

French Dishes Are Easy For American Imitation

By the Bureau of Home Economics and U. S. Department of Agriculture. The thought of French cuisine suggests an atmosphere of fine cooking, but to most persons it means elaborate dishes which only a chef can achieve. However, there are many simple, nourishing, and inexpensive French dishes which any housewife can prepare, points out the Bureau of Home Economics of the U. S. department of agriculture, in its weekly discussion of low-cost foods.

The dishes of the homely French kitchen and the small establishment are especially suitable for American families who budget their food. Economy and thrift are not new to French housewives, who justly pride themselves on their ability to utilize every bit of edible food in one appetizing dish or another.

An illustration of this is their pot-au-feu, which means "pot on the fire," and which might be called the national dish of the country. On the stove of every French kitchen is a special pot into which all sorts of leftovers go. Scraps of meat, bones, necks, gizzards and other parts of fowl, carefully selected vegetable waters and bits of vegetables like the outside stalks of celery, find their way into the pot-au-feu. This soup is never watery and always has a good meat foundation, as the recipe in today's market basket shows. It frequently serves as the entire meal for a French peasant family.

Following the French custom, the clear broth may be served alone at the beginning of the dinner. A savory tomato sauce usually accompanies the meats, after which the vegetables are served, also alone. Because the soup is simmered, the shin meat, for which the recipe calls, is sweet flavored and very tender. Follow the directions for cooking carefully, advises the bureau, or the meat will be tough, the broth evaporated, and the vegetables mushy.

Another soup that is typically French is onion soup, a dish which, it is said, made an ancient king of Poland forget his lost crown. Some Americans may not share his enthusiasm, but it is a prime favorite with those who are fond of onions. The recipe is quite simple, and the ingredients are comparatively inexpensive, with the exception of the Gruyere cheese. Another cheese may be used instead.

The general method for making this soup is to brown the thinly sliced onions in butter, add boiling water, salt, and pepper and simmer for about half an hour. The cook may use soup stock instead of water. Put toasted bread in the bottom of an earthenware baking dish, pour the soup over it, and sprinkle cheese generously on top. Add another layer of toast and grated cheese and heat the dish in the oven until the top is brown

and crusty. Serve the soup at the table directly from the earthenware dish. The sauces which the French use a great deal are not so intricate as they first seem to alien cooks who are unused to their names and ingredients. Besides putting a finishing touch to many delicious dishes, French sauces frequently are a means of serving inexpensive foods in an attractive and savory fashion.

Numerous piquant herbs such as shallots, chives, garlic, leeks, rosemary, thyme, sweet basil cloves, paprika, pepper corn and celery supplement the usual seasonings of salt and pepper. Bouillon or stock a little weaker than would be served at the table—is the basis of these sauces. Each one has special dishes, to which it is best suited. Sauces known as pepper, Robert and piquante, for instance, are spicy and therefore most appropriate for pork or dishes which are making their second appearance at the table.

Unlike the American custom, eggs are not served for breakfast in France. The French eat them in various forms for lunch and use them extensively for garnish and sometimes as a dessert in a fruit omelette. But this does not mean that omelettes are never the main dish of a meal. They are, in the modest home, as well as in the large hotels. In addition to the cheese omelette, for which the present market basket gives the recipe, vegetables, meats, and fish also are used.

The French cook beef and pork in much the same manner as we do. They pay particular attention to serving in special dishes the inexpensive cuts of meat and the many edible portions, such as liver, kidneys, brains and sweetbreads. Calves' ears, tripe and pigs' feet are always utilized—so well, in fact, that one Parisian restaurant has built an international reputation on its tripe dishes.

Of their vegetable dishes, the French fried potato is best known to us. The others are familiar friends served in a slightly different fashion with sauces and special seasonings. In the popular ones known as macedoine of vegetables several different vegetables are cut up fine and cooked together.

French desserts are not nearly so varied as American desserts. Pastries, fruit, either fresh or in compote (a variation of stewed fruit), cheese, and crepes Suzette, a sort of pancake, are the usual desserts. Pain perdu, for which a recipe is given below, is an especially good example of their thrifty way of serving a leftover in tasty form—in this case stale bread.

The typical French breakfast consists of coffee with milk, or chocolate, rolls and sweet butter. Most Americans do not consider this sufficient, so the bureau supplements

RUI ES LA FIESTA DE LOS ANGELES



Elizabeth Hicks of Los Angeles chosen queen of the Los Angeles fiesta celebrating the 150th year of the city's founding.

it in his week's menu with cooked cereal and milk.

MENU FOR ONE DAY
 Breakfast
 Cafe au Lait (coffee with milk)
 Rolls
 Butter
 Cooked Cereal
 Lunch
 Cheese Omelette
 Macedoine of Vegetables
 Fresh Fruit
 Dinner
 Pot-au-feu
 Soup with Meat and Vegetables
 Pain Perdu

RECIPES.
 Cheese Omelette
 5 eggs
 1/4 cup soft flaked cheese
 1/4 teaspoon salt
 1 tablespoon butter.
 Beat the eggs well. Then stir in the salt and cheese gently. Melt the butter in a smooth frying pan. Tilt the pan so the entire surface is covered with the fat. When the fat begins to sizzle, pour in the egg mixture. The edges of the omelette will cook more quickly than the center, so as soon as the edges

are set, lift them up gently with a spatula. Reduce the heat and cook until the underneath is delicately browned, and the top is moist but not liquid. Loosen the entire surface to be sure that the omelette has not stuck in any spot. Then, holding the frying pan in your left hand, tilt it and fold the omelette in an oval, using the spatula in the right hand. Transfer to a hot platter and serve at once.

Macedoine of Vegetables.
 1 1/2 cups fresh green peas,
 1 1/2 cups finely diced carrots
 1 cup finely cut celery
 1 cup boiling water
 2 teaspoons salt
 1/2 teaspoon sugar
 2 tablespoons butter
 Dash of pepper.
 Simmer the vegetables in the boiling salted water for 15 minutes or until tender. Add the butter and pepper and serve at once.

BEND—Bids opened for furnishing and installing lighting fixtures in Allen platoon school building.
Reedport—Sidewalks being built on Fourteenth and L streets.

AMERICA'S FUTURE SECURE DECLARES ROTARY SPEAKER

The future holds great things in store for the American people, according to H. G. Taylor, manager of the service division of the American Railway Association, who gave an interesting address on general economic conditions at the regular weekly meeting of the Medford Rotary club Tuesday noon.

"America has not only abundant resources, but unlimited resourcefulness and initiative which insure even greater progress and development for the future than in the past," stated the speaker, who quoted facts and figures to show the great increase in national wealth, savings deposits and production during the past 30 years, all of which constitute a huge reservoir of wealth and a substantial background to safeguard the future of the nation.

The present period of depression is perhaps beneficial in that it should strengthen the fibre of the American people, giving them more courage and experience to go forward to greater progress in years to come, he said.

Mr. Taylor spoke briefly on the railway situation and told of the activities of the American Railway Association, as well as the splendid accomplishments of the shippers' advisory boards throughout the country. He complimented Paul Scherer for his fine work on the northwest board as local representative.

W. E. Lantia gave a report on the Rotary "free swim" campaign put on by the Medford club during August, stating that 930 free swimmers had been given to local kiddies during the month. It is hoped that a municipal plunge may be completed before next summer.

Edwin Knapp, manager of The Medford Mail Tribune was introduced as a new member of the Rotary club. President Shonkley announced a special community service program for next Tuesday and urged a 100 per cent attendance.

Klamath Falls—Terminal City grading construction on The Dalles-Columbia highway, completed.
 Sherwood—Charley Ballard purchased interest in Toozee milk dairy.

ASHLAND NORMAL ADDS EXPERTS TO TEACHING STAFF

SOUTHERN OREGON STATE NORMAL SCHOOL, September 15.—(Spl.)—Angus L. Bowmer, instructor in English and Miss Louise Woodruff, music supervisor, have been added to the faculty of the Southern Oregon State Normal school for the coming year. Mr. Bowmer arrived Monday and Miss Woodruff is expected the first of the week.

Miss Woodruff was formerly music supervisor of the Marshfield public schools and head of the music department of the Oregon Normal school at Monmouth. She has just received her master's degree at Teacher's College, Columbia University, New York. She is a graduate

of Nebraska University and attended Taber College, Iowa, Columbia School of Music in Chicago and Northwestern University.

Mr. Bowmer will take charge of public speaking and debate, drama and will teach classes in English. He received his master's degree from the University of Washington. He is a graduate of the Bellingham State Normal school and has taught in Washington grade schools for six years, during which time he specialized in community choir and choral activities, dramatics, boys' club leadership and naturalization work and was a member of band and orchestra.

A. S. Taylor, who has been on a year's leave of absence, will return this fall after completing the work for his doctorate at the University of Southern California.

Other instructors are: Miss Marion Ady, art; Miss Helen C. Anderson, English; Miss Eloise Buck, English; Miss Lucille Burtis, art; Miss Henrietta Chaille, music; Miss Myrtle Finkbeiner, library; Miss D. Virginia Hale, physical education; Lorain E. Messenger, psychology and education.

Walter Redford, geography and economics; Mrs. Bertha Smith, health education; A. G. Strange, education; Miss Clara A. Trotter, supervisor of intermediate grades; Dr. Wayne W. Wells, biology; R. W. McNeal, coach of athletics and science instructor.

Other instructors are: Miss Marion Ady, art; Miss Helen C. Anderson, English; Miss Eloise Buck, English; Miss Lucille Burtis, art; Miss Henrietta Chaille, music; Miss Myrtle Finkbeiner, library; Miss D. Virginia Hale, physical education; Lorain E. Messenger, psychology and education.

Walter Redford, geography and economics; Mrs. Bertha Smith, health education; A. G. Strange, education; Miss Clara A. Trotter, supervisor of intermediate grades; Dr. Wayne W. Wells, biology; R. W. McNeal, coach of athletics and science instructor.

Mr. Bowmer will take charge of public speaking and debate, drama and will teach classes in English. He received his master's degree from the University of Washington. He is a graduate of the Bellingham State Normal school and has taught in Washington grade schools for six years, during which time he specialized in community choir and choral activities, dramatics, boys' club leadership and naturalization work and was a member of band and orchestra.

A. S. Taylor, who has been on a year's leave of absence, will return this fall after completing the work for his doctorate at the University of Southern California.

Other instructors are: Miss Marion Ady, art; Miss Helen C. Anderson, English; Miss Eloise Buck, English; Miss Lucille Burtis, art; Miss Henrietta Chaille, music; Miss Myrtle Finkbeiner, library; Miss D. Virginia Hale, physical education; Lorain E. Messenger, psychology and education.

Walter Redford, geography and economics; Mrs. Bertha Smith, health education; A. G. Strange, education; Miss Clara A. Trotter, supervisor of intermediate grades; Dr. Wayne W. Wells, biology; R. W. McNeal, coach of athletics and science instructor.

Other instructors are: Miss Marion Ady, art; Miss Helen C. Anderson, English; Miss Eloise Buck, English; Miss Lucille Burtis, art; Miss Henrietta Chaille, music; Miss Myrtle Finkbeiner, library; Miss D. Virginia Hale, physical education; Lorain E. Messenger, psychology and education.

Walter Redford, geography and economics; Mrs. Bertha Smith, health education; A. G. Strange, education; Miss Clara A. Trotter, supervisor of intermediate grades; Dr. Wayne W. Wells, biology; R. W. McNeal, coach of athletics and science instructor.

Other instructors are: Miss Marion Ady, art; Miss Helen C. Anderson, English; Miss Eloise Buck, English; Miss Lucille Burtis, art; Miss Henrietta Chaille, music; Miss Myrtle Finkbeiner, library; Miss D. Virginia Hale, physical education; Lorain E. Messenger, psychology and education.

Walter Redford, geography and economics; Mrs. Bertha Smith, health education; A. G. Strange, education; Miss Clara A. Trotter, supervisor of intermediate grades; Dr. Wayne W. Wells, biology; R. W. McNeal, coach of athletics and science instructor.

Ask:— any teacher of cooking

Ask her this:— Which do you prefer— a cream of tartar baking powder or one of the substitutes? The substitutes are cheap in price. But many pure food departments—most dietitians—and most domestic science teachers, definitely prefer cream of tartar. Whether the difference be slight or great—there IS a difference, and Schilling prefers the kind that is beyond question. So would you, if you knew the facts.



Enjoy the Carnation Contented Hour at 7:30 Sunday evenings over stations KGW, KGO

Lay in a supply of this better milk

Cook with Carnation, bake with it. It adds smoothness, richness, tastiness—and costs less than milk in any other form. Carnation-creamed coffee is a treat. And if you've a little "bottle baby" to plan for, remember: Carnation is easier to digest than raw, pasteurized or boiled milk.

TWO FREE BOOKLETS, "100 Glorified Recipes" and "Baby-Feeding Simplified," very interesting. Address Carnation Company, Albers Bldg., Front and Broadway, Portland "Produced in Oregon for 20 years"

Carnation Milk

"From Contented Cows"

WORLD'S LARGEST-SELLING BRAND OF EVAPORATED MILK

Schilling Baking Powder (cream of tartar)

Camelo Cleaners

211 West Main

Our New Safety Cleaning Equipment Will Not Harm the Fabric

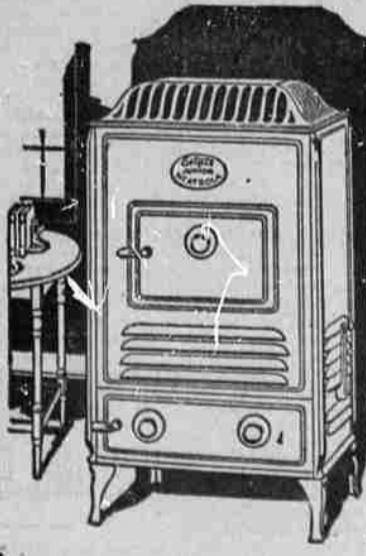
Phone 1260

The New HEATROLA

Brings BEAUTY-HEALTH-COMFORT to Your Home

There Is Only ONE Heatrola

AN ESTATE builds it! There are scores of imitations but only ONE that circulates heat with the efficiency and economy of HEATROLA—the farthest corner of the farthest room is practically as warm as the room in which the Heatrola stands. You are paying for HEATROLA comfort now, why not have one

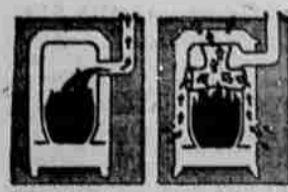


Warm Floors—More Heat—Less Fuel

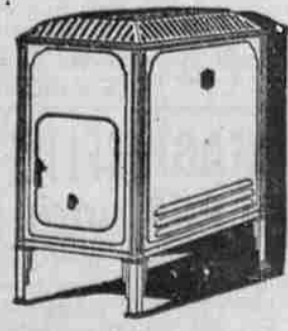
NO OTHER system of heating offers greater economy than HEATROLA—the wonderful INTENSI-FIRE air duct and other exclusive HEATROLA features assure MORE HEAT where you want it with less fuel. You get maximum return for every stick of wood or shovelfull of coal—no heat lost in pipes or in the cellar—the heat is delivered directly into the rooms!

NEW MODELS!

MORE attractive, more efficient, more economical than ever—the new HEATROLA models offer greater value than ever before! They are heavily constructed with heavy ribbed, all cast iron construction of fire pot and combustion pot. The finish harmonizes with other furnishings in the living room, is easily cleaned and serviceable. Just see these new models!



Diagrams of an ordinary radiating heater. Note how much of the heat goes up the flue, to heat the outside world. See how the Heatrola, with its marvelous Inten-si-Fire Air Duct, blocks the heat—sends it into the rooms. Four handsome new models, all at new, lower prices.



NEW LOW PRICES!

NOW YOU can secure the model you prefer in the HEATROLA line at LOWER PRICES THAN EVER BEFORE! The savings on your wood or coal bill will soon pay for your HEATROLA—a 45 per cent saving on fuel does the trick. The Heatrola burns not only the wood or coal, but the gases as well! Let us show just how easy it is to enjoy HEATROLA comfort and save money at the same time.

Over 300 Heatrolas In Use In Medford Homes

Easy Terms—Trade In Your Old Stove

Circulating Heaters As Low as **\$42.50** Special Savings In Andirons

We'll gladly call at YOUR home and help you solve the heating problem

ROBBIN'S

219 West Main St. Phone 9

The only place in Southern Oregon where you can buy an Estate Heatrola

EASY TERMS

Trade In Your Old Stove

Davenport and Chair Fine Velour Davenport Set—a real bargain at **\$39.95**