Southern Oregon Women Invited to Hear Free Lectures

MULLIGAN MAKES HIT WITH MENFOLK; HASH IS POPULAR

Chops! Chops! Chops!

Butchers tell us, unless stockmen start raising hogs that are all pork chops and cattle with only T-bone steaks, that chops and steaks will be to the meat industry as orchids are to the florist.

Ah ye heaven-gifted cooks—to the rescue! Teach American housewives that much nice tempting meat dishes and in greater variety come off the scorned shoulder of the animal or the much-used calf of his leg—so to speak! Stews and ragouts and Swiss steaks—even hash, the great American dish. Hash!

"But—you exclaim with horror, "Henry won't even eat left-over meats. The first slice off the leg o' lamb is all he wants and—

Mulligan for Men

"Probably because you feed him lamb in gravy Monday, gravy and lamb Tuesday, cold sliced on Wednesday.

Women who sip tea and delve daintily into mysterious French pastries at Ye Moon-Flower Tea Shop never get a chance to note the scores of husbands gobbling up Pierre's curried lamb and tempting ragouts—yet those self-same dishes are the disguised "left-overs" of yesterday's fowl and lamb joints. He uses his imagination plus the grand old onion.

And stew—made up from the once-shoulder—now chuck—of a perfectly good cow! At Pierre's—they almost fight over it. Nay, sister—here are the true lovers of the manly mulligan—just plain hash!

Mink Coat From Chuck

Beef chuck, cut in pieces and seared, plus left-overs or fresh vegetables—curbed, immersed in gravy and allowed to slowly become acquainted—ah! Seasoned well, too—peppercorns, bayleaf, a sprig of thyme, a garlic cleve—always good—yet no two stews should taste alike! That 'en casserole" and topped with a golden brown crust of rich biscuit dough—he will forsake Pierre's after that!

If his love is waning—try curry—a tiny bit with shoulder of lamb or veal cut in cubes and simmered in a gravy. Serve always with rice—and confidence!

Baked Beef Stew

The scorned round steak — a slab cut one inch (about 1 3-4 pounds) baked with onions and carrots, gives you a start toward an oven dinner—and none but the toothless could possibly resist its temptings! Trim the fat from the meat and try it out in a skillet. Cut edges of seak in few places to prevent it from curling up. Sprinkle about one-quarter cup of flour over the steak. Brown the steak in the fat. As it browns sprinkle another one-quarter cup of flour over it so that there will be sufficient flour to thicken the gravy formed by browning the steak and vegetables. Salt and pepper.

Place onions, whole, all around the steak and sliced onions on top. Cut scraped carrots lengthwise into quarters. Place around on top of steak.

Cover pan. Place in oven and bake at 275 degrees for three hours or 250 degrees for four or five hours.

The top or bottom round of beef, the chuck and the neck made excellent pieces for braising or for pot roasts.

CALL POLICE TO SEARCH FOR GIRL

HOLLYWOOD, Cal., June 9.—(AP)—Chief of Detectives Herman Cline, after an unavailing search of more than 24 hours for 11-year-old Betty Lawton, who disappeared from her home yesterday, today ordered every available police detective, regardless of rank or detail, assigned to an intensive search.

The child is the daughter of O. G. Lawton, wealthy contractor.

She left home after dinner yesterday at noon to walk the few blocks to the Cheremoya school for the afternoon session. She did not reach the school, and no trace of her has been discovered since.

TASKS ARE MADE LIGHTER BY USE IN MODERN HOME

The mere fact that great industries have adopted gas for the manufacture of their products which they are distributing as an argument in its favor for use in the home.

But, as this supplement is devoting its efforts to encouraging better appliances in the home, let us see what gas will do for the housewife.

It will perform the most important duty in the home—cooking quickly, efficiently, safely and without attendant dirt or odors.

It will supply all the hot water necessary for domestic use, instantly and economically.

Furnaces are now built so that all that is necessary to start the fire and have the home warm and comfortable when the family arises in the morning is to press a button on the wall.

The little tank water heater filled with copper coils, which you find in the majority of kitchens, will heat a tank of water in the minimum of time.

Step into the basement and you will see in many homes a larger appliance of much the same appearance. This is an automatic water heater, tank or instantaneous. Simply turn the water tap and the gas is automatically turned on, and hot water is immediately available. Turn off the water and it automatically turns off the gas.

The gas heated clothes drier, while comparatively new, is of untold value in the home. Many homes send laundry out which otherwise would be done in the home were it not for the difficulty of drying clothes.

The gas heated clothes mangle is another great convenience. Sheets and table cloths can be ironed quickly and without physical effort. Practically all of the laundry can be run through the mangle and be as near in appearance as though done by a French laundry.

And what is of greater interest to the housewife, she does the work while in a sitting position.

With the advent of the radiant type of room heater, gas will heat a single room without the necessity of starting the furnace—heat it quickly, making the room cheerful and comfortable, and with a greater factor of safety than with any other fuel.

Some songs lends themselves to simple dramatization. This should always be rhythmic. Little Bo Peep gives added pleasure if she is impersonated by the singer.

Good cuts of beef are edged with straw colored fat, are firm and have fine grain muscle. Poor beef has coarse, flabby flesh, is dark color with yellow oily fat.

EFFICIENCY IS KITCHEN NEED

Henry Ford, acclaimed the world's richest man, built his fortune in less than a generation, through efficiency and economy.

Now, does Henry Ford's method compare with the method in vogue in the greatest factory in the world—the modern kitchen. Step into the average kitchen, and you may find an Antiquated range. In the old type gas ranges, the burners were wasteful, the oven linings rusted and inefficient.

Next glance at the sink. Nearly always is the wrong place, two steps needed where one would do. And as to the kitchen cabinet, a little cupboard with a shelf is all that is considered necessary for the housewife. A limited number of pots and pans, and possibly one or two of the electric devices. Yet, the housewife is supposed to handle the wage earner's salary.

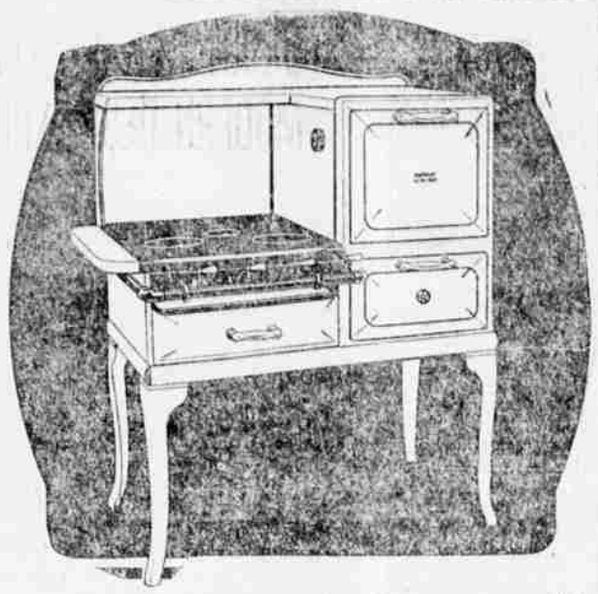
Statistics say that one-half of the average income goes to the kitchen, and it is also authoritatively stated that due to a lack of efficiency, lack of proper equipment, a very decided portion of this one-half is wasted. How can the housewife, whose entire time is devoted to the comfort of the home, watch markets, plan for greater convenience of comfort, and at the end of the day be fit to take her place before the fireside as a member of the family.

Between the hours of 8:30 and 12:30, 75 per cent of the world's important work is done. This applies not only to business, but homes, schools, colleges. The work that really counts, the most important work of the day, is crowded into these four morning hours.

Stop and consider how necessary it is that a warm, well-cooked, nourishing breakfast (for there is a vast difference between food and nourishment), be served to each member of the family. The husband, or wage-earner, who goes out into the world of business, the school child whose brain must absorb the knowledge imparted by the teacher.

With little trouble, the automobile may be converted into a handy spraying outfit for treating trees, calcimining, roof painting and many other tasks where special apparatus is usually employed. The tank for the liquid is carried on the running board and air pressure is obtained from the engine.

MISS WARNER TO PREPARE MEALS ON TAPPON RANGE



Two attractive new models of popular Tappon gas ranges will be used by Miss Victoria Warner in explaining her recipes to southern Oregon women at the cooking school beginning Tuesday. The Tappon range is handled in this city by the Southern Oregon Gas Corporation.

SKAGGS FURNISHES GROCERY ITEMS

Miss Victoria Warner, dietitian and home economics expert who will conduct The Mail Tribune and Southern Oregon Gas corporation's series of cooking lessons here beginning Tuesday, selected her groceries from the Skaggs Safeway store in this city, according to word received from her yesterday. Miss Warner, in many of her cooking courses, held throughout the country, has used Skaggs groceries and the local store will supply her wants from their regular stock.

Miss Warner's four-day cooking course will be open to all southern Oregon women who are anxious to get new ideas and recipes on every-day home cooking.

SYDNEY, N. S. W., June 9.—(AP) The Sydney News reports that Harry Lyon, navigator of the Southern Cross, and James Warner, the radio operator, both Americans, will not accompany Captain Charles Kingsford-Smith and Captain Ulm to Sydney.

The Americans will remain in Brisbane for a few days and then start back for the United States.

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Dietitian and Home Economics Expert

Picks

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Medford housewives will be given an excellent opportunity to witness the superiority of ice-refrigeration at the Mail Tribune Cooking Course this week at the Presbyterian Auditorium.

Miss Warner, who is a firm advocate of ice-refrigeration, will use in her kitchen a Moore Refrigerator which she has chosen from the many available types and you may see the advantages of the use of ice in the home in actual demonstration.

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