

The Cook's Nook

Bring Your Spring Song Now.

Don't let your spring song be a sneeze! Don't let your "Melody in F" hit a sour note because you have a winter hang-over. Grandmamma used to be-devil you with bitter dosages of malodorous mixtures known as "spring tonics." (Come now Eben, take your sulphur!) Now we laugh at Grandmamma but Grandmamma had the foundation if not the roof, of a good idea. Come Springtime, we do need a tonic, because we've inhaled too much, eaten and drowsed too much. But now we buy our tonics at the grocery store, and find them in the foods we eat.

That sulphur notion of gram's wasn't all tomfoolery; sulphur is the "free" kind, but that we find present in certain of our vegetables and in dates, for instance, is necessary as are the other minerals, such as calcium and iron, also present in the date. That's why dates are recommended by grocers as the spring tonic. They are gently laxative, and contain the "appetite vitamin" (B) which are real tonic essentials!

Along with your dates, you might need some bulk in addition to the cellulose found in the fruit. Add bran then, and you will have the necessary bulk for regulation purposes. You will want to increase your vitamin intake too, so add the citrus fruits for vitamin C to help ward off "spring fever," and you will want alkalizing help from bananas.

Spring Tonic Salad

20 dates
1/4 cup peanut butter
1/4 cup all bran
Orange or lemon juice
Lettuce
Salad dressing

Mix the peanut butter and all bran; moisten with orange or lemon juice. Stuff pitted dates with this mixture; arrange on a bed of crisp lettuce. Serve with any favorite salad dressing. 4 to 5 servings. This cereal-date combination is an excellent one for Springtime menus. Combine the two for a breakfast dish; combine them in muffins; see how the chewy date and the wholesome bran blend their flavors.

"Tonic" Foods

Fruit is our modern spring tonic so date up and date down; these recipes will guide you.

Speedy Pastry

Sift 1 1/4 cups flour, 1/4 cup cornstarch and 1/2 teaspoon salt

into a bowl. Stir in 5 tablespoons salad oil and moisten with cold water to desired consistency. Turn onto floured board and roll out at once.

Special Rhubarb Pie

(Eat Your Tonic in Pie)
1 recipe Speedy Pastry
3 cups rhubarb, chopped
2-3 cup sugar
1 cup dates, sliced
1 1/2 tbsps. flour
1 egg
Mix the sugar and flour; add to the beaten egg; mix with the chopped rhubarb and sliced dates. Put in a pastry lined pie plate and cover with strips of pastry arranged to form a "lattice." Bake in a hot oven (425° F.) for about 25 to 30 minutes. 6 servings.

HIGH WINDWAY

1 cup whipping cream
1/2 lb. marshmallows
1/2 lb. dates, chopped
3 ripe bananas, diced
1/4 lb. chopped walnut meats
3 graham crackers, finely rolled

Whip cream. Fold in other ingredients except cracker crumbs. Shape mixture into roll three inches thick. Roll in crumbs which have been spread on waxed paper. Chill in refrigerator 3 to 4 hours. Slice about 1 inch thick. Top with additional whipped cream and maraschino cherry, if desired. Six servings.

Two Fruit Salad

(With Special Dressing)
On each lettuce-covered salad plate, arrange circle of 5 or more orange slices. Within this circle make a second circle of 4 or 5 of the orange segments. Fill cup with Special Salad Dressing. Stuff 4 or 5 pitted dates with walnut halves. Arrange on orange slices. Top with a walnut half.

Special Dressing

Blend 2-3 cup sugar and 2 tablespoons flour in double boiler. Add 2 beaten eggs, 2 tablespoons salad oil, juice of 1 lemon, juice of 1 orange and 1 cup pineapple juice (canned). Cook until thick, stirring constantly in pot over low heat. Sprinkle with cream.

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that the undersigned, by an order of the County Court of Washington County, Oregon, duly made and entered on the 4th day of April, 1938, has been appointed as administrator of the

Hints for Homemakers

By Jane Rogers



A NEW product called orange butter is being manufactured and is already winning national popularity. Orange butter is classified by the grocer as a preserve. The juice and pulp of the orange are cooked with sugar to give a finished product that is of a natural orange color about the same texture and consistency of apple butter. Use has been made of the natural pectin of the orange in order to secure the desired consistency and a slight amount of lemon juice is added to give firmness. The result is one of the most delicious orange products yet to make its appearance on the market.

The orange butter which comes packaged in glass jars is sealed under the nationally famous process used by many leading food manufacturers technically known as vapor-vacuum sealing. This unique sealing process insures the freshness of the product by hermetically sealing out air—worst enemy of freshness and flavor in food. Glass packed foods that are Vapor-Vacuum Sealed are much approved by the housewife for the cap is easily removed by lifting with the edge of a table knife.

estate of Emma Sophia Carlson, Deceased. All persons having claims against such estate are required to present the same within six months from date of this notice, with proper vouchers, to the undersigned at Beaverton, Oregon.

Dated and first published this 8th day of April, A. D., 1938.
Leonard A. Carlson, Administrator of the Estate of Emma Sophia Carlson, Deceased.

Joseph B. Felton, 316 U. S. National Bank Building, Salem, Oregon, Attorney for Administrator. adv. p-19-23

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, 1938.

Last publication April 15, 1938.
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., 1938 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., 1938.

Date of first publication, 18th day of March, 1938.

Date of last publication, 15th day of April, 1938.

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

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

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MOVIE



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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.

PORTLAND GENERAL ELECTRIC COMPANY

ELECTRIC BUILDING

PORTLAND, OREGON

April 6, 1938

To the Voters of the Proposed Northwest Oregon Bonneville People's Utility District:

IF YOU OPPOSE THE SEVEN-COUNTY DISTRICT YOU CERTAINLY SHOULD VOTE ON APRIL 8TH

It is the privilege and right of all citizens to vote. It is the duty of all of us to express our convictions by our votes.

You do not need a people's utility district to secure any savings arising from Bonneville. Duplication of facilities means economic waste. Substitution of public ownership for private operation affords you no assurance of better or cheaper service but does mean loss of taxes now paid by utilities and means also, under existing law, increasing public indebtedness which can be paid by levying taxes on your property.

In the areas served by our companies there have been many reductions in rates and there never has been an increase in rates for domestic or rural service. The rate trend has been and still is downward and rates of the private utilities are subject at all times to the control of the State. The proposed district would not be subject to state regulation.

Do not exchange the certainty of good service, lower rates and tax contributions for the uncertainties of rates and service under public ownership and political management. The only certainty you have under the people's utility district is that of increased taxes.

In your own best interest vote "NO" on April 8th.

Very truly yours,

Emmett J. Griffith
President.

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My name is Town

Address State



Homemakers' Exchange

of Helpful Household Hints and Recipes

Conducted by ELEANOR HOWE

When unraveling knitted garments, wind the yarn on a clean board. Then take a soft brush, dip it in soapy water, and brush the yarn gently. Next, rinse the yarn and put it in a warm place to dry. It can then be rolled into soft yarn balls, just as easily as fresh new hanks.

CHERRY PUNCH to serve at a February party: Heat together 1 cup sugar and 1 quart water for five minutes or until the sugar is dissolved. Cool and add 1/2 cup lemon juice and 2 cups cherry juice, drained from canned red cherries. Then add 1 pint ginger ale and red coloring to make it the desired shade. Pour over 1 dozen crystal-clear, taste-free ice cubes—the kind that are easily cut with that little gadget, the ice cuber, in only 3 to 5 minutes from the ice in a modern air-conditioned ice refrigerator. This recipe serves 8-10 people.

Why not have a "make-up" shelf in your pantry? On it keep a supply of garnishing materials—marshmallows, cherries, colored gum drops, chocolate beads, chopped nuts, etc. Before desserts or salads go on the table, pause and give them the final touch of "make-up" to enhance their appeal.

Use spring clothespins (tenemated different colors) in a variety of ways: To clip up each side of curtains and thus protect them when windows are open; to mark the napkins of guests who stay for more than one meal; to turn pies around in the oven or move pans because they are more convenient than holders.

CARROT ICE CREAM is an excellent way to provide carrots and milk in the diet of children who do not ordinarily like them; and it's delicious on ginger bread. It's creamy and fluffy, of course, because it's an ice cream freezer ice cream: Soak 1 tablespoon gelatin in 1/2 cup cold milk. Heat 1/2 cup milk and to it add the softened gelatin, stirring until dissolved. Beat 2 egg yolks and stir 1/2 cup granulated sugar into them. Then add this mixture to the hot milk, cooking and stirring until thick enough to coat a spoon. Add 1 pint coffee cream and 1/2 cup. Crumble 1 1/2 cups of coarsely carrot pulp, 1/2 cup carrot juice (drained from cooked carrots), 1/2 teaspoon salt, 1/4 teaspoon each of cinnamon, cloves, and nutmeg, 1/2 teaspoon lemon juice, and 1/4 cup brown sugar, and add to the milk mixture. Pour into freezing container or ice cream freezer. (To allow for expansion, fill not more than 3/4 full.) Then pack mixture of crushed ice and rock salt (use 3 parts ice to 1 part salt by volume) around the freezing container. Turn crank slowly but steadily. When mixture becomes too stiff to turn, in about 5 to 10 minutes, remove cover carefully; then take out dasher and pack down evenly with a spoon. Cover ice cream with wax paper and replace cover. Draw off water and replenish ice and salt mixture. Cover and allow to harden at least 1 hour before serving. This recipe serves 8.

For a new kind of "hen" party, try a "Good Night Party." Guests are asked to wear night clothes. Dainty boudoir accessories are given for prizes and libations and bed time stories are in order. For supper, prepare a candle salad by arranging banana candles in pineapple slices with tiny pieces of burning Brazil nuts on top. Copyright, 1938, by Eleanor Howe