

The Cook's Nook

Feast's Aftermath of Leftovers May be "Blessing in Disguise"

Rice Stretches Remnants into Bargain

After the calm, the storm. After the day, the night. After the build-up, the let-down. And after the feast—the leftovers!

Holiday feasts, guest dinners, Sunday specials, party meals almost always leave in their merry wake a trail of left-overs. Rewarming the glories of the feast is beneath the dignity of any mother's daughter. It's best to change form and flavor, to transform, so that the left-over emerges as a reincarnation in some delicious form. Left-overs need not be "croucher"; they can be blessings, cunningly disguised.

In using up the left-overs, you'll find it better and ally than rice. It will stretch the flavor and extend the amount of the least little bit of food; it may itself be reheated without the slightest loss in taste or texture, and it's so inexpensive that it keeps the cost down—which is the original idea in using left-overs, after all! Rice combined with fish, meat, fowl, vegetables, can be served with

sauce, gravy, in a casserole dish, stew, or soup. So "steam up" plenty of rice to serve with the main course of the feast, and use again to make meal-remnants into real bargains of the "yard-wide" variety.

Banana "Turkey Remnant"

3 ripe bananas, diced
1/2 cup diced canned pineapple
1-1/2 cups diced cooked turkey
1/4 cup diced celery
1/4 tsp. salt
Mayonnaise to moisten
Mix bananas and pineapple together. (Pineapple prevents discoloration of bananas). Add the other ingredients and mix well. Serve on lettuce leaves. Garnish, if desired, with chopped nuts and additional mayonnaise. Serves 6 to 8.

Stuffed Turnip Caps

1 cup cooked rice
1 cup cold lamb (or other meat)
1 tsp. minced parsley
8 turnips
1 tsp. butter
1 small minced onion
1/2 tsp. curry powder
Salt and pepper
Pare turnips, cut slice from top and scoop out inside, leaving rim 1/4 inch. Cook both shells

and cover, 15 minutes in boiling water. Arrange in baking pan, fill with mixed meat, rice, and seasoning; cover with tops, fastening each with toothpick. Pour around them water in which turnips cooked; bake until tender. Pour off liquid and brown lightly. Serve.

Green peppers, large onions, firm tomatoes, or large carrots may be used as cup to hold mixture of rice, meat or fish and sauce. Peppers should be hollowed out and parboiled; onions and carrots should be cooked whole—then hollowed out in cup shape. Turnips need no preliminary cooking. Season all vegetable cups well before stuffing. Cover with buttered crumbs or grated cheese.

Tip on Hash!

You may mix left-over cooked vegetables with rice and try in salad oil for a delicious hash. The oil brings out the flavor of the meat, fowl or vegetables, and gives a golden color and savory flavor much desired.

Sparkling Salad

1 1/2 tbsps. gelatin
1/2 cup boiling water
1/2 cup sugar
1 cup apple, cubed
2 grapefruit
1/2 cup orange
1/2 cup cold water
Soak gelatin in cold water 5 minutes. Add boiling water and sugar. Stir until dissolved. Add apple, grapefruit and nuts. Mix thoroughly. Put into individual molds which have been dipped in cold water. Chill. Remove from molds and arrange on crisp lettuce leaves. Garnish with whipped cream mayonnaise and whole pecans.

Since left-over meals are apt to be a little bland, want you need for a remnant or regular menu is the zest of citrus fruit. Start off with citrus or let it bring the needed twang to your menu in the salad.

Sweet 'Tater Apples

Left-over sweet 'taters? Here's a grand way to make a main dish with them: Cut unpeeled apples in halves, and broil or bake until almost done; pile mashed and seasoned sweet potatoes on top. Reheat in hot oven, and serve with broiled bacon. For a "luxury touch" stick a few chopped almonds on top.

"Sauce" Your Pudding

For left-over cake or pudding:
1 egg
1/2 cup white corn syrup
1 tsp. grated lemon rind
2 tbsps. lemon juice
Few grains salt
Heat syrup to boiling, pour slowly over beaten egg yolk, return to fire and cook until slightly thickened. Add salt, lemon juice and rind. Cool mixture and fold into stiffly beaten egg white.

Companionship

Tell me thy company and I will tell thee what thou art—Cervantes.

Feline Philosophy

(By Gaborus, the office cat)
Man is the only animal that drinks when not thirsty and makes love at all seasons.

Jerry Hickenlooper's girl, Petunia, spends so much time in parked cars they're now showing her on all the road maps.

On Oregon Farms

Wheat Grass Shows On Range

LAKEVIEW—Twenty acres of range land on the Walt Leebman ranch at Salt Creek in Lake county, broadcast to crested wheat grass seed three years ago, this year showed fair stand of strong, substantial crested wheat grass plants among the bronzed grass, sage brush and lupines, says County Agent Vic Johnson. The area was inspected recently by W. O. Hartman, supervisor of the Fremont national forest, and Melvin Burke, range examiner.

Canada Thistles Eradicated

Albany—Lester McFarland of Tangent is no longer worried about Canada thistle getting the best of his grain crops, he told County Agent F. C. Mullen recently. During the past three or four years he has practically eliminated this pest from his farm, through the use of sodium chlorate, he said. He reports killing about 90 per cent of the thistles the first time over a field, using not less than three pounds of chemical per acre. He often carries a supply of the material with him as he goes about his usual farming operations, sprinkling it on any thistles he finds.

Fall Good Time To Get Rodents

CORVALLIS—Fall and early winter are good times to carry on a campaign for the control of gophers, moles, rats, and squirrels, says County Agent, W. S. Averill. As the ground becomes moist gophers, and moles will be working nearer the surface, and it is an opportune time to use the recognized methods of control, he points out. As the stormy weather comes on, rats will enter buildings, establishing their winter quarters. Feed sacks will be spoiled and the rats will start feeding on stored feed and seed.

Canary Grass Value Shown

Oregon City—A typical example of a piece of otherwise waste land made to produce a valuable crop through the use of Reed Canary grass is to be seen on the farm of C. L. Chambers of Eagle Creek, according to County Agent J. J. Inskeep. The Chambers farm is located on redhill soil through which runs a draw on which the soil is wet in winter. This draw has been planted to Reed Canary grass in rows for a number of years, and each season produces a huge crop of hay, and could be used for pasture as well. Many other farms in the county have pieces of land on which the crop could be used with similarly profitable results, Mr. Inskeep says.

Begins Winter Poultry Series

Washington county poultrymen opened their annual series of winter meetings with a special dinner and entertainment program in the Tizard grange hall October 27, following which H. E. Cosby, extension specialist in poultry husbandry at O.S.C., spoke on the subject of "Holding Poultry up in Production." Plans are to hold the meetings on the fourth Tuesday of each month as in the past according to assistant County Agent L. E.

THREE STEPS IN POLLY'S HEALTH PROTECTION



With his stethoscope the doctor is listening to the sounds in Polly's lungs. He hears no strange nor suspicious noises that his ear is trained to recognize as symptoms of tuberculosis, but he is not satisfied with that method of diagnosis only. She is given a tuberculin test which will show whether tuberculosis germs have entered her body. Polly's "scratch" after two days became red

and slightly swollen indicating that infection has occurred. She may have this first infection, however, without having the disease. To find out definitely if any harm is being done to her lungs the next important step will follow. "Take a deep breath and hold it!" and the magic X-ray has photographed Polly's lungs. Shadows on the X-ray plate reveal the disease in its early forms

when a cough may be more easily effected. No shadows on Polly's plate! A relief to her and to her parents to know for certain that she is a healthy little girl! Christmas Seals help support these three steps that protect the health of thousands of boys and girls throughout the country. Christmas Seals are sold between Thanksgiving and Christmas to fight tuberculosis.

Francis. Among other speakers who will appear on future programs are Dr. W. T. Johnson, poultry pathologist at O.S.C., and G. C. Keeney, manager of the Pacific Poultry Producers' Co-operative association.

Prune Dryer Study Continued

Dallas—The Polk county agricultural office, in cooperation with E. H. Wiegand of the agricultural products department at O.S.C., is studying prune drying operations in Polk County in an effort to assist the dryer operators to reach a higher efficiency in their operations. The amount of fuel used, fuel power, relative humidity, length of time for drying, air speed, and similar factors are being observed. Dryer included in the study are those of Ike Dyck, T. A. Dunn, J. H. Voth, E. F. Aabi, E. Langt Joe Elsele, and Fred Kubin.

Monday evening at 8 p.m. in the church. We are always glad to see you at our services.

CEDAR MILL NEWS

By Girl Scout Troop No. 61

Bob Mead spent the week on a business trip to Klamath Falls.

Mrs. Cora Thompson has moved to Portland for the winter and is renting her place to Marvin Sobik.

Mrs. W. I. Heinrichs, E. E. Border and A. W. Stephens visited relatives at Staton, Oregon recently.

A pot-luck luncheon and meeting of the Home Extension Unit will be given on Tuesday at the grange hall.

W. I. Heinrichs and family, the Lusk family, and the Starling family spent Sunday at Ariel Dam to Washington.

NOTICE TO CREDITORS

In the County Court of the State of Oregon for Washington County, No. 4504

In the matter of the Estate of Thomas W. Bishop, deceased, NOTICE IS HEREBY GIVEN that the undersigned has been duly appointed by the above entitled court as administrator of the estate of said deceased, and has duly qualified as such.

Now, therefore, all persons having claims against said estate are hereby notified and required to present the same together with proper vouchers therefore to the undersigned at the Bishop Hardware store in Beaverton, Oregon, within six months from the date thereof.

Dated at Hillsboro this 29th day of October, 1936. F. W. Bishop, Administrator of the estate of Thomas W. Bishop, Frank Deich, 1194 Guardian Building, Attorney for the above estate

First publication Friday Oct. 30, 1936. Last publication, Friday Nov. 27, 1936.

NOTICE OF CITY ELECTION

Notice is hereby given that the regular annual election for the town of Beaverton will be held at the City Hall, on First Street between Angel and Main Streets, Beaverton, Oregon, on Tuesday, December 8, 1936, between the hours of one o'clock P.M. and seven o'clock P.M., at which time the following named officers will be elected:

One Mayor to serve one year
One Councilman to serve one year
Three Councilmen to serve two years
One Recorder-Treasurer to serve

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—vigorous alive—your money gladly returned. NOTE—Many people find that the only diet change necessary while taking Kruschen regularly is TO EAT LESS.

one year
Dated at Beaverton, Oregon this 23rd day of November, 1936
—Homer L. Wilson, Rec.-Treas.
A. E. Wilson, Mayor

SPECIAL SCHOOL MEETING

A SPECIAL SCHOOL MEETING will be held at the High School on November 30, 1936, at eight o'clock, for the purpose of selecting a site upon which to locate the new school garage.

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WHEN You Are Hungry You Are Thirsty TRY the "U and I" Beaverton, Oregon

at the movies

AT THE RITZ BEAVERTON - OREGON

Wed. to Sat. Nov. 25 to 28

(Double Feature)

"IT HAD TO HAPPEN"

With George Raft and Leo Carrillo

Plus

"SPECIAL INVESTIGATOR"

With Richard Dix

Sun. to Tues. Nov. 29 to Dec. 1

"MARY OF SCOTLAND"

With Katharine Hepburn and Frederic March

With News and Cartoon Comedy.

Dec. 2-5 Wed. to Sat.

(Double Feature)

"THE VOICE OF BUGLE ANN"

Starring Lionel Barrymore and Maureen O'Sullivan

Plus

"HIGH TENSION"

Starring Glenda Farrell and a good cast

Next: "SUZY"

You don't have to be rich to enjoy rich whiskey!

SCHEIDT'S OLD QUAKER Straight Whiskey 90 proof As you prefer in Bourbon or Rye The Old Quaker Co. Lawrenceburg, Ind.

Gas is fine in your stove or furnace, but it's both painful and embarrassing in your stomach. Why don't you use Alka-Seltzer for the relief of ACID INDIGESTION, Colds, Headache, Neuralgia, Muscular, Rheumatic, Sciatic Pains?

Alka-Seltzer is pleasant to take and unusually effective in action—not laxative, not habit forming, does not depress the heart.

Ask your druggist.

BE WISE-ALKALIZE

FOODS, FACTS and FOIBLES

THE EASTER MORNING EGG-ROLLING ON THE WHITE HOUSE LAWN IS A CUSTOM WHICH ORIGINATED DURING PRESIDENT MADISON'S ADMINISTRATION.

ARISTOXENUS, THE GREEK PHILOSOPHER, WAS SO FOND OF HIGHLY SPICED SALADS THAT HE WATERED HIS LETTUCE GARDEN WITH SWEET WINE.

THE FIRST SALAD DRESSING IN HISTORY WAS MADE OF OIL, VINEGAR, FENNEL, MINT, PARSLEY, AND ELDER-FLOWERS.

THE SIGN OF THE FISH—USED BY PERSECUTED CHRISTIANS IN ROME AS THE SYMBOL OF THEIR LOYALTY—WAS ALSO A SACRED EMBLEM BEFORE THE CHRISTIAN ERA. THE AMERICAN INDIANS BELIEVED THAT TWIN CHILDREN WERE TRANSFORMED SALMON AND THEY WERE NEVER ALLOWED TO GO NEAR THE RIVERS DURING THE SALMON RUN FOR FEAR THEY SHOULD BE TURNED BACK INTO SALMON.

EASTER EGGS ARE GIVEN AS GIFTS DURING THIS SEASON OF THE YEAR BECAUSE THEY WERE AMONG THE FIRST OF THE CHRISTIAN SYMBOLS.

FAMOUS GOURMETS OF HISTORY

ISAAC NEWTON'S FAVORITE COURSE WAS SALAD. (WALDOFF?)



They're your window shades of course! How effectively they tell your neighbors just what type of person you are! Keep the eyes of your home sparkling, fresh and immaculate—buy first quality cloth window shades of firm, fine fabric (woven on a loom) and "processed" with oil paint. Then your window shades immediately become a decorative asset.

Good cloth window shades last five years and longer—they stand up under rainstorms and steam from kitchens and bathrooms without crinkling. They diffuse light which is so important, particularly for bedrooms and nursery windows as a harsh light is hard on the eyes of the sleeper. They are made on good sturdy rollers and

thus hang straight and true. You can order shades in such lovely colors as cornflower blue, mignonette green, strained honey, delicate tones of gray and circassian brown. Imagine what exquisite color combinations you can achieve with your curtains and draperies! Then too you can buy duotone shades—one outside tone for a "uniform front" to the street—the inside tone to match the color scheme of your room.

Look at your shades now! Are they clean? Are they smart in appearance and worthy of your taste? If they aren't buy cloth shades today—you can get them at any store. Ask for the type The Window Shade Institute is sponsoring.