

Tomorrow Will be the Big Day at Cooking Course; Better be There!

RECORD BREAKING CROWD ATTENDS THIRD DAY OF COOKING COURSE

Following the session of the cooking lesson yesterday afternoon a number of the ladies went home to prepare their evening meal in the same fashion as Miss Victoria Warner had demonstrated during her afternoon of instruction at the Southern Oregon Gas Corporation-Mail Tribune cooking lesson on East Main street, at the playground.

Although the recipes and instructions as how to prepare the foods were given in full on the recipe sheets that were given out to the ladies, they were very anxious to see how Miss Warner prepared the foods, and to listen to the helpful suggestions she could give them.

Proving that the out-of-doors cooking school, and Miss Warner, are growing in popularity, the attendance yesterday was twice what it had been the first day and larger again today. A record-breaking crowd is expected Friday, the last day.

The Tappan ranges used in the course have been attracting much attention and favorable comment, as well as the gas refrigerator.

Many questions, which Miss Warner gladly answers, and other ladies go to the platform following classes to get suggestions.

Salad Recipe

Miss Warner also gives recipes to her classes that are not already printed on the pages given out. The following salad recipe, which is of Hollywood origin, was given to the class Wednesday, and Miss Warner also demonstrated how to prepare it.

Four cups Thompson's seedless grapes, two dozen quartered

marshmallows, 1/2 cup salted peanuts.

Mix the peanuts and marshmallows, and add grapes. The dressing for this salad may be mayonnaise or cooked dressing. Mayonnaise and whipped cream is a good dressing for the salad.

Friday Cake Day

The women are asked by Miss Warner to bring their favorite cake recipes, and any hints they might have on making cakes, when they come Friday, as the entire period will be devoted to making and baking cakes.

"Every woman can be a good cook," declared Miss Warner at this afternoon's cooking class, "provided," she continued, then smiled as she saw members of the largest audience yet in attendance shake their heads in doubt.

"Of course, there's always a provision," she resumed, "and that is that you have the keys to success. They are so easy, however, that any woman may follow them. First, of course, there must be interest. You must like to cook and be interested enough to do things the right way.

"Secondly, if you will follow these three simple rules, I'm sure any one of you can go home and make things even better than I. You must have first of all a knowledge of your ingredients. Then you must use accurate measurements. When your recipe calls for a tablespoon, make it just that and not a heaping one. And last, but by no means least, you must know how to regulate your heat. If you have found that a certain cake bakes best at 350 degrees, then always regulate your oven so that it would be just that hot."

Body Growth of Pullets Should Precede Egg Production, Declares Poultry Expert N. C. Westerfield

By N. C. Westerfield, Author of "Fifty Years With Poultry."

When young pullets reach the age of three months and show unmistakable signs of coming into lay, it is entirely too late to talk about holding them back.

Well meaning people have advised taking the growing mash away from them and feeding only bran or millrun. No matter how serious these people are, the value of such advice at this period in the life of a growing pullet is dangerous in extreme. Holding back to thwart nature and no man can do this without paying the penalty due to the transgression of the law.

It is perfectly natural for some pullets to develop rapidly, mature quickly and to come into lay early, therefore the early maturing pullet is really the most desirable, providing we have kept body growth a little ahead of early maturity. No pullet should come into lay until her body is fully matured, no matter how old she may be. If the body weighs only two and a half pounds at five months of age, she is not prepared to accept the duties of henhood and to force production by the feeding of animal protein will destroy her body in due time.

The nutritive ratio of her feed, that is, the ratio between the proteins, carbohydrates and fats, is one of the most important factors in her development. A ratio rich in animal proteins, which may be meat meal, or milk, or both, will immediately commence the development of the egg laying organs at the expense of body growth and this takes place at an early age and continues until body growth is completely checked. This is what we have a full fledged hen, a miniature hen, in the body of a three months old pullet.

It is at this time we are told to hold them back and the products suggested, the feeding of bran or millrun have little, or nothing in them to promote body growth.

Had the developing, or growing mash used contained a lean mixture of animal protein and a rich mixture of carbohydrates and fats, body growth would be induced and a balanced growth between the body and the egg laying organs would be established, which would keep the body development

a little in advance of the complete maturity of the egg laying organs. Under such circumstances and with such a nutritive ratio, there would be no necessity to hold the pullets back, such pullets would come into lay normally at the proper time, that is, when fully developed.

Let us look at the problem from another angle, suppose we take as our standard a three and a half pound, or fifty-six ounce pullet as our matured pullet at five months of age and call this a one hundred percent growth rate.

The pullet weighing two and a half pounds, or forty ounces, at the same age would have made a growth rate of a trifle over seventy percent.

While a pullet weighing but two pounds, or thirty-two ounces, has made a growth rate of only forty-three percent. There are entirely too many forty-three percent rate growth pullets in our flocks all over the country. These are the early moulters, the low producers and the inferior parasites of the poultry yards.

To avoid this we must keep body growth uniform and continuous throughout the entire development period and ahead of the development of the egg laying organs and this can be done by the use of a proper nutritive ratio and a balanced feed. Because the importance of this factor is not fully understood by many manufacturers of feed, does not make it any the less important.

The functions of animal proteins are the replenishment of wasted tissue constantly being thrown off by the fowls and to provide material for feather and egg making and together with other elements such as carbohydrates and fats, promotes growth and makes energy for the activity of the fowls.

The poorest proteins known are from some kind of milk products preferably liquid milk, or semi-solid buttermilk, as they are highly digestible and therefore economical.

The use of animal protein, beyond the needs of the fowls is detrimental in the extreme, so far as the fowls are concerned and extravagant in practice, because the proteins are the highest priced ingredients contained in the mash, so the over feeding of animal protein is detrimental to the health of the fowls, causing bowel trouble

FLORENCE ROCK FOLK VISIT DIAMOND LAKE

FLORENCE ROCK, Ore., Aug. 13. (Special.)—Mr. and Mrs. J. E. Peyton and family, accompanied by Carl Stearns of Santa Ana, Cal., motored to Diamond Lake Friday to spend the week end.

Utah Gooden is still working at the Weeks place, putting up some buildings.

Mr. and Mrs. J. W. Richardson and son Edmund, accompanied by Miss Clara Gooden, motored to Medford Monday to shop, returning in the evening.

Corvallis—Monroe street being improved.

Studen Drowns

SALISBURY, Ore., Aug. 15.—(4)—Richard Stenstrom, student at Willamette university in 1927 and 1928 was drowned in Rim Rock near Yakima, Wash. several days ago, says information that has reached here.

Economy Groceteria

The Home of Bread Like Mother Made

What Shall I Cook?

A vexing question to every housewife—day after day—three meals a day—that eternal problem of providing a varied menu without resorting to extravagance.

A vexing problem to many of course—but not to those who buy at the Groceteria. For with every shopping trip come many suggestions for variety—suggestions gained by inspection of the large variety of foods, arranged for leisurely examination, and all plainly marked permitting all to know prices without the embarrassment of asking a clerk.

After the cooking course come in and look around—take all the time you want. No clerk will ask you what you want. Shop to suit yourself. And you, like many others, will find that shopping the Groceteria way, besides saving money for you, will enable you to set a better table.

Miss Warner bought all her supplies for these cooking lessons at the Groceteria.

Gates & Lydiard

Saving Without Self Denial

COOKING COURSE CLOSSES FRIDAY

Tomorrow, Friday, will not only be the closing but the big day at the open air cooking course. Every woman who has attended any day will be there as well as many others.

More comfortable seats have been secured, but you should go early to get a good place and be sure of a seat.

Miss Warner will be at her best and will give a lesson on preparation and baking cakes. This will be interesting to expert cooks, as well as new beginners. Printed recipes will be given out again.

There will be a musical program at 1:30, on the Victor, a large number of representative women from all over the county, and you will enjoy the afternoon under the shade of the trees.

Miss Warner Uses a Gas Refrigerator

An Electrolux gas refrigerator, in use at the cooking school, attracts a great deal of attention. Miss Warner, the dietitian, in referring to this kitchen necessity, says:

"No other refrigerator is like it. It is very simple, has no moving parts, never wears out, requires no attention, is absolutely safe, and brings the luxury of real refrigeration within easy reach of all.

"You can enjoy the new flavor from food kept at its best, frozen, sweet, or never dreamed of making at home, and plenty of pure cubes of ice for water and beverages.

"It is a marvelous invention. There is no machinery in Electrolux, no motor, pumps or fan—no vibration or hum. Just a tiny gas flame that produces steady cold. A simple, silent system, welded into a solid unit—that keeps the temperature just where you set it from 55 degrees up."

Fork and Spoon Salad Set FREE

With each bottle of Vanillin Compound 29c

This vanilla will not bake out or freeze out. Get it at **MAGILL'S** "Medford's oldest and newest drug store." 214 E. Main Phone 91

CENSUS BEING TAKEN JACKSONVILLE FOLK

JACKSONVILLE, Ore., Aug. 15. (Special.)—Mrs. Ida Wilson started working on the census of Jacksonville Thursday for the chamber of commerce.

CRATER PARK CURATOR WILL RESUME SCHOOL

CRATER LAKE, Ore., Aug. 15. (Special.)—Miss Mabel E. Hubbard, museum curator of the Crater Lake National park, left yesterday for San Francisco where she will teach school, starting the 18th of this month.

Cooking School Special!

- Fire-proof Pottery
- Baking—Mixing—Salad

Bowls

Here at last are attractive earthenware bowls that are practically indestructible. You can bake in them without fear of breaking. Sizes 4 to 10 inches. Pretty blue underglaze design inside and outside of bowls.

Reg. \$6 Nest of 8 Bowls \$4.45

1/2 Nest of 4 Bowls \$2.45

WEM'S STUDIO Fine Glassware and Dinnerware

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.

E. R. Peck E. L. Daley
Main & Holly Phone 164



DANCE LADY, or Dream, to the music OF THE New Victor - Radio

MICRO-SYNCHRONOUS RADIO The beautiful new Victor-Radio-Electrola is the perfect friend of your mood—any mood! At the turn of a little knob, it brings all the joy of all the music of the world... Radio music—music-lovers

Palmer's Music House We Sell Happiness

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



An Enjoyable and Practical Course in Cooking & Baking

Miss Victoria Warner HOME SERVICE BUREAU, The Tappan Store Company Has been secured to conduct this course in modern cooking. You are cordially invited to attend. The lectures you will find will be very interesting and instructive—and you will not be under the least obligation.

Last Day Tomorrow

Recipe and Instruction Charts will be presented to all attending

This is not a mere demonstration—but a series of educational lectures for your everyday use, by a well known authority who will prepare the recipes and do the actual cooking during each session. Cakes, meats, breads, salads, desserts and the modern time and labor saving ways of preparing them for the table will be the subjects treated.

Enjoy the First Session—You Will Come for the Rest Bring Your Cooking and Diet Problems

Southern Oregon Gas Corporation

We Cooperate with the Free Cooking School

Scheduled for Four Days Under the Direction of Miss Warner

Marvel Pastry Flour

To be used by Miss Warner will be the same flour that has been selected in previous Cooking Schools in Medford.

Marvel Flour Excels

Of finest quality and gives most exacting satisfaction in results. Experts who are authorities on pastry flour unqualifiedly recommend Marvel.

Marvel flour is sold by your grocer and you make sure of best pastry when using this brand.

Mutual Mill & Seed Co.
Medford, 6th at Bartlett 353 E. Main, Ashland