

The Cook's Nook

The "Inside Story" of "Sundries"

Or How to Meet Your Meat Problem

Do you want to know the "inside story" of meat? Do you want to serve something different, something nutritious and something economical when you're meeting the meat problem? Then take a page from the book of the European chefs who cater to sophisticated palates, by serving sophisticated dishes, liver, kidneys, and heart for unusual flavor and appetizing dishes. Wholesome, rich in iron, copper and phosphorus, they sound expensive, but are among the most economical foods on the menu. The real "inside story", whisper those in the know, is how to prepare them carefully and serve them attractively.

Because these meats are delicate and distinctive in flavor, little details of handling are important. Remove the skin from liver, and always cook it slowly at low temperature; remove the fatty tissue from kidneys and the thin encasing membrane from sweetbreads and brains; before cooking. Soak and parboil brains, sweetbreads and kidneys to obtain a pleasing color and flavor; add zestful seasonings to these delicately flavored and textured meats.

It makes all the difference in the world, according to clever chefs, who know their "inside story". You won't have to "go traveling" abroad nor visit the famous hotels at home, to develop an epicurean clientele all your own, if you serve the family some of the recipes given below!

Breaded Liver

1 lb liver, cut in 1/2 inch slices
1 egg
1 tsp. water
Bread crumbs
Juice of 1/2 lemon
3/4 tsp. salt
Pepper

Wipe liver with a damp cloth. Remove skin and tough fibers (first loosen with very sharp knife, then pull off carefully with the fingers). Dip in crumbs and then in slightly beaten egg to which has been added water, lemon juice and seasonings; dip into crumbs again and saute in hot fat, browning on both sides; reduce temperature and cook slowly for 10 minutes. Serve with tomato or creole sauce. Serves 5.

Fried Sweetbreads

Remove loose membrane from sweetbreads, cover with cold water,

and soak one-half hour. Drain, cover with boiling water, allowing 1 teaspoon salt and 1 1/2 tablespoons vinegar to each quart of water. Simmer 20 minutes, remove from heat and cool. For specially good flavor, marinate sweetbreads in French dressing, with sliced onions for one hour after parboiling and draining. Wipe marinated (or plain) sweetbreads perfectly dry for frying. Dip in crumbs, then in beaten egg, then again in crumbs and drop into deep hot fat heated to 360° F. in frying kettle, and cook until golden brown. Drain on brown paper or paper towels, and serve immediately on a hot platter.

Stewed Kidneys and Rice

1 cup rice
8 fresh lamb kidneys
1 onion
1 tsp. butter
Salt and pepper
Skin, and soak kidneys in ice water for 10 minutes. Cut into half-inch pieces and put in a cup of water to stew. Cook slices of onion with them, then salt and pepper, letting them get perfectly washed rice in 2 quarts of water; when half done drain it through a colander, put it in a saucepan and set it on the back of the stove. Let it steam for half an hour or more. Add a little butter to the kidneys, and pour over the rice; the blandness of the rice combines well with all the meat "sundries". 8 servings.

Bananas and Calves Liver en Brochette

1 slice bacon, cut into 1 1/4 inch squares
1/2 banana, cut into 1/2 inch slices
1/2 lb thinly sliced calves liver, cut into 1 1/4 inch squares
Salt
Butter

Arrange bacon, banana and calves liver on skewers, placing on each skewer first a piece of bacon, then banana, then liver, then bacon, etc., repeating until skewer is full, ending with bacon. Place skewers on rack of broiler or dripping pan, or across oblong baking pan so that each end of skewer rests on side of pan, allowing grease to drip into pan. Salt banana lightly and brush with melted butter. Sprinkle with crumbs if desired. Broil, or bake in very hot oven (450° F.) for 25 minutes, basting occasionally. Serve on toast.

Old Age Plan Would Slash Average Income \$277 Each Year.

Under the title "The Townsend Nightmare," the American Liberty League, a nation-wide organization devoted to sanity in government, has released a simple mathematical study of Dr. Townsend's old age pension proposal showing that this appealing plan would, in reality, take an average of \$277 a year from every worker in the United States.

The League explains that in 1929 when everyone had a job who wanted one there were 47,041,000 persons gainfully employed. Their total earned income was \$51,088,000,000. The average earned income was \$1,087.00.

"The Townsend Plan," the League adds, "would cut that average income to \$586.00 per year. Simple arithmetic proves that. This is how it works:

Everyone's Income Cut.

"The Townsend Plan would take \$20,000,000,000 out of the national income to pay \$200.00 per month to about 8,000,000 persons. On this \$20,000,000,000 wage and salary earners would pay about \$13,000,000,000 or \$277.00 each. Other taxes take \$214.00 per year from each worker. Thus the worker would have \$506.00 left out of his \$1,087.00 annual earnings. That is what the average worker would have left to support his family for a year if the 1929 employment figures and 1929 wage scales still prevailed. Today, of course, he would have less because there are not so many employed and many are working for lower wages.

"Are you willing," the League queries, "to try to support your family on \$506.00 or less per year in order to provide a Townsend Act beneficiary with \$2,400.00 per year—or with \$4,800.00 per year if there are two persons over sixty in one family?"

"The Townsends tell you that you don't pay for the \$200.00 per month pensions; they say that is taken care of by a tax, a tax of two per cent on all business transactions.

Workers Pay Tax.

"Who pays that tax? Who pays any tax; who can pay any tax except someone who is earning the money with which to pay it? In other words, if you have a job or an income, you pay it.

"Under the Townsend Plan every worker will see tax bills. He will see one every time he buys a loaf of bread—two per cent. And before he sees that there will be a whole string of other two per cent taxes—two per cent on the price the farmer pays for the land on which to raise grain—two per cent on the grain when the farmer sells it—two per cent on the flour when the miller sells it—two per cent more when the wholesaler sells the flour to the retail baker.

"And the worker will pay all of those taxes plus a profit on each one when he buys his loaf of bread. Of course prices on all the necessities of life would increase tremendously and every time they did the two per cent tax would increase automatically."

The Review can do That printing for you.

Building Program Takes Form As 5,000 Workmen Labor 24 Hours a Day

DALLAS, Texas.—Three shifts of workmen—close to 5,000 men working 24 hours a day—are rushing the Texas Centennial Exposition's buildings toward completion by the opening date, June 6.

The Exposition's own \$15,000,000 construction program is well under way. The City of Dallas has broken ground on its \$3,500,000 program, constituting seven permanent buildings which will form a vast civic cultural center when the Exposition is over. The State of Texas is racing work on the \$1,200,000 Hall of State, one of the show pieces of the fair. The Federal Government has its two buildings—the Federal Building and the Hall of Negro Life and Culture—ready to leave the drafting room stage and become realities.

The Midway, probably the greatest of the United States has ever seen, is taking a tentative form as an entertainment concessions light for choice sites.

Not far from the industrial exhibits—where the latest exhibits of industry and science will be shown—the Exposition two Livestock Buildings are rising.

Here the greatest livestock show the nation ever has seen will be housed.

The buildings alone will cost \$400,000, complete with a veterinarians' hospital and every modern device for the care of livestock.

The value of the stock which will be exhibited here between June 6 and Nov. 29 cannot be estimated.

Paul M. Massmann, in charge of the Exposition's exhibit department, already has laid before General Manager William A. Webb contracts for more than 80 per cent of the available Exposition display space.

Included among the exhibitors with whom negotiations have been completed are:

Advance Aluminum Casting Corp., Alfa Anco Corp., Aldridge Seed Farms, Inc., American Thread Co., American Telephone and Telegraph, Ball Brothers Co., Beech-Nut Packing Co., Book House for Children, Catholic Exhibit, Continental Oil Co.

Dr. Pepper Co., Donna Lee Products, E. I. DuPont de Nemours Co., Famous Mineral Water Co., Ford Motor Co., General Electric Co., Genesee Trading Co., Grennan Bakeries, Inc., The Grolier Society, Gulf Refining Co., Harley-Davidson Motor Co., A. Harris and Co., John A. Hertel Co., Hubinger Co., Interstate Cotton Oil Refining Co.

Kellogg Co., Kraft-Phenix Cheese Corp., Missouri-Kansas-Texas Ry., Morten Milling Co., Nassau Pen and Pencil Co., National Life & Accident Ins. Co., H. O'Hayon, National Super Products Co., National Pressure Cooker Co., Peter Misch & Sons Co., Portland Cement Association, The Practitioners.

W. F. Quarrie & Co., Ratliff's Pure Food Products Co., Reynolds Manufacturing Co., Geo. L. Shuman & Co., Southern Rice Industry, Standard Brands, Inc., Standard Tilton Milling Co., Texas and Pacific Ry., The Texas Co., Westinghouse Electric Co., Walker's Austex Chili Co., L. E. Waterman Co.

ALOHA

The government is having the former Landers place repaired and redecorated.

Mr. and Mrs. Cordie Warner of Portland were guests of his sister Mrs. Walter Fish, Tuesday evening.

Mr. and Mrs. Fred Tibbatts of Portland were guests of his parents, Mr. and Mrs. Walter Tibbatts, Sunday.

Miss Dorothy Lewis, who is teaching at Bacons, spent the week end with her parents Mr. and Mrs. Hugh Lewis.

Mrs. Joe Bush was pleasantly surprised with a birthday party, Saturday evening, February 29, by friends. The evening was spent playing cards.

Mrs. J. A. Hayes' car was badly damaged Sunday evening, when a car driven by a Mr. Pederson of Portland crashed into the back end of her sedan, near Aloha.

NOTICE OF SHERIFF'S SALE

ON MORTGAGE FORECLOSURE

By virtue of an execution, judgment order, decree and order of sale in a suit for the foreclosure of a mortgage issued out of and under the seal of the Circuit Court of the State of Oregon for Washington County in favor of James Downing, plaintiff, and against Frederick White, defendant, for the sum of \$641.00 in U. S. Gold Coin, with interest thereon in like Gold Coin from January 30, 1936, at the rate of eight per cent per annum; the further sum of \$15.00 attorney's fees, and the sum of \$18.60 costs and disbursements to me directed and delivered commanding me to sell the following described real property lying, being and situate in Washington County, State of Oregon, and particularly described as follows, to-wit:

Being a part of the Northwest quarter of the Northwest quarter of Section 1, T. 1 S. R. 1 W. Will. Mer. Washington County, Oregon, and more particularly described as follows, to-wit:

Beginning at a point on the North line of said Section 1, T. 1 S. R. 1 W., said beginning point being East 12,354 chains from the Northwest corner of said Section 1, and running thence South 19.12 chains to the South line of the Northwest quarter of the Northwest quarter of said Section 1; thence along the subdivision line East 5.92 chains, more or less, to a point on the West line of that certain 10 acre tract conveyed to Bert Meyer by deed recorded at

page 319 of Deed records Book 130 of the Record of Deeds for Washington County, Oregon; thence along the West line of said Meyer land, North 3.18 chains to the Northwest corner thereof; thence along the North line of said Meyer land East 2.18 chains to the Northeast corner of said Meyer land and the Southeast corner of that certain 49.9 acre tract conveyed to John White by deed recorded at page 3 of Deed Record Book 86, of the Record of Deeds for Washington County, Oregon; thence along the East line of the said White land North 16.50 chains, more or less, to the Northeast corner of the said White 49.9 acre tract, the same being, a point on the North line of said Section 1; thence along section line West 8.29 chains, more or less, to the place of beginning, containing 14.75 acres, more or less.

NOTICE IS HEREBY GIVEN that I, the undersigned, as Sheriff aforesaid, in compliance with the command of said Writ, will sell at public auction the above described real property to the highest bidder for U. S. Gold Coin cash in hand at the East door of the County Court House in the City of Hillsboro, County of Washington, State of Oregon, on Saturday, the 7th day of March, 1936, at ten o'clock A. M. of said day, to satisfy the amounts due upon said execution, judgment order and decree, including interest costs and accruing costs.

Dated this 30th day of January, 1936.

J. W. Connell, Sheriff of Washington County, Oregon.

By R. H. Busch, Deputy.

Bagley & Hare, Attorneys for Plaintiff, adv c10-11

NOTICE OF SALE

OF REAL PROPERTY

In the County Court of the State of Oregon for the County

of Washington

In the Matter of the Guardianship of Mary Stitt, an Incompetent Person.

Notice is hereby given that in pursuance to an order of the Hon. Donald T. Templeton, Judge of the above entitled court, made January 17, 1936, in the above estate, the guardian will, from and after the 10th day of March, 1936, proceed to sell at private sale at \$29 Paving Building, Portland, Oregon, upon terms hereinafter stated and subject to confirmation by the Court, all of the estate, right, title and interest of Mary Stitt, an incompetent person, in and to the following described real property situate in Washington County, State of Oregon:

All of Lots 3 and 4 in Block 22 in the City of Beaverton, Washington County, State of Oregon, according to the duly recorded plat, thereof, in the office of the Recorder of Conveyances, in

Hillsboro, Oregon.

Beginning at the southwest corner of the north half of Lot 3 of Steel's Addition to the town of Beaverton, running thence north along the west boundary line of Lot 3 of Steel's Addition to the town of Beaverton 190 feet; thence east 60 feet; thence south 100 feet parallel with the west line of said Lot 3; thence west along the south boundary line of the north half of said Lot 3 to place of beginning, making a parcel of land sixty by one hundred (60x100) feet, situate in Washington County, State of Oregon.

the terms upon which said real property will be sold are as follows: for cash upon the confirmation of the sale or upon terms by contract or if one half of the purchase price be paid, the balance of said purchase price to be secured by a mortgage on the real property included in said sale.

Dated this 7th day of February, 1936.

First publication, February 7th, 1936.

Last publication, March 6, 1936.

Carl Munthe, Guardian, Leland B. Shaw, Attorney for Guardian, 820 Failing Building, Portland, Oregon. adv c10-11

at the movies

AT THE RITZ BEAVERTON -- OREGON

Thurs., Fri., Sat., Mar. 5, 6, 7

(Double Feature)

"JALNA"

Plus

"OREGON TRAIL"

Sun., Mon., Tues., Mar. 8, 9, 10

"FOLIES BERGERE"

Featuring Maurice Chevalier, Ana

Sothern, and Merle Oberon—A Musical comedy with a 4-star rating, that drew big crowds in Portland

Now See It At The Ritz

Also Fox News, and a Walt Disney Production, "Barnes in the Woods"

Wednesday to Saturday, Mar. 11-14

Double Feature

"RED RIVER VALLEY"

With Gene Autry, the singing Cow Boy, Plus

"OUR LITTLE BREAD"

Featuring Tom Keene, your favorite Western Star, in a good family Production. Bring the children

Next: "This is the Life"

Saying "Happy Birthday"? This Gala Cake Will Sweeten Your Greeting



HERE'S a novel way to say "Happy Birthday"! Write your greeting in frosting on top of a big cake and surround it with little cakes—one for each year—holding the tiny candles. Try these short-cut failure-proof frostings. In the sweetened condensed milk, used as the base of these recipes, the milk and sugar have already been blended into a smooth creamy mixture, which guarantees the frostings a fine texture.

Five Minute Chocolate Frosting
2 squares unsweetened chocolate
1-1/2 cups (1 can) sweetened condensed milk
1 tablespoon water

Melt chocolate in double boiler. Add sweetened condensed milk, stir over boiling water five minutes until it thickens. Add water. Cool cake before spreading frosting.

Maple Lemon Coconut Frosting
1/2 cup sweetened condensed milk
2 tablespoons lemon juice
1/2 cup grated lemon rind
1 cup shredded coconut
1/2 cup vegetable oil
Stir sifted confectioners' sugar into sweetened condensed milk. Add lemon juice and grated rind. Beat until smooth and creamy. Tint yellow with vegetable coloring if desired. Cool cake before spreading frosting. Sprinkle coconut over top.

Salmon Heap Big Food Value!



When it comes to fine old American food traditions, even the old turkey gobbler served up by the Pilgrim fathers has to take a back seat! The original, the first genuinely all-American food is—salmon. Long before the white man came to America, the original settlers on both Atlantic and Pacific sea coasts were dining on salmon—still another proof that the American Indian knew not only his wampum, but his groceries as well.

Salmon today offers such high food values, at such low cost, for use in such a variety of interesting ways, that the ingenious modern hostess sees to it that a substantial quantity of canned salmon is a staple on her pantry shelf. Canned salmon provides a wealth of wholesome nourishment for everyday meals, and is in addition an important source of Vitamin D, sunshine vitamin, and in natural iodine.

The list of main dishes which can be made with canned salmon as the base is practically unending. Consider a salmon chowder, for instance, rich and steaming hot. Nothing can be more pleasing to wintry appetites, or more satisfying to ribs clamoring for something to stick to them.

Salmon Chowder
Cut 4 strips of bacon in small pieces and brown in a heavy sauce pan with 1 medium onion, cut fine. Add 3 tablespoons flour and 3 cups milk gradually, stirring until smooth. Add 2 1/2 cups cubed, boiled potatoes and one pound can salmon, broken into pieces. Simmer for a few minutes before serving.

Salmon Hollandaise
Cream 1/2 cup butter, add yolks of 4 eggs, one at a time. Beat well. Add slowly juice of 1 lemon, 1/2 teaspoon salt, dash paprika, 1/2 cup boiling water. One pound can salmon, flaked, 1 small cup peas. Cook over hot water until thick. Serve in patty shells. (Roll puff paste part 1 inch thick, part 1/2 inch thick. Cut rounds of paste for bottom of shells. Place on white paper on pan. Cut more thick rounds with a doughnut cutter. Place layer with hole on thin layer, fastening by brushing with water. Bake in hot oven 25 or 30 minutes.)

Baked Salmon-Sandwich
Cut bread into six slices 1/2 inch thick and trim crusts. Place on a baking sheet and over the bread lay a thick slice of sharp American cheese. Over the cheese place a thick slice of ripe tomato. Sprinkle with salt and pepper and place 1 tablespoon of flaked salmon on top of each slice of tomato. Lay 2 very thin slices of bacon over all and put into a very hot oven. Bake until the cheese melts and the bacon crisps and curls.