Woman's World

By Mair M. Morgan

VERSATILE CUCUMBER

If you've never cooked cucumbers before—and judging by the friends who looked surprised when we mentioned fried, baked and creamed cucumbers and said "Tell us how," a great many women have not—now's the time to begin for at this season "cukes" are both plentiful and inexpensive.

In the recipes below we've also included some rules for pickling cucumbers which we think you'll find easy, economical and reliable.

BOILED CUCUMBERS

Pare cucumbers, cut in pieces and cook until soft in boiling salted water—about 20 or 25 minutes. Drain, mash cucumbers and season with butter, salt and pepper.

CREAMED CUCUMBERS

Prepare as for boiling, and when cooked drain and pour a thin white sauce over pieces.

FRIED CUCUMBERS

Pare cucumbers and cut lengthwise in 1-3 inches slices. Dry between towels, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in deep fat and drain.

STUFFED CUCUMBERS

Pare 3 cucumbers, cut in halves crosswise, remove seeds and let stand in cold water 30 minutes. Drain, wipe and fill with force meat. Place upright on a trivet in a saucepan. Half surround with white stock, cover and cook 40 minutes. Place on thin slices of dry toast, cut in circular shapes, and pour around 1½ cups Bechamel Sauce. Serve as a vegetable course or an entree.

FORCE-MEAT FOR CUCUMBER

Half cup fine stale bread crumbs, 1 cup minced veal, ½ cup milk, 2 tablespoons butter, white 1 egg, salt, few grains cayenne, slight grating nutmeg.

Cook bread and milk to a paste, add butter, white of egg beaten stiff and seasonings; then add veal.

BECHAMEL SAUCE

One and a half cups white stock, 1 slice onion, 1 slice carrot, bit of bay leaf, sprig of parsley, ¼ cup butter, ¼ cup flour, 1 cup scalded milk, ½ teaspoon salt, 1-8 teaspoon pepper.

Cook stock 20 minutes with onion, carrot bay leaf and parsley then strain; there should be 1 cupful. Melt butter add flour and gradually hot stock and milk. Season with salt and pepper.

JELLIED CUCUMBER SALAD

One pint grated cucumber, salt and paprika, 2 tablespoons oil, 1 tablespoon gelatine, 2 tablespoons cold water, 5 halves walnuts, watercress.

Grate enough peeled cucumber to make one pint and season with salt, paprika and oil. Add gelatine, softened in cold water, to heated cucumber mixture. In bottom of each mold place half a walnut meat and pour over mixture. Cool and when hardened serve on bed of cress with mayonnaise sprinkled with paprika.

CUCUMBER-STUFFED TOMATOES

Peel as many ripe tomatoes as you have people to serve. Remove hearts and set shells on ice to chill. Pare cucumbers, chop them coarsely with tomato hearts, season with French dressing, salt and pepper and fill lightly into tomato shells. Serve on lettuce with French dressing or mayonnaise.

SWEET PICKLED CUCUMBER

One dozen ripe cucumbers, three pounds sugar, one quart vinegar, 2 tablespoons mustard seeds, 1 tablespoon each cloves, and stick cinnamon. Peel cucumbers, cut in two lengthwise, scrape out seeds with silver spoon, salt and let stand overnight. Drain and dry cucumbers. Make a syrup of sugar and vinegar. Add mustard seed and also whole cinnamon and cloves tied in a bag. Boil cucumbers in this syrup only a few moments until they are glassy. They must remain crisp. Pack in jars and cover air-tight.

CHOW-CHOW

One qt. very small cucumbers, 1 qt. large ripe cucumbers cut in small pieces, 1 qt. green tomatoes, sliced, 1 qt. onions, sliced, 1 qt. small onions, 1 qt. cauliflower, 4 green peppers (seeds removed) cut fine, 1 cup salt to 4 qts. water, 6 tablespoons mustard, 1 teaspoon tumeric powder, 1 up flour, 1½ cups sugar, 3 pints vinegar. Mix first 7 ingredients cover with salt water and let stand 24 hous. Heat brine slowly until vegetables are thoroughly scalded and then drain. Mix flour, sugar, mustard and tumeric to a smooth paste with 1 pint of the vinegar, pour gradually on the remaining quart of vinegar heated in a double boiler.

RIPE CUCUMBER PICKLE

Cut cucumbers in halves lengthwise. Cover with alum water, allowing two teaspoons powdered alum to each quart of water. Heat gradually to boiling point, then let stand over slow heat for two hours. Remove from alum water and chill in ice water. Make a syrup by boiling two pounds sugar, 1 pint vinegar and 2 tablespoons each of whole cloves and stick cinnamon (spices tied in piece of muslin) for 5 minutes. Add cucumbers and cook ten minutes. Remove cucumbers to stone jar and pour over the syrup. Scald syrup three successive mornings and return to cucumbers.

UNRIPE CUCUMBER PICKLES
(gherkins)

Wipe 4 qts, small unripe cucumers. Put in a stone jar and add 1 cup salt dissolved in 2 qts. boiling water and let stand 3 days. Drain cucumbers from brine, bring brine to boiling-point, pour over cucumbers and again let stand 3 days; repeat. Drain, wipe cucumbers, and pour over 1 gallon boiling water in which 1 tablespoon alum has been dissolved. Let stand 6 hours, then drain from alum water. Cook cucumbers 10 minutes, a few at a time, in one-fourth the following mixture heated to boiling-point and boiled 10 minutes:

One gallon vinegar, 2 sticks cinnamon, 4 red peppers, 2 tablespoons allspice berries, 2 tablespoons cloves.

Strain remaining liquor over pickles which have been put in a stone jar.

A PIECE OF PUMPKIN

To keep cut pumpkins and marrows from becoming mouldy keep handy a piece of notepaper or any paper with a good surface, brown will do. As soon as you cut the pumpkin or marrow seal up the place by covering it with paper. The moist beads which ooze out will serve as glue. Do not use a porous paper, as this would be useless. The soft seeds may be taken away as well as the pulpy part, and if this is done cover the space with paper. Then put the vegetable in a very dry, warm place; the sun will not injure it, but on no account allow rain or dew to get on it. Treated this way a pumpkin or marrow will keep from two weeks to a month.

CAST-OFF STOCKINGS

It is quite possible to make a very satisfactory child's jumper from a pair of old lisle, silk, or woollen stockings. Cut off the feet, generally the only part that is worn. These will not be required, but will do to clean brass. Cut off enough for sleeves from narrow or ankle end of stockings and lay aside. The part that is left—that is, the tops of the stockings—forms the body of the jumper. Cut up the seams, lay each flat, join at sides, also at top of sides for arm holes. Cut out round for neck, put in sleeves, and finish neck and sleeves by turning in and feather-stitching.

DELICIOUS FRUIT

Peaches are a gift of the gods that should be featured on the menu three times a day until they become out of season or out of pocketbook reach.

This luscious fruit is perhaps best in its natural state. Yet at breakfast time when you have them sliced with sugar and cream, they seem just perfect. In a smooth mousse or ice cream they're a dessert fit for a king and as for old-fashioned peach shortcake made with a biscuit dough and fruit with plain or whipped cream poured over all—well, words fail. Yet, if possible, a little better and certainly lighter for an early fall meal is Peach Bavarian Cream. The recipe below is that of a famous New York woman chef:

To make it, you need: I cup peach juice, 1 cup sliced peaches, ½ cup sugar, 1 cup milk, 2 tablespoons gelatin, 1 cup heavy cream.

Soak gelatin in 4 tablespoons of cold water. Put milk and sugar in double boiler on stove. When hot add gelatin. Strain and set to cool. When it begins to thicken add peach juice, stir in gently. When cool fold in heavy cream which has been whipped. Line mold with sliced peaches. Pour in mixture and set inside refrigerator until needed. Serve with additional peaches and whipped cream.

EUCHERED PLUMS

And speaking of peaches, what about plums? Few housewives do real real justice to this pleasantly tart fruit, which makes such fine relishes for use in late winter when appetites begin to get a bit jaded.

Euchered plums, for instance, are delicious with roast pork for winter dinners. The recipe calls for: 9 pounds of plums (preferably the large dark-blue ones), 6 pounds sugar, 2 quarts vinegar, tablespoons cinnamon.

Wash and dry plums. Boil vinegar, sugar and cinnamon for five minutes. Pour over plums and let stand twenty-four hours. Drain off liquid and heat to the boiling point. Pour over fruit and allow to stand for another twenty-four hours. Do this for three more mornings. The last morning simmer fruit and juice for twenty minutes and seal in hot sterilized jars. It takes five successive mornings to make this sweet pickle.

For plum conserve, take 5 pounds plums, ½ cup hot water, 1 cup seeded raisins, 1 orange, 1 lemon, 1 cup nut meats, 4 pounds granulated sugar.

Wash plums and remove stones. Put fruit, raisins, hot water and sugar into preserving kettle. Bring slowly to the boiling point and simmer gently until plums are transparent. Add nuts and cook ten minutes longer. Pour into hot sterilized jars and seal.

The orange and lemon are washed and cut in thin slices and added when the mixture has simmered twenty minutes. Or they may be omitted.

HOUSEHOLD HINTS
Bread Crumbs

Near your bread keep a glass jar and after cutting the bread for the table clean of the crumbs and place them in the jar. This will keep you supplied with crumbs for cooking.

To keep bread crumbs from becoming rancid when placed in a glass jar put a piece of cheese-cloth over the opening of the glass top.

Carpets

If you want to give new life and color to your carpets, do as your grandmothers did and pour a little ammonia into a pail of water, and wipe over the carpet with a cloth wrung out in the water. Simple but effective.

Needle

A needle will slip in and out of stiff material that is being stitched if run through a piece of soap before being used.

Pastry

To make pastry brown use milk for mixing instead of water.

Rust

To remove rust from the gas stove, rub over with a cloth dipped in linseed oil.

Starch

To prevent a skin from forming on the top of your boiled starch, place a cloth over the basin as soon as the starch is made.

Thimble

A thimble placed at the end of the curtain rod will cause the rod to run easily through the curtain hem; but care must be taken not to tear the curtain by pushing too roughly.

Woollies

When washing woollies and blankets add a little soap to the rinsing water to prevent articles from drying hard.

As Grierson Reached Ottawa

Retracing from the European side Col. Chas. Lindbergh's west to east flight of last summer, John H. Grierson (left), of the Royal Air Force, is shown here being greeted upon his arrival in Ottawa to complete his flight over the Atlantic to North America by the shortest route possible. His first stop was at Reykjavik, Iceland, 1,000 miles from his starting point in England. He used a small Fox Moth seaplane.

CHINESE BUDGET

China's military budget for the fiscal year ending July, 1923, is about $102,000,000.

Chinese Women Revolt At Ban on Bare Legs

Peiping, China—The latest edict to emerge from the Mayor's office—that prohibiting women from appearing in public bare-legged or with bare feet—has raised a considerable amount of opposition in the various women's organizations of Peiping. The members of these organizations regard the prohibition as an attack on their personal rights.

Joint meetings of various women's clubs have been held and methods have been discused whereby the Mayor can be persuaded to revoke this latest order. The measures adopted have been along the same lines as a propaganda campaign in favor of bare legs and feet for women.

In the first place, it is pointed out, the practice is beneficial to health, the sun soon tanning the legs and placing those tanned in a better position to resist illness.

Secondly, a campaign in favor of bare and exposed legs would mean the deathblow to foot-binding — a practice that still lingers on in Peiping.

The third point brought up is one for moral consideration. Those in favor of bare legs declare that, if the Mayor is determined to raise public morals, he should start with bathing costume reform and mixed bathing in the public pools.

The Mayor of Peiping has long been noted for his "purity drive." During his tenure of office in Shanghai, many "moral" reforms were instituted and soon after assuming office in Peiping the Mayor closed all places where Chinese dancing girls and waitreses were employed.

PARENTS HAVE BEEN "GOATS" FOR CHILD-TRAINING FADS

Here's a Psychologist Who Says We Pay Too Much Attention to Problem Youngster

Modern parents are scared to death of their own children and it's all the fault of the big, bad psychologists who have made a bugaboo of complexes and conditioning.

That's the opinion, anyway, of Grace Adams, Ph.D., and well-known child psychologist, who has taken up the cudgels for poor frightened parents.

"I don't think children are suppressed very much today—in fact I think lots of them are not supressed enough," confesses Miss Adams, who has done a great deal of work with problem and abnormal children as well as normal ones. Incidentally, she is an attractive dark-eyed woman with a drawl, and looks much younger than her experience would lead you to expect.

"Certainly I feel we are handling the problem child thing all wrong," she went on. "The emphasis is too much on the child. What the problem boy or girl needs is to find a place for himself—to adopt himself as quickly as possible to a world in which he must sooner or later learn to take a slightly inferior position.

"Instead, we focus attention upon him and make him the centre of everything, thus giving him an entirely false idea of what his later life will be like."

Miss Adams thinks that perhaps it was necessary to swing too far to the left on this question since a few generations ago, parents swung just as far to the right; but she hopes the balance will be restored before greater damage is done.

URGES PARENTAL FREEDOM

"I think it is high time parents stood up for their rights, specifically for the right to raise their own children exactly as they want to," she asserts, planting the banner of freedom of government for parents squarely in place.

"I would honestly say that for the past decade mothers of young children have been more and more the credulous and uncomplaining 'goats' for the child training experts. Goodness, even the names were enough to frighten an inexperienced parent out of several years' growth.

"There were psychologists, psycho-analysts, mental hygienists, mental testers, food experts and a lot of others, all talking lengthily and dolefully about subnormal undernourished, problem, badly conditioned and complexful little ones until parenthood became one long racking anxiety.

"Well, that's wrong, because it ought to be a pleasure and pride, and I'd like to see it restored to its ancient estate. Men and women actually had a much easier time being parents in the old germ-ridden days than they do in these fine hygienic times. And that seems a little ridiculous."

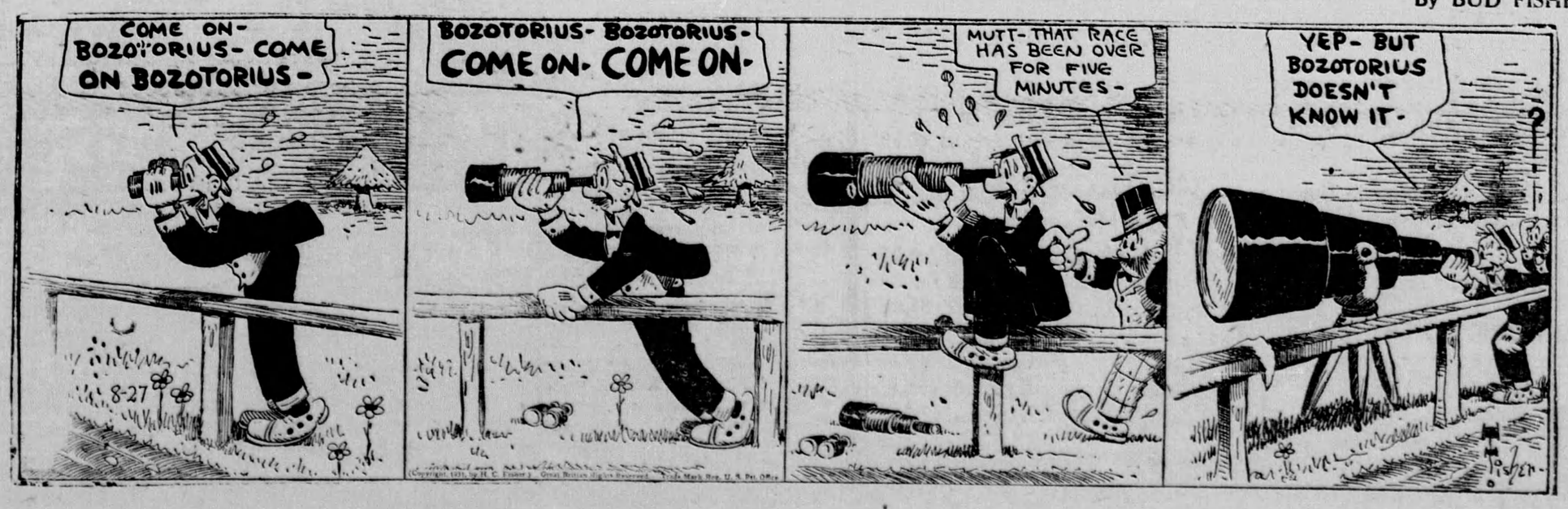
RECIPE FOR PARENTS.

Here's Miss Adams' recipe for normal parenthood: "Forget the theories for a while and stop worrying. Understand that your child is a normal and ordinary human being, and try to train him to continue being one.

"Remember that unreasonableness and selfishness are just as normal to childhood as baby teeth and tiny bones. Don't try to reason with a child. If he asks you a question, you give him an answer and he keeps on asking, that means he's learning to nag, so make him stop. And quit nagging yourself if it's from you he learned it, as it probably was!"

Discouragingly enough, Miss Adams insists that from her observation, the people children like best are the martinets, not the sweet, kind creatures who let them have their own way all the time. She made some notes over a long period once of the playful habits of children in a city areaway. She discovered that the persons they imitated in their games were invariably the disciplinarians. They were always being the mother who slaps her baby, the teacher who says "Now you learn your lessons!" or the policeman who shoves everybody out of the way.

Miss Adams' theory about this preference of children for unmistakable authority is that they dislike uncertainty and yearn for the sense of security which the strict disciplinarian gives them.

MUTT AND JEFF—

By BUD FISHER