Woman's World

By Mair M. Morgan

A friend of ours tells us she has difficulty in planning her luncheon menus. She wants to maks them as meatless as possible and asks for suggestions.

We think a thick, substantial soup followed by a salad and dessert of stewed or fresh fruit, with tea, coffee or milk, is sufficient for luncheon when dinner is being served at night. Main courses of fish and casserole dishes with macaroni, spaghetti and noodles are always good for the mid-day meal.

Cheese and Onion Soup

2 large onions, cut fine, 4 tablespoons shortening, 2 tablespoons flour, 1 quart hot milk, 2 egg yolks slightly beaten, salt and pepper, 1-2 cup grated cheese, 6 silces bread.

Cook onions in shortening until transparent; mix in the flour then add milk add stir well, cooking for 20 minutes in a double boiler. Strain and pour milk slowly onto beaten eggs. Season to taste. Toast bread, sprinkle with cheese and put one piece into each plate. Pour boiling soup over and serve at once.

Potato Soup

3 potatoes, 1 qt. milk, 2 slices onion, 1-4 teaspoon celery salt, or piece of celery stalk, 2 tablespoons snortening, I tablespoon flour, 1 teaspoon salt, few grains pepper, few grains sayenne, 1 teaspoon parsley, minced.

Cook potatoes in boiling salted water until soft; drain, rub through pure strainer. Scald milk with onion and celery salt. Remove onion and add milk slowly to potatoes, stirring constantly. Melt shortening add dry ingredients, stir until well mixed, then add to hot soup. Add also minced parsley and cook 1 minute before serving. Serves 6.

Split Pea Soup

1 pt. split peas, 4 qts. water, ½ lb. salt pork, 1 large onion silced, 2 tablespoons celery, diced, 1 tablespoon flour, 1 tablespoon shortening, 1 teaspoon pepper, 1 sprig parsley.

Pick peas over that there may be no blemished ones among them, then wash and soak in cold water over night. In morning drain off water and put them into the soup pot with cold water and salt pork, onion and celery. Simmer 3 or 4 hours. When nearly cooked, add seasonings. Strain through sieve. Beat flour and shortening together till creamy and stir into soup; simmer 30 minutes longer. If salt pork has not seasoned the soup sufficiently, add a little salt.

Vegetable Soup

1 1-2 qts. boiling water, 1-3 cup carrots, diced, 1-3 cup cabbages, cut 1 1-2 cups potato dices, 1-2 cup onion, sliced, 1 cup strained tomatoes, 4 tablespoons butter or other fat, 1 teaspoon sugar, 2 teaspoons salt 1 1-2 teaspoons chopped parsley.

Use all or any, and as many varieties of vegetables as you wish, using half as much vegetables as liquor. Wash, pare, scrape and cut vegetables fine. Then measure. Mix vegetables all but potatoes and tomatoes. Heat fat in spider, add vegetables, cook 10 minues stirring constantly. Add potatoes and cook 2 minutes longer, then add the boiling water and tomatoes and boil 1 hour or longer or until all vegetables are tender. Add parsley, season to taste and serve hot. Any cold boiled vegetables (leftovers) may be added to this soup.

Casserole of Fish

2 lbs. fish, 3 tablespoons flour, 3 tablespoons shortening, salt and pepper to taste, 1 small carrot diced, 1 onion sliced, 1 cup canned tomato.

Cut fish into cubes and dredge with flour. Heat shortening in casserole and brown fish. Add seasonings and vegetables and cook tightly covered until both vegetables and fish are thoroughly cooked. If juices evaporate while fish is cooking add few tablespoons hot water as needed. Serves 4.

Salmon Pudding

1 can salmon, 1 tablespoon butter, 1 cup bread crumbs, 1 cup hot milk, 1-2 teaspoon salt, 1-8 teaspoon pepper, 2 eggs.

Remove skin and bones from salmon, rub fish fine with potato masher. Melt butter in milk and add bread crumbs and seasonings. Combine with fish. Last add well beaten eggs. Put into buttered deep baking dish and bake. Serve with a thin white sauce.

Tuna fish may be substituted for salmon, adding to recipe 1-2 teaspoon each chopped parsley and green pepper and a teaspoon lemon juice. Bake in moderate oven 1-2 hour. Tuna fish is also good creamed and mixed with green peas. Serve it on toast.

Fish Cake

1 cup cold boiled fish, salt and pepper, 1 cup cold mashed potatoes, celery salt, 1 egg, beaten.

Equal quantities of cold mashed potatoes, and shredded cold fish (dried codfish is good for this purpose: follow directions for preparing on package.) Mix, season to taste, add beaten egg, shape in rounds and cook in spider with 2 tablespoons hot butter till nicely browned.

Bean Loaf

1 can beans, 1 cup mashed potatoes, 1 egg well beaten, 1 onion, minced, salt and pepper, cracker crumbs.

add potatoes, well beaten egg and

Mash beans and rub through sieve onions. Season to taste. Form into loaf, dust with cracker crumbs and bake till nicely browned. Slice and serve either hot or cold. If hot with tomato sauce, if cold with salad dressing.

Peanut Butter Macaroni

2 cups elbow macaroni, 2 cups milk, 1-2 teaspoon salt, 4 tablespoons peanut butter.

Boil macaroni in boiling salted water till tender. Drain and put in casserole Scald milk, add salt and peanut butter, boil till it thickens slightly. Pour over macaroni and bake in moderate oven for 15 minutes.

Noodles With Cheese

Cook noodles in boiling salt water till soft. Drain through strainer and pour cold water over them to prevent pieces from adhering. Make 1 1-2 cups white sauce as follows: 2 tablespoons butter, 2 tablespoons flour, ½ teaspoon salt, 1½ cups hot milk. Dissolve a speck of soda in a little hot water and add to milk. Heat butter, add flour and seasoning and then gradually hot milk. Put a layer of boiled noodles in buttered baking dish, sprinkle with grated cheese, repeat, pour over white sauce, cover with buttered crumbs and bake till crumbs are brown.

Tomato sauce may be substituted for white sauce. Take 2 teaspoons butter, 1-4 teaspoon onion juice, 2 tablespoons flour, 1-2 cup water, 1 cup strained tomato, 1 teaspoon salt and speck of pepper. Heat butter, remove from fire and stir in flour. Add water, stir well, add tomato, onion juice, salt and pepper, boil 5 minutes.

Macaroni or spaghetti may be used instead of noodles for this recipe.

Cheese Souffle

Two tablpespoons butter, 3 tablespoons flour, 1-2 cup scalded milk, 1-2 teaspoon salt, few grains cayenne, 1-4 cup strong cheesee, grated, yolks 3 eggs, whites 3 eggs.

Melt butter, add flour and when well mixed add gradually scalded milk. Then add salt, cayenne and cheese. Remove from fire; add yolks of eggs beaten until lemon colored. Cool mixture and cut and fold in whites of eggs beaten until stiff and dry. Pour into buttered baking dish and bake 20 minutes in slow oven. Serve at once.

As to the salad we suggested at the beginning of this discourse on meatless recipes, fresh tomatoes are always good, raw shredded cabbage is tasty and almost any leftover cold vegetables marinated with salad dressing and served on crisp lettuce leaves will appeal to the family.

DELICIOUS BREAD PUDDING

Soak the bread in cold water until soft and squeeze as dry as possible.

Thickly butter a dish and cover with a layer of jam—apricot is excellent. Mix the bread with brown sugar, the grated rind of a lemon, one egg, and sufficient milk to make a thin batter. Bake a golden brown in a slow oven. The butter gives it a delicious toffee flavor.

MAN OF THE HOUSE

Often the man of the family has fewer hours of enjoyment of his home than any other member. There has been an accepted theory that a man's work must all be done outside and so this condition of affairs seems unavoidable.

The woman who aims to make her home as useful and pleasant and happy as possible may do well to consider that her husband may have no place of his own that he can call private and into which he can go when he wants to be alone. Even though he may use it for only a short time after dinner, a room of his own may mean a real chance for quiet relaxation to him.

One woman, on waking to the fact that her husband had no place of his own in the house, calmly turned her own guest room into a study for her husband, "For," said she, "my guests cannot possibly need this room as much as my husband does." And what was her rtward? Her husband had been a rather gifted amateur scribbler. He had enjoyed writing now and then, but he seemed never to find a quiet place to write when the mood was upon him.

But now, with a room and a desk and an inviting typewriter, all for himself, he began to do a little writing every evening. In the end, he did some very creditable work and the reward was hours of happy work and many unexpected dollars.

The cost of this venture was next to nothing. The articles purchased were a huge red leather chair (it is said that all men love huge red leather chairs , three pairs of curtains, a roomy desk and some frames for her husband's cherished college pictures.

There is hardly a home which could not be squeezed a bit to provide a room for the lord of the manor. And there is hardly an investment of time and loving thought which will reward the homemaker more richly.

YOU KNOW HIM

He's always down and out, and he
Blames others for every error;
But he could see his enemy
If he looked in a mirror.

Third Divorce?

The single state is again desired by Jean Harlow (above), according to rumours from the coast which say she will soon file suit for divorce from Hal Rosson, cameraman, who is now in Europe.

SUNDAY SCHOOL LESSON

THE CHRISTIAN AS WITNESS

GOLDEN TEXT— But ye shall receive power, when the Holy Spirit is come unto you; and ye shall be my witnesses both in Jerusalem, and in all Judea and Samaria, and unto the uttermost parts of the earth.—Acts 1:8.

The Lesson in its Setting

PLACE—First Thessalonians was written in Corinth.

TIME—It was written during Paul's second missionary journey, probably in A.D., 52.

"Paul and Silvanus." Sulvanus is the latin form of Silas (Greek) Paul's travelling companion who took the place of Barnabas, Paul's companion on his first missionary journey. "And Timothy". Timothy was a young man of Lystra, in Asia Minor, whom Paul probably met on his first missionary journey when the apostle was stoned in Lystra. "Unto the church of the Thessalonians in God the Father and the Lord Jesus Christ. Church is "ekklesia' in Greek whence our "ecclesiastic." It means called out," separated, a congregation that is bound together by one purpose. "Grace to you and peace." Grace is the sum of all blessings that God bestows through Christ. Peace is the sum of all spiritual blessing that man receives and experiences

"We give thanks to God always for you all." Good counsel can only be given effectively in a good spirit. When we truly pray for our correspondents we can write to them with edification. "Making mention of you in our prayers." Paul's prayers were prayers of thanksgiving and praise. All of his letters except one (Galations) begin with expressions of thanksgiving.

"Remembering without ceasing your work of faith." That was the only faith that was genuine; that was the only faith Paul believed in—the faith that worked. "And labor of love." Paul unites these three, faith hope and love as the chief Christian graces in his incomparable hymn of love, the thirteenth chapter of First Corinthians, ending with the famous estimate "the greatest of these is love." "And patience of hope." Patience is the very heart of hope.

"In our Lord Jesus Christ, before our God and Father." A hope in our Lord Jesus Christ so different from every other hope. Before our God and Father—all that is affirmed in the entire sentence being in the presence of our God and Father, securing his approval, and taking place with the utmost sincerity and earnestness.

"Knowing brethren beloved of God your election." God does not permit us to climb a ladder and go into his secret archives and turn the pages and see if a man's name is written in the Lamb's Book of Life. But he does permit us to know whether we are elect or whether anybody else is elect.

"How that our gospel." (Paul's preaching that the "good tidings of God's free love in Christ Jesus) came not unto you in word only but also in power. The Love on the Cross was not merely a historic fact but a spiritual fact and the living presence that we find in nature and in the human heart has a definite character which is the character of Jesus Christ.

"And in the Holy Spirit." This is a most necessary addition for no one can obey Christ perfectly in his own strength. He must have the aid of the Holy Spirit, or he will fail in his best endeavors. "And in much assurance.' This gives us to understand that the man that is renewed through the gospel of our Lord Jesus Christ knows it and has no doubt of it in his heart. "Even as ye know what manner of men we showed ourselves toward you for your sake." Paul, Silas and Timothy are joyfully able to point the Thessalonians to themselves as showing the kind of Christians Christ wants.

"And ye became imitators of us." Paul challenged his friends in Thessalonica in Corinth and elsewhere, to take his life as a pattern. He was an example to them as they were to be an example to others and as the Lord Jesus Christ was to be an example to him and the standard for him. "And of the Lord." Our Lord has told his disciples that he would dwell in them as they in them. "Having received the word in much affliction, with joy of the Holy Spirit.." Affliction with joy! The phrase describes the life of Jesus who was the greatest sufferer the world has known, and who yet had the greatest joy in the world victory who for the joy that was set before him endured the cross despising the shame.

"So that ye became an example to all that believe in Macedonia and in Achaia." The Thessalonians had so far advanced that they who were formerly imitators had now become a model and an example to others.

"For from you hath sounded forth the word of the Lord." The sentence has a martial ring; the Thessalonian example was a trumpet like summons to Christ.

"Not only in Macedonia and Achaia but in every place your faith to Godward is gone forth." By the time the members of the Thessalonian church had listened to the reading of the letter thus far they would probably have conceived a rather more than fair opinion of themselves; but as it proceeds they would be likely to discover plenty of room for improvement "So that we need not to speak anything." The Macedonian Christians and their godly manner of life were the best evangelistic address possible

"For they themselves." That is the people to whom Paul went in Macedonia and Achaia. "'Report concerning us what manner of entering in we had unto you." Entering here refers not merely to the outward entrance, the mere preaching of the gospel among the Thessalonians; but to the access, the internal entrance which the gospel found in their hearts.

"And how ye turned unto God from idols." This turning was their conversion for conversion means a turning about." "To serve a living and a true God." Living because idols are dead; and true ,because idols are so false and empty.

"And to wait for his Son from heaven." To await in eager expectation the return of his Son from Heaven. "Whom he raised from the dead." Paul could never be long without wondering mention of Christ's resurrection the great truth which meant so much to him. "Even Jesus who delivereth us from the wrath to come Our Lord is very emphatically spoken of as The Deliverer and this ever present deliverance implies a past. He redeemed us once for all; he is ever delivering us.

LADY GAME WARDEN URGES FIELD SPORTS FOR HER SEX

Instead of Favorite Feminine Quarry—Man, She Suggests Shooting and Hunting Animals

"Hunting! There's a truly thrilling sporting experience for women!" It is Edith Stoeher of South Wethersfield, Connecticut, talking—the only woman game warden in the United States, with the five-mile fishing preserve on the Branford River and the 300-acre hunting grounds especially set aside for fair nimrods as her special provinces.

"Hunting's a thrill most women still can look forward to. Here in Connecticut, for instance, in spite of the preserve where they can hunt far from the critical masculine eye, only about 50 women turn out for the six-week quail, woodcock, pheasant and partridge season. Those who come are overjoyed that they can hunt in privacy.

ACTS AS INSTRUCTOR

"They don't resent men's presence but knowing the hunting district is theirs alone is pleasant knowledge. Most of the women are already experienced hunters, but occasionally one turns up who must be taught how to handle a gun and look for game. I have even loaned my dog to several."

Miss Stoeher is proud of her warden's uniform.

"There is something very intriguing about the brass buttons and gold badge," she laughs. "The breeches and high boots all lend dignity to the attire. Of course, I sew, but my clothes are mostly of the simple tailored designs. After wearing a uniform all day, I suppose I should lean toward fluffy-ruffle dresses, but I don't."

WARDEN'S DUTIES FUN.

When Miss Stoeher departs for the Branford or Farmington preserves, she leaves her family home in South Wethersfield about 4 in the morning.

"It's fun and I wouldn't exchange my job for anything", she says.

This woman game warden is versatile. She rides a horse with perfect ease and enjoys sports. Golf and tennis she finds are relaxing and pleasant, but there is little time for them during her busy seasons. "Music"— her eyes sparkle when she discusses her favorite art—"has fascinated me for years." She has studied voice and devotes much time to singing.

She is 28, cooks, bakes and sews a fine seam.

"And I have a hobby, too," she confesses. "It's raising setters and pointers."

She insists that with a little practice, under a competent instructor, the average woman can soon master the art of angling as well as hunting. Last season 315 young and old women fished under her careful eye. Many of the number were taught how to cast their flies and hold a reel properly.

The Man Who Wins

The test of a man is the fight he makes
The grit that he daily shows
The way he stands on his feet and takes
Fate's numerous bumps and blows,
A coward can smile when there's nought to fear,
When nothing his progress bars
But it takes a man to stand up and cheer
While some other fellow stars.
It isn't the victory after all,
But the fight that a brother makes;
The man, who driven against the wall,
Still stands up erect and takes
The blows of fate with his head held high,
The man who will win in the by and by
For he isn't afraid to fail.
It's the bumps you get and the jolts you get,
And the shocks that your courage stands
The hours of sorrow and vain regret
The prize that escapes your hands.
That test your mettle and prove your worth;
It isn't the blows you deal,
But the blows that you take on this good old earth.
That shows if your stuff is real.

MUTT AND JEFF— By BUD FISHER