Woman's World

By Mair M. Morgan

Dried Fruits

In the Winter menu while dried fruits do not supply vitamin C they do retain all other essential properties of fresh canned fruits.

Vitamins A and B, mineral content, fuel value, laxative properties, alkaline reaction—all these qualities are abundantly supplied by the dried fruits. Prunes, dates, raisins and figs are excellent sources of iron. Peaches, apricots and apples, though less rich in iron, contribute other mineral constituents in goodly amounts. The fact that these dried fruits are always availablt and are inexpensive makes them worthy of the consideration of all home-makers and particularly those who are trying to maintain a well-balanced and adequate dietary on a greatly reduced food budget.

The uses of dried fruits are many and of great variety. Plain cakes and simple steamed puddings are made interesting and given more food value by their addition.

Raisins or figs may be stewed in a little water until tender to make good sauce to use over rice pudding. Cornstarch pudding too, is improved by the fruit sauce.

Cooked Prunes

The reason many people do not like dried fruits is because so often the home-maker does not prepare them to appear appetizing or attractive.

Prunes, for instance, delicious as they are when properly cooked, have been the butt of boarding-house jokes for so many years that many folks completely ignore them simply for this reason.

The packaging and preparation of dates, prunes and figs have been greatly improved within the last few years. To-day the home-maker may buy dates already pitted; figs, too, may be purchased all ready for use.

Housewives may well afford the luxury of attractive looking and delicious tasting desserts, if they make liberal use of dried fruits. The cost of these fruits is comparatively small and the food value great.

Properly cooked prunes do not need the addition of any sugar. Those prunes which require soaking should be covered with cold water and allowed to soak for several hours or overnight; then simmered until tender without changing the water. Other prunes that require no soaking should be boiled briskly for ten minutes and simmered for fifteen. Or they may be placed in a casserole and baked in a moderate oven until tender. The baked prunes have delicious flavor and thick rich syrup. If sugar is added, it should not be until the prunes are almost tender.

The mistake most women make in cooking this fragrant and delightful fruit is in adding too much water, with the result that the prunes are tasteless, and the juice thin and unpalatable. There are many sizes of prunes, the smaller ones are just as good as the larger for dishes in which they will be stoned and chopped, so use discretion in purchasing them.

Prunes For Salads

Prunes and figs steamed and stuffed with cottage cheese make nourishing and inviting winter salads. Prunes stuffed with peanut butter in a salad are a treat for the children.

Long, slow cooking is essential for all dried fruits in order to soften the skins. If prunes are soaked overnight in water to cover and then simmered always below the boiling point for three or four hours and allowed to stand again overnight before serving, they will be deliciously tender, firm and well flavored. If sugar is added it should be put in just after removing from the fire.

Prunes and Cranberries

1 cup raw prunes, 1 cup sugar, boiling water, 1 cup cranberries chopped, ½ box plain gelatin, ½ cup cold water.

After cooking prunes until tender, drain and measure the juice. Add enough boiling water to make the total volume three cups. Wash the cranberries in running water in a colander, then add the berries to the hot water and prune juice and cook 10 minutes.

Add the gelatin, previously soaked in the cold water for five minutes, and the stoned prunes cut in quarters. Turn into a mould, rinsed with cold water, and chill.

Baked Prune Whip

Stone cooked prunes and press them through a sieve. To 1 cup prune pulp add 2 tablespoons sugar and the beaten whites of 2 eggs (very stiff). Beat the mixture well with a large strong egg beater, turn into a greased baking dish or 4 individual greased custard cups. Bake in slow 300 degree oven about 20 minutes or until firm. Serve plain, or with a sauce made from the yolks of the 2 eggs. This may be a plain boiled custard sauce.

Prune and Cereal Mould

1 cup raw prunes, ¼ teaspoon salt, ½ cup fine breakfast food, boiling water. Prepare prunes as usual. Stone them, measure fruit and juice. Add enough boiling water to make 4 cups. Add the salt, sift in the cereal while stirring constantly. Cook in a double boiler ½ hour, stirring at first to prevent lumping. Turn into a mould rinsed with cold water, and let cool. Unmould and serve with cream and sugar.

Bananas With Figs

4 ripe bananas, 2 tablespoons powdered sugar, 4 figs, ½ cup chopped nut meats. Peel, scrape lightly and slice the bananas. Wash, dry and chop the figs. Spread them over the bananas Sprinkle with the sugar and nut meats and serve cold with whipped and sweetened cream. Sweet cracker crumbs may be used for this dessert instead of the chopped nuts.

Fig Paste (Laxative)

1 lb. raw prunes, ½ lb. figs, 1 oz. senna leaves, cold water. Soak the prunes in water enough to cover over night. In the morning add the senna leaves, tied in a cheesecloth bag. Simmer together until the prunes are done. Remove the bag of senna.

Stone the prunes, chop them fine. Add the finely chopped figs. Place them both with the prune juice and cook together slowly until thick. Use as a spread for crackers, as a filling for sandwiches or cake. This may be beaten into a boiled frosting as a flavoring.

Dried Apple Sauce

Soak dried apple slices over night, simmer in water in which they were soaked until thoroughly swelled. Drain them. To each 2 cups apple slices add 1 cup grape juice and simmer the apples in this until they are tender. Sweeten with ½ cup sugar near the end of the cooking period. Cool. Serve on buttered toast or on day-old cake slices.

Children's Sandwiches

Soak assorted dried fruits, such as apples, apricots and prunes, overnight in water enough to cover them. In the morning cook as usual until tender. Add little sugar while cooking if apricots are used, and cook until thickened like a paste. Cool it and use on bread and butter as a spread.

Evaporated Fruit Butters

Evaporated or dried pears and peaches make especially fine fruit butters when the winter's supply of fresh fruit butters runs low.

Soak the fruit as directed for the cooking of dried fruits. Use enough water to cover the fruit. In the morning, simmer in the same water until tender, then press the fruit through a sieve. Measure the juice and the pulp, and for each cupful of it, use ¾ cup of sugar. Cook down the pulp before adding the sugar to prevent darkening of the butter. Cook it down 20 minutes to half an hour, then add sugar and cook until the consistency of jam.

Boston Brown Bread

Mix together one and one-half cups yellow cornmeal, one cup graham flour, one cup white flour. Add 1¼ cups milk in which is beaten one teaspoon soda, one cup molasses and one teaspoon salt. Have batter thin, pour into cans and steam for three hours. If sweet milk is used put soda in with the molasses. Raisins or chopped dates may be used if desired.

Lemon Sponge Pie

One and one-fourth cups sugar, 2 tabelspoons flour, 1 tablespoon butter, ¼ teaspoon salt, 3 eggs, 1 cup water, 1 large lemon, plain pastry.

Line a deep pie dish with plain pastry. Mix and sift sugar, flour and salt. Rub in butter and add grated rind and juice of lemon. Mix thoroughly and add yolks of eggs beaten until thick and lemon colored. Add water and beat with a rotary heater. Beat whites of eggs on a platter with a wire whisk until stiff and dry. Fold into first mixture and turn into the pastry lined pie dish. Put into a hot oven for ten minutes. Reduce heat and bake 40 minutes in a slow oven. The oven should be 425 deg. F. when the pie is put in and the heat should be reduced to 324 deg. F. to finish baking.

Household Hints

The drier the cheese, the better it is for cooking purposes.

Add two tablespoons of tomato catsup to the pan in which the fish is baking.

Strips of crisp bacon make an attractive garnish for the steamed spinach.

Stale cake may be sliced to line a mold for a gelatine or cornstarch pudding.

Oranges and lemons to be grated should be washed well beforehand to remove soil from handling.

Boil onions in milk instead of water if you are looking for a real delicacy. It takes away all strong taste and results in a delicious dish.

In darning stockings, it is best to use carefully matched yarn, and reinforce with a long and short stitch on the inside before the holes actually appear.

If you are using wool for darning, hold it to the steam of the kettle for five minutes.

When sweaters need mending and you have no wool to match them, carefully remove the pockets and unravel them, and wind wool on a wet rag.

A good way of mending a towel is to bind the edge with gingham.

Defies Injunction

Miss Mary McCormic on arrival in London to sing at the London Palladium despite an injunction to prevent her singing except in Florida.

Child Was Father Of the President

Franklin Roosevelt Said as a Boy "If I Didn't Give the Orders, Nothing Would Happen"

New York.—Mrs. James Roosevelt recently recalled the first birthday of "my boy, Franklin."

While the United States celebrated his 52nd anniversary, the President's mother remembered the sunny upstairs room in their house on the Hudson the room where Franklin was born.

It came near being a dark day that January day 52 years ago. For, as the President's grey-haired mother recalled in her book published last year, "When he was born I was given too much chloroform, and it was nearly fatal to us both.

"The nurse said she never expected the baby to be alive, and was surprised to find that he was."

Pictures from his boyhood recur to Mrs. Roosevelt; such pictures as the time when she admonished him, "Franklin, where is your obedience," and he grinned, "My 'bedience has gone upstairs for a walk."

She sees, too, that more significant scene when she said, "Don't give all the orders, Franklin."

And her son answered, "Mummie, if I don't give the orders nothing would happen."

Sunday School Lesson

Lesson VII.—February 18. Jesus' Power to Help—Matt. 9.1-13. Golden Text — I desire mercy, and not sacrifice; for I came not to call the righteous, but sinners.—Matt. 9:13.

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

PLACE—Capernaum.

"And he entered into a boat." The same boat in which they had crossed the sea, probably Peter's. "And crossed over." They left Decapolis because the foolish Gagarenes, dismayed by Christ's supernatural power, had begged him to leave their territory. "And came into his own city." Capernaum, the city of his adoption.

"And behold." Matthew's introduction of a special marvel. "They brought to him a man sick of the palsy." The disease known as palsy (shortened form of "paralysis") was sometimes painless, causing only a deadening of the parts involved, and was sometimes a form of catalepsy or cramps, causing the most intense agony. "Lying on a bed." The thin mattress which constituted the Eastern bed. "And Jesus seeing their faith." For the full story we must turn to Mark 2: 15; Luke 5: 17-26. "Said unto the sick of the palsy, Son." Or "child," a term of pity and of love. "Be of good cheer." This seems to have been a favorite greeting with Christ. "Thy sins are forgiven." Christ sees not only the paralysis of the man's body, but also the sin in the man's soul.

"And behold." Matthew is filled with awe at the spiritual miracle rather than at the physical miracle. "Certain of the scribes." A party of scribes (and Pharisees, see Luke 5: 21(was sitting there, seeking to catch Jesus in some unorthodox statement. "Said within themselves." They did not venture in that company to speak openly. "This man blasphemeth.' Mark 2: 7 adds their thought, "Who can forgive sins but one, even God?"

"And Jesus knowing their thoughts." For "he himself knew what was in man" (John 2: 25). "Said, Wherefore think ye evil in your hearts?" There is One who knows our thoughts before they clothe themselves in words that fall from our lips.

"For which is easier, to say, Thy sins are forgiven; or to say, Arise and walk?" Christ proposed at once to say the second, which was much the more difficult, because the falsity of the claim to work the physical cure would be at once exposed if he should fail, whereas no one could prove him false in claiming to forgive sins. The first was infinitely harder to do; the second, to say.

"But that ye may know that the Son of man hath authority on earth to forgive sins." He here puts himself forward simply as the Son of man upon earth, in contradistinction to God Almighty in heaven. "(Then saith he to the sick of the palsy), Arise, and take up thy bed, and go unto thy house." If we are to arise and walk, and manfully fulfill our destiny in the world, rising from the paralysis of neurotic excitements and overstrained pleasures, we may never forget that first we have sins to be forgiven, and that still the Son of man hath power on earth to forgive sins.

"And he arose, and departed to his house." The New Testament seldom takes time to describe the feelings of those whom Christ healed, but we may easily imagine the cured man's exultation and the joy of his loved ones at home.

"But when the multitudes saw it, they were afraid." Filled with solemn awe at this exhibition of divine power. Even the scribes and Pharisees hushed their criticisms. "And glorified God, who had given such authority unto men." Men, for our Lord had identified himself with his fellows.

"And as Jesus passed by from thence." Matthew records his summons to discipleship with all modesty, devoting to it only one verse of two sentences, though it meant everything to him. "He saw a man, called Matthew." His name was Levi, but probably he signalized this great step in his life by the adoption of a new and significant name, for Matthew means The Gift of God. "Sitting at the place of toll." He belonged to the despised class of publicans, or collectors of the public revenues required by the Romans. "And he saith unto him, Follow me." In Levi's ears rang Christ's sentence which he himself recorded, You cannot serve God and mammon. "And he arose, and followed him." Think of all that obedience involved.

"And it came to pass, as he sat at meat in the house." This was at the great feast (Luke 5: 29-32) which Matthew gave to signalize his entrance into Christian discipleship. "Behold, many publicans and sinners same and sat down with Jesus and his disciples." Publicans and other sinners, for the Jews regarded the tax-gatherers for the Romans as supremely wicked. Matthew evidently used the occasion as an advertisement of Christianity, and invited all his publican friends to meet Jesus.

"And when the Pharisees saw it." With the freedom of Eastern ways, they had entered the dining hall and were looking on sneeringly. "They said unto his disciples." Not daring to approach the Master with their criticism, so majestic was he, with all his boldness. "Why eateth your Teacher with the publicans and sinners?" Nothing in the life of Jesus gave so much offence to the religious people of his time as his attitude to the publican and the sinner.

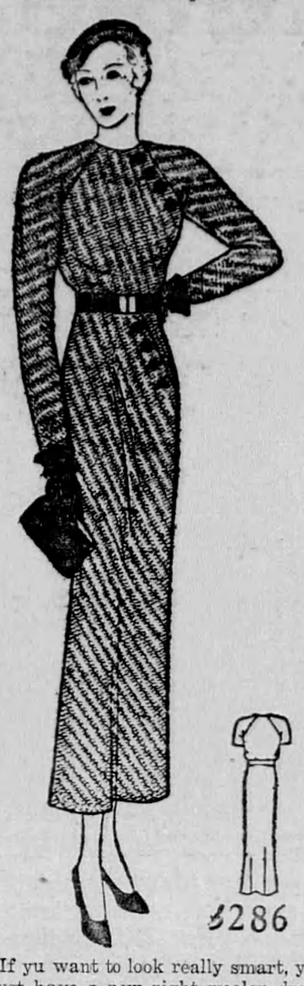
"But when he heard it." Christ may have conjectured the Pharisees' objection by their lowering looks, or have overheard their mutterings, or may have been informed of them by his disciples, or may easily have had supernatural knowledge of their incensed words. "He said, They that are whole have no need of a physician, but they that are sick." The Saviour takes the Pharisees at their own estimation, that they were spiritually sound, if all other were unsound; it would have been wasted time to try to convince those souls seared by pride that their spirit of vain-glory and exclusiveness was a most terrible disease.

"But go ye and learn what this meaneth." They, these self-appointed teachers of the Jews, were themselves grossly ignorant of the real meaning of their Scriptures, and needed to go to school again. "I desire mercy, and not sacrifice." A familiar passage, Hos. 6: 6, one of the loftiest sayings of the Old Testament, bringing it very close to the New. "For I came not to call the righteous, but sinners." Thus does Christ summarize a great purpose of his life. His life was all love, bodying forth the infinite love of God.

Smart Simplicity

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished With Every Pattern



If yu want to look really smart, you must have a new right woolen dress.

The original was diagonal pattern in flame colored rabbit's-hair woolen with toning suede belt and bone buttons.

It is a simple straightline model, yet distinguished for its charming and different look. Its slimming bias lines make it suitable for quite a number of figures.

It's so quickly and easily fashioned.

Printed or plain silks would also be smart.

Style No. 3286 is designed for sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust.

Size 16 requires 2⅛ yards of 54-inch material.

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.

France Recalls War Train Crash With 535 Killed

Recent Accident Brings to Light Catastrophe Long Kept Under Cover by Censorship

Paris.—Sixteen years after it happened, the worst disaster in railroad history—the wrecking of a French troop train with 535 killed and 243 injured—has been brought to light.

Investigation into the recent Lagny train wreck, in which 200 died, brought forth details of the 1917 tragedy, long hidden by war censorship. Of the 1,200 French soldiers on leave who boarded the military train by detachments at Modane, near the Franco-Italian border in the Graian Alps, more than half were killed or injured less than half an hour later.

ENGINEER PROTESTS.

Another troop train catastrophe had been credited with the largest number of rail fatalities in a single accident until the French wreck was brought to light. This was the death of 227 troops at Gretna Green, Scotland, in 1915.

Despite the protests of the engineer of the French troop train at Modane, who insisted that two engines were needed to control the heavy train on the sharp Alpine grades, he was given only one locomotive. Coming down a grade about 30 miles from Modane, he lost control and the whole train piled up in a tangled mass at the bottom of a slope near the town of Saint Jean de Maurienne. The first few coaches were derailed and the rest crashed into them.

SURVIVOR'S STORY.

The train was composed of wooden coaches, as was the wrecked express at Lagny, and fire was responsible for the terrible loss of life. The wooden cars burned like tinder and hundreds of soldiers trapped in the debris died before their comrades could reach them.

Jules Brice, attached to the Eighth Engineering Corps and one of the survivors, told the story of it after the Lagny disaster. He himself as badly injured and trapped in the wreckage of the troop train.

"I had almost succeeded in freeing myself," he said, "when I found that my foot was caught and I was unable to move. My comrades tried to free me, but I told them to help those worse injured than I. Then the fire broke out and the flames began to approach me. I felt that I was lost. Fortunately other soldiers came to my help and I was pulled out of what was left of the coach in which I had been riding. A few minutes later it was nothing but a blazing mass."

Beau Brummel Styles Appear for Women

Paris.—Beau Brummel modes of the 18th century have now made an appearance in the 1934 pageant of feminine fashions for spring.

Reversible satins and heavy cravat silks with fitted jackets and lacy jabots, affected by dandies more than 100 years ago, have been adapted for wear by modish modern women. Styles include suits of black quilted satin, designed with fitted jackets and worn with high cravats of white elastic lace.

Sport styles are fashioned on easy-fitting lines in contrast to the former square-shouldered geometric silhouette. Skirts are slightly longer and jacket shoulders smoothed to a natural line. Sports suits of beige crinkled linen, pale blue cloque pique, and heavy beige shantung are designed with plain skirts, fitted hip-length, or loose three-quarter length jackets, accompanied by blouses of multi-colored piquue plaid cotton.

Two new fabrics appeared in evening modes. A heavy midnight-blue artificial silk, interwoven with cellophane, gives a luminous effect to a long-sleeved dinner gown. Beige crinkled washable velvet gives slender fitted lines to a floor-length gown with low back.

HER PARTY

The damsel wept
To see accept
The girl she fairly hated,
While those thought fine
Had to decline
Or so they sweetly stated.

MUTT AND JEFF— By BUD FISHER

As a Sandwich Man, Jeff is a Tea Merchant