

Hester Heath Will Present Dishes From Foreign Lands Friday

WISE WIFE HEEDS MECHANICAL AIDS IN HOUSEKEEPING

By Estella Dorgan.
There is a saying that "A man can build a house but only a woman can make it a home." Of course, we all know that it takes the co-operation of every member of the family to make a real home, since the term home does not mean just keeping food prepared and clothes in good condition, and floors swept—the home we are picturing is a place where we can relax and be comfortable in mind and body and feel that it is a haven which welcomes under all conditions and weathers.

We often speak of a "good old-fashioned home," but again it is the spirit we mean and not the material things. No one of us really wants to go back to the "old-fashioned" lamp, cook stove, broom, wash tub and so on! But we do long for the quiet and warmth and hospitality of the real home. Can this be found in the modern home with its thousand-and-one interests? Of course it can! How? Find the home where the new-fashioned homemaker has learned to make her home serve her instead of making her its servant. No modern woman can call herself efficient and a real homemaker if she fails to take advantage of the modern mechanical servants which are all around her. Let her plan her time and the full use of the assistance, which is at hand and she will have time to give to the little things which make the spirit of home so precious. Tell her to save her strength—not to leave home, but to rest and study and think and do the things for which the thoughtless woman never finds time.

One of the greatest forces which has come to the assistance of the modern housewife is electricity. Perhaps it is the greatest—and we in the home service departments of the electric service companies, are trying to help modern homemakers to take advantage of this powerful servant. Through classes, radio talks, demonstrations, newspapers, personal surveys and office consultations we endeavor to tell the story of how electricity may be brought into the home so as to make of it the ideal living place it should be, insofar as any outside force can assist, by doing the hard labor or difficult things in a quiet, efficient, economical way, and dropping out of the picture until needed again—to appear always at any time of day or night to do the bidding of its master—the will of the homemaker.

Hollywood Stars Tell Their Kitchen Secrets

Loretta Young, First National Star in "The Hatchet Man"



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

FORMAY ORANGE BISCUITS

- 2 cups white flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 3/4 to 1 cup milk or water
- 4 tablespoons Formay

Sift dry ingredients, cut in Formay with two knives. Add liquid and mix to a soft dough. Toss on slightly floured board, pat into shape and cut with biscuit cutter. Press 1/4 lump of sugar, soaked with orange juice into top of each biscuit before baking. Sprinkle with grated orange rind. Bake 15 minutes in a hot oven (450°F.).

Children Find That Eating is Painless When the New Services are Used

By MARGERY TAYLOR

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

Getting the children to eat is no problem at all if the wise mother stops scolding and coaxing and serves meals in the new and exciting table services.

The boys, for instance, will forget that they are eating when they are served in the deep sea service. There are plates and cups with sailing ships of all kinds, and glasses too. Designs of anchors, ropes and steering wheels bring the sea air to the table. Playful fish pictures on china and fish salt shakers also make a hit.

There is adventure in the hunt pictures which decorate some of the new services. Whole sets of china are gay with red coats and hounds, and there are glasses to go with them.

For the courses which cause most table troubles, there are some new things which could have been designed only by someone who knows children. There are egg cups, for instance, which are china chickens,

and chickens run all over some of the new plates, bowls and cups.

Cereals have become so big a household problem that the mother will welcome the new individual cream pitcher—it's a rooster's head, bill, comb and eyes and everything.

The family blessed with more than one child should have separate and special plates for each. Eating out of one's "very own" plate is a pleasure which only a child can really understand.

Home Economist Services Pleases Medford Women

A form of electric service which is proving popular with local housewives is that of the Copco home service department under the direction of Miss Estella Dorgan, well known home economist. This new service was instituted last year by the local power company to assist customer users of electric ranges, refrigerators and other household equipment.

ALLEGED MOONSHINER NABBED ON ELK CREEK

Since that time many local women have called upon Miss Dorgan for advice and assistance in operating their electric appliances and have profited greatly by her helpful suggestions.

This service is provided free of charge and may be secured by phoning Miss Dorgan at the Copco home office in this city.

Crack Burlington Train Is Derailed

HOLDREGE, Neb., March 31.—(AP)—Several cars of the Burlington road's passenger train, the Aristocrat, left the rails a half mile west of Astell at 6 a. m. today, injuring at least 13 persons, several seriously. Trainmen said a broken rail was responsible for the accident.

Julius Pool, a laborer residing on Elk creek, was arrested late yesterday by state police and federal prohibition enforcement officers, charged with the "possession of mash fit for distillation." Pool is held in the county jail awaiting a preliminary hearing.

The raiding party, which is said to have had the spot under surveillance for some time, also seized seven gallons of liquor and 50 gallons of mash.



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



Del-Rogue Tomatoes

Piquant in Flavor
Firm in Texture
Rich in Vitamins

TOMATOES... Your Best Food
DEL-ROGUE... the Best Tomatoes

Your Grocer has Del Rogue Tomatoes and Tomato Juice

Bagley Canning Co.

Ashland, Oregon



DON'T SAY BREAD
—SAY 'HOLSUM'

HERE'S WHY
Miss Hester Heath
—Famous Economist
—Recommends—
HOLSUM
FOR CHILDREN

Bolted food is less beneficial than food thoroughly chewed. HOLSUM bread can be hurriedly eaten and still give up its rich goodness because it's blended! Let this blended bread, first choice of mothers, be your choice.

SUMMER... and Warm Weather Are Ahead!...

IT'S TIME TO THINK OF

Kitchen Comfort

Make Yours a "Happy," Cool Kitchen With a

WESTINGHOUSE or HOTPOINT... ELECTRIC RANGE

\$10⁰⁰ Down

Puts One in Your Kitchen... Balance on Easy Payments... Installation FREE!

Be Sure To See The Latest Model

Westinghouse Refrigerators

Now On Display

Easy Washers \$64.50

Peoples Electric Store

212 W. Main St.
A. B. Cunningham

Phone 12
O. O. Alenderfer