

Save Time and Fuel on Cooking in Warm Days

By the Bureau of Home Economics, U. S. Department of Agriculture

How much cooking time, and therefore how much fuel, can a housewife save on hot-weather meals? Without attempting to count the hours or minutes or the dollars and cents, it is safe to say that the saving is worth while, especially to the household that is short of money, and certainly the less the cooking time the cooler for the housewife. It all depends on a wise choice of foods and the right choice of methods of preparing, cooking and serving.

Use as many as possible of the low-priced vegetables that are good to eat raw, such as carrots, cabbage, turnips, cucumbers, onions and lettuce. Then, for the vegetables that must be cooked, the top-of-the-stove, quick cooking methods save time and fuel. Anyhow, short cooking is better for most of the fresh vegetables, the specialists advise. Car-ned foods, too, are time and fuel savers.

But you want something hot, you say, at least for dinner, even in hot weather. Try some of the soups and chowders. In this way you cook everything at once, almost a whole meal in one dish, in half an hour or less. A half hour is time enough for fish chowder, corn chowder or cream of vegetable soup, any one of which, plus a raw salad or a fruit dessert, makes a very agreeable meal for a summer day, and a most inexpensive one. Then there is a good quick turnip soup, and cream of spinach soup which also is quick and easy.

The cheapest cuts of meat, if used for steaks, do not cost a u m e much fuel because cooked on top of the stove. But with steaks at their present low prices, and if there is a refrigerator in which to keep the left-over meat, it may prove both practical and economical to make the outlay for a five-pound leg of lamb, or shoulder of pork, or a 16-pound ham, on the first cool day of the week, and cook it, for immediate use and the rest for cold cuts or salads for two or three days to come.

Then, too, there is ground meat, especially broiled ground beef, either as hamburger patties or on toast, and neither of these takes much time to cook. The meat should be freshly ground when bought, and should be cooked as soon as possible, unless there is a refrigerator in which to keep it.

The fresh summer vegetables and all of the canned vegetables should be cooked quickly, say the specialists of the Bureau of Home Economics, to preserve their food value to the utmost. String beans, with tips and strings removed, then cut into small pieces and dropped into boiling salted water, will be tender in 15 to 30 minutes. Five-minute cabbage, cooked in milk, is thickened, retaining its crispness, its fresh color, and is delicate in flavor with just this short cooking.

Salads, of course, made either of raw vegetables or fruits, or of cold cooked vegetables left over from the day before, are something for the cook to depend upon in hot weather especially. Cottage cheese, as salad, or "just plain" is another standby. With a refrigerator, the salads can be varied by using gelatin now and then, making tomato jelly, jellied vegetable or jellied salmon or tuna fish salad.

The simplest desserts at any time are fresh fruits in season, or canned fruits. But there is a quick blueberry pudding that is easy to make. And a butterscotch pudding that can be made with less than half an hour's cooking. And junket, which needs a cool place but not necessarily a refrigerator. Peach short cake, now the peach season is here, is one of the choice desserts that does not take long to cook.

MENU FOR ONE DAY
Breakfast
Rice Cooked in Milk Toast
Orange Juice or Tomato Juice for Coffee (adults) Milk (children)

Dinner
Fish Chowder Crackers
Cabbage and Tomato Salad
Quick Blueberry Pudding
Milk for All
Supper
Cottage Cheese
Crisp Toast
Fruit (fresh or canned)
Milk for Children
RECIPE
Fish Chowder

1 1/2 pounds fresh cod, haddock, or any other large fish.
2 cups diced potatoes.
1 cup diced carrots.
1 quart water.
1/4 pound salt pork, diced.
1 onion, chopped.
2 tablespoons flour.
1 pint milk.
Salt.
Pepper.
Cut the fish into small pieces and remove the bones and skin. Cook fish, potatoes and carrots in the water for 15 minutes. Fry the salt pork until crisp, remove from the fat, cook the onion in the fat for a few minutes, add the flour, stir until well

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blended, and add the milk. Combine this mixture with the fish and vegetables, add the salt and pepper, stir frequently, and simmer for 10 minutes longer. Use more seasoning if necessary and serve over crackers.

Quick Blueberry Pudding
1 quart blueberries.
1 cup sugar.
1/2 cup water.
1/2 teaspoon salt.
2 cups soft bread crumbs.
1 tablespoon lemon juice if desired.

Pick over the berries, wash, drain, mix with the sugar, water and salt, and boil for 5 minutes. Combine the bread crumbs and butter, add to the hot fruit, stir until well mixed, and let stand on the back of the stove for about 30 minutes, but do not let the pudding cook. Add the lemon juice and serve the pudding while still warm.

Peach Short Cake
2 cups sifted flour.
1/2 teaspoon salt.
4 teaspoons baking powder.
1 tablespoon sugar.
4 tablespoons fat.
1/2 cup milk or enough to make a soft dough.
1 quart sliced peaches.

Mix and sift the dry ingredients. Cut in the shortening with a biscuit cutter or rub in lightly with the finger tips. Make a well out of the flour mixture, add the milk gradually and stir from the center with a fork until a soft dough is formed. Knead very lightly until the dough is well mixed. Pat with the palm of the hand until about 1/2 inch thick. Cut with a large biscuit cutter. Bake in a moderately hot oven (about 375 to 400 degrees Fahrenheit) for 12 to 15 minutes or until light brown. While hot, split and butter. Place the sliced peaches, sweetened to taste, between and over the biscuit and serve at once while the biscuit is still warm.

Courthouse News

(Furnished by the Jackson County Abstract Co., 121 E. Sixth Street)

Real Estate Transfers
Laura Neathamer et al to James Neathamer—Deed to SE 1/4 of SW 1/4 of Sec. 33, Twp. 34 S., R. 3 W.
Eagle Point Irrigation District to L. E. Jeffries—Deed to N 1/2 of NW 1/4; SE 1/4 of NW 1/4; NW 1/4 of NE 1/4, Sec. 8, Twp. 35 S., R. 1 E.
Haydn D. Others et ux to Thomas C. Flynn—Deed to lot on North Oakdale Ave., Medford, Ore.
Eibert L. Class et ux to United States—W. D. to 10,227 acres in Sec. 34, Twp. 33 S., R. 1 E., and in Sec. 3, Twp. 34 S., R. 1 E.

Opie H. Stafford et ux to Milton H. Coulter et ux—W. D. to lot 8, block 1, Mary Place Add., to Medford.
Sheriff to Western Loan & Building Co.—Sheriff deed to lots 2, 3, 4, 5, 6, 9 and 10, block 35, McCully's Add., to Jacksonville.
Barnum E. Smith to Eunice Smith Eden—W. D. to lot 5 in block 11, city of Ashland.
H. C. Bare et ux to W. A. Martin et ux—W. D. to lot 14, block 1, Kendall Add., to Medford.

W. A. Martin et ux to H. C. Bare et ux—W. D. to NW 1/4 of SE 1/4 of Sec. 21, Twp. 35 S., R. 4 W.
Thomas B. Farmer et ux to Harold H. Nourse et ux—W. D. to 1.9 acres in Sec. 15, Twp. 36 S., R. 4 W.
F. W. Scheffel et ux to Southern Oregon Gas Corporation—W. D. to land in D. L. C., 45 in Twp. 37 S., R. 1 W.

Mary R. Noyes et vir to Tessa M. O'Connor—W. D. to 30 acres in Sec. 2, Twp. 37 S., R. 2 W.
L. C. Caldwell et ux to Edward V. Jones et ux—W. D. to lot 4, block 2, Amy and Harbaugh Add. to Central Point.

Margaret Franklin to Doyle Franklin—Q. C. D. to lot on South Central Ave., Medford.

POISONED PICNICERS ALL MAKING RECOVERY

WASHINGTON, July 22. — (AP) — About 80 of the 100 picnicers stricken with ptomaine poisoning following a boat trip down the Potomac yesterday, remained in the hospital today, but apparently none was in a serious condition. Hospital reports indicated most of those still receiving treatment probably would be discharged later in the day. Some of the picnicers blamed a deviled-egg salad.

Final clearance on summer dresses and hats. All straws 25c, 50c, 75c and \$1.00, including Ogee hats. Dresses at greatly reduced prices. The Band Box.

LATE ADJOURNING SPURS ROOSEVELT CAMPAIGN PLANS

Developments at Capitol Are Seized Upon by Democrats for Advantage—Cite Hoover-Garner Clash

By BYRON PRICE, (Chief of Bureau, the Associated Press, Washington)

Whatever else it may have accomplished, the delayed adjournment of congress has added tremendous impetus to the Democratic idea of getting the presidential campaign off to a flying start.

Not even Governor Roosevelt's unprecedented decision to deliver his acceptance speech at once, to the nominating convention itself, stirred things up as much as did the political developments which emerged on Capitol Hill in the wake of the big party gatherings at Chicago.

This result grew largely out of the fact that Speaker Garner, suddenly invested with the high rank of Democratic vice-presidential nominee, engaged in a sharp-phrased argument with the newly-nomminated President Hoover.

To recognize the political potentialities of that controversy is not to reflect on the patriotism or sincerity of either Mr. Hoover or Mr. Garner. Whatever their motives, their disagreement over relief is sure to have its echoes in the campaign. It was inevitable that the political consequences should have been quickly understood and widely discussed by a still convention-minded capital and country.

FIRST 'SPIRIT OF '76' MEANT FOR CARTOON

CLEVELAND, — (AP) — Coincided with dedication of a marker located here the site of the house in which A. M. Willard painted the famous picture "The Spirit of '76" it was disclosed that the artist originally intended to draw only a cartoon.

T. A. Willard, of Beverly Hills, Calif., nephew of the artist, is authority for the story. He says that Willard drew a cartoon to create a laugh at the players who with five and drum used to prance in fourth of July parades.

The picture was placed on exhibit in the window of a photographer where it attracted serious attention. Willard then decided to make a painting on the subject.

Picture frames made to order. The Pealeys, opp. Holly theater.
Two loads 15-in. green slabs, \$4.50. Med. Fuel Co. Tel. 631.

Now Mr. Roosevelt can, if he agrees with Mr. Garner, continue to say nothing and leave that end of the campaign to his running mate. Or if he feels — as many prominent Democrats in Washington do — that his running mate has gone too far, he still is free to present his own relief proposals later on.

It would appear a very neat arrangement, provided it works.

Testing Sincerity.

On prohibition, the post-convention tag end of the session gave both parties an unusual opportunity to "test the sincerity" of the opposition, as they called it, with respect to the Chicago plank.

Senator Bingham frankly was trying to put the democrats on the spot when he demanded a vote on his beer bill. Senator Glass turned the test against the Republicans when he brought in his submission proposal.

Legislatively, the results were practically nil, but politically the wiggling and wobbling will be heard about later.

Debt Issue to Fore.

The closing days of the session, coincident with the Lausanne agreement, advanced the war debts issue still further toward becoming the prize anomaly of American politics.

Everyone on the inside of affairs in Washington knows there is widespread conviction in both parties that Europe never will pay, except perhaps in small part. Yet both parties fear to pronounce even the word "revision" in campaign time in a country bowed down by taxes and worried about the budget.



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Meteorological Report

July 22, 1932
Forecasts
Medford and vicinity: Tonight and Saturday fair. Not much change in temperature.
Oregon: Fair tonight and Saturday, but overcast on coast. Cooler Saturday extreme east portion.
Lowest temperature this morning, 50 degrees.
Temperature a year ago today: Highest, 95; lowest, 53.
Total precipitation since September 1, 1931, 22.32 inches.
Relative humidity at 5 p. m. yesterday, 28 per cent; 5 a. m. today, 91 per cent.

Sunset today, 7:40 p. m.
Sunrise tomorrow, 4:56 a. m.
Sunset tomorrow, 7:39 p. m.
Observations Taken at 5 A. M.
120th Meridian Time

City	High	Low	Wind	Weather
Baker City	90	44	—	Clear
Boise	90	64	—	Clear
Chicago	94	72	14	Cloudy
Denver	92	88	T	Clear
Des Moines	90	70	10	Cloudy
Durham	88	54	—	Cloudy
Fresno	104	66	—	Clear
Helena	84	54	—	Clear
Los Angeles	78	58	—	Cloudy
Marshallfield	62	56	—	Cloudy
Medford	94	60	—	Clear
New York	86	70	02	Cloudy
Phoenix	110	83	—	Clear
Portland	86	68	—	Clear
Reno	92	56	—	Clear
Roseburg	88	54	—	Clear
Salt Lake City	90	70	—	Cloudy
San Francisco	82	60	—	Cloudy
Seattle	78	56	—	Cloudy
Spokane	96	62	—	Clear

REGISTER EARLY, PLEA TO LEGION CONCLAVE GOERS

"Register now" is the word from the hotels and housing committee of the American Legion Convention commission, which gives out the glad tidings that everyone, no matter if the convention brings 100,000 visitors to Portland, is assured of having a good room.

"Immediate registration," says Lee Garlock, in charge of registration of Medford Legionnaires, "not only convention registration, but room registration, will benefit the individual as well as preventing congestion in the registration booths next September."

"Earlier registration will secure more preference in the matter of hotel rooms and the registrant will know in advance of the convention just what his convention address will be. Registration, early or late, will result in obtaining a comfortable and enjoyable room."

"There are 218 hotels in Portland giving 85 per cent of their rooms over to the city's visitors (Legionnaires, Auxiliary, members and friends of the American Legion) next September 12, 13, 14 and 15. Scores of first class apartment houses and clubs have been lined up for the overflow."

In addition, for convention visitors who prefer rooms in private homes, the 10,000 homes which have listed rooms with the convention commission will provide exactly the type of accommodation they desire. Numerous splendid auto camps are also available.

Members of the American Legion, members of the American Legion Auxiliary and members of the immediate family of a Legionnaire are eligible to register, the letter when vouchered for by the post adjutant or post commander.

PRISON NEWSPAPER HAS 45TH BIRTHDAY

STILLWATER, Minn., (AP) — "It is never too late to mend" is the motto of a Minnesota prison weekly newspaper which observes its fifty-fifth birthday this year.

"The Prison Mirror" is the work of inmates of the Minnesota state prison with editors who hold no editorial guild memberships and reporters who never get out on assignments.

"Every week on time," is the proud boast of its staff who print it in their own shop inside the prison walls.

The purpose of this periodical, which refers to itself as "a home newspaper," is among other things "to aid in dispelling that prejudice which has ever been a bar sinister to a fallen man's self-redemption."

Soviets Try To Melt Hall
LENINGRAD — (AP) — Soviet meteorologists are experimenting with rockets in an attempt to melt hail into rain or snow before the icy pellets can damage crops. Mistakes two

feet long are shot up 3500 feet to blast apart the air currents that cause moisture to congeal.
Phone 542. We'll haul away your refuse. City Sanitary Service.

Co-Eds—Hungarian Brand
BUDAPEST — (AP) — Of Hungary's 16,053 university students, 2193 are women. Half of the co-eds are preparing to teach. Ten per cent of them are studying medicine.

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Alexander Grocery Inc.
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1 lb. can Monarch brand delicious Cocoa 35c 1 lg. 25c Turkish Bath Towel 1c Total value 60c ALL FOR 36c	1/2 lb. pkg. Krafts Old English Cheese 25c 1/2 lb. pkg. Crackers 8c Total value 33c ALL FOR 23c	
2 lb. bag long grain Rice 9c Large (2 1/2 size) can Pineapple Juice 15c Large glass jar (24 oz.) Orange Juice 35c Large can (2 1/2 size) New England Vegetable Dinner 15c Large (No. 10 size) Crushed Pineapple 39c Pt. size Krafts Mayonnaise jar 19c		

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