

# Hester Heath, Famous Home Economist, Presides at Tribune School

### NEW, INTERESTING RECIPES WILL BE PRESENTED DAILY

### TASTY MEALS DO NOT ENTAIL BIG FAMILY BUDGETS

#### 'Happy Kitchen' Exponent to Give Women of Medford Region Short Course in Cookery—Starts 2 P. M.

Tomorrow is the big day for Medford women—bringing The Mail Tribune's long-awaited cooking school—the most wanted kind of a cooking school imaginable.

Miss Hester Heath, who is a home economist of note and a practical cook, will be in charge of every session. She will cook dozens of attractive, well-planned recipes and instruct in her "happy kitchen."

As a preliminary feature, the initial western showing of a brand new 3-reel sound picture "Home of Tomorrow" will be presented at 1:30 p. m. with all guests at the school cordially invited. This fine picture, rushed to Medford from the east for this premier, was secured through the generous co-operation of the California Oregon Power company.

There will be splendid cookery programs, new and interesting recipes, short cuts in baking, modern ideas on home management—a regular "kitchen laboratory" where you can discover and learn to prepare delicious and healthy dishes.

Uses Modern Aides. Miss Heath uses the latest and most modern appliances in her program—a modern automatic refrigerator, a range with the automatic oven regulator control, and a large assortment of small handy utensils she carries with her in her own equipment.

She declares, however, that simplicity in both materials and methods will be the keynote of her "happy kitchen" programs, as she believes that most housewives are more interested in the homey every-day practical problems.

Miss Heath says that one of the greatest tests of an efficient housewife, as with a business man, lies in her capacity to meet an emergency. "Of course," says the ingenious cook, "it is a great help to have an emergency shelf, but even if there is no emergency shelf to fall back on, there are innumerable ways of stretching salads 'made for two,' to accommodate four; and 'doing things' to two chops so that everyone will have plenty."

New Recipes Planned. New recipes, ways to make the old dishes look different, little tricks to brighten and lighten the home maker's task—all will be given at The Mail Tribune's cooking school.

Each day's program will be entirely different and no housewife should miss a minute of the entertaining demonstrations. There will be many distinct and separate dishes made by Miss Heath right on the platform before the audience and you won't want to miss a one.

There is no obligation or charge whatever. The Mail Tribune invites each housewife to be its guest. The first session starts tomorrow at 2 p. m., immediately following the picture. Plan to be there early. Ample seating facilities are ready in the Craterian, and everything is set.

U. S. NOT READY TO OUST WOMEN FROM INDUSTRY

SAN FRANCISCO, Oct. 9. — (AP) — William Green, president of the American Federation of Labor, doesn't think America is ready to retire women from industry, he said today.

When steps of Italy and Germany in that direction were called to his attention, and he was asked if American workers might be benefitted by a similar program, he waved the subject aside.

"I doubt if we are ready for it in this country," he said. "Women would have to be given some inducements to withdraw from their jobs." He indicated he could not see how the country could afford to provide for women, though, he said, "there has been some more toward pensioning of widows."

In Berkeley, William H. Smyth, writer on economic and social subjects, said he had received letters from the offices of the president and secretary of labor on the subject. These letters were in reply to Smyth's correspondence, which asserted:

"By discarding the unnatural competition of the sexes in the field of productive labor . . . we would solve our major social problem—unemployment."

Smyth's letter to President Roosevelt quoted former Premier Lloyd George of England as saying Hitler's subsidizing of women to give up industrial jobs for that of motherhood had reduced unemployment 80 per cent in 18 months.

Visit Shafers Here—Mr. and Mrs. Paul Marx and son of Eugene, and formerly of Ashland, spent Sunday in Medford, visiting with Mr. and Mrs. Henry Shafers, according to the Ashland Tidings.

Be correctly carried in an Artist Model by Elnelwyn B. Hoffmann.

GENS Repaired and Cleaned. Expert work Medford Cycle 23 N. Fir

Use Mail Tribune want ads.

If yours is the sort of budget that allows T-bones steaks and mushrooms and eight-course dinner parties, you're lucky. But if you have to watch the dollars and the pennies and can't afford such dietetic morsels as T-bones, you can have just as much fun—or more—in the kitchen and serve every bit as tasty and nutritious meals as the finest royal chef in any palace. Romance lurks in the modern kitchen—the thrill of doing a worth while thing easily and surely.

"The cooking school that is different has discovered this Royal Road to Romance and Miss Hester Heath, the clever culinary artist in charge, will show the homemakers of Medford how to blend new trails in culinary romance. The Tribune invites each and every housewife to "Come into the Kitchen"—the magic, romantic kitchen of the cooking school—and carry away the news and information that will be unfolded at each session. The free sessions will be held at 2 p. m. tomorrow, Thursday and Friday afternoons, at the Craterian theater, immediately following the picture.

Every recipe and every kitchen suggestion that has a part in this cooking school—the theme of which is "the happy kitchen"—has been tried and tested by a whole staff of practical housewives.

"Don't come expecting to see nothing but a batch of party dishes," warns Miss Heath. "They'll have their part, of course, but the main things will be simple, easy, little workaday hints and time-savers that make cooking a real pleasure—and without those hints and time-savers three meals a day are very likely to become a drudge."

"Cooking can so easily be turned into romance," continued Miss Heath. "Whether you cook for two or for ten, the programs will open your eyes to an amazing realm of culinary tricks and step-savers. Today's meals are cooked easily, quickly and surely—there's no excuse for drudgery in this modern age—not one whit."

Every housewife of Medford should reserve every afternoon of the three days when the Happy Kitchen program will be conducted in the Craterian. The Mail Tribune urges you to attend—then try the recipes on the family's grouties.

DELICIOUS RECIPES

Tastier than many meat dishes are these:

Vegetable Patties. May people are constantly making very serious resolutions to "eat more vegetables." Then the resolutions have a way of going to pieces on everyday experience—vegetables ordered or served turn out, perhaps, not so filling or not so tasty as had been expected. That's because vegetable cooking usually gets only too little attention. If as much care were taken to produce real flavory-savory vegetable dishes as is spent making meat dishes tasty—well, vegetables would be more popular with people of all ages. The vegetable patties given below are a good example of how good an all-vegetable dish can be and just as filling and tasty as many meat dishes. In fact, here's a recipe that has all the necessary qualities to become a genuine "often-requested" favorite. The recipe calls for

1 cup chopped fine carrots

1 cup chopped fine potatoes  
4 cups moistened bread crumbs  
1 large onion  
1 egg  
1/2 teaspoon sage  
2 tablespoons drippings  
2 teaspoons Rumford baking powder  
Salt  
Pepper  
Mix together, form into patties, then put in well greased fry pan, place cover on and fry slowly for 40 minutes.

Spinach Pancakes. Here's an appetizing answer to the question "How can I get them to eat their spinach?" You don't have any trouble getting them to eat pancakes, do you? Pancakes seem to have a universal appeal. And these spinach pancakes don't have to apologize for their presence on any table. They stand on their own merits as worthy members of the popular pancake family. They're sure to go over big and they're very easy to make and serve. Here's the recipe:

1 level teaspoon Rumford baking powder  
1 tablespoon flour  
Pinch of salt  
3 eggs  
1 can spinach or freshly cooked spinach  
Beat 3 eggs, add the Rumford sifted previously with flour and salt. Then add spinach which must be well drained and squeezed out to give dough the right consistency. Heat butter in skillet and bake like

small pancakes. Turn over carefully to brown lightly on either side. If desired, add to dough finely chopped breakfast bacon.

Asparagus Fritters. 1 1/2 cups flour  
1/2 teaspoon salt  
1 1/2 teaspoons Rumford baking powder  
1 egg  
1 cup milk  
1 cup cooked asparagus cut into small pieces  
Method: Mix and sift the dry ingredients. Add the milk gradually and then the egg well beaten. Combine the asparagus, which has been carefully drained of extra liquid, with the batter. Drop by spoonfuls into deep hot fat, 350-375 degrees. Cook until a delicate brown. Remove from the fat and drain on unglazed paper. Serve as you would any vegetable, or serve with a cheese sauce as a main course luncheon or supper dish.

Creamy Welsh Rarebit. 1 tablespoon butter  
1 1/2 cups cheese  
2 eggs  
2-3 cup cream  
1/2 teaspoon Rumford baking powder  
1 teaspoon sugar  
1 teaspoon mustard  
Dash of cayenne  
Method: Melt butter. Add finely chopped cheese. Stir until well melted and blended. Stir in the well beaten eggs and pour in the cream. Add the baking powder mixed with the sugar and mustard. Add dash of cayenne to taste. Stir and cook in dou-

ble boiler or over water until very smooth. Serve on toast. This rarebit will not string.

Partisan Apple Pie. 5 or 6 tart apples, thinly sliced  
2 cupful brown sugar  
1 tablespoon lemon juice  
1/2 teaspoon grated nutmeg  
1 tablespoon butter  
2 eggs, separated  
1 teaspoon Rumford baking powder  
1 cup flour  
1/4 teaspoon salt  
2-3 to 1/2 cup milk  
Method: Butter a pie plate and fill with apples. Sprinkle with one-half of the sugar and add the lemon juice and nutmeg. Cream the butter and the remainder of the sugar. Add the first mixture alternately with the milk, and beat for about two minutes. Pour this batter over the apples and bake in a moderate oven, 350-375 degrees, until the apples are soft and a fork tip inserted in the batter comes out clean and dry. Lastly, beat up the whites of the eggs to a stiff froth. Sweeten with two tablespoons of sugar and beat again. Spread this frosting over the pie and return to the oven to brown lightly. Serve hot with thick cream. Will serve six.

Visit Glendale—Several officers of the Grater Lake Christian Endeavor Union spent Sunday in Glendale, attending to business connected with their organization, with Rev. Howard

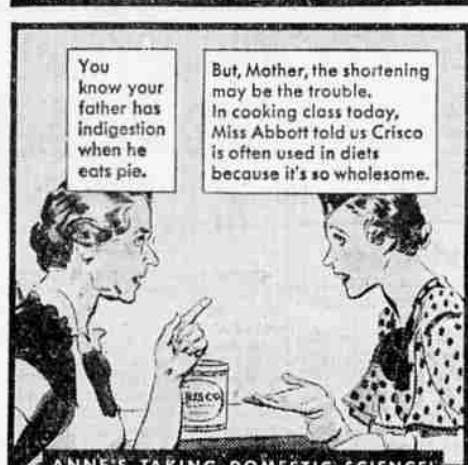
of the Glendale Presbyterian church. Those who made the trip are: Opal Rush, Gale Rush, Mynola Goanell, Vincent Sawyer and Wayne Carter, all of Ashland; Winifred Inman and Adrian Fraley of this city.

Examiner Coming—Ward Molloy, old, examiner of operators and chauffeurs, will be on duty in Medford Friday and Saturday, October 19 and 20, at the city hall. Those wishing to obtain permits or licenses to drive

cars may get in touch with Mr. Reynolds from 9 a. m. to 5 p. m. on Friday and from 8 a. m. to 5 p. m. on Saturday. Use Mail Tribune want ads.

## Have mercy on your stomach

Cook with CRISCO—it digests quickly



You don't need to take the joy out of eating in order to protect your digestion. You can gladly say "yes" to wholesome Crisco pies and crispy Crisco-fried foods! Yes, they can be good for you—because Crisco is the digestible vegetable shortening that doesn't over-burden your stomach.

Most every day something is fried in your house. Is it grease-soaked and hard to digest—or is it brown and crispy the way Crisco-fried foods are? Crisco can be heated higher—so it seals food quickly in toasty brown—which prevents fat from soaking into the food. That's why Crisco-fried foods digest quickly!

But let your common sense tell you. Look at Crisco—see how it piles up like thick country cream on a spoon! Taste its sweetness. Why, there's nothing like Crisco, because Crisco is made from digestible vegetable oils by its own secret process!

When you buy Crisco, look for the familiar blue-and-white label. Crisco's vacuum-sealed can is a health-protection to you.



CORONATION BUTTERSCOTCH PIE (a pie that doesn't look like a pie—it has 3 layers like a cake)

The Filling: 2 tablespoons Crisco 1 1/4 cups brown sugar  
1/2 cup flour 1/2 teaspoon salt  
4 egg yolks, lightly beaten 1/2 cups milk (hot)

To make filling—Mix sugar, flour, and salt. Add milk and cook until mixture thickens. Just before removing from stove stir in beaten yolks and Crisco. Let stand while preparing delicious sweet-tasting Crisco pastry.

Digestible Crisco Pastry 2 cups flour 1/2 cup Crisco 1/2 cup cold water

To make pastry—Sift flour and salt. Cut in Crisco with two knives until the size of peas. Add water (8 to 8 tablespoons) enough to hold dry ingredients together. Divide the dough into 3 parts and roll each out to a sheet. Cut into rounds, 8 or 9 inches in diameter. Place separately on baking sheets, pricking each well. Bake in hot oven (350° F.) until delicately brown. Put pie together like layer cake, with filling on top also. Cover with meringue made by beating 3 egg whites thoroughly with 5 tablespoons sugar. Brown lightly in slow oven (325° F.). Serve as soon as cool.

Crisco is the registered trademark of a shortening manufactured by The Procter & Gamble Co.



At the Mail Tribune Cooking School, conducted this week in the Craterian Theater, Miss Hester Heath uses and recommends CRISCO, the modern, quick-digesting shortening.

## "Exceptional Quality"

That's What HESTER HEATH Says About SNIDER'S GOLD MEDAL BUTTER



Snider's Butter is rich in flavor and food value. That's why Hester Heath has selected it for many of her choice recipes. See her at the Craterian Theatre October 10, 11 and 12.

"If It's Snider's—It's the Best to Buy"

Snider Dairy & Produce Co.

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If you don't now, you will when you see this range. This is the range of tomorrow. It represents the greatest advancement that has been made in electric range design. Do not let the price deceive you. This range was shown to some fifty of our salesmen who have been selling electric ranges for years. Their estimates of its selling price were from \$150 to \$180. It created a real sensation when the announcement was made that it would be sold for \$99.50. The Light, ELECTRIC Clock, Condiment Jars, special new type toggle switches, built in temperature chart, full automatic temperature control, four surface plates, 16"x14"x18" SLIDING oven, large warming compartment, and many other new features that will not appear in other ranges until 1935 are included at this special price. It will be necessary for you to actually see this range yourself to understand the tremendous value being offered. It is now on display.

\$99.50 CASH OR \$5 DOWN \$2.88 MONTHLY



THE CALIFORNIA OREGON POWER COMPANY  
Be Sure To Attend The Mail Tribune Cooking School at the Craterian Theater, October 10-11-12

This circulating type kitchen heater is the answer to any kitchen heating problem. Ask to see it.