Woman's World

By MAIR M. MORGAN

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

Canned Meals

We all have our moments of hurry and more often than not bless the rows of tinned vegetables and meats when called for a quick meal. One good thing to remember is that practically all the air was expelled from the can during the canning process. This naturally results in a "flat" taste not uncommon in canned goods. As soon as a can of vegetables is opened it should be turned into a shallow bowl and allowed to stand uncovered for 10 to 15 minutes. In this way the vegetables come in contact with the air and regain what they lost during the canning. The second rule is that vegetables should be reheated in the water in which they are canned. This water contains valuable nutrition and flavour and if the vegetables are drained before reheating both of these properties are lost. An excellent plan in the case of vegetables of delicate flavor is to heat them in a shallow sauce pan, keeping the pan uncovered and allowing the water to evaporate completely. In this way the flavor and nutritive value are retained.

Seasoning Note

Always season vegetables well and do not depend solely on salt and pepper and butter. Lemon juice, vinegar and tomato juice improve the flavor of such vegetables as spinach, beets, and green beans. Corn and succotash are given zest by the addition of red and green sweet peppers. Grated cheese may be added to the white sauce for creamed and scalloped vegetables. Onion, celery and horseradish, parsley, chives and mint are vegetable flavoring well worth keeping in mind. Butter and bacon fat add flavor to vegetables that probably no amount of other condiments can give. A more pronounced flavor is obtained if the butter is melted and slightly browned before the hot vegetable is added.

Recipes

To illustrate the above advice here are a number of interesting dishes concocted from tinned goods:

Corn Chowder

One can corn, 4 cups potatoes, cut in ¼ inch slices, 1½ inch cube fat salt pork, 1 sliced onion, 4 cups scalded milk, 8 crackers, 3 tablespoons butter, salt and pepper.

Cut pork in small pieces and try out; add onion and cook five minutes, stirring often so that onion may not burn; strain fat into stewpan. Parboil potatoes five minutes in boiling water to cover; drain, and add potatoes to fat; then add two cups boiling water. Cook until potatoes are soft, add corn and milk, then heat to boiling point. Season with salt and pepper, add butter and crackers split and soaked in enough cold milk to moisten. Remove cackers, turn chowder into serving dish and put crackers on top.

Corn Pudding

One can corn, 2 eggs, ½ teaspoon salt, ¼ teaspoon pepper and 1 lb. sausages. To the corn, add the slightly beaten eggs and the seasonings. Turn into a greased baking dish. Prick the sausages and cook in boiling water for 5 minutes to remove the excess fat, then cover the top of the corn mixtures with the sausages. Bake in a moderate oven (350 deg. F.) for about 20 minutes.

Green Pea Salad

Drain through a colander a can of peas. Chop two apples fine with one medium sized cucumber. Mix lightly with peas and half a cup coarsely chopped pecan or walnut meats. Serve on crips lettuce with mayonnaise.

Pea Timbales.

Drain and rinse one can pease and rub through a sieve. To one cup pea pulp, add 2 beaten eggs, 2 tablespoons melted butter, 2-3 teaspoon salt, 1-8 teaspoon pepper, few grains cayenne and few drops onion juice. Turn into buttered moulds, set in pan of hot water, cover with buttered paper and bake until firm. Serve with ordinary white sauce, or an egg sauce.

Creamed peas and salmon (canned) served on toast is a tasty luncheon dish, in fact, peas are most useful for creamed dishes or any kind and combines splendidly with lobster, crab meat, tuna fish or shrimps, not to mention their popularity in creamed chicken and meat dishes.

Indian Tomatoes.

One cup boiled rice, 1 teaspoon curry powder, salt to taste, 1 quart can of tomatoes, buttered breadcrumbs. Add curry powder and salt to tomatoes, mix well. Put layer of tomatoes in bottom of baking dish, then a layer of rice, then a layer of tomatoes, and so on until all is used, having the last layer of tomatoes. Sprinkle top with breadcrumbs and bake in moderate oven half an hour, serve in baking dish.

Tomato Custards.

Four cups canned tomatoes, 1 sliced onion, 1 teaspoon salt, ¼ teaspoon pepper, 3 eggs.

Boil all ingredients together except eggs for 20 minutes. Put through coarse sieve. Add water to make 2 cups puree. Add beaten eggs, pour into greased custard cups standing in shallow pan of water. Bake till firm, about 20 minutes in moderate oven. Turn out and serve with cream sauce to which you may add peas or grated cheese.

Organdie Blouses.

Like spring flowers are the new gay crisp organdie blouses that have invaded fashion's realm. Some of the very newest ones are of crinkly organdie with stripes like seersucker. Others are blistered organdies. Still others are of the sheer starched organdies. Aside from their inviting freshness, their new and distinctive styling, the colors have strong drawing powers.

There is a new deep pink, an array of blues, golden yellows, all the pastels as well as rich browns, reds, even black. And, of course, there is white.

The styles are clever and different. They may be pert and young with double ruffles around the neck and puffed up sleeves, or they may be sophisticated with trim, tailored lines. One outstanding style had puffed sleeves and an Ascot collar—a new spring note. The majority have high necklines. One of fashion's dictates this spring is color contrast—and the blouse is one way to introduce it into the costume.

Tailored Suit Popular.

The suit holds the centre of the fashion stage when the smart set gathers for lunch these days. First spring costumes appearing in Paris at the Ritz and La Cremaillere are made around the smart tailleur accented by bright scarves and hats.

Jackets are the most interesting part of the costume. They vary from hip-bone length to knee length and may match or contrast with the material used for the slender fitted skirt. Many are designed with the broadened, accented shoulders which mark the 1933 silhouette.

When Kindness Like a Planet Sets

When kindness like a planet sets,
And bitter thoughts infect the mind,
When love her phantasy, forgets,
When blind suspicion leads the blind,

Imagination fainting lies,..
With fallen stars her ways are strewn,
And fancy, once her firebird, flies
To the cold caverns of the Moon.
—Eric Clough Taylor.

"She says she wouldn't marry the best man on earth. Plenty of girls say that. Idle talk, eh?"

"Oh, I don't know. Some girls mean it. Some of them are looking for wealth.'

Flower Name Sake

Mrs. Roosevelt flew from Washington to New York to attend the international flower show. She is holding a bouquet of Mrs. Franklin Delano Roosevelt roses.

Ruffles and Puffs For New Blousss

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished With Every Pattern

A charming new blouse that will place you in the "know" of fashion. Don't you think it adorable?

The high beruffled collar is so entirely in spirit with the Victorian age. At the same time, it is easy and becoming to wear.

White crinkly crepe satin made the original blouse.

It would also be very effective in black crinkly crepe silk showing a decided contrast with the ruffle of white crepe.

It's the most simple thing to fashion. Just a few seams to join. And it will cost you next to nothing.

Style No. 3364 is designed for sizes 16, 18 years, 36, 38, 40 and 42 inches bust.

Size 36 requires 2¼ yards 35-inch or 39-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.

Turkish Diplomats Must Wed

Angora.—New Turkish government rules require all future appointees to the diplomatic service, from third secretaries to ambassadors, to be married.

A dull man is so near a dead man that he is hardly to be ranked in the list of the living; and as he is not to be buried whilst he is half-alive, so he is as little to be employed whilst he is half-dead.—Saville.

Sunday School Lesson

April 16 Lesson III—Jesus Transfigured—Mark 9: 2-8, 17, 18, 25-29. Golden Text—And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.—John 1: 14.

ANALYSIS.

I. THE MOUNT OF VISION, Mark 9:2-13.
II. THE VALLEY OF SERVICE, Mark 9: 14-29.

INTRODUCTION — Jesus' unexpected and startling announcement of his approaching death seemed to be the denial and destruction of every Messianic hope. The perplexed and saddened disciples needed a glimpse of the divinity that was hidden in their Master—some assurance that the way of the cross was the way of triumph. This assurance they were soon to receive.

I. THE MOUNT OF VISION, Mark 9:2-13.

The Gospels tell us nothing of that wonderful week which Jesus and his men spent together. One day toward its close, taking the three who were closest to him, he went up the mountain, v. 2. After their evening prayers, the three men, Oriental fashion, wrapped themselves in their outer cloaks and went to sleep. Their Master remained praying. Then suddenly they woke, or perhaps Peter did, and his cry woke the others. Vividly, as if they were flesh and blood, he saw two figures there with Jesus. Something told him that they were Moses and Elijah. Half asleep, half awake, frightened, confused, not knowing what he was saying, he began to call out to Jesus about building three "tabernacles"—rude shelters of brushwood and rushes quickly woven together to form a windbreak on the bleak hilltop, vs. 5, 6. "No word came back from Jesus: but the disciples looked, and they never forgot what they beheld. There was a light upon his face that made it seem transfigured. It shone there in the darkness as when the moon is risen, and the cloak about him seemed to glisten like white flame. Then a cloud drifted over the peak of the mountain. For a moment they seemed alone, and they said that it was as though the voice of God himself spoke to them out of the dimness: 'This is my beloved son.' The mist blew by, and there again was Jesus—Jesus with something tremendous in his eyes."

Dr. J. D. Jones, speaking of this light upon the face of Jesus after hours of prayer, says, "Prayer leaves its mark on the character, on the very face. The look of care relaxes into peace; lines of anguish change into those of joy. Dr. J. G. Paton mentions the rapt look on his old father's face when he came out of the tiny room where he held communion with God. It was almost the very first thing that impressed him with the reality of religion. And the transformation goes deeper than the face. It reaches down to the very heart. I know of nothing that so effectually removes all hateful things from the soul, and begets love and hope and faith in it, as prayer. As we behold Christ, and meditate upon him, we are changed into his image, from glory to glory."

Experiences like this are being scientifically studied today. The form they take is usually determined by the beliefs, conscious or sub-conscious, and the expectations of those who have them. Saint Anthony, for example, wrestling with temptation, saw visions of the devil. The disciples were perplexed, but gradually coming to believe that perhaps the astounding declarations of their Master were right. We may be sure that the prayers on Mount Hermon on that night were prayers for assurance and guidance. This vision was their answer. Moses and Elijah, talking with Jesus, would convince them that he was in the true succession of the Old Testament prophets. Law and prophecy were finding their fulfilment in him. The voice in the mist (v. 7) would assure them that their Master was all that he claimed to be. It was God's "Amen" to Peter's confession.

They were not to tell what they had seen—not yet, v. 9. Their duller companions, and still more, the people would not understand. Events proved that they, themselves, did not fully grasp its meaning. Elias (vs. 11-13) had indeed come in the person of John the Baptist.

II. THE VALLEY OF SERVICE, Mark 9: 14-29.

Peter's confused talk (v. 5) was foolish because he argued, "It is good to be here, therefore let us stay here." God is best served in helping needy people. Jesus led his enraptured men from the Mount of Vision to the Valley of Service. The purpose of public and private worship is not spiritual enjoyment, but preparation for action. Thos who cultivate the inner life without corresponding expression in active service become pietistic, and think more of their own words than of others' needs.

Awaiting them upon their return was the "multitude" and the scribes—friend and foe. The look on Jesus' face filled them with awe. Instinctively they did him reverence, vs. 14, 15. Once more the troubled heart found its way to him, v. 17. His exclamation as he set about healing the lad (v. 19) suggests his loneliness—his longing to be set free from the apparent failure of his teaching in Galilee.

When they were alone, the nine disciples asked Jesus, "Why could not we cast him out?" Well they knew. It was evident that while the Master and the three were away, the nine were bickering among themselves who should be the greatest in the new kingdom. See vs. 33, 34; Luke 9: 46. Their personal influence and power was in proportion to their self-forgetfulness. "A lot of work waits to be done in the world by people who do not care who gets the credit for it."

Jesus, remembering his own nights and days in the solitudes wrestling in prayer, committing himself continually to the sacrificial way for the sake of his brethren, replied: "This kind can come out by nothing but by prayer and fasting." Who can set limits to the power of a thoroughly consecrated life? One remembers that Ghandi last October by his determined refusal to live, brought about an agreement between the caste Hindus and the Outcastes—a hitherto undreamed-of accomplishment. The disciples lacked Jesus' power because they lacked his utter consecration.

Springtime

Real spring has come, not shifty windy rain,
But violets growing down a quiet lane,
Not sudden gusts of cold from off the sea,
But quivering wings in every budding tree. ..

Real spring, with days like jewels set apart, ..
And all its age-old hunger in your heart.
An aching need for sun against your face,
And all the old sweet freedom of the race. ..

Real spring, with wide brown furrows wet and bare,
A new young greenness showing everywhere,
New lambs and colts in pastures warm and clean,
Old orchard trees with daisies in between.

A mother-hen at shining dusk of day,
Finds a warm corner up against the hay,
And makes of her own body safe and crude
A kindly shelter for her tiny brood.

Wide fields of wheat whose petals, one by one,
Push small green fingers up to find the sun,
Whose roots lie deep below the furrowed plain,
Seeking their substance from the sun and rain.

Real spring, with all the fragrant lovely earth,
Pulsing with gracious life and joy and birth,
A quickening in the hidden heart of things.
Acrossthe starry dark, the beat of wings. ..

—By Edna Jacques in The National Home Monthly.

The 150th Anniversary of a Newspaper

The Glasgow Herald celebrated its 150th anniversary by issuing a very handsome special supplement describing the progress of that well-known journal and also the growth of the city. It was established by John Mennons, under the name Glasgow Advertiser, in 1783. That Mennons was an enterprising man is shown by the announcement to the public that he had, at a very considerable expense, engaged an eminent correspondent in London. The first issue, a fac-simile of which accompanies the supplement, contains the news that a messenger had just arrived from Paris in London with the preliminary articles of the Peace treaty between Great Britain and France and Great Britain and pain signed at Versailles. The Glasgow Herald antedates the London Times by five years.—Toronto Mail & Empire.

In great straits and when hope is small, the boldest counsels are safest. Livy. ..

Attractive Lawyer Miss

Again we find beauty and brains in a first-class combination. Sylvia Dean, at 25, is the youngest woman to be admitted to practice before the United States Supreme Court.

Nonagenarian Says Youg People Today Meet Too Frequently

Stratford, Ont. — Young people courting today see too much of each other, is the opinion of Mrs. William Smith of St. Mary's. Mrs. Smith and her husband recently celebrated their 70th wedding anniversary.

Mrs. Smith said she had no particular desire to criticize young people of today but she things the customs of the "good old days" are just a little better. "When we were courting the boy friend came only once in two weeks," said Mrs. Smith.

Mrs. Smith is 89. She still does her own darning and mending and scorns the use of glasses for this work. She owns a pair which she says she wears when she can find them. Checkers is her favorite game.

Her husband is 94 and his favorite recreation is to get out in the garden. Mr. and Mrs. Smith were married in St. Mary's and had six children, five of whom are still living.

Young London Dancer Takes Paris by Storm

A nineteenth-year-old London dancer has taken France by storm. She is already known as "the girl with the perfect legs," and has been engaged to lead the corps of ballet dancers at a fashionable Paris theatre.

She is Miss Mary Horner. Since she was first able to toddle about Miss Horner tried to dance when she heard a piano played.

On leaving school, against the wishes of her mother, she went on the stage.

"It is perhaps not surprising that Mary is so successful as a dancer, for she loves all dancing, from classical to modern jazz," her mother said.

"When she was 14 she excelled at Greek dancing, and a year later was engaged as a dancer in 'Rose Marie'. Since then she has appeared in cabarets in several London hotels, and danced at the London Hippodrome."

Miss Horner's first interest has always been dancing, but she is also a very keen flier, an excellent swimmer and fond of tennis.

Fact

A man may smile and jolly you,
And treat you mighty kind!
But you will find before he's through
He has an ax to grind.

Extreme Compliment

Has baby an angelic smile?
The family shout, "Well, rather!"
And then they shout in solemn style
"It looks just like his father."

MUTT AND JEFF— By BUD FISHER

Rational.