blocks from Oakdale pavement; lot lies high; 14 bearing apple trees. Price for short time, \$450.
- 13—Lot, 100x285 feet, South Central avenue; 6-room box house; 45 bearing fruit trees; east front. Price \$1600, easy terms; a good buy.
- 1—New 5-room modern house; plastered; two porches; cement walks; sheds, woodshed, large barn. Price \$2500; \$1450 cash and balance one year at 6 per cent.
- 100x100 feet, with two residences; only three blocks from new depot to cost \$40,000; will sell this at \$42000; renting now at good interest on investment; time on part; good business location.

**Pierce, Shepherd & Co.**  
128 EAST MAIN STREET.

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Near Post Office All Night Service Free Delivery

**BARGAINS for BUYERS**  
104 acres, cleared, close to station, \$20,000.  
42 acres, cleared, two and one-half miles from Medford, \$9000.  
20 acres, in pears, half mile from Central Point, \$7000.  
40 acres, 25 acres in alfalfa and irrigated; beautiful view; \$9000.  
32 acres, bearing orchard, close in, \$24,000.  
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Steam and Hot Water Heating.  
All work guaranteed. Prices reasonable.  
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ORCHARD HOME**  
\$35000, One-Half Cash, Terms

110 acres—60 black sticky soil and 50 red soil; 20 acres, cleared and 20 not cleared; 70 acres in orchard with 12 acres 10-year-old, 26 acres 2-year-old, 2 acres 5-year-old in Yellow Newtown Pippins; 14 acres in 3-year and 12 acres in 1-year-old Bose, Comice and Bartlett pear trees; 5 fillers, 1-year-old peach trees and 20 fillers 15-year prunes; 3 acres home orchard; all kinds of fruit, all bearing; house of 6 rooms, barn, prune dryer, one team mules, one team horses, two cows, two hogs, tools of all kinds, besides stump puller; joins Burrel orchard, four and one-half miles south of Medford; school on place; one and one-half miles from postoffice at Phoenix.

**Eighty Acre Ranch**  
Eighty acres of the best soil in the district; 78 acres under cultivation; 2000 Spitz and Newtown trees, 5 years old; 300 pear trees, 2 years old; two and one-half miles from Eagle Point; under Fish Lake ditch; can cut 50 tons of hay this year off the place; cash \$5000; balance easy terms, 6 per cent.

**680 Acre Ranch**  
680 acres, 550 acres bottom land, 580 acres can be planted now; 5 acres orchard; Siskiyou county, California; three miles from the county seat, Yreka. Price, \$18,000, terms; a money-maker or a home, or both. Act quick to secure this.

**28 Acres, Close In**  
Twenty-eight acres, close in; this won't last long; the price is only \$15,000; \$5000 cash, the balance on long time; this is the chance of a lifetime to secure one of the choicest small tracts in beautiful Rogue River valley.

**40 Acres on Evans Creek**  
Forty-acre ranch at Woodville, on Evans creek; 400 Spitz and Newtowns, 2 years old; 950 Bartletts, Bose, Comice and Anjou pears, 2 years old; all can be irrigated, and a 20-inch perpetual water right; \$150 per acre, half cash.

**Fine Bottom Land**  
Fine bottom land, west side of Bear creek, six miles north of Medford, two miles from Central Point; 90 acres, all under cultivation, 70 acres planted to trees, 1050 Bartletts, 55 Comice and 250 Howell pear trees, all 2 years old; 1100 Newtown, 300 Spitz, 300 King David apple trees, and 700 peach, all 2 years old; 20 acres in alfalfa; six-room house, barn, three wells; all fenced and all buildings in good condition; \$30,000, half cash, balance one, two and three years.

**Walter L. McCallum**  
Hotel Nash Lobby