Woman's World

By Mair M. Morgan

BRIOCHE

To make this delicious Brioche, use:

Two cups scalded milk; one cake compressed yeast; one-third cup sugar; one-half cup shortening; one teaspoon salt; one whole egg; two egg yolks; five and one-half cups flour; one-half teaspoon lemon extract. Muffin pans.

Cool the scalded milk. When tepid, add yeast cake. Add the other ingredients in the order given. Beat well. Let rise six hours. Then with a wooden spoon fold the mixture once and place in a refrigerator over night or until ready for use. Shape into balls, handling as quickly as possible as the mixture softens at it stands. Let rise until double in bulk. Place in muffin pans rubbed with shortening. Then place in a cold oven, regulate to 400 degrees F., or hot. Turn on the heat and bake for 25 to 30 minutes.

BUCHTA COFFEE CAKE

Six cups flour; one cake of yeast; one cup sugar; two cups of milk; one egg; two teaspoons salt; eight to nine tablespoons melted shortening; cinnamon, sugar and brown sugar on top.

Use two cups of flour and make a sponge with the milk, sugar and the yeast. Let rise about one half hour, Then add the beaten egg, salt and the shortening. Add remaining flour and let rise about three hours. Put on a floured board and roll one-half an inch thick. Sprinkle thick with cinnamon, sugar and melted shortening. Roll like a jelly roll and put in a pan rubbed with shortening. Let rise one half hour. Sprinkle the top thick with brown sugar, set in cold oven, regulate to 375 degrees F., or moderate, and turn on the heat. Bake one hour.

SWEET MUFFINS

One fourth cup shortening; one fourth cup sugar; one egg; two cups flour; four teaspoons baking powder, one half teaspoon salt; one cup of milk; three-fourths cup chopped pecans.

Blend shortening with the sugar. add well beaten egg, sift the flour and measure it, then sift again with the baking powder. Add alternately with the milk to the first mixture. Add nuts. Pour into muffin pans rubbed with shortening. Place in hot oven, regulate to 425 degrees F., bake 25 minutes.

CINNAMON CAKES

One half cup shortening, one cup sugar; two eggs; one half cup milk; one and three fourths cups of flour two and one-half teaspoons baking powder, one tablespoon cinnamon.

Blend the shortening and sugar and add the eggs. Mix and sift the flour and baking powder and add alternately with the milk. Pour into muffin pans rubbed with shortening. Place a half pecan on each cake, set pan in cold oven and regulate to 375 degrees F., or moderate. Bake 35 minutes.

STRAWBERRIES

Most things that are good for us to eat gives us all a chance to grumble but in the luscious strawberry we have something good for us and we can utter words of praise at the same time.

High in Vitamin C

Mothers will be especially interested to know that the C vitamin rates about as high in berries as it does in oranges. However, vitamins A and B are growing and building substances, are lower in berries than in the citrus friut. The strawberry hold only half the A value and one third the B value of the orange.

There is good reason to believe that berries actually help the body to make use of other elements in the diet. Thus they are not only valuable in themselves, but increase the value of accompanying foods in daily use.

If you want to use strawberries as a substitute for oranges, remember their deficiences and be sure that the berries are perfectly ripe and do not deluge them with sugar. Remember too that oranges have been found to be efficient in reducing body acidity while strawberries have out been proved on this point.

Air Kills Vitamins

Canned strawberries are so widely used that they also have come under the experimenter's eye. Scientific research has discovered that commercially canned and home canned ber-VaaUCstsh ETAOI SHRLUETAOI I ries put up by the hot pack and pressure method lose practically no vitamin C content because this vitamin is destroyed primarily by air. Heat has tens the destruction when air is present, but in the absence of air has little effect. This xplains why berries canned by processes which exclude air retain vitamin C.

The woman who lives in a small town or in a community easily accessible to berry markets will find it profitable to do her own canning.

The hot water bath, steam pressure cooker and heat controlled oven all represent satisfactory equipment, for home canning. But if a high price must be paid for fresh berries, plus labor, fuel and equipment, it may be found more economical to invest in the commercially canned product when the fruit is wanted in the winter.

Canned Strawberries

The particular feature of berries canned according to this recipe is that they will not rise to the top of the jar after they are canned.

Wash, hull and pick over the ripe berries. Allow one quart box of berries for each pint jar. Add 1 cup of sugar and 4 tablespoons water to each quart of berries. Bring them slowly to the boiling point. Simmer, but do not boil for ten minutes, remove from fire, cover and let stand for several hours or over night. Then pour into sterilized jars, partly seal the jars, and sterilize in hot water bath for 12 minutes. Seal, cool and store in a dark place. If strawberries or other delicate berries are stored in the pantry or other places where the daylight or the sunlight reaches them, they will lose their color and become straw-colored.

Strawberry Jam

Pick over, wash drain and hull the strawberries. Mash a few in the bottom of a preserving kettle using a wooden potato masher and so continue until all the fruit is used. Heat slowly to boiling point and add gradually an equal quantity of heated sugar. (Heat sugar in oven). Cook slowly 45 minutes, or until thick. Bottle and seal.

Gooseberries and Strawberries

Three pounds gooseberries, two pounds strawberries.

Pick over the gooseberries and remove stems and tails. Wash, then hull the strawberries. Put berries in a saucepan and crush them with a wooden spoon or potato masher. Heat slowly to the boiling point, then boil five minutes. Measure, add an equal measure of sugar and boil rapidly for 20 minutes or until the mixture jells from the edge of the spoon. Pour at once into small sterilized jars and seal with melted paraffin.

Strawberry and Rhubarb Jam

One pound rhubarb, 2 pounds of strawberries, 2 pounds of granulated sugar.

Wash and skin rhubarb. Wash and hull berries. Put the rhubarb through the food chopper catching the juice that drips from the crank case. Combine rhubarb juice and sugar. Add berries and let stand until sugar is dissolved. Add berries and let stand until the sugar is dissilved Put over a low fire and bring to the boiling point. Stir frequently to prevent sticking and to crush the fruit. Cook until a spoonful tried on a cold plate jellies. Turn into sterilized jelly glasses and cover with paraffin when cold.

Strawberry Fluff

Use one egg white, 1 cup hulled strawberries, 1 cup powdered sugar.

Cut strawberries in quarters and put all ingredients into a mixing bowl Beat with a rotary beater for about 20 minutes. The mixture will expand and become exceedingly light an fluffy. Pile into sherbert cups or parfait glasses and chill thoroughly. Serve with cake or cookies or with a garnish of whipped cream.

Old-Fashioned Shortcake

One quart strawberries, three quarters cup granulated sugar, one and one half cups flour, three teaspoons of baking powder, one half teaspoons salt, 4 tablespoons butter or some other shortening and butter mixed, one half cup milk or water (about.)

Wash and hull berries and cut in quarters. Sprinkle with sugar and let stand in a warm place while mixing and baking shortcake. Mix and sift flour, baking powder and salt. Work in shortening with pastry blender or two knives. With a knife cut in liquid and make soft dough. Divide dough in halves and roll one half on a floured moulding board to fit baking pan. Oil and flour pan and put in dough. Spread generously with oftened butter and cover with remaining dough which has been rolled to fit lower section. Bake in a hot oven 400 degrees F. for 25 minutes. When ready to serve split the sections apart. Spread lower section with butter and cover with thick layers of juice and berries. Cover with top section and add more berries. This may be topped with a slightly sweetened whipped cream and garnished with perfect whole berries. Serve with plain cream.

Individual Cakes

Instead of making one large shortcake the dough may be cut in rounds to make individual cakes. These are split and served like the large one. If you like to serve your dessert from the kitchen the individual shortcakes are nice, but the one large cake makes a very handsome dish for the hostess to serve at the table or for the maid to pass to each one to help himself.

Graham crackers or bread and butter make excellent foundations for shortcakes for children. Simply place the prepared fruit between layers of graham crackers or bread and butter and serve with plain cream or top milk.

Strawberry Ice Cream

One quart box strawberries, 1 cup granulated sugar, 2 tablespoons icing sugar, 2 cups whipping cream, 1-2 cup single cream, 1 teaspoon vanilla pinch of salt.

Wash stem and crush the berries with granulated sugar Heat to boiling point Remove from fire add salt and cool. Run through seive. Whip cream add vanilla and icing sugar and place in refrigerator to keep cool. Fold whipping cream into fruit mixture and pour into tray of refrigerator.

Strawberry Mousse

One quart box strawberries, 1 cup sugar, 1 tablespoon gelatine, 2 tablespoons cold water, 4 tablespoons hot water, 2 cups cream whipped.

Wash berries, remove hulls, add sugar and let stand one hour, then run through sieve. Soak gelatine in cold water, then dissolve in hot water Add to strained strawberries, fold in cream and place in pans of electric refrigerator for 4 to 5 hours. Serves eight.

Cheese Cakes

Line about one dozen shallow patty tins with rounds of good rough puff paste; a little preserve of some kind may be put in cases. Fill the cases about three parts full with the following:—Cream one half cup of sugar and one half cup of butter, add 2 eggs well beaten, about three tablespoons milk, a small teaspoon baking powder and any flavouring desired. Twist a little strip of paste on the top and bake quickly. Time about 15 minutes.

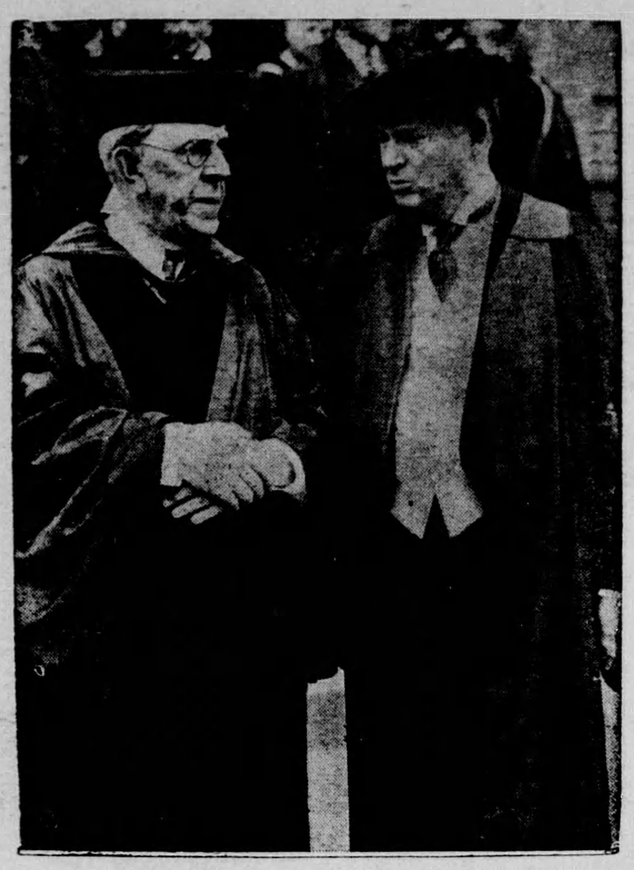
There are many varieties of cheese cakes, but rarely the kind from which the name originated—that is, the curd got during the process of cheesemaking.

Pressed Beef

To cook and press brisket of beef. Wash and dry a piece of brisket weighing between four and six pound rub into it a dessertspoon mixed spice and rather less of salt and leave overnight. Put the prepared beef into a saucepan of cold water with 2 bay leaves, a blade of mace a chopped carrot and a turnip.

Add a few peppercorns and allspice and simmer gently until the bones will come easily away. Press the meat between two heavy weights and leave until cold. Brush over with melted glaze.

Canada's Prime Minister Honored



Canada's Prime Minister, seen at right, was given the Honorary degree of doctor of Laws of Rensselaer Polytechnic Institute, Troy, N.Y., last week-end, he is shown here chatting with Palmer C. Ricketts, President of the Institute.

Sunday School Lesson

LESSON III.—July 15. God Cares for Elijah.—I Kings 17:24; 19:1—8. Golden Text.—"Your heavenly Father knoweth that ye have need of all these things."—Matt. 6:32.

The Lesson In Its Setting

TIME.—Elijah appears to Ahab, B.C. 912. The contest on Mt. Carmel and Elijah's flight, B.C. 909.

PLACE.—The brook Cherith. Zarephath. Zezreel. The desert south of Beer-Sheba.

PARALLEL PASSAGE.—There is none.

"And Elijah the Tishbite. He is called 'the Tishbite' perhaps because he was born in the Galilee town of Tishbeh. Who was of the sojourners of Gilead. The implication is that Elijah had moved from Galilee across the lake into Gilead.

"Said unto Ahab. He appears mysteriously on the scene, as he is to disappear as suddenly and mysteriously at the end of his career. He was as swift as a stroke of lightning. "As Jehovah, the God of Israel liveth. These words are Elijah's life message. "Before whom I sand, Elijah felt himself to be always before God's throne, as one of his officers, ready to go on any errand. "There shall not be dew nor rain these years, but according to my word. Not Elijah's word, but God's word through Elijah. Dew is mentioned first, as the most important; vegetation can live so long as it is fed by the dew.

"And the word of Jehovah came unto him. We are not told what was the effect of Elijah's prophecy, or whether any effort was made to detain the bold speaker. He disappeared from the court as suddenly as he had appeared.

'Saying. Get thee hence, and turn thee eastward. He was to go back to his own forestland of Gilead, where he would be safe from pursuit and capture. And hide thyself by the brook Cherith. The name of this brook means 'cut' or 'gorge.' An ideal place of concealment. That is before the Jordan. That is, east of the Jordan, before one enters Palestine proper.

"And it shall be, that thou shalt drink of the brook. Here is a promise of water, but not of an enduring supply, for the brook later dried up (verse 7). And I have commanded the ravens to feed thee there. 'The translation ravens is not unsuitable; ravens were well-known inhabitants of ravines, and they were regarded as fed by God." "So he went and did according unto the word of Jehovah. Elijah was one of the most forceful and original men that ever lived, but he merged his personality in glad obedience to God. For he went and dwelt by the brook Cherith, that is before the Jordan. Elijah might have known a dozen places where he would have preferred to live, but he knew that God knew best.

"And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening. Relief came to this prophet with the most unexpected, and with seemingly impossible, conveyance.

"And he drank of the brook. The brook said to Elijah, God always takes care of me. I never worry. I never wonder where the water is coming from. "And it came to pass after a while, that the brook dried up, because there was no rain in the land. The brook failed Elijah, but God had not failed him.

"And Ahab told Jezebel all that Elijah had done. The weak king had seen the great miracle on top of Mt. Carmel, and had evidently been moved by it, so that he obeyed Elijah's commands without objection. 'And withal how he had slain all the prophets with the sword. Perhaps Ahab expected Jezebel to be as amazed as he had been at the power of God exhibited through the prophet; but if so, he was disappointed.

"Then Jezebel sent a messenger unto Elijah. She might have bidden the prophet come to her, but she probably doubted that he would come. "Saying so let the gods do to me, and more also. This vague imprecation is a standing formula frequently found in the Old Testament. Here it means: 'May my gods do to me what you have done to my prophets. "If I make not thy life as the life of one of them by to-morrow about this time. Perhaps Jezebel actually intended to kill Elijah; but if so, she would not have warned him but would have sent assassins.

"And when he saw that. The prophet seems to have reckoned on Ahab's complaisance extending to Jezebel, or he had left the queen out of account altogether. Now he saw that his fight against idolatry was still far from won. 'He arose, and went for his life. He was worn out by his stupendous effort on Mt. Carmel and lost the courage he customarily had.

"And came to Beer-sheba. A famous place in the extreme south of Palestine. "And left his serant there Some have conjectured that this servant was left in Beer-sheba because he was not strong enough for the wilderness journey.

"But he himself went a day's journey into the wilderness. The hardy prophet would easily be able to walk and run twenty miles a day, or more and keep it up. "And came and sat down under a juniper-tree. (a species of broom, which is the finest and most striking shrub of the Arabian desert 'And he requested for himself that he might die. He does not commit suicide; nay! how could he? Was he not the servants of God? And said, "it is enough. How often we also think that our lives are long enough.

"Now, O Jehovah, take away my life. It is natures capable of great exaltation, that can, like Elijah, climb the heights of Carmel, which are most in danger of creeping under the juniper-tree when the reaction sets in.

"And he lay down and slept under a juniper-tree. Sleep was the best medicine for his perturbed soul as well for his weary body. "And, behold, an angel touched him. Angels are spiritual beings a little higher than man. "And said unto him, Arise and eat. Eating is most helpful, not only when physical powers are exhausted, but when the spirit flags.

"And he looked, and, behold. Surprise is expressed at the sight of a meal provided out of the unseen, there in the solitary desert. There was at his head. Where the savor of it would reach him at once. A cake baked on the coals. Meal mixed with water, and baked on stones made red hot by the burning of wood over them. And a cruse of water. The water, in that dry land without rivers or springs, would be as much a miracle as the cake. And he did eat and drink, and laid him down again. The medicine of the sleep and food had not yet completed their restorative work.

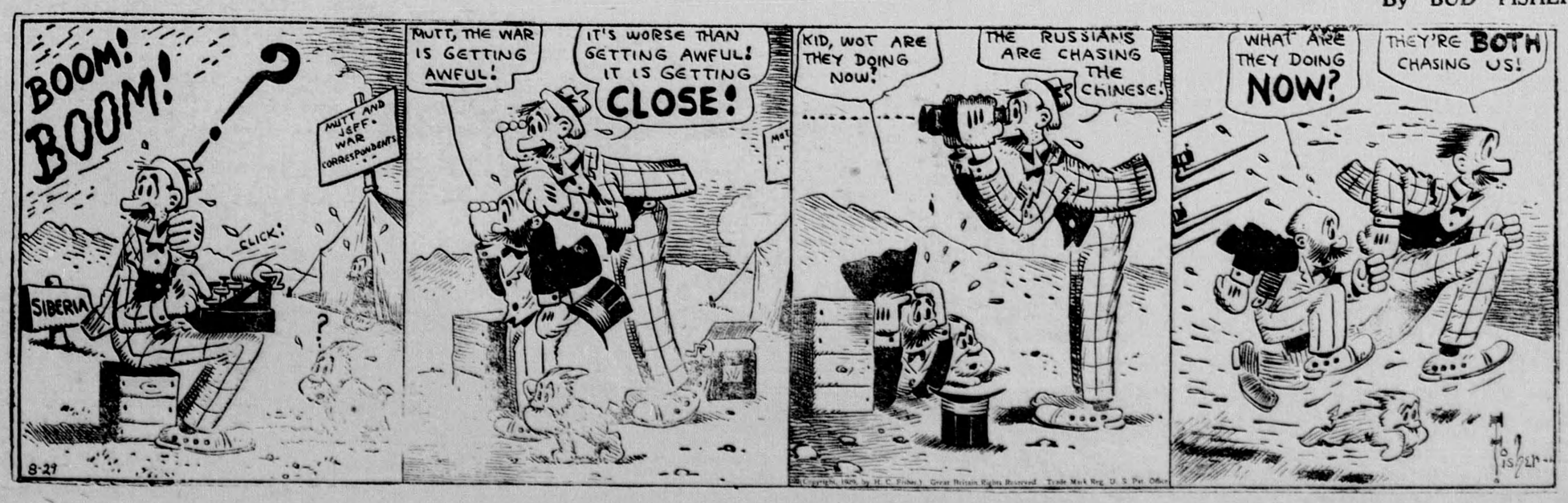
"And the angel of Jehovah came again the second time. God will send his messengers of cheer and strength as often as his weary children need them. And touched him, and said, Arise and eat, because the journey is too great for thee. The distance from Beer-sheba to Horeb (Sinai) is about two hundred miles.

"And he arose, and did eat and drink, and went in the strength of that food forty days and forty nights unto Horeb the mount of God. He would not have required forty days to travel there, if the intention of God had been nothing more than to cause him to reach the mountain. But in the strength of the food provided by the angel Elijah was not only to perform the journey to Horeb, but to wander in the desert for forty days as Moses had formerly wandered with all Israel for forty years, 'that he might know that the Lord was still the same God who had nourished and sustained his whole nation in the desert."

Waterloo Bridge To be Demolished

London, — Marked for removal for some time the old Waterloo Bridge across the Thames will be closed to traffic shortly and demolition of the structure will begin. Definite announcement of the last chapter in the history of the famous bridge was made by the chairman of the highways committee of the London County Council

Concord, N.H., — When Mrs. Joseph Houston bought a fowl for Sunday dinner, she also received a half dozen eggs although she wasn't aware of it. She was preparing it for the cooking pot when she discovered six good sized eggs inside.

MUTT AND JEFF—

By BUD FISHER