

The Cook's Nook

And Now It's the "One-Trip Meal"

"One-trip meals" are just the ticket for the busy summer time! Easy to make, easy to take, they provide a passport to success for any hostess. Party-guests admire them, diners on porch or lawn find them fine, and the "perambulating eaters" who like to wander around, plate in hand, are able to balance them with poise.

And what is a "one-trip meal"? Remember the sanitary engineer's slogan "One-Trip Plumber"? That meant he fixed everything in one trip, with no going back for tools or second calls on unfinished business. Out of this has grown the one-trip meal. The hostess prepares plate dinners (or lunches or suppers) and puts each one on an individual tray, with implements, garnishes, beverage, and what-have-you, around the plate. Every guest gets a tray—and there are no second helpings, no running hither and yon, no hurry-scurry! It's really the invalid's tray come into the parlor!

"One-trippers" are only as easy as what goes onto the plate. The best idea is to have one hot main dish, such as Italian Baked Rice, or One Dish Supper Soup, or a main-course salad, accompanied by little rolls, and an assortment of garnishes. The dessert can be on a separate plate, and of course, the beverage in cup or glass.

Even to the busy because it can be prepared beforehand and simply reheated at serving time is that comfortable standby, boiled rice. Properly cooked, it is the ideal basis for your hot dish, and the perfect ingredient for the hearty salad. Cook a lot of it at once, and save it in the refrigerator to serve for your one-trip meals.

One trip, but dozens of compliments for these praiseworthy items:

Italian Baked Rice

4 cups cooked rice
1/2 cup chopped pimiento
2 tps. salt
3/4 cup grated cheese
1 1/4 cups tomato juice
1/2 tsp. pepper

Combine ingredients well. Place in buttered oven dish and cover with pulp from the strained tomatoes or crumbs, or a thin layer of rice. Dot with butter. Bake in a moderate oven (350° F.) for 30 minutes. 6 servings.

One-Dish Supper Soup

1/2 cup rice
1 cup chopped celery
2 small onions
1 green pepper
1 pint tomatoes
6 eggs
1/2 cup cheese
3 cups water
Salt

Add chopped celery and onion to a kettle of boiling water. Add chopped green pepper. Cook slowly fifteen minutes.

Health in Summer

By SHIRLEY W. WYNNE
M.D., Dr. P.H.
Former Health Commissioner
New York, N. Y.

CLEANLINESS is always important but during the warm weather it takes on added significance in relation to health. Here are a few rules that should help in securing the fullest enjoyment from this delightful time of year.

Keep clean. Personal and household cleanliness through the plentiful use of pure soap and hot water is essential to good health.

Teach children not to put pencils or other articles in their mouths. Teach them the health habits of washing their hands thoroughly with a pure white mild soap and water before eating, after using the lavatory, after play and before retiring. Of course, the housewife should thoroughly wash her hands before preparing food and insist that all her household assistants do likewise.

Dress lightly and, so far as is practicable, wear washable clothing, changing it frequently. Wear no more than is necessary.

Eat plenty of fresh fruits and fresh vegetables. Drink a quart of milk a day. Cut down on fats, sugars and starches. Drink plenty of water. Don't eat when over-tired or overheated. Clean up, rest and relax before meals.

Don't swim or bathe in polluted waters. Don't swim immediately after eating or when very tired.

Don't try to crowd a year's quota of exercise into a two weeks vacation. Don't try to acquire a tan in a day or a week. You will acquire a burn instead, which is neither healthful nor pleasant.

In short be clean and be moderate, so that your Summer may be pleasant, enjoyable and healthful. Remember that pure soap and water are your greatest aids to cleanliness, and that cleanliness is your greatest aid to health.

Just before serving, break the eggs into the hot soup. Sprinkle with cheese. Cover. Keep in warm place five minutes. Serve very hot in individual soup dishes or in a tureen over a mound of hot boiled rice. Serve with salt wafers and tart pickles. 6 servings.

Chicken Salad Loaf

1 cup boiled rice
1/3 cup mayonnaise
1 cup diced cooked chicken
1 small can asparagus
2 tps. chopped nut meats
Salt and pepper to taste
Mix thoroughly the rice, chicken, asparagus and mayonnaise. Add nuts and seasoning. Pack firmly into mold and chill for three hours. Unmold, garnish with salad greens. Serve in slices, with mayonnaise. 6 servings.

Cooked Salad Dressing

1 1/2 tps. mustard
1 tsp. salt
2 tps. powdered sugar
Pew grainst cayenne
2 eggs, slightly beaten
2 tps. salad oil
1/2 cup vinegar, diluted with cold water to make 1 1/2 cup
Mix dry ingredients, add eggs and salad oil slowly, stirring constantly until thoroughly mixed. Add diluted vinegar. Cook over boiling water until mixture begins to thicken. Strain and cool. This makes 1 cup dressing.

Bananas Savarin

4 ripe bananas
Orange juice
3 or 4 large fresh peaches
1 cup fresh raspberries
Whipped cream
Peel and dice bananas and sprinkle with orange juice. (Orange juice prevents discoloration of bananas.) Dice peaches and combine with raspberries and bananas and chill. Serve in sherbet glasses, top with sweetened whipped cream, and garnish with whole raspberry.

Real Estate Transfers

Wash. Co. to F. G. Brown et al, Lot 4 Blk. 45 North Plains.
J. O. Johnson et al to Harold L. Cook et ux, 9.963 acres Sec. 2 and 3, T2S R1W.
Dewey F. Baker et ux to R. C. Hunger, et al, Part T. G. Taylor's Ct. 37 T1S R1W.

A-Wonderin'

In my younger days I was told that a clock went tick-tock, tick-tock. Since then I have learned better. It goes tickety-tockety, tickety-tockety, always in a hurry to catch up with itself. And here am I back here still trying to live in the old tick-tock fashion.

Life could be much pleasanter without clocks; we might have time to do things instead of running hither and yon trying to get some place before the minute hand on the clock, or have time really to think instead of wasting energy listening for the br-r-r-r-r of the alarm.

My clock has a brain, says Jitters Jane.

'Tis a curious, teasing matter; But why else through the week, does the alarm never shriek, But on Sunday explode with a crier?

The tennis courts at the high school have been very busy in the evenings lately, and the net is much the worse for wear. People who have never seen the tree with which the tennis balls hit the nets might well be astounded at the holes torn in it. Last year an experiment was tried; wire nets were installed, and in a short time they looked as though they had been cut with tin snips. The tennis balls, seem light and soft but, like people, when there's drive behind them, how they can go!

Bill believed the marriage date. Would end his hunt and race, But now he finds his wife can still lead him a merry chase.

Since bicycling has become such a craze, I thought I should try my hand at it; I was right the ground is just as hard as it ever was.

Some day, his said, we shall eat our meals by swallowing a pill. About next October the school kids are going to wish they could get education by a shot in the arm. Even then, I suppose, it still wouldn't "take."

Lyric

Ah sleep, sweet sleep, so young and pure; How often loves can I endure? Give me repose and give me night— And someone would turn on the light.

CEDAR MILL NEWS

A. M. Mead is building a home on Bonny Slope.

Wanda Mead had returned to her home after an extended illness.

Wednesday, the Cornell Club, held a picnic in Lost Park. They enjoyed swimming and a pot luck dinner.

Duane Chamberlain from Bel-lingham, Washington, is spending a week's vacation with his cousin, Jimmy Walters.

Mr. and Mrs. Phillip Thorne are spending a vacation in Southern Oregon. They intend to visit the Oregon Caves and Crater Lake.

Mrs. James Walters entertained in honor of her husband and daughter, Verna, with a birthday dinner Sunday. Present were Flora and Helen Wick, Walter Hill, Duane Chamberlain, Gertrude and Arthur Pearson, Jimmy, Barbara, Donald and Leola Walters, the hostess and the honored guests.

Mr. and Mrs. A. R. Pearson returned Friday from a two weeks vacation in Southern Oregon, California, and Mexico. They visited Agua Caliente and Tia Juana in Mexico, San Diego, Los Angeles, San Francisco, Crater Lake, and the Oregon Caves on their trip. Mr. Pearson's parents accompanied them.

Small Robert was sitting with his mother in church during the wedding of her eldest daughter. Half way through the service he observed his mother crying.

"What're you crying for, mother," the boy said sympathetically, "it isn't your wedding."

Let The Saved Say So

In the Mission that night there rose up one who stood above the rest of the men, tall like a flag-pole. Up top a bare plateau where the bald used to be; his specs hung far out on the end of his nose; work shirt open at the neck. Looked sort of make-shift but a real gem.

"I will sing my testimonial; let the piano play No. 50. 'He lifted the tune in a clear voice and the crowd joined in the chorus. Then the second verse likewise and finished with a word as to how the Lord had been good to him.

Next a brother fer down the western slope told his cheer in the Lord. A feeble old man, but happy for he had a bed provided for the next two nights and had eaten this day. His is the fervent prayer voice. What a range of praise and petition aid in well-chosen words too, when we slip into the prayer room together. By these and their kind

you look down into the well of living water.

"I've a notion to try it myself!" So a man of the section, often drunk, gave it out. A convert had been telling of victory over liquor now these many months. After he had tried all else and to no purpose, this man had turned his life over to the great Christ and had been saved. The drink curse had gone out of his life. So this rounder who thought it might be for him to take Christ, was growing more and more anxious. And then on a night three raised their hands as a sign that they turned their lives over to the Lord.

Next day—"Did you see So and So put up his hand? That's the fellow I was telling you about." So the man had come

along into the fold—"Look unto me, and be ye saved, all the ends of the earth: for I am God and there is none else."—Isa. 45:22.

And you—Do you die tonight trusting in your own good deeds or in the saving work that the Lord Jesus Christ did for you on the Cross to blot out your sins? Geo. N. Taylor, Beaverton, Oregon.—Paid adv.

NOTICE TO CREDITORS

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

In the Matter of the Estate of Maurice W. Manning, Deceased.

Notice is given hereby that the undersigned has been appointed by The County Court

of the State of Oregon, for Washington County, as executrix of the last will and testament of Maurice W. Manning, deceased, and has duly qualified. All persons having claims against the estate are required to present them with vouchers, and duly verified as by law required, to the undersigned at Beaverton, Oregon, within six months from the date of first publication of this notice.

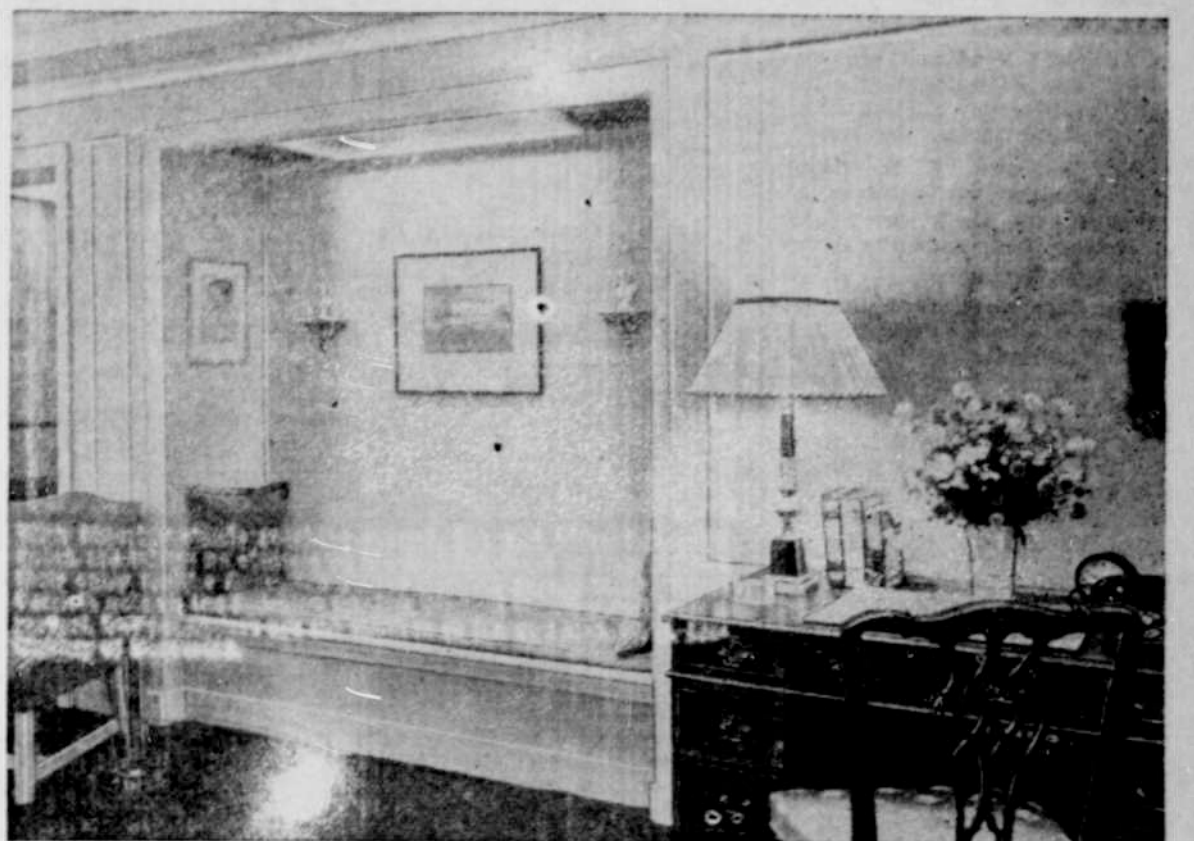
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Louise C. Manning, Executrix of the Estate of Maurice W. Manning, Deceased.

Lyndon L. Myers, Attorney for Estate. adv c31-35

Dark Spots Now Becoming Cozy Corners In Many Homes



The light-panel built into the ceiling makes possible an interesting decorative effect, which is extended along practical lines by the attractive lamp on the desk.

By Jean Prentice

THE dark spots of yesterday are becoming the cozy corners of today, thanks to modern architecture and lighting.

Many a home has an alcove or window seat that has long been the despair of the family, at least insofar as decoration is concerned. Generally, these areas are sufficiently pleasant looking by day, but at night they often fade into a background of shadow that robs them of their natural beauty and charm. Moreover, frequently they are useless for reading, sewing or studying, because no original provision was made for lighting them.

The modern trend in architecture, which carefully conserves space, and

permits none to be wasted, lights these alcoves and window seats from above. In many cases, particularly in the newer houses, a panel of glass with a light above it is built into the ceiling, directly overhead. This panel may contain either clear or colored light, or a combination of both. The decorative effect is completed by placing statuettes or other ornaments on wall pedestals at either side of a picture.

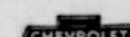
Sometimes a desk is placed alongside the alcove or window seat, and the overhead lighting panel is called upon to provide illumination for it. This practice is frowned upon by lighting specialists, who point out that lighted ceiling panels rarely provide sufficient light for such purposes. Every desk, they claim, should

have its own lamp, preferably one of the Better Sight type, approved by the Illuminating Engineering Society, in order that whoever is seated at it may have ample local light by which to see clearly and without eyestrain.

It should be understood, too, that regardless of what the room may offer in the way of built-in or installed lighting panels, every chair used for reading or other eye work should have its own lamp, else the purpose of the scheme, which is control and flexibility, will be defeated. Ornamental fixtures are designed largely for decoration, and should never be permitted to displace the table or floor lamps needed for lighting convenience and ease of seeing.

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CHEVROLET TRUCKS STIPE'S GARAGE

Beaverton,

Oregon



Marlene Dietrich

It was Marlene Dietrich and Clark Gable who had the honor of opening the Monday night Radio Theatre broadcasts from Hollywood and dedicating the new Radio Theatre where the broadcasts originate. It is located on Hollywood Boulevard, right in the heart of the movie colony, and allows about 800 people to witness each performance. This is the first time that radio's premier dramatic program has ever had an audience and all the notables of the cinema were present at the gala opening, which rivaled the great film premieres in glamour and color.

Victor Young has just been signed by the movies to write the musical score for another picture during those hours he can spare from his activities as music director of the Chateau varieties. Vic has done several other pictures since he went to the coast with the program, and consequently has not been able to spend much time on Malibu Beach and other favorite Hollywood recreation spots. The orchestra leader has more than a hundred original tunes to his credit.

Bob Hope, CBS comic, doesn't believe in taking vacations when you are striving for ether recognition. Hope, who will be heard all summer, says, "It's all right for the established comedians to take 'time out' for the summer to relax. They've captured their listening public and merit a rest. But I'm a comparative newcomer to the airwaves, and I am glad I have the opportunity to keep plugging."

Phil Ducey, who received his musical start in New York by capturing a scholarship in the Juilliard School of Music, gets a big kick out of "going back to school" every so often. Phil has many friends among the instructors there, and takes lunch or dinner with one or more of them a few times each week.

Deane Janis, featured vocalist on those "Caravan" shows, only rehearses her song numbers a few times over the week. Deane believes in learning a song thoroughly and then promptly forgetting about it until the broadcast.

it until the broadcast. "This way," says Deane, "I get a kick out of doing it, and I think I transmit this feeling to the audience."

First to start the trek back to New York from the Coast is Frank Fay. The humorist helped to create a trend in radio when he established the "Frank Fay Calling" program in the West, and now he is the first to move the other way. Personal considerations were back of the move, with stage appearances, a possible movie and some offers for newspaper syndicate material calling him East.

Howard Price, whose voice has been trained for opera, has a large collection of phonograph records made by the outstanding tenors of the past decade. The numbers are, for the most part, famous arias from all the operas.

Jimmy Dorsey was one of the first of the big name band leaders to recognize the value of "swing," and he studied carefully the technique of the old Dixieland Band before going "swing." Jimmy added refinements of his own, got the best drummer and pianist he could find to go with his own clarinet and built his band around this nucleus. Specialists in modern music have described Jimmy's orchestra as "Dixieland gone sophisticated."

Rosaline Greene, May Lou of "Showboat," is acquiring the reputation of being radio's "Minute Woman." On four occasions, the talented young actress "jumped into" shows with but one or two days notice. Miss Greene attributes her ability to speedily absorb the highlights of a script character to the experience she received as director of the first group of dramatic players to be featured on radio.

Frank Black, NBC musical head, is reading material submitted by bandmen from all over the country. He is preparing to edit a tome on modern American music, embracing "swing," spiritual, classical and semi-classical forms. The book will be published in the fall.



Frank Fay



Bob Hope



Rosaline Greene