

The Cook's Nook

EMERGENCY TASTIES

Here are two recipes for delightful dishes which require only a few leftovers and the ordinary staples of the pantry, ice box and emergency shelf. Try them when unexpected company arrives, or when you desire to please the family with something "different":

Roast Boston

- 1 tablespoon onion, minced
- 2 tablespoons fat
- 2 cups baked beans, mashed
- 1 egg, slightly beaten
- Salt, pepper, paprika
- 2 cups cracker or dry bread crumbs
- 1/2 cup cooked tomatoes
- 1/4 cup mustard pickle, finely chopped

Cook onion in fat until tender. Add remaining ingredients. Season to taste. Blend thoroughly. Turn into greased loaf pan. Bake in moderate oven (350° F.) 40 minutes.

Corned Beef Hash Puffs

- 2 cups corned beef hash
 - 2 eggs
 - 2 tablespoons chopped dill pickle
 - 1/2 cup water
 - Parsley
 - 1/3 cup catsup
- Add well-beaten egg yolks to corned beef hash and mix thoroughly. Fold in stiffly beaten egg whites and drop hash mixture by spoonful onto buttered baking sheet. Place under broiler and brown. Combine catsup, chopped pickles and water, and heat to make a sauce. Top puffs with hot sauce, garnish with parsley and serve immediately.

"CHEER-UP" DISHES FOR CHILDREN

Graham Pineapple Mold

- (Serves 6)
 - 1 tablespoon butter
 - 1 1/2 cups pineapple juice
 - 2 tablespoons cornstarch
 - 1/2 cup crushed graham crackers
 - 1 cup pecan meats
 - 1 cup finely cut coconut
 - 1/2 cup dried bananas
- Add butter to pineapple juice and bring to a boil. Stir in cornstarch, which has been mixed with 2 tablespoons cold water, and cook until thick and clear. Remove from heat and cool. Fold in other ingredients. (Add sugar and a dash of salt if desired.) Fill a well-buttered fancy mold or individual molds and chill thoroughly.

Unmold and serve as a salad with a garnish of lettuce and dressing, or as a dessert with whipped cream.

Hawaiian Veal Cutlet

- (Serves 8)
- 1 cup long grain rice
- 3 1/2 cups pineapple juice
- 4 tablespoons, or 1/2 cube butter
- 1 small, or 1/2 large onion grated
- 1/2 cup grated cheese
- 8 cups lightly packed cooked veal
- Salt and pepper to taste
- Cracker crumbs
- 1 egg beaten with 3 tablespoons

milk

Wash rice in several waters. Heat pineapple juice, butter, and grated onion to boiling point, strain and cook until soft and liquid absorbed. Remove from the heat. Then stir in the grated cheese and veal and season to taste with salt and pepper.

Form into cutlets or croquettes, roll in crumbs, dip in egg, then roll in crumbs again. Fry in deep fat heated to 375° F. in a frying basket until brown. Drain on brown paper and serve piping hot with a highly seasoned cream sauce into which has been beaten 1 teaspoon of chopped parsley, 1/2 teaspoon of chopped green pepper, 1/2 teaspoon green onion or chives and

1 hard-cooked egg.

NUTTY DISHES

Cream Cheese and Brazil Nut Salad

- 1/4 cup cream cheese
- 1/4 cup chopped celery
- 2 tablespoons chopped olives
- 1/4 cup crushed Brazil nuts
- Lettuce or other salad green
- French dressing
- Guava jelly

Mix cream cheese with chopped celery and olives and form into small balls. Roll each ball in chopped Brazil nuts. Mix lettuce with French dressing in a salad bowl and then arrange cheese balls alternately with cubes of guava jelly on top of dressed salad.

Savory Sandwiches

- 1/2 cup mayonnaise
 - 1/2 cup minced celery
 - 1/2 cup sliced Brazil nuts
 - 2 tablespoons minced pickles
 - 1 tablespoon chili sauce
 - Buttered bread
- Mix the mayonnaise with celery, Brazil nuts, pickles and chili sauce.

Christmas Dainties

By BETTY BARCLAY

SURPRISE your family and your guests this Christmas by serving one or two "different" dishes for dinner. Christmas Dinners are so similar that a novelty will be appreciated. Here are a few suggestions that you will find well worth considering:

Cranberry Mold

- 1 package lemon gelatin
- 1 1/2 cups boiling water
- Juice 1/2 lemon
- 1/2 cup celery, finely cut
- 1/2 cup canned shredded pineapple
- 1 cup thick cranberry sauce, sweetened

Dissolve gelatin in boiling water. Chill. When slightly thickened, add lemon juice, celery, pineapple and cranberry sauce. Turn into mold. Chill until firm. Unmold. Garnish with mayonnaise. Serves 6, on same plate with fowl.

Roast Fowl with Orange Juice Basting

- Chicken or other fowl
- 1/2 cup salt pork
- Orange juice
- Lemon juice

Put 2 strips of fat salt pork over breast of firm, plump chicken. Cook in roaster without cover in hot oven (450° F.) until meat begins to brown. Reduce heat to moderate oven (350° F.) and cook until meat is tender, basting every 15 minutes with orange juice. Add 2 teaspoons lemon juice to each cup orange juice used. Amount of orange juice will vary with size of chicken and length of cooking time, which should average 20 minutes per pound without dressing or longer with dressing. Liquid in bottom of roaster may also be used for basting.

The fruit juices give a delicious flavor to the skin but do not change the flavor of the chicken meat, although they help to keep it moist and tender. This method may be used for basting other fowl.

A garnish of orange slices is an excellent accompaniment for a fowl roasted in this manner.

Raspberry Junket with Raspberry Jam

- 1 package raspberry junket
- 1 pint milk
- Raspberry jam

Prepare raspberry junket according to directions on package. Garnish ice cold raspberry junket with raspberry jam.

Lemon Mince Meat

(Makes 2 plates or filling for 2 medium sized pies; or 12 individual pies)

- 1 cup raisins
- 3 cups finely chopped apple
- 1/2 cup chopped nuts
- 1 cup candied orange peel or orange marmalade
- 1/2 cup lemon juice
- 2 cups sugar
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon each of cloves and ginger

Scald, drain and chop the raisins. Mix all ingredients. Seal in sterilized jars. When making into pies add to each pint 1/2 cup melted butter. This is a simpler and more wholesome combination than many mince meats.

A unique Christmas dessert is a Lemon Mince Meat Sundae, made by serving this mince meat as a sundae sauce over vanilla ice cream. A pint jar of this mince meat makes a delightful Christmas gift. If wrapped attractively in cellophane paper, and decorated with Christmas seals.

Coffee for Christmas Eve

Are the carol singers dropping in to rest, warm themselves and perhaps sample your cooking this Christmas Eve? If so, you'll want coffee—good, hot and strong. As a matter of fact, coffee will be appreciated by the adults of the family after the tree is decorated—even though friends do not appear. Serve it piping hot, for nothing is more discouraging than lukewarm coffee. Boil it, percolate or make it by the drip method—as you prefer. Excellent coffee for large groups may be made by boiling it in a large receptacle. Put the ground coffee in a loose mesh bag in the water and bring to a boil. Immediately reduce the heat and steep for five minutes. Use a heaping tablespoon of coffee for each cup—with an extra tablespoon for each six cups.

Spread filling between slices of buttered bread from which the crusts have been removed.

Dolores Berg had her tonsils removed Saturday.

Hazeldale Items

Mr. and Mrs. Wm. Doig and family of Portland visited Mr. and Mrs. J. C. Smith, Saturday.

The adults' Bible class met Sunday afternoon at the home of Mr.

and Mrs. John Black Sr.

Mr. and Mrs. Dean Harner of Portland were week end guests of Mr. and Mrs. Lyle Taylor.

Ray Syverson of Klamath Falls, Ore., visited his parents, Mr. and Mrs. C. P. Syverson, Sunday.

Mr. and Mrs. John Black Jr. and family of Gresham were Sunday visitors of Mr. and Mrs. John Black Sr.

Visitors Sunday evening of Mr. and Mrs. Tom Miller were Mr. and Mrs. Wm. Heil and children, Mr. and Mrs. Lyle Taylor and Mr. and

Mrs. Dean Harner of Portland.

Friends surprised Mrs. Wm. Heil Saturday evening with a party honoring her birthday. Guests present were Mr. and Mrs. Lyle Taylor, Mr. and Mrs. Sherman Decker, Mr. and Mrs. Dean Harner and Mr. and Mrs. Tom Miller.

F. H. Schoene of Beaverton showed pictures of the Orient and Mexico at the Hazeldale school house, last Saturday evening. The pictures were followed by a short musical program. Popcorn balls and candy were sold for the benefit of the Red Cross.

In The WEEK'S NEWS

CURRENT EVENTS PHOTOGRAPHED FOR THE REVIEW



SOARS TO NEW HEIGHTS—14,000 feet is a record made by American Army fliers, Captains Orville A. Anderson and Albert W. Stevens in Explorer II, the world's largest balloon. They are shown in the gondola in which they were lifted into the stratosphere.

TEA FOR TWO—Two months early, the automobile shows are the focus of attention everywhere, with celebrities and average citizens flocking to see the cars. Here the fittings of a specially equipped Buick are being tried out by two of the celebrities, Collette D'Arville, comic opera star, and Philo Higley, Broadway playwright.



HITS A TRIPLE—Once in a blue moon, or rather once in every million births, a cow produces triplets. So here we have Bessie, Guernsey mother, and her once-in-a-million offspring—Tom, Dick, and, of course, Harry. ... Bull-ieve it or not!

FOR GALA NIGHTS—Metallic taffetas are among the season's smartest fabrics. Such a fabric in gun metal was chosen by Lucille Ball for her newest evening gown. The dress is styled with a halter bodice, finished at the waist with a ruffled peplum.



RULING THE WAVES—This fearsome contrivance is a new Halliwell automatic heat-control permanent wave gadget shown at the recent National Beauty Show in New York. Louise Estes, dancer, shows she can grin and wear it.

FABRIC THAT BREATHES—Exhaustive tests all new auto features go through are indicated in this picture of a Peace laboratory scientist examining new "breathing back" mohair velvet upholstery introduced on 1936 Fisher bodies. The fabric loses heat quicker than former similar materials.

Proper Study Light Needed for Child's Eye Safety



At left is shown the type of lighting under which many students strain their eyes and risk their health. At right is a lamp which has been scientifically approved for reading and study.

By Jean Prentice

FEW parents tolerate willful neglect of their children's home work. But how many parents take pains to provide the best study conditions for those same children? The answer is, comparatively few. Perhaps that is one reason why more than one-fourth of our young people suffer from defective vision.

Bad Conditions to Be Avoided

It is really asking too much of a child to expect satisfactory progress in school when the seeing conditions under which he or she studies are such as to cause eyestrain and nervous fatigue. Yet homes throughout the country afford nothing better than snout little table lamps, exposed lamp

bulbs, or far less light than is absolutely necessary for good vision.

Shadows Make Vision Difficult

The illustration at upper left typifies the abuse to which the eyes of students are subjected in the vast majority of homes. The lamp is a common type. It fails to provide light sufficient in quantity for reading, writing, or studying. The shade is so designed that most of the light is directed beneath it, with very little falling on the copy book, where it is most needed. Sometimes this abuse is made worse by placing the lamp at the child's shadow, making vision even more difficult.

A lamp such as shown by the illustration at upper right provides from three to five times as much useful light as is given by an ordinary table

desk lamp. Yet it uses only one 100-watt bulb.

Many Good Lamps Available

Designed by the Illuminating Engineering Society, and called the "I.E.S. Better Sight Lamp," its light is adequate for easy vision and eye comfort. A number of manufacturers make it, and stores everywhere offer it in a variety of styles and prices. The light given by this lamp is scientifically balanced and diffused, and there is no glare. Note that it is placed to the side opposite the writing hand, to prevent the casting of a shadow.

Most of our knowledge, and a good part of our success, comes to us through our eyes. By providing our children with the proper lighting for reading and study, we will be doing much to insure their welfare and happiness in later years.

"Pep Up" Your STOMACH

Stimulate Appetite—Relish Your Food

ARE you one of the vast number of sufferers who drag through life, feeling "half sick," rundown, sluggish, without appetite or zest for the good things of life—all because of a stomach, bowel and kidney condition which may easily be relieved by a good mild tonic, stomachic stimulant, diuretic and mild laxative? If you are, don't suffer any longer without trying Williams S.L.K. Formula, which is bringing blessed relief and added joy of living to so many people.

effectively—and that is what you get in a bottle of Williams S.L.K. Formula.



The Prescription of a Former Army Doctor

Williams S.L.K. Formula is compounded from the prescription of a former army doctor who used it in his private practice for many years. Experience has taught army men to seek fundamental principles. These principles have been carried out in the development of Williams S.L.K. Formula. There are many medicines which you might take. What you want is something that will do its intended work quickly, efficiently,

Works In Four Beneficial Ways

Williams S.L.K. Formula contains ingredients of recognized medicinal value for the purposes intended. It acts as a mild tonic, stomachic stimulant, mild laxative and diuretic stimulant for the kidneys. These functions are among the most important of your entire body.

You can't feel your best when your system is clogged with poisons or when your stomach lacks tone. Take just a few doses of Williams S.L.K. Formula and see how much better you feel. The first bottle must produce results or your money back.

Old and Young Enjoy Life More

Take Williams S.L.K. Formula also for indigestion, nausea, loss of weight and sallow complexion, where a mild tonic, laxative, stomachic, tonic and diuretic is needed. You'll like its quick, pleasant action. Being a liquid it is easily assimilated and starts to work almost immediately. Because it is a highly concentrated solution, only small doses are required, therefore it is very economical. Get a bottle today. Try it under the money back guarantee. See for yourself what a magnificent help a good medicine can be.

FOR SALE BY

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