

Many Women Gather for Miss Warner's Cooking Lectures

OPEN COOKING SCHOOL TODAY MANY ATTEND

Miss Victoria Warner's Classes Informal—Talks Are Explained By Actual Cooking—Salads and All-Oven Dinners to Be Subject of Talks Tomorrow.

Today school opened for Medford and southern Oregon women at the Presbyterian church with Victoria Warner, dietitian, in her white apron as teacher, and recipes and cook stoves for lesson books. Today, the first of a series of four cooking lessons was presented by Miss Warner, under the auspices of The Mail Tribune and the Southern Oregon Gas corporation.

And today all who attended the opening of the free course, were delighted with Miss Warner, her charming personality and pleasing, informal way in which she gave them hints on everyday cooking.

"My idea in conducting these classes is to offer appetizing and nutritious dishes, which may be prepared economically," said Miss Warner.

"I have attended courses where everything shown and explained called for expensive foods, and in trying the recipes afterwards, the housewife would be faced with the necessity of stocking her pantry shelves with all sorts of expensive things. My aim is to give flavor and food value at as small an outlay as possible."

Miss Warner's lectures are pleasantly informal. She knows the problems of each member of her audience and delights in helping to solve them.

"I do not make my talks formal," she explained. "It defeats all my purposes to do so and it puts up a little barrier between me and the class. I like to have everything on so informal and friendly a basis that the women will gather close and ask questions and start discussions. It is in this manner that the real work of such a class is accomplished."

The lecturer has asked that her audience feel free to ask any questions which they may desire. During the lessons Miss Warner illustrates her talk by cooking various things, and, at times, has a whole meal in the process of construction.

The school is really a series of lectures on home economics and modern kitchen methods, which every woman who is a housekeeper will be intensely interested in hearing. Miss Warner is in charge of the educational features and is eminently qualified to lecture on her subject.

Salads and all-oven dinners will be the subjects of Miss Warner's lecture tomorrow afternoon at 2:00 o'clock. All southern Oregon is cordially invited to attend.

Here Are Menus Miss Warner Will Take Up at Cooking School Tomorrow

Tomorrow will be salad day at the Mail Tribune cooking school, and Miss Warner will devote a portion of her lecture to the ways of preparing delicious salad dishes. Fine salads are exceptionally popular at this time of the year, this portion of Victoria Warner's lesson tomorrow should make a decided hit with all the women who attend.

Another unusually interesting feature of tomorrow's cooking school program will be Miss Warner's pointers on an all-oven menu. Here are the highlights on her all-oven dinner which she will explain in detail and actually cook before southern Oregon cooking enthusiasts at the Presbyterian church tomorrow.

ALL-OVEN DINNER MENU
Canneton of Beef and Pork.
Franconia Potatoes.
Macedoine of Vegetables.
Rice Cream Pudding.

General Rules for Oven Dinners.

1. Sear all meats uncovered for 15 to 20 minutes, according to size of roast. Cover and place in oven with all other foods.
2. Vegetables must be cooked with boiling water. Cold water should be used only in emergency. If possible, bring vegetables quickly to the boiling point before placing in oven. Use vegetable water for making gravy. With most vegetables only a small amount of water is necessary.
3. After searing meat, reduce temperature to desired degree for the length of time meal is to remain in the oven. Meat must be browned before lowering temperature.
4. The temperature for meats, according to length of time cooked, is as follows:

300 to 325 degrees for a 2-hour meal.
275 degrees for a 3-hour meal.
250 degrees for a 4 to 6-hour meal.

5. All foods must be covered with the exception of a few puddings, scalloped potatoes and similar dishes, which are desired brown on top.

6. Dried fruits may be placed in oven after searing and cooked with the dinner, to save gas. Cover fruit with water, allowing one-half to three-fourths inch at top of pan to prevent running over. Use any proportion of sugar desired.

Canneton of Beef and Pork.

Three lbs. ground beef, 1 1/2 lbs. ground fresh pork, 2 tablespoons finely chopped green peppers, 2 cups bread crumbs, 4 teaspoons salt, 1 or 2 eggs, 2 teaspoons finely chopped onion, 3/4 to 1 cup meat broth or milk, pepper.

Mix all ingredients thoroughly, shape in a loaf and place on a rack in roasting pan. Brush over with fat or lard strips of bacon across the top. Place uncovered in the oven at 300 degrees and sear about 20 minutes, before lowering the oven temperature for the dinner. Cover to finish. Loaf may be seared in broiling over if desired.

For Franconia Potatoes, place peeled potatoes around meat, sear them, cover meat an place in the back of the oven. If rolled in flour potatoes will brown to a richer color.

Macedoine of Vegetables.
Cook peas, carrots and beets in separate pans, according to directions given for vegetables. Carrots may be dried before cooking but beets are cooked with skins on and

diced afterwards or left whole. Butter each vegetable when done, season and place each in separate dishes around meat loaf, forming a wreath of colors. Garnish with parsley.

Rice Cream Pudding.
Two-thirds cup raw rice, 1/2 teaspoon salt, 1/2 cup sugar, 1 quart milk, grated rind of one small orange.

Mix ingredients together and bake uncovered with remainder of dinner. Serve hot or cold over sliced oranges or other fruit.

TO LAUNCH GAS CAMPAIGN HERE

The cooking school, sponsored by The Mail Tribune and the Southern Oregon Gas corporation will launch a sweeping campaign to popularize the use of gas and gas appliances in the Rogue River valley. A special group of sales promotion experts have arrived in this city to assist K. I. Dacey, manager of the Southern Oregon Gas corporation in the campaign.

W. C. Snyder of Seattle, George P. Wellman of San Francisco, D. C. Leavens of Portland and Al Brown will comprise the staff, which will continue the drive to familiarize people here with the advantages of gas. All of these men have expressed themselves as especially impressed and pleased with the climate of the Rogue River valley and general business conditions in Medford.

MOTHER'S WORK AT HOME HALVED BY NEW APPLIANCES

"It takes a heap o' livin' in a house to make it a home."

Edgar Guest's little poem on the home touched the heart of the nation.

But nothing is said in the poem about the heap of labor on Mother's part, the day-by-day grind, the heart-breaking effort to care for the needs of a growing family. It is true that the men of the nation awaken to the fact that in making the home, mother's efforts should be supplemented by every mechanical appliance that will lift labor from her shoulders.

Unlike the appliances for the office, workshop or factory, appliances for the home are comparatively inexpensive. Science has perfected them to a point where they are easy to operate and so simple to maintain that the housewife need give but little thought to the mechanical details.

A home equipped with modern appliances is a home in which a "heap o' livin'" can be done.

Clean tags wanted at the Mail Tribune office.

Summer Workout For Varsity Icemen

Round and hearty cheers of the robust college students were heard last week end as they returned from a strenuous year at their respective institutions. There are great and many things for the college student to do in the summer time but one of the most distinguished occupations is that of herding blocks of ice from the local plant of the Medford Ice and Storage company to the homes of family, friends and fraternity brothers.

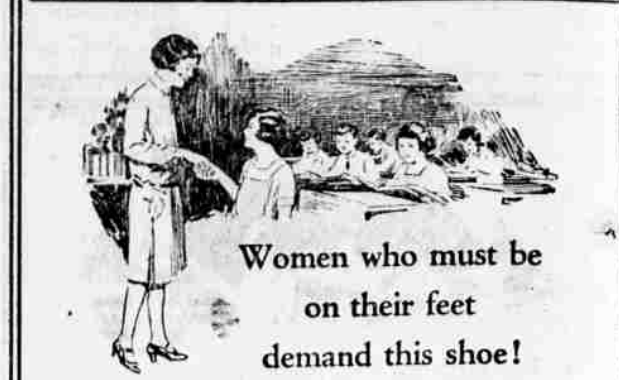
Whether this big heartedness is appreciated by those just mentioned is for them to judge. However, since Red Grange set the pace not so long ago, the college ice salesman has been gaining in popularity until now it seems the housewife will have no other ice man but he.

Monte Blue Scores Hit in Air Film

Monte Blue in "Across the Atlantic" is thrilling audiences at the Rialto theatre. Blue is seen at his vigorous best as the wounded wartime ace, who is believed to be dead by his father, brother and sweetheart. These three, some years after the war, go to France to visit the place from which the hero last wrote. While they are away, he wanders from the hospital and back to his father's aero-

plane manufactory, getting the chance to drive a plane which crashes to earth, putting him back in custody. He has heard of his people's absence and his apparent ly delirious talk causes him again to be incarcerated. He escapes, captures a plane and flies across the ocean to France in time to intercept the marriage of his brother to his sweetheart.

Pope Is Studying
ROME, June 12.—(AP) Pope Pius is pursuing his studies of the Mexican religious situation in the light of the report recently brought by Monsignor Ruiz y Flores, archbishop of Michoacan.



Women who must be on their feet demand this shoe!

SOMETIMES we think only teachers, nurses and business women must use their feet. But all women must use their feet—and this explains why women everywhere today are turning to the famous Arch Preserver Shoe, that keeps their feet happy. Won't you let us show you this better shoe?

THE ARCH PRESERVER SHOE

The perfect shoe for the housewife!

MISS VICTORIA WARNER Finds the ARCH PRESERVER shoe indispensable for comfort during her demonstrations. For comfort, style and wearing quality they can't be equalled.

They are sold in Medford only by

THE Bootery

Wear-Ever Aluminum

You will see our WEAR-EVER utensils in use at the Cooking School this week.

This store carries a complete line of this famous "Wear-Ever" nationally advertised brand. Largest stock in Southern Oregon.

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(Member of Northern Hardware Chain Stores)
327 East Main St. Phone 296
Medford, Oregon

SHIELDS

Offers Many Useful Items to the Housewife

Gum and Rubberized Cretonne House Aprons. White Aprons with the dressy stand-up collars.

Table Cloths and Napkins.

Lunch Cloths.

Many items in stamped goods. Buy now while our Sale is in full swing and save money.

SAFEGWAY STORES

Distribution Without Waste.

Why They Chose Safeway

The Cooking School experts selected Safeway Stores to supply all groceries to be used in their instruction and demonstration work. They had the best of reasons for so doing. Here are some of them:

Quality—Because the foods they use must be absolutely dependable, else their efforts would fail.

Variety—Because the many things to be shown call for an almost unlimited variety of choice foods.

Convenience—Because the things they want must be available quickly and with the least loss of time.

Economy—Because economy is a part of the message they bring and they must be able to direct folks to the most economical source of supply.

They found that our stores had more of these desirable features than any other stores—that's why our stores were selected. You will do well to be guided by their judgment in the purchase of your foods.

Steak

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

Notes taken at the COOKING SCHOOL

Difference between good and indifferent cook often just matter of flavoring. So little flavor used in most recipes, it pays to use best obtainable—which is BURNETT'S.

Good Housewives and Good Cooks

Have found LACQ for furniture, floors, woodwork is a finish of beauty and durability.

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

Easy to Apply! Watch It Dry!

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BEE-VAC Facts

Made by one of America's oldest and largest manufacturers. Over half a million BEE-VACS in use, some of them for eighteen years.

Sold by more than 15,000 established dealers. Tested and approved by Good Housekeeping, the Modern Priscilla and other authorities.

Independent Electric Co.
Phone 1246 Medford, Oregon 227 E. 6th

PORTLAND ROSE SHOW OPENED

PORTLAND, Ore., June 12.—(AP)—Formal opening of the annual Rose Show at the auditorium, and the second performance tonight of the pageant, "Where Rolls the Oregon," were outstanding features of today's program of the Rose festival.

Exhibitions of life saving and fire fighting were given today by the Portland fire bureau at the civic auditorium and there was a model boat regatta at Laurelhurst park.

HEAR

An Enjoyable Musical Program at the Cooking School (First Presbyterian Church) Four Days

June 12-13-14-15

Music from Victor's Large Record Library using Model 12-15

Orthophonic Electrola

PALMER MUSIC HOUSE
"We Sell Happiness"