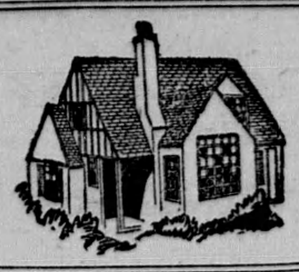

# Woman's World

By Mair M. Morgan

### STRING BEANS.

String beans are monotonous if served time and time again in the same style. Why not treat them with a little imagination and dress them up occasionally. These recipes are simple, but delicious.

**String Beans and Tomatoes.**

One pound string beans; one pound tomatoes; one onion; one-eighth teaspoon ginger; two tablespoons shortening; grated lemon rind; one-half teaspoon salt.

Brown the sliced onion in the fat, add the skinned whole tomatoes and raw beans. Cook in a covered enamel sauce-pan until tender, add seasonings and serve. If the tomato is not juicy enough add a few tablespoons of hot water during cooking.

**French String Beans.**

Two tablespoons bacon fat or butter; one pound string beans; one-half teaspoon salt; one-half teaspoon pepper.

Wash and string the beans and cut lengthwise two or three times. Cook in boiling water until tender, then drain. Heat in the hot butter or fat and seasonings and serve at once.

**Sweet, Pungent String Beans.**

One pound beans, two tablespoons butter; one teaspoon sugar; one-fourth teaspoon ginger; one-half teaspoon salt; one-eighth teaspoon pepper; one-half teaspoon lemon juice; one-fourth cup bouillon.

Wash beans and cut lengthwise or in two-inch lengths. Par boil for 30 minutes, then drain. Melt butter in sauce pan, add seasonings and cook until butter is absorbed. Then add lemon juice and bouillon and simmer until beans are tender.

**String Bean Salad.**

One pound cold cooked beans; two tablespoons vinegar; four tablespoons oil; one-half teaspoon each of salt and pepper; a few grains of paprika.

Place the cold cooked beans in a bowl and add vinegar. Let marinate for 20 minutes. Then drain and mix with oil and seasonings. Serve with lettuce and mayonnaise dressing.

### VEGETABLE NERVE TONIC

Eat lettuce and onions for worn nerves. Beets and turnips give iron to the blood. Tomatoes stimulate a torpid liver. Celery is good for rheumatic people. Beetroots are nourishing and laxative.

### BANANA ICE CREAM

First press some good, ripe bananas through seive to make two-thirds cup smooth pulp. To this add two-thirds cup sugar, few grains of salt, two tablespoons lemon juice. Then fold in one and one-half cups whipping cream (first whipped medium-stiff). Freeze in electric refrigerator, stirring from front to back every hour till frozen. Or freeze in crank freezer. (For a less rich cream, use one and one-half cups light cream instead of heavy cream. Or one cup heavy cream and one-half cup milk).

### SOFTENING COOKIES

To aid in keeping cookies soft, place a cloth rinsed out of cold water across the top of the jar before the lid is placed.

### COOKING VEGETABLES

Time tables for roasting and baking and brewing and stewing have been worked out in kitchen laboratories which the beginner in cooking will find invaluable, but there are factors to be considered in the cooking of meats and vegetables that time tables cannot specify. For instance the varying maturity, time from the garden and size of materials.

To begin with generalizations. All young, freshly gathered vegetables will cook in less time than older ones. Vegetables which have wilted will take longer to cook than unwithered ones.

Small vegetables or large ones cut in small pieces will cook more quickly than those left whole. The more surface exposed, the shorter the cooking period.

**Cooking Green Peas**

Then the time required for preparing vegetables for cooking must be considered in the planning of the whole meal. For example, green peas should cook in twenty minutes. But if they must be shelled they are not a good vegetable to choose when dinner must be served in thirty minutes because it takes time to shell peas, longer than preparing beans or potatoes. Aside from this if they are not fresh from the garden and perfectly young and tender, they won't be done in twenty minutes, but will take thirty.

Asparagus cooks in thirty minutes and is quickly prepared. Green beans, this means either the green or yellow beans, should cook in thirty minutes if they are fresh and young and cut in diamonds. If beans break with a snap you may be pretty certain they are fresh and tender. Older beans should have their edges cut in short lengths because as the beans mature the "strings" are sure to toughen and require a long time to cook.

Remember to cook all green vegetables uncovered. Start them cooking in boiling water and serve just as soon as tender. Prolonged cooking not only causes loss of color but makes the vegetable unappetizingly soft and tasteless.

**Preparing New Carrots**

New carrots, cut in slices, cook tender in fifteen minutes. Diced they will take longer. Since they are lightly scraped, they are quickly prepared and only a few minutes need be allowed for their preparation.

New beets require only a thorough scrubbing before cooking and as they should cook in thirty to forty minutes they are an excellent vegetable to use when an hour is allowed for the preparation of the meal.

Potatoes vary according to the method of cooking. Baked potatoes need an hour in an oven which registers 400 degrees F. Boiled potatoes usually need from thirty to forty-five minutes, depending on the size. Cut in half lengthwise they will cook tender in boiling water in thirty minutes.

Train yourself to cook green and succulent vegetables in as little water as possible.

### DELICIOUS DISH

The giblets of the chicken consist of the feet, wing bones, neck, heart, liver and gizzard.

Clean the gizzard, remove the skin and the thick membrane, and cut it into four pieces. Divide the neck also into pieces, singe and skin and trim the feet; singe the wings, wash and dry them. Place all in a saucepan of cold water, bring it to boiling point. Skim, strain, and sponge each piece.

Now place ¼ lb. fat bacon cut into dice in a saucepan with one dozen small pickled onions drained from their liquor, some carrots, turned the same size, and fry gently till slightly colored. Add the giblets. Season with pepper, salt, a bay leaf, and dredge with flour. Let the whole brown nicely, then add two fresh tomatoes, skinned, seeded, and chopped, two or three large soup spoons of chicken broth.

cut in four pieces, and about a

Cook for 20 minutes, add the bird, cut in four pieces, and about a dozen green olives. Serve at the end of 15 minutes.

## Filling Carnera's Shoes

Even Max Baer would have some trouble to do that and it looks as if Miss Mabel Foster could use Primo's size 40EE shoes for her home address as did the famous old woman of nursery fame

### NEW STEPS IMPROVE HOUSE

New front steps make a house more attractive and, if the old ones are in bad condition, they should be replaced for the sake of safety.

### CALORIES IN EGGS

When it comes to calories, one medium-sized egg, weighing about 2½ ounces in the shell, supplies 25 calories of protein and 45 of fat, making a total of 70 calories.

### PLAIN OMELET

Many people find an omelet difficult to achieve, but this simple recipe presents little difficulty. Six eggs, five tablespoons water, three tablespoons butter, salt, pepper. Separate the yolks from the whites. Beat the whites until stiff. Beat the yolks until thick, add hot water, salt, pepper. Fold the whites into the yolks and pour into omelet pan in which the butter has been melted. As the omelet begins to cook, lift the sides gently from the pan to allow uncooked egg on top to run under, but do not stir. When omelet is thickened but still soft, fold over and serve.

### SANDWICH HINTS

For variety, try substituting a sharp, creamy cheese for mayonnaise in your party sandwiches. Cold meat, sliced very thin, fresh tomatoes, lettuce and cheese make tasty filling for sandwiches to serve with iced tea on summer afternoons.

### CLOTTED CREAM

Let two quarts of rich milk stand 24 hours in room temperature. Then set over a low heat and bring almost to boiling point. Keep there 10 to 15 minutes. It should not boil. Let stand for another two hours at room temperature. Then skim the cream by folding it over and over in small rolls. Chill before serving. This makes a scant cup of clotted cream. This may be made from pasteurized milk, but it sets better if milk that has not been pasteurized can be obtained.

### CREAMED TOMATOES

Make six slices of thin toast and put in the bottom of a casserole. Slice four large tomatoes and cook six slices of bacon until crisp and mince. Make layers of tomato and bacon in the dish and pour over a pint of white sauce. Bake in a hot oven for 15 minutes and serve garnished with sprigs of parsley.

### KEEPING CUFFS CLEAN

White pique collars and cuffs will stay clean much longer if you starch them. Wash and rinse thoroughly, dip in cold starch and then roll in a towel for a few hours before ironing.

### JELLY ROLL CAKE

Two eggs, 1 cup sugar, 2-3 cup milk, 1 1-2 cups flour, 3 teaspoons baking powder, 1-4 teaspoon salt, few drops vanilla, jelly.

Beat yolks of eggs until thick and lemon colored. Beat in sugar, beating until sugar is dissolved. Beat in three tablespoons milk and lightly stir in 1-2 cup flour. Mix and sift remaining flour with salt and baking powder and add alternately with remaining milk to first mixture. Fold in whites of eggs beaten until stiff. Add vanilla and pour into an oiled and floured oblong cake pan. The batter should not be more than one-half inch deep in the pan. Bake fifteen minutes in a moderate oven. Remove at once from cake pan, turning cake upside down on a damp napkin sprinkled with powdered sugar. Spread with jelly which has been beaten with a fork. Trim off crisp edges and roll up. Wrap the napkin around the roll and let stand until cake is cool. Cut in slices across roll to serve.

## Sunday School Lesson

Lesson II.—July 8. Asa Relies on God. — 2 Chronicles, Chapters 14-16. Golden Text.—The Lord is my helper; I will not fear: What shall man do unto me?—Heb. 13: 6.

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### THE LESSON IN ITS SETTING

TIME—Abijah's reign, B.C. 965-963. Asa's reign, B.C. 963-922.

PLACE—Jerusalem, the capital of Judah.

PARALLEL PASSAGE — 1 Kings 15.

"And the Spirit of God came upon Azariah the son of Oded. This is the only appearance of this prophet in Scripture.

"And he went out to meet Asa. Azariah went out to meet Asa as the king was returning from his great victory over Zerah.

"And said unto him, Hear ye me, Asa, and all Judah and Benjamin. Azariah's message was not only to the king, but to the people as well. Jehovah is with you, while ye are with him. Asa had gone into battle relying on God to carry him through, and God had done so gloriously. And if ye seek him, he will be found of you. This message from God through the prophet was proof of that. But if ye forsake him, he will forsake you. Why this note of warning at that bright moment of joy? Because it was then most needed.

"Now for a long season Israel was without the true God. There had been many times, since the conquest of Canaan, when the people had forgotten the true God and strayed away into indifference. And without a teaching pries, and without law. Our preachers should be teachers, instructing as well as inspiring, leading as well as exhorting. A preacher is to be a prophet as well as a priest and pastor.

"But when in their distress they turned unto Jehovah, the God of Israel, and sought him. This is illustrated over and over in the history of God's people. He was found of them. Never once did God forsake his faithless people, or fail to turn to them when they returned to him.

"And in those times. The times of national distress just referred to. There was no peace to him that went out, nor to him that came in. A proverb denoting all the various movements of life. But great vexations were upon all the inhabitants of the lands. By "lands" is meant here not other countries, but the various districts of Judah and Benjamin.

"And they were broken in pieces, nation against nation, and city against city. Like "lands" above, 'nation against nation' means 'one part or tribe of Israel against another.' For God did vex them with all adversity. As they were adverse to him, he was adverse to them.

"But be ye strong, and let not your hands be slack. This exhortation goes back to verse 2: Asa could be strong, not in his own strength, but in the power of God. For your work shall be rewarded. God is 'a rewarder of them that seek after him.'

"And when Asa heard these words. He might easily have taken umbrage at what he might call the prophet's presumption, and have refused to listen to him.

"And the prophecy of Oded the prophet. Evidently some words have dropped out of the text, which should read 'the prophecy of Azariah the son of Oded.' He took courage. No work for God can be done without courage, and that is why God promises us his presence and support.

"And put away the abominations out of all the land of Judah and Benjamin. 'The abominations were the idols, and all the cruel and obscene accompaniments of heathen worship.

"And out of the cities which he had taken from the hill-country of Ephraim. The elevated region in the south of the northern kingdom, where Asa's father had made conquests which Asa himself doubtless had to renew and confirm. And he renewed the altar of Jehovah, that was before the porch of Jehovah. During the period of idolatry this center of national religion had been allowed to fall into ruin.

"And he gathered all Judah and Benjamin. The two tribes left to Rehoboam after the secession of the Northern Kingdom. And them that sojourned with them out of Ephraim and Manasseh. The two tribes immediately north of Judah in the region known as Samaria in Christ's day. And out of Simeon. This tribe dwelt in the extreme south of Palestine, below Judah. For they fell to him out of Israel in abundance. 'Israel' was the name given to the northern division of the Israelites. When they saw that Jehovah his God was with him. A Godlike man will gather many friends about him.

"So they gathered themselves together at Jerusalem. The national capital, the religious center of the kingdom, the city of sacred memories.

"In the third month. The month Sivan, our May-June. In the fifteenth year of the reign of Asa. A spirit rests upon a devout congregation such as cannot be shed abroad by any other means, and there never will come a time when Christians can safely forsake the assembling of themselves together.

"And they sacrificed unto Jehovah in that day. On the restored altar of burnt offerings. Of the spoil which they had brought. It was won in the victory over Zerah. Seven hundred oxen and seven thousand sheep. The collection-box is a valuable aid to the service of the house of God. Gifts of money to God not only symbolize our gifts of ourselves to him; they are actually a part of that offering.

"And they entered into the covenant. 'Covenant' is one of the greatest words of the Bible. The Sacred Library is divided into two parts the Old and New Covenants, or Testaments. To seek Jehovah, the God of their fathers. This phrase reminded the Israelites of the long series of covenants, beginning with the patriarchs. With all their heart and with all their soul. It was to be no halfway covenant, but a complete turning from idols, an entire surrender to God."

## Woman Will Add Soft Shades and Shining Shrubs to her Garden

San Francisco,—Sydney Stein to whom this city points as the only girl gardener hired by a public ark in the United States, says there' a future for the woman in gardening.

"During the depression people found out what a lot of fun they could have with ten cents worth of seeds," she said today. "With everybody interested and gardens so popular, it means more work for the trained landscaper and maintenance workers."

Miss Stein can spade by the hour lug the heavy park hoses about and trundle a wheelbarrow with the best of 'em believes women can impart a valuable note to gardens.

A man-planned garden will have tall trees, sturdy shrubs and strength in its outlines," she said. "A woman will add soft shades and shining shrubs, and will excel when it comes to taking the pains needed to provide cut flowers the year round, and have blending blooms in all seasons."

Sydney went in for gardening because she wanted to work outdoors. For work she wears a comfortable pair of corduroy slacks.

## New Bloused Coatees Suggest Fall Trend

It hasn't taken long for those smart coatees that came in from Paris just a few weeks ago as evening fashions, to find their counterpart in daytime fashions. The evening ones, it is not hard to remember, are distinguished by a very full underarm or kimono cut that melts right into a full bloused sleeve, and because the whole thing is cut on the bias, it gives a new and attractive quality to balloon lines.

For daytime, in little silk suits that may be anything from sheer silk to taffeta or summer weight satin, they are translating this same feeling into jackets that go a bit farther in the bloused silhouette by incorporating the bloused treatment above the waistline of brief belted packets. The effect is quite new for daytime suits for spring and summer, where we have become so accustomed to either fitted lines or else boxy and flared ones.

We believe that it is significant and not just a passing whim, since you can put your finger on several substantial styles that point to a trend for bloused coats and jackets. We count it as one of the things to watch for fall.

## Costly Advice

CALGARY—A father's advice to his son not to marry will cost Harold Green of Viking, Alta., $5,000. And by the terms of the judgment, issued by Mr. Justice J. R. Boyle, Garrett Green, the father, may have to share in the payment of the award. Twenty-year-old Wilda Mulholland of Calgary was given the $5,000 award in her breach-of-promise-to-marry suit heard by Mr. Justice Boyle.

MUTT AND JEFF— By BUD FISHER