

Southern Oregon Women to Be Guests at Free Cooking School

COOK VEGETABLES WITH LESS WATER; THEY'RE BETTER

From Monarch Home Service Dept. When the French discovered that certain plants had an enlivening effect upon those who ate them, they very appropriately called them "vegetables," after the Latin word "vegetabilis" which means enlivening. The French did not know that the enliveners were "vitamins" in which vegetables abound, especially when prepared and cooked in accordance with modern dietetic principles.

With modern cookery methods, vegetables have been brought into the lime-light as never before and the housekeeper's slogan at all times should be: "Make the most of the seasonal vegetables, and use them freely." The every day use of vegetables calls for simple cookery and methods of serving.

When vegetables are cooked too long the texture is spoiled, the best flavor is not obtained, some of the vitamins are destroyed, and often their color becomes unattractive. Cooking them in a large quantity of water robs them of valuable food elements. Vegetables cooked in steam retain soluble food materials and are usually very attractive. An easy way to steam vegetables is to put them in a tightly covered utensil with a very small amount of water and apply enough heat to keep the water at a boiling temperature. This method may be used economically on an electric range; it requires no attention except turning off the switch a few minutes after the cooking has begun.

The following suggestions are offered regarding cooking vegetables on an electric range:

1. Practically any vegetable may be cooked by putting in a closely covered utensil, applying intense heat for a short period and completing the cooking on stored heat.
2. The length of time which should be on high is approximately one-fourth of total cooking period—e. g., a large amount of product requires a longer period of applied heat in order to heat the substance through—than cooking is accomplished on stored heat.
3. It is unnecessary for vegetables to be even partially immersed in water—vegetables in steam cook as quickly and as well.
4. Green vegetables, especially leafy ones, lose their color slightly if cooked in a tightly covered utensil unless steam is allowed to escape occasionally.
5. Greens should not be packed too tightly as heat penetrates them slowly.
6. Very large potatoes do not cook in ordinary stored heat period. It is better to cut them in pieces as medium sized ones.

Advantages of cooking vegetables on stored heat in little water are obvious:

1. "Waterless" cooking preserves soluble minerals, protein and sugar which are often thrown away in water.
2. Vegetables are kept in better shape and do not become "mushy."
3. Natural flavor is emphasized and vegetables do not require as much seasoning. This is especially desirable in cooking young, delicately flavored vegetables.
4. Potatoes are not soggy, but flaky and dry, resembling baked potatoes.
5. This method is economical of current because of small amount of water and use of stored heat.

KMED Broadcast Schedule

- Thursday
- 8:00—Breakfast News, Mail Tribune.
 - 8:05—Musical Clock.
 - 8:15—A Peerless Parade.
 - 8:30—Shopping Guide.
 - 9:00—Friendship Circle.
 - 9:30—Crime Story.
 - 9:45—Meeting of the Martha Meade Society.
 - 10:00—Weather Forecast.
 - 10:00—Fashion Parade.
 - 10:15—The Pet Program.
 - 10:30—Morning Comments.
 - 10:45—Quartettes Parade.
 - 11:00—Grants Pass Hour.
 - 11:15—Musical Music.
 - 11:30—Song and Comedy.
 - 12:00—Mid-day Review.
- P. M.—
- 12:15—Popularity.
 - 12:30—News Flash, Mail Tribune.
 - 12:30—Songs from Yesterday.
 - 12:45—In A Garden of Melody.
 - 1:15—Varieties.
 - 2:00—Dance Matinee.
 - 3:00—Songs for Every Day.
 - 3:30—KMEM Program Review.
 - 3:35—Music of Old.
 - 4:00—Judge Rutherford, Lecturer.
 - 4:15—Musical Cocktail.
 - 4:30—Masterworks.
 - 5:00—Popular Parade.
 - 5:45—News Digest, Mail Tribune.
 - 6:00—Medford Theater Guide.
 - 6:15—Dinner Dance Music.
 - 6:45—Interlude.
 - 7:00—Varieties.
 - 7:30 to 8:00—Eventide.

Mannequins in Trousers Lure Paris Shoppers

PARIS, May 31.—(UP)—Mannequins in the window of a smart boulevard shop draped in men's clothes for women's wear stopped traffic along the sidewalk outside today. The models were fitted out in lounge suits similar in design and drape effect to the men's suits worn by Marlene Dietrich, German actress, and women gathered outside, dreading shopping. Pedestrians had difficulty in fighting their way through the throng.

QUADRUPLETS GET DIPLOMAS



Perhaps the only set of quadruplets in the country to reach maturity intact are the Keys sisters of Hollis, Okla., who have just been graduated from high school together. Left to right: Mary, Leota, Roberta and Mona. They will be 18 years old June 4. (Associated Press Photo)

STARS GET LOST EASILY WHEN OFF DUTY AT STUDIOS

By ROBIN COONS

HOLLYWOOD—There's been a lot written about the daily problems of the casting director, but the studio gentleman in the role of Sherlock Holmes is seldom mentioned.

This is a role he takes not infrequently, too, when suddenly from the front office comes word that a certain picture is to be started immediately instead of two weeks hence.

That order means more than the hastening of set construction and double-time stitching in the wardrobe department. It means, quite often, that stars who might be vacationing somewhere "between pictures" have to be hastily assembled.

Ordinarily it isn't a task requiring such sleuthing. Ann Harding may like to retire to quiet desert spots between camera slogs, but, unfortunately, she leaves word with the casting office as to where she may be reached.

So, they say, is Constance Bennett. Just telephone her secretary and Connie will be around or will be fetched. That's the rule, however, with most of the stars and other players. For instance, Bruce Cabot, going motoring in Mexico, leaves a complete itinerary, stating just where he can be found any given day.

Generally speaking the stars don't lose themselves completely when they "run away from it all."

But sometimes complications occur, and the casting office dons its detective cap, yells "Quick, Watson, the phone book!" and gets busy. The classic example arose recently

when Eric Linden, who really travels, it seems, was needed in a hurry for a new film suddenly pushed forward in schedule. The studio's ex-officio "missing persons bureau" put in calls to all the cities and towns between San Francisco and San Diego, and three days later located him at Laguna Beach, about 50 miles from Hollywood. Another time Eric was "lost" and they found him fishing away happily up in Oregon.

Richard Dix believes in privacy to the extent that no one at the studio has his home telephone number, but he can be reached through his secretary.

Lionel Barrymore is touchy, too, about being called at home—that is, he's particular about who does the calling.

His rule is to appoint one certain worker on each picture he's in to do all summoning when he is required unexpectedly. This worker has instructions as to what hours Mr. Barrymore considers "reasonable" for such calls.

CO-EDS' SCANTIES LOST IN LAUNDRY ROBBERY

SALEM, Ore., May 31.—(UP)—Big co-eds, small ones, buxom lassies, sylph-like co-eds, and others at Willamette university today dived frantically through lingerie counters at local department stores.

Why? "The world's meanest robbers," slithered one bright-eyed female student, "stole the laundry out of the drying room of the Lausanne dormitory."

And that, they said, meant a lot. A ton of alfalfa removes about 50 pounds of lime from the soil, University of Tennessee experts have found.

SPRING TONICS IN SEASONAL MENUS GOOD FOR FAMILY

From Monarch Home Service Dept. In the spring when a young man's fancy is turning to thoughts of golf and other interesting sports, his mother's thoughts are concentrated on what to have for the next meal. Strange that meals are more difficult to plan and families harder to please this time of the year. In former times, spring fever was blamed for this restlessness and mother concocted and administered strange mixtures—some extremely unpalatable like sulphur and molasses; others rather pleasant, for example, sassafras tea.

Now-days nutritionists tell us that lack of a certain vitamin—the one called "B"—may at times be responsible for a poor appetite. Since this vitamin is found principally in leafy vegetables and fruits, perhaps our diets have not contained enough of these foods to provide an adequate amount of vitamin B.

It is a fairly easy thing to supply larger quantities of vegetables and fruits for each year there is larger variety of canned foods available. The woman who does not have the opportunity to purchase fresh foods from the varied assortments displayed daily at the market should keep a generous supply of the canned foods on hand for all occasions.

Research has called to our attention the fact that a surprisingly small amount of the vitamin is destroyed during the canning process. In fact, in many cases, canned foods contain more of the vitamins A and B than the fresh vegetables which have been cooked in an open kettle in our kitchens.

Vitamin C which has been shown by recent experiments to check dental decay and stimulate tooth development is easily destroyed by heat. So this vitamin should be supplied by serving the fresh foods which contain generous amounts of it such as oranges, lemons, grapefruit and tomatoes. Many other foods contain it, but in much smaller amounts than these. A specialist in foods at one of the great middle western colleges

recommends that tomatoes be served at least twice a week—four times when oranges and grapefruit are not used.

Vitamin A which helps to build up resistance to colds and infections of the upper respiratory regions is found in many foods which may be easily remembered, for this vitamin appears to be associated with the yellow foods as well as the green vegetables. Our best sources of it are egg yolks, carrots, apricots, yellow turnips and cream. These are not named in the order of their importance as providers of vitamin A. The green leaves of lettuce and cabbage are richer in this vitamin than the bleached inside ones and watercress, which is so plentiful and heaps of fun to gather this time of the year, contains more vitamin A than any other plant except spinach.

The other vitamin—called D or the sunshine vitamin—is responsible for stimulating the building of strong bones, providing the other necessary essentials are supplied. It is found in egg yolks, milk, green leafy vegetables and of course, cod liver oil. One well known child specialist recommends that every child raised in this northern climate should receive cod liver oil up to 4 years of age. Vitamin A is also found in generous amounts in cod liver oil.

Menus of the Day

By MRS. ALEXANDER GEORGE
Meat Cakes for Dinner (Serving Six)

Meat Cakes Escalloped Potatoes
Bread Plum Jelly
Celery and Apple Salad
Prune Gelatin Pudding Cream
Coffee

Meat Cakes
1 1/2 pounds ground round steak
1/2 cup crumbs
2 egg yolks
2 tablespoons chopped onions
1 tablespoon chopped parsley
1/2 teaspoon salt
1/4 teaspoon paprika
1-3 cup flour
4 tablespoons fat

Mix steak, crumbs, yolks and seasonings. Shape into 6 cakes and roll in flour. Heat fat in baking pan. Add meat cakes. Bake 30 minutes in moderate oven. Turn frequently to allow even cooking.

Escalloped potatoes
3 cups sliced potatoes

3 tablespoons flour
2-3 teaspoon salt
1-3 teaspoon pepper
1-3 teaspoon celery salt
2 tablespoons butter
2 cups milk

Mix potatoes, flour, salt, pepper and celery salt. Pour into a baking dish. Dot with the butter and add the milk. Cover and bake 40 minutes in moderate oven. Remove cover, bake 10 minutes to brown the top.

Celery and Apple Salad
1 cup diced celery
1 cup diced apples

1 tablespoon lemon juice
1/4 teaspoon salt
1-3 cup broken nuts
1-3 cup salad dressing
Chill ingredients. Combine and serve on lettuce.

Prune Gelatin Pudding
1 package lemon flavored gelatin mixture
1 cup prune juice, boiling
2-3 cup water, boiling
2 tablespoons lemon juice
1/4 cup sugar
1 cup prune pulp
1/4 teaspoon cinnamon

Four juice and water over gelatin mixture and stir until it has dissolved. Cool. Add rest of ingredients which have been mixed together. Pour into mold and chill until stiff. Unmold and serve plain or with cream.

For the first time in its history, the University of Missouri has a fencing team.

The Kansas City Blues started the 1933 season with four left handers on their hurling staff.

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... the thrill of preparing an unlimited supply of chilled desserts. Here's an investment that will repay its purchase price many times in the years ahead. See the new models of Electric Refrigerators on display and in actual use at the Medford Mail Tribune's Happy Kitchen at the Craterian. It started today and will continue Thursday and Friday.

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