

Every Housewife Is Invited to Enjoy Three-Day Cooking School

SPOILING OF FOOD CAUSES BIG LOSS IN YEAR'S COURSE

The average American family loses approximately \$105 each year in food which spoils because of the lack of proper facilities for preservation, it was asserted by Miss Estella Dorgan, director of home economics for the California Oregon Power company.

"Statistics which we have just received from Washington and which are based on the most conservative estimates made by economic experts, show that the average family spends about \$700 a year for food," Miss Dorgan said. "The government survey states that of this amount 15 per cent, or \$105, is lost through spoilage."

Foods spoil quickly, particularly when adequate refrigeration is lacking. In many instances food may look and taste good; nevertheless, there lurks in these foods, unless they have been kept in a proper temperature, dangerous bacteria, germs that breed colds and coughs and sore throats. In a few hours if foods are kept in a temperature of 50 degrees or above, these germs multiply many times. Much of the sickness in the American home today is caused by the consumption of foods contaminated thru improper refrigeration.

"Health authorities in all parts of the world have been attempting for many years to educate housewives to the necessity of the right kind of refrigeration because these savants know of the peril hidden in improperly preserved food and know that such foodstuffs have taken a huge toll."

"In addition to the health angle, there are other benefits to be derived from proper refrigeration. The correct kind of refrigeration is economical; it prevents food spoilage and enables the housewife to use all leftovers in various ways. There are hundreds of tempting meals that can be served with leftover food which has been properly preserved."

Industry Delivers Electric Service Of Highest Class

Denunciations of the electric industry, on the ground that it is "big business," should not cause much of a furor in the public mind. The achievement of the industry has been, and will be, largely the result of its size. Thirty years ago the consumer bought electricity at a high rate from a small local concern. Service was uncertain in the extreme, and when the plant shut down every now and then for a day or so it was considered inevitable. Farm and railroad electrification, like electric labor-saving devices, were unknown.

Now, for a fraction of the price then charged, we get the highest possible standards of electric service. Even short interruptions of service are rare, because the modern utility has tremendous resources with numerous sources of power, and serves many communities. We have as many labor-saving devices as we like, and they cost almost nothing to operate. The electric industry is busy carrying on rural electrification projects that are bringing, at a reasonable cost, the blessings of power to thousands of farmers. This is what "size" means in regard to the electric industry.—Wyoming State Journal.

DAIRY BUSINESS SHOULD REFRAIN FROM CIVIL WAR

This is about price wars and cut-throat competition. Let's look back for a moment.

The dairy industry within a short span of years has grown to be the country's largest business. It tops steel, automobiles, wheat, cotton—yes, even bootlegging—by billions, not merely millions, of dollars. As the American people have learned and seen the value in milk, butter, ice cream and cheese, they have spent an ever increasing part of their food dollar for these products.

Now—are we going to "kill the goose that lays the golden eggs?" Are we going to engage in expensive price wars that eventually necessitate lowering high standards of quality and service? Are we going to offer sub-standard products at a "price" in order to boost sales at the expense of a competitor, who in turn, will retaliate?

This is food for thought for every one engaged in the industry. It may be a lot of fun to have a good fight—but this is no time for it. There's too much work to be done. Price wars and cut-throat competition have never helped any industry. They won't help the Dairy industry. Remember—no one "wins" in a civil war.—From The Creamery Package Bulletin.

HAND-TO-MOUTH BUYING STOPPED BY LOCAL WIVES

Hand-to-mouth buying is no longer popular in this community. Housewives here are buying not for one meal or for one day, but for two or three days. While it is true that many women still make daily trips to market, more and more housekeepers are purchasing foodstuffs in larger quantities. They are enabled to do this, says Miss Estella Dorgan, home service director of the California Oregon Power company, because they have proper facilities for the preservation of foodstuffs.

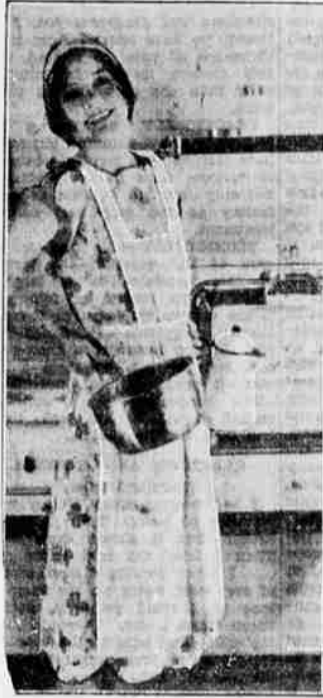
"Home economics and household institutes have demonstrated the savings which accrue as a result of electric refrigeration. While waste, in the matter of 'left-overs' and 'tag-ends' is eliminated by the modern refrigerator, there is a greater saving in quantity purchases of perishable foodstuffs, such as meat and vegetables and fruits.

For instance, Saturday prices usually are below those of the midweek. Housewives who read the newspaper advertising and purchase in quantities on Saturday will find they have made a substantial saving.

"Rueita Day Blinks, specialist in food marketing and director of the food department of the Homemaking Center of New York City, recently concluded a year's test of savings made possible through use of the electric refrigerator. These savings totaled \$120 for the year."

Hollywood Stars Tell Their Kitchen Secrets

Nancy Carroll, Paramount Star in "Wayward"



This is one of a series of favorite recipes of movie stars who find delight in cooking.

OATMEAL COOKIES

- 1 cup Formay
- 1 cup sugar
- 1 egg
- 1 cup sour milk or butter milk
- 2-3 teaspoon soda
- 1 teaspoon salt
- 2 cups oatmeal
- 1 cup raisins
- 1 cup walnuts
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 2 cups flour

METHOD: Cream shortening and sugar, add egg and beat well. Sift flour, salt, spices and soda and add alternately with milk. Mix in rolled oats, raisins and chopped nut meats. Drop on oiled baking sheet and bake 15 minutes in a 400 degree oven.

HONEY DISCOVERY BROUGHT BOON TO EARLY DAY HUMAN

By George Stewart

The man who first knocked the bee's nest from the wall of his cave and found in the sticky mass which clung to his fingers a new gustatorial delight was a great discoverer, for he brought to his rude family table a delicious food of greater energy value than any of the foods he had eaten up to that eventful day.

Of course he was extremely fond of this sweet and troubled indeed were the hives of every honey-gathering insect from that time until today. And so for ages honey occupied a very high place among foods. The Bible tells us that the children of Israel could find no higher praise for the promised land than to say that it flowed with milk and honey. And, actually, there is no other food which so vividly brings fragrance and flavor to a repast as does honey. It has more than flat sweetness—it holds the sunshine from gardens and meadows the native sweetness of tranquil rain and soil, and the perfume and beauty of flowers.

Honey is sugar from the flowers. It's the sweet viscid fluid collected from the nectaries of flowers and modified and stored in the honey comb by the honey bee. In addition to the several desirable sugars present, it contains small amounts of protein, traces of acid, minute quantities of volatile substances which give it its characteristic aroma and flavor, and, as well, small amounts of phosphoric acid, calcium, nitrates, sulphates, and carbonates which combined with the salts of lime and iron contribute to the important mineral content of the food supply.

On an average, less than one-fifth of the weight of honey is water. But the proportion of water varies in individual honeys; it is influenced by the climatic conditions at the time the honey is produced.

Practically all the honey on the market today is pure honey (the pure food inspectors have found but two samples of adulterated honey in the past ten years). All honey is good honey but, that does not mean all honeys are equally pleasing. When you purchase honey insist on Stewart's Honey. James Stewart, in charge of production of the honey put out by the Stewart Honey Co., has 30 years of experience in the scientific handling of bees and their wonderful product. With such a wide knowledge of this work he is able to bring to your table the best there is in honey flavor and quality.

Honey keeps indefinitely—it does not spoil. A jar of honey, still liquid, and still preserving its characteristic scent after 3300 years, was found in Egypt in 1905.

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the regular church choir, assisted by the young people's choir. Mrs. A. C. Mitchell and Miss Yetta Olson, rendered a duet, "The Midnight and On Olive's Brow."

The floral decorations of baskets of spirea and greenery with red quince were beautifully arranged by Mrs. Will Brown.

The annual Easter egg hunt sponsored by the Presbyterian Sunday school was held March 26, on the school grounds. About 50 children enjoyed the hunt and the lunch provided after the fun was over.

Broken windows glazed by Trowbridge Cabinet Works

Eagle Pt. Church Easter Services Well Attended

EAGLE POINT, March 30.—(Sp.)—Easter services held at the Presbyterian church March 27, were well attended. Rev. J. S. Smith conducted the services which consisted of an Easter sermon and special music by

Tea lovers... heed the advice of experts!



From hundreds of platforms, cooking school lecturers are urging women to "look for the Map of India trademark" on every package of tea they buy. The Map (shown to the right) when displayed on a package of tea certifies the package to contain genuine India Tea. India grows the finest tea in the world. Heed the advice of cooking school instructors... they know!



★ These brands of tea contain delicious India Tea. They are the teas that cooking school teachers are recommending. Each of these brands display the Map of India trademark.

- GOLDEN WEST All Dealers
- LIGHT OF ASIA Independent Grocers
- LUCKY STRIKE All Dealers
- MILLION DOLLAR All Dealers
- MOSARCH Independent Grocers
- NEIGHBORHOOD STORE Neighborhood Stores



FREE! Write today for "Interesting Facts About Tea." It contains correct tea-making rules... recipes for tea ice cream, tea sorbet, etc. Address: India Tea Bureau, Dept. O-1, 82 Beaver St., New York City.



First Choice—

Pillsbury's Best Flour Is Used by Miss Hester Heath in the Mail Tribune Cooking School because it is "balanced" for perfect baking!

You know that "balance" is the most important thing about your recipe—that every ingredient must be used in just the right quantity. Did you know that your flour should also be "balanced"—that it should be made from a blend of different kinds of wheat, combined in such a way that your flour contains just the right amounts of protein, mineral, moisture, etc., to work perfectly for all baking?

There is no other flour just like Pillsbury's Best—for Pillsbury's Best is scientifically "balanced" according to a secret blend of wheats worked out in the Pillsbury laboratories. Women who use it have found that it is far superior to ordinary flour for all sorts of baking. Your grocer has it—ask for it by name.



Pillsbury's Best Flour

"balanced" for perfect baking

HESTER HEATH Selected Swiss Creamery Grade A Products Because

"They Satisfy"

Get Swiss Creamery Butter Cottage Cheese and Ice Cream

At Your Grocer or Call 550 for Daily Delivery Swiss Creamery

For Afternoons at Home Miss Heath Chooses



Nelly Dons

Fine fabrics and expert dressmaking are expected of Nelly Dons... But it is their originality and individuality that make them so important in every woman's wardrobe

New shipment of English Prints, Linens and Cotton Mesh.

\$1.95 To \$10.00

ADRIENNE'S

Safeguard Your Health and Your Pocketbook



WITH THE Efficient Electric Refrigerator

Health and economy are only two of the many important advantages offered by the Electric Refrigerator. The CONSTANT cold (below 50 deg.) guards your health by protecting your food against taint. Food kept above 50 deg. is a menace to health. The actual saving in dollars

and cents by eliminating food spoilage will pay for an electric refrigerator, so that eventually it will cost you nothing. More than 1,000,000 electric refrigerators were sold last year. You will find one in use every day at the Mail Tribune's Free Electric Cooking School at the Holly Theatre this week. Be sure to attend.

THE CALIFORNIA OREGON POWER COMPANY