

# The Cook's Nook

**Twelfth Night Parties In Vogue; Lucky Guest "King For A Day"**

Remember "Twelfth Night" that ends the "Twelfth Day" after Christmas? It's being celebrated again (never ceased in some countries) and it's a grand way to entertain on January 6th, to wind up the holiday season.

Twelfth Day is a Christian custom, ancient past memory, its object to do honor to the three Wise Men or, as often called, the Three Kings. Old England celebrated it with a large cake baked with a bean in the middle, whoever drawing the bean being King for a Day with all respect and privilege. Old London ranked second only to Christmas in festivals. Rome and Paris celebrate it still, with the "Befana" in Rome—a large figure who parades through the streets dispensing sweets and gifts—and "Le Roi de la Fève" in France—the Bean King!

In this country it provides an occasion for another party, with plenty of the traditional cakes and punch for refreshment. It started in 813 and now it's back in vogue in 1937. A grand idea for your club, these cake and punch recipes are good for any day or night in the whole glad new year!

### Twelfth Night Wassail

1 cup grated pineapple  
2 qts. boiling water  
2 cups freshly made tea  
1 qt. grapejuice  
1 qt. carbonated water  
Juice of 6 oranges

Cook pineapple, sugar and water together 15 minutes. Strain and cool. Add fruit juices and tea. Let stand for an hour. When ready to serve pour over cracked ice and add carbonated water. Serves 40.

### Banana Spice Cake

2 1/2 cups sifted flour  
2 tps. baking powder  
1 tsp. soda  
1 tsp. salt  
1/2 tsp. cloves  
1 1/2 tps. cinnamon  
2 tps. nutmeg  
2 1/2 cup shortening  
1 1/3 cups sugar  
2 eggs, well beaten  
1 2/3 cups mashed banana (4 to 5 bananas)  
2 tps. vanilla

Sift together flour, baking powder, soda, salt and spices. Rub shortening to a creamy consistency with back of a spoon. Stir the sugar, a few tablespoons at a time, into the shortening and continue stirring after each addition until light and fluffy. Add eggs and beat well. Add flour mixture, alternately with banana, a small amount at a time. Beat after each addition until smooth. Spread in fluted tin. Pour into greased butter cake pans and bake in a moderate oven (350° F.) about 35 minutes or until cake is done. Makes two 8-inch layers. (For Twelfth Night Cake, put one large bean in batter to be baked

for selection of "King.")

### Golden Twelfth Night Cake

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 bananas (2 to 3 bananas)  
1 tsp. vanilla  
Orange Cream Filling

Cream shortening and add sugar gradually. Stir in eggs. Sift flour, baking powder, soda and salt together. 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 moderate oven (375° F.). When layers are cold, put together with whipped cream, and sliced bananas, and spread whipped cream over top of cake, or put layers together with Orange Cream Filling made this way:

5 tps. cake flour  
1/2 cup Florida orange juice  
2 egg yolks, slightly beaten  
1 cup sugar  
Grated rind one orange  
4 tps. water  
2 tps. butter  
3 tps. lemon juice

Combine flour, sugar, orange rind, fruit juices, water, egg and butter. Cook in double boiler 10 minutes, stirring constantly. Cool, spread.

### Queen's Frosting

1 1/2 cups sugar  
1/2 cup cold water  
1 tps. white corn syrup  
2 egg whites  
Sweetened raspberry or strawberry syrup

Beat egg whites into mixing bowl. Put sugar, water and syrup into small saucepan. Stir over low heat until sugar dissolves. Boil rapidly until syrup forms soft ball in cold water (228° F.). Remove from stove. Beat egg whites quickly until stiff. Continue beating, while pouring hot syrup in fine stream over egg whites. Add fruit syrup until flavored and colored to taste—about 1 tablespoon for delicate pink frosting. Continue beating until stiff enough to spread.

### ALOHA NEWS

Ogden Wright and family have moved to Garden Home.

Mrs. Walter Tibbatts spent the Christmas holidays with her children in Portland.

Joe Powers and Grant Baldwin of Portland were Monday callers at the Oscar Mason home.

Mrs. C. A. Johns and daughters were Thursday callers at the J. H. Neal home. Mr. Neal is not feeling very well.

Elmer Scott is at the War Vet-

### CEDAR MILL NEWS

By Girl Scout Troop No. 61

A holiday visitor of Helen Wuthrich is her girl friend, Eva Scholzman from Wenatchee, Wn.

Evelyn Walters is spending the Christmas school vacation at Nelsalem visiting her cousin, Lois Mead.

Mrs. M. Hersher, who is wintering here, from Wisconsin, spent the week end with the Kurstli families in Hillsboro.

Mr. and Mrs. Willis Barnes have left for Pensacola, Florida, to spend about six months with Mrs. C. Runyan. Mrs. Runyan, aged 94, is Mrs. Barnes' mother.

Mr. and Mrs. Calvin Katterman and family spent Christmas at Centralia, Washington, with Mr. and Mrs. H. M. Sheldon. The Sheldons are Mrs. Katterman's parents.

Christmas day, Mrs. John Walters entertained the Walters family with a turkey dinner. Present were: Mr. and Mrs. Frank Malcolm; Mr. and Mrs. J. J. Churchley; Norman Walters; Mr. and Mrs. Herman Walters; Mr. and Mrs. James Walters; Helen and Mary Jane Malcolm; Verma, Evelyn, Leola, Barbara, James, Donald and Gene Walters; and Isabelle Opperman.

crans' hospital in Portland for observation. Mr. Scott is a Spanish War veteran.

Mr. and Mrs. J. M. O'Connor now reside in Beaverton. The Archie O'Connor family are occupying the J. M. O'Connor home.

Mr. and Mrs. Ernest French, of Lodi, California, were Tuesday guests at the Edward Johnson home. Mrs. French and Mrs. Johnson were girlhood friends.

Mrs. Tobias of Alexander Ave. has sold her home and stored her furniture. She left last Wednesday morning for Seattle, Wash. to visit over the holidays with her sisters. She has not determined where she will locate.

Mr. and Mrs. Edward Johnson and family joined with others of the family at the home of Mr. Johnson's parents, Mr. and Mrs. P. Johnson of Portland for New Year's Day. All the children and grandchildren enjoy this annual affair.

Mrs. Eddinger of Vancouver, Wash., was a guest of her sister, Mrs. Hazel Scott, for several days last week, staying over Christmas. They were joined by brother sister and her husband from Mazon, Wash., for Christmas dinner.

Mr. and Mrs. Albert Schaeffl and children of Aloha, and Mr. and Mrs. Otto Oppenlander of

## CHURCH ANNOUNCEMENTS

### CHURCH OF CHRIST

M. P. Mann, Pastor

Bible school next Lord's Day at 9:45 a.m. Mrs. Vernia Hopper, Superintendent.

Communion service, 11:00 a.m., followed by preaching by Minister Geo. W. Hatch; subject, "Christ in the Commercial World." Special music by the choir, Mrs. J. Johnson, director.

Preaching at 7:30 p.m. by Mr. Hatch, subject, "What To Do When Life Tumbles In." Midweek service, Wednesday, 7:30 p.m.

The annual meeting will be held Thursday night, January 7, with a pot-luck supper at 7 o'clock.

The Missionary Society will meet at the home of Mrs. Carl W. Rogers, January 8th.

### Methodist Episcopal Church

Earl B. Horsell, Pastor

Sunday school, 9:45 a.m. Mrs. G. L. Pace, Superintendent. Classes for all ages.

Morning worship, 11:00 a.m. Sermon-topic, "What Do We Believe about God?"

Epworth league, 7:00 p.m. Evening worship, 8:00 p.m. Sermon-topic, "The Great Divide."

### Bethel Congregational Church

Harper S. Buras, Pastor

Bible school at 9:45 a.m. R. C. Doty, Supt. Classes for all ages.

Morning worship at 11 a.m. Music by choir. W. L. Cady, choir director. Sermon subject, "How Christians Grow in Grace." (An exposition of 2 Peter 1:1-11. Note: Please read these verses.)

Junior and Senior Endeavor at 7:00 p.m. A very cordial welcome to all our services.

### Bible School

The Bible class to be held at the Huber Hall Friday evening by Mrs. A. G. Nagel will be a continuation of last week's lesson.

### Nazarene Church

Peter Clark, Pastor

Serday school at 9:45. Mr. W. H. Hart, Superintendent. Divine Worship at 11 o'clock. The Pastor will preach on "Dis-

Forest Grove were Christmas dinner guests of the daughters' parents, Mr. and Mrs. Floyd Brown. Mrs. Brown's sister and husband, Mr. and Mrs. W. M. Bushaltz of Portland, were honor guests of the Browns, bringing the entire dinner for the occasion. Mrs. Brown is confined to her bed a great part of the time.

ferent Factors in Entire Sanctification." Various passages of Scripture will be used throughout the message. Miss Esther Porter will lead the praise.

The Evangelistic service at 7:30. The subject will be: "Heaven and Earth Ransacked to Find a Joy Equal to the Lord Himself." The sermon text is found in Psalm 73, verse 25.

You are invited to spend the first Sunday of 1937 with us in worship.

Prayer meeting on Wednesday evening at 7:30.

### QUICK COOKING IS VEGETABLE RULE

Modern production, chopping and storage methods have given the homemaker attractive fresh vegetables the year around, but even so the list of those available in winter is not as complete as at other times of the year.

One way to keep the family from becoming tired of the winter vegetables is to see that they are prepared in the most attractive as well as the most wholesome form. The most important rule for cooking of all vegetables is to use the shortest time possible for the process says Lucy A. Case, nutrition specialist in the Oregon extension service.

Quick cooking preserves both its attractive appearance and full

food value, while enhancing the flavor. Not all vegetables can be prepared alike; however, Miss Case points out. Following are some suggestions for preparing three common winter vegetables:

**Brussels Sprouts:** Wash and trim. Cook in more than enough boiling water to cover, salted at rate of 1 1/2 tps. of salt to quart of water. Cook rapidly about 10 minutes or until tender when tested with fork. Drain off all water, and season with hot cream or medium white sauce, poured over the sprouts so as not to break their shape.

**Broccoli:** Remove all but tender inside leaves and wash and separate flowers or sections. Cook and season same as described for Brussels sprouts. Broccoli is attractive cooked whole and served with white sauce covering part of the head and decorated with paprika on the white sauce. Broken or separated broccoli is usually cooked in about 12 minutes, but the leaves are sometimes given a longer cooking and used as greens.

**Winter Squash:** Wash and split into sections of size for serving and remove fibers and seeds. Bake in moderate oven until tender, about 1 hour. Fifteen minutes before done add salt, butter and brown sugar or honey. Serve on the shell. The pieces may also be

taked or steamed, removed from the shell and mashed and seasoned with cream or butter and salt, or squash may be steamed or baked and used in pies instead of pumpkin.

## 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—out 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.

## THE TEMPERATURE TELLS



Quick roasting may mean economy in time, but it is actually an extravagance in both meat and fuel, say cookery experts of the state colleges and the U. S. Department of Agriculture.

The two rib roasts above show the results of experiments which prove this point. They are attracting much interest at the International Live Stock Exposition being held in Chicago from November 28 to December 5.

The two roasts were both cooked to the rare stage of doneness. The roast on the right was cooked in a 450° F. oven; the one at the left at 250° F. The first roast lost 4 pounds; the second only 1 1/2 pounds. The ribs roasted at the low temperature were juicier, more uniformly done, and more attractive in appearance. It took more time in the oven at the low temperature, but 50 per cent less gas. A low temperature causes little or no spattering of the oven, such as takes place when the heat is turned on full blast. And so, on all counts, a low temperature in roasting is best.

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## FESTIVE LAMB ROAST FOR HOLIDAY DINNER



A leg of lamb, served with minted peach halves, is an ideal choice for the very special dinner at any time, but more especially for the holidays this year, because there is an abundance of high quality lamb on the market now at reasonable prices.

The leg of lamb shown above is known as the American style, which merely means that the end of the leg bone has been removed, so that the roast may be cooked in a shorter roasting pan.

To roast a leg of lamb, place it, cut side up, on a rack in an open roasting pan, and allow it to roast at a low temperature (300 to 350° F.) until done. Do not cover and do not add water. Allow thirty to thirty-five minutes per pound for roasting at the low temperature.

The peaches are minted by being simmered in a mint flavored syrup. These are garnished with mint leaves.

## FOODS, FACTS and FOIBLES

EARLY AIR TRAVELERS USED TO SUBSIST MOSTLY ON SANDWICHES. TODAY, THREE SQUARE MEALS A DAY ARE SERVED TO PASSENGERS ON THE AIRLINES. UNITED AIRLINES IN 1936, SERVED 325,000 MEALS ALOFT.

1936 DECEMBER

12/1 AUGUSTUS CAESAR BITES SOME BEAUTY

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THE ROME BEAUTY-WORLD'S MOST FAMOUS BAKING APPLE-TAKES ITS NAME FROM ITS ROMAN PREDECESSOR, A LARGE STRIPED-RED APPLE WHICH WAS ONE OF THE FIRST FAMOUS CULTIVATED APPLES-A FAVORITE DURING THE REIGN OF AUGUSTUS CAESAR.

COLUMBIA RIVER SALMON WHICH DO NOT CARE TO GO UP THE FISH LADDERS AT THE RECENTLY CONSTRUCTED BONNEVILLE DAM—CAN TAKE ELEVATORS. BOTH LADDERS AND ELEVATORS ARE PROVIDED TO ASSIST THE FISH IN GOING TO THEIR HOME STREAMS TO SPAWN.

### FAMOUS GOURMETS OF HISTORY

CLEOPATRA, AND THE LADIES OF HER COURT, ATE QUANTITIES OF CHEESE DAILY—AS PART OF THEIR BEAUTY REGIME.

## Here's a New Way to Have Candlelight Without Gloom or Glare

By Jean Prentice



Candlelight gives a pleasing effect, but often is tiring to the eyes. Concealed light coming from behind a drapery lambrequin, as shown here, softens the brilliance of the candles and enhances the general scheme.

THE dining room in the average home has come to be the "coat of many colors." Sometimes it must be the efficient study or game room, or even the sewing room, for often the table is the only area in the house big enough for cutting. Again it is the family dining room, and in this use it must take on the more festive atmosphere suited to the afternoon tea, buffet supper, or formal dinner party.

**Lighting Can Be Flexible**

One ceiling lighting fixture—even one of those fine modern ones—is scarcely resourceful enough to serve all these varying demands equally well.

Many a homemaker prefers eating by candlelight, and usually does, when entertaining. Now there is no gaining the fact that dining by candlelight is delightful and most desirable. However, unless there are many candles of the taper height in the room, candlelight alone is tiring to the eyes annoying to many people, and, almost always (haven't you ob-

served?) to the men. The thoughtful hostess certainly wants the charm, but not at the expense of her guests' comfort. Fortunately there are lighting compromises which will insure both delightful and comfortable effects in any setting.

**Variety of Effects Possible**

The flickering light of the candles—and you know it is usually right at the level of the eyes—needs other light in the room, soft and unobtrusive, to be sure, and of small amount so that the sparkling brilliance of the candles will not be wiped out but merely softened. This additional light may come effectively from carefully shaded wall brackets, from indirect urns, or still more subtly from behind drapery lambrequins.

The latter method is the newest, and is becoming extremely popular. It employs a concealed metal trough equipped with several of the new lamplike lamps, and sheds a soft radiance that is really a joy to behold. Any good electrician can install it for you in very little time, and the cost is quite moderate.