

# Many Surprises in Store for Guests at Cooking School Tomorrow

## PREPARE MEALS EASILY IN 1934 HAPPY KITCHEN

Like Napoleon's army, the whole world marches on its stomach—and when there are four or five in the family it's a very hungry stomach, too. But there's no use at all in letting it bother you. Miss Hester Heath, clever culinary expert now conducting the Mail Tribune's cooking school at the Craterian, is showing the housewives of Medford how the happiest places in the world and how three meals a day can be cooked so easily you can hardly believe it. She declares: "There's more fun and less work in the 1934 kitchen—but the meals are better than ever."

Miss Heath is enthusiastic over the use of standard products put up by responsible concerns, and is an ardent believer in the slogan, "Read the label."

"Because I really try to practice what I preach," said Miss Heath, "I did a bit of exploring in my own kitchen. I carefully read the labels of the cans on my emergency shelf; just the bottles, of seasonings, sauces, jellies and garnishing fruits, and followed with the cans of baking powder, shortening, chocolate, spices and such, the everyday aids. Then I eyed my range, which bore the stamp of approval of the testing laboratory—the hardest examination to pass."

"I noted egg beaters and cutlery stamped 'stainless steel,' not just 'stainless.' A piece of cheese marked 'Swiss cheese' I know to be a product from across the sea. If it were stamped 'Swiss,' it might come from any good dairy country in our own U. S. A. And so on—wrappers and all I read."

"Cans, thank goodness," said Miss Heath, "are beginning to bear information as to the grade, pack and size of fruit, vegetables and meats. We get just what we ask for. The modern housewife is able to know just what's in the can or package without resorting to the X-ray."

The Mail Tribune invites each home maker of southern Oregon to hear Miss Heath's Happy Kitchen program and learn to recognize the various subpoints to better buying. They will be held tomorrow and Friday afternoons at 2 o'clock in the Craterian. Come, listen and learn—arm yourselves with intelligent knowledge of what and how to cook.

**Oregon Weather**  
Fair tonight and Thursday but fog on the coast; cooler interior north-west portion Thursday; gentle changeable winds off the coast.

Be correctly corrected in an Artist Model by Ethelwyn B. Hoffmann.

## Delights Housewives



Hester Heath, noted Home Economist, who is presenting the Mail Tribune's series of cookery talks this week at the Craterian theater. Miss Heath has made numerous trips to Medford and has presided over several Mail Tribune cooking schools, at the Holly theater as well as Hunt's Craterian.

### DELICIOUS RECIPES

#### Easy-to-Make Home-Made Noodles A Treat at Any Meal!

Just to jog your memory about a menu hint you'll appreciate on many, many occasions—write down the name of your favorite meat. Now note down beside your favorite meat the fact that it will go good with home-made noodles. It will won't it? Here's the recipe for home-made noodles. To make?—Easy! To eat?—They'll surpass your expectations!

- 1 egg, well beaten
- 1/4 teaspoon salt
- Flour
- 1/4 teaspoon cold water
- 1/4 teaspoon Rumford Baking Powder
- Beat egg, add salt, water, baking powder and enough flour to make a stiff dough. Flour board and roll wa-

#### White Sauce That Always Turns Out Smooth

Wouldn't you be inclined to serve more dishes with delicious and appealing white sauce, even on busy days—if only it were easy to make the white sauce smooth—if smoothly out the sauce didn't require so much care and attention? Well, here's a way out of those difficulties. Here's smoothness insurance for white sauce and here's a method that does away with the need for all that especially close care and attention which was required by older methods. The ingredients are just as important as the method, too. So be sure to stick by the directions and you'll never be disappointed. You'll need:

- 2 cups milk
- 2 tablespoons cornstarch
- 1/4 teaspoon paprika

- 1/4 teaspoon celery salt
- 2 tablespoons butter
- 2 level teaspoons Rumford Baking Powder
- Scald the milk in double boiler. Cream the butter and corn starch until smooth and add to milk. Add seasonings and cook in double boiler until thickened. Add baking powder and serve. Rumford makes it "fluffy."

- They all like fudge! So they'll all like this Fudge Cake.
- 1 cup flour
- 1 teaspoon Rumford Baking Powder
- 1 cup milk
- 4 squares chocolate
- 1/2 teaspoon salt
- 4 eggs
- 2 cups sugar
- 1 teaspoon vanilla
- Cook chocolate with milk and beat until mixture is thick. Set aside to become cold. Separate eggs. Beat yolks, add them to chocolate mixture. Then add sugar, flour sifted with baking powder and salt. Beat well after each addition. Lastly, add beaten whites. Bake in tin about 2 inches deep in oven 350 deg. F. for 25 minutes.

- Rice Griddle Cakes.**
- 1 cup boiled rice
- 1/4 teaspoon salt
- 1/2 cup flour
- 2 tablespoons melted shortening
- 2 eggs
- 1/4 cup flour
- 2 teaspoons Rumford baking powder

Method: Put the rice in a bowl and add to it the salt, milk, shortening, yolks of eggs, well beaten. Then stir in the flour sifted with the baking powder. Lastly, add the stiffly beaten whites of eggs. Cook quickly on a hot greased griddle.

- Gold and Silver Sponge Cake.**
- Yell part:
- 3 egg yolks
- 1/2 cup flour
- 1/2 cup sugar
- 1 tablespoon cornstarch
- 3 tablespoons cold water
- 1 teaspoon Rumford baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla
- 1 teaspoon lemon juice
- 1 teaspoon grated lemon rind

Method: Beat the egg yolks until thick and lemon colored. Add the sugar gradually; then the cold water, and mix thoroughly. Sift the flour once before measuring and then three or four times with the baking powder, salt and cornstarch. Fold into the egg and sugar mixture. Fold in the flouring.

- White part:
- 3 egg whites
- 1/2 cup flour
- 1/2 cup sugar
- 1/2 teaspoon cream of tartar
- 1/4 teaspoon Rumford Baking Powder
- 1/4 teaspoon salt
- 1-3 teaspoon almond essence
- Method: Beat the whites of the eggs lightly. Add the salt and cream of tartar. Beat until stiff. Add the sifted sugar gradually, beating between each addition. Sift the flour and the Rumford several times and fold lightly into the egg and sugar mixture. Add flavoring. Work as quickly as possible in making the white part of the cake and in getting the cake into the oven.

Put the yellow and white batters into an ungreased tube pan by spoonfuls, alternating the colors like marble cake, or have a white layer and a yellow layer, with the white layer on top. Drop the pan sharply on the table once or twice to break up any large air bubbles. Bake in a slow oven, 300-325 deg. for an hour. After baking, invert the pan until the cake is entirely cold.

ring and timely sermon on "Why Fresh the Word?" was delivered by Rev. Baird of the Medford church. Rev. Powell lives in Pitt View Acres, near Central Point, and expects to see some ministerial work in Arizona during the winter months.

Tunnels bored in the Boulder dam project are so large an average five-story house could be moved through them without touching the roof or scraping the sides.

Telegraph messengers in Austin, Tex., faced by numerous thefts of bicycles, unsuccessfully petitioned the city council for an ordinance requiring registration of wheels.

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## BUDGET... Your Household Expense SAVE... Part of Your Income! Says Hester Heath (Famous Economist)

THIS well known dietitian and home economist offers this sound advice to southern Oregon housewives... If you save a portion of your income each week, regardless how small, you will be amazed at the rapidity in which it will accumulate. Open a Savings Account at once in this bank.

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### POWELL ORDAINED AT JOINT CHURCH RITES

At a joint service of the Medford and Central Point Christian churches Sunday evening, the two pastors, Rev. W. R. Baird and Rev. D. E. Millard, ordained to the Christian ministry Harry Powell of Central Point. The Medford Christian church, where the service was held, was filled to capacity and the service was a very impressive and dignified one. After the ordination service a stir-

*"I watch my digestion," says Mrs. P. Brown, "and find Crisco-cooking agrees."*

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**THURSDAY SPECIALS**

**SWISS STEAK** extra choice **lb. 15c**

**Pork, roast or steak** Lean, young pork **lb. 17½c**  
Shoulder Cuts

**Sirloin Steak** good beef, tender **lb. 12½c**

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**MRS. BROWN'S STORY IN PICTURES**



Yes, if I was careless about what I ate at night I couldn't get a good night's sleep.

But I noticed that CRISCO pie or cake always agreed with me.

I can understand why—you know CRISCO digests quickly—doesn't overtax the stomach.

Yes, CRISCO is digestible. Mr. Brown can eat 2 pieces of Crisco pie with no ill effects.

I always fry with CRISCO—it makes cutlers and potatoes so crispy and digestible.



**RAISIN PIE**

1 1/4 cups seedless raisins  
1 1/2 cups boiling water  
1/4 cup sugar  
2 tablespoons cornstarch

1/2 teaspoon salt  
Juice of 2 lemons  
Juice of 1 orange  
1/4 cup chopped walnuts

Digestible Crisco Pastry (see Master Recipe below)

Cook the raisins in the boiling water 5 minutes. Mix sugar, cornstarch and salt together. Add to the raisins and water mixture. Cook until thick, then remove from fire and add lemon and orange juice. When cool, stir in the nuts. Line pie plate with Digestible Crisco Pastry (see double-crust proportions in Master Recipe below). Brush bottom with melted Crisco to prevent soaking. Put in filling, dot with bits of fluffy digestible Crisco, cover with strips of pastry arranged lattice fashion. Bake in a hot oven (450° F.) about 10 minutes, then reduce heat to moderate (350° F.) and finish baking—about 20 minutes longer.



**SWEET POTATO PIE**

2 cups mashed sweet potatoes  
1/4 teaspoon salt  
1/4 cup sugar

1/4 teaspoon nutmeg  
1 tablespoon melted Crisco  
2 cups milk, scalded  
2 eggs

Blend mashed sweet potatoes with salt, sugar, nutmeg and Crisco (the sweet, digestible shortening). Add hot milk and fold in eggs, well beaten. Transfer to a deep pan lined with digestible Crisco pastry (see Master Recipe below). Bake in a hot oven (425° F.) for the first 10 minutes to set the under crust. Then reduce the heat to moderate (350° F.) and continue cooking until the filling is delicately brown on top and firm in the center—about 30 minutes longer.

AK Measurements Used: Recipes tested and approved by Good Housekeeping Institute. Crisco is the registered trademark of a shortening manufactured by the Procter & Gamble Co.

**DIGESTIBLE CRISCO PASTRY (Master Recipe)**

(Use this recipe to make all your favorite pies digestible)

DOUBLE-CRUST: 2 cups flour, 1 teaspoon salt, 1/4 cup Crisco, 6 to 8 tablespoons water.

SINGLE-CRUST: 1 1/4 cups flour, 1/4 teaspoon salt, 1/4 cup Crisco, 4 to 6 tablespoons water.

Crumbley Crisco Crust—Sift flour and salt. Do not chill Crisco, the creamy, digestible shortening. Cut in Crisco finely. Add just enough cold water to hold mixture together.

Flaky Crisco Crust—Sift flour and salt. Chill Crisco, the sweet, digestible shortening. Cut in Crisco coarsely. Add ice-cold water, just enough to hold mixture together.

From here on, the method is the same—Roll pastry 1/4 inch thick on lightly floured board. For baked shell, cover inverted pie-plate. Prick bottom and sides. Bake in hot oven (450° F.) 15 minutes. For two-crust pie, bake 10 minutes in hot oven (450° F.) then reduce to moderate (350° F.). Bake until filling is done.

At the Mail Tribune Cooking School, conducted this week in the Craterian Theatre, Miss Hester Heath uses and recommends CRISCO, the modern, QUICK-DIGESTING shortening.

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