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

SIMPLE UTENSILS USED BY EXPERT IN KITCHEN CRAFT

Miss Heath in her Mail Tribune kitchen lecture, uses the latest and most modern appliances in her programs — modern automatic refrigerator, a range with automatic oven regulator control for "cooking by absent treatment,' and a large assortment of small handy utensils which she carries with her in her own equipment.

She declares, however, that simplicity in both materials and methods will be the keynote of the "Kitchen Chautauqua" and that she is going to show very few fancy "gadgets" or fancy frills in recipes. She thinks that most housewives are more interested in the homey every-day practical problems of what makes meringues fall and how to make a cake light and fluffy, than they are in learning new and overly involved dishes.

"The real secret of cooking," declares Miss Heath, "is the ability to make standard recipes in less time with less effort, and to be able to change them to make them appear new."

She says that every housewife can easily keep the appetite of her family on edge, not by using expensive new foods, but by simply using a small amount of resourcefulness and ingenuity in order to make the plain old dishes better.

Admission to the "Kitchen Chautauqua" is absolutely free and without charge; there is no obligation whatsoever. You will receive attractive recipe books and pamphlets. There will be instruction, hints and entertainment galore.

Baking Helps

Always sift flour and K C Baking Powder together at least three times. The more sifting, the lighter, finer texture the cakes, biscuits, etc., will be.

To mix a cake, first cream butter and sugar thoroughly, then all yolks is used. Then alternately add moisture and flour that has been sifted with baking powder and stir until smooth and glossy, adding beaten egg whites after thoroughly mixing.

For cakes, have your oven slow to moderate at first, until the cake is fully risen; then increase heat so as to just brown lightly.

K C Everyday White Cake

¼ cup butter (4 ozs.)
1 cup granulated sugar (8 ozs.)
½ cup cup milk
2 cups pastry flour (8 ozs.)
2 level teasponos K C
Whites 3 eggs
1 teaspoonful vanilla extract

Frosting for White Cake

½ cup granulated sugar (4 ozs.)
¼ cup boiling water
1 ounce of square chocolate
Sifted confectioner's sugar

K C Jelly Roll

1 cup sifted pastry flour)4 ozs.)
Scant half teaspoonful salt
1½ level teaspoonfuls K C baking powder
Grated rind of 1 lemon

K C Strawberry Shortcake

2½ cups sifted pastry flour (10 ozs.)
2½ level teaspoonfuls K C baking powder
½ teaspoonful salt
½ cup shortening (4 ozs.)
About ¾ cup milk
Butter, strawberries, sugar and cream

K C Graham Muffins

1 cup graham flour (5 ozs.)
1 cup pastry flour (4 ozs.)
2 level teaspoonfuls K C baking powder
2 level tablespoonfuls sugar (1 oz.)
½ teaspoonful salt
1 egg
1¼ cups milk
3 tablespoonfuls melted butter—1½ozs.)

K C Doughnuts

¾ cup granulated sugar (6 ozs.)
1 cup sweet milk
3 tablespoonfuls melted butter
3 cups flour (12 ozs.)
½ teaspoonful grated nutmeg
1 teaspoonful salt
2 eggs, the whites and yolks beaten separately
2 level teaspoonfuls K C baking powder

K C German Coffee Cake

2¼ cups sifted flour (9 ozs.)
2 level teaspoonfuls K C baking powder
¾ teaspoonful salt
2 tablespoonfuls melted butter
2 tablespoonfuls sugar (1 oz.)
1 egg
Milk

K C Date Muffins

1-3 cup butter (2 2-3 ozs.)
¼ cup sugar (2 ozs.)
1 egg
¾ cup milk
2 cups pastry flour (8 ozs.)
2 level teaspoonfuls K C baking powder
½ teaspoonful salt
Scant ½ pound dates

K C Waffles

1½ cups flour (6 ozs.)
2 level teaspoonfuls K C baking powder
¼ teaspoonful salt
Yolks of two eggs
1 cup thin cream or rich milk
4 tablespoonfuls melted butter (2 ozs).
Whites of two eggs, beaten dry

K C Plain Pancakes

2 cups sifted pastry flour (8 ozs.)
2 level teaspoonfuls K C baking powder
½ teaspoon salt
About 1½ cups sweet milk
1 egg
2 tablespoonfuls melted butter
The butter may be omitted
Pancake flour can be made easily with K C Baking Powder and represents a substantial saving in comparison with prepared flours.

To Make Your Own Pancake Flour Mix:

2 quarts sifted flour (8 cups or 2 lbs.)
3 level tablespoonfuls K C baking powder
½ cup sugar (4 ozs.)
2 level teaspoonfuls salt

or

1 quart buckwheat flour (cups or 1¼ lbs.)
1 quart sifted plain flour (cups or 1 lb.)
4 level tablespoonfuls K C baking powder
½ cup sugar (4 ozs.)
3 level teaspoonfuls salt

Place in Mason jars and have an efficient pancake flour for use at all times.

Only milk is necessary to prepare the batter.

Cheap Flour Is False Economy For Housewives

Several years ago the housewife did not stop to think when using a cheap flour it was necessary to utilize larger proportions of ingredients higher in cost than flour, such as shortening, butter and baking powder. However, time has proved that cheap flour is not necessary.

Drifted Snow Flour, manufactured by the Sperry Flour company of Portland, represents the finest quality because of the organization and facilities behind it. The Sperry Flour company maintains over 100 warehouses in the choicest wheat districts of the Northwest, and that prior to every harvest a comprehensive wheat survey is conducted.

It is also interesting to note that the purchasing for all wheat and other grains required in the Northwest mills of the Sperry Flour company, located at Portland, Spokane and Tacoma, is directed from Portland. This company does not export any products except in their finished state, and all wheat and other raw materials are converted into flour, feed and cereals by American labor and sold in domestic and export markets only in their finished state.

Sperry's payroll in Portland and Oregon is undoubtedly the largest of any milling company, and in these times it is a real achievement to be able to state that the Sperry organization at Portland numbers more people on its payroll now than during any previous period in the years of 1929 and 1930.

More grocers in this area are stocking Drifted Snow Flour than ever before. Drifted Snow Flour has constantly been maintained in the public eye for a great many years, and Sperry is one company that believes quality pays!—Merchants Magazine.

Brazil Fears Boll Weevil

FORTALEZ., Brazil (AP)—Importation from the United States of cotton to be used in manufacturing here, has been protested by the commercial association on the ground that it may bring the boll weevil to this cotton growing section.

PILLSBURY FLOUR CRRIES APPROVAL OF HESTER HEATH

Miss Hester Heath, home economist, who is conducting the Mail Tribune's cooking school this week, is an enthusiastic user of Pillsbury's flour. Because of this preference, Pillsbury products will be especially featured at the Tribune school. V. H. Haines of Portland, representative of the Pillsbury Flour Mills company, is in Medford this week assisting in preparations for the cookery sessions.

All housewives who attend the Friday cooking school will be presented with a coupon that, when presented to Medford and Rogue River valley procers, will be good for 10 cents toward the purchase of a package of Pillsbury's cake flour.

In commenting upon Pillsbury quality, Mr. Haines said:

"The reason more women every day are buying Pillsbury's cake flour: It's not a cheap product—but it is a money saving product. Tests positively prove that it makes better cakes, and that it makes cakes with the least possible chance of wasted ingredients, wasted fuel and wasted money.

"Also, it makes cakes that stay fresh until the last piece is eaten. Hundreds of thousands of women have found that this new cake flour makes the finest cakes they ever saw in their lives, and that it makes them at the lowest possible cost."

SPILLED FOOD WORRY GONE FOR HOUSEWIFE WITH MODERN RANGE

Spilled foods or liquids need worry electric range users no longer if their cooking device happens to be one of the new Advanced 1932 models just put on display at the Peoples Electric Store.

These smart, new creations of General Electric are completely equipped with CALROD heating units which are protected against anything but a most extraordinary accident.

The coils are encased in tubes of chrome steel and insulated with powdered magnesium oxide which makes them air-tight, water-tight and accident proof, according to representatives of the manufacturer.

No "burnouts" are possible on account of foods or liquids causing "shorts" and even oxidization is impossible because the wire is embedded in what amounts to solid stone insulation inside the tube. Company officials say the CALROD unit has eliminated practically the last objection in the use of the electric range.

SOCIETY MATRON TAKES RENO PATH

NEW YORK, March 30.—(AP)—The New York American says Mrs. Paul Morton Smith, youthful society matron, has established a residence at Reno to obtain a divorce.

Mr. Smith is the son of Mrs. Chas. H. Sabin, prominent anti-prohibitionist, by a former marriage to J. Hopkins Smith, Jr.

Mrs. Smith, the former Betty Shevlin, is the daughter of the late Thos. Shevlin, who was one of Yale's greatest football stars.

They eloped and were married at Greenwich, Conn., in 1928.

Real Estate or Insurance—Leave it to Jones Phone 796.

FREE RANGE WIRING OFFER BY COPCO IS MUCH APPRECIATED

The free range wiring service instituted by the California Oregon Power company last summer has proved popular throughout the entire Copco system and has made it possible for many local housewives to enjoy the many conveniences and benefits of electric cookery. Through the Copco plan it is now possible to purchase and install an electric range without having to make an additional investment in the special range wiring. This unusual offer includes all wiring in connection with the installation of not only the range but the water heater as well and means a substantial saving of $35.00 or more to local purchasers of this modern, labor-saving equipment for the home. The offer is not restricted to equipment purchased from the power company's appliance stores but also includes ranges and water heaters purchased from any furniture, hardware or electric dealer in the territory served by Copco.

Many citizens of southern Oregon have availed themselves of this liberal offer on the part of the California Oregon Power company and are now enjoying the benefits of electric cookery and the low cooking rates offered by the local utility.

STOCKHOLM (AP)—Despite general conditions, American tourist traffic in Sweden showed a growth in 1931. In 1929 one steamship line brot 14,382 Americans here, last year 17,973.

TOMORROW

Hester Heath will prepare, at the Tribune Kitchen Chautauqua, Soup Meats and Veal in various ways.

The Peerless Market will feature all day Thursday

Veal Round lb. 25c
Soup Meat or Boiling Beef lb. 9c
Hamburger 2 lbs. . . . 19c
Sliced Bacon 2 lbs. . 43c
Rabbits, Young, Tender, lb. 17c

This Market Is Home Owned and Features Home Products Exclusively

Phone your orders

Peerless Market

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Free Delivery—8 A. M.—10 A. M. 2 P. M.—4 P. M.

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

Honey Is An Ideal Baby Food

Can be substituted for Orange Juice in Baby's diet.

If Baby has weak heart, honey will strengthen its action.

Honey is an excellent laxative for Baby.

Honey is Pre-digested, therefore easily assimilated.

Stewart's Honey

On Sale at Your Favorite Grocer

MISS HESTER HEATH

Happy Kitchens are Colorful Kitchens

The Ideal Finish for Kitchen, Bathroom and Basement Walls

SHERWIN-WILLIAMS SEMI-LUSTRE

Soft attractive tints are practica with Semi-Lustre. Rooms stay dainty and inviting because finger marks, kitchen-film and winter's grime wash off this hard, tight half-gloss finish so easily and without streaking. You will be surprised and delighted when you learn how beautifully you can also finish woodwork and furniture with Semi-Lustre.

S-W Semi-Lustre per qt. $1.10

A Fast-Dri Floor Varnish

It's a pleasure to finish wood and printed linoleum with S-W MAR-NOT Fast-Dri Varnish—woodwork and furniture, too. No inconvenience because it dries rapidly—no inconvenience because Mar-not wears and wears—floors stay attractive so much longer when you use Mar-not Fast-Dri Varnish. Water will not discolor it. S-W Mar-not Fast-Dri Varnish, per qt. $1.50

USE SHERWIN-WILLIAMS QUALITY BRUSHES FOR BEST PAINTING RESULTS

The Household Enamel of a Thousand Uses

Your favorite colors on that breakfast room set—the children happy with re-finished toys and your rooms new again with fresh new enamel! Rapid Drying ENAMELOID will do it. So easy to apply and rapid drying for your convenience—long wearing and easy to keep clean—for your complete satisfaction! S-W Enameloid Rapid Drying, per qt. $1.70

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Budget your household expenditures and save a portion of your income each week.

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Medford Mail Tribune COOKING SCHOOL

BE SURE AND NOTICE

Miss Hester Heath

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KC BAKING POWDER

25 Ounces for 25c

SAME PRICE for Over 40 Years

The demonstrator will show you that in using a Double Action baking powder such as KC you get *Fine Texture* and *Large Volume* in your bakings—that you can use *less* than you do of high priced brands.

You will realize that it is not necessary to pay *war prices* for baking powder.

Then try KC yourself. Give it the oven test and judge by results.

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