

The Cook's Nook

Dessert: Bestow A Benediction!

Do your desserts bestow a benediction upon your best, of meals? Ah, dessert should be a blessing, benevolently bestowing a benediction!

To the hearty meal which has completed its voyage along the alimentary canal, the dessert should whisper. To the dainty trifle of a meal quickly gone into history, dessert should shout! To a run-of-the-mill meal, concocted on one of your less imaginative days, desserts should be glamorous, to the masterful menu, dessert may take a shy attitude and simply be the period on the end of the meal-sentence.

OPEN THE WEATHER EYE
The calendar and the thermometer and the barometer too, also govern your choice of desserts. Hot and hearty for days of chill, cool and fragile for languid weather is your golden rule. Be an extremist when you gauge the temperature of your dessert—let them be really hot, or honestly cold, not in-between. If your recipe says "chill" or reads "serve hot" please to follow the directions!

If you want a classification of desserts, that's easy; they come "hearty"; "medium"; and "light". Hearty ones include pastry, rich cakes; fritters; rich frozen desserts; shortcakes; batter and fruit puddings. The medium kind include: custards; cornstarch desserts; creams and soufflés; simple puddings; gelatine molds; simple frozen dainties. And for the lighter ones you may have: fruit (and more fruit); plain gelatine and fruit; froths and foams and fluff; water ices and whips; and simple ice creams and frozen desserts.

NOT ALL, BUT THE BEST

There are literally hundreds of dessert recipes. We can't give you recipes for them all, at one time, but we can give you some of the very best, very newest ones—Benedictions, all!

Golden Sponge

(Light and Frothy!)
1 tbsp. gelatine
1/4 cup cold water
1/4 cup sugar
1/4 tsp. salt
1/2 cup boiling water
1/2 cup pineapple juice
1/2 cup orange juice
1 tsp. lemon juice
2 egg whites, beaten stiff
Soften gelatine in cold water. Add sugar, salt and boiling water

and stir until gelatine is dissolved. Add pineapple and orange juice; cool, and when mixture begins to thicken, beat until frothy. Fold in egg whites. Pile into sherbet glasses and garnish with maraschino cherry. Chill and serve with or without whipped cream.

Golden West Pudding

(The Sauce Makes It Hearty!)

1/4 cup shortening
1/2 cup sugar
2 egg yolks
1/4 lb. graham crackers
1/2 tsp. salt
1 tsp. baking powder
1/2 cup milk
1/2 tsp. vanilla
2 egg whites

The Pudding: Cream shortening, add sugar gradually; stir in beaten egg yolks. Crush crackers with rolling pin to make 1 cup fine crumbs. Add this mixture to creamed butter and sugar alternately with milk. Add vanilla. Fold in beaten egg whites. Bake in shallow pan lined with oiled paper in moderate oven (350° F.) for about 30 minutes. Serve warm or cold with:

Golden West Sauce

1/3 cup butter
2/3 cup powdered sugar
1 egg
1/2 cup dates
1/2 cup chopped nuts
1 tsp. lemon juice

Melt butter in top of double boiler. Beat egg and add sugar, stir in melted butter; return mixture to double boiler and stir until sauce thickens. Remove from fire; add lemon juice, dates and nuts. Keep warm over hot water until serving time. 6 servings.

Snow Pudding

1 egg white, beaten stiff
4 tbsps. white corn syrup
2 tbsps. gelatine
1/2 cup whipped cream
1 cup grapefruit juice

Pour 1/4 cup cold grapefruit juice over gelatine and let stand 15 minutes. Heat remainder of mixture with syrup to boiling point. Dissolve softened gelatine in hot liquid. Chill and when thick but not set, beat with egg beater until thick and fluffy. Fold in beaten egg whites and whipped cream. Mold and chill.

Banana and Apple Betty

3/4 cup sugar
1/4 tsp. salt
1/2 tsp. cinnamon
2 apples



One by one fresh berries and fruits are disappearing from the market. The days and nights are getting colder. Appetites are getting keener. More social gatherings are in evidence. The cold weather guest season is with us.

Our bodies demand more food than during the heat of summer, but heavy foods must be balanced and those fruits and vegetables that still remain must be called upon more frequently.

The canned fruit juices are a "natural" for this season of the year and among these pineapple juice lends itself exceptionally well to a wide variety of uses. Then this year we also have those attractive spear-like slices of canned pineapple which encourage the preparation of all sorts of unusual and delicious dishes.

The following recipes are offered for your consideration this fall. You will find them delicious and healthful.

Hawaiian Cream

2 tablespoons quick-cooking tapioca
1/4 tsp. salt
3 tablespoons sugar
1 egg yolk, slightly beaten
1/2 cup milk
1 1/2 cups canned Hawaiian pineapple juice
1/4 cup shredded coconut
1 egg white, stiffly beaten
1/2 tsp. vanilla

Combine tapioca, salt, sugar, egg yolk, milk and pineapple juice in top of double boiler and stir enough to break egg yolk. Place over rapidly boiling water, bring to scalding point (5 to 7 minutes) and cook 5 minutes, stirring frequently. Add coconut. Remove from over boiling water. Fold a small amount of hot mixture into egg white. Add this to the remaining tapioca mixture and blend. When cool, add vanilla. Chill and serve in sherbet glasses. 4 to 5 servings.

Piquante Fruit Cocktail

1/2 cup canned Hawaiian pineapple juice
1/2 cup grapefruit juice
Sweeten to taste
1 cup canned cherries
1 cup canned pears
1/2 tablespoon crystallized ginger

Mix the pineapple juice and grapefruit juice, sweeten to taste, and chill. Remove pits from cherries (either white or red), cut pears into cubes, alternate layers of fruit in cocktail glasses, pour over fruit juices and sprinkle each service with some chopped ginger. Serve ice cold. 4 servings.

Meat Loaf Honolulu

1 1/2 lbs. ground beef
2 medium sized onions, chopped
4 soda crackers, rolled
1 cup seedless raisins
2 teaspoons salt
1/2 teaspoon pepper
3 eggs beaten slightly
1/2 cup grated cheese
6 half slices of bacon
1/2 of a No. 2 can Hawaiian pineapple sliced in spear-like shapes

Combine all ingredients except cheese, bacon and pineapple. Grease a deep pan (5 1/2" or 6" x 10"), place 6 of the spear-like pineapple slices and press one half of meat mixture into pan. Sprinkle with cheese and press in remainder of mixture. Bake in a moderate oven (about 375° F.) for at least one hour. When half done arrange bacon slices across loaf. When ready to serve, turn meat loaf on a platter, pineapple side up. Garnish with parsley. Serve with a hot tomato sauce or catsup. 6 servings.

Raising the Family—It's no time to argue when a man's back is full of a trunk



Mr. I. Knowitt

He's wise to the fresh kids



AFTER THE HONEYMOON



3 bananas
3 cups small bread cubes
3 tbsps. butter
Mix together sugar, salt and cinnamon. Combine with sliced peeled apples and bananas. Brown the bread cubes in butter. Fill buttered baking dish with alternate layers of bread cubes and fruit, using the bread for top and bottom layers. Cover dish and bake in moderate oven (375° F.) for 30 minutes. Remove cover and bake about 15 minutes longer or until apples are tender. 6 servings.

CHURCH ANNOUNCEMENTS

Bethel Congregational Church
Harper R. Barnes, Pastor
Bible School—9:45 a.m. Classes for all ages. 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 "Some Divine Paradoxes."

Intermediate and Senior C.E. at 6:30 p.m. An interesting and helpful service for Young People.
Evening Worship—7:30 p.m.
Note: The Methodist and Congregational churches are uniting in a Union service with Rev. Horsell, bringing the message and special music by the Congregational Choir.
Our Church extends a very cordial invitation to all these services.

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. Sermon-topic "The Secret of Peace."

Epworth League—6:30 p.m.
Evening Worship a Union service at the Congregational church. —7:30 p.m.
To a hungry world, Jesus said, "I Am The Bread of Life."

CHRISTIAN CHURCH
George Harris Hatch, Pastor
A cordial invitation to come and worship with us is given to all who are not affiliated with some church in this community.

Bible School—9:45 a.m. with classes for all ages beginning with an overture by the orchestra.

Communion Service—11:00 a.m., when the pastor will speak on the subject, "The Jordan Road." Christian Endeavor—6:30 p.m. with Miss Miller as leader.
Evening song and prayer service at 8 p.m. when the subject will be, "Why I Believe That the Bible Is True."

Mr. and Mrs. J. D. Harleman (Mary Kingston) of Dilley are receiving congratulations on the birth of a little son born Sept. 30.

Kidneys Must Clean Out Acids

The only way your body can clean out acids and poisonous wastes from your blood is thru 3 million tiny, delicate kidney tubes or filters, but beware of cheap, drastic, irritating drugs. If functional kidney or bladder disorders make you suffer from Getting Up Night, Nervousness, Leg Pains, Backache, Circles Under Eyes, Dizziness, Rheumatic Pains, Acid-ity, Burning, Smarting or Itching, don't take chances. Get the Doctor's guaranteed prescription called Cystex (Siasin). Works fast, safe and sure. In 48 hours it must bring new vitality, and is guaranteed to give you up in one week or money back on return of empty package. Cystex costs only 3¢ a day at druggists and the guarantee protects you.

NOW OFTEN CAN YOU KISS AND MAKE UP?

NEW 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. Beware. 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 ordeals 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 teaspoonful of Kruschen Salts in a glass 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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