

The Cook's Nook

America Adopts Asiatic Dietetics

"Boy-sen, o-sukiyaki ippon kudasan!" You're apt to hear that Japanese command a most anywhere now. It's a polite request for a second helping of sukiyaki, that delectable Japanese dish, which, freely translated, means many ingredients "cooked all together." Once eaten, its long remembered, as are also Chow Mein and Chop Suey, Chinese favorites, all of which are taking their place on American tables.

"How can I make sukiyaki at home?" "Where can I get Chinese vegetables?" and "How do they get the rice so flaky and white?" are the questions becoming routine to food editors answered here.

"Make Plenty Easy Dishes"

Homemakers under the Stars and Stripes may not like lotus root or octopus, but they have found that many Oriental cookery ideas are excellent. Everybody knows that the liberal use of rice, their staple food, is largely responsible for the endurance and strength of the Asiatics. Now that our own southern states have become large producers of the finest rice in the world, we are happy to choose it frequently as our main energy-food—as a meat accompaniment instead of potatoes, as the main course, in salad or dessert. Rice is one staple food that remains low in the face of rising food prices and so we thank the clever Orientals who give us new ways for using it.

The Misses Ruth Ellen and Roberta Hestley of Ridgefield Washington visited during the week at the home of their aunt and uncle, Mr. and Mrs. T. B. Deane.

AMERICANIZING ORIENTALS

For an American meal using an Oriental dish as the main course try one of these menus:

Sukiyaki
Relishes (Radishes, Celery, etc)
Rhubarb Bananas
Tea

Tomato Juice
Chop Suey
Mixed Greens Salad
Gingerbread with Cream Cheese Beverage

To be sure your rice is flaky and dry, as served in Oriental restaurants, boil it until a grain heated between thumb and forefinger is tender but not mushy; be sure to run water through it in a sieve after boiling; and to "fluff" it by putting colander over a pan of hot water and covering with a cloth, or to dry out in a shallow pan covered with a cloth.

The following recipes are Americanized versions using our own products or those easily procurable in cans. Recipes for desserts which "go well" with Oriental main courses are also given.

SUKIYAKI

2 lbs. meat (pork beef or chicken), sliced thin
2 medium onions sliced thin
2-3 green onions (tops and all cut)
1 can mushrooms
1 small can bamboo sprouts
1/2 cup diluted soy sauce
2 tbsps. sugar
1 cake soy bean curd
1/4 cup salad oil
1 1/2 cups hot boiled rice for each serving

(Raw celery or spinach may be used if desired. Green peppers, peas, beans, bean sprouts, etc. may be used as desired.) Use a large, heavy frying pan put salad oil in pan and add

meat; cook, turning over for about 5 minutes; add sliced onions, mushrooms and bamboo sprouts, keeping each food in separate pile. Pour in the soy sauce (diluted) and sugar, let cook for about 10 minutes; add the cubed soy bean curd, cook for few minutes, serve in mounds on hot boiled rice. The Japanese cook this right at the table over brazier.

Homemade Chop Suey
2 lbs. lean pork cut in cubes
2 cups chopped celery
2 cups sliced onions
1 tsp. salt
1/4 tsp. pepper
1/2 cup uncooked rice

Brown the pork in a table-spoon or so of grease; add celery, onions, salt, pepper and 1/2 cup water, and simmer until pork and vegetables are tender. Boil rice until tender and "fluff" serve separately or put in bowl and pour chop suey over it. Serve with soy sauce if available.

Gingerbread With Cream Cheese

Bake rich dark gingerbread in loaf pan, in moderate oven. Serve hot in squares, topped by Cream Cheese Filling made by blending 1 1/2 packages cream cheese with 4 tablespoons milk; fold in 1 cup stiffly whipped cream; serve.

RUBY BANANAS

1 cup cranberry jelly
1 tsp. cold water
1/2 cup sugar
3 large bananas
2 tbs. lemon juice
Beat cranberry jelly until it is smooth. Stir in cold water and place bananas in baking dish. Cover with sauce. Bake in moderately hot oven (375° F.) 10 minutes, until bananas are tender. Serve hot.

CHURCH ANNOUNCEMENTS

Bethel Congregational Church
Harper S. Burns, Pastor

Bible School at 9:45 a.m. Good classes for all ages. Pastor in charge of adult class, R. C. Doty, Bible School Sup.

Worship Hour at 11 a.m. Anthem by the choir, W. L. Gady, Choir Director. Sermon subject, "America's Greatest Sin, Greatest Need and Only Hope."

Note: If there are those who are afraid to face the cold hard facts in our national life, the pastor would suggest they do not attend.

Junior and Senior C F at 7 p.m.
Bible study and prayer service each Wednesday evening in the church at 8 p.m.

Methodist Episcopal Church
Earl B. Horsell, Pastor

Sunday Church School-9:45 a.m. Superintendent, Mrs. G. L. Peace. Separate Primary Department. Classes for all ages.

Morning Worship-11 a.m. Sermon-Topic "Worshipping a Golden Image"

Epworth League-7 p.m.
Evening Worship- Eight p.m. Sermon-Topic, "Why Be Religious?" Pulpit topic "Democracy or Dictatorship—Can We Establish Economic and Social Utopia"

VOTE FOR



J. E.

CARPENTER

Incumbent
Republican Nominee For
County Assessor

"Sixteen years in this work."

Competent.
Experienced.

"Will conduct the office efficiently in the interests of ALL taxpayers."

(Paid Adv.)

HOW MODERN WOMEN LOSE FAT SAFELY

Gain Physical Vigor—Youthfulness With Clear Skin and Vivacious Eyes That Sparkle With Glorious Health

Here's the recipe that banishes fat and brings out all the natural attractiveness that every woman possesses. Every morning take one half teaspoonful of Kruschen Salts in a glass of hot water before breakfast—cut down on pastry and fatty meats—go light on potatoes, butter, cream and sugar—in 4 weeks get on the scales and note how many pounds of fat have vanished. Notice also that you have gained in energy—your skin is clearer—you feel younger in body—Kruschen will give you a joyous surprise.

Get a bottle of Kruschen Salts—the cost is trifling and it lasts 4 weeks. If you don't feel a superb improvement in health—so gloriously energetic—vigorously alive—your money gladly returned.

NOTE—Many people find that the only diet change necessary while taking Kruschen regularly is TO EAT LESS.



Take
ALKA-SELTZER
for

HEADACHE, Acid Indigestion, Colds, Neuralgia, Muscular, Rheumatic, Sciatic Pains, Pleasants—tastes like mineral water—Non-habit forming, Non-laxative—does not depress the heart.

Get Alka-Seltzer at your drug store in 30c and 60c packages for home use, or ask for a glass of Alka-Seltzer at any drug store soda fountain.

BE WISE—ALKA-SELTZER

NEVER MIND, IT'S ONLY A HEAD-ACHE

WHY SUFFER? GET AN ALKA-SELTZER

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Hubert Turner of Portland was a guest of Samuel B. Lawrence, Jr. Monday evening of this week.

Mr. and Mrs. John Kirby and family are now living in the Putner house on Cedar street.



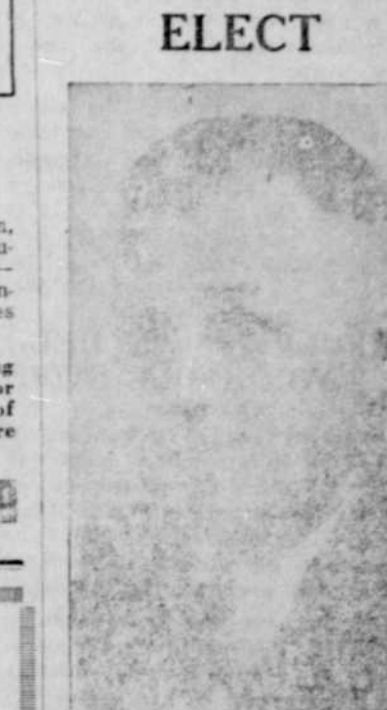
SEND A FARMER to the LEGISLATURE

Richard Scott

Democratic Candidate for State Representative

Paid adv.

ELECT



Bert Hagen

COUNTY COMMISSIONER

November 3, 1936

Paid adv.

Your Congressman



James W. MOTT

(Republican Nominee)

CONGRESSMAN MOTT is one of the recognized leaders of the National House of Representatives.

He has placed the First Congressional District of Oregon in the most commanding and secure position it has ever occupied in the House.

He has obtained for his District more beneficial legislation and more Federal revenue than it has ever received before.

He is a ranking member of the two standing committees of the House (the Committee on Roads and the Committee on Public Lands) which together control most of the national legislation directly affecting the First Oregon District.

He is a member of the Committee on Committees—the most powerful appellate authority of the House of Representatives.

He holds a strategic place in the floor organization of his own party in the House and is a member of the council which determines its legislative policy in that body.

His re-election assures continued active and experienced representation in Congress.

HIS RE-ELECTION ASSURES CONTINUED ACTIVE AND EXPERIENCED REPRESENTATION IN CONGRESS.

Paid adv.

Guard Child's Eyes During "Eyestrain" Season

By Jean Prentice



Three-fourths of all a young child learns, say scientists, comes through the eyes. Prevention of eyestrain is particularly important during these early years.

STUDENTS, six or sixty years of age, need good lighting for better sight, better grades . . . and for less of that "tired feeling."

And just as children need the proper size of chair and table for the comfort of their bodies when they study, so they need proper lighting for the comfort and protection of their eyes.

These facts are pointed out at this "eyestrain" season of the year by lighting scientists who have carefully studied light in its relation to sight.

No longer does the alert mother or father take it for granted that any kind of light is safe for home work. Research in the country's lighting laboratories has shown us differently.

Poor Light Causes Eye Defects

Impaired eyesight is found in one out of five school children, two out of five college students and three out of five persons over forty. And we know that poor lighting has been a contributing cause to this regrettable condition.

By actual test it has been proved that home work is easier for children when studied under improved lighting, and that better grades result.

"All right," says mother, "I'll improve the lighting. But how?" First, have your lighting measured. It's being done these days as matter of fact as you call upon the electrician for your child when she gets sick. Light is measured

with a little instrument called a light meter. The meter may be carried about in your hand. A moving needle points on the dial to the amount of light you have (in a measurement called "footcandles"). Your lighting company can easily do the measuring for you.

In many homes only five footcandles of light are found at the child's study table. Yet nature gives us at least 500 in the shade of a tree. Your child should have a minimum of ten for most textbooks.

Quality of Light Important

But quantity of light has little value without quality. This means an even amount of general illumination throughout the room in addition to light from a study lamp. The eyes are thus not constantly forced to "change gears" as they look from light to dark.

Quality of light also means a good lamp. Ideal ones for your child are those approved by the Illuminating Engineering Society, a nationally known group of lighting men and eyesight specialists. The lamps are made in a variety of designs by a number of manufacturers. Their proper height, wide shade and inner translucent bowl generously distribute the light both up and down and over a wide area. The light is smooth and soft, and harmful glare is avoided.

And then watch your boy or girl study under one of these lamps! Or try it yourself.

AWFUL RHEUMATISM AGONY Yields To Doctor's Formula

Do the throbbing pains of RHEUMATISM make life a torment for you? Are your evenings a nightmare of torture—and is your day's work ruined by the debilitating pains of rheumatism?

Don't confuse this scientific formulas of an army doctor with "cure-alls" and panaceas. YOU MUST BE RELIEVED OF YOUR RHEUMATIC PAINS IN TEN DAYS. If you are not completely—utterly satisfied—no matter how long you have suffered—simply bring the empty bottle back to the drugist and he will hand you back, without question every cent you paid for it! Get Williams' R.U.X. Compound today on this money-back guarantee at Brown's Beaverton Pharmacy.

Don't try to treat your rheumatic pains from the outside! You MUST REACH THE INSIDE. The salicylates in Williams' R.U.X. Compound are universally prescribed by doctors for rheumatic pain. Ask any doctor to tell you their soothing analgesic effect in the agony of rheumatism.

FACE THE TRUTH! Your body is probably loaded with corrupting, impure poison—your muscles and joints painfully abraded by URIC ACID formed into sharp crystals. Each time you move, these foul, poisonous deposits of needle-like uric acid crystals may be causing you excruciating pain.

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PLAY SAFE!

Keep Oregon Out of the Power Business

Avoid More State Bonds

The State Power Bill is useless without at least \$18,000,000 of new State Bonds. A vote for the Bill commits you to vote later for the Bonds.

VOTE 313 X NO

Against the State Power Bill

Paid Advertisement by Oregon Business & Investors, Inc., 303 Guaranty Bldg., Portland, Ore., J. S. Maglady, Pres., F. H. Young, Sec.

STATE SENATOR

31 John Thornburgh

STATE REPRESENTATIVE

33 A. M. Janssen

32 J. W. Hughes

DISTRICT ATTORNEY

36 G. Russell Morgan

COUNTY COMMISSIONER

38 James Lewis

COUNTY SHERIFF

42 J. W. Connell

COUNTY CLERK

40 W. A. Tupper

COUNTY ASSESSOR

43 J. E. Carpenter

Paid by the Washington county Rep. Central Committee.