

The Cook's Nook

Fresh and Frothy Facts for Fall RING UP THIS ONE

"No sale" will never, never be the result on your meal register, when you "ring up" one of those gelatine molds filled with fruit. Tastiest is the kind made with cheese and filled with juicy segments of grapefruit and orange—which are now packed in cans, ready to use in a jiffy or a jig. To make this delightful Salad Ring, just soak 1 tbsp. gelatine in ¼ cup lemon juice; add the juice drained from one No. 2 can citrus fruits to the juice drained from one small bottle of maraschino cherries; heat ½ cups of the combined juices and add to gelatine. Arrange the orange and grapefruit segments, with maraschino cherries in the bottom of a ring mold; add remaining fruit juices and place in refrigerator overnight. To serve, unmold on lettuce or other salad greens and fill the center of the fruit ring with cottage cheese, well mixed with sour cream.

AN AUTUMN TRIO

Grapes on the vine, squash in the garden, and apples on the tree—Fall's in the air. Three choice ways to use these three thrifty viands are herewith supplied you; clip them and use them right this week.

Grape Conserve

- 5 lbs. Concord grapes
- 1 lb. can white corn syrup
- 3 lbs. sugar
- 6 large pears, peeled and cored
- 2 cups walnut meats
- 1 teasp. allspice
- 1 teasp. cinnamon

Remove the pulp from the grape skins and boil pulp ½ hour. Strain through a sieve to remove pits. Dice pears and put together with skins and pulp of grapes. Add sugar, corn syrup and spices and boil for 1 hour. Add chopped walnut meats about ten minutes before removing from fire. Pack in sterilized jars or glasses.

Scotch Apple Strips

- 1 recipe pie crust
- 5 large apples pared and thinly sliced
- ½ cup sugar
- ¼ teasp. cinnamon
- 2 tbsps. butter
- 2 cups shredded cocoanut
- ¼ cup sugar
- Dash of salt
- 1 egg, beaten thoroughly
- ¼ cup milk

Roll pastry ¼ inch thick; line large shallow pan or baking sheet (13 x 9 inches) with pastry. Arrange apple slices in rows on dough; sprinkle with mixture

of sugar and cinnamon and dot with butter. Bake in hot oven (425°F.) 20 minutes. Cover with coconut topping made by combining cocoanut, sugar, salt, egg and milk. Reduce heat to moderately hot (375°F.) and bake 15 minutes longer, or until delicately browned. Cool; cut into strips 2 x 4 x ½ inch. 1 doz. strips.

Squash Royale

Cut summer squash or the long thin variety into fourth-inch slices. Fry in salad oil over medium heat until tender and brown. Sprinkle lightly with brown sugar and serve with a chunk of butter.

BROWN SUGAR AND BANANAS WEDLOCKED IN DESSERT

Brown sugar and bananas (such a lovely pair) are lovingly joined with butter and other good things to make one of the richest, most mouth-watering desserts you've had in ages. See here: Peel 4 partially ripe bananas, cut in half lengthwise and fry for about one minute in a small amount of butter. Place bananas into a well-greased baking dish. Mix ½ cup brown sugar and ¼ teasp. salt together and sprinkle onto bananas. Pour 1 tablespoon lime or lemon juice and then 1 tablespoon melted butter over sugar. Cover with 1/3 cup chopped walnut meats. Bake in a moderately hot oven (375°F.) about 10 minutes, or until sugar melts and bananas are tender. Serve hot eight servings.

I HAM SANDWICH FOR SIX

Stuffer ham takes anybody's ticket as a dinner deluxe! Use two medium-thick slices, put your favorite bread stuffing between, spread with mustard sauce and bake. Before serving, broil grapefruit segments and garnish ham. Serve with applause!

PERTINENT PARAGRAPHS

Chicken salad is three times better when you put some fruit in it! Sliced bananas make one good variation, and another one is made with orange segments—canned or fresh.

Cunning for garnish are "applettes" made with a melon scoop by hollowing out round balls of peeled apples. Always use your natives apples for this. You've tried sliced dates in your cereal. Now try cooking them until soft and tender in a little water, and serving them with hot cereal.

Ready-to-use fruit peels which come in 3-ounce packages, diced or sliced make fruit salads festive. Nice in cake frosting too.

REMAKING THE HOME BY JANNETT ALLEN



Textboard planks give this dining room its elegance.

Dream of Panelled Room Comes True

EVERY mother's daughter of us has carried all her life the memory of some favorite room that glows in memory. Often its picture returns to the screen of your mind and you hold it there a minute, catching again the gleam of freight on its wood panelled walls.

The chances are it was a wood panelled room. Who has not wished to have such a room in her own home? You have dismissed that yearning, believing that panels of walnut or mahogany were beyond the range of your pocketbook.

The bugaboo of cost has now been conquered. The newer building materials have brought the elegance of mahogany or walnut panels in the dining room or library within the reach of Americans of modest means. Shop around a bit and find out. One material, for instance, called

Textboard, is actually a thin veneer of fine wood attached to cane fiber board.

Applied over the old plaster walls, this board provides a genuine wood paneling. In short, the dream is within your reach for this material can be applied without removing window and door frames or moulding.

In the English period styles of interiors to which plank lends itself so well, one wall of a room may be wood panelled and the remainder of the walls plastered. Often the wall around the fireplace is chosen to show off the favorite wood, for eyes turn naturally to the fireplace as the center of the room's life.

In remaking your home, there is ample opportunity also to bring the dining room up to date. Make the children even prouder of their home the next time they entertain.

Mr. I. Knowlitt If the lady wasn't suffering, everybody else was.



Raising the Family - Two guesses - who's got to go?



AFTER THE HONEYMOON



CHURCH ANNOUNCEMENTS

Bethel Congregational Church
Harper R. Burns, Pastor

Rally Day will be observed commencing at 9:45 when the Bible School will conduct promotion exercises. R. C. Doty, Superintendent.

Morning worship at 11:00 a.m. Special music in charge of Senior choir, W. L. Cady, Director. Pastor's sermon subject, "Holy Spirit With Power Divine." Intermediate and Senior C.E. at 6:30 p.m.

Note: This is a Young People's service for Young People. Evening Worship—7:30 p.m. Congregational hymn singing in charge of Mr. Cady. Tell us your favorite hymn and it will be sung. Pastor's sermon subject, "What a Friend We Have in Jesus."

Let us all unite in making this a day of rich spiritual blessings and inspirations.

Nazareth Church
Julius Miller, Pastor

Sunday School—9:45 a.m. Bring your family for religious worship and stay for the morning

Morning Worship—11:00 a.m. Communion service; praise and prayer; Sermon subject, "The Upper Room Experience."

Young People's Meeting—6:45 p.m. Miss Edith Watts will be the leader.

Evangelistic meeting—7:45 p.m. The Pastor's subject will be, "The Battle Is Not Yours, But the Lord's."

Midweek prayer-meeting—7:30 Wednesday nights.

Come and worship with us. Visitors and strangers always receive a warm welcome.

St. Cecilia's Church
Rev. G. L. O'Keefe, Pastor

Sunday Services—7:20 and 9:30 A.M.

Methodist Episcopal Church
Earl B. Horsell, Pastor

Sunday School—9:45 a.m. Superintendent, Marie Sams. Classes for all ages.

Morning Worship at 11 a.m. Consecration of Leaders. Sermon-Topic, "The Zero Hour."

Special music by Epworth choir. Epworth League—7 p.m.

Evening Worship—8 p.m. Sermon-Topic "Crumbling Walls."

People today are hungry for a vital word of confidence and

assurance. The Christian church has that word. It must now speak out or lose its place as a trustworthy leader of mankind.

Know Your Language

By C. L. Bushnell

School of English,
International Correspondence
Schools

THE word "claim" is often used incorrectly in place of "contend," "allege," "assert," "maintain." Wrong: "He claims that he understands the Einstein theory." Right: "He maintains that he understands the Einstein theory."

The English word "panic" is derived from the name of the Greek god Pan. Pan was a wild, goat-footed god of the woods and mountains, and was the dread of all travelers in such regions. Sudden and unreasonable fear would seize them with the premonition of the near presence of the god. Thus our word for such sudden and often unreasonable terror relates directly to the superstitious fears of a people living in remote ages.

HOW OFTEN CAN YOU KISS AND MAKE UP?

FEW husbands can understand why a wife should turn from a pleasant companion into a shrew for one whole week in every month. You can say "I'm sorry" and kiss and make up easier before marriage than after. Be wise. If you want to hold your husband, you won't be a three-quarter wife.

For three generations one woman has told another how to go "smiling through" with Lydia E. Pinkham's Vegetable Compound. It helps Nature tone up the system, thus lessening the discomforts from the functional disorders which women must endure in the three or four years of life. 1. Turning from girlhood to womanhood. 2. Preparing for motherhood. 3. Approaching "middle age."

Don't be a three-quarter wife. Take LYDIA E. PINKHAM'S VEGETABLE COMPOUND and Go "Smiling Through."

SHE LOST 20 POUNDS OF FAT

Feel full of pep and possess the slender form you crave—you can't if you listen to gossipers.

To take off excess fat go light on fatty meats, butter, cream and sugary sweets—eat more fruit and vegetables and take a half teasp. of hot water every morning to eliminate excess waste.

Mrs. Elma Verille of Havre de Grace, Md., writes: "I took off 20 lbs.—my clothes fit me now." No drastic cathartics—no constipation—but blissful daily bowel action when you take your little daily dose of Kruschen.

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