

FOOD, YOUR MAGIC SPELL IS EVERYWHERE!

Love to loaf? You'll have spare time and admiration besides if you loaf your meat with bananas and turn out a meat loaf you'll love to serve. Bananas add flavor, savor, texture and tone to any meat loaf mixture. Try this one for tomorrow's dinner:

Banana Meat Loaf

- 1 lb. ground raw beef
- 1 tbs. chopped onion
- 1 tbs. salt
- 3/4 teasp. pepper
- 1 cup bread crumbs
- 3/4 cup mashed bananas (1 or 2)
- 1/2 teasp. dry mustard

Use all-yellow or slightly green-tipped bananas. Mix together meat, onion, salt, pepper and bread crumbs. Combine bananas and mustard and mix. Add to meat mixture and mix well. Form mixture into a loaf and place into well-greased baking pan. Bake in a moderate oven (350° F.) about 1 hour. Four to six servings.

Bran-Raisin Bread

- 1 egg
- 1/4 cup sugar
- 1/4 cup molasses
- 1 cup sour milk or buttermilk
- 2 tbs. shortening
- 1 cup all-bran
- 2 1/2 cups flour
- 2 teasp. baking powder
- 1 1/2 teasp. salt
- 1/2 teasp. soda
- 1/2 cup chopped raisins

Beat the egg well. Add sugar, molasses, milk, melted and cooled shortening, and all-bran; mix well; let stand until most of the moisture is taken up. Sift flour, baking powder, salt and soda together; add to first mixture with raisins and stir only until the hour disappears. Bake in a greased loaf pan with a waxed paper in the bottom, in moderate oven (350° F.) about 1 hour. Yields a 4 1/2" X 9 1/2" loaf

Take Along Gingerbread

Have to contribute something to the club supper, church sale or big get-together? Here's your ticket: bake a large gingerbread

using 2 packages of the prepared mixture—the one based on the Washington recipe is better than you can mix yourself! Bake in a large pan; cool in the pan and when cool spread the Coffee Frosting on top. Take it to the party right in the pan. Cut in squares when ready to serve. Serve with hot coffee

Coffee Frosting For Gingerbread

- 1/3 cup butter
- 4 cups sifted confectioners' sugar
- 3 tbs. cocoa
- 1/4 teaspoonful salt
- 1/3 cup hot, freshly-made double-strength coffee (about)
- 1 teaspoonful vanilla

Cream the butter. Sift sugar, cocoa, and salt together. Add a part of the sugar mixture gradually to butter, beating after each addition. Add remaining sugar mixture, alternately with coffee, until of right consistency to spread. Add vanilla. Spread on cake. Makes enough frosting to cover the top of a cake 10" x 14".

Surprise Sour Cream Pudding

- 3 tablespoonfuls shortening
- 1/2 cup sugar
- 1 egg
- 1/2 cup all-bran
- 1 cup milk
- 2 cups flour
- 3 teasp. baking powder
- 1/2 teasp. salt
- 1/2 teasp. vanilla
- 2 cups light brown sugar
- 2 cups thick sour cream

Blend shortening and sugar, add egg and heat well. Soak all-bran in milk. Sift flour with baking powder and salt; add to creamed mixture alternately with all-bran and milk; add flavoring. Pour into deep baking pan and spread evenly. Sprinkle brown sugar over top and pour on the cream. Bake in moderate oven (350° F.) about 45 minutes. Serve hot in up-side-down squares. Yield: nine 3" squares.

Beet, Pickle and Cabbage Salad

- 2 cups finely shredded cabbage
- 1/2 cup chopped fresh cucumber
- 1 pickle
- 1 cup diced celery
- 1 cup beets

2 hard boiled eggs, sliced
French Dressing
Combine cabbage, pickles and celery. Add the French dressing, tossing lightly with a fork until blended. Add beets just before serving and toss lightly. Garnish with eggs and serve with additional dressing in bowl. Yield: six servings.

Pickled Beets with Grapefruit

- 2 cups cooked sliced beets
- 1 1/4 cups grapefruit sections
- 1/2 teasp. dry mustard
- 1 tbs. sugar
- 1/2 teasp. salt
- 1/4 cup vinegar
- 1/4 cup grapefruit juice
- 3/4 whole cloves

Place beets and grapefruit sections in bowl, combine and mix dry ingredients. Stir in vinegar and grapefruit juice slowly. Pour over beets; add cloves. Chill in refrigerator. Makes 6 servings.

LOCAL GRANGE TO ENTERTAIN POMONA

Charles Dickinson, a charter member of Oswego Grange, is scheduled to act as installing officer when Washington county Pomona Grange meets with the Beaverton Grange next Wednesday January 22. Mr. Dickinson is over eighty years "young" and one of the eldest members in Oregon.

This will be an all-day meeting scheduled to open at ten in the morning. Dinner and supper will be served in the Grange hall by the Beaverton Grange and an elaborate entertainment is being planned for the evening.

Harry Schmeltzer of Seholts is the retiring Worthy Master and J. LeRoy Mills of North Plains will assume the duties of that high office.

Grand Opening

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For A Change



By BETTY BARCLAY

"Let's have some turnips for a change!" How often we housewives hear or make this remark! It may be turnips, mince pie, apple sauce or almost anything, but we do want a change from those foods that our "cooking rut" forces us into serving day after day and week after week.

Along this line, how about a good old macaroni, spaghetti or egg noodle delicacy "for a change"? Meat and potatoes is a popular food combination relished by all, but any of the macaroni products may be served instead of potatoes as a welcome change — without lessening the food value or increasing the cost of the meal.

Have you ever tried serving buttered egg noodles or fried macaroni in order to banish menu monotony? These are money savers, time savers and labor savers. No peeling or cleaning is necessary. There is no waste. And, in combination dishes they are economical, nutritious — and real "for a change" dishes — equally delicious with meat, fish or fowl.

Macaroni, spaghetti, elbows, and egg noodles, the whole macaroni family in fact, — since they are interchangeable in practically all recipes, will prove wonderful substitutes for other healthful carbohydrate and protein foods — for a change. Try the following recipes and you will agree:

Broiled Hamburger Steaks with Spaghetti

- 1/2 lb. spaghetti
- 1 lb. hamburger
- 1 sweet Spanish onion
- 4 medium tomatoes or 1 No. 1 can of tomatoes
- 2 tablespoons butter

Salt and pepper to taste
2 1/2 cups spaghetti in boiling water, drain, well; transfer to a plate and place in a shallow broiling rack. On the broiler, broil the hamburger, onion and tomatoes until slightly browned. Turn the hamburger over. Pour the spaghetti over the hamburger. Sprinkle with salt and pepper. Broil 5 minutes. Equally good with meat, fish or fowl.

halves. Add a little salt, pepper and butter on top of each and broil while the meat completes cooking. The juices from the meat and vegetables drip below and season the spaghetti. If fresh tomatoes are not available, pour the can of tomatoes over the spaghetti at the beginning of the broiling process and it will season the spaghetti and heat through while the meat and onions are broiling. Serves 4.

Cubed Steaks with Creamed Cheese Dressing and Egg Noodles

- 4 individual cubed steaks (about 1/4 pound each)
- 4 tablespoons creamed cheese dressing (Roquefort or other sharp cheese)
- 2 teaspoons Worcestershire sauce
- 1/2 lb. egg noodles

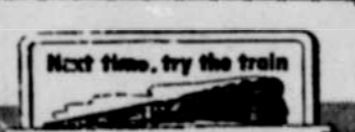
Cook egg noodles in boiling salted water until tender. Drain and place in pan beneath broiling rack. Cream the cheese and blend thoroughly with the Worcestershire sauce. Broil steaks until nearly finished, then spread on them the cheese mixture. Return to broiler until cheese is melted and drips freely onto the egg noodles below the meat. Serve at once. Serves 4.

To further vary the menu monotony, try serving well-seasoned, buttered egg noodles or spaghetti in place of potatoes. This makes a delicious and satisfying change. Here's a recipe that comes highly recommended:

Fried Macaroni with Cheese

Boil 1 lb. macaroni or elbows in plenty of boiling, salted water; drain. In a heavy iron frying pan, melt 3 tablespoons of butter. Add a little olive oil, if you like that flavor; it will keep the butter from "burning." Add the macaroni. Stir it to slightly brown a substantial portion of the macaroni.

Pour on platter, season with salt and pepper and sprinkle with ground cheese. Serve hot.



Next time, try the train
"This sure beats driving to Calif."



When you head south for California sunshine, here's a tip: leave your car at home and try the train. Relax and take it easy while the engineer does the driving. This way you'll enjoy the trip a lot more and you'll arrive rested and refreshed. Low roundtrip fares are in effect every day. Ask about them today.

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