Woman's World

By Mair M. Morgan

OMELETS

The great all-meal dish, that's the omelet. For breakfast, luncheon, dinner and mid-night supper, it's always good.

You must watch one thing, though. An omelet ought to be served immediately it is cooked. It loses its golden fluffiness quickly if it stands. Turn it quickly onto a hot, buttered platter and eat at once.

PLAIN OMELET

Allow one egg for each person to be served and an extra egg for the pan. For each egg use 1 tablespoon hot water. Separate yolks and whites of eggs. Season yolks with salt and pepper and beat well, gradually beating in water. Beat whites until stiff and fold the yolks into the whites. Pour into a hot, well-buttered omelet pan or a heavy frying pan and cook slowly until the underside is lightly browned. Then put the pan in a slow oven, 350 degrees F. and bake until the omelet is firm to the touch.

To fold make a cut with a spatula at right angles to the handle of the pan and about two-thirds down from the handle. Be sure not to cut more than half-way through the mixture. Tip the pan, slide spatula under omelet and fold it over as you slide it onto the hot platter.

OTHER VARIETIES

To make jelly omelet, spread cooked omelet with jelly just before folding. Jam, preserves or jelly may be used.

Ham Omelet: Sprinkle with a thick layer of chopped cooked ham, mixed with a little minced parsley if you like, before folding. I like to pour a cup of medium white sauce around ham omelet when ready to serve.

Chicken Omelet: Before folding omelet, cover with a thick layer of diced cooked chicken in a rich cream sauce. This is splendid for a party breakfast or "brunch" so satisfactory for summer entertaining. Cooked sweetbreads may be substituted for the chicken or you may use fish —tuna, crabmeat, lobster and salmon.

Cheese Omelet: Sprinkle a thick layer of grated cheese over the top before folding and serve surrounded by a border of salted tomato slices. This is inviting for dinner when the day has been hot.

If you start varying omelets you will go on almost indefinitely because all the vegetables may be used, mushrooms are delicious and the meats are savory and numerous.

SEASONAL FOODS

The most economical way to set a table is to use vegetables when they are in season. The home-maker who lives in the country and has her own garden knows the reasons for each food. But she who markets in the city and has fresh vegetables before her the year round is apt to forget that each vegetable and fruit has a period of perfection and abundance when it is at its lowest price. The same thing is true of many meats and fish.

Lamb is at its cheapest just now. It has passed the delicate expensive stage of "spring" lamb and is full-flavored and toothsome.

Spring chicken also is especially good from now until September. It, too, has passed the first stage of costliness and immaturity, but is still tender and juicy.

Smoked and salted or "cured" meats and fish were considered more desirable years ago during the summer months than the fresh products. The cured pork products in particular are seasonable and popular for summer, whereas the fresh cuts of pork are relished only during the winter months.

Dried and corned beef, pickled tongues of lamb and pickled pig's knuckles and many varieties of smoked sausages are especially liked when the thermometer soars. The use of these foods makes for variety in menus and lightens the work of the cook.

COTTAGE CHEESE

Many food by-products also have a season when they are naturally plentiful and of superior quality. During hot weather, when milk sours quickly and will become thick or clabbered within twenty-four hours if not kept on ice, cottage cheese is at its best. The quick souring of the milk prevents the development of a bitter taste and there is a delicacy of flavor not found at other seasons of the year.

Buttermilk, too, is of a finer flavor and makes an appetizing and healthful beverage. It may be used to splendid advantage in baking, too.

The following cottage cheese pie is seasonable and ideal for summer meals. Served with a vegetable dinner a balanced menu is assured.

COTTAGE CHEESE PIE

Two cups cottage cheese (one pound), 4 eggs, 4 tablespoons butter, ¾ cup sugar, juice and grated rind 1 lemon, ½ cup cream, 1 tablespoon cornstarch, ¼ teaspoon salt, ¼ teaspoon vanilla, 4 tablespoons graham cracker crumbs.

Roll graham crackers fine. Oil a baking pan with melted butter and sprinkle bottom and sides evenly with crumbs. Cream butter and sugar and add each yolk separately, beating each one thoroughly into the mixture. Add lemon juice, grated rind and salt to mixture. Put the cheese through a fine sieve and add cream and cornstarch to sifted cheese. Mix thoroughly and add to first mixture. Fold in whites of eggs beaten until stiff. Pour into prepared pan and bake one hour in a slow oven (350 degrees F.). Serve cool, at least an hour after baking.

SPARKLING PUNCH

2½ cups lemon juice, 2-3 cup crushed mint leaves, 2 cups sugar, 1 cup water, 3 quarts gingerale, sprigs of mint.

Method—Pour the lemon juice over the mint leaves, add sugar and water and bring to a boil. Remove from the heat and allow to cool. Strain. Add gingerale and pour over ice cubes. Garnish each glass with a sprig of fresh mint and if desired a small section of lemon.

EGGS AND ONIONS

Hard-boil as many eggs as you will want. Fry some sliced onions in butter without browning them, and when they are tender add flour according to the amount of onions, cook it a little, then moisten with the proper amount of milk (the proportion is a tablespoon of flour to a tablespoon of butter to one cup of milk; in this case it will do no harm if the milk has been boiled up with an onion stuck with two or three cloves), season with salt, pepper and a little grated nutmeg and simmer gently for about 10 minutes.

Into this put your hard-boiled eggs, halved, quartered or cut in slices. Let them warm through, and there you are. The addition of a little cream will improve it—if this is possible. Brown it, or not, as you like.

SAVORY SOUPS

A savory soup may be made from the broth from the boiled ham. Use all the liquor left from boiling the ham. Taste it and if too salty add water until the right seasoning is obtained. Add one can tomatoes, two raw potatoes cut into cubes, half cup chopped celery, two whole cloves, one chopped onion and one cup dried beans that have been soaked over night in cold water. Simmer for about two hours or until the beans are thoroughly done and soft.

A more substantial soup may be concocted from two oxtails, one large onion, four quarts water, one tablespoon beef drippings, one tablespoon salt, four whole cloves, one tablespoon mixed herbs, four peppercorns. Wash and cut up oxtails, separating at the joints. Cut onion fine and fry in hot drippings. When lightly browned, draw onion to one side of the pan and brown half of the oxtail. Put fried onion with tails in a soup kettle and cover with water. Tie peppercorns and herbs in a small cloth and add to the soup. Add salt and simmer for three hours. Skim off fat, add salt and pepper if necessary, strain and serve very hot. May be thickened with flour and butter blended together if desired.

LAZY DAISY PICKLES

One gallon vinegar, 1 cup salt, 1 cup sugar, 12 small hot red peppers, 1 cup mustard seed, 2 gallons cucumbers, 1½ to 2 inches long.

Method: Wash cucumbers carefully, pack them into clean glass jars. Mix salt, sugar, mustard and peppers with the vinegar, fill the jars to overflowing with it. Cover tightly, store in cool dry place. The pickles will be ready to eat in two weeks.

CHOCOLATE NUT CAKE

A "nutty" flavor in the cake or sandwiches served to guests, will always please. Furthermore, the serving is a food aristocrat. Keep your jar of Brazil nuts well filled and either of the following may be prepared at short notice.

2/3 cup butter or butter substitute
2 cups sugar
4 eggs
1 cup mashed potatoes
2 squares chocolate
2 cups flour
3½ teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon mace
½ teaspoon grated nutmeg
½ teaspoon ground cloves
1 cup chopped Brazil nuts
½ cup milk

Cream the butter or butter substitute and one cup of sugar. In another bowl, beat the egg-yolks with the remaining cup of sugar. Combine the two mixtures. Have ready the hot mashed potatoes, which should be without lumps, add to them the melted chocolate and combine with the first mixture. Mix and sift the dry ingredients and add the nut meats. Add to the cake mixture, alternating with the milk. Fold in the stiffly beaten whites. Bake in a loaf pan in a moderate oven. When cool, cover with marshmallow frosting or boiled frosting. This is a large moist cake, which will keep well.

WHIPPED-CREAM SANDWICHES

½ cup cream
Powdered sugar
½ cup chopped Brazil nuts
Vanilla

Whip cream very stiff. Add sugar to make it quite sweet, few drops of vanilla, and chopped nuts. Spread between very thin slices of buttered bread, and serve at once. Whipped cream mixed with pounded nut meats, spread on buttered bread with candied fruits added, is delicious.

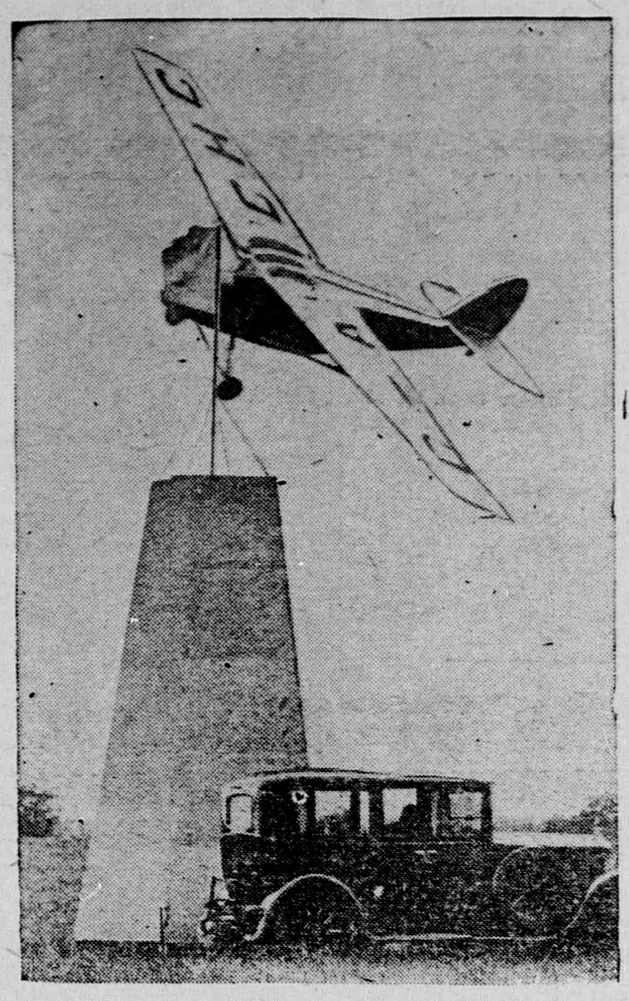
A DELICIOUS SALAD

For a colorful and tonic-like salad try a carrot and cabbage combination in gelatin. Here's the way to make it.

Dissolve one package of lemon flavored gelatin in one pint of warm water. Add two tablespoons of vinegar and one teaspoon of salt and set it in the ice box. When the mixture is slightly thickened, fold in one cup of raw grated carrots and one cup of finely shredded cabbage.

When it is firm, unmold on a platter covered with crisp lettuce and garnish with mayonnaise. This recipe serves six persons.

It Looks Serious



Seemingly impaled on the post of the marker, the Leopard Moth flown by T. W. Morton swoops close around the pylon during King's Cup Race at Hatfield Airdrome, England.

Significant?

Occasionally a merchant is heard to say, "my windows are my advertisement." Judging by the business done, some doubtless are. Over in Coldwater, accepting the challenge of the News, a local merchant decided to experiment along this line. He placed a number of articles in the window and among others placed one item and marked it at one-fifth its regular retail price. And so far he has not received one inquiry concerning this particular item. Rather significant is it not?—North Hastings Review.

The Sunday School Lesson

Lesson X. — September 2. Micah Champions the Oppressed.—Micah, Chapters 2—4 and 6:1—7:6. Golden Text.—He hath showed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love kindness, and to walk humbly with thy God?—Micah 6:8.

THE LESSON IN ITS SETTING

Time.—B.C. 740.

Place.—Micah was a native of Moresheth-gath, in Judah, not far from Gath.

"Hear ye now what Jehovah saith." Very awakening and magnificent is that dramatic passage, with its rapid succession of addresses, calculated to excite the earnestness of the prophet, and to expose the stupidity of the people. "Arise, contend thou before the mountains, and let the hills hear thy voice." The third portion of Micah's prophecy opens with a solemn appeal to nature to hear the Lord pleading with his people.

"Hear, O ye mountains, Jehovah's controversy, and ye enduring foundations of the earth." The mountains have lasted through all the generations of God's people. "For Jehovah hath a controversy with his people, and he will contend with Israel." The charge (the controversy) which Jehovah brings against his people is that in spite of God's goodness, they have forsaken him, and have repaid him only evil. It is the Lord's strong plea which we hear in the verses following.

"O my people, what have I done unto thee?" The Lord asks what harm he has done to Israel, that his people should repay him with such wickedness. "And wherein have I wearied thee?" So far from wearying Israel, God's kindness has been such. "Testify against me." Jehovah calls upon Israel to to defend herself by justifying her implied charges against him.

"For I brought thee up out of the land of Egypt." This great deliverance of Israel from bondage in Egypt was God's chief blessing conferred upon his people. "And redeemed thee out of the house of bondage." Redemption is the greatest of the Bible words. "And I sent before thee Moses, Aaron, and Miriam." Moses, the great emancipator and lawmaker; Aaron, the first high priest; Miriam, who sang the song of triumph at the passage through the Red Sea.

"O my people, remember now what Balak king of Moab devised, and what Balaam the son of Beor answered him." The striking narrative respecting Balak and Balaam may be seen in Num. 22-24. "Remember from Shittim unto Gilgal, that ye may know the righteous acts of Jehovah. Shittim was the last station before the entry into Canaan (Hos. 9:10; Joel 3:18), and Gilgal was rolled away.

"Wherewith shall I come before Jehovah, and bow myself before the high God?" This question involves an understanding of the nature of true worship. It implies that such worship consists of bringing something to God, making some sacrifice to God. "Shall I come before him with burnt-offerings." With bulls to be wholly consumed on the great altar in the court before the sanctuary. "With calves a year old?" Lev. 9:3 prescribes that the calves and lambs offered as burnt-offerings should be a year old and without blemish.

"Will Jehovah be pleased with thousands of rams?" The ram was a common sacrificial animal; but does God require of us that we greatly exceed the common number? "Or with ten thousands of rivers of oil?" Oil was used with the meat offerings, but not in such enormous quantities as Micah suggests. "Shall I give my first-born for my transgression, the fruit of my body for the skin of my soul?" The reference is to human sacrifices, such as that of Manasseh, who offered up one of his sons (2 Kings 21:2 ff.), and many followed his hideous example.

"He hath showed thee, O man, what is good." How has God made this revelation of goodness to us? By Moses and the Law in the Old Testament, by Christ and his teachings in the New Testament. "And what doth Jehovah require of thee." These are strict requirements that follow, the very minimum of what God definitely demands from us. "And to love kindness." The second great feature of religion, as defined by the prophet Micah, is to "love kindness"; not merely to show it occasionally or impulsively, but to love it. "And to walk humbly with thy God?" Walking with God there must be communion, based on love, and resulting in imitation. And that communion must be constant, and run through all the life, like a golden thread through some web.

"The voice of Jehovah crieth unto the city." The city is Jerusalem. "And the man of wisdom will see thy name." The word translated "wisdom" here is a rare word, of very comprehensive meaning; and some ancient versions give the sentence, The man of wisdom will fear thy name. "Hear ye the rod, and who hath appointed it." It is the Assyrian invasion which is referred to; compare Isa. 10:5, 24.

"And there yet treasures of wickedness in the house fo the wicked." Are the palaces of wicked still glittering with golden treasures obtained by their iniquity? "And a scant measure that is abominable?" The ephah was a common measure of about three pecks, and to use too small a measure would be an easy way of cheating others and enriching one's self.

"Shall I be pure with wicked balances, and with a bag of deceitful weights?" The obvious answer is No! no matter how scrupulous you may be in the outward observance of religous rites.

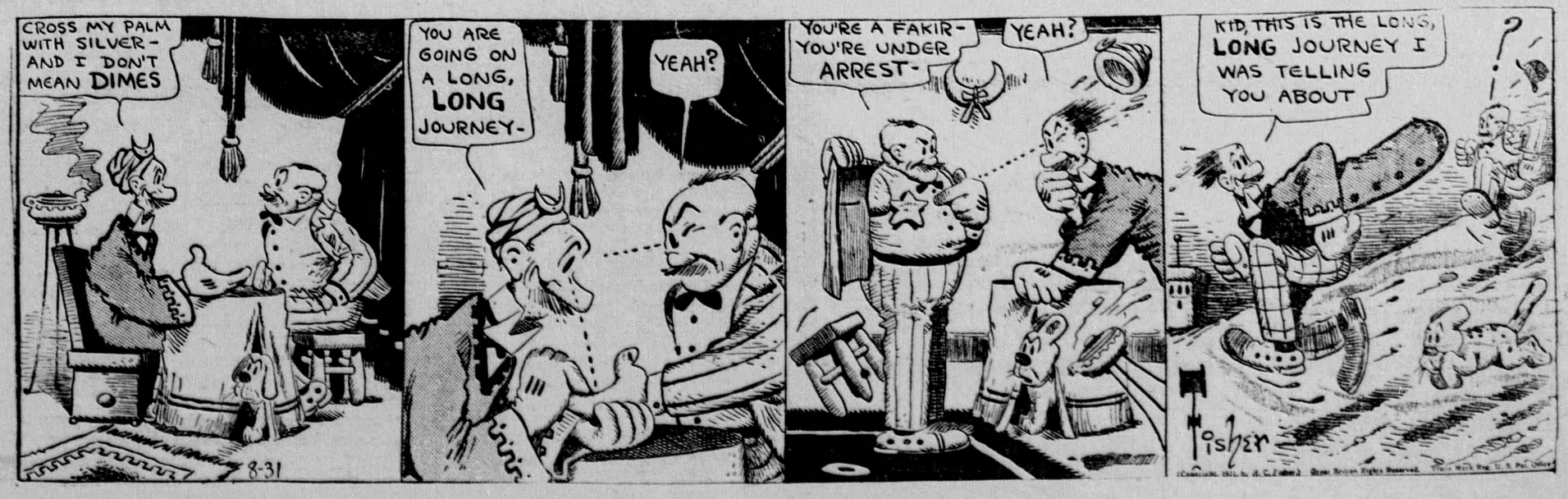
"For the rich men thereof (that is, of the city) are full of violence, and the inhabitants thereof have spoken lies, and their tongue is deceitful in their mouth." These statements show that the prophet involved in a common condemnation the rich oppressors and the poor oppressed ones, since all the inhabitants were alike tainted with falsehood.

The Forward-Tilted Influence in Hats For Autumn Wear

Tricornes to be Highlight in Realm of Millinery — Trimming Highly Important

The great changes in line and the many flattering variations in which fall millinery is interpreted will have the effect of making women "hat-enthusiastic." The new development is in basic lines, new details and the clever way in which new trimmings are employed, to form a structural part of the hat.

As an instance of this blending of trimming there is the forward-tilted movement in toques and small-brimmed hats, which raises the crown toward the back. The trimming is placed across the centre of the crown, instead of directly at the back, which enhances the impression of sharply rising height and at the same time gives a very youthful line, best visualized perhaps by explaining that it is the effect so often seen in bridesmaid's hats. Of course, in autumn hats, this impression is achieved by discreet color effects and by such rich conventional media as hatter's plush, silky felt, velour and panne. Trimmings may be of ribbons, of such feathers as either curled or glycerined ostrich, coq or simulated aigrettes, but in every model, it is the method of using the trimming which is most important. Veils are strongly sponsored, with wide mesh, starched and dot types all important.

For specific lines the variety is so great that it is impossible to term any one type outstanding, but the forward tilted line is very prominent, tricornes have their customary different-looking versions than any we have had previously. Manipulated brims, also giving the impression of height toward the back, are likewise an important trend.

MUTT AND JEFF— By BUD FISHER