Woman's World

By Mair M. Morgan

Delicious Lamb Dishes

While most of us prefer lamb chops, there are many dishes that are equally appetizing from the shoulder or breast of lamb.

Each quarter usually weighs from six to nine pounds, but the butcher will be glad to cut in such sized portions as his customer wants. There is little difference of bone and waste in the forequarter and in the chops, and the price usually is considerably less in the forequarter.

Forequarter Tougher

The forequarter meat is naturally tougher than that of the hindquarter and in tough meats the connective tissue is the part that must receive special attention.

By separating the meat, bone and fat, each one can be used to advantage. The meat can be put through the food chopper ready for attractive chopped "steaks." The bone may be used for broth, the fat chopped and easily fried out to be used for pan-frying.

Variety in dishes made with the forequarter of lamb often may be accomplished by using suitable sauces and other accompaniments such as rice and spaghetti.

The small family will find two pounds of lamb from the forequarter sufficient for its needs. The larger family, of course, will need more in proportion to its size.

Ways to Prepare

When the meat is left in one piece it may be boiled, roasted, braised with vegetables or cooked and pressed and served cold.

Cut in pieces, Irish stew, fricassee of lamb, casserole of lamb and lamb curry are sure to please.

When the meat and bone are separated before cooking, several pleasing dishs may be concocted. The pieces of clear meat may be pounded thin—"Frenched." These are broiled and served with minted currant jelly. Or, instead of flattening the fillets, each one may be wrapped with a strip of breakfast bacon, held with a toothpick and broiled or baked in a hot oven.

If the meat is chopped, it may be made into cakes like Hamburg steaks and broiled or fried.

The bone may be boiled to make broth or stock. If the meat, with vegetables and rice, is added to this broth, a nourishing dish known as Scotch broth is made.

Chopped lamb combined with cracker crumbs and eggs makes a delectable meat loaf. Served with lamb chops for popularity.

The nutritive value of this inexpensive meat is quite as great as that of the choicer, more costly cuts. The flavor is just as delicious in the shoulder as in the leg.

Hot Cakes For Tea

Hot buttered scones and cakes must always find a place on the winter tea table.

Most of us have our own favorite recipes, but a change is often welcomed.

Here is a simple recipe for scones, for a start.

Mix together 2 cups pastry flour, a pinch of salt, half a teaspoon cream of tartar, a quarter teaspoon bicarbonate of soda, rub in 4 tablespoons butter, then add two tablespoons sugar and the same of sultanas.

Mix to a stiff paste with a little lemon juice, and divide into small milk or an egg, add a few drops of rounds. Place on a greased tin and bake in a quick oven for about ten minutes.

Cool on a wire rack. When required, split open, spread with butter and place in a hot oven for a few minutes.

Potato Scones

Now, another scone recipe made with cold, mashed potatoes.

One cup cooked, mashed potatoes, 2 tablespoons butter, 8 tablespoons flour, ½ teaspoon bicarbonate soda, the same of cream of tartar, a pinch of salt, and a dessertspoon warm milk.

Mix the potatoes with the milk, add the salt and warmed butter, then the flour, soda and cream of tartar. Form into a stiff dough, roll out and put into rings.

Bake in a hot oven, butter and serve hot.

Toasted Tea-Cakes

Perhaps you prefer tea-cakes. Here is a good recipe:

Mix together 2 cups flour, a pinch of salt, half a teaspoon baking powder, ¼ cup sugar and ¼ cup washed and dried sultanas.

Stir in a beaten egg and sufficient milk to make a smooth dough. Turn in to a floured board, and roll out ½ inch thick.

Cut into rounds, mark a cross on the top with a knife, brush over the top with beaten egg or milk and sugar, and bake in a hot oven for ten minutes.

When the are to be served, cut the cakes open and toast and butter them.

Wafer Pancakes

In Scotland you will usually find delicious thin pancakes on the tea table. Here is a recipe.

Sift together one cup flour and a pinch of salt. Add a beaten egg, half a cup milk, and a tablespoon melted butter, and beat well. Lastly add a teaspoon baking powder.

Grease a frying pan with a nut of butter and when the pan is hot, drop in a spoonful of the mixture at a time, brown on both sides, and serve at once.

A tablespoon of grated chocolate added to the above ingredients makes these pancakes specially appreciated by the children.

Keeping Hose Straight

Keeping stockings straight is largely a matter of knowing where to fasten your garters. If you fasten the back garters first, directly over the seams, and then hook the front ones, your stockings never will get twisted.

Soiled Windows

Most of the modern housewives are quite ready to let the windows accumulate a bit of soil in freezing weather, but if they annoy you so much you must do something about them, moisten your soft cloth with kerosene instead of water.

Household Hints

To clean a deep vase, allow a solution of salt and vinegar to stand in it a short time.

To scald milk easily, set the jug in a pan of cold water. When water boils the milk is ready.

To make lettuce crisp hang in a draught after draining, tied lightly in a tea cloth.

To ventilate a room place a pitcher of cold water on a table in your room and it will absorb all gases. The water will be entirely unfit for use.

To mend cut in tablescloth or other fine linen work, button hole stitch with not too coarse thread all around cuts, then turn on the wrong side and holding two edges firmly overcast the edges.

Use dental floss to mend with. Try it for buttons.

To clean wall paper: Use 1 cup flour and paster of Paris. Roll it into a moist ball. Clean the paper.

CORNSTARCH PUDDINGS

Eggs Aid Dish

Eggs may be added to the majority of cornstarch puddings and contribute a pleasing delicacy as well as food value. If eggs are used, remember never to add the egg to the hot cornstarch mixture. The heat will cook the tiny particles of egg almost immediately and a speckled mixture will result. Pour the cornstarch mixture slowly into the beaten egg, stirring contantly. When thoroughly blended, return to double boiler and cook one minute. The starch mixture must be well cooked bfore combining with egg.

A cornstarch pudding should be stiff enough to hold its shape when unmolded but not hard or solid. Its texture should be perfectly smooth and tender and its flavor delicate but not insipid.

The following rule for vanilla cornstarch pudding may be varied in several ways. Chocolate is always a popular flavor and may be made from the basic rule by adding two squares of melted chocolate to the corntarch and sugar before the scalded milk is poured over it.

Nuts may be added to vanilla or chocolate pudding.

Cornstarch Pudding

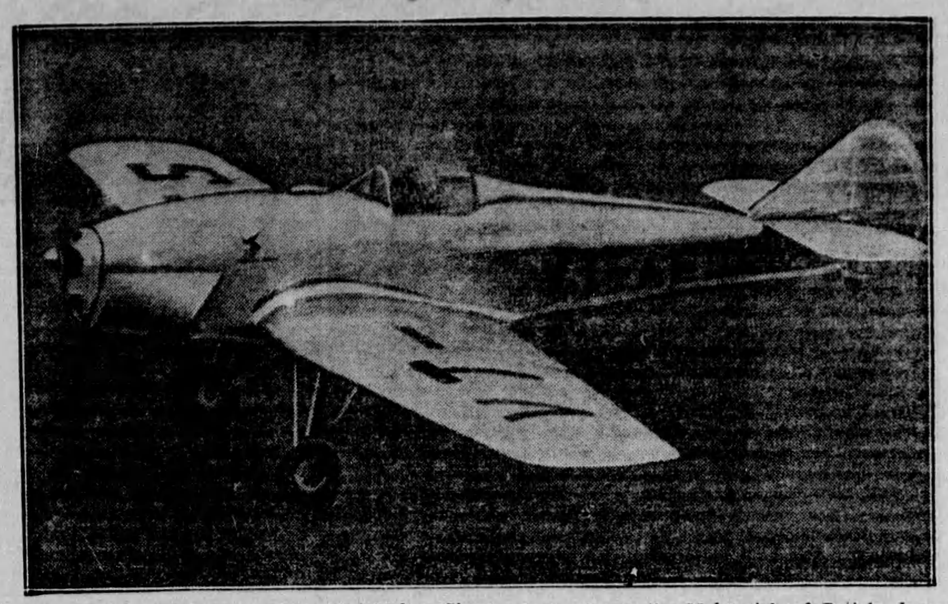
Two cups milk, 3 tablespoons cornstarch, 6 tablespoons sugar, ¼ teaspoon salt, 1 egg, ½ teaspoon vanilla.

Scald 1¾ cups milk in top of double boiler. When tiny bubbles appear around the edge of the milk it is hot enough. Mix cornstarch and 2 tablespoons sugar with remaining cold milk. Stir until perfectly smooth. Pour about half the scalded milk into the cold milk mixture, stirring rapidly. Add this to milk in the double boiler, stirring constantly. Cook and stir until thick and smooth. Remove spoon; cover and cook over hot water, stirring occasionally, for twenty minutes. The water in the bottom of the double boiler should be kept boiling. Beat egg slightly with remaining sugar and salt and slowly add cornstarch mixture, stirring constantly. Return to double boiler and cook one minute. Remove from heat and let cool a few minutes. Add vanilla and beat well. Turn into molds which have been dipped in cold water and let stand until cold. Then chill thoroughly before serving.

An intriguing way to serve this pudding is to put a teaspoon of sweetened sherry in each sherbet glass, add the pudding and pour another teaspoon of sweetened sherry over each. Top with whipped cream.

For children serve the pudding with sugar and cream, whipped cream or a sauce such as is served over ice cream.

A Challenge to Capt. Mollison



This is the aeroplane in which Man Mohan Singh, chief pilot to the Maharajah of Patiala, hopes to wrest England-to-Cape Town laurels from the popular British airman, Capt. Mollison, who flew the distance in 4 days 6 hours and 54 minutes.

Bill of Lading Required

All trucksters handling livestock are required by Government regulations, under which their licenses are issued, to furnish farmers with bills of lading on livestock shipments. Many farmers are not aware of this regulation or the protection it affords them and many cases come to light where livestock shippers have suffered loss through not insisting on a bill of lading from th trucker who hauls his stock to market.

Under the Highways Act, every trucker transporting livestock for hire is required under his P. C. V. license to furnish a bill of lading to the shipper. The Regulation affords the producer an opportunity of determining to whom his livestock is sold. In any case it assures the shipper that he will get his money and a full and correct statement from the purchaser to whom the trucker delivers his load.

These regulations do not apply to farmers transporting their own livestock nor to drovers who purchase outright from the farmer and transport their purchases to market. But if the farmer fails to insist on a bill of lading from the trucker who hauls his cattle he can have no assurance of where his livestock is sold or to whom, or at what prices, and moreover, he has to accept the trucker's responsibility for returning the money.

With a bill of lading from the trucker a farmer can make sure that his cattle are not sold directly to a Packer by whom the trucker may be employed, if he desires the open competition of the Stock Yards.

"Lack of humor is closely associated with lack of optimism."—Emil Ludwig.

Sunday School Lesson

LESSON VI—February 11. — Timely Warnings (Temperance Lesson).—Matthew 7:1-29. Golden Text—Every tree that bringeth not forth good fruit is hewn down, and cast into the fire.—Matt. 7:19.

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.

"All things therefore whatsoever ye would that men should do unto you, even so do ye also unto them." "Therefore" goes back to the preceding verses of the chapter. As we are to stand before the judgment seat of God (verse 1), so we are to judge others with charity. "For this is the law and the prophets." This rule summarizes the teaching of the Old Testament, which Christ came to fulfill (see Matt. 5: 17).

"Enter ye in by the narrow gate." Enter thus, says Christ, into the kingdom of God. The way of the gospel is narrow because it is the way of humility. The gate of heaven is too strait for self-justification. Finally, the path of the gospel is narrow because it is the path of love. "For wide is the gate, and broad is the way, that leadeth to destruction." The Bible knows only two classes because it knows of only two characters. The Bible divides men into godly and ungodly; righteous and unrighteous; good and bad. "And many are they that enter in thereby." The Easy Gate! Behold the crowds that are surging through it! This gate attracts; this gate invites.

"For narrow is the gate, and straitened the way, that leadeth unto life." The gate is strait, but it is always open. The narrow way is narrow, but it grows wider as you go on. The end is everlasting life. "And few are they that find it." Who said that few find the way, and in what tone did he utter the words? Jesus spoke them, and spoke them with a sigh. His complaint that few are coming is the sweetest and strongest encouragement for all to come.

"Beware of false prophets." Prophets here not in the sense of seers, foretellers, but in the more common Old Testament sense of preachers, forth-tellers. "Who come to you in sheep's clothing, but inwardly are ravening wolves." These false teachers wear the outward appearance of guileless seekers after truth, while all the time they are seeking to destroy the truth.

"By their fruits ye shall know them." There was held at the Columbian Exposition a Parliament of Religions, at which representatives of the religions of the world presented their theories, and each went home quite satisfied that he had exhibited a more perfect theory of religion than the others. It was a poor test. The only test worth anything would have been the bringing together of the peoples that the religions had made. "Do men gather grapes of thorns, or figs of thistles?" In the natural world you will not find valuable fruit growing upon a common bush; no more will you in the spiritual. What a man says must be lived out in his life. His character will assuredly translate itself into his actions.

"Even so every good tree bringeth forth good fruit; but the corrupt tree bringeth forth evil fruit." The greatest apologetic on earth is the Christian. Christ's mightiest miracle is he who incarnates the Christ.

"A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit." The saloon is an evil tree. Poets may laud the sparkling wine cup, but always there is a deadly snake in the grass.

"Every tree that bringeth not forth good fruit is hewn down, and cast into the fire." The Jews did not cultivate trees for shade or beauty, but only for their fruit.

"Therefore by their fruits ye shall know them." A noted scoffer was once interrupted in his noisy excitement by two questions: 1, What would be the effect upon this world if everybody was a consistent Christian? 2, What would be the effect upon this world if everybody was a consistent infidel? The argument is a crushing one.

"Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven." He does not mean that we are not to call him Lord with our lips, but that our lives are to follow our words. "But he that doeth the will of my Father who is in heaven." Religion is not a dogma, nor an emotion, but a service.

"Many will say to me in that day." the day of judgment. "Lord, Lord, did we not prophesy by thy name." Teach in Christ's name. "And by thy name cast out demons, and by thy name do many mighty works?" For good reasons, they had received power to work miracles and thus aid in the spread of the gospel, though theirs was a mere surface profession of Christianity.

"And then will I profess unto them, I never knew you." With what a terrible shock will those stern and solemn words come to them! "Depart from me, ye that work iniquity." That will be hell, to be absent from Jesus.. This is the reason for eternal punishment. Men will be eternal sinners.

"Everyone therefore that heareth these words of mine, and doeth them." Hearing, as Christ would have us continually remember, is useless without doing. "Shall be likened unto a wise man, who built his house upon the rock." A wise man can easily reach a firm basis on which to rear his life.

"And the rain descended, and the floods came and the winds blew, and beat upon that house." The narrative emphasizes the separate elements of the storm. "And it fell not: for it was founded upon the rock." It is a substantial structure.

"And every one that heareth these words of mine, and doeth them not." Our Lord (verse 29) taught as one having authority. "Shall be likened unto a foolish man, who built his house upon the sand." The imagery is from a mountain country where the torrent beds, sometimes more than half a mile in width in the plain below the mountain, are dry in summer, and present a level waste of sand and stones.

"And the rain descended, and the floods came, and the winds blew, and smote upon that house." The testing of character by trials and temptation is for all, the weak and the strong, the wise and the foolish alike. "And it fell: and great was the fall thereof." Great was the fall thereof does not mean that the building was a large one, but that the whole edifice fell, so that the ruin was complete. The warning applies to small characters as well as great.

"In the kingdom of God there are neither favorites nor step-children."—Cardinal Faulhaber of Germany.

"The typically modern hero is not the soldier, but the record-breaker or the scintific investigator." — Aldous Huxley.

Prince Wins Bet On His Tartan

Autographed Pound Note Draws Tidy Price for British Legion

London, Eng.—A one-pound note autographed by the Prince of Wales and General Sir Ian Hamilton—it was the amount of a bet between them—has been purchased by a Glasgow man for a sum which runs into three figures.

Describing the incident, General Sir Ian Hamilton said a bet was made between the Prince and himself. "Before the Prince went to Rothesay in August," he said, "I had the temerity to express the opinion that the tartan to be worn by the Prince as Duke of Rothesay was a red tartan. Nobody had ever seen it, as it was so long since a Duke of Rothesay had visited the Firth of Clyde Island.

"It turned out that I was wrong," continued Sir Ian, "for the Prince appeared in a beautiful green and purple. When I saw that I pulled out a one-pound note and handed it over to the Prince. Thereupon the Prince smiled and handed over the note to the treasurer of the British Legion, who later decided to dispose of it in aid of the Legion funds."

The purchaser of the note wished to remain anonymous and did not desire to divulge the amount paid. "It was a very handsome sum," added Sir Ian.

New York Shoe Designer Takes Models to Paris

New York.—The first American shoe designer to take her models to Paris sailed recently in the hope of giving French stylists some new ideas.

"French couturiers have been showing high heeled, stubby-toed opera pumps with everything—with tweed suits or velvet dresses, with skiing costumes, and even with bathing suits," said Miss Vida Moore. "What they call sport shoes have a heel so high it comes in the middle of the foot. This is all wrong."

One-inch heels, heelless dancing shoes that are becoming a vogue here, white kid evening slippers that wash like a glove, and a "champagne" clipper with crystal bubbles are in Miss Moore's trunks.

Miss Moore, who served as a footwear model before she began designing shoes, added:

"If your feet are comfortable, it does a lot for your face."

Eugenics Society Has Annual Convention

Toronto.—Dr. W. L. Hutton, Brantford, was elected president of the Eugenics Society of Canada at the annual convention of the association here recently. T. H. Wholton, Galt, is vice-president and A. R. Kaufman, Kitchener, chairman of the finance and membership committee.

Miss G. S. Snider, Toronto, is acting treasurer and Dr. M. Thurlow Macklin, London, chairman of the executive.

The board of directors was elected as follows: Dr. Hutton, Mr. Kaufman, Canon L. E. Skey, Toronto; C. J. Tulley, Toronto; Rabbi M. M. Eisendrath, Toronto; Rev. George Webb, Toronto; James Simpson, Toronto; Dr. E. N. Walker, Toronto; E. V. Reid, London; Dr. James Roberts, Hamilton; Miss G. A. Jackson, London; Mrs. F. L. Johnson, Toronto, and A. M. Harley, Brantford.

Tendency to Glorify War in School Books in Denounced

Toronto.—The tendency to glorify war in the school text books was denounced by Terence W. L. McDermott, secretary of the League of Nations Society in Canada, in an address to the Toronto Women's League of Nations Society.

"In junior text books for example," he said, "the soldier is still depicted as physically a fine specimen clothed in the attractive raiment of a red coat. The trade of war is pictured as equally heroic."

The citadel of old ideas must be stormed if the war mentality were to be erased, he declared. It was necessary to provide for the young people the same excitement, enthusiasm and spirit of heroism in the fight for peace as had been instilled in times of war.

"Instead of sticking up our noses at current business, we ought to be thankful for the substantial recovery it represents."—Roger W. Babson.

MUTT AND JEFF— By BUD FISHER

Perhaps Oscar of the Waldorf Started On the Cuff