Woman's World

By MAIR M. MORGAN

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

LIGHT MENUS FOR SPRINGS.

The season is now graduating, too slowly, for some of us, into the warm days of spring and our appetites are being weaned from the heavy meals of winter. The following recipes will assist the housewife who wants something light for indifferent appetites:

Carrot Pie.

One cup carrot pulp, cooked carrots mashed through sieve, 6 cups sweet milk, 2 tablespoons butter, I lemon, juice and half the grated rind, 1 cup sugar, 6 eggs. Mix together as for any custard pie. Bake same as a pumpkin pie, 10 minutes in hot oven, then the rest of time in moderate oven.

Cream of Fresh Mushroom Soup

Peel and wash, then boil in a quart of water till tender one quart of fresh mushrooms. Mash them through a sieve. Melt two tablespoons butter, and two tablespoons flour, blend them together, then add slowly one quart hot milk and one pint of the boiling water in which mushrooms were cooked. Season to taste with salt and pepper. Stir n the pulp of the mushrooms, boil up just once and serve with croutons.

Spinach Loaf.

Cook two pounds of spinach, drain and chop it. While still hot, add two beaten eggs, one teaspoon salt, ¼ teaspoon pepper, one cup fine sifted bread or cracker crumbs. Place in well greased baking dish, cover with ¼ cup hard grated cheese. Bake till top is browned. Serve with topping of French fried parsnips.

French Fried Parsnips.

Scrape and boil parsnips until about tender. Cut them in strips lengthwise, roll in cracker crumbs, then dip in egg mixture and again roll in cracker crumbs. Fry quickly in hot deep fat until golden brown.

Pancakes Popular.

Spring is the traditional time for pancakes, and if your have not tried any of the following serve them up to your family as a surprise. Here are a few tips to follow:

Stir the batter rather than beat it; a little cold water added to the milk is said to make pancakes lighter than if milk only is used; drop batter in spoonfuls on griddle, or into well-greased frying pan and keep cakes hot until they are served.

Honey and Nuts.

Six tablespoons flour, 2 eggs, about half a pint of water and about half a pint of milk, pinch of salt.

Mix the flour and salt in bowl, break in the eggs, add enough cold water to mix into thick batter, and beat thoroughly until bubbles appear. Add sufficient milk to make the batter the consistency of cream, and allow it to stand for at least one hour before using.

Fry, a teacup at a time, in a little boiling fat, and when the underside is brown, toss. When both sides are a golden brown, put a generous dessertspoon of the honey mixture on the paneake, fold into three, dust over with sugar and serve.

For the honey filling, mix well together ½ pound honey, and 1 tablespoon each shelled walnuts, brazil nuts, hazel nuts and almonds and juice of half a lemon. The shelled nuts should be chopped finely before mixing with honey and lemon juice.

Basic Recipe.

Here s a good basic recipe. Sift 1 cup flour and a pinch of salt into a basin. Make a well in the centre, and into this break an egg. Work with a wooden spoon, adding by degrees ½ pint milk until a smooth batter is made.

Beat for two minutes and leave to rest for two minutes. Then beat again setting aside to rest for an hour. Cook in hot fat in a small omelet or frying pan. Serve with lemon, orange, honey, jam or syrup.

Sour Milk Cakes.

Two and a half cups flour, ½ teaspoon salt, 2 cups sour milk, 1¼ teaspoons soda, 1 egg.

Mix and sift flour, salt and soda; add sour milk and egg well beaten. Dry by spoonfuls on greased hot griddle; cook on one side. When puffed full of bubbles and cooked on edges, turn and cook on other side. Serve with butter and maple syrup.

Corn Cakes.

Two cups flour, 1 cup corn meal, 1½ tablespoons baking powder, 1½ teaspoons salt, 2 tablespoons melted butter, 1-5 cup sugar, 1½ cups boiling water, 1¼ cups milks, 1 egg.

Add meal to boiling water and boil five minutes. Turn into bowl, add milk and remaining dry ingredents mixed and sifted, then egg well beaten and butter. Cook same as any pancakes.

Rich Cakes.

Two and one-half cups flour, ½ cup cold cooked rice, 1 tablespoon baking powder, ½ teaspoon salt, ¼ cup sugar, 1½ cups milk, 1 egg, 2 tablespoons melted butter.

Mix and sift dry ingredients. Work in rice with tips of fingers; add egg well beaten, milk and butter. Cook.

Bread Cakes.

1½ cups fine stale breadcrumbs, 1½ cups scalded milk, 2 tablespoons butter, 2 eggs, ½ cup flour, ½ teaspoon salt, 4 teaspoons baking powder.

Add milk and butter to crumbs and soak until crumbs are soft. Add well-beaten eggs, then flour, salt and baking powder mixed and sifted. Cook.

Served as Savories.

With mushrooms.—Required:

1. Ordinary pancake mixture which has stood for a couple of hours.
2. Thick white sauce.
3. Mushroom filling made as follows: Put in saucepan 1 tablespoon of butter, add teaspoon finely chopped onion and one of parsley, then ¼ lb. mushrooms cut into small pieces and cook gently until the mushrooms are tender.

Fry small-size pancake, put in a large spoonful of mushroom filling, roll and arrange in buttered fireproof dish. Continue until the dish is full, pour the thick white sauce over it, add small pieces of butter and brown under the grill or in a hot oven for a few minutes. Serve immediately.

Apple Pancakes.

Mix 1 cup pastry flour and a pinch of salt into a smooth batter with 1 egg and ½ pint of milk. Add a large finely chopped cooking apple. Cook in hot fat in the fryng pan.

French Pancakes.

Beat ¼ cup each butter and sugar to a cream. Add 2 beaten eggs with ½ cup flour and ½ pint warmed milk, and beat until smooth. Divide the mixture on to six well-buttered saucers, and bake in a hot oven for 20 to 30 minutes. Turn each pancake on to a sugar-sprinkled cloth. Lay a teaspoon of jam in the centre and fold over.

Sardine Pancake.

Make the pancakes in the usual way and in each put one or two sardines, according to the size of the pancake. Roll the pancake up and serve very hot with friend tomatoes and fried parsley.

FOR KITCHEN FILES.

The bottom crusts of fruit pies will not become sodden if, after having lined your dish with paste, the latter is brushed over with a beaten egg and allowed to stand for a few minutes before putting in the fruit.

Eggs for poaching should be put in boiling water for a few seconds befor cracking the shells. This prevents the yolks from breaking.

A piece of blotting paper cut to the shape of the salt-cellar and placed in the bottom will prevent salt from becoming damp and lumpy.

When cleaning brasses, first moisten your cloth with paraffin. This will result in more brilliant and lasting polish.

A little coarse sugar stirred into soup that has been made too salty will render it more palatable.

If any odd pieces of material left over after making a frock are washed each time the frock is washed, they will not look so odd if used later on for repairing the garment.

Potato water is excellent for removing tea or coffee stains from linen.

The worst of me is known, and I can say that I am better than the fame I bear.—Schiller.

Sunday School Lesson

Lesson VI., May 7—Jesus Faces the Cross. Mark 10: 32-35. Golden Text: And it came to pass, when the time was come that he should be received up, he stedfastly set his face to go to Jerusalem.—Luke 9: 51.

ANALYSIS

I. The Deepening Shadow, Mark 10: 32-34.

II. The Selfish Request, Marck 10: 35-40.

III. The Road to Greatness, Mark 10: 41-45.

Introduction—Mark 9. 30 records the real beginning of the last journey to Jerusalem, although definite mention of it is not made until Chapter 10: 32. It would appear that during his brief visit to Capernaum (vs. 9-33) the Master made preparations for his great adventure. We shall find later that a large number of his galilean friends were gathered in Jerusalem to support him during those last fateful days. He must have given some inkling of his plan to those whom he could trust. He would go to the capital of his nation for the Passover feast. What he expected would happen there his utterances and even his demeanor made increasingly clear.

I. The Deepening Shadow, Mark 10: 32-34.

Jesus and his little company traveled slowly. For him the territory through which they were passing (Mark 10:1) was new ground, but here it was that John the Baptist had labored not long before. Many people were, therefore, ready for his message. He himself was possessed by the feeling that his time was short, and that whatever he would say must be said now.

Mark gives a vivid glimpse of our Lord as he makes his way toward Jerusalem. We see "the striking figure of the Master walking alone in front, the wonder-stricken disciples behind, and still farther in the rear, a group of terrified adherents." (See Revised Version.)

Then taking his disciples apart from the crowd, he tried once more to prepare them for what lay before them. Not once, but again and again, he tried to warn them. All his own deep instincts had told him from the first that only by suffering could he fulfil his appointed task. He was going to Jerusalem with the clear presentiment that he was going to his death. The details of the predictions (vs. 33, 34) may have been filled in from later knowledge, but our Lord was already suffering the agony of Jerusalem and Calvary.

II. The Selfish Request, Mark 10: 35-40.

While our Lord's mind was thus filled with the thought of what he must soon endure, his disciples were still cherishing the old dream—a glorious earthly kingdom.

James and John decided to "put in their names" early, vs. 35-37. Probably before that forward Peter would speak for himself! Perhaps they were jealous of Peter after the incident of Matt. 16: 18. At any rate, he was not with them when they came to Jesus. Matthew, evidently wishing to save the reputation of the two brothers, introduces the mother to make the request, Matt. 20: 20. 21.

How little they understood what an answer to their prayer involved! Patiently and pityingly the Master replied: "Ye know not what ye ask. Can you share my cup and my baptism?" v. 38. He meant, could they share his sufferings? See Mark 14: 36 and Luke 12: 50. The Greek word translated "bastim" was used in common talk to mean "flooded" in the sense of "overwhelmed with calamities." They, poor fellows, ambitious yet so loyal, thinking only of the "chief places" ahead, replied, "We are able." "Yes," thought the Master, sensing their real loyalty, 'Ye shall indeed share my cup and baptism."

But the place nearest Christ is not given as an earthly monarch bestows favors. Our spiritual king knows only "spiritual" nearness. The place of pre-eminence is won only by likeness to him. It is "prepared" (v. 40) only for those who qualify.

III. The Road to Greatness, Mark 10: 41-45.

The ten were displeased (v. 41) not because the brothers were so sordidly ambitious, but because they had tried to take an unfair advantage of themselves. They all had "great expectations." Such was the mood of the disciples on the very eve of their Master's sacrifice.

Once more he tried to teach them. They had a wrong view of "greatness". Among the Gentile nations around them, the standing of the kings and princess was determined by the size of their establishments. Their "greatness" was measured by the number of people who served them. He who gave orders to the greatest number and took orders from none was, to those oppressed and subject Jews, the very personification of greatness.

In the Christian community, however, there must be no such standard of greatness. Did the Master, with prophetic insight, envision the day when his church would be corrupted with that same notion of greatness? Said he, the great man among you is not he who can afford to have many servants attending him, but he who himself delights to be of service to others. The quality that counts in the Christian community is not position, but personality; not salary, but soul. The more a man is prepared to do for the sake of others, the greater he becomes—in soul. The highest tribute that one can pay to a friend is to say, "He is a great soul."

"I myself," continued Jesus, "have come among you, not to be served, but to serve, and give my life a ransom for many." The primary idea in ransom seems to be that of rescue from some danger or some enemy. The whole life of Jesus with its service, its suffering, and finally its humiliating ending, was the ransom he offered for the sins of many. By that offering he was destined to rescue mankind from the power of sin. "Ye shall call his name Jesus, for he shall save his people from their sins."

Breathing Spring In Every Line

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished With Every Pattern

If you want an attractive little afternoon dress for Spring, here's your number.

The bodice fitted at the lower front gives a hint of a basque effect. Its bias lines are slimming.

Almost any of the crepe silks in plain or print are admirable for this model.

Dawn-blue crinkly crepe silk made the original.

It's easily made! The saving in cost is marvelous.

Style No. 2552 is designed in sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust.

Size 16 requires 3¾ yards 39-inch with ½ yard 39-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 it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

Hen Knows Her Home

Williamsport, Md.—Mrs. Ross Downs saw a hen in a poultry dealer's crate. She said it had been stolen from her. The dealer said he paid 35 cents for it and demanded proof.

"Turn her loose," Mrs. Downs suggeste to a policeman.

He did and with the interested parties trailing, the hen went straightaway to the rear of the Downs home where she resumed her duties on a nest of setting eggs.

Alternating Diet Produces Pink Eggs

If Experiments Prove Satisfactory Hens Will Lay Different Hued Eggs

Chicago.—Egg whites have gone pink—and so have chickens. The pink egg "white" and pink chick are scientific facts and the results of controlled feeding experiments in the laboratories of a chicken feed concern here.

And, if further experiments being conducted by L. G. Neal, head of the feed house's educational department, Dan Schaaf, and their assistants turn out as expected, the hens will be laying eggs with blue "white" and hatching blue chicks.

They have proven, they said, that by controlled feeding it is possible to produce eggs uniform in size, taste, color of white and yolk, and vitamin content the year through.

In addition, they have achieved eggs with "white" a deep pink and yolks varying in color from lemon to deep yellow. A cross-section of one hard-boiled egg showed a pink "white" and a yellow yolk with rings of deep red.

Neal said an egg is 12 days' work for a hen, for the yolk, when laid, has that many rings. It is possible, he said, by alternating the hen's diet, to color red as many of those rings as desired.

Imagine the dilemma of a white hen laying eggs with pink "white." Her chicks will have pink fluff.

The combinations of grain and mash feedings are laboratory secrets, Neal said.

Fashion Tips

Monkey fur and fox fur are used lavishly on formal ensembles. Lynx is used for trimming on tweeds.

Dark brown is allied to raspberry-pink, grey, beige and blue in many ensembles.

Belts are made from plaited string, metal, knitted silk and leather appliqued with chromium.

Ordinary house flannel is used for blouses and for coats worn with beach suits and beach shorts.

Heavy silk makes wide-skirted petticoats beneath frocks of organdie or tarlatan.

Feather ruffles are still popular for evening wear, and are dyed the same color as the frocks they accompany.

There is much variety in coat lengths. They may be just to the waist, to the hips, or three-quarter length.

When two different colors are used for a coat and dress revers of the same color as the dress, put a smart finish to the coat.

Scarves made of several different colors put together like bunting are gay additions to summer sports clothes and cruising ensembles.

Long velvet coats accompany dressy afternoon frocks.

"White" on Moths Ultraviolet

Butterflies and moths, as seen by each other, are very different from the way they appear to human beings, because they see ultraviolet radiations and reflections beyond the range of the eye of man. Dr. Frank E. Lutz, of the American Museum of Natural History, has demonstrated this by taking photographs of butterflies, moths and flowers in which only the ultraviolet patterns were visible. It was found, for instance, that all patches and spots on butterflies and moths which appear to be Chinese white to the human eye were in reality a deep ultraviolet in rue. Other white shades were also found to be ultraviolet when seen by the insects. —Popular Mechanics.

EAT OYSTERS "CLEAN."

"What is the best way to eat oysters?" asked the Prince of Wales recently when seven-year-old oysters fresh from their native beds were laid before him, at an oyster farm, "should you take vinegar or red pepper, or both?" he asked. The manager replied: "Never, sir. The best way is to 'eat them clean.' Then you get the true sea-water flavor."

Stammer Is Sign Child Is Spoiled

Thumb Sucking and Stutter Are Marks of Pampering, Speech Conference Told

New York.—A stammering child is a spoiled child and can be cured only through patental discipline, in the opinion of Dr. Frank Pearcy, New York psychologist, before the final assembly of the Eastern Public Speaking Conference, which closed its twenty-fourth annual convention. Dr. Peacy was one of three to lecture on speech disorders.

"A child stutters and stammers for the same reason he cries for hours at a time, whimpers, is finicky about his food or sucks his thumb," said Dr. Peacy. "He simply wants attention. He wants to be sympathized with, to be noticed. And when parents pamper him he stops thinking about his own misfortunes and is content until they leave him alone once more."

Stuttering in childhood is far easier to control than in adolescence or later life, said Dr. D. Pearcy. With a baby, it is possible to correct any such speech disorder by ignoring it; the grown man or woman is confronted with a basic defect in personality coupled with the tentacles of habit.

"Many people can talk perfectly at home, but find themselves utterly incapable of expression among comparative strangers," he sad. "Shock, or what we call stage-fright, should not affect a normal person in such a way as to render him utterly unable to speak. Yet, with many who have been allowed to grow up in an atmosphere of pseudo-sympathy, the consciousness of habit gives them an inferiority outlook which prevents articulation."

The cure for stammering lies in control of behaviour, rather than in an attempt to change the mechanism or physical basis of speech through special exercises or medical attention, he said.

Dr. Leo A. Kallen led a discussion on occupational disorders of the voice which were caused, in the main, he said, by overstraining, or ignorance of the principles of declamation.

"Teachers, preachers, lawyers and lecturers who do not pay particular attention to their vocal apparatus soon find themselves the victims of chronic phonesthesia, which renders them mute. The commanding voice is usually one octave higher than the speaking voice. This the actor or the teacher too often forget. He hurts his throat much as the boy who tries to sing soprano long after his voice has changed."

Mrs. Lou Kennedy of Brooklyn College, told of the difficulties encountered by lexicographers in finding the pure pronunciation of a word which has become mutilated geographically. "Our only hope for purer speech is through national radio hookups which will distribute into every American dialect the element of pure English," she said. "This can best be accomplished with children, for the entire creation of a child's style in speech takes place before the age of five. At this age its personality is crystalized."

How to Torture Your Husband

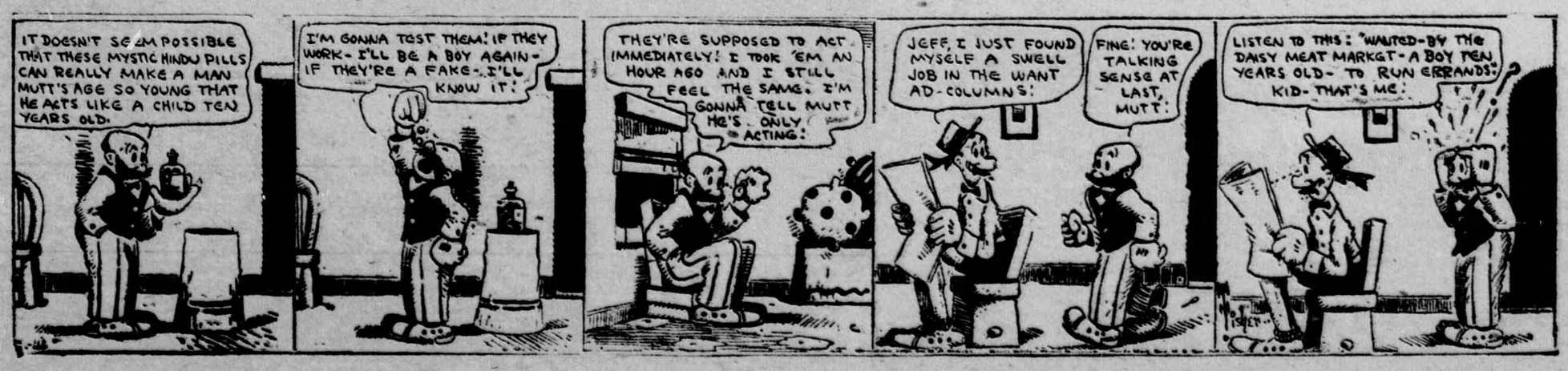
The big game hunter was telling his stay-at-home wife all about his encounter with the Bengal tiger and how he had finally shot it. "Yes," he wound up, "it was a case of the tiger or me."

"I'm so glad it was the tiger, dear," she said sweetly, "otherwise we wouldn't have this lovely rug."—Boston Transcript.

Enticement

From the maple tree I heard
The cosmic rhythm of a bird.
He wore the raiment of a king
With lucent scarf and mottled wing
And from his elevated throne
He sang with esoteric tone
An invitation for a mate
To share in his petite estate.
—Roy Danford Parker.

"Sweet Corn" Defined

All grades of canned corn, according to the new amendment of the Meat and Canned Foods Act, must be packed from certain varieties of corn known to the trade as sweet corn. The corn must be picked from the stalk when it is young and tender; that is when the kernels are in a creamy or milky state on the cob.

MUTT AND JEFF— By BUD FISHER Now Jeff is Puzzled.