

The Cook's Nook

Oh, Don't Save Your Kisses—

When They're Made Of Meringue! You can't save your kisses—when they're made of meringue! Those dainty wisps called "kisses" that are cooky and candy and topping all in one, are too good to keep, lady! But learn to know the meringue family and you won't need to save them.

There are four kinds of meringue, which is itself a delicate mixture of beaten egg whites, sugar and flavoring. "Soft" meringue is the topping we put on pies (ah, ponder the glories of lemon and chocolate cream!) and sometimes on puddings and cakes. "Hard" meringues are baked longer, slower to make a confection-like dessert or a shell to hold fruit and cream and filling. "Basic" meringue, often called Italian meringue is made with syrup and the beaten egg whites and this mixture is used as the basis for some sherbets and ice creams. Frostings are really meringues and then there are Marguerites—crispy crackers spread with meringue and topped with fruit or nuts or jelly. Macaroons belong, with Kisses, to the Meringue family too! So never toss away your egg whites, use the yolks for mayonnaise or Hollandaise, but treasure those egg whites!

MERINGUE RECIPES

Date Meringues

2 egg whites
2/3 cup sugar
1/2 cup chopped almonds
1 cup sliced dates
1/2 teaspoon vanilla
1/4 teaspoon salt

Beat egg whites until stiff but not dry; beat in sugar 1/3 at a time. Add salt and vanilla. Fold in sliced dates and chopped nuts. Drop mixture by rounded teaspoons in smooth mounds on well oiled baking sheet or inverted pan. Bake in slow oven (275°F.) for about 30 minutes. Meringues will be dry on the surface and very slightly colored. Cool for one minute before removing from pan with spatula or broad-bladed knife. 24 meringues.

Easy Lemon Meringue Pie

Make your favorite recipe for the filling of lemon pie. Make meringue by beating 2 egg whites until stiff but not dry; add 2 tablespoons sugar gradually, and continue beating until peaks will when dropped from spoon. Spread on top of lemon filling in baked shell and brown in slow oven.

Grapefruit Meringue Sherbet

1/2 cup sugar
1 cup water
Italian meringue
2 teaspoons lemon juice
1 cup grapefruit juice

Heat sugar and water until sugar is dissolved; cool. Strain the fruit juices into the syrup and freeze to a mush. Italian meringue: Boil 1/2 cup sugar and 1/2 cup water to thread stage (230-234°F.). Add 1/4 teaspoon salt

to 2 egg whites and beat to a stiff foam; add 1/4 cup of sugar gradually and beat until stiff. Pour hot sugar syrup over egg white mixture beating constantly, beat until cold. Fold into grapefruit ice mixture, frozen to the mushy stage and continue freezing. If mixture is frozen in automatic refrigerator and liquid "settles" remove to chilled bowl and beat vigorously once or twice during freezing. Rapid freezing prevents this liquid layer from forming.

Cream Filling In Meringue Cups

2 egg whites
Few grains salt
1/2 cup granulated sugar
1/4 teaspoon vanilla

Meringue Cups Beat egg whites and salt until stiff but not dry. Beat in about two-thirds of the sugar gradually; fold in remainder of sugar and vanilla. Cover an oiled baking or molding board with ungreased paper. Place mounds of meringue mixture on paper to make circles about 2 inches in diameter; shape into nests on paper, by swirling spoon around in center of meringue mixture until small hollow has been made. Bake in slow oven (300°F.) for about 45 minutes, or until shells are dry on the surface. Remove from paper while warm; if meringues seem to stick, moisten the reverse side of paper slightly with damp cloth.

Banana Cream Filling

6 bananas
1 cup heavy cream, whipped
1/2 cup powdered sugar
1/2 teaspoon vanilla

Slice bananas. Mix thoroughly whipped cream, powdered sugar, vanilla and add bananas. Fill 6 meringue shells with this mixture and sprinkle with grated unsweetened chocolate if desired. Serves 6.

NOTES ON MAKING MERINGUE

Warm egg whites before whipping them for meringue. Use granulated sugar for sweetening meringues—gives best results. Be sure to watch your recipe for the correct stage of beating egg whites.

Real Estate Transfers

W. G. Ide et ux to Leslie J. Alter et ux, Part of Sec. 6 T1S R2W.
Fred A. Mills et ux to Albert S. Heard, Part of Sec. 31 T2N R3W.
Florence Wallace et al to Edna Billeu, 30 acres Part of Sec. 14 T2S R1W.
W. E. McCloskey et ux to J. T. Heard et ux, 1 acre Sec. 16 T1S R1W.
Victor S. Nixon et ux to J. A. Oppenlander et al, 1 acre Sec. 34 T1N R3W.
O. W. Hesterlee et ux to Wilmer Troxel et ux, Lot 10 Wilshire.

FOODS, FACTS and FOIBLES



CHEESE HAS BEEN AN IMPORTANT ARMY RATION SINCE THE DAYS OF THE EARLY GREEKS. UNCLE SAM'S STANDING ARMY EATS 12.5 POUNDS PER MAN PER YEAR—MORE THAN TWICE AS MUCH AS THE AVERAGE CITIZEN.



ANTONY ONCE GAVE A DINNER FOR CLEOPATRA. SHE PRAISED IT SO HIGHLY THAT HE ORDERED THAT A CITY BE GIVEN THE COOK AS RECOMPENSE.

FAMOUS GOURMETS OF HISTORY

ALEXANDER THE GREAT HAD FRESH RAW APPLES SERVED TO HIM AT EVERY MEAL.

NOODLES ORIGINATED IN GERMANY IN THE MIDDLE AGES.

RAW APPLES

Raising the Family



Mr. I. Knowlitt

Handling kitchen mechanics is his middle name.



AFTER THE HONEYMOON



CHURCH ANNOUNCEMENTS

Nazarene Church
Julius Miller, Pastor

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

Morning Worship—11:00 a.m. The Pastor's subject will be: "Soul Exercise."

Young People's Meeting—6:45 p.m. Evangelistic meeting—7:45 p.m. Our preliminaries consist of good singing and inspirational devotions.

Midweek prayer-meeting—7:30 Wednesday nights. Come and worship with us. Visitors and strangers always receive a warm welcome.

Bethel Congregational Church
Harper R. Burns, Pastor

Bible School—9:45 a.m. Classes for all ages. R. C. Doty, Superintendent. A rapidly growing Bible school.

Morning worship at 11:00 a.m. Special music in charge of Senior choir. W. L. Cady, Director. Sermon subject "Glorifying Jesus."

Note: The sermon will be illustrated by that remarkable picture of "Christ Before Pilate" which was on exhibition in Montreal Canada some years ago.

Intermediate and Senior C.E. at 6:30 p.m. An interesting and helpful service for Young People.

Evening Worship—7:30 p.m. Anthem by the Choir and solo selected by Mrs. Grossenbacher.

inations. You will find all our services interesting and helpful.

CHRISTIAN CHURCH
George Harris Hatch, Pastor

Bible school—9:45 with overture by orchestra. Classes for all ages.

Communion Service—11:00 a.m., when the pastor will speak on "The Road of Social Challenge."

Christian Endeavor—6:30 p.m. with Miss Rose Newton, leader. Evening song and prayer service—7:30 p.m. Sermon-subject "The Lost Book."

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

Sunday Services—7:20 and 9:30 A.M.

Me Bodist 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 Way That Wins." Special music by Epworth Choir.

Epworth League—7 p.m. Evening Worship—8 p.m. A sermon on "The Christian Melting Pot."

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