

The Cook's Nook

Holiday Cake

(9 egg whites)
 1 1/2 cups sifted cake flour
 1 cup baking powder
 1/2 tsp. salt
 1/2 cup butter or other shortening
 1/2 cup sugar
 5 egg whites, unbeaten
 1/2 cup finely cut candied cherries
 1/2 cup finely cut citron
 1/2 cup seedless raisins
 1/2 cup chopped blanched almonds
 1/2 cup shredded coconut
 1/2 tsp. almond extract
 1/2 tsp. vanilla

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add egg whites, one at a time, beating after each addition until smooth. Bake in loaf pan 8x4x3 inches, which has been greased, lined with heavy paper, and again greased. Bake in slow oven (300 degrees F.) 1 hour and 15 minutes, or until done.

Cranberry Muffins

2 1/2 cups sifted flour
 2 1/2 tps. baking powder
 1/2 tsp. salt
 1/2 cup sugar
 1 cup coarsely chopped cranberries
 2 eggs, well beaten
 1 cup milk
 4 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Combine berries with 1/3 cup of flour mixture. Combine eggs, milk, and shortening. Add to flour, beatin only enough to dampen all flour. Fold in berries. Bake in greased muffin pans in hot oven (425° F.) 25 minutes, or until done. Makes 18 muffins.

Cream Scones

2 cups sifted cake flour
 2 tps. baking powder
 1/2 tsp. salt
 2 tps. sugar
 4 tps. butter or other shortening
 2 eggs
 1/3 cup light cream

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening. Reserve about 1/2 of one egg white for glaze. Beat remaining eggs well and add cream; add all at once to

four mixture and stir until all flour is dampened; then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on slightly floured board and knead 10 seconds. Roll 1/2 inch thick and cut in triangles. Place on ungreased baking sheet. Brush tops lightly with reserved egg white, slightly beaten; sprinkle with additional sugar, or mixture of sugar and cinnamon. Bake in hot oven (450° F.) 12 to 15 minutes or until browned. Makes about 12 scones.

Friday Salad

1 small tin sardines
 1/2 cup celery, finely cut
 1 tomato, chopped
 1/2 cup dill pickle, chopped
 1/3 cup mayonnaise

Cut sardines in quarters and mix with celery, tomato, dill pickle and mayonnaise. Serve on crisp lettuce, garnished with sliced tomato. Serves four.

Fruited Cheese Salad

6 dates, cut fine
 3 figs, cut fine
 1/4 cup sweet pickle relish
 1 package (3 ounces) cream cheese
 Mayonnaise

Mash cream cheese and add to prepared fruit and sweet pickle relish. Add sufficient mayonnaise to moisten. May be formed into balls and served on crisp lettuce.

Salmon Rarebit

In a pan or chafing dish blend two tablespoons of flour with 2 heaping teaspoons of butter. Do not allow to brown. Add 1 pint of milk, stirring constantly. Cook for a few minutes. Add 1/4 pound American cheese, grated, and season with salt, pepper, paprika and a generous pinch of dry mustard. Stir until cheese is thoroughly melted and blended. Drain and flake 1 can of salmon and add to the rarebit. Stir as little as possible and serve piping hot on rounds of buttered whole wheat toast.

Apple Coconut Salad

3 tart apples, pared, cored, and diced
 1/2 cup seedless raisins
 1/2 cup moist, sweetened coconut
 1/2 cup mayonnaise

Toss apples, raisins, and coconut together lightly. Moisten with 1/2

YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND
Director, Physical and Health Education
New Jersey State Department of Public Instruction

Concentrated Sunshine

The shorter day of the autumn and winter means "cod liver oil time" to an increasingly large army of parents. Or it may be the halibut or the salmon that is the benefactor. The needs, values, and results are just the same. Your family physician should make the choice.

But of one thing we are sure, and it is that a great many children are in absolute need of one of the liver oils and it is very likely that practically all children would be benefitted. We witness one of the marvels of science and take it so calmly. We discover that sunshine is essential to the normal growth of children and to the health of adults. We find out why. Other investigations discover in the fish liver oils those chemical elements called "vitamins," and it turns out that they are identical with the elements manufactured in our bodies under the influence of the sun's rays. Thus, when the short day comes and children are deprived of sunshine because of attendance at school, we have at hand nature's own product and substitute.

I shall never cease to regard these discoveries as being among the greatest triumphs of man. We should rejoice in this knowledge and we should use it, that coming generations will be ever better fitted to carry on the world's work. To say that it is one of our obligations as parents and teachers is not putting it too strongly. Sunshine is essential and it is better than the substitute. Lacking it in quantity, we should rely upon the next best one of fish liver oils. But, as always, get your physician's advice.

The Rev. J. Irvan Overholzer, organizer for the Christian Training Association which has its headquarters in Chicago, was the speaker at the Young People's Bible class at the R. B. McMinn home, Saturday evening.

LOCAL NEWS

The Rev. J. Irvan Overholzer, organizer for the Christian Training Association which has its headquarters in Chicago, was the speaker at the Young People's Bible class at the R. B. McMinn home, Saturday evening.

cup mayonnaise. Serve on crisp lettuce. Garnish with remaining mayonnaise, and sprinkle with paprika. Serves 6.

day evening, Charles West was the leader for the group.

Mrs. Zimbrick is suffering with infection in one of her fingers.

Mr. and Mrs. L. L. Myers are moving into the Steve Mates house.

Mr. and Mrs. Steve Maps moved Monday to Salem, where they will locate.

Mrs. Clarence Benz was taken to the Good Samaritan hospital for treatment, January 1.

Mr. and Mrs. Lorence Davis, and A-ice Blomquist have moved out to the Matt Blomquist home.

Mrs. John Magner of Oak Grove was a guest of Mrs. R. E. Prown Monday of last week.

Miss Alpha Kerr of Tillamook visited over the week-end at the home of Miss Ruth Martin.

Mrs. Ivy Martin was a guest at the home of her aunt, Mrs. Laura Vinson, in Portland, Wednesday.

Miss Edith Robinson of Portland, formerly of Beaverton, visited from Thursday until Sunday at the home of Mrs. Ivy Martin. On her return home she was accompanied by Miss Eileen Martin who remained for a short visit.

E. G. Perkins was given a surprise Sunday evening in honor of his birthday by a group of relatives. Those present were Mr. and Mrs. T. B. Denney, Mrs. B. K. Denney, Mr. and Mrs. R. B. Denney and Fielding and Lorraine Denney.

Miss Maryanna Miller, prominent student of the Junior class at Oregon state college, who was accidentally asphyxiated at her home in Portland after attending the wedding of a friend as bridesmaid, was a niece of Mrs. W. E. McCloskey.

Hallie McMurphy and son of California were recent guests of Mr. and Mrs. R. B. Brown of Carden Home. Mr. McMurphy was a resident of Garden Home about thirty years ago and resided on the property now owned by John Kehrl.

He has returned for a visit every three years since moving away.

Mrs. Jack Alderson entertained with a Christmas party at her home in Portland Thursday for her little daughter Mary, who is staying with her grandparents, Mr. and Mrs. M.

J. Driscoll, south of Beaverton. A Christmas tree and games delighted the little guests, who were as follows: Emma Kehrl, Helen Randall, Joan Windorf, and Hulda Kehrl.

DADSTORY

(Continued from Page Two)
 side as the team slowly, oh so slowly, wended those endless eight miles back to home and sleep.

We got out of that wagon, perhaps with as great a feeling of

gratitude as we ever felt. We laid down on the bed and closed our eyes. But sleep just would not come. We got up and went to Deegan's store and chatted with Jack Colwell. We played around and finally when the sun was just about set Saturday night, we really went to bed and slept. But not longer that night than usual. It was at that dance I met and danced with Agnes Redfeather, the prettiest full-blood Sioux woman I ever saw and there are plenty of mighty pretty Sioux women.

Peter Piper Picked A Pimple

By BETTY BARCLAY



... and here's the pimple Peter Piper picked—infected, dangerous, an abscess perhaps.

Had Mother Goose but appreciated her opportunity, she would have passed down to countless generations of children catchy stanzas filled with sage advice. "Don't pick pimples." "Protect cuts." "Eat proper foods."—What a golden opportunity was neglected in favor of Jack and Jill and Marjorie Daw.

Pimples are annoying. They are ugly things to look at. But they must not be squeezed or pricked. This is dangerous. You may do it fifty times—yet be taken to the hospital on the fifty-first attempt.

Many young people of both sexes suffer from what are generally called adolescent pimples or plain "hickies". Some "hickies" pass away without much trouble, but others leave permanent scars. Always are they annoying. Their possessors are self-conscious and may develop an inferiority complex that will remain as long as they live. A pimple is a disgrace to a sensitive boy or girl.

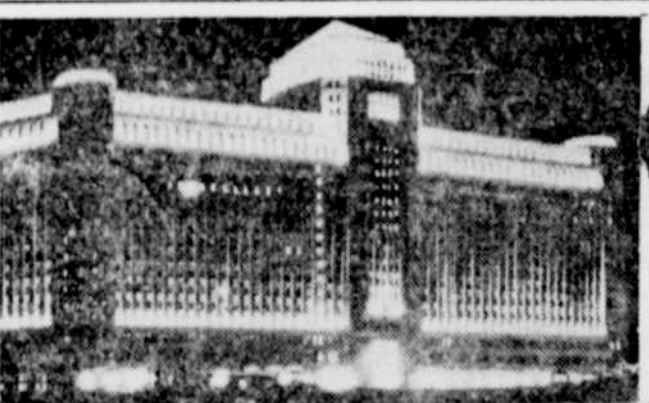
An extensive campaign is now being conducted among public school children in order to learn more about the humble pimple and to check it as much as possible. Information is being given out that pimples are more than skin deep. During adolescence, the development of important glands disturbs the entire body. At this time the skin is particularly sensitive to the waste products which get into the blood stream—and pimples appear.

Skin authorities are teaching the danger of tampering with pimples, and also recommending a simple way to help the body to combat its poisons. The eating of fresh fruit has been advocated because in their opinion this supplies elements that clear the skin irritants from the blood, and have a vitalizing effect on the tissues around the base of the pimples, enabling them to throw off the infection and heal more quickly.

So don't pick pimples, Mr. and Miss Pimple Face. Avoid them by such a simple precaution. Or if you have them, get rid of them from within by the same treatment. It's much easier and safer.

In The WEEK'S NEWS

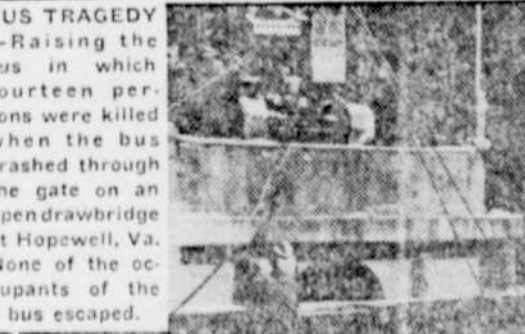
CURRENT EVENTS PHOTOGRAPHED FOR THE REVIEW



CITY UNDER SINGLE ROOF—Merchandise Mart, Chicago, world's largest building, and "city" of more than 15,000 permanent "residents." During January this 24-story town will play host to 12,000 American retailers in first previews of 1936 merchandise.



ENGLAND'S NEW MINISTER OF FOREIGN AFFAIRS—Anthony Eden, young diplomat, yet one of Great Britain's veteran representatives on numerous international conferences, who succeeded Sir Samuel Hoare, recently resigned as Minister of Foreign Affairs.



BUS TRAGEDY—Raising the bus in which fourteen persons were killed when the bus crashed through the gate on an open drawbridge at Hopewell, Va. None of the occupants of the bus escaped.



GEORGE ABBOTT, producer of one of Broadway's most successful plays this season, looks approvingly on a tableau depicting—Spanish style—the title of his play, "Boy Meets Girl." The setting, staged at a Sherry party for artists and writers in New York, has approval also of James Montgomery Flagg, noted illustrator.



SPEAKER BRYNS CONFERS—Speaker of the House, Joseph W. Bryns, at left, confers with House Parliamentarian about the opening of Congress.



VELVET AFTERNOON HAT—Anne Shirley has selected one of the season's smartest ensembles, black velvet and lace. A chic little hat is velvet trimmed with a slim black quill, and a velvet frock cut in the tailored mode is fastened with cut crystal buttons and the tailored collar and cuffs are of hand made lace.

PLEASE NOTICE!

January 2, 1936

Dear Friend and water user:

We are sorry if you have been inconvenienced by your water supply having been shut off. We wish to take you into our confidence and after listening to our story, we hope you will bear with us in any inconvenience you may be called upon to suffer.

The water mains are being repaired and in some instances replaced with new pipe. In order to get this work done we find ourselves obliged to shut off water supply in some sections of the city. When we have time and can anticipate the needs of the crew, we try to call up and let you know. At times we cannot tell just when it will be necessary to close the valves.

During our work days, Monday to Friday, inclusive, if we are closing the water off in your section it will be from 9:00 to 11:00 A. M. and 12:30 to 3:00 P. M. If you will prepare for such times we hope you will not be troubled too much.

WATER DEPARTMENT,

By A. E. Wilson, Mayor

HOW THE TOWNSEND LAW WILL BE FINANCED

On May 2nd, 1932, E. A. Goldenwiser, director of Federal Reserve Bureau, testified before the Congressional Ways and Means committee that the total transactions for 1929 amounted to Twelve Hundred Billion Dollars.

But to be conservative let's take the figures for 142 Federal Reserve cities, only, from the Dow-Jones News Service as printed in the December 5th issue of the Pacific Coast News edition of the Wall Street Journal. "In 1929 every dollar was turning over 132.7 times"—resulting in business transactions

To the amount of	\$1,165,000,000.000
Townsend transaction tax of 2 per cent02
Government's income from 2% tax \$	23,300,000.000
Government pays 8,000,000 pensions of \$2,400 each, amounting to	\$ 19,200,000.000
Leaving for payment on National Debt \$	4,100,000.000

This would pay off the National Debt within a few years. It's likely that under the Townsend Law, money would circulate even more rapidly than in 1929.