

The Cook's Nook

Get punch into that party—into that certain party's interior thence punch into the whole gathering. This confused beginning involves no pun on pun(ch) and no assault or battery is advised; the punch that puts parties over is, this time, the kind you drink!

You need not own an expensive punch bowl to serve your libation. Paste the year's numerals on a big stone crock, or use your big soup tureen, enamel pail, or—what's the matter with pitchers?

Punch must be very cold, never insipid. It should be of an attractive color, (but pale, please) Garnishes (mint, cherries, orange, slices) lend interest and some-

thing to fish for. Punch must be zippy and refreshing, so in almost every case your base will be of citrus fruit—orange juice, apéritif and for real tang, grapefruit.

Mild for the little ones sophisticated for adults (with your favorite party ingredient added) let your punch live up to its name!

Spicy Ho' Punch

(For Forty's Last Hours)

- 1 cup brown sugar
- 1 cup granulated sugar
- 4 sticks cinnamon
- 6 whole cloves
- 1 quart cider
- 2 cups lemon juice

Orange slices

Lemon slices

2 quarts orange juice

Combine sugars, cinnamon, cloves and cider. Boil 5 minutes. Heat orange and lemon juices to boiling point and combine with first mixture. Pour carefully into punch bowl, which has been heated to prevent cracking. Float orange and lemon slices on top. Serve in mugs. Makes 25 servings.

Coffee Cream Punch

(For that little dance)

- 1 quart freshly made, double strength coffee
- 1 quart chocolate ice-cream
- ¼ teaspoon almond flavoring
- ½ pint heavy cream

In a bowl of cracked ice; pour. Chill coffee quickly by placing into punch bowl. Add one half of the chocolate ice cream; stir until partially melted. Add almond flavoring to cream and whip until stiff. Place the whipped cream and remaining ice cream on top of first mixture. Sprinkle lightly with nutmeg. —15 servings.

Grape Cranberry Refresher

(An appropriate color)

- 2 quart bottles grape juice
- 2 quart bottles cranberry juice
- 2 teaspoons grated orange rind

Mix all ingredients. Chill. Just before serving, pour into glasses

1941 JANUARY 1941

to start the New Year

By BETTY BARCLAY

A New Year surely calls for new delicacies on the table. The following tested recipes have been chosen carefully and are offered as 1941 treats:

Hawaiian New Year's Cup

- 3 oranges
- Whole cloves
- 1 cup sugar
- 3 cups water
- 3 cups canned unsweetened Hawaiian pineapple juice

Juice of 1 lemon
Grated nutmeg
Wash oranges and stick with cloves. Bring sugar and water to a boil and add oranges, cover and simmer until oranges are tender. Remove oranges, strain liquid in which they have been simmered, add to pineapple juice which has been brought to a boil, but not boiled. Stir in lemon juice. Serve hot in small cups with a dash of nutmeg. Cut oranges in small pieces and add one or two to each cup. Yield: 1 quart.

Lima Pines

- 2 cups cooked, dried Limas
- 4 cups hot water
- 1 tablespoon grated onion or onion juice

- 1 tablespoon butter
- 3 tablespoons flour
- ¾ teaspoon pepper
- ¼ teaspoon salt

Rub Limas through a coarse strainer; add hot water, salt, pepper and onion. Heat to boiling point. Melt butter, add flour, stir until smooth, then add to hot soup, and cook 5 minutes longer, stirring constantly.

Sea Food Cocktail

- 1 cup shrimp, lobster, crab, tuna or a combination of these
- ¾ cup finely cut celery
- ¾ cup tomato catsup
- 1 teaspoon Worcestershire sauce
- ¾ cup lemon juice

1 tablespoon finely cut chives or onion
Mix ingredients. Chill thoroughly. Serve in cocktail glasses. Accompany with lemon quarters. (Serves 4-6.)

Magie Fruit Cake

- ¾ cups (1 can) sweetened condensed milk
- 1 cup chopped walnut meats
- ½ pound (3 cups) shredded coconut

1 pound (2 cups) pitted dates, coarsely chopped

Thoroughly blend sweetened condensed milk, chopped walnut meats, shredded coconut, and dates, which have been coarsely chopped. Pack in a greased loaf pan (8x5x3 inches). Bake in moderately hot oven (375° F.) 25 minutes, or until brown. Remove from pan and allow to cool thoroughly. Cut into thin slices.

Ginger Way

- 1 household rennet tablet
- 1 pint milk (ordinary or hom.)
- 3 tablespoons sugar
- 1 teaspoon vanilla
- ¼ cup whipped cream
- 4-5 ginger snaps

Preserved ginger
Break a ginger snap into each dessert dish. Make rennet-custard according to directions in package. Pour at once over ginger snaps. Do not move until firm—about 10 minutes. Then chill in refrigerator. When ready to serve, top with whipped cream and a bit of grated preserved ginger.

New Year's Gossamer

Here's a tempting hot coffee punch to serve your friends when they toast the New Year. You'll start 1941 with a reputation for consideration if you make your brew of decaffeinated coffee, so that enthusiastic well-wishers may enjoy second and even third cups with no fear of sleeping problems later on.

- 1 cup strong decaffeinated coffee
- 2 squares unsweetened chocolate
- 3 tablespoons sugar

Dash of salt

3 cups milk
Make decaffeinated coffee extra strength, using 1½ tablespoons for each cup, ¼ pint water. Add chocolate to coffee in top of double boiler and place over low flame, stirring until chocolate is melted and blended. Add sugar and salt, and boil 4 minutes, stirring constantly. Place over boiling water. Add milk gradually, stirring constantly; then heat. When hot, beat with rotary egg beater until frothy. Serve hot. Top with whipped cream, if desired. Serves 4.

THANK YOU 1940

Among the good things of the old year is this recent word:

New York City—By a vote of six to one the City Board of Education has granted released time for religious teaching in the public schools. This action came at a recent meeting attended by 500 civic leaders, parents, teachers and church officials. In near-by centers the students are to have the last hour Wednesdays for the religious work.

The three R's—Readin' Writin' and 'Rithmetic hardly know themselves with all the new trimmings from Lab and Gym to Home Ec. This vast structure of public education must have put under it a spiritual foundation or it will topple, declare the very promoters themselves.

What are the fruits of book-learning left out? Here is an extreme case but it illustrates. A sophomore in an Oregon High School was looking at a pile of old photos. "Do you know anything of these three chaps in this picture?" asked his mother. And he did—"This one went bad on drink; this next is in the penitentiary and the third committed suicide." So he told it.

The Young America of today has in hand more goods, foods, supplies, inventions, conveniences and devices for his pleasure and upkeep than all his fathers combined, away back to Adam. All these values dropped into the lap of this one and present generation. With what result? "They have a something for nothing and 'let others do it' attitude says Come on Back, former personnel chief of the New York Stock Exchange. "A lawless generation," a group of medical men affirm, shortly ago.

The Bible does not leave man to live up to its teaching in his strength. It points to a supernatural life for such as have no will power nor fit surroundings nor family name. It is the life of God Himself imparted to all who receive Christ as Saviour and Lord and then yield themselves. It is God who creates within us the desire to do His gracious will and who furnishes the power. "If any man be in Christ, he is a new creation; old things are passed away; behold, all things are become new." Which for you, a moral life lived in your own puny strength or the life of God imparted for present victory and eternal glory? Which?

Don't you know?

Beaverton, Ore. Sold Ad

SETTLE IT NOW!

I accept Christ as dying for my sins and would welcome as a gift from you a New Testament for daily reading to learn how to love, trust and obey Him.

Name

Address

Fill out and mail to me at BEAVERTON, OREGON, and the Testament will be sent as a gift.

filled with finely crushed ice. Garnish with sprigs of mint. Approximate yield: 25 servings.

Banana Frosted Milk Shake

(For the littlest ones)

- 1 ripe banana, peeled
- 1 cup cold milk
- 3 tbsp. vanilla ice cream

Use ripe banana (yellow peel flecked with brown). Slice bananas into bowl and beat with a rotary egg beater or electric mixer until smooth and creamy or press banana through medium mesh wire strainer with a spoon. Add milk and ice cream and mix thoroughly. Serve cold. Makes 1 large or 2 medium size drinks.

TO GO WITH THE PUNCH

Punch travels the best when it does not travel alone. Depending on the occasion serve it with bite-size sandwiches, crispy cracker canapes, little cakes, or—best yet—with crunchy cookies like these:

Scotch Date Cookies

(Go with them all)

- ½ cup shortening
- 2 cups brown sugar
- 2 eggs, well beaten
- 1 teaspoon vanilla
- ¾ cups flour
- 2 teaspoon baking powder
- ½ teaspoon soda
- ½ teaspoon salt

Cream shortening; add sugar gradually, creaming until light.

Add eggs, vanilla; blend well. Sift dry ingredients together. Add to creamed mixture; mix thoroughly. Form in roll 1½" in diameter; chill in refrigerator over night. Slice and arrange on oiled cookie sheet. Place one-teaspoon date filling on each; top with second slice. Bake in moderate oven (350 degrees F.) 20 minutes. Makes 6 dozen.

Date filling

- 1 14 oz pkg. dates, finely chopped
- ½ cup brown sugar
- ¾ cup water
- ½ cup chopped Brazil nuts

Combine dates, sugar and water; cook until thick. Add chopped Brazil nuts; cool before using.

Vitamins Are In Vogue; Let's Get the Facts

In recent years, the term "vitamin" has become a household word. To nearly everyone it means vim, vigor, vitality, and all that goes with good health. What are these vitamins anyhow? What is the story back of them?

The existence of certain unidentified substances having superior nutritive properties was suspected long ago. As early as 1500 B.C., Egyptians and Chinese hit on the discovery that eating livers would improve one's vision in dim light. Today we know that the liver supplied vitamin A, recognized as a protective food factor for night vision. About 1720, Kramer, an Austrian physician, found that when certain fresh foods, such as vegetables and fruits, were added to the diet of persons suffering from scurvy, this disease was cured. Today we know that these foods supplied vitamin C. These and other instances of earlier times afford an interesting background to our present knowledge of vitamins.

Word Coined 28 Years Ago

It was only 28 years ago that the word "vitamin" was coined. And since that time, the nation has become "vitamin-conscious." Scores of scientists are engaged in vitamin research. New discoveries are being made, and the subject has aroused such interest, that the public last year spent about \$75,000,000 for vitamin products in drug stores.

For a long while, vitamins were looked upon as something quite mysterious. Today, although there is still considerable mystery, a great deal is known about them.

Several Kinds of Vitamins

We know there are several kinds of vitamins, and that each has its own specific function in the body. They help children to grow, give endurance and stamina, stimulate appetite, build body resistance, and have other values. Taken into the human body, they act somewhat like the ignition spark in an automobile. Outstanding among recent discoveries are those of Dr. C. A. Elvehjem of the University of Wisconsin. He found, in studying the B vitamins, that meat is the richest source of these important factors. The three on which the most information is available are thiamine (B₁), riboflavin (B₂), and nicotinic acid. The findings of Dr. Elvehjem and others have revolutionized the whole vitamin picture. The accompanying chart, carrying the seal of the Committee on Foods of the American Medical Association, is a brand new one. The figures show the vitamin content of many of our common foods.

Vitamins Have Many Functions
The vitamins featured in this chart are all necessary for growth and health. In addition, vitamin A

increases general body resistance and protects against night blindness and a severe eye inflammation. Thiamine stimulates the appetite, aids in the utilization of starches and sugars, and prevents beriberi. Riboflavin is necessary for normal functioning of body cells, protects against certain nervous disorders, and a type of eye inflammation. Nicotinic acid prevents and cures pellagra. Vitamin C prevents and cures scurvy, and protects gum tissues. Vitamin D, sometimes known as the "sunshine" vitamin, is essential in preventing rickets.

New Chart Tells Vitamin Story

VITAMINS

Common Foods as Sources of Vitamins

		A	B	C	D
LIVER	4oz	6885	389	3343	355
HEART	4oz	* 659	1980	78	
KIDNEYS	4oz	743	515	2603	198
SWEETBREADS	4oz	* 373	907	37	
BREAST	4oz	* 280	439	90	
BEEF	4oz	67	227	294	8.4
VEAL	4oz	* 337	397		
POULTRY	4oz	* 310	414	16.2	
POUL	4oz	* 1602	344	11.0	
OYSTERS	4oz	* 164	166		
COD LIVER OIL	1oz	150	225		5
EGGS	1oz	4440			0 629
MILK	1oz	375	44	177	3.3
BUTTER	1oz	248	82	382	1.0
CREAM	1oz	231	0		0 11
HEAVY	1oz	* 120	36		
CHEESE	1oz	375	8	120	
APPLES	1oz	0	131		0
ORANGES	1oz	60	28	71	4.5
GRAPES	1oz	50	76	113	41.3
PEARS	1oz	206	46	105	8.5
PLUMS	1oz	0	51	120	32.8
SPINACH	1oz	563	54	234	1.2
POTATOES	1oz	1125	82	393	500
PEAS	1oz	30	116	72	9.8
CARROTS	1oz	1125	52	48	225
CAULIFLOWER	1oz	750	420	300	175
	1oz	308	66	153	3.3
	1oz	38	168	180	28.8

* Not determined but present in small amounts. † A portion of the vitamin C is destroyed in cooking. ‡ Reproduced milk diluted with an equal amount of water has the same value as pasteurized milk.

(1) Thiamine: 1 microgram = 1/10 International Unit.
(2) Riboflavin: 1 microgram = 1/10 Sherman-Borstein Unit.
(3) Ascorbic Acid: 1 milligram = 10 International Units.

FOOD FACTS AND FOIBLES



A GREAT SCHOLAR, ORION OF ANCIENT GREECE, IS SAID TO HAVE INVENTED WHITE SAUCE WHICH IS NOW USED AS THE BASIS FOR VIRTUALLY ALL CREAMED DISHES.



THE WORD "SALARY" IS DERIVED FROM THE FACT THAT ROMAN SOLDIERS WERE PAID WITH SALT PORTIONS—KNOWN AS "SALARIIUM."



IN THE YEAR 1661, TEA WAS SO HIGHLY TREASURED THAT TWO POUNDS WERE CONSIDERED A GIFT OF SUFFICIENT VALUE FOR THE EAST INDIES COMPANY TO PRESENT TO THE KING.



SALMON IS SAID TO HAVE BEEN THE FAVORITE DISH OF THOMAS A KEMPIS.

FAMOUS GOURMETS OF HISTORY

ON A HUNTING EXPEDITION WITH THE BISHOP OF AVERON, KING CHARLEMAGNE EXCLAIMED OVER THE EXCELLENCE OF THE ROQUEFORT CHEESE, SAYING THAT THIS CHEESE POSSESSED A FLAVOR FIT FOR THE GODS.



The Poorest Place to Tell a Lie!

IT has been said by some of our radical reformers that advertising misleads the public.

Such accusations fall under their own weight.

The poorest place in the world to attempt a lie is in the advertising columns of American newspapers and magazines, and in American radio programs.

In the first place, our publishers and broadcasting companies wouldn't carry dishonest advertising. They outlawed it long ago.

In the second place, such efforts to mislead would be conducted in full view of the public and of the officials empowered to apply fraud laws.

In the third place, dishonest advertising is an inefficient and dirty football. It does not pay.

Informed people have lost interest in the advertising-baiting books and speeches of the radical self-appointed reformers since one after another of them has figured prominently before the House Special Committee on un-American Activities.

Courtesy Nation's Business