

### 3-Day Cooking School To Be Safeway's Treat For Medford Women

Homemaking no longer is considered sentimentally as an art. It is a business and a challenge to the modern woman.

Miss Helen Elizabeth Brown, one of the younger western women who have made a thorough study of home economics, and are now helping other western women in solving difficult household problems, believes that all women should approach their household tasks scientifically.

Miss Brown comes to Medford as a member of the Safeway Store's Home Bureau lecturing staff, to conduct the bureau's three-day cooking school at the Rialto, beginning Wednesday, February 1, according to J. F. Marshall, district manager for Safeway Stores in this territory.

Mrs. Marion Rogers Spencer, a prominent member of the Homemakers' Bureau staff, will also be in Medford for the school. Mrs. Spencer and Miss Brown will jointly conduct the interesting three-day sessions for local housewives. Helen Brown believes that much of the homemaker's time is wasted because of lack of planning. She contends: "Where women spend more time in planning they spend less time in actual work. Managing to save work means that the homemaker has to vision herself as an efficiency expert and survey her job critically to see where time corners may be cut, physical effort lessened and mental strain diminished."

Miss Brown advises all homemakers to model their homes along successful business lines and segregate various tasks into departments, with food heading the list.

"More than half the average woman's time is spent with food—in buying, preparing, eating and clearing away—and this fact, coupled with the fact that practically all disorders come from nutritional sources, should make every homemaker anxious to plan her home in such a way that important departments receive proper consideration," is the opinion expressed by Miss Brown.

Miss Brown received her degree in home economics from Washington State college, where she devoted much time to work on the Funnell research in home economics. She taught school before joining the Safeway Homemakers' Bureau, which is headed by Mrs. Julia Lee Wright. She also was identified in 4-H club work during her college career, winning recognition in state, interstate and national fairs.

Methods of planning to make the homemaker's work easier as well as more businesslike will be presented by Miss Brown to her cooking school audiences.

### Cookery Experts



Miss Helen Brown.



Mrs. Marion Spencer.

Mary Mason, Mrs. Vick Mason, Vera Homes, Grandma Mason, Mrs. Long, Mrs. Duncan, Delores Duncan, Mrs. Crawford, Emma Crawford, Mrs. French, Mrs. Keith, Mrs. Garvin, Mrs. Milhous, Mrs. Webster, Mrs. Kerry, Dorothy Baughman, Esther Spangenberg, Miss McClarnen, Mrs. C. F. Estes, Mrs. Mary Estes, Lillian Scott. Refreshments were served by Mrs. Tryon and Mrs. Chas. Estes.

Many Anticipate Parish Hall Party. Many plans are being made this week for the card party to be held Wednesday evening at the Catholic Parish hall, when women of the Sacred Heart church will entertain with the first of a series of bridge events, arranged for the winter social season. Card playing will begin at 8 o'clock and arrangements for the evening's entertainment are in charge of Mrs. Frank Applegate.

The third Wednesday of each month the church women plan to entertain and the first party promises to be a fitting one to launch the round of gaiety to follow.

Y. W. C. A. Party Will Be Wednesday. An invitation to the Y. W. C. A. party, scheduled for tomorrow evening, is extended all interested girls of the city, Miss Laura Drury, chairman, announced yesterday, urging all members and their friends to attend. Raymond Driver of the Old State road will entertain with motion pictures of the Cave Dwellers in the south and the program will be followed by refreshments.

Guests are asked to arrive at the "Y" at 7:30 o'clock.

Mrs. Brandon Leaves For Galveston, Texas. Mrs. F. S. Brandon left on the Shasta Sunday evening for Galveston, Texas, where she will be guest of her daughter, Mrs. George VanFleet. The VanFleets are receiving congratulations this week upon the birth of a son, weighing seven pounds, January 3. Mrs. Brandon will stop off for a few days in Glendale, Cal., where she will be guest of her sister, Mrs. E. C. Ball.

She will remain in Galveston for several months visiting her daughter, remembered here as the former Miss Eunice Brandon.

Royal Neighbors Invited To Ashland Installation. Royal Neighbors of Medford, Jacksonville and Talent are invited to a joint installation to be held in Ashland Wednesday night, all camps to participate. Medford Neighbors who



to the last crumb

For a real treat ask your grocer for BECK'S BUTTERNUT BREAD

Beck's Bakery

### Romantic Waikiki, Where Miss Medford Will Visit



What fun Miss Medford is going to have deporting at the beach of "spurting water," for that is what Waikiki means. As the surf comes rolling in, it's great fun to ride in on a surfboard, or it's equally great fun to watch the natives ride shorewards, poised erect on those plain little boards, speeding in on the crest of a 30-mile-per-hour wave! Outrigger canoe racing, riding over the waves with spray flying high, provides a new sensation as, tipping and yawing to every angle, you think the canoe will capsize—but it never does.

Or swimming in this velvety-mild water is soothing and exhilarating, for the water temperature never falls below 75 degrees.

Sweeping around in a graceful

curve in the lee of Diamond Head, that ancient volcanic peak which rises above Waikiki, the beach presents an inspiring sight. How delightful it is to bask lazily on the coral sands in the warm sunshine, acquiring a beautiful coat of sun-tan and breathing in the marvels and beauties of Hawaii. Gaily-colored beach umbrellas dot the sands and the liquid sunshine pours forth its health-giving rays.

From the lighthouse below Diamond Head, "the Gibraltar of the Pacific," to the westward on the farther side of Honolulu is Pearl Harbor with its forts and barracks and aviation fields where fleets of airplanes zoom overhead ceaselessly. One can almost live forever on the Waikiki beach, filled as it is with ro-

manance and history, both ancient and modern. Wouldn't you like to be there? Of course you would! And wouldn't you like to see your "favorite" there?

It's mighty easy to send her! Just be sure to ask for popularity election votes every time you make a \$1.00 purchase or payment on an old account with Medford merchants participating in this extraordinary contest, starting next Saturday. And be sure to cast those votes for your candidate. Everyone can help to give Miss Medford the thrill of her lifetime.

A growing list of Medford business concerns will feature contest ballots in their stores. The complete list will appear in a large advertisement in this paper next Friday.

### MARY LOUISE BROWN, YOUNG WIFE, PASSES

Mary Louise Brown, wife of Roy Brown of 310 north Bartlett street, passed away at midnight Monday at the age of 17 years. She had been a resident of this city for the past 18 months, coming here from Coeur d'Alene, Idaho.

Besides her husband, she leaves her parents, Mr. and Mrs. Frank W. Pegg of Hayden Lake, Idaho. Also five brothers and five sisters, two of whom reside here. They are Ada Cooper and Merton Pegg.

### ALL-BRAN RELIEVED HIS CONSTIPATION

Delicious Cereal Brought New Health to Mr. Bartholomew

We quote from his voluntary letter: "I had considerable trouble with my stomach. Digestion was out of the question. I got medicine which gave me only temporary relief."

"Then I thought of taking ALL-BRAN. I started eating a cereal dishful two or three times a day. "It has been over a year now since I ate that first dish of bran but from that day to this I have had the pleasure of enjoying the proper functioning of the digestive organs."

"Thanks to ALL-BRAN, I still eat it regularly and like it better all the time."—Lester Bartholomew, Cadillac, Mich.

Constipation is usually due to lack of "bulk" to exercise the intestines, and vitamin B to promote elimination. ALL-BRAN supplies both, as well as iron for the blood.

The "bulk" in ALL-BRAN is much like that of leafy vegetables. Certainly this food is more natural than taking harmful patent medicines. Two tablespoonfuls daily will overcome most types of constipation. With each meal in chronic cases. If not relieved this way, see your doctor.

Get the red-and-green package at your grocer's. Made by Kellogg in Battle Creek.

### San Francisco's Newest AND MOST MODERN Downtown Hotel!



Private garage in basement of hotel building with direct elevator service to Lobby and all guest-room floors!

Hotel Sir Francis Drake—just off Union Square—most convenient to theaters, shops, stores, business and financial district. Only California hotel offering Servidor feature—thus enabling you to combine "maximum privacy with minimum tipping". All rooms in the Tower with Western exposure have ultra-violet-ray (sun-bath) windows. In every room—connection for radio reception, running filtered ice water, both tub and shower. Dinner in Coffee Shop from 75¢ up—in Main Dining Room from \$1.25 up. Also a la carte service.

Hotel Sir Francis Drake. Rooms—Newest Hotel Co. Powell Street at Sutter - San Francisco

### LOCALS

Transferred, Grants Pass — Dick Huddle, manager of the Pay 'N' Takt store here, has been transferred to Grants Pass. It was reported yesterday. He will manage the store in the neighboring city.

To Organize Class—"All persons interested in Bible study are invited to the meeting to be held this evening at the city hall clubrooms for organization of a course under the leadership of Mrs. E. N. Warner, well-known Bible student. There will be on charge for the course and a thorough study of the Bible is promised for all who care to attend the class.

### ADRIENNE'S Final January Clearance of Dress and Sport COATS

Values to \$59.95 in this group of fur-trimmed and smartly tailored coats. Special **\$25**

### All Better Coats

Some of these were priced as high as \$95. Clearance special **1/2 price and Less**

### New Spring Apparel

Every day brings shipments of colorful sweaters and Charming Spring Dresses.

### Greater Freedom from COLDS

**VICKS** Nose & Throat DROPS

WHEN COLDS THREATEN ...to Prevent many colds

**VICKS** VapoRub

IF A COLD DEVELOPS ...to End it sooner

Put your family on Vicks Plan for better Control-of-Colds. In extensive clinical tests, this unique Plan has reduced the number, duration, and costs of colds by half!

**CUTS YOUR "COLDS-TAX"**

# As New as Today and TWICE as MODERN

## The SAFEWAY STORES HOMEMAKERS' BUREAU

# COURSE in "KITCHENEERING"

Mrs. Marion Rogers Spencer and Miss Helen Brown, Chief Kitcheneers, representing the Safeway Stores Homemakers' Bureau, will personally conduct the three days of this unique COOKING SCHOOL February 1-2-3 - Rialto Theatre

Three days of Kitcheneering are coming... three days in which the Safeway Stores Homemakers' Bureau will reveal a succession of modern cookery secrets. There'll be magic for your pots and pans, new ways to make familiar foods more tasteful and gay new frills for dinner time and party time.

Just as Julia Lee Wright, famed home economist of the Safeway Stores, sends you something new and exciting over the air each week, so this Course in Kitcheneering will bring you and show you three days of fascinating variety...the best that a year of testing in the Bureau's own modern kitchen has produced.

KITCHENEERING! The new... the modern... the scientific! Three days of recipes of the sort that will make you royalty in your own home. Don't miss a minute of them. Remember the time and the place.

It's the modern way to do things With the old things and the new things, It's a science and a pleasure And an art rolled up in one; So we call it Kitcheneering, And a happy course it's steering To your town, your home, your table And we hope you'll think it fun.

## February 1-2-3 at the Rialto Theatre

THE SAFEWAY STORES HOMEMAKERS' BUREAU COURSE IN "KITCHENEERING"