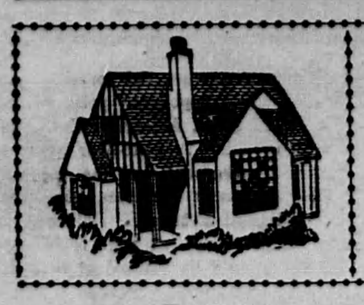

Woman's World

By Mair M. Morgan

Casserole Dishes

Housewives are ever alert to economize without sacrifice of quality and food value. One of the best methods of cooking a cheap cut and retaining the juices of both vegetables and the meat is to use the casserole method. Here is a delicious casserole recipe:

Casserole With Vegetables

One flank steak, prepared paste, 1 to 2 cups diced carrots, 2 cups diced potatoes, ½ cup diced turnip, 1 large onion, 1 teaspoon salt, ¼ teaspoon pepper, 1 cup boiling water.

Spread meat with paste as in preparing recipe. Cut meat to fit casserole. Oil casserole well with bacon fat. If the steak is cut i three pieces put one-third of the vegetables in the casserole, arranging in layers and slicing the onion through them. Season with salt and pepper and add a piece of meat. Continue layer for layer of meat and vegetables until all is used. Add boiling water, cover closely, and bake an hour and one-half in the morning and one hour at dinner time. Serve from casserole.

The long cooking and the vinegar break down th tough tissues of the meat and leave it very palatable and nourishing.

The following combinations have also been tried and have proved very successful:

Scalloped Ham and Potato

Six potatoes, pepper, ¾ lb. ham, 1 pint milk.

Pare and slice potatoes. Cut ham into pieces suitable for serving. Place ham in bottom of casserole, lay potatoes on top. Sprinkle with pepper and add milk. Cover and bake very slowly in the oven until potatoes are soft. This recipe serves four.

Tamale Pie

Two cups corn meal, 2 teaspoons salt, 6 cups boiling water, 1 onion, 2 tablespoons shortening, 1 pound meat, chopped, 2 cups tomatoes, ½ teaspoon cayenne, 1 teaspoon salt, 1 teaspoon vinegar. ¼ teaspoon mustard, 1 small green pepper.

Make a mush by stirring cornmeal and salt in boiling water. Cook over hot water 45 minutes. Brown onion in shortening, add the meat and stir until the color disappears; add tomatoe and other seasonings. Grease a casserole, line with the mush, put the meat and vegetables in, cover with corn mush cover. Bake 35 minutes in hot oven. Brown the top under the broiler if it doesn't brown through. Serves eight.

Scalloped Pork and Potato

Six medium sized potatoes, salt, pepper, flour, ½ cup milk, 1 cup cooked peas, 6 pork chops.

Slice potatoes into baking dish. Dust liberally with salt, pepper and flour. Add milk and peas; lay uork chops on top and bake in a moderate oven until chops and potatoes are cooked. Bake if possible in dish in which it is to be served. Serves six.

Baked Noodles

Two cups cooked egg noodles, ½ lb. cheese, grated, 2 cups cooked spinach, chopped, 1 cup milk, 4 tablespoons shortening, 1 tablespoon flour, ¼ teaspoon salt, 1-8 teaspoon pepper, paprika.

Place cooked noodles in bottom of greased baking dish and cover them with half the grated cheese. Put chopped spinach over cheese. Make a sauce of the milk, shortening, flour and seasonings and pour over spinach. Sprinkle remaining grated cheese on the sauce and bake in the dish in hot 450 deg. oven for 10 minutes, or until top is brown. Serves six.

Salmon Loaf

Eight medium potatoes, 1 can salmon, ¼ teaspoon onion, 4 slices bacon, 1 teaspoon salt, ½ teaspoon pepper, ¾ cup milk, 1 egg, ¼ cup bread crumbs.

Peel and slice potatoes. Put layer potatoes in greased pan, then layer of salmon, adding onion, sliced bacon, salt and pepper. Continue layers till pan is full. Mix egg and milk. Pour over mixture. Sprinkle bread crumbs on top and bake in moderate oven till potatoes are done. Serves six.

Casserole of Liver

One lb. sliced liver, 3 slices fat bacon, pepper, 4 slices onion, 3 cups mashed potatoes, salt, 1½ teaspoon powdered sage, 3 bouillon cubes, 1 cup water.

Fry liver and bacon to light brown color. Add onions to bacon fat and brown. Line casserole with mashed potato, put in alternate layers of bacon, liver and onions. Sprinkle with seasonings. Dissolve bouillon cubes in hot water and pour over contents of casserole, covering all with layer of mashed potato. Bake 1 hour in moderate oven. Serves six. Beef liver may be used for this recipe.

Turnip and Sousage

Too many people spurn the yellow turnip without ever giving it a chance. Pare a large turnip, cut into cubes, boil until tender and mash as you would potatoes, seasoning with salt and pepper and adding a lump of butter and half cup of cream. Pour into a buttered casserole and cover with a generous layer of sausage meat. Bake until the sausage is a nice brown.

Satisfying Stew

These cold days call for substantial meals and there is nothing like a well-seasoned stew to give one a well-fed feeling.

We use all kinds of meat for stews, even to left-overs. Beef, veal, lamb, mutton, pork, ham, fresh and salted fist bring infinite variety to the one-time plebian dish.

Dumplings add distinction to all stews, but particularly to one made of veal. Lamb stew gains much from canned peas. A savoury combination of onions, canned tomatoes and macaroni makes a dish made from remnants of cold roasts pleasantly appetizing. Carrots provide color when other means of garnishing are not at hand. A few mushrooms give the final touch that makes a real feast out of plain fare. Remember that dried mushrooms may be substituted when fresh ones are not at hand.

Veal Stew

One and one-half pounds lean veal, 3 medium sized potatoes, 1 cup small whole mushrooms, ½ cup shredded sweet green pepper, 2 ounces, 2 teaspoons salt, ¼ teaspoon pepper, 4 cups boiling water, flour.

Trim fat from meat and put into a frying pan over a low fire until fat is fried out. Remove crisp "cracklings.' Cut the meat in small pieces and roll in flour. Brown with onion cut in thin slices in the hot fat in the frying pan. Turn into a deep sauce pan or kettle. Pour boiling water into frying pan and then pour over meat. Cover closely and simmer for two hours. Add potatoes pared and cut in neat dice, salt and pepper, shredded sweet pepper and mushrooms and cook 30 minutes longer. It may be necessary to add more water during the cooking period, but there should be 3 cups water over the stew when vegetables are tender. Thicken with 2 tablespoons flour stirred to a smooth paste with water after the dumplings have been cooked.

Dumplings

One and one-half cups flour, 3 teaspoons baking powder, ½ teaspoon salt, about ¾ cup milk or water.

Mix and sift flour, salt and baking powder. Add milk slowly, cutting it in with a knife. Drop from tip of spoon into boiling stew. Cover the kettle closely and boil gently for 12 minutes without lifting the cover. Remove to a hot platter and keep warm while making the gravy. Put stew around, not over, dumplings and serve at once.

Household Hints

When using soda to clear the drain in the sink, be sure to follow with a pan of boiling water so the soda and grease do not form a soft soap in the drain pipe and close the drain entirely.

Everything in the kitchen should be washable, consequently painted walls are better than papered ones for this room. They can be wiped down when soiled or greasy and will make the kitchen look like a different place.

Two minutes after lighting the burners of the oven of your gas stove, open the oven door for a second to let the moist air escape and the oven will heat far more quickly after the ventilation.

Many times a few well-placed skewers will do away with the necessity of sewing a roast or fowl together to hold the dressing. Most housewives dislike this bit of fancy sewing, anyway, and might experiment with steel skewers, and see how cleverly they may be used.

Babies often hate the knot at the back of their necks when their bibs are tied on. Thread the neck of the bib with elastic and slip it on over the head.

If you wring out lace and muslin frocks in milk instead of starch it will stiffen them sufficiently.

If you wish to have your poached eggs white-topped and creamy looking, just cover the pan and let the steam cook a film of white over the yolk. They are much more attractive.

Don't attempt to beat whites of eggs if a little of the yolk has gotten into them. Dip a cloth into hot water and scoop the yolk out with a corner of the cloth. Then beat and be assured of success.

Lemons that have been kept too long and have hardened can be softened by covering with boiling water and standing on the back of the stove for a few minutes.

If you have made your frosting a bit too soft and the layer cake is inclined to slip off unevenly, run a few toothpicks through the layers, holding them in place until the icing hardens.

When you boil a fowl add a pinch of bicarbonate of soda to the water. This makes it exceptionally tender.

Many housewives find almond icing for cakes expensive. Ground peanuts are often used by professional cooks, and few people know the difference.

A Stunning Model

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished With Every Pattern

Numberless schemes look well in this model. It's stunning as pictured in black crepe marocain with turquoise blue trim.

Then again, if you are thinking of a color, bottle green, wine red, wild blackberry, ell-grey, etc., in silk or lightweight woolen are attractive suggestions.

And you have only to note its length-giving wrapped effect and bias skirt seams, its flattering jabot collar that disguises bodice breadth and the slimming sleeves to realize how slender and charming you'll look in this dress.

Style No. 3216 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust.

Size 36 requires 4⅛ yards of 39-inch material with ¾ yard of 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 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

Lesson V.—February 4—Putting God's Kingdom First.—Matthew 6:1-34. Golden Text — Seek ye first his kingdom, and his righteousness, and all these things shall be added unto you.—Matt. 6.33.

TIME—Midsummer of A.D. 28, the second year of Christ's ministry.

PLACE—The Horns of Hattin, a hill west of the Sea of Galilee.

PARALLEL PASSAGE — The "Sermon on the Plain," Luke 6: 20-49.

"Lay not up for yourselves treasures upon the earth." Let it not be thought for a moment that Christ inculcates any lack of prudence in connection with material things, or any disregard of material duties. His strong protest is against the undue secularizing of life.

"Where moth and rust consume, and where thieves break through and steal." Literally "dig through," for Palestinian house, made usually of stone, have no outer windows, and thieves must made holes in the walls if they would enter.

"But lay up for yourselves treasures in heaven." If you wish to express some of your money from earth to heaven, give it to those who need. And if you have no money to give, you can give friendship and loving sympathy and wise praise and tender admonition and inspiring counsels and sweet comfort. "Where neither moth nor rust doth consume, and where thieves do not break through nor steal." We should exchang· earthly for heavenly currency.

"For where thy treasure is, there will thy heart be also." If the heart be with the treasure, what happens to the treasure happens to the heart.

"The lamp of the body is the eye," The eye is the spiritual faculty through which the light of God's truth is recognized and admitted into the coul. "If therefore thine eye be single." Sound, seeing objects singly, and clearly, and dinstinctly, instead of multiplying them, as in certain unsound states, confusedly and indeterminately. "Thy whole body shall be full of light." The soul's eye must be single and the singleness of motive and desire must spring from the superhuman energy that comes to use from the spirit-given love of Jesus Christ.

"But if thine eye be evil (that is, diseased), thy whole body shall be full of darkness." All about us are sights and visions of eternal truths and beauties which we have not seen. We have not, by prayer and Bible study and meditation and Christian service cultivated the spiritual capacity. "If therefore the light that is in thee be darkness, how great is the darkness!" The whole passage is a warning against the danger of worldliness, against the blinding, bewildering effect of wealth and comfort.

"No man can serve two masters.' As salt must retain its integrity if it is to be useful, and the eye its purity to be a fruitful guide, so sincerity of heart is necessary to unity in purpose and action. "For either he will hate the one, and love the other; or else he will hold to one and despise the other." And all the while he will very likely be fooling himself into the belief that he can love both and that he is serving both impartially. "Ye cannot serve God and mammon." Mammon may be derived from a Phœnician word for "gain" and so be equivalent to Pluto, the Latin god of wealth; or it may be derived from a Hebrew word meaning "trusted." Our English equivalent would be "worldiness."

"Therefore I say unto you, Be not anxious for your life." The remainder of the chapter is an expansion of the thought already introduced in verses 19-24, that we are to live for God and not for the world, trusting the heavenly riches and not mammon "What ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on." These are the fundamental necessities of human life, and if anxiety for them is forbidden, surely anxiety for more than these is forbidden. "Is not the life more than the food, and the body than the raiment?"

"Behold the birds of the heaven." Palestine is a land of many birds, and very likely Christ pointed to a flock of them as he spoke. "That they sow not, neither do they reap, nor gather into barns; and your heavenly Father feedeth them." The birds obey the God which is in them in the form of instinct, and so they reach the limit of their possibilities; and they are fed and they are clothed as no great king of Oriental days or modern days was ever fed or garbed. "Are not ye of much more value than they?" It is said that Martin Luther was once wandering in the fields alone with his sorrow, when a bird perched singing on a spray, and to the wanderer's ears he seemed to sing,

"Mortals, cease from toil and sorrow, God provideth for the morrow."

"And which of you by being anxious can add one cubit unto the measure of his life?" Christ's question points out the uselessness of worry. It cannot change things, except for the worse.

"And why are ye anxious concerning raiment? Consider the lilies of the field, how they grow." Palestine is a land of flowers. Some think the flower to which Christ referred to was the Scarlet Turk's Cap; others that it was the red anemone. "They toil not, neither do they spin." It was because God was love to Jesus Christ, that when he went abroad into the world of nature, he saw God and his kingdom in the birds, and in the thousand lilies of the field.

"Yet I say unto you, that even Solomon in all his glory was not arrayed like one of these." We ought to be able to rejoice in those parts of the creation whch were desgned especially to give us delight.

"But if God doth so clothes the grass of the field." Including, of course, the many flowers growing amid the grass. "Which to-day is, and tomorrow is cast into the oven." Firewood is so scarce in Palestine that even in our day the people heat their ovens for baking bread with dry grass from the fields. "Shall he not much more clothe you, O ye of little faith?" If the lilies of the field are so beautiful, what will be the beauty of the white garments of the saints!

"Be not therefore anxious, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?" All the worry that ever got itself accomplished in this weary, worrying world; all the sleepless nights, all the burdened days, all the joyless, mirthless, peace-destroying, health-destroying, happiness-destroying, love-destroying hours that men and women have ever in all earth's centuries given to worry, never wrought one good thing.

"For after all these things do the Gentiles seek." The heathen may be pardoned for their anxious lives, for they have not the knowledge of a loving heavenly Father; but we, to whom this knowledge has been given, are without excuse if we worry. "For our heavenly Father knoweth that ye have need of all these things." Food, drink, clothing, shelter, these are essential to God's creatures. They should never fret about things essential, because God knows they have need of these things.

"But seek ye first his kingdom, and his righteousness." Jesus teaches that the kingdom of God is so beautiful and worth so much to a man, that if he really catches sight of it, he will be ready to give up everything else for it. "And all these things shall be added unto you." Here is the plus principle in daily living. With the kingdom of God in the heart, the plus process begins in life.

Georgia's Federal Relief Under a Woman Dictator

Atlanta.—Federal relief and civil works administration in Georgia are now under a woman dictator.

Miss Gay B. Shepperson, middle-aged welfare worker, succeeded Governor Talmadge's board of five on orders from Harry Hopkins, Federal administrator at Washington.

Reorganization of federal relief in Georgia resulted from an open break between the governor and Hopkins which started a short time ago when Talmadge severely criticized the pay of civil works employees. At that time the governor charged that civil work pay was demoralizing farm labor. Hopkins replied that Talmadge was just a "headline hunter."

Miss Shepperson declined comment on assuming office.

Sportsmen's Zest Unmarred by Age

Boston.—Age is no barrier to Massachusetta sportsmen, Raymond J. Kenney of the Division of Fisheries and Game says that 5,397 hunters and fishermen took advantage last year of the law giving persons over the age of 70 years their sporting licenses without charge.

Roman Aqeuduct Unearthed

Sofia.—The discovery of a Roman aqueduct in a remarkable state of preservation has been made at Kustendil during excavations for the foundation of new buildings. The pipe sections were constructed in two parts so that the upper half might be lifted to facilitate cleaning. Kustendil was the ancient Pautalia, a city famous in Roman times. The place is now well known for its hot mineral baths, built on the site of the Roman baths.

Fashion Tip

Red uncrushable velvet for the evening gown; gloves and shoes to match.

Setting Too High A Standard

Parents Are Inclined to Expect Almost Perfection in Their Children

There is such a thing as setting too high a standard for a child.

When human nature has its way and he constantly falls short of perfection, nothing will breed in him a sense of inferiority more quickly.

We lay down a long order for our children. They must be obedient truthful, neat, clean, studious, quiet, gentle, polite, generous energetic, helpful, kind, brave and patient.

This is a decalogue plus. Can we and do we always live up to it ourselves? No. And with our years of experience and control we are in better condition to do so, or at least we should be, than they are.

Mistakes Are Inevitable

Childhood is happy-go-lucky and irresponsible. It is the time for learning everything including the virtues. A student of anything whether it be painting, wood-finishing, golf, or life, has to begin at scratch and make mistakes as he goes.

In no other craft do we expect perfection, but ye do expect it of children learning the lessons of character day by day.

It is all right to have a standard and to work toward it. This is what all standards are for, but if in the striving mistakes are made it is not quite fair or wise for the mentor to criticize too sharply. It is very discouraging. True, a few stout souls work beter under the gnout, but most people and most children are sensitive and fail.

Once self-confidence is lost, all is lost. But more bitter still in the heart of a child is the feeling that others are disappointed in him.

Not only that, but another sting lies in this—he may be averaging 80 per cent. in all the "good" things we have decided he must be. But usually he gets little credit for it. The things he seems to be judged by are the other fifth that he fails in.

If he is scolded or punished or ridiculed for this 20 per cent. in his bitterness and humiliation, he may decide that the rest does not matter. He's told that he is no good. He believes it and stops trying.

Develops Inferiority Complex

The worst of almost any system of unfair discipline and punishment is that the child believes he is worse than he is. Not all children, for a few do survive, and either by fear or sheer will power, turn the reprimand to account. But the opposite is too often the case.

We must be trainers, of course. All parents find themselves in this position whether they like it or not, and training takes firmness as well as kindness. But it also takes tact and judgment of infinite depth and soundness. If we notice that our boy or girl is discouraged we might do well to ask ourselves if we are not expecting too much. And give him the credit he deserves.

Sometimes I wonder, if weighed by the same scales, how many parents would find themselves on the high end. Often fathers or mothers have a long way to go before attaining anything like the standard they set for their own children.

Christmas Tree Trade

It has been officially estimated that there have been 500 carloads of Christmas trees shipped from the forests of Ontario, Quebec, New Brunswick and Nova Scotia to cities in Canada and the United States for the Christmas season. This trade is no doubt profitable to the farmers and others having trees for sale, but one wonders what effect the destruction of these young trees at such a rate will have on the forests of Canada in the years to come. Everyone, of course, likes a beautifully decorated and illuminated Christmas tree, in fact the joy of the season around the fireside would be scarcely complete without this traditional emblem of good will and festivity. It is a question, however, that ought to be fully investigated by the federal authorities from an economic point of view.—Brantford Expositor.

Dish cloths should never be left in a wet, sodden pile after using and so become fatty, sour and unfit to wash anything. Wash them out in suds after they are used and hang in the air to dry.

MUTT AND JEFF By BUD FISHER

Evidently Mutt and Jeff Don't Speak the Same Language