

The Cook's Nook

Back to the Farm at Mealtine

Honesty is the best policy in food, too, if you agree with the cooks "back on the farm". No where else in this round world does simple honest-to-goodness food come into its own as on the American farmstead. From the shooey pie of Pennsylvania to the shortenin' bread of the South, farm wives have a way with favor—"Plain Jane" food, lacking savor and bloom, but "Honest Abe" cookery!

Tender pink slices of fried ham, hot biscuits with "sun preserve"; pickled peaches from Aunt Nellie's recipe; dumplings; banana pie; sunshine cake! There's not an hors d'oeuvre or a bouchée in the lot, but just real country cooking!

If you are a kitchenette or a city housewife, invite yourself back to the farm for such a meal; if not, cook yourself one!

New England Beef Stew

- 3 1/2 lb beef
- 1 small onion, chopped
- 1 turnip, diced
- 3 carrots, diced
- Water
- 5 potatoes
- 1/2 cup flour
- 2 tbsps. fat
- Salt and pepper
- Dumplings

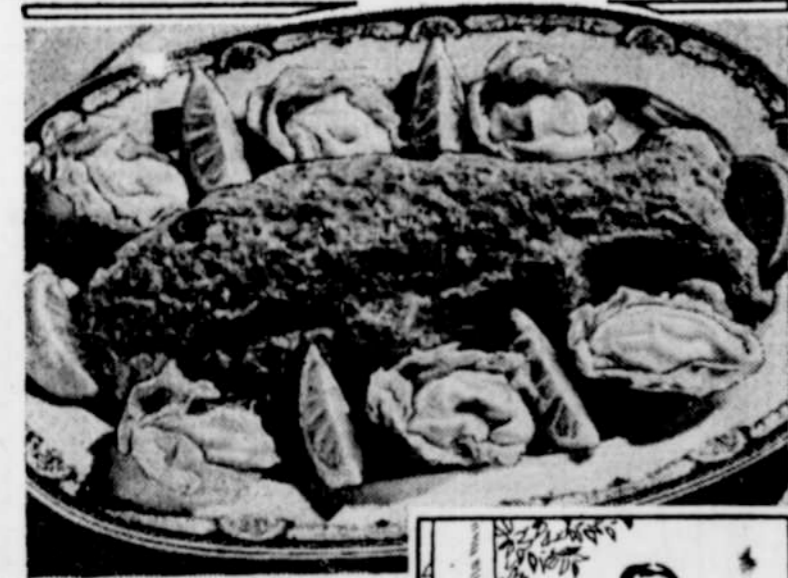
Have beef cut into small pieces for stewing. Dredge with flour and seasonings and brown in fat with chopped onion. Cover meat and onions with water and simmer 2 or 3 hours (or until meat is tender). Half an hour before serving add other vegetables, 15 minutes later add dumplings.

Rice Spoon Bread

- 1 cup cooked rice
- 2 eggs, separated
- 1 tbsps. butter
- 2 tbsps. baking powder
- 1/2 cup flour
- 1 cup milk
- 1 cup boiling water
- 3 tbsps. white cornmeal
- 1 tsp. salt
- 1 tbsps. sugar

Pour water over cornmeal and mix; add flour, salt and sugar. Cook in double boiler until thick. Stir in rice and butter. Add beaten egg yolks, baking powder and milk. Last fold in stiffly beaten egg whites. Pour into a greased baking dish, place

Eat and Grow Fat? No! Dine Well and Stay Thin



By Martha Adams

EVERYBODY has a friend who has gone on a diet. Poor thing, she starved herself, at least when anybody was watching. And yet, she grew no thinner.

And why? Because for a while she stuck like gum to her diet. And then the power of resistance got low, she got hungry and the good resolutions failed.

So it's the old story. If the woman who wants to grow thin will eat sensibly, plenty of greens, salads, and sandwich in an adequate amount of exercise, her chances of throwing off those extra pounds are much better. In the summer, especially, when fresh fruits and vegetables are so accessible, making a substantial salad the main part of a meal is the sensible as well as fashionable way of getting thin.

Here are two typical menus and two recipes for "stay-thin" salads.

- Jellied Tuna Fish
- Celery hearts
- Queen Olives
- Whole Wheat Wafers
- Minted Fresh Fruit Cup
- Iced Coffee

- Piquant Ham Mold
- Potato Chips
- Sliced Fresh Tomatoes
- Sliced Fresh Peaches
- Minted Iced Tea

- Jellied Tuna Fish
- 2 tablespoons gelatin
- 2 cups tuna fish
- 1/2 cup cold water
- 1/2 cup boiling water
- 1/2 cup lemon juice
- 2 tablespoons onion, chopped
- vinegar
- 1/2 cup real mayonnaise
- 1 teaspoon salt
- 2 tablespoons stuffed olives, sliced

in a pan containing an inch of hot water and bake in moderate oven (350° F.) about 40 minutes

Cinnamon Buns

- 3 cups flour
- 2 tbsps. sugar
- 6 tbsps. baking powder
- 1 tsp. salt
- 4 tbsps. shortening
- 1 egg or 2 egg yolks
- 3/4 cup cold water
- Soft butter
- 2/3 cup currants or raisins
- Grated maple or brown sugar
- cinnamon
- 1/2 cup dark corn syrup
- 8 1/2 tbsps. flour, sugar, baking powder and salt together; cut in shortening. Beat egg slightly and add water. Mix liquid with dry ingredients to make soft dough.

Turn out dough on floured board and knead lightly to smooth the dough. Roll 3/8 inch thick. Spread with butter, cover with fruit and sprinkle with brown sugar (or grated maple sugar) and cinnamon. Roll up like jelly roll and cut off pieces 2 inches thick. Melt 4 tablespoons butter in heavy skillet and add 1/2 cup dark corn syrup, and put biscuits into it, cut side up. Bake in moderately hot oven (400° F.) about 35 minutes or until biscuits are done. Invert skillet and turn biscuits out immediately. 8-10 buns.

Sunshine Buns

- 1/2 cup shortening
- 1 1/2 cups sugar
- 2 eggs, well beaten
- 2 cups flour
- 1/2 tsp. baking powder
- 1/2 tsp. soda
- 1/2 tsp. salt
- 1/2 cup sour milk
- 1 cup mashed banana (2 to 3 bananas)
- 1 tsp. vanilla
- 1 cup heavy cream (whipped and sweetened)
- 2 bananas, sliced

Sift flour, baking powder, soda and salt together. Cream shortening and add sugar gradually. Stir in eggs. Combine sour milk and mashed bananas and add alternately with dry ingredients to creamed mixture. Add vanilla. Pour into greased layer cake pans and bake 30 minutes in a moderately hot oven (375° F.). When layers are cold, put together with whipped cream and

CEDAR MILL NEWS

Elmer Walters spent the week-end at Occaside.

The Girl Scouts liked to Me Clay Park Wednesday and had a picnic lunch.

Miss Rogene Swan has returned from her vacation in the East. She has now visited all the states in the Union.

Mrs. W. I. Heinrichs and daughter Patsy and Mr. and Mrs. A. W. Stephens spent the week-end at Goldendale, Wash.

Mr. and Mrs. A. R. Pearson accompanied by Verna Mae Walters, Flora Wick and T. F. Carney spent the week-end at Cannon Beach.

Mr. and Mrs. L. Koubthian of West Bend, Wisconsin, spent two days last week visiting their cousins, Mr. and Mrs. C. B. West, Doris and Charles West.

Mr. and Mrs. E. Wulfron and Helen and Betty Wulfron, Mr. and Mrs. P. H. Thorne and daughters Phyllis and Beverly, and Mr. and Mrs. C. H. K-Merman and family surprised Alvin Haskell on his birthday.

Mrs. F. R. Chamberlain and daughter Dorothy of Bellinham, Washington, spent Saturday with her sister, Mrs. James Walters. Other guests were Mrs. Ray Corland, Betty, Denna and Jack Corland, of Hillsboro; Mrs. J. R. Sanford and daughter Elvora of North Plains; and Mrs. A. R. Pearson.

On Oregon Farms

Salem—Oregon dairy plants now manufacture per year 39 million pounds of butter, 16 million pounds of cheese, 26 million pounds condensed milk, 5 million pounds skim milk powder, 1 1/2 million gallons of ice cream and about 1 1/2 million pounds of cottage cheese. As late as the beginning of the present century, Oregon imported considerable quantities of butter and cheese. In 1935, 8 million pounds of butter and 9 million pounds of cheese were shipped from Oregon to California.

sliced bananas, and spread whipped cream over top of cake. Garnish with slices of banana. Makes two 8-inch layers.

FOREST GROWTH FIGURES PRESENTED

How much wood the forest land of western Oregon and western Washington produces each year, and how much it is capable of producing under improved management, are questions that can now be answered dependably, according to Thornton T. Munger, director of the Pacific Northwest forest experiment station. The station has just completed the growth phase of a detailed survey of the report, prepared chiefly by W. H. Meyer and P. A. Briesleb, on "Forest Growth in the Douglas Fir Region."

The regional forest survey, part of a nation-wide project, locally under the direction of H. J. Andrews, made a study of the depletion of existing forest resources by cutting, fires, wind storms, and insect epidemics. As a result, accurate and complete information is now available for the Douglas fir region as to the extent of timber lands, the volumes of the existing forest stands, their ages, density, productive capacity of the lands, and the quantities of timber that are being cut and otherwise killed. Previous research had revealed the rates at which Douglas fir second-growth stands of normal density grow at various ages on sites of varying qualities; and the rates for hardwoods were determined by new studies, application of these growth rates being made to inventory data. Results show just how nearly, in this region, the forest is holding its own against present trends, and indicate to what degree, if present trends continue, it will sustain the demands of the future.

Current annual growth of the Douglas fir and other coniferous forests is found to be approximately 886 million cubic feet, or 2,300 million board feet; that of the hardwoods, 31 million cubic feet, or 72 million board feet. Average annual depletion from all causes during the decade preceding 1933 is calculated as 2,300 million board feet, including 7,900 million foot cut. Measured in board feet, the current annual growth of the coniferous stands is only about 28 per cent of their average annual depletion in that decade. Potential annual coniferous growth, which under intensive forestry practice could be ob-

tain each year on the lands suitable for timber production is found to be about 2,759 million cubic feet, or 3,200 million board feet. This means that in the Douglas fir region an annual drain on the forests such as that of the decade preceding 1933 could be equalled by annual growth if the overmature stands were replaced with growing stands, forest lands now idle were regenerated, and the density of the existing second-growth stands were brought nearer to normal.

Statistics of current annual growth are tabulated separately for each of 11 geographic units into which the region was divided for survey purposes, and for each of the region's 38 western counties. Copies of this mimeographed report can be obtained gratis from the Pacific Northwest forest experiment station, 423 U. S. Court House.

Real Estate Transfers

May L. Cadwell to Oscar Olson et ux, Lots 7 and 8, Cadboro Acres.

G. A. Wilcox et ux to Carl D. Diebold, Lots 9, 10, 11, 12, 13, 14, 15, and 16, Bk. 5 Knox Hill.

Wm. R. Shoemaker et ux to Mora A. Roberts, Lots in Johnson Est. Add. Beaverton-Reedville.

NOTICE OF FINAL SETTLEMENT

In the Matter of the Estate of Jefferson C. DuZan, Deceased. Notice is hereby given that the undersigned administrator of the estate of Jefferson C. DuZan, deceased, has filed his final account and report as such administrator in the County Court of the State of Oregon For Washington Co.

infrator in the County Court of the State of Oregon for Washington County, and that said final account and report has been set for final hearing and settlement before said court at the court room thereof in Hillsboro, Oregon, on Monday, August 31, 1936, at 10 o'clock a.m. of said day.

Dated and first published, July 31, 1936.

Last publication August 28, 1936.

Homer L. Wilson, Administrator of the Estate of Jefferson C. DuZan, Deceased.

M. B. Bump, residence and address, Hillsboro, Oregon, Attorney for said Administrator and Estate. adv c35-39

SUMMONS

In the Circuit Court of the State of Oregon For Washington Co., Ada Stone, Plaintiff, vs. Charles Stone, Defendant.

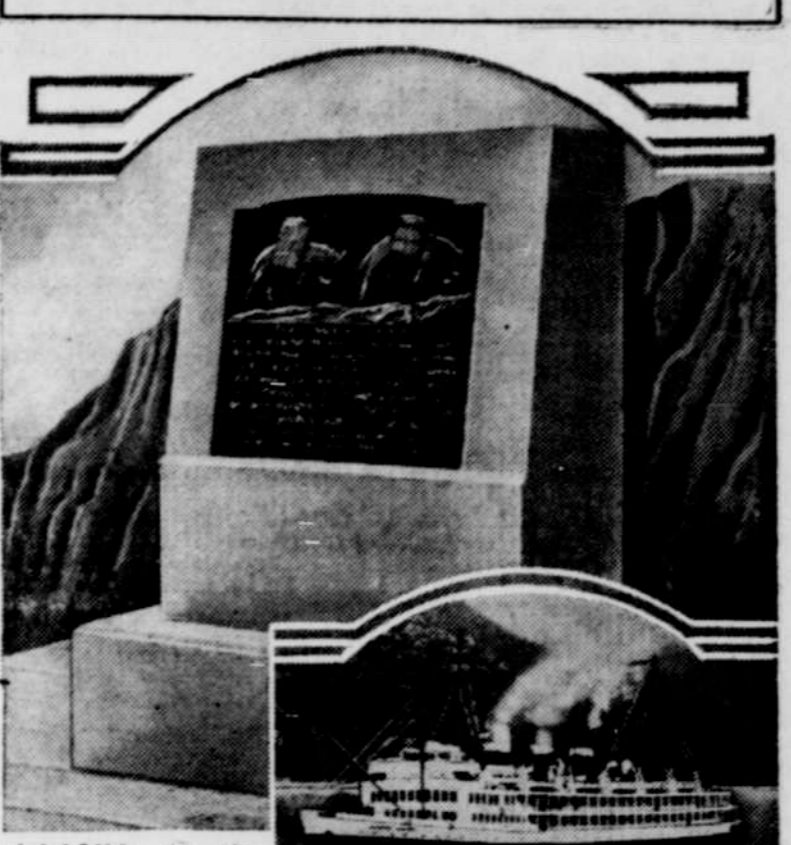
To Charles Stone, the above named defendant:

IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and answer the complaint filed against you in the above entitled Court and cause on or before Saturday, the 29th day of August, 1936, which date is four full weeks from the date of the first publication of this summons, and if you fail so to appear and answer, for want thereof, the plaintiff will apply to the Court for the relief prayed for in her complaint, to-wit: For a decree dissolving the marriage existing between you and the plaintiff on the grounds of cruel and inhuman treatment rendering her life burdensome.

This summons is served upon you by publication thereof pursuant to order of the Honorable R. Frank Peters, Judge of the above entitled Court made and entered on the 27th day of July, 1936, directing that the date of the first publication of this summons be July 31, 1936, and the date of the last publication thereof be August 28, 1936, and that this summons be published in the Beaverton Review, a legal newspaper of general circulation published in Washington County, Oregon.

Bagley & Hare & F. E. Sturges, Resident Attorneys, State of Oregon, Post Office Address, First National Bank Building, Hillsboro, Oregon. adv c35-39

Memorial To The Pack Horse



ALASKA, to the Aleuts, was known as "Alaskak", meaning "The Great Country, The English-speaking races dropped the final 'k' but it still remains The Great Country and each year visitors flock to it in increasing numbers. The United States bought it from Russia for \$7,200,000 and it became one of the nation's richest assets. One of its greatest epochs was that of the Gold Rush of 1897-98 when thousands of people poured into Alaska and the Yukon. Its story, ballad and on canvas the epic of those men and women of the Klondike Trail has been given immortality, but the humble servant of the man, the pack-horse, has been forgotten except for the monument at the head of the White Horse Pass where so many of them died in the struggle to reach the summit. The photograph shows this memorial which has been erected by the Ladies of the Golden North and the Alaska-Yukon Pioneers. The Klondike Trail begins at Skagway, northern terminus of the C.N.S. Prince Robert (inset), which is being used in special cruises between Vancouver, B. C., Sitka and other Alaska points this summer.

Right Out Of The Air

By R F SERVICE

That coffee sponsor of Major Boyer's Amateur Hour has pulled the biggest coup of the radio year by snatching Good Will Court out from under the watchful eyes of a dozen other rivals as the program to succeed the Major on the prize Sunday evening spot in September.

Good Will Court, conducted by A. L. Alexander, brings people to the microphone who have legal problems... they tell it to a real judge, who sits unofficially in the radio tribunal "litigant" and clarifies cases for the more helpless ones... after hearing the story the judge makes a recommendation on best course for person to follow... Court appears to be the logical successor to the amateur programs as biggest draw for next season... Bing Crosby's vacation, which has been hanging fire for a month or two, now seems likely for early fall... Bing plans a sea trip, possibly to the Hawaiian Islands... which is probably the most convenient ocean voyage for Hollywoodites at that... the singer has put in the hardest working year of his career so far in the twelve months just passed, with movies and his weekly assignment as master of ceremonies and singing star of the Thursday night Music Hall broadcasts.

... Rudy Vallee has had a long string of outside engagements this Summer... a series of one night stands on the Texas Centennial was followed by appearances at a beach near New York... All this, of course, is in addition to his regular weekly Variety Hour broadcasts... Story behind a recent performance of Radio Theatre never

Claudette Colbert reached the light of day... Starred were Claudette Colbert and Walter Huston... In the supporting cast... Norman Foster, also... movie meltd... Colbert and Foster chartered much during the week of rehearsals as "lends of long standing... show over they parted again... a few listeners may have recalled that Claudette was formerly Mrs. Norman Foster!

... Because the movie, "Rhythm on the Range," gave Bob Burns his first big screen role, chance to see the picture first goes to residents of Little Rock, Arkansas... That's Bown in Bob's home country and the world premiere was held there

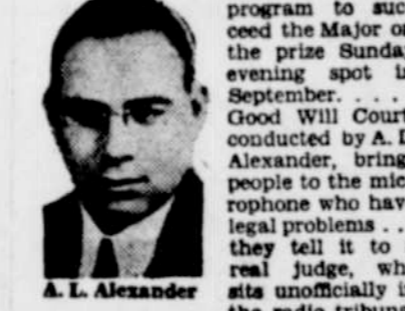
... Bob flew to Little Rock between broadcasts to attend the event... Jimmy Dorsey and Victor Young, diminutive but busy maestros, are working on new songs.

... Igor Gorin, youthful Viennese baritone, besides his movie and radio work, made his concert debut at the Hollywood Bowl... he's heard Fridays over CBS... Snappiest act of the mouth was that of Edgar Guest, the household poet. When he asked the Devore Sisters what they were going to do next, one said, "I'm Just Beginning to Care." Flipped Guest, "How nice. So glad you could come!"

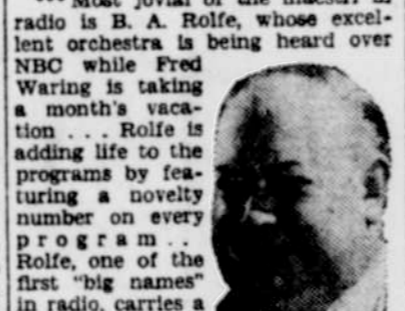
... Frank Black, NBC General Musical Director, flew out to Cleveland for a week to be guest conductor for the Great Lakes Exposition which will continue to draw crowds until October 4.

... Radio fans are regarding the orchestra directed by Peter Van Steeden, the youthful maestro, as the perfect band for a comedy program. His smooth tempos aid Fred Allen all year and are now heard putting zip into the Stoopnigle and Budd programs on Wednesday nights... Those "Sherlock Holmes" programs over WGN-WLW-WOR and other stations, featuring Richard Gordon, are now being heard an hour later, at 8:30 p. m., E. D. S. T.

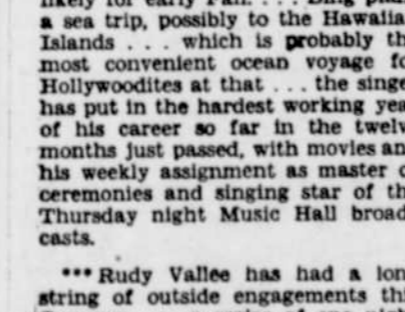
... Outstanding "Three - Minute Thrill" of the season was Charles Martin's presentation of Carl Erickson, the human guinea pig who risked his life to let doctors perfect a cure... Most beautiful of present day radio performers is talented Joan Marsh, heard Fridays over CBS... but she came from the movies to radio... There's a new love interest in "Pepper Young's Family," heard daily through the week over NBC... he is "Phil Holloway," played by Jack Cowden from the Coast... Phil Ducey is on his fourth year for the same Tuesday night sponsor... Did somebody say there are no steady jobs in radio?



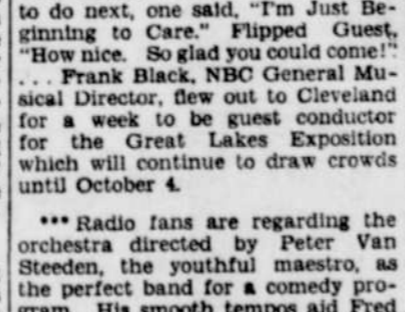
A. L. Alexander



B. A. Rolfe



Claudette Colbert



Peter Van Steeden

Parents Might Well Set the Example



Travelers Ins. Co. Safety Service.

Parents often tell their children to be sure to play on the sidewalk, and if they must cross the street, to be sure that a car isn't in sight and then to use the crosswalk. That's good advice in any family and in any man's town. But how often do parents do the things which they tell their children mustn't be done? Parents frequently are seen dragging their children across streets against red lights or right across in the middle of the block. It is wondered what children sometimes think of their parents. Five minutes after some parent has "laid down the law" he can become a BIG HYPOCRITE.

Last year there were more than 1,500 children under the age of four who were killed and 34,000 who were injured in automobile accidents. More than 3,200 between the ages of 5 and 14 were killed and nearly 140,000 were injured. It is important to teach young children to have safe habits and equally important for grownups to practice what they preach.

Considering how fine this railroad transportation is nowadays, you can't travel any cheaper. Fares lowest in history—substantial savings on round trip tickets. So why not take the train? It's safer. It's more dependable.

You can't beat the improved travel comfort in coaches and sleeping cars. It's a good thing movies don't have so restful seats—most would sure fall asleep.

Ever hear about the Free pick-up-and-delivery of less than carload freight? It's a great convenience to shippers and receivers alike. Western railroads pick up at the door, ship by fast freight, and deliver to consignee's door.

Railroad trains are running on faster schedules these days. Seems like the iron horse wants to show these new streamlined diesels that he can step out, too. Both passenger and freight schedules have been speeded up.

What's more, the railroads believe in "safety first." Last year not one passenger was killed in a train accident on western railroads.

Talk to your local railroad agent. He's full of information about traveling and shipping.

We are proud of railroad achievements, appreciate the public's good will and increased patronage, and pledge continued progress.

Railroad Jim Says

WESTERN RAILROADS

and THE FULLMAN COMPANY