

The Cook's Nook

'Counteractors' Are What We Need

To offset our holiday gorging, what this country needs right now is a good set of "counteractors"! Holiday feasting to the fore, party-dining to the left and right of us, digestions will be loaded to the well-known "guards". "Counteractors" then, are those foods that counteract (catch on?) the effects of feasting and supply systems with that much talked-of alkaline balance. Prized of them all for this salubrious purpose are the citrus fruits—those sunny oranges and grapefruit from Florida that are as full of vitamins as they are crammed with juice. No need for a technical dissertation, you know how a glassful of tangy citrus juice "picks you up", freshens your tongue. All during this season's social doings, let citrus fruits help you feel happier about things.

Right with your meals you can counteract with heavier foods and keep your internals balanced, by inserting a citrus course. Prove to yourself how these "counteractor" recipes make the next bit taste better, and get you ready for the rest to come!

Frosty Grapefruit

(Sherbet and Fruit Combined)
For first or last course, you enjoy the freshening influence of grapefruit served with sherbet in the middle. Separate the segments of grapefruit; leave in halves or peel and arrange segments in sherbet glasses. Put a small scoop of Cranberry or Lemon Ice in center and decorate with a sprig of mint.

To make Lemon Sherbet: Boil 1 cup water, 1/4 cup sugar and 1/2 cup white corn syrup together for 5 minutes. Add 1/2 cup lemon juice; cool and freeze to a mush. Add beaten white of one egg and freeze until firm.

Almond Arabian

(Simple But Good Dessert)
1/4 cup almonds, chopped
6 oranges
1/2 cup dates, cut in pieces
Peel and slice oranges; then cut slices in half. Arrange in serving dish, combine with sliced dates and sprinkle nuts on top. Serve with a "dab" of whipped cream.

Snappy Salad

Crisp celery
Grapefruit
Nippy cheese
French dressing
Lettuce on other greens
Stuff the celery stalks with the nippy cheese (add finely chopped pimiento to it if desired). Slice stalks into half-inch sections; place in center of lettuce-covered salad plate. Surround with the segments of peeled grapefruit.

Porter will have charge of the praise.
The Evangelistic service at 7:30. The subject will be "The New Birth".
A Watch-night service will be held Thursday evening at 11 o'clock. You are heartily invited to attend.

Junior Young People's society, each Sunday at 6:30. Miss Ruth Martin in charge.
CHURCH OF CHRIST
M. P. Man, Pastor
Next Lord's Day Evangelist, Geo. W. Hatch, of Butte, Montana, will preach both morning and evening. After the morning session there will be election of church officers. Bible school, 9:45 a.m. Mrs. Verna Hopper, Supt. Communion service and preaching at 11 a.m., with special music by the choir under direction of Mrs. J. Johnson. Song service and preaching, 7:30 p.m. We invite you all to these assemblies.

Bible School
The subject of the Bible Class to be held Friday evening at the Huber hall by Mrs. A. G. Nagel will be "Seek Immortality: Eternal Life: Question: Why Should We Seek For It If We Have It Already."

Bethel Congregational Church
Harper S. Burns, Pastor
A MERRY CHRISTMAS
And Happy New Year
Bible School at 9:45 a.m. R. C. Doty, Supt.
Morning Worship at 11 a.m. Anthem by the choir. W. L. Cady, choir director, sermon theme, "How to Begin the New Year." Junior Endeavor at 7 p.m. Senior Endeavor at 7 p.m. A very cordial invitation to all our services.

CEDAR MILL NEWS
By Girl Scout Troop No. 61

Frank Reeves plans to build 50 new homes in and around Cedar Mills.
The Cornell Ladies club met Wednesday at the home of Mrs. James Walters.

Sophia Bauman, a daughter of the late Mrs. R. Bauman, is moving to Portland. She plans to rent their home.
Wednesday night, the Cedar Mills school is presenting a Christmas program; there will also be a bazaar held by the P.T.A.

CHURCH ANNOUNCEMENTS

Nazarene Church
Peter Clark, Pastor
Sunday Bible school at 9:45. Mr. W. H. Hart, Superintendent. Divine worship at 11 o'clock. The Pastor will take for his theme one word: "Forward". The sermon will be based on the epistle of Paul to the Philippians, chapter 3, verse 14. Miss Esther

Wednesday night, Mrs. James Walters gave a birthday dinner in honor of the 18th birthday of her daughter, Miss Evelyn Walters. There were 12 present.
Friday, the Girl Scouts were entertained with a Christmas party by Mrs. A. R. Pearson, their captain, at the home of her mother, Mrs. James Walters. There were thirteen girls present, besides the lieutenant of the troop.

Two committee members and Mrs. Whiteley, a teacher at the school.
Sunday, the Mead family held their annual Christmas pot luck dinner at the home of Mr. and Mrs. A. Pearson. Guests included: Mr. and Mrs. O. B. Harriman and daughters; Mr. and Mrs. J. R. Sandford and family; Mr. and Mrs. James Walters and family; Mr. and Mrs. Ray Dorland and family; Mr. and Mrs. A. M. Mead and family; Mr. and Mrs. P. M. Mead and family; Mr. and Mrs. H. Smith; Mr. and Mrs. A. Davis; and Glen Britton. Altogether, there were 40 persons present.

LINFIELD COLLEGE
ACCEPTED BY A.A.U.
Acceptance of Linfield college as a member of the Association of American Universities was made public November 17 by Dr. Elam J. Anderson, president of the college. Dr. Anderson terms the membership the most important event in the college history during the past decade.

The action places Linfield on the highest accredited list for institutions of higher learning in the United States. Linfield graduates may enter any graduate school in the country without a trial as to their qualifications. Before this time Linfield was recognized by the Northwest Accrediting association. In April, 1928, but was not accepted nationally. Linfield is the fifth school in Oregon to receive membership. Other members are Oregon State, University of Oregon, Willamette and Reed. There are only 11 other institutions in the northwest that belong to the association.

Aline Boswell, daughter of Mr. and Mrs. W. H. Boswell of Beaverton and Markey Sayre, son of Mr. and Mrs. O. Sayre of Beaverton, are freshmen at Linfield.

Liming Trial Established
Hillsboro—A demonstration trial to obtain more information on the effect of lime on strawberry plantings has been established by August Jesse in cooperation with County Agent W. F. Cyrus. Ground limestone was applied at the rates of one, two and three tons per acre on land that acidity tests showed had a lime require; ment in the neighborhood of two tons per acre.

Right Out Of The Air
By R F SERVICE
Charles Martin is sticking to his strongest love, the "Thrill of the Week" on the Leo Reisman programs, Tuesday nights on the NBC red network. He was drawing a big fee for writing another network show, but he found he got better thrills by concentrating, so he wisely chose to devote all his time to his "Three Minute Thrills."

***A rehearsal for the Ripley "Believe It or Not" broadcast is exciting. Present at a recent rehearsal were a lady bouncer from a New York night club, a woman blacksmith and Dobbin, a live white horse!

***It took no less a person than Octavus Roy Cohen, famous American author, to conceive "The Personal Column of the Air," a new series through which persons can send messages to those whose whereabouts are unknown. The program is heard over both the NBC red and blue networks, over KMOX, St. Louis, and a number of Canadian stations. It is a network time afternoon is 2:45 p.m., E. S. T., and on the blue it is at 11:15 a.m., E. S. T.

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***Ben Sweetland, radio's Friendly Counselor, is one of the biggest fan mail pullers on the West Coast, getting 500,000 letters since he's been broadcasting.

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Hints for Homemakers
By Jane Rogers
THE redecorating season is at most here. All of us are either thinking about new spring and summer furnishings for our homes and apartments, or we have already begun buying and sewing. Let's start off correctly this year by putting up fresh, sparkling new window shades.

No matter how gay and summery your new curtains are, they can't hide dingy, crumpled, badly hanging shades. And we all know our windows tell our neighbors a great deal about us.
Clever women who take a great deal of pride in their homes are harmonizing their window shades with their curtains and draperies. A white shade looks best with white curtains. Why not use a rich, golden cream shade with your soft green, pale yellow or cream curtains? A grand idea, and you can carry it through for every room in the house. The result is so smart and new, we'll wager you'll get many a compliment from your neighbors on your good taste!

A word to the wise and thrifty—don't buy just any shade—get the better kind. They're made of excellent quality window shade cloth that is specially processed with an oil paint. These shades give you long wear, they have an amazing amount of body, and they're not "weighted" with starching and other foreign matter that washes out with the first rainstorm. If all this isn't enough, they're hung on good sturdy rollers!

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Proposals Invited
LEGAL NOTICE
School District Number 48, Washington County, Beaverton, Oregon will receive sealed bids for all necessary material to construct a school garage. All bids to be for material delivered on the job at Beaverton and to protect the district on the quoted price until March 15, 1937. Material lists can be secured at the High School Office at Beaverton, Oregon, or from C. N. Freeman, 400 Concord Building, Portland, Oregon. All bids to be in the hands of the School District Clerk not later than January 20, 1937. Address Mrs. Althea Haulenbeck, Box 338, Beaverton, Oregon.
Chairman, Dr. J. R. Talbert, Dist. Clerk, Althea Haulenbeck, adv c-4-5

Beaverton Cleaners
And Laundry Service
PHONE 6304
Wishing You A Merry Christmas
And A Happy New Year

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.

at the movies
AT THE RITZ
BEAVERTON
Wed. to Sat., Dec. 23 to 26
Our Christmas Number
"POOR LITTLE RICH GIRL"
With Shirley Temple (Nuf Sed)
Also a 2-Reel Comedy, plus a Mickey Mouse and News
We Hope You'll Like our Christmas Selection

BE WISE-ALKALIZE!
CHEER UP BIG BOY, DON'T BE SICK
ALKALIZETZ DOES THE TRICK
HANGOVER
Why don't you try Alka-Seltzer for the relief of—
HANGOVER
Stomach Gas, Headache, Acid Stomach, Colds, Neuralgia, Fatigue, Muscular, Rheumatic and Sciatic Pains? Alka-Seltzer has a pleasant, refreshing, tangy taste. It contains an analgesic (Acetylsalicylate, a Sodium Salt of Aspirin) which relieves pain and discomfort, while its vegetable and mineral alkalizers help to correct the cause of those minor ailments associated with hyperacidity of the stomach.

At your drug store, at the soda fountain, and in 30c and 60c packages for home use.

CLASSIFIED ADS
Classified Advertising Rates
Per Word One Cent
If Paid When Ordered
(Minimum Price for first insertion, 15 cents)
Billing Charge Ten Cents
Subsequent Insertions, per word, One Cent

EXAMPLE—If a 10-word classified advertisement is inserted, it would cost 15c for one time, 25c for two times, 35c for three times, etc. If necessary to send out a statement, an additional charge of 10c will be made.

FOR SALE
DAIRY and family cows for sale. Cash or terms. No down payment necessary, with monthly payments as low as \$5 per month.—Gail Karns, Orenco, Phone Hillsboro 2621X, adv.

FOR SALE
Drum set, including bass, snare, stand, pedal, spurs, etc. Russell Hulett, Cedar St., Beaverton.

FOR SALE
Large, dark roasting hens. Phone 6603, c-3

FOR SALE
One-third horse-power, A. C., single phase, 110 volt, Holtzer-Cabot Elec. Co. motor with pulley, \$7.50. The Beaverton Review.

Miscellaneous
Money to loan—5 1/2% money to loan on good improved farms. Also have 8% money on good dairy herds. E. A. Griffith, Hillsboro, Ore. etc.

WANTED
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OUR SINCERE WISH
A Merry Christmas To You
And A Happy New Year, Too
—BEAVERTON SWAP SHOP

An Ideal Christmas Present For Your Daughter, Son, or Friend Is A Life Insurance Policy. It Would Teach Thrift, Security And Protection, And Cost Is Very Small.

DOY GRAY
Writes Every Kind of Insurance

THE HOME CAFE
NOW OPEN FOR BUSINESS
At the Old Town Pump Location
At Aloha

Specialty—Hot Meat Pies
Home Made Pies
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Start the Year with NEW DELIGHTS

A BETTY BARCLAY FEATURE

Here you are with New Year recipes that range all the way from a fruity canape to a delicious candy, including a wheat and meat macaroni steak which is easy to prepare and a great favorite, and a ripe olive mufin that is a real "must try." As for the soufflé, salad and pudding they must be tried to be appreciated.

Pineapple-Roquefort-Olive Canape
Cut toast in pieces 3 inches by 1 1/2 inches. Cut in half and split lengthwise the canned, Hawaiian pineapple that comes sliced in spear-like shapes. Mash 1 1/2 ounce cube Roquefort cheese, add 1 teaspoon cream and beat until smooth. Spread on buttered toast and cover with pineapple. Spread a small amount of cheese around the edge of the pineapple and arrange thin slices of stuffed olives on it.

Stuffed Macaroni-Steak
1 package long macaroni
4 tablespoons butter
2 lbs. round steak
1 medium onion
4 tablespoons flour
1 cup hot water
1 cup grated cheese
Salt, pepper, sage
Cook macaroni, without breaking, in 3 quarts of boiling water to which a tablespoon of salt has been added. Boil about 10 minutes; remove to a platter and drain off all water. Marinate with the melted butter, keeping the lengths in horizontal order. Wipe steak with damp cloth. Pound to make more tender. Cut steak into six inch squares, or keep whole if preferred. On top of the prepared steak spread salt, pepper, sage and chopped onion.

Place a bundle of macaroni on top and roll steak around, securing well or tying properly to retain the macaroni strands. Brown steak on all sides in butter or fat quickly, then add cup of hot water and cover. Simmer until tender in an oven with heat of 400 degrees. Remove steak and add water to liquid in pan to make about 2 cups of gravy. Serve with gravy poured over stuffed steaks and any leftover macaroni placed around the plate or platter as a border. Garnish with parsley.

Chicken Soufflé
5 tablespoons quick-cooking tapioca
3/4 teaspoon salt
Dash of pepper
3/4 teaspoon chopped onion

1 cup milk
1 cup chicken stock, or 1 cup water
2 tablespoons lemon juice, and 2 bouillon cubes
1 cup finely cut cooked chicken
2 tablespoons chopped parsley
2 eggs yolks, beaten until thick and lemon-colored

3 egg whites, stiffly beaten
Combine quick-cooking tapioca, salt, pepper, onion, milk, and stock in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes), and cook 5 minutes, stirring frequently. Add chicken and parsley. Remove from boiling water; let cool slightly while

Fry bacon and drain off fat. Sift together flour, baking powder, salt, and sugar, and work in the shortening. Add milk and mix. Add olives and beaten eggs. Bake in oiled muffin rings in a hot oven (425 degrees F.) about 20 minutes.

Makes 1 dozen medium sized muffins.
Mince Meat Cake Pudding
1 (9 oz.) package dry mince meat and 1/2 cup water
boiled almost dry.
1/2 cup shortening
1 cup sugar
3 eggs, beaten
1 teaspoon soda
3 tablespoons sour milk
2 cups of flour
1/2 teaspoon cinnamon
1/2 teaspoon allspice
1/4 teaspoon cloves
1/4 teaspoon mace
1/4 teaspoon salt

Break mince meat into pieces. Add cold water. Place over heat and stir until all lumps are thoroughly broken up. Bring to brisk boil; continue boiling for three minutes or until mixture is practically dry. Allow to cool. Cream shortening and sugar together. Add beaten egg and blend. Add cooled mince meat. Mix and sift flour, cinnamon, allspice, cloves, mace, and salt. Pour into long, shallow buttered pan and bake 30 minutes in a moderate oven (350 degrees F.). Serve warm cut in squares and top with hard sauce or lemon sauce.

Cocoa Pecan Bars
3/4 cup sweetened condensed milk
1 tablespoon cocoa
7 slices bread (day old)
1/2 cup finely chopped pecan meats

Thoroughly blend sweetened condensed milk and cocoa. Remove crusts from slices of bread and cut in one inch strips. Cover all sides with cocoa mixture and roll in finely chopped pecan meats. Place on greased cookie sheet and brown lightly under low flame. Makes 21 bars.

Ripe Olive Muffins
3/4 cup sliced ripe olives
1/2 cup finely cut bacon
2 1/2 cups sifted all-purpose flour

Lima Salad Manhattan
1 cup cooked, dried Limas
1/2 cup sliced cabbage
1/2 cup grated American cheese
Boiled or mayonnaise dressing
1 cup pickles, chopped
Mix Limas, cabbage, and pickle with dressing. Serve on crisp lettuce leaves and sprinkle with cheese.

To revive the fresh, juicy tenderness of the dried Limas, soak them in cold water from 6 to 8 hours. Drain. Cover with boiling water and cook slowly until tender (about 30 minutes). Add salt after 20 minutes cooking. (This applies to either large or baby limas).

