# Woman's World

By MAIR M. MORGAN

"A Woman's Place Is in the Home."

### Delicious Dishes

To many persons creamed dried beef is just creamed dried beef—a more or less tasteless and rather unsatisfactory dish resorted to in a dull moment. But when care is taken in its making it becomes a palatable and appetizing conconction.

The secret of delectable creamed dried beef lies in "frizzling" the beef before adding the cream sauce. Dried beef is lacking in fat so this must be supplied. Melt butter in frying pan, add beef carefully picked in small pieces with all bits of stringy tissue removed and cook over a low fire until the edges of the beef curl. Use one tablespoon flour for each cup of milk used in sauce. Sift flour over beef and stir with a fork until flour is absorbed. Add milk and bring to the boiling point, stirring constantly to make smooth. The sauce made this way is aout the color of old ivory and has a delicious flavor. No salt is needed because the beef furnishes enough salt for the sauce. Pepper may be added if liked. One slice of onion and a few celery leaves may be scalded in the milk if a more savory sauce is wanted. Strain to remove vegetables and be sure to cool milk before making sauce. Cold liquid insures a smooth sauce.

A very attractive way to serve creamed frizzled beef is to put the creamed beef in the centre of a large serving dish. Then arrange long strips of buttered toast from the beef to the edge of the dish and pile hot potato chips between the toast strips. Garnish wih sprigs of parsley or sprinkle minced parsley over the creamed beef. Potato chips which have been made several days in advance may be re-heated in a moderate oven to make hot for serving.

Macaroni with tomatoes and dried beef is a splendid luncheon dish. It should be served with a crisp lettuce or cabage salad and a custard dessert.

Scrambled eggs gain interest by the addition of dried beef. Frizzle the chipped beef in butter in frying pan befor adding milk and eggs and then proceed as usual.

Mushrooms make an effective garnish to creamed dried beef as well as to scrambled eggs and beef. Perfectly creamed dried beef with broiled mushrooms is worthy a place on any party luncheon table.

One-fourth pound dried beef combined with other materials will serve four persons.

### Stale Cake Hint

Certain varieties of cake will keep moist and palatable until the last crumb disappears, but others, particularly sponge cakes and plain white cakes, become dry and undesirable the second day after they are baked.

There are many really delicious desserts that can be made with stale cake if the cook uses a little ingenuity. A light cake which is very dry can be crumbled, soaked in milk until soft, and then combined with eggs to make a very acceptable pudding.

The procedure is almost identical with that for a bread pudding, though care must be taken not to make it too sweet when cake crumbs are used.

Plain cake which is not dry enough for crumbling, but has lost its freshness, can be cut in pieces for serving and steamed until hot and moist. Serve with a liquid sauce and garnish with whipped cream if convenient.

Mock tipsy pudding, a light and delectable dessert, is made with stale sponge cake or lady fingers. Cut sponge cake in thin, narrow slices and spread with any kind of jam or preserves. Peach or apricot is very good. Arrange in layers in a deep dish and pour two cups of thin boiled custard over cake slices. Let stand over night or for several hours until the cake absorbs the custard. Serve very cold with whipped cream. The custard should be very slightly sweetened since the cake and jam are both sweet.

All these suggestions prevent waste and are a decided means towards economy.

### Cake Crumb Pudding

Two cups cake crumbs, 1 egg, milk, jelly, 2 tablespoons sugar.

The amount of milk needed will depend on the variety of the cake and on the staleness of the crumbs, but it will take about two cups. Pour over crumbs and let stand until milk is absorbed. Add yolk of egg and beat well. Turn into a buttered baking dish and bake in a moderate oven until firm to the touch, about 30 minutes. Remove from oven and let cool. Spread with jelly and cover with white of egg beaten until stiff with sugar. Return to a slow oven and bake eight minutes to puff and color meringue.

A good uncooked pudding uses two cups dry cake crumbs, 1 cup stewed fruit and 1 cup cream, whipped. Rub fruit through colander to remove stones and skins and make smooth. Mix crumbs and fruit well and fold in cream whipped until firm. Turn into a shallow pan and let stand on ice for several hours to chill and become firm. Cut in squares and serve with more whipped cream, slightly sweetened and flavored with vanilla.

### Return of the Biscuit

Once upon a time no tea table was complete without some kind of biscuits.

Then cake superseded them, and it was a rare occurrence—usually when there was no cake in the pantry—for them to appear on the table.

Recently I have noticed on two or three occasions when I have been at other people's houses, that the little home-made tea biscuit is returning.

With the afternoon cup of tea or the after-dinner cup of coffee they are ideal.

The art of biscuit-making is not easy. Time and care must be bestowed upon the making, and particularly the baking. A biscuit should be very crisp and short.

You might like try try your hand at making some.

### Lemon Fingers

Beat four ounces of butter and four ounces of sugar to a cream. Add a well-eaten egg and the grated rind of one lemon, a pinch of salt and eight ounces of flour.

Mix thoroughly, knead well and roll out. Cut into thin fingers and bake in a cool oven.

### Coffee Biscuits

Into ½ lb. of flour and 2 oz. of sugar work ¼ lb. butter or margarine. Add half a teaspoonful baking powder, then work up with one egg beaten up with about a tablespoonful of milk. The dough should be very smooth.

Roll out, cut and stamp, and bake in a quick oven until a light brown color.

These are plain biscuits to go with after-dinner coffee, but they can be iced if desired.

### Chocolate Fingers

To 4 oz. of flour add about a quarter of a teaspoonful of baking powder. Rub in 39 oz. of lard. Then add 3 oz. of castor sugar and 3 oz. of cocoa. Pour in one egg and make into a paste.

Roll out thin and cut into strips about 1 in. wide and 3 in. long. Put into a moderate oven and bake until crisp.

### Useful Hints

Many people find sage and onion stuffing too rich. If, however, a pinch of ground ginger is mixed in with the other ingredients it will be found quite digestible as well as a better flavor than usual.

Fish cakes, rissoles and other fried foods that are mixed with egg often break in cooking. This will not happen if the white only of the egg is used, and they can be turned or moved about in the pan at will and still remain whole.

Add a few drops of parraffin oil to the water in which you wash steps, and your hands will not become chapped on chilly mornings.

### Screening For Effect

Screens should play an important part in your interior decorating schemes. Besides being useful for hiding unsightly corners, beds and other places you don't want to show, they are decorative.

Attractive screens for a kitchen can be made by covering an inexpensive screen with squares of oilcloth to match your table cover. Or, if you have an old faded one in the house try covering it with same cretonne as your curtains.

A colorful portrait study is "Couchie," by J. E. Sampson, O.S.A., depicting a charming young lady in blanket coat framed in a background of silver birches, now on display at the Art Gallery of Toronto.

## Sunday School Lesson

**April 2. Lesson I—Jesus Ministering to Jews and Gentiles (World Friendship Lesson)—Mark 7: 24-37. Golden Text — Other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voices; and there shall be one fold and one shepherd.—John 10. 16.**

ANALYSIS.

I One of the Family, Mark 7: 24-30.

II How Love Triumphs, Mark 7: 31-37.

Introduction—To-day's lesson will mark another milestone along the Costly Way. All attempts to secure some quiet with his disciples failed. Further controversies with the Pharisees (Mark 7: 1-23) widened still more the breach that already separated Jesus from the religious leaders. He decided to go, for the time being, into voluntary exile. In Phoenicia he would be unknown, therefore safe and unmolested. The "Galilean Ministry" was at an end.

I One of the Family, Mark 7: 24-30.

Arriving in the purely heathen territory of Phoenicia, Jesus took elaborate precautions to avoid recognition. Nevertheless, he was discovered. A native woman followed him, imploring him to heal her daughter, vs. 24, 25. How did she know him? Rumors of a wonderful healer had perhaps come across the borders. Perhaps the disciples, so proud of their Master's healing powers, talked too much. In any case the intuition of one in great trouble told her, "Here is the Healer." Jesus was one of those people, some of whom are still among us, to whom folk in trouble always come. The daughter's illness was apparently one of those pathetic mental and nervous derangements which seem to have been so common in Palestine in those days.

The mother was a "Greek," that is, a pagan. "Syro-phenician" means a Phenician of Syria. The fact of interest here is that she was a pagan. She implored Jesus to heal her child.

Jesus had come to this country to avoid just this kind of thing. Were his words (v. 27) a hard, unfeeling rebuff; or a very gentle, playful testing of the woman's faith? Cold print does not show his kindly smile, which reassured her. It was quite true. Jesus' first duty was to his own people. He must try to get them to see the meaning of their long spiritual training. It meant that they were to be the missionaries of the truth to others. Hence his "the children first," then the "little doggies" (the force of the word "dog") the domesticated pets of the household—its special care—meant that pagans were part of his family. They were the under-privileged, weaker members, Israel's special care. Thus v. 27, instead of being harsh, is tender and beautiful. Had the dull leaders of he nation, and the later "Christian" nations, grasped this truth, cultivated this attitude toward "foreigners," the foundation for international friendship would have been well and truly laid.

The healing of the girl had the usual results. The publicity and excitement once more defeated Jesus' purpose. He turned again to the south, crossed Jordan and entered the district known as Decapolis, a loose confederation of cities. "Decapolis" means "ten cities."

II How Love Triumphs, Mark 7: 31-37.

Jesus was now in the vicinity of the district where he had healed the demoniac, Mark 5: 1-20. The "vested interests" of the community, fearing for their profits, had driven him out, Mark 5: 17. It would appear that now the Master hoped to re-enter this region unobserved, and have a little time, uninterrupted, with his disciples.

Since the healing of the demoniac, however, a campaign was being carried on in his favor, more effective than that of fear and hate which the Hog Breeders' Association waged against him. It was the propaganda of the man whom he had healed, Mark 5: 20. Jesus and his little company had hardly set foot within Decapolis, when to every corner of the district the news spread, "Here he is, the Healer!" Love, the greatest thing in the world, had been doing its work. A member of a despised race had done a kindness to one miserable fellow some time in the past. It had broken down the barrier of racial contempt. "Jew," to a native of Decapolis, now suggested helpfulness, kindness. Love had done another bit of its perfect work for world-friendship. It has been well said that Jesus both democratized and internationalized religion. One of the reasons why he was crucified was his attitude of good-will towards Romans. He was free from race and class hatreds.

Taking the deaf mute (v. 32) aside from the crowds, the Master seems to have employed certain methods, commonly used at the time, and had cured the man of his trouble. See Mark 8: 22-26, where Jesus again uses material means. These two accounts appear in Mark alone. Matthew and Luke perhaps did not like to record such use of material means by our Lord. Saliva was often regarded in the ancient world as having curative powers.

As the Master pronounced the words which accompanied the healing, he sighed, v. 34. Why? One poor man stood before him, by no means the most wretched of the many around him. But the sensitive heart of our Lord saw in this man the whole "weltering sea of sorrow that moaned around the world, of which this was but one drop that he could dry up."

When a young man asks for a meal at one's door, does not the Christ-like woman who feeds him feel something of the weight of the bitter and hopeless wretchedness of all the victims of unemployment? Sympathy for this one young man widens out into a greater and more painful sympathy for all those whom he represents. Through many a sorowful hour, Jesus bore the sins and sorrows of the world. But it is thus that Love triumphs.

## Medical Officer Commends Old-Fashioned Spanking

Ideas about child punishment so old-fashioned as to be almost revolutionary, were expressed by Dr. F. C. Shrusall, senior medical officer of the school system of London, England, in a recent address in that city before the Child Study Society. Says Dr. E. E. Free, in his Week's Science (New York):

"One of of his ideas is that the most scientific way to punish a child is by an old-fashioned spanking, being sure that this is hard enough to be really painful.

"Another is that the spanking must be done immediately and in anger, instead of waiting until later when the outraged parent has cooled off. Dr. Shrubsall insists that anger is quite well understood by the child, and has the proper effect on it, whereas later punishment accompanied by 'reasoning' with the child is not understood and merely impresses the child as one more of the myriads of inexplicable things which adults do.

"Pain in the skin, like that from a good spanking, Dr. Shrubsall regards as nature's method of training all young animals. This is how the animal, or the baby, learns to avoid harmful objects, as evidenced by the proverb that a burnt child dreads the fire. One reason why this is so effective is that the pain follows instantly on the fiery contact, which is why spankings also should follow immediately on the offense. Merely mental punishments, such as scoldings or arguments, are unnatural and relatively ineffective. Fortunately, Dr. Shrubsall believes that psychological theories against spanking seldom are really practiced. 'There probably is no child psychologist in existence,' he said, 'who, having a child of his own or her own, has never spanked it.'"

## London Style Czars Issue Fashion Edict

London has almost as much say in dictating the laws of women's fashions as Paris these days. Here are London's edicts for spring styles:

There will be no change in women's figures. Elegance and "streamline" will be the keynote, and slimming diets will have to be continued. The waistline will be just above the normal one.

Some of the newest evening dresses have sleeves whch reach to the elbow, fit close over the shoulder and for a few inches down the arm, and then are puffed widely.

Walking frocks will end 12 inches off the ground, formal afternoon dresses 10 inches, while evening dresses will just clear the floor.

As if to make up for their "backlessness," evening gowns will be cut higher in front, in some cases almost up to the neck.

The lightweight dresses, made from fancy materials, provide a fresh range of woollen stuffs for Spring frocks. These are very fine and very light, but there are signs that materials with crinkled and crepe-like surfaces will be replaced.

New topcoats for the spring are full length, with wide draped revers carried sometimes to the wastline.

Short jumpers will continue to be worn, but will be made from soft woollen materials, many of which will be striped.

### THE GREAT

And this is how we love to think of the great and the good who are gone—not as dead, but living, active spirits, yet rising to a higher sphere, rising into a larger, wider life in the ample, sunlit spaces in the presence of God; and still, in some way, one with us in all upward striving and in all holy work, a great family of God, one in heaven and on earth.—T. Rhondda Williams.

Jane — "Your salary is rather small."

Tom—"Yes, hearts make good trumps."

Jane—"True. But I have another suitor who wants to make it diamonds."

## A Smart Model For Mature Figures

By HELEN WILLIAMS.

*Illustrated Dressmaking Lesson Furnished With Every Pattern*

Here's the newest mode Fashion is favoring. It has the long waist-line so kind to the hips of the mature figure.

The sleeves are interesting with an upstanding flounced ruffle placed above the rather fitted deep cuff.

Another chic detail is the wrapped buttoned closing of the bodice. It may be worn opened in rever styling or buttoned to the shoulder creating the smart high neck effect.

It's a model that adapts itself to the rough crepe silks or soft woolens.

Style No. 3188 is designed for sizes 36, 38, 40, 42, 44 and 46 inches bust.

Size 36 requires 3⅞ yards of 39-inch material with ⅜ yard of 35-inch.

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.

## Paris Restaurant Provides 157 Varieties of Cheese

Paris.—Once more this year the sharp-prowed little steamboats, which provide one of the most novel mediums of transport in Paris, will ply the Seine. They were very nearly abolished during a stormy session of the Municipal Council's Transport Commission, which voted 11 to 10 to maitain the boats in operation.

The little steamboats, which run from Pont d'Austerlitz through Paris to Boulogne and Sevres, serve mostly working people employed in factories on the river banks. But they are also an attraction to tourists, who for the price of a bus fare may traverse the most historic sections of the city and from the open decks of the little vessels obtain a fine view of the Paris monuments. The excursion to Boulogne-sur-Seine by river is a popular Sunday trip.

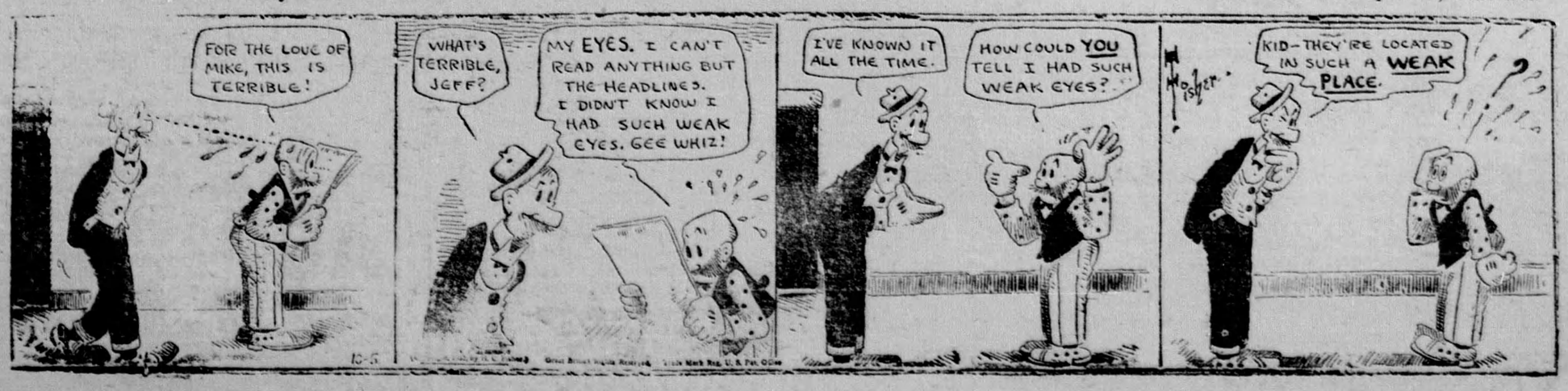
The river service, owing to the competition of the subway, the bus lines and steet cars, however, has been losing money, and last season the deficit reached 2,000,000 francs. It was proposed to abolish the service and substitute one of small motor boats better suited to compete with the bus lines.

### EDUCATION

The real object of education is to give children resources that will endure as long as life endures.—Sydney Smith.

### GIFTS

He that gives to be seen, would never relieve a man in the dark.

MUTT AND JEFF— By BUD FISHER

And Mutt's No Optician, At That.