

The Cook's Nook

Frozen Finales a la Jack Frost!
Give Jack Frost an inside job! What, let him run the table when he already lords it over half the outside universe? Certainly, it's the newest thing to do—to let his frosty fingers play chef with your refrigerator, and serve those frozen desserts right in the smack middle of icy weather!

It may be colder than an Eskimo's toe outside, but that is no sign it isn't usually a couple of degrees too hot inside the house. Steaming soup to warm your cockles is exactly right for a first course, especially if you've just hailed from a blustery tussle with the Hon. Mr. Frost. But the end of the meal—that's different! Time to relax, time to cool off!

Winter-time is party-time too, so here again let Jacques have his frigid way with your guests—they won't give him the cold shoulder, lay to that.

Include some of these in your frosty finales.

Jack Frost Mousse

1 cup mashed fully ripe bananas (approx. 2 bananas)
2 tbsps. orange juice
1/4 tsp. orange rind (grated)
3/4 cup coconut
3 1/2 tbsps. brown sugar
1/4 tsp. salt
1 cup heavy cream
Mix together banana, orange juice and grated rind. Add coconut, sugar and salt. Whip cream until fluffy but not stiff. Fold in banana mixture. Pour into freezing tray of automatic refrigerator and freeze until firm. Serves 6. Decorate with green or maraschino cherries.

Frozen Sandwich

1 1/2 cups heavy cream
2 tablespoons confectioners' sugar
1/4 tsp. vanilla
1 tbsps. lemon juice
1/4 tsp. salt
4 ripe bananas
1 egg white
Lady fingers, sponge cake or plain cake
Whip 1 cup cream until it will form a peak but is not stiff. Add sugar, vanilla, lemon juice and salt. Fold in one very thinly sliced banana and then egg white, which has been beaten until stiff but not dry. Line bottom of refrigerator tray with lady fingers or thin slices of sponge or plain cake placed close

together. Fill tray to 3/4 full with the banana mixture. Cover with additional lady fingers or cake. Freeze cake down lightly into place. Freeze two to three hours or until mousse is firm. Slice about 3/4 inch thick and serve with remaining 3 bananas, sliced, and 1/2 cup cream, whipped. Serves ten to twelve.

"Fruited Bananas": To make the fruited banana garnish, peel ripe banana and make parallel grooves by running the prongs of the fork gently down the sides, lengthwise. Cut into fairly thick slices and use for garnish.

Pink Snow

1 cup grapejuice
4 tbsps. white corn syrup
1 egg white, beaten stiff
2 tbsps. granulated gelatin
1/2 cup whipped cream
Pour 1/2 cup cold grapejuice over gelatin and let stand. Heat remaining juice with corn syrup to boiling point. Dissolve softened gelatin in hot liquid. Chill; when thick but not set, beat with egg beater until thick and fluffy. Beat in egg white and continue beating until mixture is thick. Fold in cream; mold and chill.

Orange-Rice Sleet

1 1/2 cups cooked rice
3 tbsps. powdered sugar
1/2 cup shredded coconut
1/2 cup crushed pineapple
1 tbsps. sliced candied orange peel
1/2 cup cream, whipped
Mix rice with the other ingredients, folding in the whipped cream last. Pile in sherbet glasses, chill, sprinkle generously with coconut and serve very cold.

Apple Water-Ice

2 cups sweetened apple sauce
2 cups water
2 tbsps. lemon juice
1 cup sugar
Boil sugar and water together 10 minutes. Add apple sauce and few drops peppermint flavoring or few sprigs fresh mint (minced fine). Pour into refrigerator. Stir twice with fork at 15 minute intervals. Garnish with mint leaves.

A Cold Finale

(Salad and Dessert in One)
1 tbsps. lemon juice
1 tsp. salt
2 tbsps. mayonnaise
1 3-oz. pkgs. cream cheese
1 cup heavy cream, whipped

2 tbsps. crushed pineapple
Lettuce
1/2 cup maraschino cherries, cut into quarters
1/2 cup walnut meats, chopped

About Your Health

Things You Should Know



(By John Joseph Gaines, M.D.)

Nostrums and Quacks.

Fake cure-alls still abound on druggists' shelves, and to our credit be it said, they remain there longer than they would have done fifteen years ago. Our people are learning better than to trust their health to dangerous experiment—the experiment with bottled guess-work.

At present the radio seems to be favorite instrument of the charlatan; he can reach the patient with his oily tongue, his persuasive voice—his glittering promise, and, always for the fee in advance! Our enterprising broadcasters, perfectly willing to get "overhead" expenses, seem to take on the vast army of peddlers—even the evil propaganda of those who prey on the sick and afflicted.

The listening sick man can protect himself, if he will exercise common-sense and reasonable business sagacity; the following suggestions may be helpful:

(1) No really capable, honest physician or surgeon advertises, over radio, or by any other method; he doesn't need to.

(2) All quacks advertise, because their cash receipts depend upon the number of people who do not know them, that they can inveigle; their former dupes are no more profitable to them.

(3) If you have a chronic disease, and hear an alluring proposition over the radio to cure you, write to your State Board of Health for reliable information before nibbling at the bait.

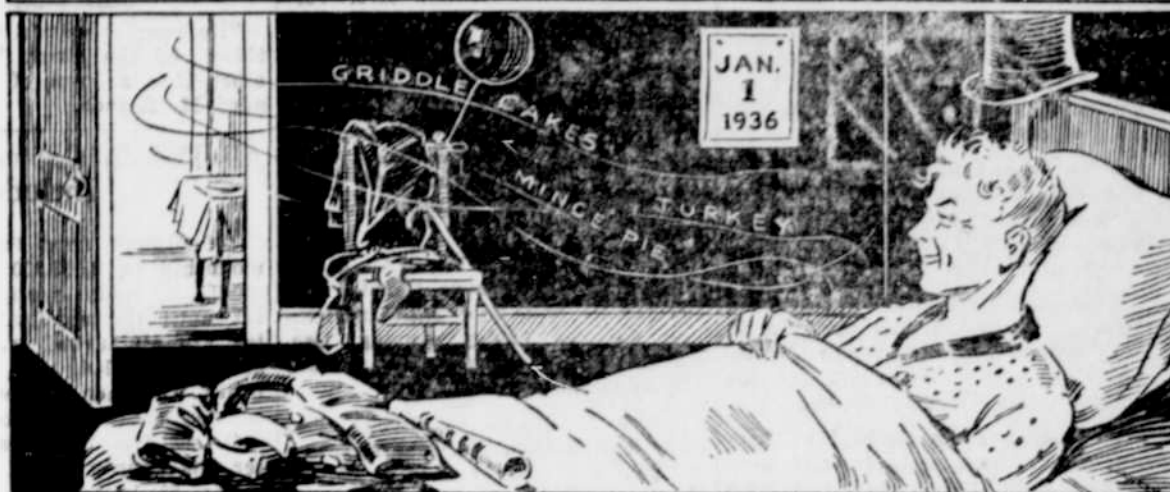
(4) The quack and charlatan do not affiliate with county or state medical societies, for the ample reason that those societies have nothing to do with crooks; the quack is not trusted by life insurance societies,—in fact, the radio charlatan is the finest fellow on earth, to let alone; your pocket-book and your physical well being are not safe in his hands.

"If I were to read, much less answer, all the attacks made on me, this shop might as well close. I do the very best I know how—the very best I can—and I mean to keep doing so until the end. If the end brings me out all right, what is said against me won't amount to anything; if the end brings me out wrong, ten angels swearing I was right would make no difference."—Abraham Lincoln.

Buys Certified English Rye Seed

Oregon City—Ovel Wilson of Canby will be the first Clackamas county farmer to plant certified English rye grass seed. Through County Agent J. J. Inskip, Mr. Wilson has obtained 200 pounds of seed which recently came from the pure strain in New Zealand. He plans to seed 15 acres. English rye grass is a perennial, while common rye grass is an annual.

"Now the New Year Awakens Old Desires"



By BETTY BARCLAY

... and, as every woman knows, a man's chief desire is for good "eatin' food"—and plenty of it. The clever wife knows that dishes too often served, pall on the appetite. She also knows that there are enough new dishes so that she can, if she wishes, prepare completely different menus from one year's end to the next.

What, for instance, could be more delicious for New Year's Day breakfast than pineapple juice griddle cakes with pineapple sauce? Or for lunch than a brand-new kind of salad? Or for dinner than a fluffy, attractive cake? But see for yourself...

Pineapple Griddle Cakes For New Year's Breakfast

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
3 eggs
1 cup undiluted evaporated milk
1 cup Hawaiian pineapple juice
2 tablespoons melted shortening
Sift dry ingredients together. Beat eggs slightly with milk. Stir liquid into dry mixture, adding the pineapple juice last. Add melted shortening and drop at once by spoonfuls on a hot griddle. (For thin cakes add more pineapple juice.) Yields about 30 cakes.

Pineapple Sauce for Fritters
2 cups Hawaiian pineapple juice
Lemon rind
5 tablespoons sugar
Juice of 1 lemon
2 teaspoons cornstarch

Boil pineapple juice with a piece of lemon rind. In another pan melt the sugar to a golden brown, add pineapple juice and boil for a few minutes. Mix cornstarch with tablespoon of water and stir into sauce to thicken it. Boil 5 minutes. Add lemon juice, and strain. May be served hot or cold with puddings or fritters.

Modern Waldorf Salad

1 cup celery, finely cut
2 red apples
1/2 cup walnut meats, broken
1/2 cup sweet pickles, sliced crosswise
1/2 to 3/4 cup mayonnaise
Core red apples and dice without peeling. Combine apples, celery, walnuts and pickles. Add sufficient mayonnaise to bind ingredients and moisten well. Pile into salad bowl or heap on small platter, garnished with crisp lettuce.

Roasted Brazil Nuts

To roast nuts in the shell, arrange Brazil nuts in the shell on a baking sheet and bake 20 to 25 minutes in a moderate oven (350 degrees F. Remove from oven and crack with Amazon nut cracker. Shelled nuts. To roast, shelled nuts demand only 10 to 12 minutes in a moderate oven. As soon as they are roasted, remove from oven and sprinkle generously with salt.

Twelfth Night Cake

2 1/2 cups sifted cake flour
2 1/2 teaspoons double-acting baking powder
1/4 teaspoon salt
1/2 cup butter or other shortening
1 1/2 cups sugar
3/4 cup milk
1 teaspoon vanilla
3 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly; add sugar gradually, creaming until light and fluffy. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla; fold in egg whites quickly and thoroughly. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Double recipe for three 10-inch layers.

Insert dried bean in one layer and cover layers with Fluffy Frosting, piling frosting very generously on top of cake. Decorate with a Christmas Crêche, toy village, or conventional holly or a festive design.

Fluffy Frosting

3 egg whites, unbeaten
2 1/4 cups sugar
1/2 cup water
2 teaspoons light corn syrup
1 1/2 teaspoons vanilla

Combine egg whites, sugar, water, and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 10 minutes, or until frosting will stand in peaks. Remove from fire; add vanilla and beat until thick enough to spread. Makes enough frosting for Twelfth Night Cake.

In The WEEK'S NEWS

CURRENT EVENTS PHOTOGRAPHED FOR THE REVIEW



MODERN TUNING FORK—Ben Bernie, star of the Canco radio program, who is now appearing with all the lads at a famous New York restaurant, uses the valve-in-head engine of the 1936 Buick to tune his fiddle.

SHOOTS SON—Mrs. Dorothy Livermore, ex-wife of wealthy Wall Street broker, has been released on \$14,000 bond. She is charged with intent to murder her sixteen-year-old son, Jesse Livermore, Jr., at Santa Barbara, Calif.



RECORD SWEET POTATO—Miss Gwen Steel of San Gabriel, Cal., displaying what experts consider the largest sweet potato ever grown. It weighs 14 pounds, 3 ounces, and is 11 inches in width.



CAPT. U. V. d'ANNUNZIO, son of Gabriele d'Annunzio the warrior-poet, is president of the Italian League of America representing over one-half million American citizens of Italian origin. He says "May God save these United States of ours from becoming involved in another of Europe's wars."



SANTA CLAUS IN HOLLYWOOD—What better place could old Santa choose to rehearse his Christmas act than in the land of make believe surrounded by the RKO Hollywood beauties.

RIGHT DOWN HIS ALLEY—An old hand at flag raising, "Hank" Greenberg, first baseman for the world champion Detroit Tigers, who recently was named the most valuable player in the American League, hoists the new pennant that will fly from the No. 1 Fisher Body unit at Flint, Mich., said to be the largest automobile body-building plant in the world. He is being assisted by E. J. Parker, plant manager.

The World's Clearing House for Toys

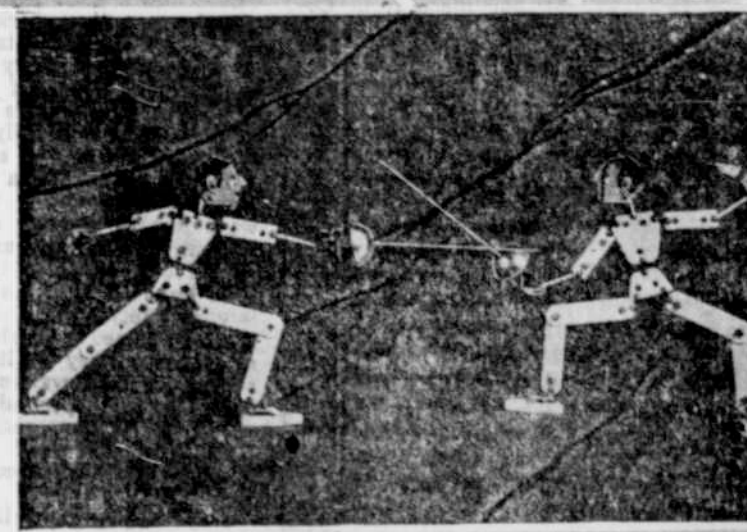


THE Christmas toys in endless variety are planned a year ahead of time. All over the world toy makers study the tastes of children large and small with intelligent sympathy. Every demand of millions of little customers is anticipated.

For over 700 years toy makers have displayed their newest wares at the Leipzig Fair. Imagine a thousand toy shops one after another filled with the most fascinating toys. It is the greatest toy show in the world and regularly attracts buyers from seventy different countries. Here one catches a glimpse of Santa Claus' workshop.

The taste in toys has often changed in the centuries. The toys of the middle ages while picturesque would have been scorned by up-to-date children of today, familiar with radio, aeroplane and other twentieth century marvels. The historic Fair, however, continues to be the great clearing house for toys which gladden the hearts of millions of children.

The great toy show forms part



Jointed dolls being put through their paces—Above at left: Welcoming the aeroplans to toyland—Above at right: Children delight in bigger and better elephants.

of the 8,000 exhibits of every conceivable industrial product regularly displayed at Leipzig, which is attended by 150,000 business men. The toy show is housed in five of the 57 great exposition halls. At the next Fair to be held from March 1st to 6th, millions of new toys will be shown which later will find their way to happy homes in every corner of the world, including, of course, the United States.