Woman's World

By Mair M. Morgan

THE MUSHROOM SEASON

The sight of a mushroom makes the approach of Autumn bearable. Every cook has her method of dealing with mushrooms. Here is a collection of favorite-tried recipes.

MUSHROOM SOUFFLE

Two tablespoons butter, two tablespoons flour, three-quarters cup milk, one-half pound mushrooms, three eggs beaten separately, salt and pepper. Blend butter and flour, add milk, salt, pepper. Cook until smooth, stirring constantly. Wash and peel mushrooms and fry in butter for five minutes. Chop finely and add to the cream sauce. Add beaten yolks, cool and then fold in stiffly whipped whites. Pour into a buttered baking dish and place in a pan of boiling water. Bake in a moderate oven for 25 minutes. Serve immediately.

WITH MACARONI

Break four ounces of macaroni into small pieces, cook in a pint of boiling stock with a chopped onion and a small bay leaf, until all the stock is absorbed. Peel and chop four ounces of mushrooms, cook until soft in about an ounce of butter, and make layers in a casserole with the macaroni and pepper and salt. Sprinkle with grated cheese and add a few dabs of butter, and bake.

WITH RICE

Cook half a cup of rice in boiling salted water until tender, then mix with four ounces of chopped, cooked mushrooms, two hard-boiled eggs and enough tomato sauce to make a stiff mixture. Add seasonings and a little chopped onion and fill tomato shells with the mixture. Bake in a moderate oven.

WITH SWEETBREADS

Par-boil sweetbreads, remove all skin and membrane and chop them. For two pairs of calves' sweetbreads allow a cup of cooked mushrooms, heat in half a pint of thick white sauce, add seasonings and flavoring, and pour into a greased dish. Cover with buttered crumbs and bake for about 15 minutes.

PICKLED MUSHROOMS
(Buttons)

Clean them with a flannel dipped in salt and do not peel them. Sprinkle them with a little salt and then put them into a stewpan with a little mace and white and black pepper, and leave them till the liquor runs out. Then shake them over the stove until the liquor is nearly absorbed again cover them with vinegar, boil up and bottle them.

PICKLED MUSHROOMS
(Full Grown)

See that they are not too far open, cut them in quarters, and pour over them just enough vinegar to cover them, seasoning it with a little mace, some cayenne, a few shallots and one anchovey. Boil gently together until the mushrooms are cooked, let them get cold, and then bottle them in the vinegar and cork them well up.

If you do not like the taste of vinegar and do not mind if your mushrooms do not keep so long, try potting them this way:

DRIED OR POWERED

Dried Mushrooms are also useful, and can easily be resuscitated, though their flavor cannot be compared to that of the fresh ones. Wipe the mushrooms well, and dry them. Remove the brown part and take off the peel. Then lay them out on sheets of brown paper to dry in a cool oven, and hang them up in a dry place in paper bags. They will regain nearly all their original shape, if you heat them gradually through in stock or gravy.

Mushroom Powder makes a savory seasoning which many like. Peel half a peck of large mushrooms, wipe them, take off the brown part, and put them into a stewpan with a couple of onions, a dozen cloves, a quarter of an ounce of ground mace and a dessertspoon of white pepper. Shake them over a clear fire without burning them until all the moisture is evaporated, then put them into tins and dry them in the oven. When they are dry, pound them very finely and cork them up in small bottles.

HOUSEHOLD HINTS

When you boil a fowl add a pinch of bicarbonate of soda to the water. This makes it exceptionally tender.

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When frying fillets of fish, always put them into the frying-pan with the skin uppermost. You will find them less likely to break if cooked this way.

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A narrow shelf over the sink to hold dishwashing supplies saves many steps. Paring knives and other utensils used at the sink may be hung underneath.

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Do not throw away the vinegar from bottle pickles, but save it and use when making French dressing. It will add a pungent, spicy flavor.

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Many housewives find almond icing for cakes expensives. Ground peanuts are often used by professional cooks, and few people know the difference.

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Do not keep the dishrag after it has reached the raveling stage. It is poor economy, because its lint will leave tangled strands in the drain pipe.

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Should anyone in the family be put on a liquid diet, place a little lime water in each glass of milk served. It is an aid to digestion and sweetens the stomach.

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Lemons that have been kept too long and have hardened can be softened by covering with boiling water and standing on the back of the stove for a few minutes.

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Never store preserves, pickles or jams on the top shelf of store-cupboard or pantry. Keep them lower down, as hot air rises and may induce fermentation.

BUYING A HAT

It's just about time to step out and buy the new fall millinery. To-day's the day, isn't it, for after September the first, the straw hat is more or less outlawed.

Here are the rules given by one of the world's millinery experts to those about to change the headgear.

First—Study the crown of the hat in relation to the crown of your head. A perfect head can wear a close round crown all right, but all heads with imperfections towards the egg, flat, or square shapes, should have fulness in the crown. Remember heavy features are most often in small faces and heads, and the heavy featured woman of this type should have fulness in the crown.
ber heavy features are most often in small faces and heads, and the heavy featured woman of this type should have a heavier crown for balance.

Second—Understand your neckline. This means the shape and length and breadth of your neck, not your hairline as most women think. If your neck is short, don't buy a wide hat that sits on your shoulders. You must balance the neckline to wear a hat smartly.

Third—Now have a look at your face and proportion the brim to it. Chinless, receding faces can't take drooping brims as they shorten a face, and never use a tight-fitting crown. Little hats make heavy, coarse features "jump" out. A shallow, broad crown with not too wide brim on the sides is good for the woman of long, thin face and a short head-crown. The woman with prominent nose should choose a brim "following" the features, that is, swinging towards the front. Round-faced girls should lean to small, or no brims with small hat crown.

Fourth—Stand and look at yourself full-length in a mirror to see that your hat and head are in proper proportion with your body and height.

MUFFS WITH DRESSES

Fur bands used skifully help to improve the slimness of the silhouette. A long coat of gun-metal cloth is trimmed with bands of dark grey broadtail. Possibly there will be a hat of the cloth trimmed with fur, and shaped after the turban idea. A small muff to match may also be included, for there is a great effort being made to bring back the muff as part of the dress-scheme.

If elaboration of the costume be desired, this vogue may gain sway, but women today dislike complications that interfere with their activities. The slit-skirt is an aid to freedom, but a muff may prove an encumbrance.

APPROACHING CALLERS

This is a moment
I could gloat
Over a drawbridge
And a moat.
Not only foe
But friend as well
Would have to swim
To reach my bell!

Instead of which
I hide behind
This ineffectual
Window-blind:
The castled folk
Of olden days
Had better ways,
Had better ways.

—Mildred Weston, in the New York Sun.

Prince George Joins Fiancee's Family

This exclusive photo of Prince George and his fiancee, Princess Marina of Greece, was taken in the grounds of Prince Paul's Villa at Wocheiner-See, Yugoslavia. Photo shows Princess Marina, Prince George, Princess Olga of Yugoslavia, and Princess Nicolas (mother of Princess Marina) leaving Prince Paul's villa.

Uplift in Music

The "spirit of uplift" is the curse of all serious Canadian music-making and of orchestral music-making in particular. It is absolutely hostile to the "spirit of true entertainment," for it offers the listener, not what is thought he is likely to like, but what it is thought he ought to like. The listener takes his revenge by going to the concert, not in the spirit of pleasure, but in the spirit of duty. He listens to Bach, Beethoven and Brahms, not because he likes them, but because he is assured that they are good for him. He comes away not with the memory of a glorious experience, but with the consciousness of a task dutifully performed.

World Is Eating Less Heavy Food

Gluttony Was Once Rife—Daily Diet Practically Revolutionized.

An extremely interesting comparison between old-time and modern methods of eating is made by V. H. Mottram, Professor of Physiology in the University of London, England, in the London Daily Mail.

He says:—It is a commonplace among dietitians that our food habits are being revolutionized, and we have to ask ourselves whether this is for our good or not, for "nutrition is the foundation of the public health."

We all know that our grandfathers, or perhaps our great-grandfathers, ate the most colossal meals and finished off two or three bottles of port each at dinner—drank themselves under the table.

GLUTTONY A SIN

Earlier in the history of the world gluttony was so rife that it was placed in the list of the Deadly Sins by the Church. Nowadays not one person in a million, in Great Britain at least and probably in the civilized world, could be accused of gluttony.

Whether we are actually eating less per head only statistics can tell us, and the habit of collecting statistics is still very young. So that we can judge of the change of habits only over our own generation.

That they have changed qualitatively most of us know. For example, we know that only recently have tomatoes, bananas, and grapefruit formed a part of our daily menu. Not so long ago fresh fruit and vegetables in the winter were an unheard of luxury whereas now they are within the reach of everyone.

Butter, too, was very expensive during the winter months and poor people cut down on its consumption but now it is so much cheaper that practically everyone can (and should) use it freely without any thought of extravagance.

MOTOR PICNICS

The motor-car, too, has had its influence on our food habits. The middle-classes no longer have their Sunday dinner at home of roast beef, Yorkshire pudding, vegetables, and an apple-pie and spend their Sunday afternoon in a blessed somnolence, but speed off into the country and have an alfresco lunch, bought, perhaps, ready cooked, or patronize the roadhouse restaurant.

We can feel sure from all this evidence that our food habits have changed qualitatively, and the question is: Have they changed quantitatively?

If we turn to statistics we can see that they have. Speaking roughly, we can say that the consumption of meat, bread, coffee, and alcoholic drinks has decreased per head of the population, whereas there has been a large increase in the consumption of tea, sugar and fruit and vegetables. As regards the last two items it is difficult to obtain accurate figures because no census of home production exists.

FRUITS

But we know that imported fruits last year reached the record figure of 88 lb. per head, and we cannot doubt that there was an increase in the consumption of fruit produced in Great Britain. Milk we know is gradually increasing in consumption, though far too slowly to content the dietitian.

Summing up the evidence we can say that the proportions of the different foods are altering, so that whereas our immediate predecessors ate largely of meat and bread and negelected the fruits and vegetables, we are changing over towards a diet with a larger proportion of the dairy and garden produce.

MEAT AND MILK

The old-fashioned view that meat makes for strength received its quietus long ago. American dietitians—and remember that dietetics was raised to a position of importance among the subjects thought worthy of university studies years ago in the United States—maintain that no family should buy meat until it has bought a quart of milk per head per day!

Bread has been called the staff of life, but that is a misnomer. The majority of us eat it because we and mineral matter, especially lime and iron. Probably a daily ration of a pint of milk and a sufficiency of green vegetables or green salads would cover all our needs for vitamins and mineral matter—commodities in which meat and bread are somewhat deficient.

SUGAR

There remain the sugar and the have been brought up to eat it or because it is cheap. The poor spend about 33 per cent. of the money which goes to buy food on bread and flour simply because they are cheap.

There is, however, evidence that a large proportion of cereal products in our diet makes for poor bones and teeth. For example, it was possible almost completely to check the decay of teeth in children in a Sheffield sanatorium by replacing the cereals in their diet with vegetables.

On the other hand, that the consumption of milk, fruit, and vegetables should increase relatively to the rest of the diet is all to the good. It is a question of getting vitamins beverages to consider. Some dietitians look upon the great increase of sugar consumption with disfavor. Others point to the fact that sugar is a convenient and cheap way of supplying the body with energy.

After all, the foods which a man takes are body building material, for vitamins and mineral matter supply at the most only about one-third of his energy intake and output, so that we still have a satisfactory margin to go upon. We eat about one-third of a pound a day.

Theoretically we could eat one pound of sugar per head per day without endangering our supply of other food stuffs. Remember, too, the craving for sugar of Polar explorers and of the members of the various Everest expeditions.

As regards tea and coffee it seems a matter of indifference to the dietitian whether the consumption deceases or increases. Twelve pounds of tea per head per year seems neither excessive nor extravagant. Dietetically tea is useless unless you believe that a drink which promotes a sense of well being with no evil after effects has its value.

ALCOHOL

Of the decrease in the consumption of alcoholic drinks there is little to say, because the problem of the use and abuse of alcohol is beset with so much prejudice that no scientific data, or, at any rate no interpretation of scientific data on the subject is worth consideration.

To sum up. From the statistics available it appears that the revolution which is taking place in the meals of our nation is to the advantage of the public health. Should any dietitian turn politician his slogan would be "Dairy Foods, Market Garden Produce and Herrings of the Public Health — the things that the British Isles can best produce."

Perhaps we might have a similar slogan in Canada since our dairy and garden products are of such a high order and so many of us, of Old Country descent, have been brought up in British habits of eating—the habits that prevailed when our fathers and mothers were young.

It Isn't Home

By Anne Campbell.

The ocean meets the sky and joins its blue,
The waves are tipped with shredded silver foam.
I gaze upon the sea and think of you.
It may be beautiful, but it isn't home!
The splendid city flings its buildings high.
The stars are all alight in heaven's dome . . .
The lighted windows and the starry sky . . .
It's all so beautiful, but it isn't home!
Across the miles there is a patch of green,
A little house upon familiar loam,
A maple tree, a fence where roses lean . . .
And that is beautiful, because it's home!

With a smile upon your face—
Stop shirkin'.
If you have a task to do,
And would like to get it through—
Keep workin'.

—Grenville Kleiser.

MUTT AND JEFF— By BUD FISHER