Woman's World

By Mair M. Morgan

SERVING MEALS OUT OF DOORS.

The first consideration in planning meals for serving away from the family dining room is to reduce the number of dishes to a minimum. A one-dish combination of some sort with a salad and dessert simplifies serving as well as dish washing. Very often the salad may be put on the table in an attractive salad bowl for each member to help himself. If you use compartment plates, the salad plate is unnecessary.

Casserole dishes combining meat and vegetable pies are splendid main dishes for dinner al fresco.

And for bread, make bread and butter sandwiches or butter rolls and put them in the oven to heat.

Veal and Vegetable Pie.

This is a delicious and attractive dish that may be varied interestingly. The vegetables may be cooked early in the day and the meat cooked the day before if convenient. When you want to prepare your dinner you will need to make the crust and bake it. The crust will bake while you are setting the table and putting the finishing touches on the salad or dessert.

One pound lean veal, 1 cup tiny cooked onions, 1 cup diced cooked carrots, 1 cup cooked green peas, 2 cups cooked potato marbles, 2 tablespoons butter, salt and pepper, 1¼ cup flour, 2½ teaspoons baking powder, 2 tablespoons shortening ½ teaspoon salt milk.

Choose veal from the small part of leg since it is usually cheaper and more meat must be cut in small pieces anyway. Cover with boiling water and simmer until tender but not broken. Add salt and let cool in stock over night if convenient. Remove fat and bone from meat, making neat pieces for serving. Arrange meat in a buttered casserole. Remove fat from stock and strain through cheesecloth. There should be about two cups of stock. The liquid in which the vegetables, with the exception of the onions, were cooked, may also be used. Melt butter, stir in flour and when bubbling add stock, stirring constantly.

Bring to boiling point, season with salt and pepper. Add prepared vegetables to meat in casserole and pour over sauce. Mix and sift flour, salt and baking powder. Rub in shortening and cut in milk with a knife. Use enough milk to make a soft dough. Roll on a floured molding board and cut with a small biscuit cutter. Cover top of mixture in casserole with biscuits and bake in a hot oven until biscuits are thoroughly baked and brown on top. It will take about thirty-five minutes for baking the biscuits because the sauce, meat and vegetables retard the baking. Serve from baking dish.

Planked dishes are excellent for outdoor serving, too. The hot plank keeps the food hot and of course a variety of vegetables always surrounds whatever meat you are serving. The individual planks are just the thing for families who do not have the same ideas about meats and vegetables because each one can have what he particularly likes.

NUTS IN SALADS.

Chopped nuts are the perfect ingredients for summer salads. They add the right amount of nourishment to a dish that otherwise might be considered too light to keep the consumer from getting hungry before the next meal. The housewife who has to consider the healthy appetites of a husband and growing sons will do well to plans menus that centre around salads which are "filling" as well as cool and appetizing.

Brazil nuts go well with nearly everything but particularly do they lend themselves in a delectable way to fruit salads. Here's a fine recipe for a main course summer salad that uses chopped Brazil nuts:

Shred one-half pound of Brazil nuts. Cut one small pineapple into fine strips, one inch long, and add one diced pimento Then put in a dash of curry powder (no more than can be put on the tip of the blade of a small knife), the juice of one lemon, a pinch of salt and one-quarter pint whipped cream. Mix the ingredients together in an ice cold bowl and, when ready to serve, line a platter with bits of crisp lettuce and put the salad in the centre. Garnish with pieces of pimento, two sliced, hard-boiled eggs and Brazil nuts cut lengthwise.

RHUBARB.

Care should be taken not to overcook rhubarb. Vitamin C is destroyed if subjected to too great heat for too long a time. As little water as possible should be used to prevent burning, because the fruit-vegetable is very juicy of itself. Cover the sauce pan and as soon as the rhubarb boils it should be "done." Always add sugar when removing from the fire.

Adding other materials to "pie plant" makes it possible to obtain dishes of increased food value. Rhubarb combines excellently with almost any other fruit beside the foodstuffs commonly used with fruits. The extra materials may be chosen to make up for the lack in the rhubarb. For example, adding raisins to stewed or baked rhubarb adds iron tothe dish and increases its efficiency.

Rhubarb Shortcake.

Pie usually comes immediately to mind when rhubarb is mentioned, but there are numberless other desserts which are delicious when made with rhubarb. Frozen desserts, hot or cold puddings and gelatine desserts use this common garden plant to excellent advantage. Well sweetened rhubarb sauce is amazingly good with plain rice and cornstarch puddings.

Rhubarb shortcake is a simple dessert. Make an old-fashioned shortcake with baking powder biscuit dough. After baking, split and butter and fill with sweetened rhubarb sauce. Serve with plain or whipped cream.

Rhubarb tapioca pudding is made two ways. The fruit may be cooked with tapioca and sugar in water, or the tapioca may be cooked and poured over the rhubarb arranged in a buttered baking dish and the whole baked thirty minutes in a moderate oven. Serve with sugar and cream or a custard sauce.

MILK PROBLEM.

If little Johnny refuses to drink his glass of milk perhaps the novelty of drinking milk through straws sometimes helps a child to learn to like it.

IDEAL VEGETABLE.

Swiss chard or 'spinach beet," as it is sometimes called, is one of the most delicious succulent summer vegetables on the market. There are several varieties, some with dark green curly leaves and others with broad light-colored leaves. But each variety has a thick white mid-rib that is cooked and served like asparagus, while the leaf is used as greens.

The health composition of chard rivals that of the much lauded spinach. Thus, it's especially rich in iron, which makes it a perfect vegetable to serve during hot weather when meat is used sparingly. The vitamin content is good and chard is a cheap source of vitamins because the vegetable never is high priced and vitamins are present in goodly amounts. Chard also has the peculiar virtue of supplementing the protein deficiencies of other vegetables and cereal foods and contains a certain substance which enables the body to make use of all the mineral content available.

Cook In Little Water.

The same rules of cooking hold good for swiss chard that are applied to other delicate vegetables. Cook in as little water as possible and for a short period of time.

The seasoning is important because chard will be criticized as "flat" if not pepped up with a dash of lemon juice.

The person who is eating to reduce will find chard a good friend on account of its remarkable palatability when dressed simply with salt and lemon juice.

Meantime the person who is eating to gain weight may add calories to his diet by dressing his serving with butter or a rich sauce. The vegetable, like broccoli and spinach, is at its best with a smooth Hollandaise sauce.

Cut the thick centre rib in uniform lengths and tie in small bundles. Cook in boiling water, adding salt after the first ten minutes of cooking. Cook the thin part of the leaves just as you would spinach—in the water that clings tothe leaves. When tender chop the leaves fine and arrange them in a border on a deep serving platter. Garnish with hard-cooked egg and fill the centre with the thick ribs in Hollandaise sauce.

Use Leaves in Salad.

The tender small leaves may be used without cooking in salads. The taste is rather like romaine.

Chard is also good cooked in the stock in which ham was boiled. All greens are appetizing cooked this way, the flavor of the meat adding much to the taste of the dish.

A rich cheese sauce goes well over chard, too. The vegetable and sauce may be put into a shallow baking dish and the top browned in a hot over before sending to the table.

REFRESHING DRINKS

Grape Punch.

(Serves Eight.)

Boil one pound sugar with one cup water until it spins a thread. Cool. Add juice of six lemons and one quart grape juice and let stand one to two hours. Dilute with ice water or carbonated water to make two quarts.

Orange Eggnog.

This rule for an orange eggnog will serve two persons.

One egg, one orange, one cup chilled milk, one tablespoon sugar, few grains salt.

Squeeze juice from orange and grate rind. Combine grated rind and juice and let stand while separating yolk from white of egg. Beat yolk with sugar and add strained juice. Beat well and add milk and salt. Mix thoroughly and fold in white of egg beaten until stiff. Be sure to chill orange and egg as well as milk.

When you serve a drink made with egg you are adding 70 calories of protein and fat as well as vitamins and minerals to the usual glass of milk.

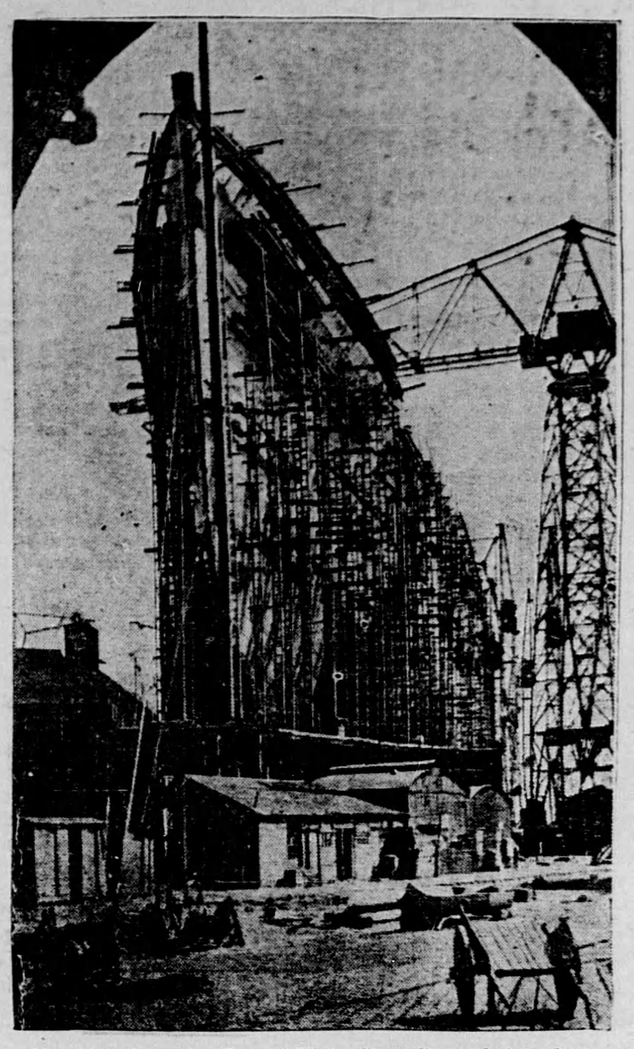
Chocolate Syrup.

One-half cake bitter chocolate, 1½ cups granulated sugar, two cups water, quarter teaspoon salt, two teaspoons vanilla.

Grate chocolate. Mix sugar, salt and chocolate. Add boiling water to make a smooth paste and slowly stir into two cups of boiling water. Boil until syrups. Cool and add vanilla

Use from two to three tablespoons of this syrup to a glass of milk.

RAPID PROGRESS ON WORLD'S GREATEST PASSENGER VESSEL



No. 534, the great Cunard-White Star liner being built at Clydesbank, Glasgow, is rapidly nearing the point where she will look like a graceful ocean grey hound rather than a scaffold builder's nightmare. These two pictures show, a striking view of the bow, and a full length picture giving an idea of the way a ship more than 1,000 feet long looks like.

THIS NEW AGE.

Quietly, and with less ceremony than a meeting of old pioneers might be heralded, there is announced in Vancouver a transportation revolution as important as that which was marked here by the laying of the end of steel.

On Sunday there will open between Vancouver and Seattle a daily passenger service by the United Air Lines.

A three mile a minute, ten-passenger, multi-motored air transport will be used, the journey between the two important Pacific Coast cities taking about 55 minutes.

This will bring Vancouver within 20 hours' actual flying time of New York, 16 hours of Chicago, eight hours of California. —Vancouver Sun.

Ten per cent. of the emergency wage reductions in Australia has been restored.

The Sunday School Lesson

LESSON VI.—August 5. — ELISHA HELPS THE NEEDY., 2 Kings 4: 1-44, 1-7, 42-44. GOLDEN TEXT — Inasmuch as ye did it unto one of these my brethren, even these least, ye did it unto me.—Matt. 25.40.

THE LESSON IN ITS SETTING

Time—Elisha is ordained a prophet, B.C. 909. The Shunammite's son born, B.C. 912. Elisha and the healing of Naaman, B.C. 897.

Place—Elisha's ministry centered in Samaria, but extended widely over Ishael.

Parallel Passage—The events of our lesson are recorded only in 2 Kings.

"Now there cried a certain woman of the wives of the sons of the prophets. Sons of the prophets" is a term that does not mean children of the prophets, but members of the prophetic order. "Unto Elisha." This poor woman went naturally to Elisha for help, as he was the chief of the prophets. "Saying, Thy servant my husband is dead." Widows were an especially helpless and pitiful class among the Jews, who were constantly exhorted by their religious leaders to care for them. "And thous knowest that thy servant did fear Jehovah." Her husband had been a faithful prophet, and his widow deserved especial care for his sake, if not for her own. "And the creditor is come to take unto him my two children to be bondmen." The poor widow, in order to obtain the bare necessities of life for herself and her children, had been obliged to go farther and farther into debt.

"And Elisha said unto her, What shall I do for thee?" The prophet himself was doubtless poor, and questioned what he could do to relieve poverty. "Tell me; what hast thou in the house?" A miracle always begins with something. Here it was a condition of poverty. "And she said, Thy handmaid hath not anything in the house, save a pot of oil." We are reminded of the widow of Zarphath, who share with Elijah her handful of meal in the jar, and a little oil in the cruse (1 Kings 17 : 12), and found it increased to last through the rest of the famine.

"Then he said, Go, borrow thee vessels abroad of all thy neighbors, even empty vessels; borrow not a few." The number of our vessels is the measure of our faith. Remember the outline of William Carey's pioneer missionary sermon: "Expect great things for God."

"And thou shalt go in and shut the door upon thee and upon thy sons." That which was about to be done was too sacred a thing to permit the curious gaze of those not directly interested. "And pour out into all those vessels; and thou shalt set aside that which is full." She was to pour the oil out of the cruse until the large vessel was full when her sons (verse 5) would substitute another jar into which she would pour, and so on.

"So she went from him." She might well have desired the prophet to go with her, that his presence might avail to work the miracle. "And shut the door upon her and upon her sons; they brought the vessels to her, and she poured out." In faith and obedience she launched out upon the promises; and lo! they held firm.

"And it came to pass, when the vessels were full, that she said unto her son." The one whose turn it was to bring her a new jar. "Bring me yet a vessel." The oil while it abode alone sufficed not for herself only, but wasted away and the debt increased; but when poured into the empty vessels of all the neighbors it contined to increase ever more and more; the more it is expended on others, the more it is itself augmented; thus as love increases the debt grows small. "And he said unto her, There is not a vessel more." How she wished, then, that she had borrowed more vessels, or that there had been more to borrow! We do not expect enough of God. "And the oil stayed." You see how exactly the oil matches the capacity and number of the vessels provided. There is not too little, there is not too much.

"Then she came and told the man of God." She came with a heart full of thankfulness. She was not one to leave her gratitude unexpressed. "And he said, Go, sell the oil, and pay thy debt, and live thou and thy sons of the rest." God's plenty not only meets our present needs, it cares also for our future.

"And there came a man from Baal-shalishah." Conder locates this village at the present village of Kefr Thilth on the lower hills of Ephraim, sixteen English miles northeast of Lidda and thirteen and one-half miles northwest of Gilgal. "And brought the man of God bread of the first-fruits. Such presents to prophets appear to have been usual in ordinary times. On the present occasion, which was a time of dearth, one pious person brought his opportune gift to Elisha. "Twenty loaves of barley." The flat cakes of bread which are signified when loaves are mentioned in the Bible. "And fresh ears of grain in his sack." We think at once of the lad's lunch of five barley cakes and two small fishes with which our Lord fed five thousand men, besides women and children, on the northeast shore of the Sea of Galilee. "And he said, Give unto the people, that they may eat." By the people he meant the sons of the prophets who lived at Gilgal.

"And his servant said. What should I set this before a hundred men?" Likewise Andrew, in regard to the lad's lunch of five barley cakes and two small fishes, said, What are these among so many? "But he said, Give the people, that they may eat," Elisha knew that the Lord could feed his people with little as well as with much. "For thus said Jehovah, They shall eat, and shall leave thereof." Thus also, in the cases of Christ's feeding of the five thousand and of the four thousand, much more was left over than was provided in the first place.

'So he set it before them, and they did eat, and left thereof." Not because their stomachs failed them, but because the bread increased in the eating. "According to the word of Jehovah." According to the word of Elisha, God's servant, but he was careful to point to Jehovah (verse 43) as the source of the miracle; otherwise the would have been no miracle at all.

Stop Lump Jaw

Lump Jaw causes loss to cattle owners and suffering to infected animals. The disease is becoming more prevalent in some districts due to neglect of cattle owners, to detect and treat the condition in its early stages. Neglected open cases become spreaders of the Lump Jaw disease, through the wide spread distribution of the Sulphur Fungus spores, over grass lands, water troughs, salt licks, and feed troughs. To control it is advised that all cattle with open cases of Lump Jaw be removed from the farm. Cattle should be looked over every week during the summer, so that new cases can be treated at once. When new cases are found, the lumps should be opened by a veterinary and the wound saturated with tincture of Iodine. This will check further development, and healing will follow. A little attention in time will save loss and suffering.—L. S. Ontario Dept. Agriculture.

Disease

Teach the children not to spit; it is rarely necessary To spit on a slate, floor or sidewalk is an abomination.

Not to put the fingers in the mouth.

Not to pick the nose.

Not to wet the finger with saliva in turning the leaves of a book.

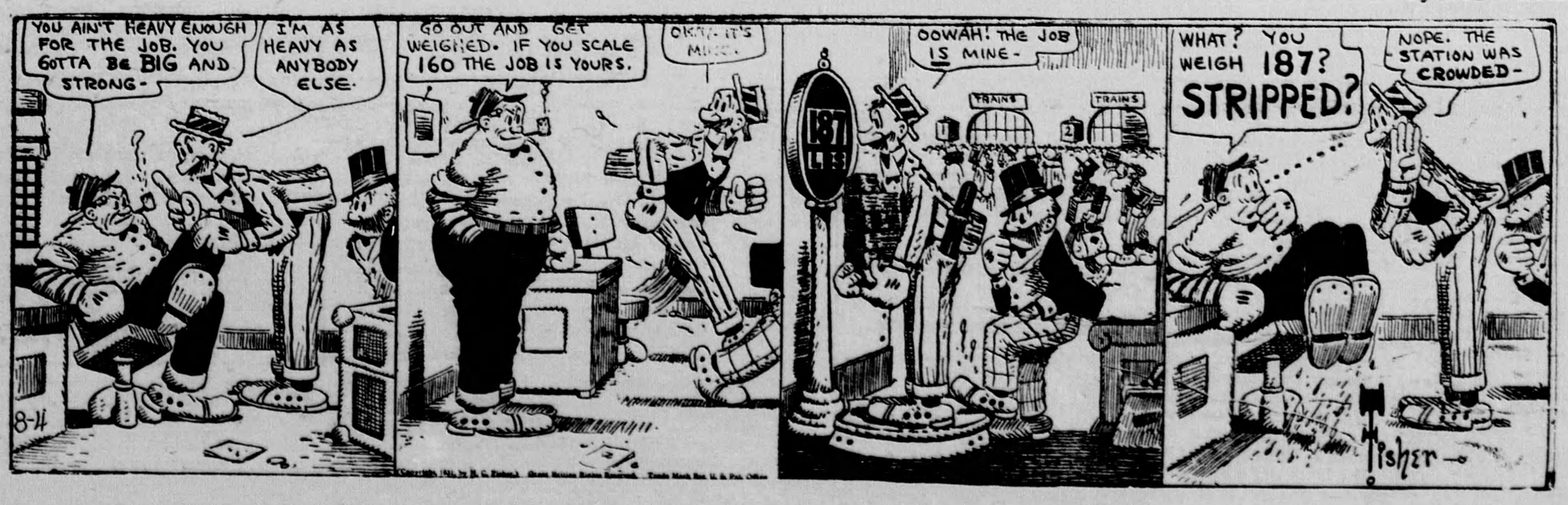
Not to put pencils into the mouth or moisten them with the lips.

Not to put money into the mouth.

Not to put pins into the mouth.

Not to put anything into the mouth except food and drink.

Teach the children to turn the face aside when coughing and sneezing, if they are facing another person.

Children should be taught that their bodies are their own private possessions, that personal cleanliness is a duty, that the mouth is for eating and speaking, and should not be used as a pocket, and the lips should not take the place of their fingers.

MUTT AND JEFF— By BUD FISHER