

## CROWDS AT OPENING DAY

BALANCED  
MEALS ARE  
OUTLINEDCombination of Food  
Elements Vital  
To HealthMONTHLY MENUS  
OFTEN LACKINGDiet For Each Member Of  
Family Given By  
Instructor

During the course of the cooking school and home economics demonstrations to be given by Miss Goodwin at the free cooking school in the Union high school auditorium this week there will be presented to Klamath Falls housewives the features which go to make up a well balanced diet for each member of the family.

"A woman may be a wonderful cook with a hobby for certain types of dishes," says Miss Goodwin, "yet if the proper combinations are not used, much of her effort in creating a tasty meal is wasted. Some women have intuitive sense of the proper balance of the various food elements and what they do for the body."

"Yet I find many instances where the weekly and monthly menus for the family food lacks this essential balance, so necessary to good health."

The following chart is offered to be used as a basis in planning well balanced meals:

- 1—Protein. Use: Tissue building and repair. Gives power to work. Sources, milk, egg, poultry, meat, fish, legumes, cheese.
- 2—Carbohydrate. Use: Heat and energy producing; sources, bread, cereal, vegetables, potato, beans, lima, fruits, maple, cane sugar.

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Women Like  
Worry Proof  
Refrigerator

In these busy days, when the housewife has numerous interests outside the home, it is necessary for the manufacturer of home appliances to make his product as free from mechanical worry as possible, without interfering with its efficiency.

"The General Electric Refrigerator is one that can be plugged in the nearest convenient outlet and actually forgotten, in so far as the mechanics of the machine are concerned," states K. G. Klahn, local sales manager for the Power company. "However, the very beauty of the machine and the perfect service it renders keeps it from becoming forgotten, once it is installed in the kitchen," he continued. "We have had a number of inquiries from women who have seen General Electric Refrigerators in the homes of their friends. Its extreme simplicity invariably makes a lasting impression on them, and has been the cause of quite a number of the machines being installed in homes throughout the city."

According to Mr. Klahn, General Electric Refrigerators are made in a variety of sizes and are finished in porcelain and white lacquer.

Appropriate Serving  
Worth Consideration

Attractive garnishing and appropriate serving are economic measures well worth careful consideration. Simple, everyday dishes gain new interest and the little extra time invested in dressing up the daily meals will yield ample returns in pleasure and profit.

One of the simplest methods of improving the appearance of the ordinary meat-potatoes-and-vegetable meal is to arrange the potatoes or starchy food in the form of a border with the meat in the center and the other vegetables as a "garnish" on the outside. Plain, homely fare presents an attractive and festive appearance when served in this fashion.

New Bedroom Furnishings Follow the  
Trend to Daintiness in Fall Styles

SOFT COLORS AND DELICATE FABRICS ARE IN VOGUE



A corner of a very feminine bedroom shows the spritzed blue and green wallpaper, the frilled white glass curtains and blue glazed chintz over-drapes, a maple dresser and chest of drawers, an arm chair upholstered in figured green chintz and hooked rugs introducing pinks into the color scheme. Silhouettes adorn the wall and the lamp shades are flowered.

By NEA Service

There is a renaissance in ultra-feminine bedrooms for women this autumn.

Of course it is in line with the new modes in dress, music and manners. The business woman, even more than the stay-at-home, appreciates the softening influence of a woman's room. Instead of the "den" of former years that served as living room and sleeping room, as many as can afford it are enjoying the beauties of a very feminine bedroom. With frills, dainty curtains, soft pretty colors and even four-poster beds with canopies. Mothers with adolescent daughters are benefitting by the vogue to try the psychological effect of such "gentle" rooms on their girls.

It is natural that, along with such a vogue, Colonial furniture would become even more popular. Early American pieces fit in just beautifully with a scheme that calls for frilled grandie or dotted Swiss curtains, flowered wallpaper, hooked rugs and delicate colors such as baby blue, soft rose pink, the lightest of greens and buttercup yellow.

Cost Needn't Be Great

It is not necessary to spend millions to contrive an artistic bedroom as any feminine heart would ask. Good taste is the first requisite; the purchase of the nec-

essary pieces of furniture and a handy needle to make curtains, slip covers, lamp shades and so on.

Wallpaper is very important in the new bedrooms. If you want daintily spritzed wallpaper, then it is wise to choose plain glazed chintz or other types of plain material for the drapes, picking out the wallpaper's predominating tone. By all means have raffish glass curtains, for they add such a lot to a room's softness. And, if possible, do have a drapery valance over the top of the window and the over-drapes hang clear to the floor. It makes the window look more dignified.

For an early American bedroom, a four-poster maple bed is used, with a low chest of drawers and mirror for the dressing table and a high chest of drawers for more space. Remember, women will need more space this winter, for they are wearing a multitude of extra things—and that's that they did not dream of wearing last year. The wallpaper is cream, with tiny sprays of blue forget-me-nots, with a tiny touch of green leaf. The chair in the corner is covered with glazed chintz in a blue-green pattern and the over-drapes are plain glazed chintz, in blue. Hooked rugs on the floor have some blue and much green in them and in addition spritz the gaiety of several tones of pink into the

room. The dresser lamp and the corner reading lamp both are parchment, the former with design like the wallpaper and the latter depicting an old-fashioned garden scene.

Silhouettes Are Smart With this dainty room, nothing in the way of pictures is lovelier than the note introduced by good silhouettes. If you have any old-timers in the family, dig them out and have them framed in the narrowest of frames. If your family possesses none, you can purchase quantities, already framed, that are quaint, many of them amusing, even.

Your bedspread can be fashioned of dotted Swiss, like the frilled glass curtains, and made over blue, or if that is too dainty for your tastes, you can make one of the glazed chintz of your over-drapes, with a big medallion in silhouette design of black and white in the center.

This is merely one room of hundreds of combinations possible this fall. If pink becomes you more than blue, try a pink scheme. To be successful, a woman's bedroom should be the most flattering of backgrounds. She sees herself there the first thing each morning. Her entire behavior thru the day is apt to reflect just how charmingly the room set her off. No effort should seem too much to perfect the proper setting.

SECRET OF  
GOOD CAKE  
BAKING OUTGood Ingredients And  
Careful Measuring  
Are ImportantTEMPERATURE OF  
OVEN ABOUT 375°Helen Goodwin Will Show  
Patrons of Cooking  
School Just How

Are you acquainted with the real sponge cake—a great golden piece of lusciousness that crushes in your hand and bounces up with surprising elasticity, that melts its way down to its digestive haven and leaves you with memories of home and childhood days? Cake baking is an art—successfully known to a few. But there are no secrets—not a one! Given good ingredients, careful measuring and mixing, and a bit more than a speaking acquaintance with one's oven—and anyone can produce concoctions fit for the gods!

Baking means much in the life history and peculiarities of cakes. One sudden spurt of heat and that promising young devil's food resembles Mt. Shasta at midnight!

On the average, layer cakes may be said to require 375 degrees of heat for 20 to 30 minutes, depending upon the size of the pans and the richness of the mixture. Cake baked in a long sheet pan uses 250 degrees oven for 35 to 45 minutes. The same mixture baked in a loaf or tube pan takes about an hour at the same temperature. Cup cakes require a quick oven, 400 to 425 degrees, for 15 to 20 minutes, depending again upon the size.

Butterless cakes, those depending upon eggs alone for the leavening, require a slightly higher temperature. (Continued on Page Twelve)

Cooking School Is  
In Session Today

Throngs of interested women crowded into the high school auditorium at 3 o'clock this afternoon for the opening session of the Herald and News cooking school which is in charge of Miss Helen Goodwin, home economist and member of the staff of the Ella Lehr cooking schools. All the women of the city and surrounding districts are invited to attend the three day event. The school will be held again Thursday and Friday afternoons from 3 until 5 o'clock.

Today's program, which lasted for two full hours, was on "Dressing up Stand-By's". Thursday will be "Wife-Saver's" Day and on Friday she will talk and make "Appetite Thrillers".

The high school auditorium has been obtained for the cooking school. Girls of the Pep Pepers organization will usher the women into the hall. Many of the high school girls in the domestic science classes will also derive benefit from Miss Goodwin's cooking school.

All kinds of meats, goodies, pies, cakes and many other edibles will be explained and demonstrated by Miss Goodwin, who urges all those attending the school to bring pencil and paper to copy the recipes. Programs and recipe booklets will be furnished all those attending. The women who attended today are planning to return again for the other two days since each day's session leads up to the next one. Each class is of equal importance.

Local merchants are cooperating with the Herald and News to make this school a success. Displays of merchandise will be shown.

A nursery, conducted by the California Oregon Power company, is one of the leading attractions. Mothers can take their kiddies to the cooking school with the assurance that they will be well cared for.

There is no charge or obligation whatsoever—the Herald and News extends every housewife in Klamath county a cordial invitation to attend the cooking school.

CHEESE OFTEN  
IS SUBSTITUTE

Cheese often is chosen as a meat substitute and is an excellent solution of the meat problem during hot weather when the cook as well as the family prefers light, easy-to-prepare meals.

In planning menus in which cheese is to play a part as a meat substitute, plenty of vegetables, both raw and cooked, must be included. A simple dessert of fruit served without cream is suitable. The hard American cheese made from whole milk contains most of the protein and fat and a large part of the lime content of the milk from which it was made. It's really a concentrated form of milk and has great food value. This type of cheese adds the vitamin necessary for growth to one's diet but is lacking in other essentials.

Cottage cheese is high in nutritive value and is classed as a "protective" food. It contains many of the lactic acid bacteria found in sour milk and has the same effect to a certain extent on our digestive system.

Remember the time—three o'clock until five again tomorrow and Friday afternoons. Be sure to take pencil and paper to copy the recipes.

## Just a Letter—



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hosiery for  
10 years!

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- 2nd Prize—1 pair each week for 5 years.
- 3rd Prize—1 pair each week for 3 years.
- 4th Prize—1 pair each week for 2 years.
- Next 10 Prizes—1 pair each week for 1 year.
- Next 50 Prizes—1 pair each week for 6 months.

All you have to do is simply write a letter—on entry blanks furnished here. Or else hear about it at the cooking school.

You need hosiery in the kitchen or out. But you'll certainly like our kitchen smocks and uniforms!

Tune in Every Friday Night at 4:35  
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Baby Beet is the  
Most Satisfactory  
For Home Canning

One of the most satisfactory vegetables for home-canning is the "baby" beet. Beets are one of the few vegetables that do not lose their flavor and natural sweetness if more than an hour's time elapses between the gathering and use. They are less perishable than almost any vegetable and for that reason the woman who buys her vegetables for canning runs less risk of spoilage after canning. The perfect freshness of peas and beans, corn and tomatoes is such an important factor in their keeping qualities after canning that it seldom pays to try to can these vegetables unless one has one's own garden.

Although winter beets are available, many women find them inconvenient and expensive to use on account of the long cooking required. The housekeeper who buys her fuel by feet for units finds that several hours spent in the cooking of a vegetable is quite an item.

The oven-method of canning is particularly easy for beets. If you have a thermostatic controlled oven, the regulator is set to 275 degrees F. and the oven heated while packing the vegetables. An oven thermometer can, of course, be used, but frequent checking is necessary to insure satisfactory results.

For the Lollipop-Lickers  
Lollipops: 2 cups sugar, 2-3 cups light corn syrup, 1/2 teaspoon oil of peppermint, 1 cup water, vegetable coloring in the desired shade.

Put sugar, corn syrup and water into saucepan and stir over low fire until sugar is dissolved. Cook without stirring until temperature 310 degrees is reached. Remove from fire, add coloring and flavoring, and stir only enough to mix. Drop from tip of tablespoon on smooth oiled slab or baking sheet. Press one end of toothpick or skewer into edge of each lollipop.

Games May Come and Go—  
Refreshments Must Stay

It is no longer "to bridge or not to bridge"—it's simply whether it will be auction or contract! Just now, the vogue for some of the older games has been revived and you'll find young things and old bent double over the chess or cribbage board, or even in a study over the familiar games of Flinch, Rook or Bingo.

Games may come and games may go—the refreshments go on forever! Every guest is a hungry guest and it isn't a party unless we eat. Fashions in food, however, change as often as do the games and this particular year of 1930 finds party dishes less numerous, less rich than of yore (can it be the new silhouette?) but more festive, daintier, of greater variety and choice. Neither are changing styles in methods of preparation far behind the calendar. Party food is easier to make now—the hostess is praised—for Mrs. Modest makes her head save her hands and feet by using directions and recipes and ingredients that are modern too.

The decorations usually consist of flowers and such clever notes as gas-filled balloons in groups of one, two, three or more attached to the tables to mark their rank. Black and white parties, with food to match are even given, and the Godey craze has swung full-fledged into the card party, with tallies, prizes and cards all in the God-eye-print mood. Airplanes provide the motif for some of the successful entertaining, and the movies have inspired a "star" bridge.

The familiar use of the four suits as decorations and in the food still leads in popularity however, and many of the recipes carry out the idea of the trumps.

Here are recipes from popular hostesses whose parties are always successful!

All Trump Sandwiches  
12 slices bread 2 tbs. cream

1/2 lb. soft butter or rich milk  
3 oz. cream cheese 1 canned pimiento

12 pecan or walnut meats

Cut thin slices of bread in oblong to resemble playing cards. Spread lightly with softened butter and then with cream cheese which has been rubbed to a paste with cream. Make the "spots" on the cards with diamonds or hearts cut from canned pimiento and with clubs or spades made from nut stuffed dates cut in slices. Makes 2 dozen small sandwiches.

Grand Slam Salad

1 envelope quick-setting lemon gelatine  
1 cup boiling water  
1 cup grapefruit juice  
2 doz. after dinner mints  
Watercress  
Few drops vegetable coloring  
Sections from 1 No. 2 can of grapefruit.  
1 cup diced cucumbers.  
Sour cream or cheese dressing.  
Dissolve the gelatine in the boiling water. Drain the juice from a No. 2 can of grapefruit and add it to the cooling liquid. Add a few drops of coloring and enough after dinner mints to flavor the mixture delicately. Chill.

When the jelly is of the consistency of egg white, fold in the grapefruit sections which have been cut in halves with scissors and the diced cucumbers from which the seeds have been removed. Pour into one large or several small molds. When firm unmold on salad plates and surround with a wreath of watercress. Serve with sour cream dressing or cream cheese dressing. Six servings.

Queen's Tarts  
1 recipe pie crust in tart shells  
3-4 cup sugar  
2 tbsps. cornstarch  
1-8 teaspoon salt  
2 egg yolks  
1 teaspoon vanilla or 1/2 tsp. lemon extract  
(Continued on Page Twelve)

## NEW 1931



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