

# Southern Oregon Women to Be Guests at Free Cooking School

## HUSBANDS INSIST ON GOOD RANGES FOR OWN EFFORT

It has taken a woman home-service expert to discover that there is a useful domestic trait hidden away in every hubby's heart which women may do well to cultivate. That is, the latent desire to cook.

Most married women have discovered that their husbands really believe they have talent in culinary ways and bubble over with pride when they discover that the lamb chop or sunny-side egg they have been supervising is really eatable when turned out on the plate.

The home-service expert points out that encouragement of this desire to cook on the part of the man of the house will inevitably lead to the purchase of more modern cooking and other kitchen appliances, as men are progressive by nature and cannot bear to fuss with inefficient tools, which, nevertheless, they sometimes shortsightedly believe are quite sufficient for their wives.

It is claimed that several local housewives have lately and unexpectedly fallen heir to the gift of handsome electric cooking ranges, due to this progressive tendency, as the man has tried to excuse his lack of success in cooking by claiming that the range was unreliable and behind the times, and that he considered it next to marvelous his wife could get along with the facilities she had been using.

It is the idea of the home-service expert that if a man were tied to a kitchen stove, a greasy dishpan, and other old-fashioned housekeeping implements for any length of time, he would quickly turn to labor-saving appliances to lessen the drudgery and make incidental to these daily, never-ending tasks.

## Ethel Hall to Preside



Ethel M. Hall, coast-wide authority on home economics, who will conduct lessons in modern cookery at the Mail Tribune's free school of Home Economics, Thursday, Friday and Saturday at the Holly theatre. Mrs. Hall was Mildred Kitchen of the San Francisco Call-Bulletin.

## HOUSEWIVES DESIRE COLOR IN KITCHENS

An investigation covering thousands of homes all over the country brings forth the conclusion that the average American housewife prefers a kitchen of color to the conventional white and that a large majority of them lean toward cream or buff as a base with green as a trim.

Green in varying shades ranked as first choice for one-color kitchens, while red, at the other end of the spectrum took last place. The defenders of the green, however, almost unanimously preferred green as a

trim, rather than as an all-over color.

Manufacturers of enameled kitchen utensils report that the results of this survey are borne out in the preponderance of preference shown by housewives for utensils of cream or buff with green handles and beading.

Whether the results of this survey were or were not anticipated by General Electric stylists is not known. If not, then it is a peculiar coincidence that the new Advanced 1932 model GE Hotpoint Electric Range, now being featured by the California Oregon Power company and local dealers is to be had in cream colored

vitreous enamel with cascade green trimming as well as in the pure white enamel with silver wing gray trim.

Many new and exclusive features distinguish this new GE creation, which is being featured at the Mail Tribune School of Economics at the Holly theatre this week.

Let us demonstrate a new electric Singer Sewing Machine before buying as we will meet any demonstration or price of any other make and give more value for the dollar. Singer Sewing Machine Co. is not connected with any other company selling sewing machines in the United States. C. J. Logan, 229 E. 6th St.

## NEW UNITS SPEED ELECTRIC COOKERY

Years ago the Electric Range was regarded as "slow" by practically everybody, including those who were responsible for its exploitation.

The reason why it was thought slow was that no one had figured out any change in cooking methods.

Today Electric Cookery is as fast as any other method of food preparation.

Electric heating units have been "stepped up" to deliver more heat in less time and, most importantly, home economists have made a very simple but also very radical change in methods.

They introduced the straight-sided, flat-bottomed, covered utensil that fits the unit and eliminated practice of immersing products in water when cooking. With little or no water food is cooked better electrically than by any other method, say local dealers who this week are showing the new 1932 model "Hostess"—the latest creation of the General Electric engineers and home economists.

When buying photographs, look for the International Emblem. You are assured of fair, honest dealing Shangle Studio.

## SPERRY RECIPES

- Sperry Cream of Vegetable Soup
  - 4 tbsp. butter
  - 4 cups Sperry Drifted Snow flour
  - 4 cups milk
  - 1/4 tsp. salt
  - 1/8 tsp. pepper
  - 1 cup vegetable pulp (celery, spinach, asparagus, corn, potato, peas, or any desired vegetable)
- Melt the butter, stir in the flour and add the milk gradually. Cook for ten minutes. Add salt, pepper and vegetable pulp and cook for two minutes. Six servings.
- Sperry Prune Cake
  - 1/2 cup shortening
  - 1 1/2 cups sugar
  - 3 eggs
  - 2 cups Sperry Drifted Snow flour
  - 1 tsp. soda
  - 1 tsp. baking powder
  - 1 tsp. cinnamon
  - 1 tsp. nutmeg
  - 1 tsp. allspice
  - 1 cup sour milk
  - 1 cup stewed prunes (chopped and stoned)
- Cream shortening and add sugar gradually. Add well beaten eggs. Sift flour once before measuring. Sift the flour, soda, baking powder, and spices together, and add alternately with the sour milk. Add prunes. Bake in three layers. Time: Bake 30 to 40 minutes. Temperature: 350 degrees F., moderate oven. Size of pans: Three 8-inch or two 9-inch cake tins. Amount: 16 servings.

- Sperry Wholewheat Nut Bread
  - 2 cups Sperry Drifted Snow flour
  - 1 tsp. salt
  - 4 tsp. baking powder
  - 1 cup sugar
  - 2 cups Sperry Whole Wheat flour
  - 2 cups milk
  - 1 egg
  - 1 cup nuts
- Be sure to sift flour once before measuring. Then sift flour, salt, baking powder and sugar together, and mix with whole wheat flour.
- Add milk slowly, then egg, well beaten. Beat mixture well and add chopped nuts. Put bread in well greased tin and let stand 20 minutes.
- Do not handle bread more than enough to mix the ingredients as much handling makes it tough.
- Time: One hour to bake. Temperature: Moderate oven, 350 degrees F. Size of pan: 8x5x3 1/4-inch pan. This will make one large loaf.
- Western Sweet Potato Pudding
  - 2-3 cup butter
  - 1-3 cups sugar
  - 1/2 cup Sperry Drifted Snow flour
  - 2 cups grated raw sweet potato
  - 1 tsp. cinnamon or allspice
  - 1/2 tsp. nutmeg
  - 2 eggs
  - 2 cups milk
- Cream butter and sugar. Sift flour before measuring; then add potato, flour and spices. Add the eggs, well beaten, and milk.
- Bake in heavy baking dish 9-inch in diameter or in individual custard

- cups for 1 hour in slow, moderate oven, 325 degrees.
- Chopped nuts are delicious sprinkled over the top before baking.
- Western Farm Products Shortcake
  - 2 cups Sperry Drifted Snow flour
  - 1 tsp. salt
  - 4 tsp. baking powder
  - 2 tbsp. sugar
  - 6 tbsp. shortening
  - 3/4 cup milk
- Sift flour before measuring. Then mix and sift flour, salt, baking powder and sugar together. Cut in the shortening. Mix in liquid to make a soft dough.
- Spread on two well greased layer tins and bake. Remove cake from oven and spread lightly with butter. Place desired fruit between layers and on top of cake.
- Time: Bake 12 minutes in hot oven 425 degrees. Will serve 12 people.
- Fillings for Above Shortcake
  - Strawberry Shortcake
    - 1 qt. strawberries
    - 1 cup sugar
    - Crush strawberries and add sugar.
  - Peach Shortcake
    - 2 cups sliced peaches (sweetened to taste)
    - Cook peaches for 15 minutes. Cut in small pieces.
  - Orange Shortcake
    - 4 cups oranges cut into cubes
    - Cover with sugar to taste. Let stand one hour.
  - Rhubarb Shortcake
    - 4 cups rhubarb cut in inch pieces
    - 2 cups sugar
- Without adding water cook rhubarb and sugar in top of double boiler until tender.

## COSTLY FOODS ARE OFTEN THROWN AWAY

Analysis of what most housewives regard as waste (the water poured off of meats and vegetables after ordinary cooking) has been proven by chemists employed by food conservation authorities to contain minerals, salts, natural juices, etc., equivalent to approximately 20 per cent of the food value of a product cooked in open pans over flame and immersed in water to prevent scorching on the sides of utensils.

Proponents of Electric Cookery — "The modern method of food preparation" claim a saving in food cost by reason of the "waterless" methods employed in electric cookery. With closed utensils to prevent moisture loss through steaming and no pouring off of excess water, the electric method they claim is the economical method.

Demonstrations of the new 1932 model "Hostess" which is General Electric's latest contribution to Electric Cookery, are now being made by local dealers and this wonderful new electric range is also featured at the Mail Tribune School of Home Economics at the Holly theatre this week.

Let us iron out those fender bumps Brill Sheet Metal Works.

# Gone All Day



But, Oh Boy!  
What a Dinner  
in the  
Electric Oven!

She is looking and feeling ten years younger since electricity does the work. Remember how tired and hot she used to be when hubby came home; she always wore an old dress around the house so she wouldn't ruin the nice ones she seldom had time to wear. A General Electric Hotpoint range changed all that and electricity costs so very little—only a few cents a day for Electric Range, Refrigerator, Washer, Vacuum Cleaner and all the other things. The real beauty doctor for the lady of the house is electricity.

DON'T FORGET---

The Mail Tribune's School of Home Economics  
At the Holly Theatre Starting Thursday

The California Oregon Power Company

You are Invited to Attend  
The Mail Tribune's  
COOKING SCHOOL

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