

Tomorrow Final Day Cooking School—Crowd Expected

FAT FOLKS' MENU SUGGESTED TO AID HOSTESS' COOK

Just when you have your mind all made up and your courages in hand to take on the great American sport—reducing—you're invited to party, or a bridge tea, or a dinner!

Hostesses have no mercy on their fat friends. Great pieces of chocolate cake and a pudding piled high with whipped cream, salads heaving under the weight of mountains of mayonnaise, French creams and French pastries, rich, luscious concoctions that would shock the digestive apparatus of a cornsheller! And, calories! A sigh for the weight of the world!

Methods of reducing simmer down to:

First—Counting your calories—reducing the quantity consumed, which means that the hostess following this should serve smaller portions.

Second—Taboo certain foods—mainly those especially heavy in starches, sugars and fat—the heat and energy foods.

Fresh fruits galore—for cocktails, salads and desserts: lean meat, green vegetables, breads from the whole grain, ices, desserts with a gelatin base—easy on the whipped cream parishes! Is it so hard to server reducing menus?

We give by way of example these menus:

- Clam Cocktail
- Broiled Veal Shops
- Asparagus Tips
- Diet Bread
- Tomato Jelly Salad
- Cottage Cheese Balls
- Frozen Peas
- Coffee
- Boiled Fish Flakes
- with Tomato Sauce
- Roast Veal Cauliflower
- Mixed Pickles
- Combination Salad
- Raspberry Jelly
- Coffee
- Fruit Cocktail
- Roast Beef
- Tomatoes and Green Peppers
- Cottage Cheese, Olive Salad
- Lemon Ice
- Coffee

HOT BREAKFAST AID TO TEMPER

It is often said that men are made for work, and that work means a healthy frame and healthy body. Responsibility makes men. Men are miserable without it, but when strain is evidenced by periodic explosions over nothing, when any little disturbance is a signal to fly off the handle, something is decidedly wrong. This condition often results in men falling at some crucial moment, the closing of an important deal, the disturbing of the pleasant relations which must exist in an organization if effective work is to be done.

One who loses his temper, is irritated, or from a headache, is not able to think clearly, is in a deplorable condition and, unfortunately, is a condition often found in the home through lack of the proper nourishing food.

Not just foods that are taken as foods, but foods that will nourish, and to nourish they must be prepared properly, and properly cooked.

A hot breakfast is one of the greatest health factors known, but friend husband hates to get up in the morning. Friend wife realizes that a modern kitchen is a great temper regulator and women are equipping their working center in the same efficient manner as men equip the workshop or the office.

Salem adds two more important bridges to original 1928 program.

OVENS CAN BAKE 2000 ICE CREAM CONES EACH HOUR

Do you know where ice cream cones (those fragile containers of the sweets so popular in the summer months, come from? They are molded and baked at the rate of 2,000 an hour by means of a gas oven and a seven-foot wheel. The wheel lies upon its side and is built with six spokes, upon each of which is a double iron mold. The batter is poured into the hollow cone, a cone-shaped plunger automatically descends, pressing the batter into its finished shape. The wheel revolves, carrying the mold into the gas oven, which bakes it evenly and quickly. Then the wheel turns forward another spoke, bringing another filled mold into the oven while the finished one is removed.

TAN, GRAY, IVORY SUGGESTED FOR KITCHEN COLOR

The selection of a color scheme in the kitchen is a matter of individual taste. Every housewife will have her preference. Walls that are tan, warm gray or old ivory are most pleasing. White is trying to the eyes which the colors suggested will reflect or distribute the light in a very satisfactory manner, both by night and by day. The walls of a kitchen should be a washable finish. The floor covering is also important, and as there are hundreds of patterns of linoleum from which the housewife can select, it will be very easy to get one which will harmonize with the color scheme of the walls. By all means buy a good grade of linoleum and arrange with the dealer from whom you purchase it to have it cemented

PAINTED KITCHEN MORE ATTRACTIVE

A little paint, properly applied, will change the colorless complexion of the most important room in the house into a cheerful, livable, habitable center. If the housewife is unable to employ a professional painter, friend husband can readily accomplish a revolution. In the evening, the time which he would devote to his lodge, club, or possibly some activity which would mean but little other than a moment's pleasure, whereas work put into the decorating of the working center has a lasting value, will give pleasure, comfort and efficiency.

PAINTED KITCHEN MORE ATTRACTIVE

The modern working-living room, or service center, formerly known as the kitchen, should not only be equipped with every convenience that would lighten housework, but it should be pleasing in color as well. There is no earthly reason why the room in which the housewife spends the major portion of her time when awake should have a drab effect, cold and cheerless.

A neutral tone of buff, gray or ivory will reflect the light. A touch of color should be added near the ceiling, a band of old Dutch blue or a blue and orange. This will not only add cheer to the room, but will give a background for the many little storage cans, jars, etc., which are so necessary to the housewife for flour, sugar, etc.

The range, which is really the key to kitchen economy, is best in white enamel, or in one of the newer grays or pastel shades, which some factories are combining with white. The kitchen can stand a spot of white in the form of a range and also in the kitchen cabinet, as the walls of a neutral tint will modify the glaring effect of these two items.

HARBOR GRACE, N., June 14. (AP) Indications this afternoon were that the monoplane Columbia would not take off today on the continuation of its trans-Atlantic flight with Miss Mabel Loll and her companions, Captain Oliver LeBoutillier, chief pilot, and Arthur Axles, co-pilot.



SKAGGS SAFEWAY STORES

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When Quality Counts SAFEWAY Is Selected

Quality, service and price—these three things the shrewd buyer wants—and finds at Safeway. The cooking school experts said this when they selected Safeway Stores to provide all of the groceries used in their demonstration work in Medford. Hundreds of Medford housewives—most expert of all food buyers—have said it through their constantly growing patronage of our stores. Attend the Cooking School and then come to Safeway for the ingredients to make the many delicious dishes you will learn of there.

Store No. 433 Phone 1176



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


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

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Valuable Information and Recipes to use in your everyday cooking
By Miss Victoria Warner, Lecturer
HOME SERVICE BUREAU,
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YOU will enjoy any one, or all, of these lectures. The series of four classes offers a valuable course in cooking and baking. The instructions and recipes which you will receive will inspire enthusiasm and make cooking a more enjoyable part of your day.

FRIDAY
2:00 to 4:30 P. M.
Presbyterian Church

Attend Tomorrow. We Invite You as a Guest.
Come Early—No Charge

Actual cooking and baking will be in process during the classes. Copies of Recipes and Instructions will be presented to each Guest. This is an educational course—not a mere demonstration. Modern time and energy saving ways of preparing foods will be treated thoroughly.

Reserve these dates. Bring your cooking and diet problems

Southern Oregon Gas Corporation

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Electric Cleaner Model "G", \$29.50
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Independent Electric Co.
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Notes taken at the COOKING SCHOOL

When using nuts in fancy cakes, cookies, etc., use BURNETT'S ALMOND. To emphasize the nut flavor. Also improved flavor of canned or preserved peaches.

N.B. Do not use too much. Follow directions with every batch of BURNETT'S ALMOND.



HEAR

An Enjoyable

Musical Program

at the
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(First Presbyterian Church)
Four Days

June 12-13-14-15

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

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Ice Is King

of all refrigerants

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is king of all delivery systems

King Service

If you were to paint a word picture of an ice service which would most appeal to you—you would give a description of the service offered by the Medford Ice & Storage Company. Clean-cut and uniformed ice salesmen driving their light blue trucks are a suggestion of the cleanliness that prevails throughout the system of refrigeration from the time the mountain pure water enters the ice can until the ice itself is placed in your refrigerator.

Not only is this ice service clean and attractive but it is prompt and dependable. An ice card placed at your home or a telephone call—264—will bring satisfactory and economical refrigeration to your kitchen.

King Ice

Did you know that ice as a refrigerant is, in many ways superior to the mechanical unit? Economy is the principal factor. King Ice saves money for you. For your drinks and desserts you have sparkling pieces of ice, the size you want, and plenty of it. Your ice chest is held at a more constant temperature and the humidity of the circulating air remains at a natural balance—something that has not been artificially duplicated—and thus the flavor of the food is kept intact. The circulation of air in the refrigerator as insured by melting ice is another distinct advantage over the electrical ice box.

So, for the sake of economy, correct food preservation and dependable refrigeration, let this be your watchword—ICE

"ICE IS KING"

Cooking School Uses Ice King Service

Suburban Service

For the benefit of valley housewives in the towns of Phoenix, Jacksonville, Central Point and surrounding territory a suburban ice service has been established which makes it possible for any home within these limits to obtain city service at practically city prices.

Medford Ice & Storage Co.

A Distinguished Ice Service
Phone 264—For Ice