

# Hester Heath, Famous Food Expert, Presides at School

## KLAMATH HOMES WILL REFLECT KITCHEN IDEAS

Today is the big day for Klamath women—bringing the News Herald long-awaited cooking school—the most different 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 menus in her "happy kitchen."

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 home every-day practical problems.

Miss Heath says that one of the greatest tests of an efficient housewife, as with a business line in her capacity to meet an emergency. "Of course," says the ingenious cook, "it is a great help to have an 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 News Herald 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 News Herald invites each housewife to be its guest. The first session starts today at 2:00 p. m. promptly. Plan to be there early! Ample seating facilities are ready in the Pelican, and everything is set. Let's go!

### 20-30 Club Holds Session to Nominate

The 20-30 club held a closed session Monday noon for members only, when officers were nominated. Election will be held later in the month.

Rev. T. Davis Preston presented a short address before the club, outlining the summer recreation program for children of the city, and urging the cooperation of Twenty-Thirtians.

### At the Cooking School this week



See how easily and economically

## PEN-JEL

Makes the Jelly jell . . .

PEN-JEL is selected for demonstration at the Cooking School because it uses only one recipe to make jelly from fruits, cup-for-cup method. "Never fails". Now you too can make delicious jellies and jams—without a failure. Once you try Pen-Jel, you'll never be without it.

At Your Grocer's PEN-JEL never fails!

## Conducts Cookery Lessons



HESTER HEATH

Known throughout the west as a home economist of outstanding ability, Hester Heath has been secured to conduct The News Herald free cooking school this week. Her cooking schools have appealed to all housewives, regardless of their home cooking facilities. . . . Klamath women will like Miss Heath . . . her pleasing personality and her ability as a demonstrator will win the enthusiastic approval of everyone here.

## Milk Diet Importance Stressed By Woodruff Of Lost River Dairy

"The importance of milk in the diet, especially of growing children, cannot be over-emphasized," says R. C. Woodruff, of the Lost River Dairy, whose products have been chosen by Hester Heath for demonstration at the Herald-News cooking school at the Pelican theatre.

"Every growing child should have a quart of milk per day in addition to his other food. The child, of course, need not drink all this, as part of it may be included in the preparation of other foods. The child that gets a quart of milk per day will be sure to have all the lime his body needs, and sufficient lime is particularly important to growing children."

**Safety Stressed**

"The milk that children drink should be pure and safe. Along that line, let me quote from a publication recently issued by

the Illinois state department of health: "Cow's milk is one of the most important food products known to man. At the same time it furnishes one of the easiest ways by which certain communicable diseases are spread. A generous supply of safe cow's milk is a rich blessing to infants and children. Infected milk may bring young lives to an untimely end or it may so affect the health of infants or children that they will be seriously handicapped throughout life."

**Definitions Explained**

Milk is one of the few products that is consumed in the raw state without first going through some sterilizing process. Where pasteurization is not practiced, straining is the only sanitary precaution taken after the milk is drawn from the cow.

"The State Director of Public

Health recommends that all cities in Illinois adopt and rigidly enforce an effective ordinance requiring the pasteurization of milk. A suggested form for such an ordinance may be secured from the Department upon request."

"Pasteurization as defined by the Illinois milk pasteurization plant law as the process of heating milk to a temperature of not less than 142 degrees Fahrenheit and holding it at that temperature for not less than thirty minutes.

"Pasteurized milk first demonstrated its public health value in this country in New York City during the period between 1892 and 1906. Among children under five years old receiving pasteurized milk, the death rate was lowered from 96 to 55 per 1,000. The summer death rate fell from 134 to 62 per 1,000.

"According to Dr. Crumbine of the American Child Health Association the death rate of children under 2 years of age was decreased 40 per cent during comparative periods of 1905-1910 and 1921-1925. Such decrease being 'undoubtedly due in a large measure to the increasing amount of pasteurized milk available for infant feeding."

"After having studied for many years the problem of safe milk, I am of the opinion that pasteurization is the only known treatment which adequately serves the purpose for which it was intended, that of destroying germ cells without materially reducing food properties," says Dr. Charles Mayo.

Romford, England, has only one member in the house of parliament, though it has 230,502 inhabitants.

## Courthouse Records

MONDAY, JUNE 5, 1938

Divorce Suits Filed—None.

Other Suits Filed

C. I. T. corporation vs. Ostendorf Motor company. Amounts involved \$408.28, \$29.96, \$147.20, \$185.50.

Divorces Granted—None.

Orders Signed

Default: Pete Conte vs. Italia Conte.

Order setting date for justification of surety on appeal: Warren Allen vs. H. E. Roufs et al. Date set, June 9.

Default: Edith Manley vs. Lawrence Manley.

Arraignment: Joseph Kirk charged with larceny in a dwelling given statutory time to enter plea.

Plea: Jesus Jara, charged with possession and sale of canibus indica, pleaded not guilty. Time set for hearing, June 8.

Decree: H. E. Hauger vs. J. H. Lichtenstern. Defendant ordered to pay to court clerk, \$1,073.52. Clerk ordered to deliver to defendant on payment a deed on certain described real property.

**Marriage Licenses**

MURDOCK-TUPPER — Abeen Murdock, 33, Indian, resident of Modoc Point, native of California, to Josephine Tupper, 17, Indian of Klamath reservation.

HUGHES-WALKER — Andrew Vernon Hughes, 26, 2141 White avenue, native of Oklahoma, to

Elsaine Walker, 16, 8030 High street.

TEDRICK-BLISS—Merle Tedrick, 29, of Klamath Falls, native of Canada, to Margaret Bliss, 18, of Pelican City, native of Oregon.

CRUM-KEENAN — Harvey W. Crum, 28, cat operator of Tenant, Calif., native of Calif., to Ruth Keenan, 26, nurse of Tenant, native of California.

**Car Accident Reports**

Claud Calland of Chiloquin, reported striking a pedestrian, John Sutton on Klamath avenue. Pedestrian received bruises according to report which did not state date of accident.

**Justice of Peace Court**

Joe Bown, charged with permitting an unlicensed minor to drive a motor vehicle, pleaded guilty and was fined \$5.

Alfred Bradshaw, charged with driving a motor vehicle while under the influence of intoxicating liquor, pleaded guilty, given a fine of \$100 and a 30 days suspended jail sentence. Committed to county jail on failure to pay fine.

Complaint filed charging Chas. Inman with operating a public service car without public service commission license plates.

A. H. Spangler, charged with larceny by bailor, released on \$500 bond. Hearing set for Thursday.

John Doe Zimmerman and Leland Casey, charged with receiving stolen property, released on \$500 bond. Hearing set for Thursday.

Joan of Arc was made a saint in 1920; in 1431 she was burned at the stake because she was termed "rashly gaitly towards God and holy church."



**Miss Hester Heath**  
Food Economist

**Has Personally Selected**

**PINE STREET MEAT MARKET**

to supply

**All Meats to Be Used in the Herald-News Free Cooking School**

Today—Thursday and Friday

The management of this Strictly Modern, Sanitary Market take pride in furnishing her our usual High Grade Meats.

**Special Lamb Cutting Demonstration Thursday**

# DON'T WAIT!

# KELVINATOR

**KELVINATOR** will not cheapen its product to meet a low price—therefore, when material costs go up (and we hope they do because that will mean better times for you, for us, and for everybody) the price of this Kelvinator will be increased!

We suggest that you see this model to-day or to-morrow. Don't wait. Take advantage of the present low price—the lowest price in Kelvinator's 19 years in the industry.

**A Standard Model**

This beautiful model is a Standard 1933 Kelvinator. It isn't a new model, built to meet a cheap price. The power plant is a standard Kelvinator unit, the same as used in the larger, more expensive models. It is not an undersized unit that must run all the time to hold low temperatures. Instead, it runs only about one third of the time, which means less wear, longer life, greater economy.

**A Wealth of Features**


You will find many desirable features. It has a Temperature Selector

**A Word to Prospective Purchasers of Electric Refrigeration**

"In the building of this refrigerator there has been no compromise on the Kelvinator standards of the past 19 years. It possesses the same high quality and dependable performance found in every Kelvinator model, whether priced at \$97 or \$1,000. It could not be otherwise, for this is a standard Kelvinator."

G. W. MASON  
President, Kelvinator Corporation

Ask for the **CREAM TOP** Bottle



*It Whips*

Famous Home Economist **CHOOSES**

**Lost River Dairy Products**

Miss Heath will use LOST RIVER "Double Grade A" milk exclusively in her cooking school demonstrations at the Pelican Theatre, June 7, 8 and 9th.

WE ARE PROUD OF THIS DISTINCTION OF MERIT EARNED BY OUR PRODUCTS

**Lost River Dairy**

Phone 48.

**PHILCO DISTRIBUTING CO.,—Portland—**  
**CALIFORNIA OREGON POWER CO.,—Local Dealer—**