Woman's World

By Mair M. Morgan

SOAKING HAM

Before the days of scientific refrigeration ham and cured meats of various sorts were the principal summer meats. Now although fresh meats are available in abundance, ham still finds special favor during hot weather.

If you are going to bake a ham or several pounds of bacon always let it stand in cold water for at least eight hours, depending of course on the size of the cut. Both the flavor and texture of the meat are greatly improved by the soaking.

Cook In Low Temperature

Another point to keep in mind is the necessity of slow cooking. The curing process dries and hardens the fibers of the meat, so, in order to prevent brittleness long, slow cooking is imperative. Whether the cooking process be boiling, broiling or baking, low temperature must be maintained.

Something tart seems essential as an accompaniment to salted meats, but try to avoid the monotony of always serving the same thing. If you are in a rut and continuously serve pineapple slices with your ham, the following list may help you to concoct some original mixtures or combinations: Slices of orange—rind and all—browned in ham fat, grilled apple slices, glaced baked apples, chilled spiced apple sauce, broiled bananas, glaced apriocots, spiced peaches, ices and sherbets of pineapple, orange, lime or lemon. Raisin sauce always is liked, but orange sauce, tomato sauce, frozen horseradish sauce and frozen mustard sauce are simple and delicious for summer meals. The combination of horseradish and mustard is splendid, too.

The next time you must resort to cold boiled ham as an emergency try ham rolls. They take only a few minutes to prepare and are quite unusual.

Ham Rolls

Four slices cold boiled ham, 1 cup stale bread crumbs, 1 tablespoon melted apple or currant jelly, 5 tablespoons milk, 4 teaspoons prepared mustard, paprika.

Combine bread crumbs, milk, jelly, mustard and paprika. Spread a thin layer on each slice of ham. Roll and fasten with wooden toothpicks. Place in a shallow baking dish and bake in a moderate oven for 20 minutes. Baste two or three times during the baking with fruit juice or vinegar from sweet pickles. Serve with grilled apple slices or a spiced fruit pickle.

SWEET HERBS

Spare a corner of your perennial border for a few of the old-time sweet herbs that were always to be found in your grandmother's garden and you'll rejoice the palates of your household.

Some herbs are perennial and, when once established, will come year after year. These include thyme, sage, sweet majoram and lavender.

Many may be dried and stored for winter use. Some may be used fresh, just as they come from the garden. Borage, burnet, sweet basil, thyme, sage and savory are used only after being dried. Chives, parsley, dill, chervil and mint are good fresh as well as dried.

The secret of fine cooking lies in the seasoning and no French housewife ever makes a soup without a fagot of herbs or kitchen bouquet. This kitchen bouquet usually contains bay-leaf, parsley, pepper-pod, carrot, celery and ihives. Soups and stews seasoned with these herbs have a savoriness impossible to gain any other way.

Sage, thyme, savory and marjoram are used in stuffings for poultry and meats. Dill, caraway, fennel, mustard, burnet, horse-radish and mint are for sauces.

Herb Vinegars

Herb vinegars are specially good in salad dressings. Basil, tarragon, garlic and parsley vinegars are easily made at home. Most fancy grocers also keep these vinegars on their shelves. Often it is the vinegar that is the source of the indescribably agreeable taste found in French dressing served in fine hotels and restaurants.

Tarragon vinegar should be made in August when the leaves are at their best, although the dried leaves may always be used. Four cups of hot vinegar are poured over one cup of fresh leaves and allowed to stand three weeks, stirring each day. The vinegar is then strained and bottled ready for use.

Basil vinegar is made by steeping the leaves in vinegar. For two weeks the vinegar is heated each day and poured over the leaves. The infusion is strained and more basil added until the desired strength is obtained.

Garlic vinegar is unusually good with summer vegetables salads. Head lettuce, sliced tomatoes, cucumbers, new cabbage—in fact any vegetable served with French dressing made with garlic vinegar gains a distinctive flavor.

Garlic Vinegar

Six cloves garlic, 2 leaves basil, ½ nutmeg, 3 lemons, 3½ cups vinegar.

Grate nutmeg, squeeze juice from lemons, heat vinegar to the boiling point. Combine all ingredients and bring again to the boiling point. Bottle and let stand three weeks. Strain, bottle and seal.

BAKE VEGETABLES

Experiments have shown that the method of cooking, the manner of cutting, and the extent of surface exposed during cooking have much to do with the loss of flavor, minerals and food value of vegetables.

The mineral loss of vegetables classed as roots and tubers is less than for those known as stalks ant leaves. Cabbage, celery, beet greens and onions lose most minerals during cooking. Spinach loses none of its calclum but much of its iron unless properly cooked. Practically all minerals lost from vegetables remain in the water in which they are iooked. That is why it is so important to utilize the water.

AIR DESTROYS VITAMINS

The destruction of vitamins is caused more generally by exposure to air than by heating, but not all vitamins are susceptible to these factors. A plant source of vitamin A is less liable to injury by exposure to air than an animal source; in fact, most foods suffer little loss of vitamin A when properly cooked.

Vitamin B remains unchanged by heat as long as the natural acidity of a food is maintained. As the acid is neurtralitzed, this vitamin is rapidly destroyed and its destruction becomes complete in a strong alkaline solution within an hour.

Expose to air and the duration of the heating period have marked effect on the destruction of vitamin C. Heat alone, even at a high temperature, causes only a small loss of vitamin C in foods. Prolonged cooking is the cause of unnecessary loss of all three vitamins.

So far as is known, vitamins D and E are not likely to be affected by ordinary cooking methods.

Baking is recognized as the best way to preserve all minerals. Next comes steaming or pressure-cooking. The method which taxes the skill of the cook is that of cooking in as small an amount of water as possible until the vegetable is tender, then letting the water cook away. This method closely resembles steaming, because most of the extracted nutriments cling to the vegetable.

TOMATO RECIPES

For scalloped tomatoes you need four ripe tomatoes, 4 green peppers, 1 package cream cheese, 1 cup cracker crumbs, ½ teaspoon salt, 2 teaspoons sugar, 1- teaspoon white pepper, 1 tablespoon butter, 1-3 cup milk.

Scald and peel tomatoes. Cut in slices about ¼ inch thick. Wash peppers. Remove seeds and white pith and cut in crosswise slices about 1-8 inch thick. Put a layer of tomatoes in a buttered baking dish and cover with a layer of pepper slices. Sprinkle with salt, pepper, sugar and crumbled cheese. Cover with cracker crumbs. Repeat, layer for layer, until all is used, making the top layer of cracker crumbs. Dot with bits of butter and pour milk over the whole. Bake thirty-five minutes in a moderate oven. Serve from baking dish.

Tomatoes and Mushrooms

Then there are tomatoes and mushrooms on toast!

Four large tomatoes, 2 sweet green pepper, 4 small onions, ½ pound mushrooms, 2 tablespoons butter, 1 teaspoon salt, 1 teaspoon sugar, 1-8 teaspoon pepper, 4 squares hot buttered toast.

Scald, peel and chop tomatoes. Wash pepper and remove seeds and white pith. Cut flesh in thin strips. Peel and slice onions. Combine peppers and onions and cook in butter over a slow fire for ten minutes. Add mushrooms which have been peeled and sliced quite thin. Cook five minutes longer and add tomatoes. Cook fifteen minutes, until all are tender. Serve on hot buttred toast.

The combinations and possibilities for stuffed tomatoes are endless. Add meat for savoriness with bread crumbs, rice or macaroni. Beef, ham, veal, lamb or chicken may be utilized for this purpose. Other vegetables such as corn and sweet peppers and green beans and lima beans may be used singly or in combination. So may nuts and cheese.

Broiled Tomatoes

Wipe and cut in halves crosswise, cut off a thin slice from rounding part of each half. Sprinkle with salt and pepper, dip in crumbs, egg and crumbs again, place in a well buttered broiler and broil 6 to 8 minutes.

Tomatoes A La Creme

Wipe peel and slice 4 or 5 large tomatoes. Sprinkle with salt and pepper, dredge with flour and saute in butter. Place on a hot platter and pour over 1½ cups white sauce.

Devilled Tomatoes

Three tomatoes, salt and pepper, flour, butter for sauteing, 1 teaspoon mustard, ¼ teaspoon salt, few grains cayenne, yolk of 1 hard-boiled egg, 1 egg, 2 tablespoons vinegar, 4 tablespoons butter, 2 teaspoons powdered sugar.

Wipe, peel and cut tomatoes in slices. Sprinkle with salt and pepper, dredge with flour and saute in bueter. Place on hot platter and pour over dressing made by creaming butter, adding dry ingredients, yolk of eggs rubbed to paste, egg beaten slightly and vinegar, then cooking over hot water, stirring constantly until it thickens.

Baked Tomatoes

Wipe six small tomatoes and make two one-inch gashes on blossom end of each, having gashes cross each other at right angles. Place in pan and bake until thoroughly heated. Serve with sauce for devilled tomatoes, adding, just before serving, 1 tablespoon heavy cream.

Stuffed Tomatoes

Prepare six medium-sized tomatoes. Take, out seeds and pulp sprinkle inside of tomatoes with salt, invert and let stand half an hour. Cook 5 minutes 2 tablespoons butter with ½ tablespoon finely chopped onion. Add ½ cup finely chopped cold cooked chicken or veal, ½ cup stale soft bread crumbs, tomato pulp and salt and pepper to taste. Cook 5 minutes, then add one egg slightly beaten, cook 1 minute and refill tomatoes with mixture. Place in buttered pan, sprinkle with buttered cracker crumbs and bake 20 minutes in a hot oven.

Tomato Canapes

Three ounces cream cheese, 2 tablespoons Roquefort cheese, 2 tablespoons heavy cream, ¼ teaspoon salt, shake of cayenne, 2 medium-sized tomates, toast, mayonnaise.

Mix the two cheese together with cream and seasoning, until smooth. Cut rounds of toast the same size as tomato slices. Spread with cheese mixture, cover with slice of tomato and garnish with mayonnaise and parsley.

Tomato Custards

Four cups fresh tomatoes chopped, 1 sliced onion, 1 bayleaf, 1 sprig parsley, 1 teaspoon salt, ¼ teaspoon pepper, 3 eggs.

Boil all ingredients together excpt eggs for 20 minutes. Put through coarse sieve. Add water if necessary to make 2 cups puree. Add beaten eggs, pour into greased custard cups standing in shallow pan of water. Bake till firm, about 20 minutes in moderate oven. Turn out and serve with cream sauce to which peas or cheese has been added.

Fried Tomatoes

Dip thick slices of tomato in flour and fry in bacon fat. These fried tomatoes provide a nice luncheon or supper dish if served with bacon. Fried tomatoes with eggs is also a popular dish about this time of year. The possibilities of tomatoes hot or cold on your menus are legion.

Lady Floud and Her Son

New study of Lady Floud and her son Bernard Floud. They are the wife and son of Sir Francis Floud, Secretary of the Ministry of Labour and Fisheries, and the Chairman of the Board of Customs and Excise, of England, who has been appointed High Commissioner in Canada for His Majesty's Government, in succession to Sir William Clark.

The Sunday School Lesson

"Hezekiah Leads His People Back to God—2. Chronicles, Chapter 30

GOLDEN TEXT — "God is gracious and merciful."

TIME—Hezekiah was born, B.C. 747 became king, B.C. 723, held his great passover, B.C. 722.

PLACE—Perusale m

"And Hezekiah sent to all Israel and Judah." The good king was not content with the reestablishment of worship in Jerusalem alone, but longed to restore the pure worship of Jehovah on a national scale. "And wrote letters also to Ephriam and Manasseh." These tribes are specially mentioned, not only as being nearest to Judah, but as being the leading tribes of Israel. "That they should come to the house of Jehovah at Jerusalem." The ancient sanctuary established by the Lord, to replace which in the Northern Kingdom Jeroboam had set up rival sanctuaries at Bethel in the south and Dan in the north, where Jehovah was worshipped with the idolatrous symbol of bulls. "To keep the passover unto Jehovah." The passover was the chief religious feast of the Jews, commemorating the great deliverance of the people of God from the tenth plague in Egypt.

"The God of Israel." Hezekiah did not say, 'the God of Judah,' but used 'Israel,' the name of the Northern Kingdom, which was also God-given name of Jacob, and thus of all the Israelites, descended from him.

"For the king had taken counsel, and his princes." Hezekiah was no arbitrary ruler. He did not foolishly think that all wisdom resided in himself. "And all the assembly in Jerusalem." Hezekiah would have a true democracy. "To keep the passover in the second month." The second month of the Jewish year, the month Ziv or Iyar, corresponding roughly to our May.

"For they could not keep it at that time." At the time when Hezekiah reopened the renovated temple. "Because the priests had not sanctified themselves in sufficient number." A large number of priests would be required for the sacrifice of so many animals as would be offered up, and those priests must undergo a course of ceremonial purification to meet the requirements of the law. "Neither had the people gathered themselves together to Jerusalem." They had not assembled from the villages of Judah, to say nothing of the towns from one end of Palestine to the other.

"And the thing was right in the eyes of the king and of all the assembly." They all agreed to keep the passover once more, to hold it in the second month, and to invite the northern tribes to the feast.

"So they established a decree to make proclamation throughout all Israel, from Beer-sheba even to Dan." Beer-sheba was a town in the extreme south of Palestine and Dan a town in the extreme north, so that the phrase included the entire nation. "That they should come to keep the passover unto Jehovah, the God of Israel." Hezekiah's reform had its political and social aspects, but he made it essentially and fundamentally religious. "At Jerusalem." The religious centre of the nation, consecrated by centuries of worship and hallowed by the very presence of Jehovah in the Most Holy Place. "For they had not kept it in great numbers (margin, 'for a long time') in such sort as it is written." Pious families here and there had been observing the sacred feast according to God's explicit directions, but no observance on a national scale had been attempted for many decades.

"So the posts went with the letters from the king and his princes throughout all Israel and Judah." Swift and tireless runners sped along the pathways of Palestine, up hill and down dale. "And according to the commandment of the king, saying, Ye children of Israel, turn again unto Jehovah." Turn away from your idols and yield once more to God. "The God of Abraham, Issac and Israel." That is of Jacob, the God who had led their fathers to that goodly land and had made them a great nation. "That he may return to the remnant that are escaped of you out of the hand of the kings of Assyria." God is eager to meet his repentant children. Like the father of the prodigal who ran out to meet him and would not allow him to finish his prepared speech of confession, is our God hastens toward any sinner who turns back toward home.

"And be not ye like your fathers, and like your brethren, who trespassed against Jehovah, the God of their fathers." A strange and significant snatch of corroborating history is to be found in 1. Chron. 5 : 23-26. "So that he gave them up to desolation, as ye see." The margin reads, 'So that he gave them up to be an astonishment. Their pitiful fate amazed all the nations round.

"Now be yet not stiffnecked, as your fathers were." Beginning with the day of Jeroboam and Rehoboam, the Israelites had been stiffnecked in their determined opposition to the will of God. "But yield yourselves unto Jehovah." To yield ourselves to the Lord, is to make ourselves over to him giving him the entire possession and control of our whole being. "And enter into his sanctuary which he hath sanctified for ever." Hezekiah refers to the central building of Solomon's temple, the Holy Place and the Most Holy Place. "And serve Jehovah your God. By worshipping him and bringing him offerings. "That his fierce anger may turn away from you." The message is an invitation, but it is also a warning.

"For if ye turn again unto Jehovah, your brethren and your children shall find compassion before them that led them captive." Terrible indeed was the lot of the exiles in Assyria. They lost all their goods. They were deprived of all of their comforts. "And shall come again into this land." That was the one great longing of the exiles, expressed most sorrowfully in such psalms as Ps. 137: "By the rivers of Babylon, There we sat down, yea, we wept, When we remembered Zion." "For Jehovah your God is gracious and merciful. No one could have said that the Jews deserved to be brought back to their own land, but God's mercy are exceeded their deserving. "And will not turn away his face, if ye return unto him." Strong sunny, confidence in God shines from the whole message and reaches its climax in the closing assurance that he is merciful and gracious.

"And there assembled at Jerusalem much people to keep the feast of unleavened bread in the second month." So called because in memory of the hasty leaving of Egypt, only unleavened bread was used. "A very great assembly." The closing verses of this chapter carry swift and exultant joy, one particular tumbling after another as if the happy chronicler could not race his pen fast enough.

MUTT AND JEFF— **By BUD FISHER**