Woman's World

By Mair M. Morgan

ONIONS THIS WEEK

Do you know the old saying "Eat onions in May, and all year after the doctors may play?"

New onions as a source of vitamins and mineral salts rank with the leafy vegetables.

Tops Have Vitamin A

It's worth keeping in mind that the tops of spring onions are an excellent source of vitamin A and should therefore be used rather than thrown away. Carefully washed, crisped and shredded, they may be combined with shredded leaf lettuce in a plain green salad, or they may be used with other vegetables to give an appetizing tang to the mixture. Minced onion tops combined with cottage cheese is a good combination to serve with fish.

The tender spring onions are much easier to digest than the strong-juiced dry ones and are a splendid raw food for this reason. When cooked they naturally are less strongly favored than the winter varieties and make a delicate and inviting vegetable.

If you have never served green onions in a rich cream sauce on toast you may enjoy the thrill of something new. Cook them with two or three inches of the green top remaining above the white part in boiling salted water until tender. Use some of this water in the sauce. Then make a rich cream sauce and pour over onions arranged on hot toast. If topped with poached eggs, this makes an appetizing main dish for supper or luncheon. Grated cheese added to the sauce increases the protein content. Or sprinkle grated cheese over onions and sauce on toast and put into hot oven long enough to melt the cheese.

New onions make good sandwiches, too. Cut the little onions in thin slices and spread evenly on thin slices of buttered bread. Sprinkle lightly with salt, cover with buttered bread, trim off crusts and serve.

Onion Soup au Gratin

Melt 2 generous tablespoons butter and in it cook four white onions sliced thin. Cook till softened and yellow, then add a few sprigs of parsley, a quart of rich broth and a bay leaf. Cover and let simmer for 20 minutes. Season to taste with salt, celery salt and paprika and strain into deep casseroles or soup tureen in which croutons of bread sprinkled with grated cheese have been placed. The croutons will rise to the top. Sprinkle with more cheese and set casserole in oven long enough to melt cheese.

Spring Soup

1 qt. white stock, 1 large onion thinly sliced, 3 tablespoons butter, ½ cup stale bread crumbs, 1 cup milk, 1 cup cream, 2 tablespoons flour, salt and pepper.

Cook onion 15 minutes in 1 tablespoon butter; add to stock with bread crumbs. Simmer one hour; rub through sieve. Add milk and bind with remaining butter and flour cooked together; add cream and season.

Boiled Onions

Put onions in cold water and remove skins while under water. Drain, put in sauce pan and cover with boiling salted water; boil five minutes, drain and again cover with boiling salted water. Cook one hour or until soft, but not broken. Drain, add small quantity of milk, cook five minutes, and season with butter, salt and pepper.

Scalloped Onions

Cut boiled onions in quarters. Put in buttered baking dish, cover with white sauce, sprinkle with buttered cracker crumbs and put in oven to brown crumbs.

Glazed Onions

Peel small silver skinned onions and cook in boiling water 15 minutes. Drain, dry on cheesecloth and put in buttered baking dish, adding highly seasoned brown stock to cover bottom of dish, sprinkle with sugar and bake till soft, basting with stock in pan.

Fried Onions

Remove skins from 4 onions. Cut in thin slices and put in a hot pan with 1½ tablespoons butter. Cook till brown, occasionally shaking pan than onions may not burn or turn onions, using a fork. Sprinkle with salt one minute before taking from fire.

French Fried Onions

Peel onions, cut in 1-4 inch slices and separate into rings. Dip in milk, drain and dip in flour. Fry in deep fat, drain on brown paper and sprinkle with salt.

Stuffed Onions

Remove skins from onions and parboil 10 minutes in boiling salted water to cover. Turn upside down to cool and remove part of centres. Fill cavities with equal parts finely chopped cooked meat or fish, soft bread crumbs and finely chopped onions which was removed from centres, seasoned with salt and pepper and moistened with cream or melted butter. Place in buttered shallow baking pan, sprinkle with buttered crumbs and bake in moderate oven till onions are soft.

Shallot Pie

Line pie plate with paste. Cut shallots in 3-4 inch pieces, season with salt and pepper, dot with butter and sprinkle with flour placing on top of paste, then putting on top crust of pie. Bake and when pie is almost done remove from oven for a minute cutting a round of pastry from centre of pie and pouring a cup of milk, which has been beaten with 1 egg, into pie. Put back in oven and allow to bake a little more. Serve.

RECIPES

Paste a large manilla envelope in the back of the cook book for holding untried or favorite recipes. A small card file index is also convenient and inexpensive for this purpose; paste recipes on the cards and file in alphabetical order

MAKE TAPS SHINE

To polish a faucet, nothing is better than half a lemon after the juice has been squeezed out. After scouring, wash it and polish with a soft, dry cloth; it will shine like new. An orange peel also gives good results.

SMUDGED WALL

Walls marked with crayon or smudged by small grimy hands may be cleaned by using a rather dry breadcrust and, with the soft side, rubbing the offending spots. Don't rub too hard, but use a light, even stroke, with very little pressure.

DELICIOUS HAM

If you are boiling a ham, and want to give it an extra flavor, put half a cupful of vinegar, half a cupful of brown sugar, and some cloves in with it and your ham will be delicious.

LAMB HEART STEW

For heart stew (Scots style) simmer the lamb or mutton hearts until tender. Remove and cut in two-inch squares. Slice onions and fry in cooking fat for five minutes, add hearts, and potatoes cut the same size as the hearts. Cover with boiling water and cook until the potatoes are done. Thicken liquid and serve hot.—Dominion Department of Agriculture.

MENDING THE CURTAIN

To repair torn lace curtains tack tissue paper over the hole and, after slackening the tension of the sewing machine, cover the paper with rows of stitching a little way apart, working down and across in the manner of a darn. This will form a strong mesh, and when the paper is torn away and the curtains ironed and hung, the "darn" will not be discernible.

A NEW CRUST

Use graham crackers, toasted graham bread or lemon snaps for this crumb pie crust. Use this crust only when meringue is used. In the browning of the meringue this crust is baked sufficiently. 1 cup crumbs, few grains salt, 1-4 cup sweetened condensed milk. Blend crumbs, salt and sweetened condensed milk. Butter pie plate and line by pressing mixture in firmly. Pour in pie filling, top with meringue and bake until meringue is a delicate brown.

FASHION HINTS

Knee length tennis dresses promise to be popular. These frocks are in silk and though they are called tennis dresses, are frequently dainty and individual enough in their styling to be worn for spectator sports.

Processing against showers—last year it was done on a comparatively small scale, since the shower-proof process had been considered in costuming principally for raincoatts. This spring, however, the practicality and selling power of the idea has grown tremendously in sportswear, with knitwear, linen suits, and flannel golf skirts illustrating some of the groups to come under its influence.

Heads have become demure with braids and soft coils worn in a halo above the brow. Some of the smartest arrangements are achieved with braided coronets of artificial hair or with a row of saucy curls along the nape of the neck. For swimming, tennis, golf, and other sports the chic woman wears a bob, even briefer than last season, but with evening she dons strands of long hair in keeping with formal dress. The detachable switch seems the only means of reconciling fashion's vagrant whims for boyish bobs with the dignified effect of woman's "crowning glory" for those hours after tea.

At Home In The Deep

A proper mermaid she is. Her name is Eileen Perry and she performs for movie companies.

Sunday School Lesson

Lesson XI. (23).—June 10. Jesus on the Cross. — Matthew 26:1-66. Golden Text.—Looking unto Jesus the author and perfecter of our faith, who for the joy that was set before him endured the cross, despising shame, and hath sat down at the right hand of the throne of God.—Heb. 12:2.

The Lesson in its Setting.

TIME—Friday, April 7, A.D., 30.

Place—Jerusalem, the Praetorium the Via Dolorosa, Calvary.

PARALLEL PASSAGES—Mark, 15; Luke 23; John 18 : 28—19—19: 42.

"And when they were come unto a place called Golgotha, that is to say, The place of a skull." Golgotha from the Aramaic and Calvary from the Latin both mean the "place of a skull.

"They gave him wine to drink mingled with gall." This was a narcotic drink prepared regularly for the condemned by a guild of kindly women in Jerusalem.

"And when he had tasted it." An act of courtesy characteristic of our Saviour. "He would not drink." Doubtless the refusal was with thanks. The cross is the crowning service of his life. For such hours, when tremendous demands are going are going to be imposed a man must be at his clearest and his best."

"And when they had crucified him' They stretched his body on the cross as it lay on the ground and drove a long spike through each hand into the crossbar, and another through the crossed feet into the upright of the cross. Then they raised the cross and let it fall with a sickening wrench into the hole prepared for. It was at this time, seemingly, that Jesus uttered the first of the recorded "words from the cross," the wonderful prayer for his crucifiers, "Father, forgive them for they know not what not what do.

"They parted his garments among them, casting." Our Lord was guarded from possible rescue by his friends by a quaternion of four Roman soldiers over whom was a centurion. The clothes of the crucified were the perquisities of these soldiers.

"And they sat and watched him there." They who represented the world's greatest Strength watched thus heedlessly beside Him who was the world's greatest Love. They were of course the soldiers of Rome.

"And they set up over his head his accusation written, This is Jesus, the King of the Jews." According to custom a white tablet was nailed to his cross setting forth the crime of the person crucified.

"Then are there crucified with him 2 robbers, one to the right hand and one on the left." These were bandits, highwaymen.

"And they that passed by railed on him, wagging their heads. A great crowd was continually passing by, for the road near the cross was the principal road northward. There has always been a throng of infidels wagging their heads at him and there always will be.

"Any saying, Thou that destoyed the temple, and buildest it in three days, save thyself." They had heard the charge brought against Jesus at his trial. "If thou art the Son of God, come down from the cross. Our Lord had openly claimed to be the Son of God, and that claim was basis of charge of blasphemy.

"In like manner also, the chief priests mocking him, with the scribes and elders." These members of the Sanhedrin in their hatred forgot their dignity and came out to gloat.

(Said,) 42. "He saved others." This was a tremendous and self-encriminating admission . They hung him on the cross! "Himself he cannot save." Thus unwittingly the foes of Christ expressed the central truth of his life, his atonement for the sin of the world.

"Let him now come down from the cross, and we will believe on him." Such belief was not what the Saviour wanted. He wanted the belief that would take up its cross and follow him along the path of loving sacrifice

"He trusteth on God." Possibly no better testimony upon this point can be found in all the Scriptures than that taken from the lips of his deadliest foes." "Let him deliver him now if he desireth him: for he said, I am the Son of God." These critics were basing their argument on the merely human plane.

"And the robbers also that were crucified with him cast upon him the same reproach." At first, probably, both of the robbers joined in assailing the divine occupant of the central cross; but as the day wore on, one of them, moved by the sublime attitude of the Saviour, and perhaps having some previous knowledge of his character and teachings, was actually converted.

"Now from the sixth hour (noon, the day beginning at 6 A.M.) there was darkness over all the land until the ninth hour" (3 P.M.). It was passover and the moon was full, so that the darkness was not caused by an eclipse, but was supernatural, nature joining with the sufferings of the Creator. The crucifixion began at the third hour, the time of the daily morning sacrifice in the temple, and the height of Christ's sufferings and his death occurred at the ninth hour, the time of the daily evening sacrifice. "The darkness at the cross speaks to us of the mystery of Atonement.

"And about the ninth hour " Jesus had spoken the third word from the cross, his loving commendation of his mother to John the beloved disciple, who from that hour took her to his own house. "Jesus cried with a loud voice." Showing that his physical energies were still far from exhausted. "Eli, Eli, lama sabachtani?" He was quoting in the Aramais, Ps. 22 : 1. "That is, My God, why hast thou forsaken me?" "He does not say, "O God" but 'My God."

"And some of them that stood there, when they heard it, said, This man called Elijah." They interpreted "Eli," "My God," as a summons to the grand old prophet Elijah who was to some as a herald of the Messiah.

"And straightway one of them ran and took a sponge, and filled it with vinegar. " The sour wine, a cask of which had been placed there for the refreshment of the soldiers. "And put it on a reed." John says upon a stalk of the hyssop weed, that they might lift it up to Christ's mouth. "And gave him to drink." Our Lord had refused the stupefying potion at the beginning of his ordeal, but this bit of moisture on a sponge would not becloud his brain for the few moments that remained.

"And the rest said, Let be; let us see whether Elijah cometh to save him." Their hard hearts wanted no interference; let Christ's misery rise to the sharpest pitch so that Elijah may come and provide us with a spectacle a thrill So callous is man's cruelty.

"And Jesus cried again with a loud voice. It was a shout of triumph for he had won the final victory. It was only one word in the Greek justly called the greatest single word ever spoken, but in English it requires three words, "It is finished" (John 19 : 30). "And yielded up his spirit." He had completed his work, he had made the sacrifice for sin, he had opened up a living way from man to God.

Is Critical of Canadians Flowers

WINDSOR—"The trouble with Canadians is that they don't know Canada and Canadian flowers," V. Abildgaard, well-known Border Cities landscape architect told the East Windsor and Riverside Horticultural Society recently.

Speaking on "The Beautification of Home Grounds," Mr. Abildgaard informed his audience that the basis of the beauty of the Canadian garden is the evergreen, much neglected by Canadian gardeners.

WHEN THE NEW BABY ARRIVES

In Breaking the News of the Youngest of Your Present Family Don't Hurt His Feelings by Telling Him His "Nose is Out of Joint"

It is always a tender question, how to break the news of a new baby to the "other baby"—the little two or three-year-old who has been the centre of the universe until the latest birthday in the family.

You can get around it very well with the older child, the little boy or girl of five or six. They can be told the baby is coming, help to get ready for it, and be partners in "our baby." But the younger child won't understand all the preparations and he won't be ready.

Yet it is better, if it can be done, not to break his little heart even for a day. He'll get used to it, of course, but who knows what jealousies or antagonisms against sisters or brothers have their beginnings at this time? It never does to disregard a little child's reactions because he is only two or three years old Too often we use the old alibi about him getting used to things. He may not get over his first shock, or not altogether, as long as he lives.

Getting Acquainted

One little fellow I know has a sister. He hasn't seen her yet because she is still in the hospital and hospitals have a way with them about segregating new babies from street germs that visitors may bring in, even nice little brothers.

So he will have to wait until his mother and new sister get home before making her acquaintance.

No one in the family has said, "You're not mama's baby any more. She has a new baby now." Great care has been taken to avoid any teasing about "noses being out of joint" and all that kind of talk.

I think it will happen something like this.

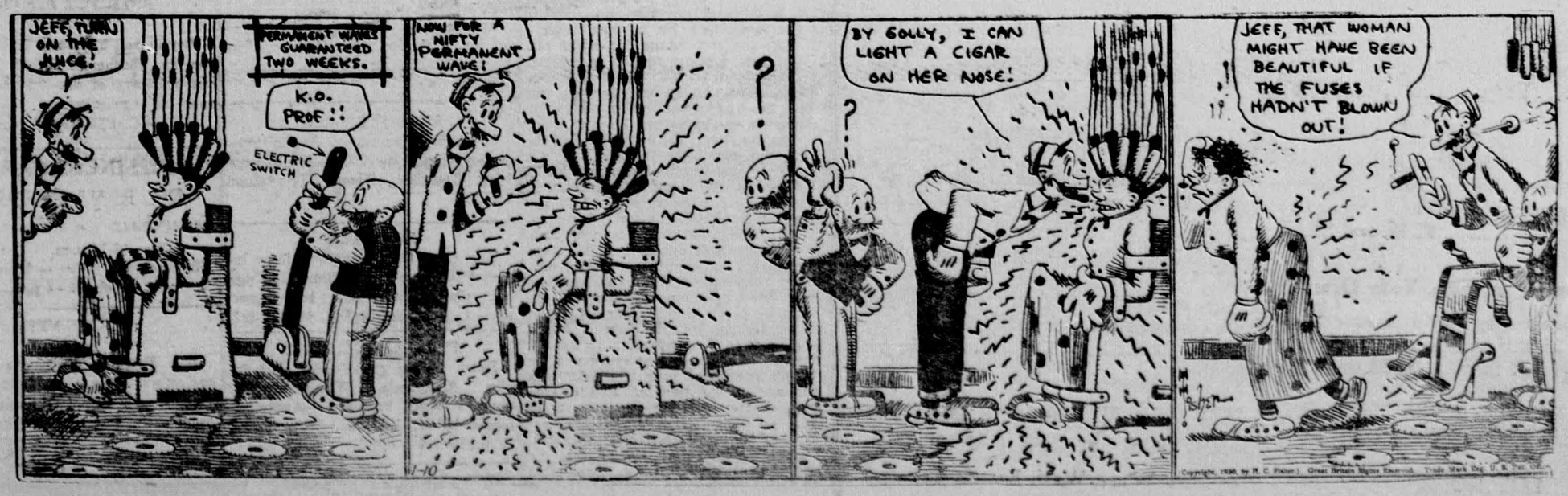
There is a new basinette ready for the new baby in the nursery. Without his knowing it the latest baby will be carried in and laid in her bed. After Jimmy's re-union with his mother is over and he has discovered she loves him as much as ever after being away he will be called into the nursery to have a look-see at the stranger.

The nurse will probably say, "Here's Jimmy's new baby. Isn't she nice? She's yours. Your little sister. Sit down on your little chair and I'll put her on your lap."

He will sit down in great excitement. Nurse will lift the bundle from the bed and lay it on its brother's lap, holding it carefully, of course.

He will have time to examine it —eyes, nose, mouth and little hands. He will be enormously interested. How the nurse will say, "Let's show mama. Let us take the baby in to mama. I guess I'll carry her but you hold her dress. We'll both carry her."

They go in and lay her on mama's bed. The lady will be ever so surprised. Together they will admire the new visitor. And from that minute on I predict Jimmy will take his mother's care of the baby entirely from granted with no stab of hurt.

If this seems a roundabout introduction and all "phooy," I shou'd like to say that I don't consider it so, but on the contrary very wise. Family relationships through life are often established in the first five minutes when babies meet.

MUTT AND JEFF— By BUD FISHER