

The Cook's Nook

"Mealtime Mergins" Yield To

That Little Thing Called "Snap"
Snap your fingers (pish, tash!) at "mealtime mergins" when you put snap into your meals! A nibbly blandness, summon savor! Out with sameness, in with flavor! Put "pep" and snap and tingle into your "new Fall outfit" of food!

Get out your mustard pot, your spice jars, your bottle of Worcestershire; tie to the nippy cheese, the lemon, the vinegar jug. Permit a sudden rush of daring and impulse to your head—snapier weather calls for snapier meals!

In addition to the zestful, bitey flavors, "snap" begins with choosing the right things rightly. Personality in meals lies not alone in the flavorings but in the basic foods themselves. (When you heard this before it was more simply said, "serve the usual things in an unusual way"). There lies style!

A perfect example of this candid truth is the banana. First a rare, exotic fruit, then a regular staple and real fruit, the banana is newly exciting to fifties of families when it's cooked, to bring out that hidden, different flavor. A simple thing like shirred eggs are snappy when chili powder helps; pale consommé goes gay with horseradish or chives; curry powder makes a new dish out of cream sauce on rice. Let these suggestions make a "new woman" out of your meals (and you).

Eggs Caliente

(On Rice Patties)

- 1 tsp. Worcestershire sauce
- 1 tsp. dry mustard
- 1 tsp. chili powder
- Rice patties
- 6 eggs
- 6 tbsps. milk
- 4 tbsps. butter
- 1/2 tsp. lemon juice
- 1/2 tsp. salt

Beat eggs in a bowl and add milk. Melt butter in skillet and add lemon juice, mustard, chili powder, salt and Worcestershire and mix well. Pour in eggs and cook until eggs are creamy, stirring constantly. Arrange on browned rice patties made by spreading 2 cups cooked rice one inch thick in shallow pan; press down well, cut into rounds with biscuit cutter and place on buttered pan; add dot of butter or each, and brown in hot oven (400° F.). Pour sauce over egg mixture on patties.

Sauce:

- 1 small green pepper, chopped
- 1 medium-sized onion, sliced
- 1 tsp. flour
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 cup cooked peas
- 2 cups canned tomatoes
- 1/2 tsp. sugar

2 slices bacon, diced
Saute onion and green pepper with bacon until bacon is brown and onion and pepper soft. Add flour, mushrooms, tomatoes, sugar, salt, pepper, cook slowly 10 minutes.

Bananas au Gratin

(Cheese Makes It Snappy)

- 1/2 cup grated American cheese
 - 1 tsp. dry bread or cracker crumbs
 - 1/2 tsp. salt
 - 2 tbsps. lemon juice
 - 6 bananas, cut in halves, crosswise
- Mix grated cheese, crumbs and salt together. Roll bananas in lemon juice and then in mixture of cheese, crumbs, and salt. Place in well-greased baking dish and bake for 15 to 20 minutes in hot oven (400° F.) or until brown on top. Serve hot. 6 large servings.

Savory French Dressing

(The Chutney Does It)

- 1 tsp. elder vinegar
 - 3 tbsps. lemon juice
 - 1/2 cup sweet pickle vinegar
 - 1 tsp. salt
 - 1/4 tsp. dry mustard
 - 2 tbsps. sugar
 - 1 tsp. onion juice
 - 1/4 tsp. Worcestershire sauce
 - 2 tbsps. chutney
 - 1 cup salad oil
 - 2 or 3 drops tabasco
- Combine all ingredients in bowl and mix thoroughly. Put into glass jar and chill in refrigerator. Mix or shake thoroughly before serving.

Dinner Dates

(Horseradish Starts Something)

- 1 cup peanut butter
 - 1/2 cup dates, sliced
 - 1/2 cup fresh grated horseradish
 - Anchovy fillets
- Blend together peanut butter and horseradish and combine with sliced dates. Spread mixture on crisp crackers, and decorate top with rolled anchovy fillets.

Star Salad

(Banana Takes The Lead)

Peel and quarter ripe banana and sprinkle with orange juice. On individual salad plates arrange segments of orange alternately with quarter sections of banana, covered with shredded coconut. Serve with cream mayonnaise.

Date Pudding Sauce

(Oh, Ginger!)

- 1/2 cup butter
 - 1/2 cup brown sugar
 - 1/2 tsp. ginger
 - 1/2 cup dates, sliced
 - 2 tbsps. cream
 - 1/2 tsp. salt
- Cream butter and beat in sugar. Add cream gradually as mixture stiffens. Beat in ginger, dates and salt. Heap on serving dish. Chill. Serve on pudding.

Modern Christmas Recipes



By BETTY BARCLAY

Wherever Christianity is the prevailing religion, Christmas day is observed. Everyone agrees that it is the finest of all holidays, especially for the children.

Christmas dinner is a gala occasion. It is the high spot of the holiday get-together. Housewives start planning for it days in advance.

Take cranberry sauce, for instance—no Christmas dinner has ever been complete without it. Our grandmothers prepared it at least a week ahead. In those days cranberry sauce, thick with berries, was served in a side dish. Today, it may be strained, put into a mold and chilled. The newest and most attractive method is to make it without any cooking, and the addition of orange gives it a new interest. At serving time it comes to the table side by side with the roast, in cubes which adorn the edge of the dinner plate. One of the advantages of this method is that it can be prepared at practically the last minute because quick-setting gelatin requires only an hour to become firm.

Below are the modern versions of cranberry sauce and holiday fruit cake:

Holiday Fruit Cake (White)

Can be baked three or four weeks ahead

- 1/2 cup shortening
- 1 cup sugar

Cranberry Orange Relish

1 package quick setting gelatin

dessert (orange flavor)

1 cup boiling water

1/2 cup orange

3 tablespoons sugar

1 cup cold water

1 1/2 cups uncooked cranberries

Dissolve quick setting gelatin

dessert in boiling water; add sugar

and cold water. Put cranberries

and unpeeled orange through food

chopper; add to gelatin mixture

and chill until it begins to thicken.

Stir up and pour into molds. Chill

until firm. Serves 12.

Even, Glareless Light Essential For Reading Without Strain



Glareless, abundant light for reading is provided by the new scientifically-approved lamps having a translucent bowl beneath the shade, and placed just beyond the elbow.

By Jean Prentice

AN easy chair and comfortable lighting are always an invitation to open some of the books you've been wanting to read.

Those new books, for example, that everyone's discussing. And some of the old ones that you once read "because you had to" . . . and that you'd like to read again because you'd really appreciate their richness now.

Scientists who have carefully studied our lighting needs for reading, make the following suggestions: Before you settle down to those hours of pleasure, see that the lighting is good for your eyes. Lighting that is adequate, even and glareless, conserves normal eyesight. It provides added benefits for defective eyesight.

Alertness (which we need for some of the heavier tomes!) is stimulated by good lighting.

Light Magnifies

Many persons do not know that light is a magnifier of small details. A dot must be twice as large to be seen with the same ease under one footcandle (or measure) of light as it would be under one hundred footcandles of light.

That's one of the reasons why abundant light makes it easier for us to read.

Be sure that your reading lamp is properly placed. Just beyond the elbow is the correct location for a floor lamp beside an easy chair. If you read at a desk, the lamp should be placed in front of the left, if you are right-handed. Or at the right if you are left-handed.

Don't forget to sit up straight when you read. Some adults carry over from childhood bad posture habits which were probably acquired because the light they used then was weak or glaring.

Safeguard Your Eyesight
Also, before you lose yourself in the trials and tribulations of some beautiful-eyed heroine of the latest novel, there's one more point to consider for the sake of your own eyes—

And that's quality of light. You can have lots of light . . . and still not be protecting your eyesight, if it glares. Good light for reading is abundant light, without glare and without sharp contrasts. Glare is avoided with the new type of scientifically-approved lamps which are made by many manufacturers. A translucent bowl beneath the shade is an aid to eye comfort since it softly and evenly distributes light both up and down.

Always remember, too, that for really comfortable reading there should be some general lighting throughout the room as well as localized lighting at your chair.

YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND
Director, Physical and Mental Education
New Jersey State Department of Public Instruction

School Health Examinations

There are many ways in which a child may be handicapped for learning. He may not be able to see or hear well. He may be undernourished and therefore easily tired or chronically fatigued.

Diseased adenoids may be poisoning the body. There may be obscure aches and pains. Tuberculosis, heart ailments and other serious conditions may be present though not yet discovered. Decayed teeth frequently constitute a handicap to good school work.

The list could be lengthened manifold. Not all such conditions are handicaps just because they are present, but they may become so at any time. As a general rule the child with latent disease or defect is not up to par. He is below standard in some degree. Consequently, he is not in best condition for hard school work.

He loses something. He is not a good pupil. To ignore the fact is poor economy on the part of parents and school authorities. In recognition of this truth a number of states have passed laws requiring the health examination of all school children by a physician. Other states specify that inspections shall be given by nurses or teachers. The principle is sound and the practice has become practically universal. It is a good investment, and one of the first steps toward preventing lost educational opportunity.

MARSHES RETURN FROM DETROIT TRIP

Mr. and Mrs. Essex Marsh and son Jack returned Wednesday evening from their trip to Detroit. They were gone almost a month and report a delightful and interesting time, seeing the sights, and visiting friends in Chicago and Michigan. They encountered some bad going in Wyoming where they found snow and ice with the temperature six below.

"Isn't it wonderful the things that can be made from ordinary beef bones—piano keys, dice, teeth, knife and fork handles, and so on!"

"Yes; and my landlady thinks that they make soup also."

Bedridden With Rheumatic Pain Joyous Relief After 25 Years' Suffering

NO MATTER

how severe your case may be or how long standing, WILLIAMS R. U. X. COMPOUND is guaranteed to relieve it or it will cost you nothing. Mrs. Jennie Woolery had always led until confined with rheumatism. Soon Put Her on them. Her Joy Her Feet Again.

Unbound in being able to resume her regular duties as a restaurant operator and her garden hobby, as expressed in her letter: "I suffered with rheumatism for 25 years, gradually getting worse the last eight years until I was stricken to bed, where I was confined six months. I thought I would never be able to use my limbs again and I was in so much pain I thought I would go crazy. After trying everything without getting relief and nearly giving up all hope of ever getting out of bed, I saw an advertisement of WILLIAMS R. U. X. COMPOUND and sent for it. I felt better right from the start and I was soon up and around again feeling like a new woman." MRS. JENNIE WOOLERY, 420 South 25 Street, Salem, Oregon.

Money Back Guarantee

Get a bottle of WILLIAMS R. U. X. COMPOUND today at Brown's Drug Store and try it for yourself. If you are not relieved of your rheumatism in ten days—if you are not completely satisfied with the results you get from it, your druggist will refund your money without question. It most relieve you or cost you nothing—adv.

CHURCH ANNOUNCEMENTS

Methodist Episcopal Church
Earl B. Horsell, Pastor

Earl B. Horsell, Pastor
Sunday school, 9:45 a.m. Superintendent, Mrs. G. L. Pace.

Classes for all ages.
Morning worship, 11:00 a.m. Sermon-topic, "Christ in the Stream of Life".

Intermediate Epworth League.
Senior Epworth League, 7:00 p.m.

Bethel Congregational Church
Harper S. Burns, Pastor

Bible school at 9:45 a.m. R. C. Doty, Supt.

Morning worship hour at 11:00 a.m. Anthem by the choir. W. L. Cady, Director. Sermon subject, "Where Is Heaven?"

Junior and Senior C. E. at 7:00 P. M.

Bible study each Wednesday at 8:00 p.m., in the church.

A very hearty welcome to all our services.

Church of Christ
M. P. Pugh, Pastor

The evangelistic meetings conducted by Mr. and Mrs. L. E. Groseclose will continue every night during the week except Saturday, at 7:30 o'clock.

On Sunday night, December 20, a Christmas drama will be given by the young people.

Bible school next Lord's day at 9:45 a.m., Mrs. Verna Hopper, Supt. Communion service at 11 a.m., followed by preaching by the evangelist and special music by the choir. Christian Endeavor, 6:30 p.m. Song service and evangelistic sermon at 7:30 p.m.

Subjects for the week are as follows:

Thursday—"The Youth for Jesus"

Friday—"The Book of Life"

Sunday morning—"Sharing with God"

Sunday evening—"The Church a Divine Institution"

Monday—"Wonderful"

Tuesday—"When Jesus Comes"

Wednesday—"Twice Born Men"

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Bible School

The subject at the Bible class to be held at the Huber hall Friday evening by Mrs. A. G. Nagel will be "The Two General and the Three Special Resurrections".

Sazerene Church
Peter Clark, Pastor

The Sunday Bible school at 9:45. Mr. W. H. Hart, Superintendent. Divine worship at 11 o'clock. The Rev. J. T. Little of Woodlake, Calif., will bring the message. The theme will be: "The Possibilities of Grace". Miss Grace Fawcett will have charge of the praise and render a solo during the service.

The closing service of the Evangelistic crusade at 7:30 when Rev. Little will bring the closing message. The subject is: "The Unpardonable Sin."

You are heartily invited to the services.

Prayer meeting Wednesday evening at 7:30. Come for a spiritual renewal. Isaiah 40:31.

CEDAR MILL NEWS
By Girl Scout Troop No. 61

Mr. and Mrs. C. B. West have completed their new house and are now occupying it.

Mr. and Mrs. Earl Hall from Otis Junction, Oregon, spent the week end visiting at the home of Mr. and Mrs. N. P. Johnson. Mrs. Hall was formerly a teacher at the Cedar Mills school.

Saturday night a number of people enjoyed a "500" card party at the Ledy garage hall. Mrs. Martha Thorne and John Meurer were winners of the first prize, while Mrs. John Meurer and Mr. Leckert won the second prize.

A group of local people spent Saturday night at a bridal shower in Portland for Robert Walters and Frances Pink who are to be

married, Saturday, December 19. Mr. and Mrs. S. P. Walters, Mr. and Mrs. John Walters, Mr. and Mrs. James Walters and Mr. and Mrs. J. J. Churchley were those present from Cedar Mills. Robert Walters is a son of Ervin Walters who formerly lived here.

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

at the movies

AT THE RITZ
BEAVERTON - OREGON

Thurs. to Sat., Dec. 10 to 12 (Double Feature)

"HUMAN CARGO"
With Claire Trevor

Plus
"EDUCATING FATHER"
A Real Comedy Feature, With Many Laughable Situations Starring the Jones Family

Sat., Mon., Tues., Dec. 13 to 15

"THE GORGEOUS HUSSY"
With Jean Crawford, Robert Taylor, Lionel Barrymore, Franchot

Tone - 4 Great Stars
ALSO MICKEY MOUSE & NEWS

Wed. to Sat., Dec. 16 to 19 (Double Feature)

"36 HOURS TO KILL"
A G-Men Story With Action

Plus
"THE FIRST BABY"
One Swell Comedy, and Good For The Whole Family

Dec. 19th at 3:00 P. M.
Saturday - One Show Only

"SONG AND DANCE MAN"
Our Christmas Gift To All

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Sunday morning—"Sharing with God"

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