

Free Movies at 1:30 Preceed School; Attendant for Children

HONEY ICE CREAM TASTY DESSERT IN SUMMER WEATHER

(By George Stewart.)

When the hot, wilding days of summer come, honey ice cream and honey sundaes are supreme as desserts. Honey ice creams are cooling and healthful—made with Nature's own food-sweet, containing all of its original mineral elements. That's why it is the best foundation for all summer desserts. Even though manufacturers make it under sanitary conditions and of pure materials, you can not obtain real honey ice cream, the kind that has the flavory tang. The only way to have it is to make it yourself. Ice cream, if one has the proper type of freezer, is not difficult to make.

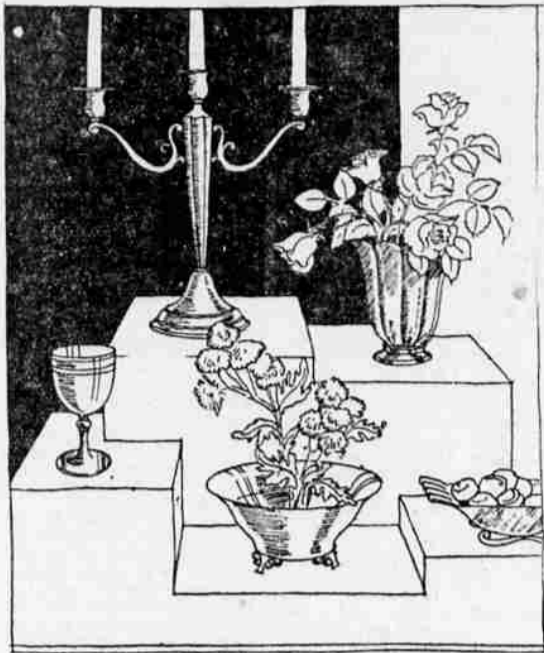
Once having tried honey ice creams you will readily see why they answer the demands of a perfect dessert again and again. Honey ice creams or dips are not heavy, yet they can display their calories to the shame of many other desserts—and they can be made in such endless variety that they complement any meal. Furthermore, honey ice cream and honey fresh fruit sundae are two of the very few desserts doctors recommend for children.

Honey Ice Cream.
Two quarts thin cream, 1½ cups Stewart's Honey.
Mix ingredients and freeze.
Honey Chocolate Ice Cream.
3 cups milk
3 eggs
1 quart cream
2 squares chocolate
¼ teaspoonful salt
1½ cups Stewart's Honey.
Make a boiled custard of the milk, melted chocolate, honey, eggs, salt and vanilla. When cool add the cream and freeze.

Honey Raspberry Sherbet.
3 lemons
1½ cups Stewart's Honey
1 egg, beaten
1½ quarts water
½ pint raspberries.
Mix the juice of the lemons, the grated rind of one, the raspberries, rubbed through a sieve, and the water and let stand several hours to blend with honey. Put in a freezer, and when it begins to freeze add stiffly beaten egg white.

Honey Apricot Sherbet.
2 quarts milk
1 quart apricots
2 cups Stewart's Honey
2 cups shredded pineapple.
Either canned or dried apricots may be used. If the latter, they should be soaked over night in enough water to cover, and the next day simmered gently until tender. After removing from the fire, add 1½ cups of Stewart's Honey for every 3 cups apricots used. ¼ teaspoonful cinnamon and 2 teaspoonfuls lemon juice. If canned apricots are used, no additional sweetening need be added to the fruit. Put apricots through the food chopper and combine with shredded pineapple, using juice of both. Add the honey to the fruit, then the cold milk, stirring constantly. Freeze.

Chromium Travels From Cars to Skillets



Metal "ensembles" find a place on the modern table.

By MARGERY TAYLOR
Interior Decoration Editor, McCall's Magazine. Written for Mail Tribune.

Now, after the return of pewter, copper and brass, too, are coming back to a welcome from the modern decorator.

Another metal which is coming—but not back—into the kitchen is chromium. Women who know what chromium finish has done for automobiles welcome science's contribution to easy housekeeping. The new chromium-finished skillets are not only good to look at, but they stay that way without eternal scrubbing.

Copper and brass are coming in the form of a style lift for the future, as a new trimming for pewter. But they are only a short step from full popularity for their own attractiveness.

Nowadays all metals seem to go with each other, and the designers are not stifling their imaginations. You can get pewter goblets with two bands of copper around the top. Pewter candlesticks have brass bases and candle cups. Copper edges set off pewter trays, and the little copper ice tubs have brass straps.

Modern though they are in spirit, these new metal "ensembles" may be had in designs which somehow recall old days.

Particularly interesting are the designs which show Swedish influ-

ence. Sweden is, of course, a leader in pewter ware of the modern type, and the new brass and copper effects have a special appeal to its craftsmen.

It is natural that the bright copper cooking utensils should come back into our kitchens. The copper producer's headaches at the lowest price for the red metal that they can remember, mean a blessing to the woman who has always wanted the Titian gleam in her kitchen. She can now afford to be modernly old-fashioned to her heart's desire.

Beat cream until light. Beat in gradually the powdered sugar, then the honey and add the salt. Fold in crushed or rolled dry macaroons and place in freezing tray.

Happy Kitchen Recipes

Nothing has ever done quite so much for desserts as the electric refrigerator. It's fun to plan desserts the refrigerator way—there is so much opportunity for the housewife to use "odds and ends"—to use her ingenuity in clever combinations and unusual color schemes. And besides, it does save time! Here are some Refrigerator Desserts that are sure to "go over big" with the family:

Honey Macaroon Mousse
1½ pines cream
¼ cup powdered sugar
¼ cup honey
Few grains salt
1½ cups crushed macaroons

Frozen Custard
2 cups milk
4 teaspoon cornstarch
4 egg yolks
2-3 cup sugar
1 cup cream

Scald the milk in the upper part of a double boiler. Add the cornstarch and sugar mixed, and cook for 15 or 20 minutes. Add the egg yolks and cook five minutes more. Take custard off stove and beat for five minutes with a rotary egg beater, until it is light and foamy. Add the cream, un-beaten, and turn into freezing tray. After one hour the mixture may be removed to a chilled bowl and beaten for one or two minutes with a rotary

egg beater. This will make it somewhat lighter and smoother. Fill one tray, freeze in three to four hours.

Frozen Fruit Pudding
1 cup sugar
1 cup water
3 eggs
1 orange
1 cup whipping cream
½ cup nutmeats
2 teaspoon gelatine
1 cup dry bread crumbs
1 cup mixed seeded raisins, currants, citron, candied cherries

Boil sugar and water five minutes. Pour over beaten egg yolks stirring constantly. Cook in double boiler until thick and add gelatine which has been soaked in two tablespoons cold water. Cool, add bread crumbs, fold in well. Beaten egg whites, then add fruits and nuts, lastly folding in the

whipped cream. Freeze in individual paper cups placed in freezing tray.

Peach Delight
2 egg whites
1 cup peach pulp
4 tablespoons confectioners sugar
Few grains salt
Whip eggs until quite stiff; add sugar, salt and peach pulp. Fold together lightly and pour into freezing tray. Place small tea cakes at intervals so that one will be in the center of each serving when cut.

Picture frames made to order. The Peasleys opp Holly theater.

Crystalglow—Kodak gloss supreme. The Peasleys opp Holly theater.

Ray Hoople's Barber Shop now open. Next to City Hall.

Hotel Holland Barber Shop. J. M. Dunn, 31 N. Fir St.

CULINARY CRAFT....

By Estella Dorgan, Director of Home Service, California Oregon Home Co.

Recipes Using Fish

We are anxious these days to get food value as well as variety into our meals and a very good and timely way is offered by including fish recipes in the plans we make for spring food. Fish oils are rich in vitamins A and D and oysters and clams, besides furnishing vitamin C are rich in calcium and iodine. The missing vitamin B may easily be furnished thru the vegetables served with the fish and so a well balanced food supply is assured.

Fish and Vegetable Pie

2 cups milk
4 T flour
3 T butter
Salt
Pepper
1½ cups flaked fish
1½ cups sliced carrots
1 cup cooked peas
2 T onion juice
Mashed potato

Make a white sauce of the milk, flour and butter. Add the vegetables, fish, seasonings then turn into a casserole. Cover the top with mashed potato, put thru a pastry tube if desired. Brush with melted butter and bake in moderate oven for 25 minutes. (375 degrees).

Stuffed Halibut Steaks

2 thick slices of halibut
Dressing
Bake 1 hour at 350 degrees.
Dressing: 2 slices stale bread squeezed out of 1 cup hot water—add
2 T melted butter
1 t salt, 1 t pepper
6 T chopped pickle
1 egg, slightly beaten
Spread between slices which have been browned on one side (turn browned side toward dressing). Sprinkle with paprika and bake uncovered.

Salmon and Olive Sauce with Rice

Mold
3 cups cooked rice
1½ cups milk
3 eggs, beaten
Salt, pepper
Sauce—
2 cups cream sauce
1½ cups flaked, canned salmon
½ cup chopped, stuffed olives
½ t Worcestershire sauce
½ t celery salt
Salt and pepper to taste
Add milk, eggs and seasoning to rice and bake in buttered molds or casserole in moderate oven, 35 minutes at 350 degrees. Serve with following sauce, hot:

Use above ingredients, adding the salmon, chopped olives and seasonings to hot cream sauce

Grapefruit and Tuna Salad

1 grapefruit pieces and juice
2 cups flaked Tuna
¼ cup chopped celery
2 cups shredded lettuce
2 hard cooked eggs, chopped
French dressing
Peel grapefruit, removing skin down to juicy pulp, and cut out segments free from membrane. Cut in pieces, preparing enough to fill a cup. Add any juice saved in segmenting fruit. Combine with other ingredients and serve cold with French dressing.

Orange and Salmon Salad

2 cups or orange pieces, drained
2 cups flaked salmon
¼ cup chopped celery
¼ cup minced pimiento
¼ cup chopped nut meats
2 cups shredded lettuce
French dressing
Prepare as Grapefruit-Tuna salad and serve with hot cornbread.

Oysters en Casserole

2 cups cooked oysters
2 cups cooked spaghetti
1 cup tomato sauce
Alternate layers of spaghetti and oysters in buttered casserole then cover with the tomato sauce. Bake 30 minutes at 325 degrees and serve hot.

Desirable houses always in first class condition for rent, lease or sale. Call 105

COOKING SCHOOL SPECIAL!

GENUINE Faultless Washer

With 10-year Guarantee Bond
\$69.85 Value

\$59.85

LEONARD'S ELECTRIC

In The Holly Theatre Building
MORRIS B. LEONARD

Housewives

Will learn a great deal about the quality of Peerless Meats and Vegetables which were chosen by Hester Heath for the Mail Tribune's Kitchen Chautauqua—which starts tomorrow. On the first day Miss Heath will prepare a lovely Sirloin Steak—

The Peerless Will Feature

SIRLOIN STEAKS

All day Wednesday at **1b. 18c**

Also Veal round Sirloin and T-Bone at **1b. 25c**

Phone your orders.

Peerless Market

12-14 No. Bartlett. Phone 603
Free Delivery—8 A. M.—10 A. M. 2 P. M.—4 P. M.

COOKING BY WIRE ECONOMICAL NOW

Power company officials authorize the statement that cooking electrically has become not only a most convenient, clean, cool and certain method of food preparation, but is also an economical method.

The average monthly bill for operating an electric range on our lines, according to J. C. Thompson, division manager of The California Division Power company is \$5.50.

"This is indeed low," Mr. Thompson said, "when one considers the many advantages of this modern method of cookery. We expect to have many more electric ranges on the lines judging from the interest shown by the hundreds of southern Oregon women attending the Mail Tribune Electric Cooking School this week."

Friday is the last day of the school and preparations are being made to take care of a record-breaking attendance.

Nature's Own Sweet Always Best to Eat



Miss Hester Heath Says:
"HONEY IS ONE OF NATURE'S PUREST FOODS."

Miss Heath uses Stewart's Bee-Made Honey in her recipes at The MAIL TRIBUNE COOKING SCHOOL

Children Love Honey On Their Cereal

They can eat all the honey they want without harm... and honey contains minerals needed in the child's system.

Stewart's Honey
On Sale at Your Favorite Grocer

At the Mail Tribune Free Cooking School

HESTER HEATH Recommends

These Rare Swiss-Flavored Products

Swiss Creamery Butter

Cottage Cheese and Ice Cream

Manufactured by

Swiss Creamery

Phone 550

DON'T PEEK...

No Watching
No Waiting
No Basting

GONE... are the hours of watchful waiting when you install an electric range. It is like having a maid to do the cooking, only more dependable than any human can be. Put your dinner in the oven as early as you please. Then leave. This modern servant needs no watching. At whatever time you decide, it will turn on the oven automatically. Temperatures are exact; no guesswork. At the time you designate to the minute, the heat will be turned off and a deliciously cooked dinner will be awaiting your return. Be sure to attend The Mail Tribune Free Cooking School at the Holly Theatre this week. It will be well worth your while.

THE CALIFORNIA OREGON POWER COMPANY