

The Cook's Nook

Uncommon Sense on Common Colds

The flap of handkerchiefs being taken from pockets and the muffled sounds of controlled sneezes mark the advent of the "coryza season"—the months of colds! A cold is one thing you can catch without running after it—unless you're clever about it, and combat it in advance.

Building up bodily resistance is one way to prevent colds. For the doctor will tell you that we catch colds more easily when our systems are over-acid; yet many of the foods we eat tend to produce acidity. So the "Rx" for household use is to eat alkalis which counteract the acids and help build resistance. Our best alkalis are oranges and grapefruit. Eat or drink your citrus twice a day and you'll find yourself more than ready to battle Old Man Sniffles.

Once you've caught your cold you still need these anti-acids, for acidosis is always present with colds and the alkaline salts of the citrus juices are very effective in restoring the normal alkaline balance of the body. Even in cases of fever which accompanies colds (as if you didn't know) citrus juices are the thing, and may be served "the patient" frequently.

For your anti-cold or convalescent regime, take one of these recipes. Sound silly to serve punch to a sickbed? It's not, it's smart!

Orange Egg Nog

1 egg
1/2 cup orange juice
2 tbsps. sugar
Milk
Grated orange rind
Beat egg yolk with orange juice and 1 tablespoon sugar. Pour into a tall glass. Beat egg white stiff with remaining sugar and fold three-fourths of egg white into yolk mixture. Add milk to almost full glass and stir well with spoon. Top drink with remainder of beaten egg white and garnish with bit of orange rind grated on top. Serve at once.

Rice and Oyster Chowder

(That Hot "Must")

2 cups boiled rice
1 cup chopped celery
1 qt. oysters
2 egg yolks
1 cup milk
1 cup boiling water
Salt and Pepper

Drain and chop oysters. Put a layer of chopped celery in kettle, add a layer of cooked rice, a layer of oysters. Season with salt and pepper. Repeat until all rice, celery and oysters are used. Pour over this, boiling water and cook slowly 25 minutes. Beat well the yolks of eggs and milk; add to chowder. Cook 5 minutes, stirring carefully. Serve hot.

Banana Custard

1/2 cup sugar
3 tbsps. flour
3/4 tsp. salt
2 cups milk
1 egg
3/4 tsp. vanilla
2 bananas, diced
Mix together the sugar, flour and salt. Add milk. Cool until thickened, then boil for five minutes. Add gradually to slightly beaten egg and cook one minute longer. Cool. Add vanilla and diced banana. Serves 8.

Energy Salad

1 pkg. lemon flavored gelatin
1 cup warm water
1 cup pineapple juice (canned) and water
1/2 tsp. salt
1 cup diced canned pineapple
1 cup dates, quartered
Dissolve gelatin in warm water. Add pineapple juice and water, and salt. Chill. When slightly thickened, fold in pineapple and dates. Turn into mold. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. Serves eight.

Snow Pudding

1 cup grapejuice
4 tbsps. white corn syrup
1 egg white beaten stiff
2 tbsps. granulated gelatin
1/2 cup whipped cream (optional)
Pour 1/2 cup cold grapejuice over gelatin and let stand. Heat remaining juice with syrup to boiling. Dissolve softened gelatin in hot liquid. Chill; when thick

but not set, beat with egg beater until thick and fluffy. Beat in egg white and continue beating until mixture is thick. Fold in cream, if used. Mold and chill.

Simple Grapefruit Whip

2 egg whites
3/4 cup sugar
Few grains salt
1 cup grapefruit pulp
Beat the whites of eggs until frothy; add sugar and salt, and continue beating until stiff. Fold in fruit pulp. Serve at once. Use over plain cakes; or serve with custard sauce.

Let not things future trouble thee. For if necessity so require that they come to pass thou shalt (whenever that is) be provided for them with the same season, by which whatsoever is now present, is made both tolerable and acceptable with thee.—Marcus Aurelius.

The next advancement in motion pictures will be pictures shown in their natural colors.

CALL FOR BIDS

The County Court of Washington County will receive sealed bids on Public Liability and Property Damage and Fire and Theft Insurance on County owned automotive equipment, which bids must be submitted by 10 o'clock A. M. Wednesday, January 27, 1937. Details may be had at the County Court, Hillsboro, Oregon. Bidders must be residents of Washington County.

SUMMONS

In the Circuit Court of the State of Oregon For Washington County Howard L. Foreman, Plaintiff, vs. Harvey L. Price and M. H. Roberts, partners doing business under the firm name and style of PRICE & ROBERTS, Defendants.

TO HARVEY L. PRICE AND M. H. ROBERTS, Greetings: IN THE NAME OF THE STATE OF OREGON. GREETINGS: You and each of you are hereby required to appear in the above entitled court and answer the complaint filed against you in the above entitled action on or before the 20th day of February, 1937, said date being after the expiration of four weeks from the date of the first publication of this summons upon you, the date

of the first publication thereof being January 22nd, 1937; and if you fail so to appear and answer said complaint for want thereof, the Plaintiff will take judgment against you for the sum of \$238.00, together with interest thereon from the 5th day of November, 1936, at the rate of six per cent. per annum, and for the costs and disbursements filed herein; and will sell, according to law, to apply on said judgment, the following described property which has been heretofore duly attached in Washington County, Oregon, and which is now in the possession and under the control of the Sheriff of Washington County, Oregon, as follows, to-wit:

- 1 red writing desk
- 1 brown mohair overstuffed chair
- 1 red breakfast table and five red chairs
- 9 tall glasses
- 1 Tom and Jerry bowl and 5 mugs
- 1 book named "Preservation"
- 1 book named "Units in English"
- 1 book named "Romance"
- 6 blue mugs
- All dishes and miscellaneous cooking utensils
- 1 General Electric washing machine
- 1 bed and mattress
- 1 folding cot

About 175 jars of fruit, vegetables and jelly
1 Florence oil heater
1 hand garden cultivator
1 Colwell lawn mower
1 rake
1 push broom
1 ton of hay
1 electric roaster and 1 waffle iron

And also will sell to apply on said judgment, the following described property which has been heretofore duly attached, in Clackamas County, State of Oregon, and which is now in the possession of the sheriff of Clackamas County, Oregon, as follows, to-wit:

- 17 tons of hay, subject to the claim of George T. Angel in the amount of \$6.30;
- 17 sacks of potatoes;
- 20 acres of oats and vetch, 1/3 interest of which Price owns in the oats and vetch.

This summons is served upon you by publication thereof in the Beaverton Review, a newspaper printed and published in Beaverton, Oregon, and of general circulation in the State of Oregon, pursuant to an order of the Honorable R. Frank Peters, Judge of the above entitled Court made and rendered on the 18th day of January, 1937.

E. J. McAlear and Neal W. Bush, Resident Attorneys, State of Oregon, Post Office Address, First National Bank Bldg., Hillsboro, Ore. adv c8-12

SUMMONS

In the Circuit Court of the State of Oregon For Washington County Alice Hortense Sandgren, Plaintiff, vs. David A. Sandgren, Defendant.



Don't let HEADACHE, Acid Indigestion, Neuralgia, Muscular, Rheumatic, Sciatic Pains, rob you of healthful recreation.

Take Alka-Seltzer. Find out for yourself how quickly it will relieve your every-day ailments.

Alka-Seltzer relieves pain because it contains an analgesic (sodium acetyl-salicylate). Alka-Seltzer's vegetable and mineral alkalis neutralize hyperacidity of the stomach.

Your druggist sells Alka-Seltzer by the package and over his soda fountain.

BE WISE—ALKALIZE

Easy Pleasant Way To LOSE FAT

How would you like to lose your fat, increase your energy and improve your health?

How would you like to lose your double chin and your too prominent hips and abdomen and at the same time make your skin so clean and clear that it will compel admiration?

Get on the scales to-day and see how much you weigh—then get a bottle of Kruschen Salts that cost next to nothing and which will last you 4 weeks. Take one half teaspoonful in a glass of hot water in the morning—cut down on pastry and fatty meats—go light on potatoes, butter, cream and sugar—and when you have finished the contents of this first bottle weigh yourself again.

Notice also that you have gained in energy—you feel younger in body—Kruschen will give any fat person a joyous surprise. Refuse imitations—safeguard your health—you lose fat SAFELY the Kruschen way.

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

In The WEEK'S NEWS

CURRENT EVENTS PHOTOGRAPHED FOR THE REVIEW



TAKES NAVY POST—Charles Edison (right), son of the inventor, gets his commission as assistant secretary of the navy from Secretary Claude A. Swanson as Rear Admiral Leahy looks on.



WEIGH FEDERAL CHANGES—Senators Joseph T. Robinson and Charles McNary, majority and minority leaders, study the report of the President's committee that recommended sweeping changes in the administration set-up.



RALPH E. WEEKS, President International Correspondence Schools, who cites as evidence of the growing demand for skilled labor, the fact that during 1936 there was an increase of 114 per cent in the number of employees enrolled in apprenticeship and employer training programs, through cooperative arrangements made with the I. C. S. by 2600 industrial concerns throughout the country.

PEACE EFFORTS FUTILE—William S. Knudsen, General Motors vice-president, whose peace parley with strikers fell through when sit down strikers refused to evacuate plants they held.



RESCUE FLOOD VICTIMS—Heavy rains and thaws threatened a repetition of last year's floods as rescue workers saved marooned victims. Here Indiana flood workers carry 79-year-old Silas Lilly to safety.



A NEW TRICK—Hollywood girls are buying lengths of colored jersey or velvet tubing, one end of which they are fitting on their heads. The surplus yardage is then twisted this way or that, or tied into a perky top-knot. Jane Hamilton, screen star, is shown in one of the tricky chapeaus.

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P. O. State

NOTICE OF FINAL SETTLEMENT
In the County Court of the State of Oregon of Washington County
In the Matter of the Estate of Eli Grindle, Deceased.
NOTICE IS HEREBY GIVEN that the undersigned, duly appointed Administrator of the above named estate, has filed in the above entitled court and cause his final account and report as such, and the court has fixed the 6th day of February, 1937, at the hour of ten o'clock A. M. of said day, and the court room of the above entitled court in Hillsboro, Oregon, as the time and place for hearing objections to said Final Account, and for the final settlement of said estate.
DATED this 2nd day of January, 1937.
Frank E. Grindle, Administrator of the Estate of Eli Grindle, Deceased.
Bagley & Hare, Attorneys for Administrator. advp6-10

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