

HOW TO USE FATS IN COOKING TOLD BY U. S. EXPERTS

There's Even a Right Way to Cook Bacon — Housewives Should Know How Fats Behave Under Heat

Anybody can cook bacon? They don't agree to that in the Bureau of Home Economics, in the U. S. Department of Agriculture. They say there is decidedly a right way to lay the strips of bacon in a cold or moderately hot frying pan. Cook slowly and turn the bacon frequently. Or lay the bacon strips on a broiler and cook at moderate heat, likewise turning frequently. When nicely browned lift the slices to a piece of absorbent paper to drain off the excess fat. The point where inexperienced cooks go wrong is at the start—where you should heat gradually, and never let the fat get hot enough to smoke.

There are penalties for breaking this rule. You may spoil the flavor of the bacon—also of the drippings which you could otherwise save and use. You get a smelly smoke all through the house. Also, the smoking fat puts a greasy coating on walls and ceiling and dust settles there. This happens no matter what you fry, if the fat gets too hot. And the reason is that when fat begins to smoke it begins to decompose. What gets into the air and on the walls are the products of that decomposition, some of them very disagreeable.

All Fats Smoke

Fats, the chemists tell us, are composed of fatty acids and glycerol (glycerin to most of us). There are a good many fatty acids, and the differences between the kinds of fat depend mainly on the combinations of fatty acids they contain. Most fats are liquid or solid according to temperature. All fats "smoke" and decompose when heated beyond a certain point. The melting point and the smoking point vary, however, with the composition of the fat, so the cook's problem is to know what to expect of the particular fat she is using.

Not only for frying must the cook know how fats behave. She uses them also for "shortening" in breads and pastries. Here the problem is not smoking temperature but shortening power. The fat best for frying may not be the best for shortening.

The common cooking fats include such animal fats as lard and beef tallow, which are solid unless heated, and a number of vegetable fats—cottonseed, corn, peanut, olive, coconut, sesame seed—which are solid in the cold but become liquid when heated. All these are practically 100 percent fat. There are also "compounds," which are mixtures of animal fats, or animal and vegetable fats, in solid form. Then there are butter and the margarines.

Lard is "rendered" fat from pork—pork fat with the connective tissue cooked up into "cracklings" and strained out. Best suited to beef fat, which is not "rendered." The connective tissue in beef fat is tender enough to be chopped up, along with the fat, and used in puddings. Of the vegetable oils, one of the most familiar is cottonseed oil which has been "hydrogenated" to make the oil solid at ordinary temperatures. This product is sold in sealed tins under various trade names. You can also buy hydrogenated lard.

Fats For Various Needs

You choose your cooking fat, of course, according to how you want to use it. For deep-frying, you need a fat which does not smoke until very hot, such as the vegetable oils, solid or liquid, and high quality lard. Even when you have the right fat for the purpose, however, you can't tell by looking at it when it is hot enough. Besides, you have to allow for a difference in frying temperatures for different foods. Cold, wet, raw foods, like potatoes for French frying or potato chips, will cool the fat, which must therefore be hotter at first than is necessary to cook the potato. Foods already cooked, such as croquettes, do not need to be cooked again, but merely heated through and browned on the outside. For doughnuts and fritters, you need less heat because you must give them more time to cook. But how are you to know when the fat is just hot enough?

If you have a thermometer, that is easy. For doughnuts and fritters, the thermometer in the fat should register around 350 to 365 degrees Fahrenheit for croquettes, around 365 to 380. For potato chips or French fried, still higher—380 to 390 degrees.

If you do not have a thermometer, test with a 1-inch cube of bread. When such a cube becomes golden brown in 60 seconds, the fat is right for doughnuts or fritters. When it browns in about 40 seconds, it is just right for croquettes. When it browns in 20 seconds, the fat is hot enough for potato chips.

Of course there is trouble if the fat is not hot enough. In that case the food takes up too much fat and becomes soggy and greasy.

Keep Pan Heat Down

For pan-frying you use most any fat, or you use meat drippings, especially salt pork and bacon drippings for the flavor they give. If you have plenty of butter you often use that. Or if you cook the Italian way, you fry in olive oil. But the point in pan-frying is to keep the heat down—not too low, but low enough to be sure the fat does not smoke, as it is more likely to do because it is spread this over the frying pan. Butter, margarine, some lard, olive oil, and meat drippings all smoke before they get very hot.

The fats used for shortening are as a rule the solid ones—lard, butter, margarine, "compounds" and the various hydrogenated vegetable oils and hydrogenated lard. You use shortening in breads, cakes and pastries because the mixing of flour and water develops gluten—which makes an elastic dough that gets hard and tough when heated. When you add fat to the flour and mix it thoroughly, you separate the particles of flour with a film of fat and prevent the development of gluten when water is added. The dough then is not elastic but "short" and tender, and your biscuit or pie crust will be flaky, and your cake will have a delicate texture.

Turn Handicapped

Fats take up colors and flavors and they turn rancid quickly if kept in a warm place or exposed to light. A fat that is rancid, like one that is smoking hot, has begun to decompose. Therefore, keep your fats cool and in a light-proof can or jar. Meat drippings, especially, need a cool place, because they contain meat juices and spoil if kept near the stove.

You can use fats over and over for deep-fat frying if you take good care of them. That is, strain the fat after each frying, cool it, cover it closely, and put it in the coolest place you have.

Frying, rightly done, gives food a tempting flavor you can get no other way, while as for shortening, you could hardly do without it. So it is important to know your cooking fats and treat them well.

Adrienne Opens Fine New Store In Klamath Falls

The following is a partial account of the Evening Herald's impressions of Adrienne's new Klamath Falls store which was formally opened last week:

"Snowdrops outside—but spring and flowers, music and gaiety at Adrienne's open house Wednesday evening in the beautiful new store in the Oregon Bank building. More than 3000 guests called during the evening.

"Vistas of delectable frocks, wraps, hats, shoes and accessories greeted the eye of prospective Easter buyers, and thousands viewed the gorgeous beauty salon, gay and gleaming in its beautiful colors which just make you feel like a new permanent, a youth-inspiring facial, or a manicure or make your hands as lovely and gleaming as the salon itself.

"Just a word about the juvenile and sub-adult shop because it is so new to Klamath Falls. A trig little room with the trickiest and crispiest of frocks, cuddlesome looking toys and little models arrayed in the smartest creations for the young.

"The shoe department, its chairs so comfortable that they will lure the tired shopper to relax and have her foot scientifically fitted in order that she may walk out—and remain as refreshed as during her stay in the attractive little hothouse with its leather and chrome furnishings. The ready-to-wear department, lighted day and night alike.

"One of the most interesting features of the store is the budget department on the mezzanine floor."

Officials' Return From CITY MEET

City Superintendent Fred Scheffel and City Attorney Frank Farrell returned by auto last night from Eugene where they have been attending a joint meeting of the League of Oregon Cities and the Commonwealth Council.

The meeting was one of the best ever held, with a record attendance, the local officials stated. Scheffel delivered a paper on "Airport Planning and Development." This paper was so well received, and interest so great, that he was forced to carry on his remarks for some time.

Farrell presided as chairman of the committee on Legislation Affecting Municipalities.

Bernard Roberts, president of the city planning commission, who also attended the meet returned by train yesterday.

VI'S WAVE SHOP now has a new "NESTLE" Permanent Machine

Make an appointment now for your Easter Permanent Wave

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Society and Clubs

Mrs. Barris Hostess To Twelve at Luncheon

Mrs. H. A. Barris of West Jackson street entertained yesterday at her home at a bridge luncheon honoring Mrs. Chauncey L. Pierce, wife of Captain Pierce. The rooms were decorated attractively with spring flowers. There were 12 present.

The guests were Mrs. M. M. Potter, Mrs. Roy D. Craft, Mrs. Clara H. Armstrong, Mrs. R. C. Mulholland, Mrs. Glenn J. Keyes, Mrs. L. L. Lamb, Mrs. J. R. Murray, Mrs. Glen Birk, Mrs. H. T. Gentry, Mrs. J. P. Merrill, Mrs. H. T. Gentry, the honor guest and the hostess.

Johnson's Entertain On Wedding Anniversary

Mr. and Mrs. John L. Johnson of 845 Bennett street entertained at dinner Saturday, the occasion being their 45th wedding anniversary. Present were Mr. and Mrs. A. W. McGhehey of Eugene, Mr. and Mrs. Geo. Johnson and May and Andrew Johnson.

Mr. and Mrs. McGhehey were house guests at the home of Mrs. C. D. Dodson, 309 Beatty, Monday before returning to their home in Eugene.

Study Club Will Meet Thursday Morning

Post-Deiphian Study club will meet at the Girls' Community club room Thursday morning. The program will include a study of Germany, arranged by Mrs. Lowry and Mrs. Dillard, and a book review by Mrs. Furnas.

To Be Club Hostess

Mrs. A. E. Pederson will be hostess at her home, 744 West Jackson street, to the Ladies' Aid society of the Zion Lutheran church Thursday afternoon at 2:30 o'clock.

Bible Class to Meet With Mrs. Hulda Thurman

Golden Links Bible club of the Baptist church will hold its March business meeting at the home of Mrs. Hulda Thurman, 722 West Fourteenth street, Thursday afternoon at 2:30 o'clock.

Service Club To Sponsor Card Party

Lincoln School Service club will sponsor a benefit card party at the Lincoln school lunch room Friday, March 29, at 7:30 p. m. A nominal price will be charged, the proceeds to be used for the Lincoln school kitchen.

Bridge, pinocle and five hundred will be the games of the evening. Prizes will be awarded. Anyone caring to make reservations may call Mrs. A. B. Shirley, 650-W.

Circle Will Have Covered Dish Luncheon

Mrs. F. E. Nichols of 822 South Hill will be hostess at a covered dish luncheon tomorrow at her home to members of the Just Folks Circle of the Methodist church. Luncheon will be served at 1 o'clock. Each member is requested to bring a covered dish and her own service.

Card Party Tomorrow At Home Mrs. Etha Wall

A card party open to the public will be held tomorrow afternoon at the home of Mrs. Etha Wall, 1036 Reddy avenue. Mrs. Dick Wandry will be hostess at bridge and five hundred. Prizes will be given and refreshments will be served and anyone who enjoys cards is invited to attend. Playing will begin at 2:00 o'clock.

Dr. F. G. Moffatt Took Members of Medford Active Club on Interesting Trip

Dr. F. G. Moffatt took the members of Medford Active club on an interesting "trip" through the Panama canal in the principal talk of last night's regular dinner at Hotel Medford.

Giving a resume of what one would see should he get through the canal, Dr. Moffatt started at the west end of the canal and described the passage through to the Atlantic ocean. Dr. Moffatt was in the U. S. medical corps at Panama for several years, having charge of X-ray work.

Approaching the canal zone, a traveler first crosses Pearl Island, west of the mainland, and sights the buildings at Colon. Dr. Moffatt said the administration building, U-shaped and made of concrete, is particularly striking, visited in its setting of beautiful gardens by thousands yearly.

After entering the canal, the first locks are reached four miles inland, and 10 miles beyond are the second locks. According to the speaker, the canal zone in this section is kept in perfect sanitary condition by strict government regulations.

Galliard cut is reached next, the boat having come to the continental divide itself. It was in this section that Colonel Galliard lost his life in the construction of the canal. Dr. Moffatt said, describing the slash through the towering hills as one almost impossible to dig.

At Gatun lake, the ship passes an

FRED SPRANGER IS VICTIM IN MISHAP TO DREGGING BOAT

(Continued from page one.)

his grasp on the cable and allowed the barge to swing into the current, one car having been lost. The craft turned crosswise in the rapids, according to Michaelson, and, evidently greatly excited, Spranger threw the second car toward the shore. His partner said Spranger could not swim and was afraid of water. His body was only visible once after he jumped, according to Michaelson, whose shouts to "stay by the boat" were unheeded.

Spranger had refused to let Michaelson, who was his employer, attempt to shift the barge, according to Coroner Frank Peri. "I'll draw it up," he had said after Michaelson started to step onto the craft. Spranger stepped onto the barge and drew it hand over hand the 15 feet of cable.

Boat Carried Machinery

The barge, which was near the old Von der Hellen rock quarry, carried air pumps and suction tubes where with gravel was scooped from the river bed. The tubes were let down from the barge and the miners did not use diving equipment as in several neighboring operations on the river.

Coroner Peri said Spranger is survived by six children and a sister, who is living in Grants Pass. He had been living with Michaelson in a cabin on the river for the last two months.

PANAMA JOURNEY MOFFATT'S TOPIC AT ACTIVE MEET

island owned by United Fruit Co., from which bananas are shipped. The speaker said this is one of the few areas not infected by banana blight. After passing Chagres dam, carried the government has a power plant, the ship reaches Port Abello and finally Panama City, which he said at one time had a population of 20,000.

Dr. Moffatt said the Pan-Americans would like to have the canal controlled by the League of Nations, as they see a menace of war from a German and Japanese alliance.

Norman Favors of Eugene and Frank Bash of this city were guests at the meeting.

FURNITURE FOR WEEKS & ORR NEW HOME IS CHANGED

Visitors at Weeks & Orr's model home this week will be greeted by an entire change of furnishings which gives an idea of how the same rooms may be transformed by using different color schemes and arrangement.

An invitation is extended by A. E. Orr to those who inspected the artistic home previously and those who didn't to see it in a new spring outfit.

Similar changes will be made from time to time so that southern Oregon home owners may view a variety of furnishings in the same setting and see the splendid work of local firms which participated in making the model home a success.

The model home is located on the second floor of Weeks & Orr's large furniture store and guests enter the living room after going over a short stone walk surrounded by a fresh green lawn and sun umbrellas.

Soft carpets and appropriate furniture distinguish the living room. Every modern convenience is included in the model home's construction. The kitchen is particularly intriguing with its colorful walls and gleaming new equipment.

Complete cabinets constructed by local workers are features of the comfortable dining room. Indirect lighting is used in the card room, and the bedroom, dressing room and bath are all equally attractive.

The house is fully equipped with electric lighting facilities and plumbing. Helen Brayton is the hostess in charge to make guests feel at home.

GERMANY STIRRED BY BLOOD VERDICT

BERLIN, March 27.—(AP)—The Lithuanian court verdict of death for four Nazis had stirred up a nationwide protest today surpassing even the anti-Czech demonstrations of last November which nearly caused diplomatic complications.

Four huge mass meetings were scheduled in Berlin for 8 p. m. to protest against "the blood verdict of the Lithuanian terroristic system."

Afternoon newspapers devoted their front pages almost exclusively to the Lithuanian verdict and to protests.

The Nazis passed out the word thru factories and offices for all Germans to attend tonight's meetings.

Demonstrations were also scheduled for Tilsit, Koenigsberg, Insterburg, Hamburg, Leipzig, Nurnberg, and other cities.

Green Hay is the name of a farmer living near the town of Eagleville, Tenn.

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PLAN THREE-POWER PARLEY



Astonished by the rebuffs they received from the Reich foreign minister on their protest to German rearmament, France and Italy were expected to join England in a three-power protest to Germany's abrogation of the Versailles treaty. Sir John Simon (left), British envoy, was expected to meet after his conversations with Reichsfuhrer Hitler with Pierre Laval (center), French foreign minister, and Premier Mussolini (right) of Italy. (Associated Press Photos)

SPORT SLANTS

With all the dogged determination characteristic of his race, Max Schmeling has picked himself off the floor and hammered his way back into the heavyweight championship picture after heart-breaking defeats by Max Baer and Steve Hamas.

The score with Hamas has been 1-0. Schmeling atoned for the decision he lost to the former Penn State athlete by battering him into a helpless condition in nine rounds before 25,000 cheering countrymen in Hamburg, Germany.

Max Baer's case comes under the heading of unfinished business, and Schmeling hopes to take care of that before the summer passes.

All along Anell Hoffman, Baer's manager, has insisted that of the present crop of all-out contenders, only Schmeling stood a ghost of a chance against the champion.

They'll Meet Again

On the strength of Schmeling's last two engagements—in which he knocked out Walter Neusel and Hamas—there will be plenty of ring worms willing to bet the German will wipe the grin off Max Baer's face when they meet again.

They will meet again, all right. Schmeling has earned the right to another chance at the crown. Not one of the other contenders can present a case as convincing as that offered by the German Max.

This time it isn't likely Schmeling will permit Baer to take pot shots at his chin as he did on that sweet-

tering June evening when he forgot to duck one of Baer's round house rights. That one punch cost him the lead on points which he held before his lapse.

Don't They Come Back?

Then, too, Schmeling will have the advantage of two hard winning battles under his belt while the title holder has done nothing more than burlesque through a few exhibition bouts to keep his hand in.

When the two Maxes met the first time the situation was reversed. It was Baer who had been fighting regularly, while Schmeling had idled.

If Baer climbs into the ring in the same condition he was in when he wore himself out punching Carnera full of holes, he will find the plodding, punching German a real menace after a few rounds.

No former heavyweight champion ever had half the chance of regaining his crown Schmeling has.

Lecturer Visits—Mr. and Mrs. Cecil A. Poole were the guests of Dr. and Mrs. C. R. Simkins Sunday and Monday of this week. Mr. Poole is the national field representative of the Rostericurean order. Amore. He has recently completed a lecture tour of California and is now enroute to San Jose, where final preparations will be completed for a lecture tour eastward to the Atlantic coast. Mr. and Mrs. Poole are former residents of Medford and also visited with friends in Medford and the Griffin creek section. Mrs. Poole will accompany Mr. Poole on his eastern trip.

At Sacred Heart—Miss Louise Ladd of this city is a patient at the Sacred Heart hospital, having undergone a minor operation there Tuesday.

GEHLHAR, SPENCER ARE SUPPLANTED BY APPOINTMENTS

(Continued from Page One)

White is a democrat, a member of the state grange, Farmers' Union, American Legion and the Disabled American War Veterans.

Gehlhar will leave the position of head of the department which was organized under Governor Meter. The director has also been in charge of the annual state fair at Salem.

Gehlhar announced today he would devote his time to his prune ranch, his driers and the cannery he has established in West Salem.

PORTLAND, March 27.—(AP)—Jack E. Allen, former mayor of Pendleton and state senator from the Umatilla-Union-Morrow district, was today named administrator for the Oregon liquor control commission to succeed Frank A. Spencer of Portland, resigned.

Spencer submitted his resignation orally to the three commissioners at the opening of the business meeting here. It was understood he might follow the oral notice of withdrawal by a formal written resignation. He was appointed to the administrative position eight weeks ago upon the resignation of George L. Sammis.

The commission made no comment on the sudden change in the key position other than to state "Frank A. Spencer, administrator of the Oregon liquor control commission, has resigned, effective as of this date, and the commission has accepted his resignation."

"The commission has selected Jack E. Allen of Pendleton as acting administrator and he has accepted. Mr. Allen has been engaged in the merchandising business for many years. He is a former mayor of Pendleton, and during the recent legislative session represented his district in the state senate."

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Schilling Toasted Tea

The only tea that comes to you as fresh and fragrant as it left the Oriental tea gardens.

"Front Seat Comfort"



"From now on I'll ride in the back seat!"

for every passenger in the car

THINK of this. The Ford V-8 for 1935 brings you an exclusive engineering development that now gives every passenger in the car "front seat riding comfort."

Yet Comfort Zone Riding is only one of its many outstanding new features.

The new Ford V-8 gives you easier steering and new brakes and clutch—so easy to operate they make driving a new pleasure.

It gives you a bigger, roomier car with extra space for both passengers and luggage.

You get safety, too, without paying a premium for it. The new Ford V-8 has a one-piece, all-steel body; safety glass all around; and big, sure-traction tires—all at no extra cost.

You want power—with economy. The Ford V-8 is the only car under \$2,000 with a V-8 engine—and, at the same time, greater operating economy than a "4!"

This is a new Ford V-8 car, yes. But, more than that, it is a new car value. See it today.

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SPRING COATS Checks, plaids, stripes, tweeds and plain colors. Trotter, swaggers and full length coats with all silk linings. \$9.85 \$12.50 \$14.95

NEW HALF SIZE DRESSES Youthful dresses for the larger woman. Jacket, cape and one-piece styles in attractive new colors and materials. Pre-Easter values \$15.00 to \$29.75 WE SPECIALIZE IN LARGE SIZES

HATS FOR EASTER A hat from Burelson's Downstairs Store Millinery department will complete your new spring outfit. Smart colored straws in all the tricky styles you've been looking for... Also soft pastel felts...

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