Woman's World

By Mair M. Morgan

OLD COUNTRY RECIPE

Roast beef is not roast beef, in many people's estimation, unless accompanied by Yorkshire pudding. Here is a recipe sent directly from England, the home of this delicious pudding:

Ingredients

Four ounces of flour, 1 or 2 eggs, ¼ teaspoon salt, ½ pint of milk or a mixture of milk and water. Put the flour into a basin with the salt. Beat the eggs and add the milk to eggs. Make a well in the centre of the of the flour and add gradually half the eggs and milk mixture. Beat for about 5 minutes, then add the remainder of eggs and milk. Stir this in gradually but do not beat again. Allow this to stand two hours. Melt some dripping in a baking tin and when batter and bake for thirty minutes in a hot oven.

The secret seems to be in letting the mixture stand for an hour or two after being mixed. Also some cooks contend that milk and water makes a lighter pudding than all milk. One eggs is used as a rule—two if an "extra special" is wanted. These quantities are sufficient for four or five persons.

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SOUPS

This is the season when a steaming hot bowl of soup before the main course of a meal, is highly appreciated by the family. Have you tried this?—

Duchess Soup

2 tablespoons quick-cooking tapioca.
1 teaspoon salt
⅛ teaspoon pepper
1 tablespoon minced onion
4 cups milk
2 tablespoons butter
½ cup grated American cheese
2 tablespoons chopped parsley

Combine quick-cooking tapioca, salt, pepper, onion, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes), and cook 5 minutes, stirring frequently. Add butter, cheese, and parley, and cook until cheese is melted. Serves 4 to 6.

Many a home is missing tasty, inexpensive meals because housewives do not know the scores of ways in which soup can be used as an ingredient for other courses of a meal. Those rich, condensed soups can be used for everything from salad to dessert—if you only know the secret. Try these tasty surprises on your family:

Chicken a la King

1 small green pepper (diced)
2 level tablespoonfuls butter
2 cups cooked chicken (diced)
1 can condensed cream of mushroom soup mixed with ½-can water
¼ teaspoonful paprika

Fry diced pepper in the butter for one minute, add soup after carefully mixing with the one-half can water and paprika, then add chicken and simmer for 15 minutes. Sherry may be added (¾-tablespoonful) just before serving.

The above recipe will serve four people and should be served on toast or in patty shells.

Tomato Soup Cake

Two tablespoonfuls shortening, one teaspoonful soda, two cups flour, one teaspoonful cinnamon, one cup sugar, one can condensed tomato soup, one cup raisins, one-half teaspoonful cloves. Cream sugar and shortening in bowl, add soup with soda dissolved in it, sift flour, and add spices and raisins. Mix thoroughly and bake for one hour.

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RUM TUM DITTY

This recipe carries a strong name but it really means our good old friend "Tomato Rarebit." The ingredients are few and inexpensive, but the dish is a delightful one to serve at bridge parties or to a few friends whom you are particularly anxious to please.

Pour one can of condensed tomato soup as it comes from the can into a double boiler. When hot, add one pound of cheese cut in dice. Stir constantly until the cheese is thoroughly melted and well blended with the soup. Remove from the heat. Add one-fourth teaspoonful of paprika and one eggs lightly beaten. Stir well for a few minutes and serve hot on crackers or toast.

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CELERY PASTE SALAD

This is a very healthful salad. Take equal parts of tart apple and hearts of celery, and about half the quantity of green or red sweet pepper, and mince the whole finely. Make a paste from this mixture, combined with minced dates, raisins, cream cheese or even apple butter, and fill the grooves of celery stalks with the paste. Serve one filled stalk on a crisp lettuce leaf, to each person, adding a mound of home-made jelly on the side, if you wish.

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PEACH UPSIDE DOWN CAKE

1¼ cups sifted cake flour
1¼ teaspoons double-acting baking powder
¼ teaspoon salt
¾ cup granulated sugar
4 tablespoons softened butter or other shortening
1 eggs, well beaten
½ cup milk
1 teaspoon vanilla
4 tablespoons butter
½ cup brown sugar, firmly packed
2 cups sliced peaches (fresh or canned)

Sift flour once, measure, add baking powder, salt, and sugar, and sift together three times. Add butter. Combine egg, milk, and vanilla. Add to flour mixture, stirring until all flour is dampened; then beat vigorously 1 minute.

Melt 4 tablespoons butter in 8x8x2-inch pan or 8-inch skillet, over low flame. Add brown sugar (¼ teaspoon nutmeg may be mixed with brown sugar, if desired); stir until melted. On this arrange peach slices. Turn batter over contents of pan. Bake in moderate oven (350 degrees F.) 50 minutes, or until done. Loosen cake from sides of pan with spattula. Serve upside down on dish with peaches on top. Garnish with whipped cream, if desired.

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WASHING DAY HINTS

Use a strawberry basket or other shallow, light basket to hold your pegs on washing day. Pass the clothes-line through the handle of the basket, and when hanging clothes slide the basket containing the pegs to wherever you want it. Not only will this save a considerable amount of stooping, but your pegs will keep cleaner.

Woollen garments and underclothes will dry more quickly if, after hanging on the line, the legs and sleeves are stuffed with crumpled paper. The paper absorbs the water, and also prevents shinking by keeping the garments open.

When ironing soft collars, take an old serviette, starch well, and dry thoroughly. Place this on the ironing blanket and iron all the collars on it. This gives them quite a new appearance, and the collars will not crease quickly or soil easily.

When making starch, add a little borax; this gives a gloss to articles when ironed. After the starch is made, stir in a little cold water: this will prevent the formation of skin on the top.

When washing new socks or woollens of any description, add a few drops of olive oil to the final rinsing water. This makes them delightfully soft and comfortable to wear, and helps to prevent shrinking.

Race Winners Triumphal Parade In Melbourne

The City of Melbourne cheers the fliers in the London-to-Melbourne Air Derby in their procession through the streets. Scott and Black, winners of the speed race, are in the leading car. The Netherlanders, Parmentier and Moll, and the Americans, Turner and Pangborn, follow in the scene.

There is Always Beauty In Careful "Grooming"

Young Girls Should Look Fresh and Older Women Should be Immaculate in All Details

To treasure the present and enjoy its gifts in season is the secret of success in living.

To one and all of us it has been written: "Do not miss the flowers at your feet by looking over the distance."

If we are wise we will take heed of it. The young girl will not waste her youth in striving to possess the charm that belong to later years.

The older woman will not spoil all the good that remains by repining for things that have vanished. Both will turn their attention to what is happening now and make the most of it.

Guard Your Looks

If you are young guard your looks. Do those things that make for health. Sensible feeding, plenty of fresh fruit and salads, deep breathing—just a few long breaths in front of an open window each morning—as much fresh air as possible and exercise. It is easier to keep the body slim and in good fettle than to refashion it once it has gotten out of condition.

Take care of your skin. It is so very simple. A young skin does not need much in the way of cosmetics. Thorough cleansing with a refined soap and water, or, if the skin is dry with cream, followed by a nourishing skin food, is all that is necessary.

Do not let the fact that you skin is clear and radiant betray you into neglecting either of these essentials.

It may be tempting when you are tired to drop into bed without properly cleansing the face. But do not give way to it, for this it is that clogs the skin and results in open pores a little later on. A little nourishing cream massaged gently in will keep the skin smooth and prevent lines from developing. Always massage up and out with a rotary movement.

The Older Woman

The older woman will have to give more thought to her appearance. She must replace the gay inconsequence of youth, its untouched freshness, with the more subtle attractions that have heir root and being in good grooming. Just as her clothes must be better cut, more carefully considered so must her looks have more thoughtful attention.

To the cleansing cream, and skin food must be added a good tonic to tone the skin. This should be patted in immediately after cleansing. If the muscles show signs of sagging an astringent should be used to brace them up.

These astringents are made in the varying strengths, and are wonderfully refreshing and invigorating. Bleaching creams and face packs are both useful for improving a skin that is looking lifeless.

Foundation creams are rarely necessary for the young girl but as one grows older they are excellent for giving a smooth and finished appearance. They should be chosen with care, and the woman whose skin is inclined to be dry will do well to select one with a slightly oily base. This not only goes on to better advantage but definitely helps to prevent wrinkles.

An occasional visit to a beauty salon for a face treatment is advisable for the woman who wants to look her best.

People are under the impresson that these treatments are expensive, but this is by no means always the case, and they are well worth the money spent on them. For apart from the good they do at the time, they assist one in caring for the skin at home.

Hair is something else which should be given extra care as one grows older. The careless coiffure permissible to youth is unbecoming in later years. Color may made but this is unimportant, if the hair is brushed to a sheen and immaculately dressed.

Grey hair in particular can look wonderfully distinguished if it is well set and worn with dignity. Make up should be chosen to go with it and there are ranges of colors specially designed for its enhancement.

It is by paying attention to small details such as these that the older woman achieves the poise that comes in the place of youth. When she can no longer be young she can always be "soignee."

For Pedestrians

Says the New York Sun in the effort to arouse pedestrians to the possibility of safety in the streets, the police yesterday affixed to a number of lamp posts and similar standards conspicuous posters on which were plainly printed two appeals: "Stop Saving Seconds and Save Lives. Cross at Crossing." "Stop Saving Seconds and Save Lives. Cross With Green Light."

Urges Women To Take Up Public Work

Urging women to take up public work, Dame Beatrix Lyall told the National Women's Citizens Association, of London England, at a luncheon that the Care Committees of England are 2,500 workers short of the number needed. She was appalled, she said, when she thought of all the women who sat about in hotels and in boarding houses doing their best to kill time.

Sunday School Lesson

LESSON XIII. — December 30
TESTS OF A CHRISTIAN—
1 John 5 : 1-12.

Golden Text—Whosoever believeth that Jesus is the Christ is begotten of God: and whosoever loveth him that begat oveth him also that is begotten of him. 1 John 5 : 1.

THE LESSON IN ITS SETTING

Time—St. John, who was probably the youngest of the apostles, outlived them all, his life extending to beyond ninety years and closing near the end of the first century. This letter was probably written near the end of his long life, perhaps A.D. 90.

Place—Ephesus, John being the head of the church in that leading city of Asia Minor.

"Whosoever believeth that Jesus is the Christ is begotten of God." This thought is found in I John 4 : 2,7; John 1 : 12, 13; 14 : 1, 9, 10; 15 : 23. Born of God" is one of John's favorite thoughts. It means that one's spirit springs from God's Spirit, that one is the son of God, loving him and obeying him as a true son would "And whosoever loveth him that begat loveth him also that is begotten of him." Love to God and love to man are inseparable.

"Hereby we know that we love God and do his commandments." Whenever our love to God is clear, and issues in active obedience to his will, we know by this that our love to his children is real.

"For this is the love of God, that we keep his commandments." We find this true in our human relationships. If a child does not obey his parents, we are sure that he does not love them. "And his commandments are are not grievous." John is laying down no difficult rule; he is only stating the natural, the inevitable outcome of true love and true obedience, which is joy.

"For whatsoever is begotten of God overcometh the world." Victory is promised to the church universal. All that is born of God conquereth the world. "And this is the victory that hath overcome the world, even our faith." This is one of the greatest sentences in the Bible. Our faith must mean everything to us, if it is to be victorious.

"And who is he that overcometh the world, but he that believeth that Jesus is the Son of God?" The world, the flesh, and the devil are too much for any man. But if we have faith in Jesus Christ, and are linked with him, and Christ is formed in us, the hope of glory—then it is we get the victory over every enemy.

"This is he that came by water and blood, even Jesus Christ." There may be a reference here to the blood and water which flowed from Christ's side when it was pierced by the spear after his death on the Cross (John 19 : 34), but the simplest interpretation is that which refers water to the baptism of water to which he himself submitted. "Not with (margin, in) the water only, but with (in) the water and with (in) the blood. The water signifies righteousness, whether the reference be to Christ's baptism or to the pierced side or to Christian baptism.

"And it is the Spirit that beareth witness, because the Spirit is the truth." The idea of witnessing is characteristic of St. John. You may count almost eighty instances of it in his writings.

"For there are three who bear witness, the Spirit, and the water, and the blood: and the three agree in one." By the very constitution of our minds we perceive the demand for unity in God. Apart from this there can be no universe, no rational life at all.

"If we receive the witness of men, the witness of God is greater." Human witness is constantly accepted, in law courts and in common conversation, as establishing facts. All science is built upon human witness. All commerce is founded upon a general belief in human integrity. The witness of men is received. Any message that clearly comes from God is to be accepted by us with a readiness infinitely greater than in the case of mere human testimony. "For the witness of God is this, that he hath borne witness concerning his Son." The entire Bible, in all its sixty-six Books, bears evidence concerning Jesus Christ. Human experience, in all the ups and downs of history, is testimony to the Son of God.

"He that believeth on the Son of God hath the witness in him." All that God is is revealed in the man God-born, God-possessed, Good-indwelt. "He that believeth not God hath made him a liar; because he hath not believed in the witness that God hath borne concerning his Son." The enormous insult to God that is the sin of every infidel is here plainly set forth. The infidel must believe, either that God did not send his Son into the world, when he has given us such manifold evidence that he did; or that Jesus Christ was not the Son of God, when all the evidence relates to and terminates upon him; or that he sent his Son to deceive the world, and to lead it into error and misery.

"And the witness is this, that God gave unto us eternal life, and this life is in his Son." John began this letter with a strong statement that he had himself known this Eternal Life, which was manifested in the Son of God (1 John 1 : 2); and he had heard Christ say with equal emphasis, As the Father hath life in himself, even so gave he the Son also to have life in himself, (John 5 : 26).

"He that hath the Son hath the life." The life of which John has been speaking eternal life, life in Christ, the only kind of life worth mentioning. "He that hath not the Son of God hath not the life." The converse of what John has just said, but a converse very necessary to be noted. If your life is fruitless and dead, if it lacks joy and abounding vitality, there is only one reason; it lacks Jesus Christ.

Because there is a demand for wool and because there is pasturage for two milion sheep in Austria, Austrians are being begged by Government to eat mutton, which they despise; it is considered a luxury in Portugal and a delicacy in Italy.

During the Irish potato famine, thousands of people starved to death rather than eat the maize poured in from America. All over the world you will find the same queer antipathies to wholesome but unaccustomed food. In the Southern United States not even a Negro will eat rabbit. In Scotland hares are so little thought of that in Dundee and other big cities blue hares sell during the season at 12c and 18c apiece the same animals fetch 60c or 75c in London.

LOYALTY

Walking down Whitehall, a young woman was addressed by a young German, who, raising his arm in salute, said: "Heil Hitler! Vestminster Abbey, vere is he?"

The reply was prompt: "God save the King! It is around the corner."
—Montreal Star.

MUTT AND JEFF— By BUD FISHER