Woman's World

By Mair M. Morgan

OVER THE GLOWING COALS

Outdoor meals are meals to be remembered when prepared by experienced campers. Somehow, those glowing embers have a magic power to blend the flavors of common foods into a whole that enraptures.

Ham and eggs, bacon and eggs, steak, fried fish, mud-roasted potatoes — all common yet all delicious. Then there is that delicacy roasted on a long pointed green stick of wood. The scouts thread over the stick alternate small slices of meat, potato and onion and call it Turkish Kabob. Southern chefs, elaborating a bit upon the outdoor dish, serve it inside as City Chicken. Adult campers often make this camper's delight in the open from small pieces of sausage, lamb or tender steak, tomato and onion slices or anything available that will toast and blend. Thread alternate slices on a fork or pointed stick, turn and toast over glowing coals (no flame or smoke) until the meat browns—then hold farther away for slower cooking until done. It's a dish fit for a King.

In the hamper have a cold vacuum jug of well-sweetened lemonade, fruit punch or iced tea. You can not always be sure of the quality of water at camp or picnic sites. Such beverages will quench your thirst, and the quick-energy value of the sugar used as a sweetener is just what you want for a strenuous day in the open.

Take sweet cakes too—the kind that will stand rough usage, such as hermits, or sour milk cake. Remember that sweet foods and beverages are fine for immediate fatigue relief after long hikes or drives. Here is a recipe for outdoor hermits that I am sure will please. A hermit and a glass of lemonade or fruit punch will come in handy if the camp cook seems a bit slow with that outdoor meal.

Outdoor Hermits

3 cups flour
1 cup sugar
2 teaspoons baking powder
Pinch of salt
½ cup shortening
½ cup seedless raisins
½ teaspoon cinnamon
½ teaspoon nutmeg

Sift flour, sugar, baking powder and salt together; add other ingredients. Then add enough water to make a paste, Roll out on board, cut with biscuit cutter and bake 15 minutes.

YEAR 'ROUND TASTIES

Don't you sometimes hunger for that "fresh fruit" flavor in the winter-time? A few jars of jelly, put up now, will delight your family after the fruits have gone out of season. Jellies are healthful winter foods, too, for the sugar in them supplies warmth and energy to the body.

Grape Jelly

Choose grapes that are not quite ripe, wash, put in an aluminum or enamel kettle and add cold water almost up to level of grapes. Boil ten minutes, stirring and crushing. Strain overnight through a jelly bag Boil juice twenty minutes. Add as much sugar as there is juice. Boil until it sheets from the spoon which will be from three to seven minutes. Pour into well sterilized glasses. Let stand until jelly is cooled and then cover with melted paraffin.

Spiced Apple Jelly

½ peck apples
3 pints vinegar
1 pint water
1 ounce stick cinnamon
½ tablespoon whole cloves
½ tablespoon mace blades
Sugar

Tie spices in a muslin bag. Cook apples. Cut in quarters but not peeled, vinegar, water, and spices together until apples are soft. Turn into a jelly bag and let drip. Boil the juice twenty minutes. Measure. Add three-fourths cup of sugar to each cup of juice. Boil twenty mintes or until syrup sheets from the side of the spoon. Pour at once into hot jelly glasses. Cover with paraffin.

GARDEN AND ORCHARD

Make use of your peaches, apples, grapes and tomatoes as they ripen, by storing them away as preserves and marmalades for winter use. If you have no garden or orchard, purchase these foods in season and you will be grateful many times during the winter. They are excellent balancers — while the sugar is a preservative and a quick-energy fuel as well!

Peach Preserves

8 pounds peaches
8 cups water
6 pounds sugar

Put the peaches in a wire basket and dip them in boiling water a few seconds or until the skin slips. Test by raising the fruit out of the water and rubbing the skin between the fingers. Dip the peaches into cold water. Peel and cut the peaches in halves. Boil the sugar and water until the syrup coats a spoon. Add the peaches and cook until the are clear, and the syrup thick. Turn into hot, clean jars. Seal tightly.

Apple and Tomato Conserve

2 cups sour apples, diced
2 cups ripe tomatoes, cut
1 lemon, grated rind and juice
2 2-3 cups sugar

Cook the apples and the tomatoes, without adding any water, until they are tender. Add the sugar and the lemon, and cook the mixture until it is clear. Turn the conserve into clean jelly glasses, and cover with paraffin when cold.

Grape Marmalade

Wash grapes, remove stems, and separate pulp from skins. Put pulp in saucepan and cook slowly until seeds separate easily, then rub through a fine sieve. Measure pulp, add an equal measure of sugar, and cook slowly thirty minutes, stirring frequently to prevent burning. Put in sterilized jars.

JAM YOUR SHELVES

As fruits and berries ripen in your particular locality, pack them away in jars of various sizes, for use later on—as preserves, jellies and jams. You will find these jars of goodies valuable aids during the winter. The fruits and berries are excellent balancers, while the sugar serves as a needed quick-energy fuel.

Peach Jam

10 pounds peaches
6 pounds sugar
2 cups water

Peaches that are too soft for canning may be used for this delicious jam or bread spread. Remove stones and cut in slices. Add to water in the preserving kettle. Cover and cook until soft, stirring to prevent sticking. Add sugar and cook until thick and jelly-like, then pack in hot jars and seal.

Blackberry and Currant Jam

4 cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar
½ bottle fruit pectin

To prepare fruit, crush thoroughly or grind about 1 quart each fully ripe blackberries and currants. Combine fruits.

Measure sugar and prepared fruit into large kettle, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in pectin. Skim, pour quickly. Paraffin hot jam at once. Makes about 10 glasses (6 fluid ounces each).

JELLIES OF ALL COLORS

What is more attractive than rows of home-made jellies—red, amber, orange, and even black? What is more tasty than the contents of these jars when spread on bread, used as cake fillings, or served on fruit salads as colorful, vibrating additions? The fuel value of the sugar called for in the following recipes should not be ignored—for jellies are real foods, both for children and adults.

Apple Jelly

Use tart apples that are barely ripe or slightly under-ripe. Wash and cut the fruit in slices about 1-8 inch thick, leaveing the peel on. Add water to cover, about 2 cups to each pound of fruit. Cook 15 to 20 minutes, or until soft. Strain through a cheesecloth bag and then through a flannel one. Add ¾ cup sugar to each cup of sour apple juice, or 2-3 cup sugar to each cup juice of moderate acidity. Boil to the jellying point and fill glasses.

Blackberry Jelly

Use sound, ripe, but not over-ripe, berries. Pick out any bad ones, wash and crush. Heat slowly without adding any water and boil about 3 minutes. Drain through a flannel cheesecloth bag and then through a flannel one without squeezing. A second lot of juice can be obtained by removing the pulp from the bag, covering with water, and boiling for 3 to 4 minutes. Strain through a jelly bag and keep separate from first juice. Add 1 cup sugar for each cup juice. Boil to the jellying point. Fill into glasses.

An Athlete With a Puckish Sense of Humour

Heh! Heh! Heh!—Proof that Englishmen can appreciate a joke is this picture of Jack Lovelock of Oxford, a gentleman with a sense of humor, skipping into the tape to win the mile run from Princeton's lunging Bill Bonthron in Oxford-Cambridge Princeton-Cornell meet in London.

Version Is Revised Of R.C.M.P. Creed

Brantford, Ont.—Canada's famous red coats always get their man—and sometimes see that he gets back, too. Royal Canadian Mounted Police arrested a Six Nations Indian on a charge of stealing a car. They travelled 87 miles to make the arrest and then the man was freed of the charge in court. The Mounties personally provided the Indian with the transportation home.

Britain's Recovery Gaining Momentum

London—The economic recovery in Great Britain is still gathering momentum, according to the most recent trade statistics. The record figure for retail sales which was achieved in the month of May is now shown by the June returns to have been exceeded by two per cent. Rail traffic statistics also are improving steadily. Last week, particularly, a big increase was noted in the transport business.

The Sunday School Lesson

Lesson IX. — August 26. Hosea Preaches God's Love. — Hosea, Chapters 6, 11, 14. Golden Text. —For God so loved the world, that he gave his only begotten Son, that whosoever believeth on him should not perish, but have eternal life.—John 3:16.

THE LESSON IN ITS SETTING

Time—Hosea began to prophesy B.C. 792.

Place—Hosea prophesied in the Northern Kingdom.

"When Israel was a child." The reference is to the early days of the people of God, the days of the patriarchs, and the days of the Egyptian captivity, the wilderness wanderings, and the settlement in Canaan. "Then I loved him." God proved his love by his gracious providences, his preserving care. "And called my son out of Egypt." The doctrine of the Fatherhood of God, so beautifully emphasized by our Saviour, is not peculiar to the New Testament.

"The more the prophets called them, the more they went from them." God called his son, Israel, but Israel went away from God. "They sacrificed unto the Baalim." The sun-god worshipped under different aspects by the heathen tribes of Canaan, whom the Israelites conquered by force for arms, but who conquered them in turn over and over through the enticements of their cruel and lustful idolatry. "And burned incense to graven images." In defiance of the first two commandments given by God through Moses.

"Yet I taught Ephraim to walk." When Ephraim, the chief tribe of the Northern Kingdom, so representing it, was weak and tottering, God taught it to walk as a mother teaches her little child. "I took them on my arms; but they knew not that I healed them."

"I drew them with cords of a man, with bands of love; and I was to them as they that lift up the yoke on their jaws." As the nation grew strong and could walk, and like a child now grown to manhood was set tasks and had to bend to serious burdens, like the oxen which did all the draught-work in Palestine, the figure changes from that of a loving father or mother teaching a child to that of a considerate master driving a team of oxen.

"And I laid food before them." Food was needed to complete God's tender ministry, and that he graciously and abundantly supplied.

"How shall I give thee up, Ephraim? how shall I cast thee off, Israel?" God is not man, therefore his mercy endureth forever; therefore there is forgiveness with him; therefore as the heavens are higher than the earth, so are his ways higher than our ways; therefore if we confess our sins, he is faithful and righteous to forgive us our sines, and to cleanse us from all unrighteousness. "How shall I make thee as Admah? how shall I set thee as Zeboiim?" These were cities associated with Sodom and Gomorrah (Gen. 14 : 2, 8), and seem to have been involved with those cities in their terrible destruction. "My heart is turned within me." The thought of surrendering Ephraim produces paroxysms of sympathetic feeling in the divine breast. "My compassions are kindled together." Are thoroughly aroused.

"I will not execute the fierceness of mine anger." God will not allow the full blaze of his anger to blast his people. "I will not return to destroy Ephraim." God, who had moulded Ephraim from nothing to its present state, would not again reduce it to nothingness. "For I am God, and not man." If God were man, he would be swayed by human emotions. "The Holy One is the midst of thee." It is the glory of Israel to have the Holy One specially in her midst. "And I will not come in wrath." God will visit Israel, but not wholly to destroy her.

"I will heal their blacksliding." That backsliding on which the people have been so bent (Hos. 11 : 7). "I will love them freely." How does God heal backsliding? by the grace of love, and by a free forgiveness. "For mine anger is turned away from him." God's just wrath had been like a terrible, sharp sword, pointed directly at the heart of the sinner; but repentance and a cry for pardon turns the sword away, so that it menaces no more.

"I will be as the dew unto Israel." Palestine is a dry and thirsty land, and God's grace throughout the Bible is most appropriately compared to life-giving water. "He shall blossom as the lily." Palestine has many lily-like flowers, and especially gorgeous and abundant anemones. "And cast forth his roots as Lebanon." The magnificent, deep-rooted cedars of Lebanon, one of earth's most majestic trees.

"His branches shall spread." In the hot climate of Palestine the shade of wide-spreading branches is most grateful. "And his beauty shall be as the olive-tree." Olive oil, as a lovely symbol, appears everywhere in the Bible, typifying human fruitfulness and divine grace. "And his smell as Lebanon." A new element in the godly life is here added, its fragrance.

"They that dwell under his shadow shall return." God's overshadowing love will bring his children back at last from the predicted exile. "They shall revive as the grain, and blossom as the vine; the scent thereof shall be as the wine of Lebanon." Not only will God's people return, but they will return to joy and prosperity.

"Ephraim shall say, What have I to do any more with idols?" That was indeed the result of the exile of the Jews in Babylonia. "I have answered, and will regard him." I, Jehovah, will accept his repentance, and receive him back as my son. "I am like a green fir-tree; from me is thy fruit found." Going back in thought to the cedars of Lebanon, the Lord will be to repentant Israel as a great tree stretching over him his protecting arms.

"Who is wise, that he may understand these things?" The things that Hosea has been teaching. "Prudent, that he may know them?" Know them, not merely with the mind, but with the obedience of the life, which is the only sure knowledge. "For the ways of Jehovah are right." Hosea has been showing with burning eloquence how evil are the unjust ways of Israel, how foolish and wicked are the nation's departures from the right ways of Jehovah. "And the just shall walk in them." The obedient shall find God's ways a smooth and safe path, in which he sall meet with no obstructions and encounter no dangers. "But transgressors shall fall therein." The wicked cannot walk in God's ways. They will soon be tripped up, snared by the devil, hurled over precipices to eternal death.

British Premier Gets Book Gift

First Two Copies—Presentation Is Made By Nova Scotia Author

Kentville, N.S.—Prime Minister J. Ramsay MacDonald of Great Britain and his daughter Ishbel carried away from here recently the first two copies printed of "Some Common Birds," gifts of the author, R. W. Tufts of Wolfville, chief migratory birds officer.

Both the premier and Ishbel were keenly interested in the book which is illustrated with colored plates of the birds described. A third copy of the book the statesman autographed for Mr. Tufts.

The three discussed birds for several minutes and the premier remarked that his son Malcolm, who makes a hobby of bird study, would greatly enjoy the book.

His daughter is taking back with her a birdhouse which was made for her by a hotel carpenter after she had admired the birdhouses she saw in Digby. Mr. MacDonald took time out to call on an old friend. Some time ago Walter Hurst of Chipman Corner had written to Mr. MacDonald. He had known him in Leicester when the visitor was just plain Ramsay MacDonald and Hurst was a football player.

They met at the distinguished statesman's hotel. Now Hurst is a farmer. Ramsay MacDonald is premier of Great Britain.

They sat around for half an hour, chatting of old times in England. They shook hands cordially as Mr. MacDonald joined the other members of his party. "He's a great fellow," the farmer said later.

HENRY FORD IS 71

Big Bay, Mich. — Henry Ford was 71 years of age on July 30th. He and Mrs. Ford observed the occasion by the same quiet dinner together which has featured each July 30 since they were married in 1888.

The only difference between Mr. Ford's 71 birthday and those of the other years was his absence from his office and laboratory at Dearborn. He and Mrs. Ford were vacationing at the secluded Huron Mountain Club on Lake Superior, 19 miles from Big Bay.

He who would be singular in his apparel had need have something superlative to balance that affectation.—Feltham.

MUTT AND JEFF— By BUD FISHER