

School Delights Guests; Spanish Dishes on Thursday Program

KITCHEN EXPERT GIVES RULES FOR ROUTINE METHOD

A cooking school lecturer demonstrates dozens of recipes before hundreds of critical housewives in her daily audiences in every cooking school which she stages—before women who are themselves excellent cooks and who notice any errors immediately.

Yet women in every city in which Miss Hester Heath, "Kitchen Chautauqua" lecturer, here for her remarkable series of culinary programs sponsored by this paper, have marveled at the remarkable concentration and poise shown by this noted expert in cooking the most difficult recipes in a make-shift temporary kitchen on her lecture platform.

Local housewives will marvel, too, at this unusual instance of concentration in platform speaking.

Housewives whose cooking routine is spoiled when interrupted by a jangling of the telephone, ringing of the doorbell, or the intrusion of members of the household, will find a remarkable example in the ingenuity of Miss Heath.

She faces an audience of hundreds of women, her every movement subject to their scrutiny, and proceeds to handle the most intricate cooking details in automatic sequence—kneading, mixing and at the same time talking in detail of all the operations which she is demonstrating.

Most observers declare that if all the housewives who see and hear Miss Heath's programs will apply this orderly, unhurried method of routine to their own kitchens, their meals will be much easier and, no doubt, better.

"I found very early," says the lecturer, "that if I was to continue in my work, I would have to get used to the idea of not permitting outside interruptions to interfere with a well-formed plan.

"While my lectures are not memorized, there is a general form I follow each day—I have long since made the habit of arranging my work so that when I start to make the program, I have a preconceived plan of just what items I am going to demonstrate first.

"Then I start some things cooking while I prepare others and my remarks are more or less fitted to the mood of my audience, outside the definite specifications as to the materials used and recipes being made.

"One item, which I stress, is the need for every woman to have recipes which eliminate uncertainty, and allow a definite time which she intends to spend in the kitchen.

"A second item is the necessity of working out, before she enters the kitchen, her kitchen program.

"A third item is the necessity of insuring good results by selecting tried and tested products which thousands of cooks have proven worthy and reliable.

"Heat as clean as sunlight" is the

Economist Pleases Housewives



Hester Heath

Southern Oregon housewives, who attended the Mall Tribune free cooking school at the Holly theatre today, were delighted with the lessons presented by Miss Hester Heath. Miss Heath's pleasing personality and instructive cooking tips pleased today's enthusiastic crowd. Housewives here recognized Miss Heath as Clara Miller Sexton, home economist who conducted a very successful Mall Tribune cooking school at the old Presbyterian church in this city in 1928. "Hester Heath" is a stage name used by Mrs. Sexton in conducting Western Feature Enterprises cooking schools in the larger Pacific Coast cities.

slogan of the range campaign being conducted this spring by local dealers. The new ranges which are on display at the Cooking school are attracting no little attention on account of their beauty of design and the many novel features which make cooking a pleasure instead of a disagreeable duty.

HOUSEWIVES DISCARD MUCH VALUABLE FOOD IN ORDINARY COOKING

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 electric ranges, the latest contribution to Electric Cookery, are now being made by local dealers and these wonderful new electric ranges are also featured at the Medford Mall Tribune Cooking School this week.

Spanish Air Travel Safe MADRID (AP)—Spain's only air line, serving Madrid, Barcelona and Seville, reports that last year 15,160 passengers were carried without a death in the service from accident.



Hester Heath Uses

CAMPBELL'S RAW MILK

At the Tribune Cooking School

RICH, pure, fresh, flavorful milk many times a day There is a health formula that cannot be surpassed And physicians urge parents to give children Campbell's Raw Milk because of its unvarying richness, purity and freshness.

Campbell's Dairy
Phone 51

COOKING SCHOOL SPECIAL!

Full Enameled 4-Hole
Standard Range

\$149.50 Value
\$99.85

LEONARD'S
ELECTRIC

In The Holly Theatre Bldg.
MORRIS B. LEONARD

ELECTRIC STOVE CLEANLY AS SUN

Hundreds of interested women are attending the demonstrations being conducted by Miss Hester Heath, well known economist at the Mall Tribune Electric Cooking School this week.

One of the outstanding advantages of Electric cookery according to Miss Heath is the absolute lack of smoke, soot and greasy steam to cause hours of scrubbing and scouring to keep utensils, range and kitchen walls, woodwork and drapes clean.

"Heat as clean as sunlight" is the



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