

# Dietitian To Open Cooking School in Medford Tuesday

## MISS VICTORIA WARNER TO CONDUCT SCHOOL; EVERYONE INVITED; WILL LAST FOUR DAYS

To Be Held In First Presbyterian Church—Merchants Participate—Final Preparations to Be Made Tomorrow—School Sponsored By Mail Tribune and Southern Oregon Gas Corporation.

### KITCHEN RANGE GREAT INFLUENCE UPON HAPPINESS

There are few women of sufficient strength of mind to appear calm and unruffled after struggling with an oven that burns things on the bottom and leaves them pale on top. Irritation directed to the stove is quite frequently directed towards other things, and there is ample ground for a chronic grouse.

No piece of household equipment should be selected with greater care than the kitchen range. Certainly the cook's peace of mind will depend upon how well the oven bakes, and if the cook happens to be the wife and mother in the bargain, as is generally the case, the range will have far-reaching effects upon the family happiness.

It is a wise husband who sees to it that the most important of kitchen tools is the best one the purse can buy. A good range means plenty of toothsome pies and cakes, not to mention more substantial dishes, and, in addition, is good insurance for family contentment.

In order to get into the satisfactory class the range must first of all have an oven which bakes evenly. A good oven is half the battle, as any woman will testify. Oven construction which permits free circulation of heat insures even browning, no matter how crowded the oven, nor how close of the oven walls the pans are placed. Likewise, the good oven is strongly constructed, so that the door never sags, and is lined with rust-resisting metal, so that its days of usefulness may be long.

Another requisite for the satisfactory range is cleanliness. A stove that burns a dirty, ash-producing fuel meets with scant favor in these days of immaculate kitchens and white hands.

The kitchen range must burn a clean fuel, and it must also offer a surface from which the grease and food particles of cooking may be easily removed.

A final consideration of the cost of operating interests both the housewife and her husband. With ordinary care, there should be no parts to replace, nothing to get out of order, and it should be economical of fuel. For all these requirements there is an answer: A good gas range.

### Evaporation of Means That the Fire Is Too High

Evaporation of greases while frying is unnecessary. If you have ever noticed a yellow flame arising from the skillet in which you are frying, just remember that this is caused by the evaporation of greases, because they are volatile. However, if you fry too quickly there will, of course, be grease evaporated. You can fry just as quickly and just as well if you will only turn on the gas burner sufficiently to have a hot skillet. By no means burn so much gas that the flames lick up around the edges.

### NOTED DIETITIAN WILL CONDUCT MAIL TRIBUNE COOKING SCHOOL



Miss Victoria Warner, a graduate of the University of Wisconsin and nationally known dietitian and home economics expert, will conduct the cooking course beginning Tuesday at the Presbyterian church. The school is being sponsored by the Mail Tribune and the newly reorganized Southern Oregon Gas Corporation.

## COLLEGE ICEMEN BECOME POPULAR

Early this spring it was announced by Medford Ice & Storage company that a troupe of college ice-men would soon come to serve the busy housewives and in fact do something quite foreign to the ordinary college man—make him self useful.

Now that the spring terms on the schools have closed and hordes of hungry housewives are flocking around the office doors for jobs, the personnel has been completed and have been announced. Glaring housewives who need a little experience at reported, etc., may choose their man from the following tabulation:

Tom Horton, O. A. C. star tenor—has so much he thinks a long way to a battle of ice-men.

Fred McKee, O. A. C. the tap dancing ice-salesman—has promised not to tap any legs without special invitation.

Ray Neil, U. of O. A sprinter from Hill (forward's) squad, with a heart of glory. If you're in a hurry for your ice call Ray—a hundred yard dash and your chest is full.

Maxim Barrieh, O. A. C. (Dubious). Seems like he's a little too smart to have ever gone to college—but when he puts the ice in the refrigerator and his shoulder has a chance to warm up, a better ice-man never opened a refrigerator. He'd never get that far.

"The best part of it is they're all good ice-salesmen, so our customers may sharpen their wits, phone for one of them and then stand back and watch him tinkle his tongue," says Mr. Neil of the Medford Ice & Storage company.

KANSAS CITY, June 9.—(AP)—"Stop Hoover," was adapted as a battle cry today at a conference of republican leaders who are opposing the presidential candidacy of the commerce secretary. The conference decided that its campaign against Hoover would take the form of a personal review of the Hoover delegates in an effort to turn them away from their candidate.

Stranger—So, you are the postmaster, storekeeper, justice of the peace and constable of this town? Native—Yassir! You might say I'm the Mussolini of Buckeye Corner.

SAN FRANCISCO, June 9.—(AP) Butterfat l.o.b. San Francisco 47 1/2 c.

### HINTS ARE GIVEN FOR KITCHEN OF MODERN DESIGN

Queen Anne front and Mary Ann back! Some one has said, "What doth it profit a family to have a clean sailor if they have a dirty well?"—or mayhap, the most modern of living rooms with the gleam of rare mahogany, a glow of lovely old andirons, books, a rath, deep cushiony chairs, colorful drapes, oriental rugs—and a kitchen that hangs its head in shame; you know what I mean—dilapidated stove, calico-curtained cupboard and a motley collection of maps, and beams and milk bottles at the back door—a typical Mary Ann back!

Now, our idea of kitchens is changed from the old days, when the ugly coal range was the altar of the home; when cooking meant dragging tired feet over a cold kitchen floor in an endless round of preparation, and a sink was an unknown quantity. We insist that we need hyacinths to feed the soul, and where better than in the kitchen—the working living-room of the home-maker. If we seem to philosophize it's because it's in the average American kitchen.

True, we've copied American builders into planning for us smaller kitchens. Whenever we buy by similar measures, or others, we get American plumbers to adjust the sink for the convenience of the height of the user and not the thirty inches of the plumber's religion, truly Utopia for woman-kind will have come!

The kitchen is primarily a place for the preparation of food and in order to do it most efficiently it should be divided into four units, as we speak—namely more than routine equipment in a separate space, so that there is not enough saving order and the utilization of waste space in the kitchen—to, as Mark Twain said, swing a cat by the tail—provided you have the wit, of course!

Speaking of units, there should be first, the cooking center, involving the proper placing of the stove where it will be convenient to the kitchen cabinet or work table and sink. The second unit includes the cooler or refrigerator. In which perishable supplies are kept, and a cabinet in which utensils are conveniently arranged and on which vegetables and fruit are prepared for cooking. The third unit is the serving center, located near the range and dining room. Finished dishes would then be set on the service wagon (they do save so many steps) and taken to the dining table. The fourth unit then is the dishwashing center—and from the range it should be just a step to the sink to wash cooking utensils—with cupboard close by for storing them away.

The Dictator—Stranger—So, you are the postmaster, storekeeper, justice of the peace and constable of this town? Native—Yassir! You might say I'm the Mussolini of Buckeye Corner.

SAN FRANCISCO, June 9.—(AP) Butterfat l.o.b. San Francisco 47 1/2 c.

### GOOD COOKING NO LONGER IS MATTER OF MERE CHANCE

Even the most experienced cook admits that it is impossible to judge oven temperatures accurately, and the poor little novice has a dreadful time of it. The time must vary if the heat is not exact, and it seldom is exact by guess.

When a group of women begin to talk about cooking, one word which comes into frequent use is "luck." Strange to say this is seldom applied to foods cooked on the top burners, but to cakes and pies and the various dishes which the oven produces.

When the same ingredients and the same method of mixing give different results, manifestly the recipe is not to blame. It is the time and temperature which make baking uncertain.

To take the "luck" out of baking, or rather to keep it, these stove manufacturers have devised an automatic heat control of ovens. The temperature indicator may be set for any heat, which is specified in actual degrees, and the gas flow automatically adjusts to maintain it. It is never necessary to guess how hot the oven should be for cup cakes, and the results will be just as unvarying as the heat. The oven does not become hotter with stored heat, as is the case with a steady flame, as the flame cuts down to maintain the designated temperature.

Oven heat control is a boon to the inexperienced cook, for whom used in connection with a reliable recipe it gives accurate results every time. For the practiced cook it means no more guessing at oven temperatures, no more peering in the oven to see if the flame should be turned up or down. The most delicate of cakes may be safely entrusted to the oven regulator and are perfectly raised and browned at the appointed time.

### Tiny Flame Sufficient

Whole meals, cooked in the oven with no watching, are easily possible with the oven regulator. A meal that is to cook all afternoon while the housewife is away or busy in another part of the house, requires a very low heat. Even a tiny flame, in the ordinary oven, will gradually raise the temperature so that at the end of the afternoon the oven is hotter than should be. Then, too, the housewife is loath to go away and leave a very low fire burning, for fear that it will go out, if, for instance, a sudden draft should strike it. With the heat control a tiny pilot flame, fully capable of relighting the burner, stands guard against any such happening. If the oven becomes too hot the burner goes out entirely, leaving the pilot still burning. When the oven cools below the stated temperature, automatically the gas comes on, to be lighted by the pilot.

Keys with tops notched to form a convenient bottle opener have been placed on the market. Blanks of this pattern are available so that smiths may fashion a key of any desired form from them.

### BRIGHTLY COLORED KITCHEN FURNITURE IS POPULAR



Painting breakfast furniture to harmonize with the kitchen interior is popular these days. Unpainted furniture may be purchased at furniture stores and an easy and quick application of "Lacq" will do the trick.

### Bride Today Has An Easy Time Doing Cooking

We still smile sympathetically at the recollection of the little bride of a generation ago whose progress along the culinary path was marked by scorched pies, burned fingers and tears, but we accept a dinner invitation from the modern novice cook without hesitation.

This state of affairs is not due to any change in women themselves, but to a change in conditions. Twenty years ago a girl went to housekeeping with a notebook full of rules.

The modern bride advises us to send our sympathy where it is needed, not to waste it on her. For a cookbook she selects the tested recipe of a food authority, gets a good stove and cooks without wasted effort.

## You are Invited to attend as our Guest a 4 day Cooking Course



### Enjoy This Series of Lessons on Modern Methods in Cooking and Baking

By Special Arrangement we have secured the Well Known Authority Miss Victoria Warner

Home Service Bureau, The Tappan Stove Co.

for a Course of Four Entertaining Lectures on Better Cooking

### Reserve These Dates

Tuesday, Wednesday, Thursday and Friday, June 12, 13, 14, 15.

PRESBYTERIAN CHURCH

Attend the first one and you will be sure to complete the series

Come, invite a friend. Bring your Cooking and Diet Problems.

## Southern Oregon Gas Corporation

### Good Housewives and Good Cooks

Have found LACQ for furniture, floors, wood-work is a finish of beauty and durability.

### Lacq Is Not a Paint and it Dries Quickly

LACQ has a thousand uses—It is especially adapted to your kitchen.

Easy to Apply! Watch It Dry!

THAT'S LACQ

### LAMPOR'TS

Telephone 120-R 226-30 E. Main

### Miss Warner will Demonstrate at Cooking School with Variety of Cuts from Our Market.

### One of the Truths to Be Impressed Is That Price is Not the Most Important Thing

### When Housewives are Buying Meats

Of course any good cook can easily prepare a delicious meat portion from the choicest and more expensive meat orders, but—

Miss Warner instructs her classes on how to buy the cheaper cuts and to cook them just right—We specialize in Economy Meats along with service of the more expensive orders.

Our customers profit when buying less expensive cuts—Then just right way of cooking them for flavor, quality and tenderness.

You'll be interested in Miss Warner's class lectures on how to prepare meat menus.

## Liberty Meat Market

"Home of Good Meats"

Swift's Government Inspected Beef—Swift's Best

Main and Holly Phone 164