

The Cook's Nook

Lent Lets Simple Fare Shine

While Sisters Leave Linelight
"Fare, fast and forty" spells Lent to us all. Fare for the forty days of fasting which are our Lenten period is the uppermost subject in the homemaking mind. Wise women want their families to keep the spirit as well as the letter of the forty days. Clever women realize that Lent need not present twice-weekly puzzles, but instead may be an opportunity to enjoy the simple foods sometimes shunned from the limelight by their showy sisters!

Fine fish, from the giant swordfish to the tender little sardine from Norway fjords; snowy rice, ready to lend its goodness to all manner of dishes, and to combine with cheese and eggs and sauce; delicious fruits for variety, from the staunch banana to the juicy orange; wholesome approved sweets, like the chewy date; and all those cereal combinations which deserve a place of their own and need never be called "substitutes."

Rice and Sardines, Norwegian
Wash 1 cup rice in several waters. Boil rapidly five minutes. Drain. Rinse in cold water. Turn into buttered casserole. Pour over the rice 1 cup milk mixed with 1 teaspoon curry powder and 1 teaspoon salt. Arrange contents of a can (3 1/2 oz.) smoked Norwegian sardines on top. Bake 45 minutes in moderate oven (350 deg. F.) with cover on baking dish until the last 10 minutes.

Fish Dishes
Fish, broiled, baked or fried, is delicious with bananas, cooked in any one of the three ways. Smelts are a West-shore favorite; crappie or bass are a Middle West favorite. In any case, you will like the contrast of the cooked banana. To fry bananas, peel and cut into quarters or lengthwise halves. Heat 1 or 2 tablespoons of butter in frying pan. Fry bananas, turning them until brown and tender. Sprinkle with salt, if desired. Serve very hot. To broil bananas, peel; use whole or cut into halves or quarters. Place on broiler rack or in pan. Brush with melted butter and sprinkle with salt. Broil until bananas are brown and tender. Allow 6 to 10 minutes for whole bananas or crosswise halves. Allow 3 to 5 minutes for quarters or the lengthwise halves. Serve very hot. To bake bananas, peel; use whole, or cut into halves or quarters. Arrange in a shallow baking dish. Brush with melted butter and sprinkle with salt. Bake in a moderate oven (375 deg. F.) until bananas are tender. Allow 12 to 18 minutes for whole bananas or crosswise halves. Allow 3 to 5 minutes for quarters or the lengthwise halves. Serve very hot.

halves. Allow 8 to 12 minutes for quarters or lengthwise halves. Serve very hot.

Seafood Starters
Seafood cocktails are good during Lent as at all times. The coral shrimp or flaky crabmeat is delicious combined with celery and grapefruit sections for a cocktail or for salad. Tuna and salmon are improved with grapefruit too. In the south where the grapefruit grows they serve red snapper with broiled grapefruit segments. To serve with your fish choose a segment firm grapefruit; dust with sugar and brush with melted butter, then put under broiler flame until brown; garnish fish and serve hot. Or soak your fish a half hour before cooking in grapefruit juice—delightful!

Lenten Fish in Boats
Open a can of Norwegian sardines, and for each individual serving, peel and cut a banana crosswise into halves and place on salad plate. Cut a groove lengthwise along the top of each half. Fit a whole sardine into each groove so it will stand upright. Garnish with lemon and crisp greens. Serve with mayonnaise.

Sweets in Lent
Candy and confections are a "give up" during Lent too. What better way then, than to satisfy the natural sweets-urge of the body than with natural dates, those plump "desert plums" from Arabia's shores? Eat them plain and eat them often, instead of rarely.

Date Bran Muffins
2 cups fat
1/2 cup sugar
1 egg
1 cup all bran
3/4 cup milk
1 cup flour
1/2 teaspoon salt
2 1/2 teaspoons baking powder
1/2 cup dates, chopped
Cream fat and sugar thoroughly; add egg and beat until creamy. Stir in all bran and milk; let soak until moisture is taken up. Sift flour with salt and baking powder; add dates and add to first mixture and stir only until flour disappears. Fill greased muffin pans three-fourths full and bake in moderately hot oven (400 deg. F.) about 30 minutes. Yield: 8 large muffins (3 inches in diameter) or 12 small muffins (2 1/2 inches in diameter).

DALLAS—Cultivation by means of a spring tooth harrow materially benefits alfalfa stands when done early in the season, says W. C. Leth, county agent. Many alfalfa fields yield less hay and of poorer quality because of weeds and grass, he points out.

CHURCH ANNOUNCEMENTS

CHRISTIAN CHURCH

George Harris Hatch, Pastor
Bible School with classes for all ages meets at 9:45 a.m. with overture by orchestra.

Communion Service—11 a.m. Sermon subject "Baptism of the Holy Spirit." This sermon is in answer to a request that the pastor answer the question, "Does the baptism of the Holy Spirit come at time of conversion, or is it a promise only to Christians?"
Christian Endeavor—6:30 p.m. Song and prayer service at 7:30 p.m. Bring your Bible and go with us as we start on the third mile in the journey thru the Book of Revelations.

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

Sunday services—8:00 and 10:00 a.m.

Bethel Congregational Church
Harper R. Burns, Pastor

Bible School—9:45 a.m. Good classes for all ages. R. C. Doty, Superintendent.

Morning Worship Hour—11 a.m. Anthem and solo by members of the choir. W. L. Cady, choir director. Sermon by Pastor. Sermon theme, "Communion Meditation."

Christian Endeavor—6:30 p.m. An interesting and helpful service for all young people.

Evening Worship Hour—7:30 p.m. A Fanny Crosby memorial service will be held at this time. Note: An urgent business meeting of the church has been called for Tuesday evening beginning with a pot luck supper at 6:30 p.m. All members of the church are urged to be present. A very cordial invitation to all our services.

Seventh Day Adventist Church

Saturday March 19, 1937. Services held in Huber Hall. Sabbath School—9:45 a.m. Supr. Mrs. Zella Edgington. Lesson topics: Adult and Youth classes "Reverence for the House of God."

Children's classes "Lot Brought Out of Sodom."
After service—2:30 p.m. Gordon Edgington, Leader. F. Hodgins, Speaker.

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 "Day Light for the Soul."

Epworth League—7 p.m. Evening Worship—8:00 p.m. Sermon Topic "Early Christian Torch Bearers."

The Wayside Cross is the best guide post for confused, weary travelers.

Aloha Assembly of God Church

Services held at the Huber hall. The revival that is now being conducted by Evangelist J. H. Williams of Houston, Texas is gaining in interest and spirit.

quality nightly and will continue through next Sunday with an all day meeting and basket lunch. "Hell Discovered Twenty Miles From Aloha" will be the subject announced for Sunday evening at 7:30. This sermon has created much interest everywhere. Rev. Williams has delivered it. He urges you to bring the entire family and enjoy a rare and unique revival service.
F. J. Huntley, Pastor.

THE GOSPEL AND WAR

The Gospel proposes Love as the way of life. War operates by the way of Hate.
The Gospel says: "Thou shalt not kill." War kills.
The Gospel says: "Thou shalt not steal." War steals.
The Gospel says: "Thou shalt not lie." War lies.
The Gospel says: "Blessed are the peace-makers." War is contrary to Peace.
The Gospel says: "Personality is sacred." War violates personality.
The Gospel says: "Do Good." War does evil.
The Gospel says: "We are fellow workers with God." War dethrones God.

NOTICE TO CREDITORS

In The County Court Of The State Of Oregon For Washington County

In the Matter of the Estate of Anna Moran Erwin, Deceased. Notice is hereby given that the undersigned, B. G. Erwin has been by the County Court of the State of Oregon for Washington County, duly appointed administrator of the estate of Anna Moran Erwin, deceased, and has duly qualified as such administrator. All persons having claims against said estate are hereby required to present the same to me, with proper vouchers, at my residence at Hillsboro, Oregon, or at the law office of M. B. Bump in Hillsboro, Oregon within six months from date hereof. Dated and first published March 18, 1937.

Last publication April 15, 1937. B. G. Erwin, Administrator of the estate of Anna Moran Erwin, Deceased.
M. B. Bump, residence and address, Hillsboro, Oregon. Attorney for said Estate.
adv. c-16-20.

Notice Of Sale Of Real Property

In the County Court of the State Of Oregon For The County Of Washington

In the Matter of the estate of Marie Specht, Deceased. Notice is hereby given that the undersigned, administrator of the Estate of the above named deceased by virtue of an order of sale issued out of the County Court of the State of Oregon for Washington County made and entered this 16th day of March, A.D., 1937 in the above entitled estate licensing the administrator to sell the herein-after described real property and offer for sale and sell at private sale for cash or upon such terms as may be approved by the Court and subject to confirmation of the above entitled Court, at my office at Beaverton, Oregon in the County of Washington, State of Oregon all of the following described real property within the corporate limits of the City of Beaverton, County of Washington, State of Oregon, to-wit:

All of Lots Numbered Seven (7) and Eight (8) in Block Eighteen (18), original Town of Beaverton, as shown by the duly recorded map and plat thereof, in Washington County, State of Oregon.

Bids will be received by the undersigned on and after the 15th day of April, A.D., 1937. Date of first publication, 18th day of March, 1937. Date of last publication, 15th day of April, 1937.

Doy Gray, Administrator of the Estate of Marie Specht, deceased. Beaverton, Oregon.

Samuel B. Lawrence, Attorney for the estate of Marie Specht, deceased, 712 Sweetland Building, Portland, Oregon. adv. 16-20.

Green Peas Early

Your honest to goodness garden just itches to get in some early peas right now, the first part or middle of March. And in they go with him taking a chance. Maybe they will come through to a crop and maybe they will end up by rotting under a long cold rain.

Yes, some rot and yet there is one seed that is guaranteed to make a sure yield. Here we have it—Being born again, not of corruptible seed (the kind that rots) but of incorruptible by the word of God, that liveth and abideth forever. BEING BORN AGAIN—When you came into this world your human parents passed O.H.U. on to you. Yes, Old Human Nature. And blessed be the day when you were honest enough with yourself to see O.H.N. as it is, a sinner by birth, by choice and by practice. Peter MarFarlane the noted Mission leader of the city of St. Paul tells of the man who came to him saying—"I was born a Presbyterian." The Missioner told him—"No you were not. You were born a sinner." Born a sinner and with what a mind! The Bible calls it a carnal mind since it seeks by nature the lowest of the low. Put your youngsters back in the jungle away from our so-called culture and see for yourself. Your carnal mind, at enmity against God for it is not subject to the law of God neither can be and with such a mind man

cannot please God. Yes. You must be born again and come forth with the new mind that delights to seek out and do the will of God; cost what it may. The soldier boy told how it came to him that he was born again. "I heard HALT, ATTENTION, RIGHT ABOUT FACE, FORWARD MARCH and I obeyed." Born again—You are on the way when you begin to see win, self and God through the eyes of the Bible. SIN—All have sinned. SELF—Without Christ, having no hope and without God in the world. GOD—It is a fearful thing to fall into the

AUTOMATIC GAS WATER HEATING

is Faster Better Cheaper

Buy an automatic Gas water heater NOW! Lower rates save you 10 to 30%
PORTLAND GAS & COKE CO.

Be considerate! Don't cough in the movies. Take along a box of Smith Brothers Cough Drops for quick relief. Black or Menthol—5¢. Smith Bros. Cough Drops are the only drops containing VITAMIN A. This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold and cough infections.

hands of the living God. But—God commendeth his love for us in that while we were yet sinners Christ died for us.

Dean Taylor, Beaverton, Oregon. Pd. adv.

"My Skin Was Full Of Pimples and Blemishes from Constipation" says Verna Schlepp: "Since using Adlerika the pimples are gone. My skin is smooth and glows with health." Adlerika washes BOTH bowels, and relieves constipation by so often aggravates a bad complexion. BROWN'S PHARMACY BEAVERTON

Asthma Cause Fought in 3 Minutes

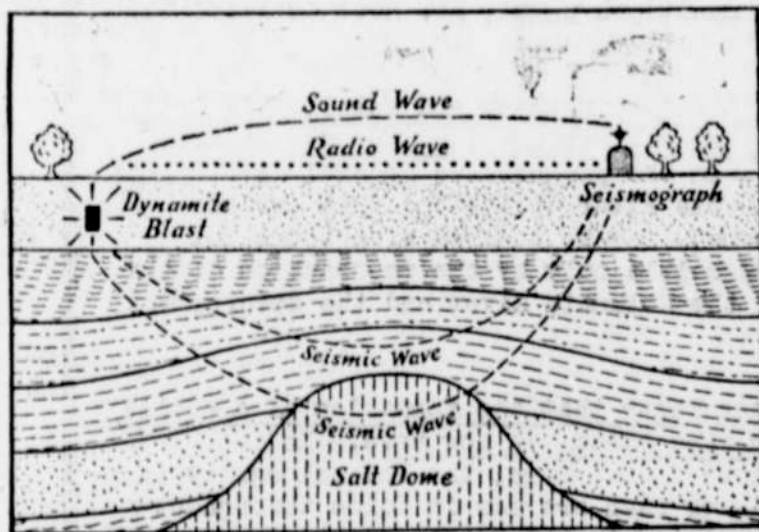
By dissolving and removing mucus or phlegm that causes strangling, choking, Asthma attacks, the doctor's prescription Mendocino removes the cause of your agony. No smokes, no dopes, no injections. Absolutely tasteless. Starts work in 3 minutes. Sleep soundly tonight. Soon feel well, years younger, stronger, and eat anything. Guaranteed completely satisfactory or money back. If your druggist is out ask him to order Mendocino for you. Don't suffer another day. The guarantee protects you.

Beware Kidney Germs if Tired, Nervous, Aching

Are you Run Down, Nervous, suffer Aching or Swollen Joints? Do you Get Up Nights, or suffer from Burning Passages, Frequent Headaches, Leg Pains, Backache, Dizziness, Puffy Eyelids, Loss of Appetite and Energy? If so, the true cause often may be germs developed in the body during colds, or by bad teeth or tonsils that need removing. These germs may attack the delicate membranes of your Kidneys or Bladder and often cause much trouble. Ordinary medicines can't help much because they don't fight the germs. The doctor's formula Cystex, now stocked by all druggists, starts fighting Kidney germs in 3 hours and must prove entirely satisfactory in 1 week and be exactly the medicine you need or money back is guaranteed. Telephone your druggist for Cystex (SAS-text) today. The guarantee protects you. Copyright 1937 The Smith Bros. Co.

Radio, Photocells and 'Quakes Aid Unceasing Search for Oil

By J. F. Witkowski, Principal, School of Radio, International Correspondence Schools



TO maintain our present reserve of crude petroleum, oil producers are faced with the necessity of discovering each year new deposits of oil capable of producing a billion barrels of crude. To meet this demand upon them, producers are engaged in constant exploratory work throughout ever-widening areas within our borders.

After a promising formation has been discovered it must be tested by drilling before its potentialities can be known. But such drilling is extremely costly. It is essential therefore, that before any drilling is undertaken all possible information about the sub-surface structures be obtained. In securing this information radio, the photoelectric cell, and miniature, artificial earthquakes caused by the explosion of dynamite all play a part.

Dynamite is buried 20 to 50 feet underground at strategic points about the area being studied. At the same time that the dynamite is exploded a radio signal is transmitted, providing an exact record of the time of the explosion. From the data recorded by a seismograph—essentially the same instrument as

that used to record nature's earthquakes—it is possible to determine the speed at which the man-made earthquake or seismic waves travel through the various underground strata. From this in turn it is possible to learn a great deal about the character of the sub-surface formations and whether they are of a type likely to produce oil.

The photoelectric cell enters in through the development of a new instrument known as a sonograph which differs from the seismograph in several respects. Earth vibrations caused by the explosions are transformed into electric waves and are sorted out and transcribed on a strip of motion picture film by a photoelectric analyzer. By this method it is possible to identify and use certain data that would otherwise be unrecognizable.

The seismographic method of oil exploration has been carried on in the United States since 1923. It developed that it has helped to reveal runs into the thousands of millions of dollars. Its record in the past and the promise it offers for the future gives it a unique position in the history of petroleum exploration.

1-MINUTE SAFETY TALKS

By Don Herold
Whose itty tootsy-wootsy ootsy is ooh? We'll both be ootsy wootsy angels if you don't watch where you're driving

Broken Glass and Dented Fenders

Here are some tid-bit items in regard to automobile accidents which I have picked up here and there.

The Soviet Government recently executed a hit-and-run driver by the firing squad method.
Well, why not? Murder is murder whether you commit it with a six-shooter revolver or a six-cylinder motor car.

Not long ago, in a Midwestern traffic court, a driver who had been involved in an automobile accident was brought before a judge. It developed that he had been drinking, that he had a glass eye and that his car had little or no braking power.

And I suppose he had one arm around a girl.

Warning horns are forbidden in Berlin; consequently drivers must keep a sharp lookout; the pedestrian death rate has been considerably reduced.

The horn-driver is still a menace in America.

A coupe going 60 miles an hour can turn over a 10-ton truck.

The steering wheel probably goes through your chest.

Want to try it?

More than 100,000 accidents a year are directly charged to drivers asleep.

About 60 per cent of the "autocides" occur at night according to The Travelers Insurance Company, when there is only 25 per cent of the traffic on the roads.

When it's dark, crawl, brother, crawl!

6 BIG PUBLICATIONS

Each for 1 year :- a total of 112 issues



Here's What You Get !!
All Six For One Year
McCall's Magazine, 12 issues
Pictorial Review, 12 issues
Woman's World, 12 issues
Good Stories, 12 issues
The Country Home, 12 issues
The Beaverton Review, 52 issues

REGULAR \$4.00 VALUE — YOU SAVE \$2

YOU WILL GET ALL SIX publications for ONE FULL YEAR, and if you are already a subscriber to ANY of these SIX publications, your present subscription will be extended one full year. Mail or bring the coupon below to our office AT ONCE, and you will receive THE FIVE BIG MAGAZINES each month, and THIS NEWSPAPER each week—that's 60 magazines and 52 newspapers—112 issues in all for only \$2.00. ORDER AT ONCE because we may have to withdraw this offer, or advance the price.

Use This Coupon and Save \$2.00

BEAVERTON, ORE.
BEAVERTON REVIEW.

Yes, indeed, I want to accept your magazine offer before it is withdrawn. Enclosed is \$2.00 in FULL PAYMENT for a ONE YEAR'S subscription, new or renewal, to the following six publications:
BEAVERTON REVIEW 1 year WOMAN'S WORLD 1 year
McCALL'S MAGAZINE 1 year GOOD STORIES 1 year
PICTORIAL REVIEW 1 year COUNTRY HOME 1 year

My name is _____ Town _____

Address _____ State _____