

Pies, Pastries, Fancy Packing Lunch Box Subjects Thursday Course

Menus to Be Used Thursday By Miss Warner in Her Lesson

The topic for Miss Warner's lecture Thursday will be "Packing the Lunch Box and Pies and Pastries." Miss Warner has some real surprises for planning and packing the lunch box and all the menfolk will be sure to like the double-decker pie given in this lesson.

Some of the recipes to be used are as follows:

Double-Decker Pie.
Filling: 1 pint canned raspberries, cherries or other fruit, 1 to 1 1/2 tablespoons cornstarch, 1/2 teaspoon salt, 2 cups milk, 1/2 cup sugar, 2 egg yolks, 1 teaspoon vanilla, 2 tablespoons butter.

Thicken canned raspberries with cornstarch or flour mixed with a little cold water, using sufficient to make a mixture firm when cold. Make a cream pie filling of remaining ingredients by mixing sugar with the cornstarch and salt then stirring it into the scalding milk. Cook in the double-boiler, stirring constantly until thickened. Add yolks and butter, cooking about one minute to set egg. Remove from fire, add vanilla and cool. Have ready a baked pastry shell. Pour thickened and cooled raspberry mixture into the pastry shell, then cover this with the cream filling. Make a meringue of the egg whites. Pipe it lightly on the pie and brown in a low oven (325 degrees) 10 or 12 minutes.

Baked Cider Pie.
3/4 cup boiled cider, 1 1/2 cups water, 1/2 cup sugar, 1/2 cup flour, 1/2 teaspoon salt, 2 egg yolks, 1 tablespoon butter, 1/2 teaspoon cinnamon and nutmeg if desired.
Add water to cider and bring to the boiling point. Mix dry materials together and add to boiling water in the double-boiler. Cook until thickened, stirring constantly.

DON'TS FOR THOSE USING GAS STOVES

Don't try to heat your kitchen with hot water heater or gas oven. Don't buy a closed top to put on your gas stove. An enclosed top stove is provided with adequate ventilation, but to attempt to transform your open-top range is both dangerous and uneconomical. Don't try to cook with pilot light. If it is high enough for this you are wasting gas. Use simmerer when a small amount of gas is needed. Don't have a strong draft across your stove. Not only is there danger of flame being blown out but heat is deflected from kettle.

Don't use paper for heat insulation on top of oven or between oven and wall. Asbestos pads are for that purpose. Don't try to dry your hair over a gas flame. Don't turn on the gas in the oven before striking a match. Gas and air make an explosive mixture. Don't forget that small pot and large burner make a bad combination. So is gas turned high enough to "click the pot." Don't allow too long a period between cleanings. Soap-paper spots immediately and oil them. Wipe off grease while it is hot. Keep burners clear with hatpin and boil once a month. Learn to read your meter. It is interesting.

Jockey Unharned
CHICAGO, Aug. 14.—(AP)—Charley Allen, veteran jockey, will do no riding during the remainder of the Hawthorne track meeting. The stewards yesterday set Allen down, following an investigation of what they considered a poor ride on Brown Wisdom, a long favorite, on Saturday.

United States treasury surplus, at close of fiscal year ending June 30, 1929, amounted to \$185,000,000 against an estimated surplus of \$27,000,000.—The Tax Digest.

A LITTLE SUGAR—LOTS OF FLAVOR

How a Dash of Sweetness Can Add to the Joy of Eating

Everyone is interested in improving cookery. Women like to have their meals appreciated. Men like to enjoy foods, so that eating becomes a pleasure. Children fight against bland and tasteless meals. Unappetizing foods encourage malnutrition among children.

This points out the rightful place of sugar in the diet. Sugar is the flavor supreme developed by nature to make eating a pleasure. The latest thing in cookery is an old secret rediscovered. Add a dash of sugar to vegetables while they are cooking (preferably in little water). The sugar works wonders in picking up the flavors, freshness and colors of vegetable foods.

Try this Eggplant en Casserole. Pare a large eggplant. Cut it in thick slices. Then in cubes. Cook in just enough boiling water to cover. Drain well when finished. Cut a small onion in slices. Cook until tender in 1 tablespoon of butter. Add the eggplant, 1 cup of tomatoes (more if you seem too dry), 1/2 cup of water, 1 teaspoon of sugar, 1/2 teaspoon of salt, 1/2 teaspoon of pepper. Cover and simmer slowly in moderate oven half an hour.

Try a dash of sugar in cooking peas, lima beans, string beans, corn, carrots, beets, parsnips, sweet potatoes, squash, onions and tomatoes. For taste, for enjoyment, for making a varied diet enjoyable, use a dash of sugar. Good food promotes good health. The Sugar Institute.

trated fruit food value it contains, its unusually quick retreating quality and its light weight. All polar expeditions must carefully choose the food supply that no vital element be left out—for when food is scarce, such as vitamins, are lacking great disaster results for the men. Grape-Ola, because of its pure fruit base, provides these necessary fruit elements.

Apple Pie With Cheese Crust.
Four or five sour apples, 1-3 to 1/2 cup sugar, 1 tablespoon butter, 1/2 teaspoon cinnamon, 1/4 teaspoon salt, pastry for 2 crusts.
Mix sugar, cinnamon and salt together. Cut apples rather fine and mix with sugar. Roll out bottom crust and place in a pie-pan. Fill with prepared apples and moisten edges with water. Roll out top crust and spread 3/4 pint of cheese, thickly over one-half of it. Fold the other half of the crust over cheese portion, and roll out again, finishing as usual and pinching over apples. Bake for 15 minutes at 450 to 475 degrees, then reduce temperature to 400 or 425 degrees to finish. Baking time will be 35 to 50 minutes or until apples are done.

Lanchon Biscuits With Cheese.
Make biscuit dough slightly richer than for plain biscuits, adding 1 tablespoon more of fat. Roll dough out to one-half inch thick and cut into rounds. Brush them over with melted butter and shape as for Parkerhouse rolls. Bake at 450 to 475 degrees for about 15 minutes. Open halves slightly and fill with the following mixture. Serve with a fruit or vegetable salad as a main lanchon course.
Cheese Filling.
1/2 cup butter, 1/2 cup soft cream cheese, 1 teaspoon lemon juice, 1/2 small green pepper, chopped fine, few drops onion juice.
Beat butter to a cream and work in other ingredients.

New Fruit Drink Bottled in Medford

When members of Commander Richard E. Byrd's Antarctic expedition became tired and thirsty chasing polar bears across the great ice fields and hunting the mysterious lost continent of the South polar region, they refresh themselves with Grape-Ola.

The Sander Dairy & Produce company of Medford has just started bottling Grape-Ola, which they say is an absolutely pure fruit carbonated grape beverage.

"Grape-Ola is the only grape drink of its kind that Commander Byrd and Dr. T. D. Cowan, his accompanying physician, would permit to be taken on the expedition," says Mr. Grover of Sander's. "and was looked upon with much favor because of its purity, the concentration of fruit value it contains, its unusually quick retreating quality and its light weight."

CHICAGO, Ill., Aug. 14.—(AP)—Bomb and the racket, twin terrors to small merchants and tradesmen have shown a sharp gain this year over last, the employers' association has found out.

Backets cost the city \$186,000 in 1928, according to computation by Joseph Neilsen, assistant secretary of the association. This represents an average of \$28 for every man, woman and child in Chicago. Figures for 1929 indicate that the total for the year will be even higher.

The bomb, which serves racketeers as a lash to whip racket victims into line, is more dangerous than the bomb of a year ago. The average damage of each bomb in 1928 was \$1214. The 21st bomb of 1929 was thrown Sunday night, 16 days earlier than bomb No. 71 was set off last year.

BLASTS SPREAD COAL MINE FIRE
POTTSVILLE, Pa., Aug. 14.—(AP)—With three additional explosions shortly after midnight spreading the flames over an area of 250 feet long, a heavily marshaled fire fighting force continued today to battle a fire in the Primrose vein of the Sherman coal company here.

Twenty-five miners at work when a series of four explosions started a fire in a gas pocket last night, escaped through the air breach in an intersecting gangway, but four men, members of a rescue party, were severely burned.

The fire quickly spread through the vein of soft anthracite which runs beneath the northern end of the city and was stubbornly resisting the efforts of more than 100 mine employees, city firemen and emergency assistance from Minersville colliers.

MUSIC STUDENT ABSENT MINDED
PORTLAND, Aug. 14.—(AP)—Charged with attacking a woman in a dressing room in a downtown building, Oscar Fuller, 21, was under arrest here today. The woman, Mrs. J. H. Smith, said Fuller entered the room carrying a roll of music and a book of notes under his arm and started hitting her with his fists.

Her screams were heard by her husband on the floor above. Smith ran down in time to see Fuller running through the halls. A chase through downtown streets resulted in Fuller's capture. Fuller was held under \$500 bail. He could not explain how he happened to enter the dressing room, and told police he had gone to the building to take a music lesson.

TWIN TERRORS OF CHICAGO COSTLIER MERCHANTS TOLD
CHICAGO, Ill., Aug. 14.—(AP)—Bomb and the racket, twin terrors to small merchants and tradesmen have shown a sharp gain this year over last, the employers' association has found out.

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OREGON FIRE LOSS FOR JULY \$436,252
SALEM, Ore., Aug. 14.—(AP)—Total fire loss in Oregon outside of Portland for the month of July was \$436,252, according to the monthly statement of Clara A. Lee, state insurance commissioner. The heaviest losses were: Chicago, hotel and store, \$39,000; Forest Grove, restaurant and tea room, \$19,000; Klamath Falls, sawmill, lumber and equipment, \$100,000; St. Helens, sawmill, lumber and equipment, \$60,000; Umatilla county, sawmill and lumber, \$10,000. The total number of fires was 132.

Seattle—State highway department started adding Roosevelt highway south of here.

JOHN RADER OF EAGLE COMMISSION TO WORK NEW COAST CIRCUIT POINT HAS A BIRTHDAY BAY BRIDGE PROBLEM IS BEING PLANNED

EAGLE POINT, Ore., Aug. 14.—(Special)—John Rader, one of our well known retired stockmen of Eagle Point, celebrated his 68th birthday anniversary last Sunday. A beautiful picnic dinner, including roast turkey, was served at the Station station. Those present were Mr. and Mrs. J. H. Stanley and son Darrell, Mr. and Mrs. Roy Ashpole and son Donald, Mr. and Mrs. William Ashpole and daughter Pauline, Mrs. John Ashpole and Mr. and Mrs. John Rader.

Flord Pearce, one of our local and well known dairymen, who for many years operated a milk route, sold his cows this week to a California buyer. Mr. Pearce intends to follow some other line of business.

WASHINGTON, Aug. 14.—(AP)—Agreement to appoint a commission of federal and state representatives to work out problems presented by the proposed construction of a bridge across San Francisco bay has been reached by President Hoover and Governor Young of California.

The personnel of the commission the president announced today, will be two representatives of the navy department, two from the war department, one representing San Francisco, one representing Alameda, at the opposite end of the proposed bridge, and one westerner representing the federal government at large.

Astoria—Cold storage plant of old Sanborn-Cutting company leased by Oregon fish commission and will be used for freezing fish offal.

Oregon Weather
Oregon: Generally fair tonight and Thursday with fog on the coast. Local cloudiness, increasing over the interior. Slightly cooler in the east Thursday. Moderate north to west winds on coast.

There is no substitute for ICE

Man has never yet discovered a satisfactory and economical substitute for ice. Neither the open-air "cooler," with its varying temperature and exposure to dust and germs, nor the expensive and complicated refrigerating machine, can offer the housewife the same efficient, dependable, economical service that is provided by pure, sparkling ice.

Ice is the housewife's best friend, all the year round.

DEPEND ON ICE IN ALL WEATHER

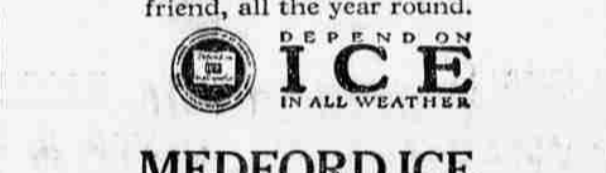
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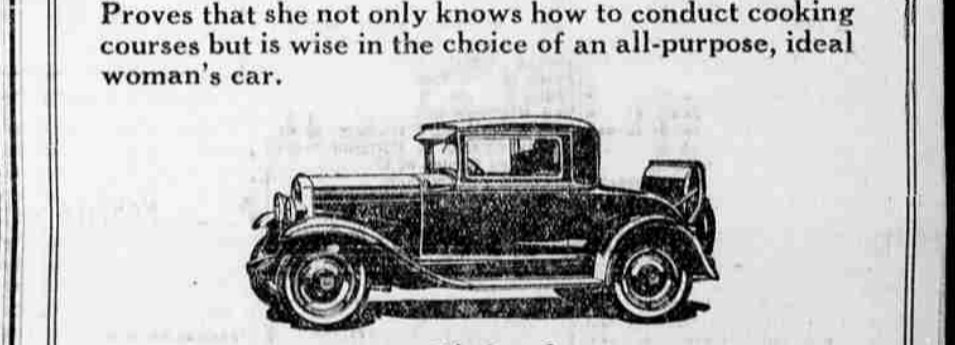
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Proves that she not only knows how to conduct cooking courses but is wise in the choice of an all-purpose, ideal woman's car.



An examination will impress you with the individuality and completeness of the Chevrolet Coupe. Still better, get behind the wheel and drive to realize the full achievement.

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Miss Warner Will Demonstrate, during the cooking course, with a Variety of Meats from the

LIBERTY MEAT MARKET

"Home of GOOD Meats"

Most 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 cook them just right. A truth to be impressed is that price is not the most important thing when housewives are buying meats—Quality is what counts.

Miss Warner's lecture on how to prepare meat menus will interest you. We sell Swift's Government Inspected Fresh Meats, also Hams and Bacon.

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