

Tribune Cooking School Ends Today; New Attendance Record Set!

TOAST IS BETTER FOR HEALTH SAYS HOME ECONOMIST

By Estella Dorgan, Home Service Director The California Oregon Power Company.

Have you ever wondered just why toast is considered better for you than is plain bread cut the same thickness from the same loaf? It has probably tasted better and that is the only reason you have considered. Well, toasting has several advantages. To begin with, bread contains a high percentage of starch which must be gradually changed in the process of eating and digesting to be useful for food. When bread is thoroughly toasted some of this work is done for you. Following that, the drying of the bread makes the salt penetrate the particles being eaten more quickly and digestion is hastened thereby. The toasting has made the bread more sweet tasting, thus adding to the flavor, and the odor of the toasting bread with hot butter or, perhaps, added spices as in cinnamon toast, stimulates the appetite and again aids digestion. Good bread in itself is one of the best foods we know and toasting makes it even better tasting and easier to assimilate. That is why it is good for you.

Slow toasting is considered the best method. But, in this day of fast moving, it is only occasionally that we are willing to take time to do things slowly if we can do them even half-way well quickly. So, speed is often considered most important in a toaster. And there is a toaster on the market every taste. If you are contemplating buying a new toaster be sure to decide what kind of toast you want to make and purchase accordingly. For instance, an open type toaster will make dry toast and an open type toaster will make moist toast. Some toasters will hold only thin slices well, others will hold half a bun comfortably. Then there is the automatic toaster and the semi-automatic one. The automatic toaster will toast the bread just as brown or as lightly as you wish and will then discharge the toast and cut off the current. The semi-automatic toaster will do only some of these things.

Whole wheat bread is usually more moist than white bread. For that reason the slices should be cut thinner so as to prevent carbonizing or burning of the surface while the inside is drying out. Toast should be buttered just as it is finished and eaten before it

cools and becomes stale. Piling several pieces on a dish is likely to make several pieces soggy from steam. Making it at the table just as it is needed is the ideal way to prepare and serve good toast.

Toast may be used to fit into various menus and "dressed up" to suit lagging appetites. Here are a few suggestions:

Cinnamon Toast for Tea or Lunch
Toast the bread to a golden brown on both sides. While toasting prepare a dish of three parts sugar and one part cinnamon. Butter the toast while hot and sprinkle with the cinnamon mixture and serve promptly.

Toasted Tea Sandwiches
Spread small pieces of warm toast with a paste made by blending bitter orange marmalade with grated cheese. Butter a second slice of toast and cover the paste with it, making a dainty sandwich.

Tiled Toast
Toast six slices of bread. Upon each slice of toast arrange a sliced, hard cooked egg. Pour over the toast and egg tomato sauce seasoned to taste and heated. Serve immediately.

Marigold Toast
Use whole wheat bread. Arrange six slices on platter and pour over them a thin white sauce. Slice the hard cooked eggs and arrange the white rings around the rim of the platter. Put the yolks thru a ricer and press over the top of all. Sprinkle with paprika.

The office of Florey Insurance Service and Chauncey Florey, U. S. Commissioner, now located on the 4th floor of the Liberty Bldg.

Scores Hit



Miss Hester Heath.

Capacity crowds at the Holly theatre enjoyed Miss Hester Heath's delightful cooking sessions as guests of the Mail Tribune. Never before has a demonstrator won the hearts of southern Oregon housewives more than has this little cookery expert, who is a member of the Western Feature Enterprises association.

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LEFT-OVERS HAVE IMPORTANT PLACE ON FAMILY MENU

Proper utilization of "left-overs" has a definite and important place in efficient home management. According to O. O. Alexander of the Peoples Electric Store, local dealer for General Electric refrigerators.

Because food is kept fresh and wholesome for a longer time, the housewife can utilize "left-overs" in the preparation of many appetizing and varied menus, as are described here by Miss Edwina Nolan, home service director for the General Electric Refrigerator department:

Mexican Beef
You can make an extremely appetizing dish, known as Mexican beef, from any quantity of left-over beef by serving it with a vegetable sauce. Such a dish needs few accompaniments when it is served in a light meal, but it may be used very satisfactorily as the main dish in a heavy meal.

2 tablespoons butter
1 onion, chopped
1 red pepper
1 green pepper
1/2 teaspoon salt
1-8 teaspoon pepper
1 teaspoon celery salt
Thin slices roast beef
1/2 cup canned tomatoes

Brown the butter, add the chopped onion, and cook for a few minutes. Then add the chopped peppers, tomatoes, salt, pepper and celery salt. Cook all together for a few minutes and add the thinly sliced roast beef. When the meat has become thoroughly heated it is ready to serve.

Scalloped Pork and Cabbage
If not enough pork remains to serve alone, you can combine it with cabbage to make a most appetizing scalloped dish. The accompanying recipe tells just how to prepare such a dish. (Sufficient to serve six.)

2 cups small, thin slices of pork
1 1/2 cups thin white sauce
1/2 cup buttered crumbs
1 1/2 cups cooked cabbage.

Arrange the pork and cabbage in layers in a baking dish, having layer of cabbage on top. Pour the white sauce over all and sprinkle the crumbs on top. Bake until the sauce and the crumbs are brown.

Turkish Lamb
Combined with tomatoes and rice and flavored with horseradish, lamb makes a very appetizing dish called Turkish lamb. The recipe should be carefully followed in preparing this dish. (Sufficient to serve six.)

2 tablespoons butter
1/2 cup rice
1 cup water
1 cup stewed tomatoes
1/2 cup stock
1/4 teaspoon salt
1 small onion, chopped

Mix the butter, onion and rice together and cook until the onion is browned. Then pour in the water and tomatoes and add the meat, horseradish, salt, and pepper. Simmer gently until the rice is completely cooked.

1-8 teaspoon pepper
Buttered bread crumbs
Put the butter in a frying pan and to it add the chopped onion and the dry rice. Cook until the rice is browned. Then pour in the water and tomatoes and add the meat, horseradish, salt, and pepper. Simmer gently until the rice is completely cooked.

1/2 lb. figs
1/2 cup honeyed grapefruit strips
1/2 cup coffee
1/2 cup stewed prunes
1/2 lb. raisins
1/2 cup stewed apricots
1 cup walnuts
1/2 lb. currants
1 cup pecans
1/2 teaspoon cloves, allspice, salt
1 cup cherries
1/2 teaspoon soda
1/2 teaspoon cinnamon
1 teaspoon cream of tartar
1 teaspoon nutmeg
2 cups honey
1/2 lb. dates

STEWART'S Honey Recipes

Honey Date Roll.

1/2 cup honey butter
1/2 cup chopped dates
1/2 cup chopped nuts
Baking powder biscuit dough
Blend honey butter, chopped dates and nuts. (If the honey butter is allowed to stand in warm room half hour before spreading, it will be much easier to work with.) Roll dough into rectangle about 1/4 inch thick. Spread with honey butter mixture. Roll up from long side as for jelly roll. Bake 25 minutes at 400 deg. F. Cut as for jelly roll.

Honey Gingerbread.
1 1/2 cups flour (all cake flour or half cake flour and half all-purpose flour)
1/2 teaspoon ginger
1/2 teaspoon cinnamon
1/2 teaspoon cloves
1 egg
1/2 cup fat
1/2 cup honey
1/2 teaspoon salt
1/2 teaspoon soda
1 teaspoon baking powder (tart-rate)
1/2 cup sour milk
1/2 cup brown sugar

Sift dry ingredients. Cream fat and honey, add brown sugar, egg, sour milk and sifted dry ingredients. This will be a thin batter but do not mind that. Bake in gingerbread pan (well greased) for 25 minutes in moderate oven (375 deg. F.). This is delicious gingerbread and may be kept several days, reheating before serving.

Honey Fruit Cake.
1 cup shortening
3 eggs
3 cups flour
1/4 cup honeyed orange strips

Loans to Brokers Increase Million

WASHINGTON, March 31.—(AP)—Loans to brokers and dealers held by a New York federal reserve member banks for the week ending March 30 were announced by the federal reserve board today as \$23,000,000, an increase of \$1,000,000 as compared to the preceding week.

Limestone Arrives For Court House
Two cars of Indiana limestone to be used as the exterior of the new county court house have arrived and are being moved to the works. The limestone will be treated to water proof painting before being placed in position, which is expected to start next week.

Belgium Saves On Debt.
BRUSSELS — (AP) — The Belgian ministry of finance figures a saving of about \$2,300,000 on annual payments of 2,000,000 pounds to Great Britain because the debt is being purchased for about 30 per cent payable in sterling, which can now be purchased for about 25 per cent.



"Look for this Map on packages of tea"

Cooking school teachers, home economists and food experts all point to the Map of India trademark as the one positive guide to genuine India Tea. They know that India grows the finest tea in the world... and that India Tea brews a beverage of rare richness, satisfying strength and fine flavor. It's tea luxury! "There's more to it!"

India Tea is the overwhelming choice of those who love fine tea. When you shop, heed the advice of food experts, look for the Map of India trademark on the label of every package of tea you buy!

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MILLION DOLLAR	All Dealers
MONARCH	Independent Grocers
NEIGHBORHOOD STORE	Neighborhood Stores



Some flour is made from only one kind of wheat. It may not be best for what you want to bake today. This "balanced" flour is a mixture of several different types of the finest wheat, blended into a flour that works perfectly for all your baking, all the time.



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flakier and more flavorful



Sunshine Krispy Crackers are changing eating habits. These dainty, slightly salted squares have grown so popular they are found on the table all through meals. No wonder! They're flakier. And more flavorful. They're made by the famous Full Grain Process — a secret of Sunshine baking. That's why!

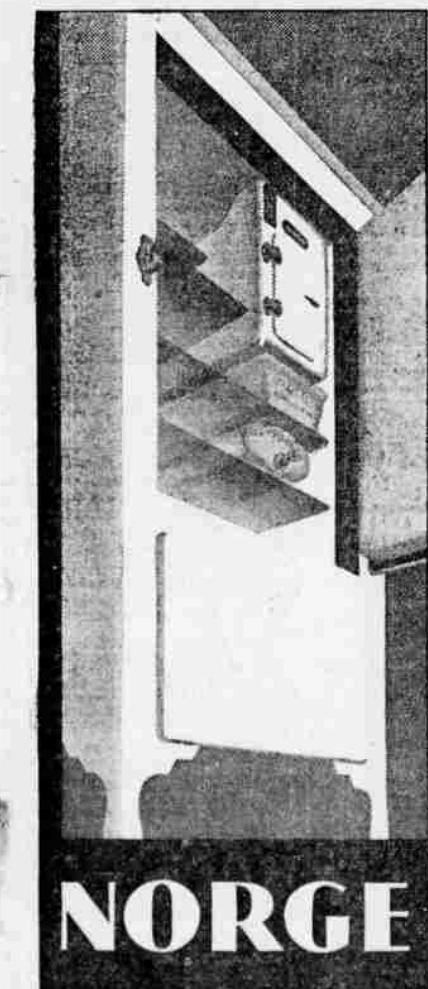


ON THE TABLE ALWAYS...

Sunshine KRISPY CRACKERS

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