

Woman's World

By Mair M. Morgan

SECOND DAY MEALS
At this period of the year the family appetite is likely to be more critical of second and third day forms of the Sunday main course meat or fowl. Even a slight touch of imagination that lends novelty or variety to the second or third day menu, will be hailed with acclaim and blessings!

There are many ways of varying and extending the meat flavor through a considerable quantity of material which otherwise would be quite lacking in distinctive taste. For example, the meat may be served with light, delicious dumplings, preferably in the same dish with it. It may be blended with light, flaky crusts as in meat pies, or meat rolls, or served on crisp toast or hot biscuits.

With a special sauce over it, the meat may be served up as a most interesting centre for borders of steaming rice or mashed potatoes, with perhaps a sprig or two of parsley here and there for a dash of color. Vegetables borders offer endless possibilities for interesting and ingenious dishes.

Salads should be chosen for their lightness, color contrast, and vitamin possibilities, in menus for "in-between" meals. Much the same test should be used for selection of desserts. Quick appeal to the eye is important at this season of the year, and psychology becomes as necessary as salt!

Twelve O'clock Pie
Shoulder of mutton, carrots, onion, 1 cup mashed potato, 5 potatoes, 1 teaspoon baking powder, salt and pepper, 10 tablespoons flour.

Boil shoulder of mutton, with carrot and onion; then cut up; then add potatoes, separately boiled and cut up; and put all into a baking dish. Make crust by mixing smoothly the mashed potato to which a tablespoon of shortening has been added plus the flour which has been sifted with baking powder and seasoning. Bake about twenty minutes in a hot oven. This may be served the first day as lamb stew, without potato crust and made over the second day as a pie.

Tomato Cardinal
This dish represents an excellent way of using up small quantities of mutton or beef. Canned or fresh tomatoes may be used, if fresh they are skinned and sliced, if canned just drain off liquid.

Place a layer of tomato in a baking dish, then a layer of sliced meat and a little chopped onion and over this dredge flour, salt and pepper. Repeat until the dish is nearly full, then put in an extra layer of tomato and cover the whole with a layer of pastry, bread crumbs, or cracker crumbs.

When the quantity of meat is small it may be "helped out" by boiled potatoes or other suitable vegetables. A few oysters or mushrooms improve the flavor. Bake in a moderate oven about forty-five minutes.

Sussex Stew
Free cold roast meat from fat, gristle and bones, cut in small pieces, slightly salted, and put into a kettle with left-over gravy or water or both—enough to cover it. It should simmer until almost ready to break in pieces, then onions and raw potatoes, peeled and quartered, should be added. Cook until the potatoes are done, then thicken the gravy with flour. Serve on slices of toast or with dumplings.

Dumplings
Two cups flour, 4 teaspoons baking powder, 2-3 cup milk, 2 tablespoons butter, salt and pepper.

Mix and sift dry ingredients. Work in the butter, add milk gradually. Roll out to a thickness of 1/2 inch and cut with biscuit cutter. Put in a buttered steamer or drop on top of stew and steam for twelve to fifteen minutes.

If the stew is prepared from

chicken or veal the dish is called a fricassee.

Beef in Cabbage Leaves
Two cups beef, chopped, salt and pepper to taste, 1 small onion, chopped, 1/2 cup cooked rice, 2 large tomatoes, 2 tablespoons vinegar, 2 tablespoons sugar, 8 large leaves cabbage.

Season meat highly with salt and pepper and onion; add rice. Soak cabbage leaves in hot water a few minutes to make them less brittle. Roll a portion of the meat mixture in each leaf. Place them in a kettle with the rest of the ingredients, add a little water and let simmer and stew until cabbage is tender and well browned.

Beef Loaf
Two cups beef, chopped, 1 teaspoon chopped onion, salt and pepper, 1/2 cup bread crumbs, 1/2 cup cold water. Mix all ingredients together, then form into a roll about six inches long; lay strips of bacon over the top or cover with buttered paper. Place in a baking pan and bake in a quick oven about 30 minutes; if bacon is omitted baste every 5 minutes with 1/4 cup fat drippings melted in 1 cup boiling water. Serve plain or with brown mushroom sauce poured around it.

Meat Pie
Use left-over meat from roast, (veal, lamb, pork or beef) cutting it in 1/2 inch pieces. Heat in left-over gravy adding some sliced onions and any other left-over vegetables you may happen to have. Pour into baking pan lined with pie crust, finish off with top crust pricked with fork to allow steam to escape. Bake till nicely browned.

A top potato crust may be put on this kind of pie instead of pastry crust.

Mexican Beef
Slice beef and reheat in the following sauce: Cook an onion, finely chopped, in 2 tablespoons butter 5 minutes. Add 1 red pepper, 1 green pepper and 1 clove of garlic, each finely chopped, and 2 tomatoes peeled and cut in pieces. Cook 15 minutes. Add 1 teaspoon Worcestershire Sauce, 1/4 teaspoon celery salt and salt to taste.

Corned Beef Hash
Remove skin and gristle from cooked corned beef, then chop meat. When meat is very fat, discard most of the fat. To chopped meat, add an equal quantity cold boiled chopped potato. Season with salt and pepper, put into a hot buttered frying pan moisten with milk or cream, stir well until mixed, spread evenly, then brown slowly underneath. Turn and fold on hot platter.

Lamb on Toast
Remove dry pieces of skin and gristle from remnants of cold roast lamb, then chop meat. Heat in well-buttered frying pan, season with salt, pepper and celery salt and moisten with a little hot water or stock. Or, after seasoning, dredge well with flour, stir and add enough stock to make thin gravy. Pour over small slices buttered toast. Veal may be used instead of lamb in this recipe.

Scalloped Lamb
Remove skin and fat from thin slices cold roast lamb and sprinkle with salt and pepper. Cover bottom of buttered baking dish with buttered cracker crumbs; cover meat with boiled macaroni, add another layer of meat and macaroni. Pour over tomato sauce and cover with buttered cracker crumbs. Bake in hot oven till crumbs are brown. Boiled rice may be substituted for macaroni, and cold roast pork, beef, or ham used instead of lamb.

Blanquette of Veal
Reheat 2 cups cold roast veal cut in small strips in 1 1/2 cups white sauce. Serve in a potato border and sprinkle over all finely chopped parsley.

WASHING WOOLLENS REALLY SIMPLE TASK

From the point of view of general utility a sweater answers more questions, more satisfactorily, than any item of clothing that a woman wears . . . and what is equally important, fits so comfortably into even the slimmer budgets. Yet how often, when the frilly yellow sweater, or the jade green "twin set," or the blue pullover is the only thing that could possibly match your accessories, you pull it out of the drawer and find an annoying stain—or that certain gray dinginess that comes so quickly after a few wearings.

The solution to this irritating state of affairs is so easy and so economical. With a pure, fine soap—lukewarm water—and a little ordinary care you can whisk your sweaters back to their original loveliness in only a few seconds. Here are a few simple rules which will help you:

1. Always test new colored woollens in lukewarm water before washing for the first time. If you're washing a handmade sweater, test the wool you made it from; if not, test an inconspicuous bit of the garment such as the end of the belt.
2. Before washing lay sweater, or any other knitted garment, on a piece of fairly stiff paper—and draw a pencil outline. This is unquestionably the best guide for reshaping sweater while drying. If this is not practicable, measure the garment carefully— noting sleeve lengths, width and depth.
3. Use lukewarm water.
4. Woollens use up a lot of suds. Don't hesitate to make more if needed.
5. Woollens must never be rubbed—or they will tend to mat. Just turn the garment inside out and squeeze suds gently through and through.
6. Rinse thoroughly in three lukewarm or even cool waters.
7. After rinsing roll woollens in a dry Turkish towel. Remove excess moisture by gentle kneading.
8. Place your outline on a firm surface (a rug or carpet serves very

well) and carefully ease your garment back to its original measurements, pinning it firmly to the outline.

Never hang knitted woollens on a line, they quickly pull out of shape. And never allow them to dry on a radiator or in the sun. Excessive temperatures, whether of heat or cold, are very bad for woollens.

9. When dry, pin marks may be removed by pressing with a damp cloth and a moderate iron.

This is really all you should know about washing sweaters and other woollens. If you follow these directions, and use a pure, safe soap, even baby's finest things—or the most colorful sweater, will respond in the required manner and emerge as good as new!

To Be Married In March



Miss Jean Alice Reeb, daughter of Mr. and Mrs. Fred J. Reeb, of Port Colborne, Ont., and Mr. Paul D. Manion, son of Hon. Dr. R. J. Manion, Minister of Railways and Canals, and Mrs. Manion, of Ottawa, whose engagement was announced; the marriage to take place in March.

Princess-Line

Illustrated Dressmaking Lesson
Furnished With Every Pattern



2783

The material used for this distinctive dress is rough crepe silk print that resembles a monochrome. It is an advanced spring idea that smart women are wearing now to freshen their winter wardrobe. The original was periwinkle blue. A navy blue ruffle adorned the neck, a most pleasing combination.

Another very liked idea is black crinkle crepe silk with lingerie neck ruffle of white or pastel shade stuffed lace.

Almond green woolen with brown taffeta neck trim is still another lovely scheme.

Style No. 2783 is designed for sizes 14, 16, 18 years. 36, 38 and 40-inches bdst.

Size 16 requires 3-1/8 yards of 39-inch material with 3-8 yard of 35-inch contrasting.

HOW TO ORDER PATTERNS
Write your name and address plainly, giving number and size of such patterns as you want. Enclose 15c in stamps or coin (coin preferred—wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

SUNDAY SCHOOL LESSON

PETER DESCRIBES THE CHRISTIAN LIFE — 1 Peter 3:8-18, GOLDEN TEXT. — Sanctify in your hearts Christ as Lord. 1 Peter 3:15.

THE LESSON IN ITS SETTING
TIME. — The date of the Epistles of Peter cannot be absolutely determined. It is commonly understood that his first Epistle was written, probably, in 60 A.D.

PLACE. — Some believe that the reference to Babylon in 5:13 is to the actual city of Babylon on the Euphrates River, but it is more generally believed that it refers to the city of Rome.

"Finally, the apostle has been speaking especially of the relationship between husband and wife, and now comes to instruction that has to do with Christians. 'Be ye all like-minded.' The adjective implies like the corresponding verb in Rom. 12:16; 15:5, and elsewhere, unity of aim and purpose. 'Compassionate,' The Greek adjective is sympathetic, from which comes our word sympathy, it means, literally, suffering with another.

"Loving as brethren." See also 1 Pet. 1:22. It is St. John who most fully develops this virtue (1 John 2:9-11; 3:10-17; 4:20, 21). 'Tender-hearted.' Also in Eph. 4:32. The history of the word affords an interesting illustration of the influence of the Greek writers, especially Greek medical writers, to describe what we should call the sanguine or courageous temperament. By St. Peter and St. Paul it is used for the emotional temper which shows itself in pity and affection. 'Humble-minded.' Humility before God (Acts 20:19), and toward our neighbor (1 Pet. 5:5; Phil. 2:3).

"Not rendering evil for evil." A verbal reproduction of the precept of

Rom. 12:17; 1 Thess. 5:15, an echo of the spirit of the teaching of Matt. 5:39. As this clause forbids retaliation in act, so that which follows forbids retaliation in words.

"Or reviling for reviling." Christ was reviled (John 9:28), but he reviled not again (1 Pet. 2:23). "But contravise blessing." Our conduct toward others is never to be a negative refraining from doing harm, but a positive bestowal of real blessing. "For hereunto were ye called, that ye should inherit a blessing." The consciousness that we, as Christians, are called to obtain a blessing, should be an incitement to us to bring blessing to others.

"For." These next three verses are quoted from the Septuagint version of Psalm 34:12-16. "He that would love life." Literally, he that willeth to love life. "And see good days." Not necessarily in outward prosperity, but in the favor of God; days of suffering may be good days in the truest sense. "Let him refrain his tongue from evil." There is probably no aspect of life so continuously emphasized by all writers in the New Testament, aside from faith in the Lord Jesus Christ, as that of the terrible dangers and sinfulness of evil speaking. "And his lips that they speak no guile." The word translated guile originally meant a bait, by which fish were caught, and from this it came to mean any lure, or snare, and, finally, craft, deceit. This is a word that can be applied to promoters of worthless stock, to dealers in valueless real estate, and many others in our modern life, by whom so many thousands of people have lost their life-savings.

"And let him turn away from evil, and do good." For similar instruction, see Ps. 37:27; Rom. 12:9, 21. "For the eyes of the Lord are upon the righteous." The disciples of Christ were to find peace and calm-

MUTT AND JEFF

By BUD FISHER



tea
end
rse
label
lb
1/2 lb.
1/2 lb.
ave
at Oxford
VITY.
acts; the time for
and deeds along
EN
NIA
TIPACCO
15c
15c
CIGARETTE TOBACCO
SE
ETH
RNET'S
POWDER
AND
UP
RAVEL
TO
PE
3rd CLASS
by to your local
agent or to
17 Bay Street
(Phone 3471)
TORONTO