Woman's World

By Mair M. Morgan

UNEXPECTED VISITORS

The housewife with a good recipe for that old-fashioned dainty, nut loaf, is always ready for unexpected visitors who may drop in for a cup of tea—not to mention the popularity of nut-bread sandwiches for the school lunch box. Here is a nut loaf recipe upon which you can rely.

Old-fashioned Nut Loaf

2 cups sifted cake flour
2 teaspoons double-acting baking powder
½ teaspoon salt
2-3 cup butter or other shortening
1 cup sugar
3 eggs, unbeaten
1 cup finely cut nut meats
6 tablespoons milk
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add nuts and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased loaf pan, 8x4x3 inches, in moderate oven (350 degrees F.) 1 hour and 15 minutes, or until done.

FRUITED BRAN BREADS

By Betty Barclay

It is very popular at present to serve fruited bread, not only when guests are present, but when the family dines alone.

Fruited bran breads may be prepared at home and will always get a hearty reception. Furthermore, in serving them the housewife has the satisfaction of knowing that she is following the dictates of good health as well as appealing to the palate. Bran is one of the most valuable of the "bulk" foods, and sufficient "bulk" in our diets is something we require if we are to keep our systems in good running order.

Bran Fig Honey Bread

1 egg
¼ cup brown sugar
½ cup honey
1 tablespoon melted shortening
1 cup bran
2½ cups flour
¾ teaspoon soda
2 teaspoons baking powder
1 teaspoon salt
½ cup chopped pecans
1 cup chopped figs
1½ cups milk

Beat egg, add sugar, honey and melted shortening. Mix well. Add bran. Sift flour with soda, baking powder and salt. Add pecans and figs to flour mixture. Add dry ingredients alternately with milk. Bake in greased loaf tin in a moderate oven (375 degrees F.) for 1 hour and 15 minutes. Provides 1 large loaf.

Bran Prune Bread

1 cup bran
1 cup sour milk
½ cup prunes (soaked several hours, stoned, drained and chopped)
1 tablespoon molasses
½ cup sugar
1 cup flour
½ teaspoon soda
1 teaspoon baking powder
¼ teaspoon salt

Mix together the bran, sour milk, prunes and molasses. Add the sugar, then the flour which has been sifted with the soda, baking powder and salt. Put the batter into a greased can. Cover tightly and steam for 3 hours.

Yield: 1 loaf. 8 servings.

COOKING HINTS

Here's an idea that comes directly from one of the most famous kitchens in New York.

To give a new and different keenness of flavor to your meats whenever you baste them, use ½ water and ½ pineapple juice. Be sure to use the natural unsweetened juice—not the syrup in which ripe pineapples are packed.

The pineapple juice has the ability to intensify the flavors of meat, to bring out their meaty richness. Try it next time. You'll find that there is a distinct improvement and added relish to the flavor.

In the Hawaiian Islands many hostesses and chefs are adding 1-3 pineapple juice to 2-3 water for cooking all vegetables. There is no taste of pineapple juice in the cooked vegetable, but there is an added tenderness, and added zest that often "makes" the dinner.

Stuffing for Duck, Goose or Pork

4 large apples
2 cups stale bread crumbs
1 teaspoon powdered sage
1 teaspoon salt
¼ teaspoon paprika
Grated rind of half a lemon
1 cup Hawaiian pineapple juice

Peel, core and chop finely the apples. Blend with the bread crumbs and seasonings, moisten with the pineapple juice and use it to fill the cavity from which the bone has been taken from a shoulder of pork, or to stuff a bird for roasting. This stuffiing is sufficient for 1 bird. Divide in half for small pork roast.

Chocolate Marshmallow Surprise

1 pkg. powder for making chocolate junket
1 pint milk
1 cup confectioner's sugar
¼ pound marshmallows
¼ cup boiling water

Prepare powder for chocolate junket according to directions on package. Chill in refrigerator. Cut marshmallows in pieces and melt in double boiler. Dissolve sugar in boiling water, add to marshmallows, and stir until thoroughly blended. Turn into a bowl and cool. Just before serving, put topping on chocolate junket.

EMERGENCY DESSERT

1 cup heavy cream
Powdered sugar
Vanilla
18 macaroons
6 maraschino cherries

Whip a cup of cream until stiff, sweeten with powdered sugar and flavor slightly with vanilla. Stir in six macaroons broken in small pieces, but not powdered. Pile in sherbet glasses with a border of the whole macaroons and decorate with marshmallows or maraschino cherries.

LIMA BEAN DELICACY

Few realize that the little lima bean is one of our most valuable alkaline-reaction foods. Furthermore many women do not appreciate the unusual and tasty dishes that may be prepared with Limas as one of the chief ingredients. Try the following and be convinced.

Lima Salad

1 cup cooked, dried Liams
2 tablespoons minced onion
½ cup diced, cooked beets
2 tablespoons finely chopped parsley
¼ cup French dressing
1 teaspoon Worcestershire sauce

Mix ingredients and chill before serving. Arrange on lettuce.

SCONES FROM BONNY SCOTLAND

America is the land of the hot breads, but in one or two instances they have gone across the water for their inspiration. To bonny Scotland they owe their recipe for scones. This particular recipe for scones, however, might be called Scotch-American, for it is made with cake flour 27 times finer than ordinary flour, which helps to make Lemon Cream Scones so ready to "melt in the mouth."

Lemon Cream Scones

2 cups sifted cake flour
2 teaspoons doubleacting baking powder
½ teaspoon salt
2 teaspoons sugar
4 tablespoons butter or other shortening
1 teaspoon grated lemon rind
2 eggs
1-3 cup light cream
3 tablespoons sugar
½ teaspoon grated lemon rind

LIGHT COLORS BRIGHTEN THE DARK MONTHS

LEFT—This powder blue negligee of heavy crepe has, for its chief feature, a huge pleated organza jabot, and the deep cut of the sleeves give it that comfortable lounging look. Garbo commends the long, narrow sash as it is attached three-quarters of the way around, eliminating the usual scrambled search for stray belts.

CENTER—Dove-grey blister crepe is the material of which this enchanting exotic frock is fashioned. The belt consists of large, silver squares fastened with a carved jade buckle and the medallion ornaments are of jade and silver. The hat, inspired by those worn by Chinese mandarins, is formed of row after row of gray silk cording. The ornament on the crown is of silver and jade. An ideal outfit for informal theatre-partying.

RIGHT—This raglan shouldered sport coat is of light beige with a huge navy taffeta scarf—polka-dotted. The shoes match the coat; the gloves are navy and so, too, is the unusual high-crowned pheasant-feathered hat, for the football game with the tea-dance following.

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening and lemon rind. Reserve about ½ of one egg white for glaze. Beat remaining eggs well and add cream; add to flour mixture, and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out on slightly floured board and knead 30 seconds. Roll ½ inch thick and cut in triangles. Place on ungreased baking sheet. Brush tops lightly with reserved egg white, slightly beaten; sprinkle with mixture of sugar and grated lemon rind. Bake in hot oven ,450 degrees F.) 12 minutes, or until browned. Makes 18 small scones. (Orange rind may be substituted for lemon rind in this recipe.)

CHEF TALK

Here's a cook's dictionary of words in culinary usage: Aspic: savory meat jelly. Bouqet Garni: herbs of different kinds usually put into a muslin bag to season stews, etc.; Bain-Marie: an open vessel with a loose bottom for hot water, to keep sauces, etc., very hot without reduction. Canadians call it a double boiler. Consomme; strong clear gravy obtained by stewing meat a long time. Also used to mean soup. Croquettes; mince of fish, fowl, or meat, seasoned, rolled in egg and breadcrumbs and fried crisp. Croustades: fried forms of bread tosted or fried, used as a garnish or dropped into soup just before serving . Chaudfroid, a cold entree or a sauce for masking cold meats. Caramel: sugar boiled with a little water to a deep brown, or burnt. Espagnole: a rich brown Spanish sauce. ,Flan: a French custard, or a fruit-open-tart with "jellied" juice. Fritter: fruit encased in batter and fried. Farce: a forcemeat or stuffing. Glaze: stock boiled down to jelly thickness, made brown, and used to improve appearance of cold boiled meats, tongues, etc. Lard: to fasten pieces of bacon over anything for basting purposes. Mask: to cover with any rich sauces or cream. Puree: anything reduced to pulp by cooking, and passed through a sieve.

SUNDAY SCHOOL LESSON

Lesson IV.—January 27. Peter's Denial. — Mark 14:12-72. Golden Text.—"Wherefore let him that thinketh he standeth take heed lest he fall."—1 Corinthians 10:12.

Time.—Thursday evening, April 6th, and early Friday morning, April 7th, A.D. 30.

Place.—Mark 14:12-31, in the Upper Room in Jerusalem, where the Last Supper was held; vs. 32-52, in the Garden of Gethsemane; vs. 53-65, variously from the Garden of Gethsemane, to Annas, to Caiaphas, and then to the Sanhedrin, all in the city of Jerusalem; vs. 66-72, in the court of the palace of the High Priest.

"And Jesus said unto them, All ye shall be offended." The verb means "to put a stumbling block or impediment in the way, upon which another may trip and fall." "For it is written, I will smite the shepherd, and the sheep shall be scattered abroad." The envy and hatred of Satan, the blind fury of the chief priests, the contempt of Herod, the guilty cowardice of Pilate, freely accomplished that death which God had before decreed for the salvationof of the world.

"Howbeit, after I am raised up." Christ never speaks of his coming death without at the same time predicting the certainty of His resurrection soon to follow. "I will go before you into Galilee." This very promise was repeated by an angel to the women who came to the tomb on the morning of the resurrection.

"But Peter said unto him." Although all shall be offended yet will not I. The very placing himself on a plane of loyalty and courageousness above his fellows was a sin and only prepared him for the great denial soon to take place. A haughty spirit is the prelude to a fall (Proverbs 16: 18).

"And Jesus saith unto him, Verily I say unto thee." This is the second time during the evening that the stubbornness of Peter has been dealt with so patiently, by the Lord Jesus. "That thou today, even this night." Christ sees not only far ahead, but deeply into men's hearts. "Before the cock crow twice, shalt deny me thrice." What detailed knowledge of the future Christ reveals in one single sentence!

"But he spake exceedingly vehemently. His self-confidence becomes increasingly manifest. "If I must die with thee, I will not deny thee. Rotherham translates: "If perchance it should be needful for me to die with thee, in no wise will I utterly deny thee."

"And Peter had followed him afar off". Peter, with the other disciples, had hastily fled from the scene of their Lord's arrest (v. 50), but he was "checked perhaps by the recollection of his boast" (H. B. Swete), and followed the party that was leading Christ up to the house of Caiaphas. "Even within, into the court of the high priest." The word here translated "court" derives from a verb meaning "to blow," and means, literally, a place open to the air. "And he was sitting with the officers." Probably members of the temple police (John 7. 32); Acts 5: 26). "And warming himself in the light of the fire."

"And as Peter was beneath in the court." Where he had no business being, where he was in reality attempting to hide his identity, where he had no idea of saying a word for his Lord, and where he would be severely tempted if his allegiance to Jesus was discovered. "There cometh one of the maids of the high priest." She was possibly on an errand, though the suggestion of Stalker that she had been relieved at her post by another maid may be true.

"And seeing Peter warming himself. The fire by which he was warming himself was at the same time that which revealed him to this maid. "She looked upon him". She gazed upon him intently; the longer she looked at him the more a certain conviction took hold upon her. "And saith, Thou also wast with the Nazarene, even Jesus.

"But he denied." This is exactly what he said he would never do (v. 31). "Saying, I neither know, nor understand what thou sayest." The eager repetition betrays the effort to hide embarrassment. "And he went out into the porch." Away from the fire that had revealed him, and away from the group that had heard the maid's accusation. "And the cock crew." Many of the most ancient manuscripts omit this phrase here.

"And the maid saw him." The same maid who had previously accused him of being a Nazarene. Possibly an errand had made it necessary for her to pass through the very vestibule where Peter was trying to hide. "And began again to say to them that stood by." She was not speaking to Peter, but to those about the fire. "This is one of them." One of those attached to the Nazarene, of whom they had been scornfully speaking.

"But he again denied it." Literally "he kept on denying." "And after a little while again they that stood by said to Peter, of a truth thou art one of them; for thou art a Galilaean." Peter has been talking, and his Galilaean accent has betrayed him. Nazareth was in Galilee, and thus the original accusation of the maid appeared the more plausible as Peter continued ocally to deny it.

"But he began to curse." The verb here used meant to bind one's self under a curse, or to declare something with direful imprecations, as though one were to say, "Let God punish me if what I am saying is not so." "And to swear." That is, to affirm, or promise with an oath. "I know not this man of whom ye speak." Previously he had denied being a follower of the Lord; now he doubly lies, declaring he never even knew him.

"And straightway the second time the cock crew." God often uses things in the natural world for accomplishing his purposes in the lives of men. "And Peter called to mind the word." That is the way God has made our minds—that we might remember his words, his kindnesses, his warnings, his promises, and thus be brought to repentance and obedience. "How that Jesus said unto him, Before the cock crow twice thou shalt deny me thrice. Christ could have known of Peter's imminent denial, and even have warned him of such a danger, without mentioning the cock-crowing. This was added because of Christ's love for Peter, and his purpose to bring out in his stubborn heart a true convictions and repentance of his sin. "And when he thought thereon, he wept. The last phrase has been interpreted in many different ways: all we can be sure of is that Peter was convulsed with grief.

No Inducement For Ontario Girls To Go Back To The Land

Edith Hartland, writing to the Toronto press asks why there are so few attractions offered to girls in Ontario to go "back-to-the-land."

"The facilities are lacking for training girls on similar lines to those which exist in England and North Wales. Macdonald College is wholly for domestic science," she says.

"To take a course in the agricultural departments, a student must face the possibility of being in the minority amongst the men in the Ontario Agricultural College. She therefore commences with a disadvantage. She will not have the chance to work with her own sex. Neither will she be enabled to share leisure periods with other women.'

MUTT AND JEFF— By BUD FISHER