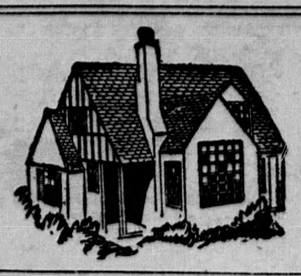

Woman's World

By Mair M. Morgan

FRENCH DRESSING

The most exciting moment of any dinner is when the expert salad maker calls for a bowl and the ingredients of her favorite dressing and mixes her own right there at the table. Or sometimes father is the salad chef—it doesn't matter, as long as the mixer has a careful hand, a skilful eye for measurements and a keen sense of seasoning blends.

The simplest of all dressings is the French dressing, which is a combination of salad oil, acid and seasonings. There are, however, innumerable variations to the basic rule, each one making a new delight of a crisp head of lettuce or romaine.

The following rule for French dressing will please the average taste but the oil may be increased or decreased to suit individuals.

French Dressing

One-half teaspoon salt, ¼ teaspoon pepper or paprika, 5 tablespoons salad oil, 2½ tablespoons lemon juice or vinegar.

Mix salt and pepper and add lemon juice. When salt is dissolved beat in oil with a fork or small dover beater. Or the ingredients may all be placed in a French dressing bottle and shaken vigorously.

If the oil and acid are well chilled the dressing will thicken slightly as it emulsifies and will not separate as quickly.

Sugar and mustard are added as individual taste dictates. A drop of onion juice adds a distinct onion flavor or a mere "suspicion" may be given by rubbing the bowl in which the dressing is to be mixed with a slice of onion or a cut clove of garlic. Not more than one-half teaspoon powdered sugar or one-fourth teaspoon mustard should be used. These are mixed with the salt and pepper and dissolved in the acid.

The herb vinegars are invaluable as a means toward varying French dressings. Lime juice, grape fruit juice, orange juice and lemon juice may be used singly or in combina- [illegible] with cider vinegar or one of the [illegible] vinegars.

Chiffo

The principal things to remember in connection with the succulent green leafy vegetables is rapid, short cooking, and in practically no water. Usually the water that clings to the leaves after thorough washing is sufficient for cooking the vegetables, which are themselves largely water.

Because we have no doubt whatever of the popularity of the vegetable plate as a main course for either luncheon or dinner, we are presenting a number of strictly vegetarian recipes below:

Mexican Rabbit

½ pound Canadian cheese — rub through grater; 2 cups stewed tomatoes; 1 tablespoon finely chopped onion; 2 tablespoons finely chopped green pepper; 2 eggs; 1 cup milk; 2 tablespoons butter; 2 tablespoons flour; ½ tablespoon salt; toasted crackers or toasted bread.

Melt butter and add chopped peppers and onions—cook five minutes at low temperature. Add flour, mix well, and add milk. Cook one minute. Add cheese and stir till melted. Add tomato, also beaten yolks of eggs, and seasoning. Fold in stiffly beaten whites of eggs and bake thirty minutes in moderate oven Serve on toast.

Spamutta

4 cups raw carrots, grated, 2 cups raw parsnips, grated, 1 cup raw turnips, grated, 1 cup raw potatoes, grated, ½ teaspoon crushed cleery seeds, 2 tablespoons salad oil, 1½ cups browned flour, 1 cup coarsely ground raw peaunts, 1 cup green parsely and celery leaves, finely chopped, 1 teaspoon salt, and the yolks of whites of two eggs, beaten separately.

Mix, put in well-oiled granite pan, and bake for ¾ hour in moderate over. Serve with mint sauce or plain mint and green peas.

De Noix

2 tablespoons p[illegible] spoons walnuts [illegible] nuts, 1 table[illegible] fine an[illegible] bre[illegible] into two finely scraped apples, till smooth and white. Add one cup cocoanut. Flavor with vanilla and cinnamon water. Eat with flaked rice.

Beulah Egg

Froth whites of two eggs. Add slowly the juice of half a lemon. Keep beating for a few minutes. Combines well with nuts, rice and fruits. Do not use milk with such a meal.

Cereal Soup

One cup rolled or crushed grain or cereal. Enough water or sweet milk to more than cover. Let stand two or more hours. Take juice of fruits or a quantity of finely chopped vegetables, to flavor with. Add theses and thin the mixture [illegible] with as much mi[illegible] make [illegible] ter without breaking. Boil rapidly for twenty minutes. When done, put into a colander in a pan of cold water for ten minutes. This bleaches the spaghetti and makes it white. Open can of tomatoes; put on to boil with the garlic cut into small bits. Dissolve the flour in the oil and add to the tomatoes when boiling and stir until thickened. Now oi[illegible] a covered earthenware baking dish, put spaghetti with tomatoes thoroughly mixed through it into the dish and bake in oven for fifteen minutes. This may be made in the morning and put away until evening, or twenty minutes before serving the dinner; then set it in oven to bake fifteen to twenty minutes. Serve with bana[illegible] [illegible] in olive [illegible]

Four Bright Graduates

Four students of the Phi Beta Kappa get their heads together. They are graduates of Wells College, Aurora, N.Y., where the 66th annual commencement exercises were held recently.

Sunday School Lesson

Lesson 1.—July 1. Ahijah and the Divided Kingdom.—I Kings 11:26—14:31. Golden Text. — Pride goeth before destruction, and a haughty spirit before a fall.—Prov. 16:18.

TIME—Death of Solomon and accession of Rehoboam (Beecher), B.C. 982.

PLACE—Jerusalem.

PARALLEL PASSAGE—2 Chron. 10 11,12.

"And it came to pass at that time." While Jeroboam was superintending some of Solomon's building operations. "When Jeroboam went out of Jerusalem." The scene that was to follow could not take place in the city without the greatest peril to both participants. "That the prophet Ahijah the Shilonite found him in the way." "Ahijah" means "a brother of Jehovah" or "Jehovah is a brother."

"Now Ahijah had clad himself with a new garment." In preparation for the striking object lesson he intended to present to Jeroboam. "And they two were alone in the field." We are not told why Jeroboam visited the field.

"And Ahijah laid hold of the new garment that was on him, and rent it in twelve pieces." One piece for each of the twelve tribes, the tribe of Levi not being counted as being solely divided into the two tribes of Ephraim and Manasseh.

'And he said to Jeroboam.' The young man had been watching him with intense curiosity, we may be sure having no inkling what was to come. 'Take thee ten pieces." The prophet did not give the ten pieces to Jeroboam; he would have the young m[illegible] exercise his own initiative, and gr[illegible] the fortune for himself. "For saith' Jehovah, the God of I[illegible] Ahijah would never have dar[illegible] this message to himself; he sp[illegible] ly of what God had told him [illegible] and so he was bold to do thi[illegible] deed which amounted [illegible] than hig[illegible]

son of his son and [illegible] orm, he may be sai[illegible] greater part of it.' [illegible] him prince all the d[illegible] So Jeroboam, impati[illegible] as [illegible] head a revolt against Solomon and [illegible] tyrannies (see verse 2-6) was bidd[illegible] to exercise patience. 'For David my servant's sake whom I chose." David was made king by the selection of Jehovah. "Who kept my commandments and my statutes. David committed one terrible sin, leading to another as terrible; but he repented with all his heart, and God forgave him.

But I will [illegible] the kingdom [illegible] his son's hand." [illegible] ed from this misfo[illegible] sake so Solomon's so[illegible] misfortune becaus[illegible] "And will give it [illegible] tribes." The Lord [illegible] down.

"And unto his s[illegible] tribe." Judah, as [illegible] associated small t[illegible] whole or in par[illegible] servant may [illegible] fore me in J[illegible] mise made [illegible] lamp see Ps. [illegible] so with the [illegible] 15 : 4; 2 K[illegible] 28.

"The city wh[illegible] put my name [illegible] ages, Jerusale[illegible] world as God's[illegible]

'And I will [illegible] gly significa[illegible] al of human [illegible] reign accordi[illegible] desireth, an[illegible] rael." Wha[illegible]