

Local Nuts Make Good Cookies

Christmas cooks planning for candies, cakes and puddings often wonder how many pounds of unshelled nuts will be needed to supply the nut meats the recipe calls for.

The bureau of home economics finds in the course of its research work with foods that it takes about these quantities of unshelled nuts to supply a cup of nut meats: Peanuts, about half a pound; pecans and filberts a little less than a pound; almonds, just about a pound; English walnuts a little more than a pound; and black walnuts, about two pounds. There are approximate ratios, but close enough for the cook who is buying unshelled nuts to enrich holiday sweets.

Food research in the bureau shows that peanuts, pecans, chestnuts, almonds, English walnuts, filberts, and Brazil nuts are good sources of vitamin B, and pecans are also a good source of vitamin A. Most nuts are rich in phosphorus, and unblanched almonds, hazelnuts, walnuts, pecans, and hickory nuts are good sources of iron.

Though many cooks insist that there's no flavor like that of nuts from other climates, walnuts and filberts can pretty well fill the place of other, more expensive ones.

Filberts are especially good in cookies, and walnuts with their stronger flavor, can take the place of many other nuts in desserts and cakes. If you like almonds or Brazil nut flavor "for a change" simply substitute with part walnuts or filberts.

Cookies Easy To Make

Molasses furnishes part of the flavor in this fine bar cookie that pleases families these busy days.

MOLASSES-RAISIN-NUT BARS

- 1/2 cup butter
- 1/2 cup sugar
- 1 egg
- 1/2 cup molasses
- 2 cups flour
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1/2 teaspoon baking powder
- 1/2 cup sweet milk
- 1 cup chopped nuts
- 1 cup chopped raisins or dates

Cream butter, add sugar and beat until light. Add brown eggs, mix well, then add molasses. Sift flour with dry ingredients and add alternately with milk to first mixture. Add chopped nuts and fruit last. Spread very thinly in shallow pan. Bake in moderate oven (350 degrees) from 10 to 12 minutes. Cut in bars 2 inches long and 1 1/2 inches wide. Makes 4 dozen.

Pattern



By ANNE ADAMS

If you were asked what is the youngest, smartest, most becoming type of dress, there'd be just one answer: the shirtwaister! And Anne Adams' Pattern 4309 is full of exciting news. First see the unusual skirt interest. There are no less than ten gores, with two gores at both front and back on the bias. The nice bloused bodice fullness is held in slimsly above the waistline with darts. You'll love the crisp cut of the collar with its "dandy" revers so effective in white. Use a wide leather belt or a gay ribbon sash with a matching ribbon bow at the neck. You might like to make bodice and skirt boldly contrasting.

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Today's Menu

Heart and rice will be the featured dish on today's menu:
Apple-peanut salad
Hearts and rice
Buttered cauliflower
Prune whip with spiced cream

HEARTS AND RICE

1/2 cup rice
1 heart
3/4 cup seedless raisins
6 cups boiling water
Salt and pepper
1/2 cup walnut meats
1 1/2 tablespoons lemon juice
Wash heart thoroughly, cover with boiling water. Simmer until tender. Add water, wash rice well and add. Cook for 30 minutes, then add raisins, nuts and lemon juice and seasonings to taste. Bring to the boiling point, lift heart to a platter, surround with rice, pouring the liquor over it all. Serves 6.

Fresh Vegetable With Meat

Frozen peas will add interest to this excellent meat dish.

HOT VEAL MOLD WITH GREEN PEAS

2 1/2 pounds lean veal
1/2 cup stale bread crumbs
1 egg, well beaten
1 egg, hard-cooked and chopped fine
1 pint milk, cut in fine strips
1 tablespoon chopped parsley
1 tablespoon grated onion
Salt and pepper to taste
1/2 cup gravy, stock, tomato juice or water
1 tablespoon melted butter.
Put the veal through the meat chopper, add the bread crumbs and the well-beaten egg. Add the remaining ingredients, mix thoroughly and pack into a well-greased ring mold. Bake in a moderately hot oven (400 degrees) for about one hour, and serve turned out on a hot serving plate, the center filled with hot green peas. Garnish with sprigs of fresh parsley. Six servings.

Candy Uncooked For Gift

Uncooked candies attract many a gift-giver and here's one of the many recipes to please.

UNCOOKED FRUIT CARAMELS

1 cup raisins (seeded or seedless)
1/2 cup figs
1/2 cup dried apricots
1 cup stoned dates
1 cup walnuts
1/2 cup candied orange peel
6 candied cherries (optional)
2 to 4 tablespoons orange juice
Wash dried fruits. Put through food chopper with raisins. Moisten with orange juice, using just enough to hold fruits and nuts together. Pack into buttered pan. Chill over night in refrigerator. Cut in squares and dust with powdered sugar. (Put a little of the powdered sugar in a small paper bag. Drop candy squares into bag a few at a time, and shake.)

Pineapple Cream Pie Good

Luxurious sounding and luscious tasting is this dessert. Next time you're in a mood for something nice and fattening, try:

PINEAPPLE CREAM PIE

1/2 cup sugar
3 level tablespoons flour
1 level tablespoon cornstarch
Pinch of salt
2 beaten egg yolks
1 cup grated pineapple
1 cup boiling water
2 level tablespoons butter
Mix dry ingredients and add egg yolks, stirring thoroughly. Add remaining ingredients and cook in a double boiler, stirring until very thick. Remove from fire and beat in rapidly the 2 egg whites previously whipped to a stiff froth. When a cold put in a baked pie shell and cover with sweetened whipped cream.

In the Valley Social Realm

DALLAS—At a candlelight service Thursday night at the home of Mr. and Mrs. Charles Wiedeman, Miss Anne Elizabeth Schmitt, daughter of Mr. and Mrs. George F. Schmitt, became the bride of Mr. Rudolph Leppin, Jr., son of Mr. and Mrs. R. Leppin, sr. of Dundee. The service was read by Rev. O. D. Harris, of the First Christian church.

The bride wore an attractive frock of royal blue velvet with collar and cuffs, fashioned with bustle. She wore a corsage of white gardenias.

Miss Frieda Schmitt, sister of the bride, was her only attendant. Mr. Henry Schmitt, brother of the bride, was best man.

Proceeding the ceremony Miss Mary Margaret Livesay sang "I Love You Truly" accompanied by Miss Elsie McPetridge.

For the wedding, the bride's mother wore a dress of henna crepe and a corsage of carnations and violets. The groom's mother wore a black dress and a corsage of carnations and violets.

A reception followed the wedding ceremony.

Miss Arlene Voth cut the wedding cake. Serving were Miss Elsie McPetridge, Miss Mae Wiedeman and Mrs. Ada Wiedeman. Miss Virginia Petersen presided at the coffee urn and Mrs. H. A. Petersen assisted about the room.

For traveling Mrs. Leppin chose a gray wool crepe sport dress with wine accessories. Following the ceremony the young couple left for a two weeks honeymoon trip to Southern California.

Mrs. Leppin is a graduate of Dallas high school and is employed in the office of County Agent W. C. Leth. Mr. Leppin graduated from Dundee high school and has traveled and studied in Europe. He is a prominent young farmer of Yamhill county and after April 1 Mr. and Mrs. Leppin will make their home there.



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