Woman's World

By Mair M. Morgan

THE SALAD MEAL

Salad meals are the order of summer days. The combination of meat and vegetables in salads is good because it helps to effect a balanced diet. Fruits also may be combined with meats or fish with good results. The vegetable or fruit acts as a filler for the salad and supplies mineral content and ballast in the diet.

The following salad may be varied in several ways, as for instance, neat cubes of veal and matchlike pieces of carrots substituted for the beans and tongue.

Summer Salad

One and one-half cups cold cooked beans, 1 cup cold cooked ham, 1 cup cold cooked tongue. Bermuda onion, green pepper.

Cut ham and tongue in pieces the same size as the beans. Mix and add 2 tablespoons vinegar or lemon juice and 4 tablespoons salad oil beaten with ½ teaspoon salt and ⅛ teaspoon pepper. Cover and let stand on ice for an hour or longer. When ready to serve drain from dressing. Wash pepper and cut in rings, removing seeds and white pith. Peel onion and cut in slices. Let stand in iced salt water for ten minutes. Drain and separate into rings. Pile alternating slices of onion and green pepper one above another on a leaf of lettuce. Fill this little pepper and onion cup with the salad mixture and mask with mayonnaise.

Liver and Cabbage Salad

Liver and cabbage salad is unusual and delicious. You will need one cup diced cooked liver, 2 tablespoons minced cooked bacon, 1 cup diced celery, 2 cups shredded crisp cabbage, French dressing, mayonnaise, curly endive.

Marinate liver and bacon in French dressing for one hour. A few drops of onion juice may be added to the dressing if wanted. Add celery and cabbage and mix lightly. Serve on a bed of curly endive and top with mayonnaise.

Ham Salad

One and one-half cups diced cold boiled ham, 1½ cups diced cold boiled potatoes, 1 cup diced celery, 1 hard cooked egg, mayonnaise, Lettuce.

Combine ham, potatoes, and celery, tossing lightly with a fork. Add mayonnaise to make moist and serve on crisp lettuce. Garnish with slices of hard cooked egg and serve.

Potato Salad a la Russe

Two cups diced potatoes, ½ teaspoon grated onion, ½ cup diced pickled beets, 4 sardines, 4 hard cooked eggs, mayonnaise, lettuce.

Use small new potatoes. Scrub and boil in salted water until tender. Peel as soon as cool enough to handle. Cut into neat dice and chill. Remove skin and bones from sardines and separate into small flakes. Cut eggs in slices. Combine materials lightly with mayonnaise and serve on crisp lettuce.

A brand new use for macaroni is in salad. Perhaps the most important step is the making of successful macaroni salads lies in the cooking. Each piece must be firm and smooth, tender but not soft or sticky. The best way to cook macaroni is to drop it into plenty of boiling water — 3 quarts of water and 1 tablespoon salt to 2 cups macaroni are good proportions—and boil until tender, about 20 minutes. Drain well and rinse with cold water. Drain thoroughly and chill. Have all the other materials cold.

Macaroni Ham Salad

This salad is particularly good served on a bed of shredded cabbage.

One cup cooked and chilled macaroni, 1 cup chopped cold boiled ham, 1 tablespoon prepared horseradish, 2 pimentoes, 1 cup salad dressing (mayonnaise or cooked dressing), shredded cabbage.

Mix horseradish and ham thoroughly and combine lightly with macaroni and pimentoes which have been cut in shreds. Moisten with dressing and serve on a bed of shredded crisp cabbage.

Macaroni Egg Salad

This is another substantial salad.

One cup cooked macaroni, 2 hard cooked eggs, ½ cup diced celery, 4 tablespoons sliced stuffed olives, salad dressing, shredded leaf lettuce.

Chop eggs coarsely and combine with macaroni, celery and olives. Add salad dressing to make moist and serve on a bed of shredded leaf lettuce. Garnish with halves of stuffed olives. It's better to use the olives stuffed with pimentoes rather than those stuffed with celery or nuts because the red of the pimento makes an attractive touch of color.

Special Salad

Four young carrots, 2 green onions, ¾ cup cottage cheese, 1 teaspoon salt, 1 tablespoon sugar, 1 cup shredded spinach, raw, 2 heads leaf lettuce, ½ cup mayonnaise, 1 cup cooked noodles.

Put carrots and onions through food chopper, mix them into cottage cheese, add salt and sugar. Shred spinach and lettuce (using all lettuce except some leaves for a bed for the salad.) Combine greens, mayonnaise and cottage cheese just before serving and pile onto the lettuce in a large dish or salad bowl. Garnish with a circle of vermicelli or noodles, previously cooked and chilled. Dot with mayonnaise, top with bit of grated carrot.

Raw Carrot Salad

Two cups grated carrots, raw, 2 tablespoons chopped parsley, 2 tablespoons chopped green pepper, 1 head lettuce, or leaf lettuce.

Combine vegetables, including the lettuce which has been shredded. When ready to serve, add French dressing and mix thoroughly. Serve very cold.

Good Combinations

There are a number of good combination salads, and in case they do not occur to you we will mention them below.

Cooked leftover vegetables — carrots, peas, wax beans, beets, asparagus — are delicious if thoroughly chilled and marinated with mayonnaise. Slices of tomato and cucumber and hard-boiled eggs should top these vegetable salads which are placed on beds of lettuce. Shredded raw cabbage combines well with chopped celery or apples. If celery is combined with cabbage, use sliced tomatoes as a garnish; if apples, place a small mound of tart jelly—red currant or grape on salad. Some people like bananas mixed with shredded cabbage and marinated with a boiled salad dressing. Lima beans boiled and mixed with diced celery and sliced tomatoes make a substantial salad which children especially like.

Other combinations include: Tuna fish with celery, hard cooked eggs, dressing and lettuce; salmon, green peas and cucumbers with shredded lettuce; veal with diced carrots, chicken with celery and diced pineapple, crab meat with celery and hard-boiled eggs; lobster with peas and sliced tomatoes and sweetbreads with pineapple. To be quite perfect, the preferred green must be thoroughly chilled and crisped and served without a trace of water clinging to its surface. A watery salad is not only uninviting but also much of the flavor is lost, so watch this point and always allow time to prepare the green properly. The wire salad baskets are most convenient, but if you tie the greens loosely in a big square of cheese-cloth and swing it vigorously you will accomplish the same result.

TRY THESE

The big sweet cherries have been on the market for a while now, but the season won't get into full swing until a little later on and the late varieties will last until August, giving plenty of time for practice before, shall we say, an October wedding?

The big cherries make a fine dessert or first course just as they are and a jellied salad of the juice of tart cherries and granulated gelatin with stoned white cherries sprinkled through the mold is delicious and colorful. This salad may be made the day before wanted for serving and is particularly good if chopped nuts are added to the mayonnaise.

Cherry Cobbler

This is a plain, inexpensive pudding that is very easy to make.

Four tablespoons butter, 2 cups sugar, 1 cup milk, 2 cups flour, 4 teaspoons baking powder, ½ teaspoon salt, 2 cups pitted cherries, ½ cup hot water.

Cream butter and rub in 1 cup sugar. Mix and sift flour, baking powder and salt and add alternately with milk to butter and sugar mixture. Mix until smooth and turn into a buttered pudding dish. Mix cherries with remaining sugar and hot water and pour over dough. Bake 40 minutes in a moderate oven and serve warm.

Black Cherry Pudding

Two cups rich milk, 5 tablespoons butter, 1 scant cup sugar, 1 teaspoon grated lemon rind, ¼ teaspoon nutmeg, ¼ teaspoon cloves, 4 eggs, 1 cup sifted toast crumbs, 1 quart black cherries.

Heat milk and add butter. Beat yolks of eggs until thick and lemon colored, beating sugar, spices and lemon rind. Slowly add hot milk, stirring to thoroughly dissolve the sugar. Mix toast crumbs and pitted cherries and add to first mixture. Fold in whites of eggs beaten until stiff and dry. Turn into a buttered baking dish. Bake in a moderately slow oven (350 degrees F.) until firm to the touch. It will take about 40 minutes. Serve with or without whipped cream.

Cherry Mousse

One cup pitted cherries, 1½cups sugar, 4 lemons, 2 oranges, 2 teaspoons granulated gelatine, 3 cups whipping cream, ¼ cup boiling water, 2 tablespoons cold water.

Add boiling water to sugar and make a syrup. Add cherries and remove at once from the fire. Let stand until cold. Soften gelatine in cold water and dissolve over boiling water. Add to a cherry mixture with juice of oranges and lemons. When cold add cream whipped until firm. Turn into a mold and freeze for three hours or longer. Use eight parts ice to one part ice cream salt. This mousse may be frozen in a mechanical refrigerator.

RHUBARB RELISH

Two pounds rhubarb, ¼ pound seeded and chopped raisins, ½ pound stoned and chopped dates, 3 cups vinegar, 2 pounds light brown sugar, 1 tablespoon chilli peppers, 1½ tablespoons salt, 1 teaspoon ginger, ½ cup chopped English walnuts.

Combine dates and raisins and let stand in vinegar for one hour. Skin rhubarb and cut in half-inch pieces. Add to first mixture with all the remaining ingredients except the nuts. Cook slowly, stirring frequently, for two hours. Add nuts and cook ten minutes longer. Turn into sterilized jelly glasses and cover with parafin.

GUERNSEY RAREBIT

Melt 2 tablespoons butter in a saucepan, and stir in one dessertspoon cornstarch. Pour on one-half cup milk, and stir until boiling. Add two tablespoons grated cheese, one teacup cooked and chopped fish, one egg (beaten), and seasoning to taste.

Make hot and serve on hot buttered toast.

TO USE LEFTOVER FISH

To make fish delight flake left-over fish into small pieces. To each two cups of fish flakes add one chopped hard-boiled egg, two tablespoons chopped parsley, pepper and salt to taste, and enough cream sauce to moisten. Pour into a buttered baking dish and cover top with grated bread crumbs mixed with twice their quantity of grated cheese. Cook in a hot oven until well-browned.

SANDWICHES KEEP FRESH

Sandwiches for tea may be made hours ahead of time if they are wrapped in wax paper and put in a cool place. These include sandwiches of brown bread and cream cheese, white bread with date and nut paste, cheese and olives on brown or white bread, anchovy paste and cream cheese, peanut butter and raisin bread.

DEODORANT

An apple, stuffed with cloves, and hung in a wardrobe, will collect all cleaning and perspiration odors that have gathered in clothing.

Appointment?

J. M. Macdonnell, general manager of the National Trust Company, Toronto, reported as likely first governor of the Bank of Canada. He was formerly manager of the National Trust Co. in Montreal.

DANGER IN BAD WATER

A good stockman is particular about the purity of the water supplied his stock and will go to no end of trouble, to see that the water pails and water troughs do not become contaminated by the addition of organic matter or the growth of low forms of plant life. On a farm where three horses died recently, the water trough had become very foul, through the addition of barn yard filth that had been blown in by winds. The trough was a good one, being of cement, and the water when it left the pump, coming from a deep well was pure. But the trouble followed neglect in keeping the water trough clean. Three horses died of cerebro spinal meningitis on this farm all in one week at seeding time, A serious loss. A good well and a good trough coupled with neglect, is no better than a poor well and a poor trough. Neglect to keep the trough clean caused the loss. See that the horses get a clean water supply always. Watch for the green algae that grows in water during summer, it is dangerous. Keep the water trough clean, and save the labor caused by loss.—L.S. Ontario Dept. Agriculture.

Wool Is Extremely Smart for Summer

Without overdoing it in business of matching accessories, Molyneux uses red and white checked taffeta for the crown and brim (on the upper side) of a hat, the very tiny turn-over collar on the navy wool dress, a piping of it around the edge of the cape that accompanies the dress, and for a pair of gloves with gauntlet cuffs.

It would spoil the whole effect if the purse were also of taffeta. Around the crown of the hat is a wide band of navy wool like the dress, and the under side of the brim is also covered with the wool. Maybe you think this doesn't sound very summery, but you're all wrong. Wool is as good for summer as it is for winter—it is the weight and the "feel" of the material that counts. Some of the new summer wools are infinitely cooler than linen or pique.

Another conservatively matched set of accessories for mid-August consists of a neatly woven large-brimmed hat of natural colored raffia, purse of the same fiber and sandals also of this cool sweet-smelling straw. Hat, purse and sandals may all three be trimmed with bright beads, buckles—or better still if you are seasiding—shell-shaped trinkets in gold and silver.

Junior—Dad, does bigamy mean that a man has one wife too many?

Dad—Not necessarily, son. A man can have one wife too many and still not be a bigamist.

The Sunday School Lesson

Lesson V.—July 29. Micaiah Speaks the Truth.—1 Kings 22. Golden Text.—What the Lord saith unto me, I will speak.—1 Kings 22:14.

The Lesson in Its Setting

TIME.—B.C. 904.

PLACE.—Samaria. Ramoth-gilead.

PARRALLEL PASSAGE.—2 Chron. 18:1—20:37.

"And they continued three years without war between Syria and Israel." The three years (not full years as the next verse shows) are to be counted from the second defeat of Benlhadad, the history, that is to say, is resumed from I Kings 20 : 34-43.

"And it came to pass in the third year" After peace between Syria and Israel hal lasted two years and part of another year. "That Jehoshaphat the king of JJudah came down to the king of Israel." Jehoshaphat was the good king of Judah who had done so much to reform his realm, putting down idolatry and exalting the worship of Jehovah.

"And the king of Israel said unto his servants." His councillors and officers. "Know ye that Ramoth-gilead is ours." This Ramoth was an important frontier fortified city lying in the territory of Gad, east of the Jordan, on the Jabbok River in Gilead.

And we are still. We keep hushed, as if we did not dare even whisper our rights. And take it not out of the hand of the king of Syria? Ahab had beaten Ben-hadad twice in battle (1 Kings 20), but had allowed the Syrian monarch to live, for which folly he was roundly rebuked by a prophet of Jehovah. And he said unto Jehosaphat, Wilt thou go with me to battle to Ramoth-gilead? This question, "Wilt thou go with me to battle?" comes to every youth. The evil want to recruit him for their inglorious warfare and God's people seek his aid in the struggle for the right against the wrong. And Jehosaphat said to the king of Israel, I am as thou art, my people as thy people, my horses as thy horses. That is, Jehashaphat put himself unreservedly at the disposal of Ahab, with all his army, footmen, and calvary. And Jehoshaphat said unto the king of Israel, Inquire first, I pray thee, for the word of Jehovah. Very likely Jezebel, the master-mind of Israel, had alread obtained favorable omens from her sycophantic heathen priests; but Ahab would not mention that fact, and Jehoshaphat was too religious to take a step so momentous without directions from Jehovah.

Then the king of Israel gathered the prophets together, about four hundred men. They were not true prophets of Jehovah and disciples of the prophets, but prophets of the Jehovah worshipped under the image of an ox, who practised prophesying as a trade without any call from God, and even if they were not in the pay of the idolatrous kings of Israel, were at any rate in their service. And said unto them, Shall I go against Ramoth-gilead to battle, or shall I forbear? It is well to set before ourselves clearcut questions. And they said, Go up. They knew well what opinion Ahab wanted, and they were there to deliver it. For the Lord will deliver it into the hand of the king. The powers of Satan know well how to give a pious cast to their utterances and advice. But Jehoshaphat said, Is there not here a prophet of Jehovah besides, that we may inquire of him? Jehoshaphat's conscience was not at ease. And the king of Israel said unto Jehoshaphat, There is yet one man by whom we may inquire of Jehovah, Micaiah the son of Imlah. "Micaiah is not one of the prophets who are prominent in sacred history. He has left no writings. As a man of action, he is entirely overshadowed by his great contemporary, Elijah. But I hate him; for he doth not prophesy good concerning me, but evil. It was a weak confession that he was aware of one man who was undisputably a true prophet of Jehovah. And Jehoshaphat said, Let not the king say so. Jehosaphat politely disagrees with Ahab, and implies that the king of Israel may have misjudged the prophet of Jehovah.

Then the king of Israel called an officer, and said, Fetch quickly Micaiah the son of Imlah. Ahab could not afford to antagonize Jehoshaphat, or put his project in a bad light by refusing to consult a man whom he admitted to be a prophet of Jehovah. Now the king of Israel and Jehoshaphat the king of Judah were sitting each on his throne, arrayed in their robes. They were in splendid and impressive attire, for Ahab evidently intended to make this a notable occasion. In an open place at the entrance of the gate of Samaria. In such open places, or squares, public assemblies were customarily brought together and courts were held, in the open air. And all the prophets were prophesying before them. "The scene enacted in the open market-place of Samaria had its counterpart—its true spiritual reflex—in the great court of heaven." And Zedekiah, the son of Chenaanah. "Zedekiah" means "Justice of Jehovah," which indicates that his parents, at least, were followers of the true God. Made his horns of iron. He was acting a parable, as was common with the prophets. And said, Thus saith Jehovah. Zedekiah knew that what Jehoshaphat wanted was "the word of Jehovah." With these shalt thou push the Syrians, until they be consumed. That is, "until they perish," as Moffatt translates it; one form of destruction being substituted for another.

And all the prophets prophesied so, saying, Go up to Ramoth-gilead, and prosper. Not one of the four hundred prophets dared to strike an unpopular note and breathe a word in opposition to the proposed war, whatever his private judgment may have been. For Jehovah will deliver it into the hand of the king. If the expedition should prove fortunate, each man argued, he would gain the credit of being a true seer. If unfortunate, he would have three hundred and ninety-nine comrades in his plight, and the king could hardly punish all of them; or, he could attribute the failure of his prophecy to some untoward event; or, the king might even perish in battle and never return to bring him to account.

And the messenger that went to call Micaiah spake unto him, saying, Behold now, the words of the prophets declare good unto the king with one mouth. This indicates that Micaiah had been in prison, where he would not have learned what was going on, and what would be common knowledge throughout the city of Samaria. Let thy word, I pray thee, be like the word of one of them, and speak thou good. The messenger was plainly a friend of the prophet, desiring to save him from Ahab's wrath.

And Micaiah said, As Jehovah liveth. The most solemn and impressive oath the prophet could use. What Jehovah saith unto me, that will I speak. A man of God will not allow himself to be swayed by worldly considerations, the favor of those in power, the applause of the multitude, gain of goods or advancement in station, ease or safety or any other such matter. To his infinite Master he stands or falls. and stoutly determines to do his will and utter his message. This is the spirit most urgently needed in our day of turmoil and anxiety.

GEMS FROM LIFE'S SCRAP-BOOK SPEECH

"In man speaks God."—Hesoid.

"The mouth of a wise man is in his heart; the heart of a fool is in his mouth."—The Bible.

"As we endeavour faithfully to purify our thinking and our conversation, we become shining examples to others, and also help to lessen the burdens of the world."—The Christian Science Sentinel.

"The Chinese have an excellent proverb; 'Be modest in speech, but excel in action.' "—Horace Mann.

"Speech is the golden harvest that followeth the flowering of thought."—Tupper.

"Speak not at all, in any wise, till ye have somewhat to speak. . . ."—Carlyle.

If it wasn't for the bills pouring in the first of the month most husbands would never know their wives wore anything new.

MUTT AND JEFF— By BUD FISHER