Woman's World

By Mair M. Morgan

EARLY TO BED

"All school girls should be in bed by 9:30," declares Miss C. A. Cross, B.A., headmistress of East Ham (England) Grammar School for Girls, who is retiring after more than 20 years' education service in East Ham. She is perturbed at the "increasing distaste" for homework, and for real concentrated effort in school hours.

Miss Cross suggests to parents that there are three causes: The lure of pictures and other amusements which keep the schoolgirl occupied long after she should be in bed; increasing use of Sunday as a day for outings which sends her to school on Monday morning too tired to take a real interest in her work, and continuous sound of radio and gramophone, which engenders the habit of hearing without a corresponding mental effort.

Whether or not you agree that homework should be necessary you must acquiesce in the premise that no child should be expected to concentrate on his lessons when there are so many outside distractions. Good students know that they must have quiet if they are to grasp and remember the salient points a knowledge of which will enable them to shine in class. Parents who scold their children for not coming high in the list of good scholars should ask themselves if they have done all they could to help the youngsters by at least giving them a quiet place to study.

RUSH HOUR LUNCH

How to get enough nourishment into the child in the few minutes he is home from school for luncheon is a real problem. The meal must be satisfying without being a tax on the digestion. And it must be easy to eat quickly. A milk dessert fills all these requirements and gives the needed nourishment in a most wholesome form. Here are some easy-to-make, inexpensive desserts of this sort, warranted to appeal to the youthful taste.

Orange Meringue Custard

1 1-3 cups (1 can) sweetened condensed milk
3 oranges
3 eggs
3 tablespoons granulated sugar.

Blend sweetened condensed milk with diced pulp and juice of oranges. Add well-beaten egg yolks. Pour into buttered baking dish. Cover top with meringue made from stiffly-beaten egg whites and sugar. Bake 15 minutes, or until meringue is brown, in a moderately slow oven (325 degrees F.). Serves six.

Bakeless Pudding

1 1-3 cups (1 can) sweetened condensed milk
Juice of 1 lemon
1¼ cups graham cracker crumbs
2 eggs.

Blend together sweetened condensed milk, lemon juice and well-beaten egg. Stir until thick. Add graham cracker crumbs. Place in sherbet glasses. May be garnished with whipped cream and nut meats. Serves six.

WHEN THE YOUNGSTERS BRING HOME FRIENDS

When the children come home from school, bringing friends with them, the housewife's skill and time are taxed to keep an adequate supply of food on hand

Here are cookies as nourishing as they are tempting—spicy, fruity. And the cake is one of those delicious fruit loaves that would improve with age if you could manage to keep any of it for more than a few days.

Refrigerator Fruit Cookies

1 (9 oz.) package dry mince meat and ½ cup water, boiled almost dry
1-3 cup butter or shortening
1 cup sugar
1 egg
3 cups flour
3 teaspoons baking powder
½ teaspoon salt
¼ cup milk

Break mince meat into pieces, add cold water, place over heat and stir until all lumps are thoroughly broken up. Bring to a brisk boil; continue boiling for three minutes, or until mixture is practically dry. Allow to cool. Cream shortening and sugar. Add egg and beat vigorously. Sift flour once, measure, add baking powder and salt and sift again. Add dry ingredients alternately with milk to first mixture. Blend thoroughly. Fold in cooled mince meat. Chill dough four hours. Roll to ¼ inch thickness on slightly floured board. Cut with cookie cutter. Bake on buttered sheet about 12 minutes in hot oven (400 degrees F.). Makes 3 dozen cookies.

Pork Cake

1 (9 oz.) package dry mince meat and ½ cup water boiled almost dry
½ pound fat salt pork
½ cup sugar
½ cup molasses
2¼ cups flour
½ teaspoon soda
1 teaspoon cream of tartar
½ cup hot water
¼ pound citron, finely chopped

Break mince meat into pieces. Add cold water. Place over heat and stir until all lumps are thoroughly broken up. Bring to brisk boil. Contine boiling for three minutes, or until mixture is practically dry. Allow to cool. Cut salt pork into small cakes, fry at moderate heat until light brown and crisp, stirring frequently. Strain fat and cool. Cream pork fat with sugar. Add molasses, blending thoroughly. Sift flour once, measure, add soda and cream of tartar and sift again. Fold in citron and cooled mince meat. Pour into greased loaf pan (4 by 8 by 2½ inches). Bake 1½ hours in slow oven (300 degrees F.).

STUFFED HAM ROLL

Slice of ham ¼-inch thick, cut from center of ham
2 cups moistened bread crumbs
1 tablespoon minced parsley
1 cup tomato juice

Spread bread crumbs over ham; sprinkle parsley over it. Roll up and tie. Pour over tomato juice, adding a little hot water. Place in baking pan, basting occasionally during the two hours usually required for the baking process.

SWISS STEAK

2 pounds round or sirloin steak cut 2 inches thick
½ cup flour, salt and pepper mixed
¼ cup ham or bacon drippings
Few slices onion
½ green pepper, chopped fine
2 cups boiling water or 1 cup water and 1 cup strained tomatoes

Pound flour into meat with wooden potato masher or edge of heavy plate. Heat the fat. Brown the meat on each side in it. Add onion, green pepper, boiling water and tomato. Cover closely. Simmer two hours. This may be cooked in a casserole in the oven. Other vegetables may be added if desired.

HOME-MADE ECLAIR

Amid all the new arrivals in recipe books, the popularity of the old-fashioned chocolate eclair remains undimmed by the years. This Sunday dessert favorite of our childhood is a dessert favorite today—a golden brown crisp shell that melts in the mouth, filled with a luscious, creamy chocolate filling. Here it is—another triumph of home-made goodness.

Chocolate Eclairs

1 cup sifted cake flour
1-3 cup butter or other shortening
1 cup boiling water
3 eggs, unbeaten

Sift flour once; measure. Melt shortening in water. Stir flour into rapidly boiling water. Cook and stir constantly until mixture leaves sides of pan in smooth, compact mass. Remove at once from fire. Add eggs, one at a time, beating only until smooth (20 to 40 seconds) after each. Shape on ungreased baking sheet, using pastry bag or two teaspoons to make strips 5x1 inches. Bake in hot oven (450 degrees F.) 20 minutes; then reduce heat to moderate (350 degrees F.) and bake 25 minutes longer. With sharp knife make slit in one side: insert Creamy Chocolate Filling. Cover eclairs, if desired, with your favorite chocolate frosting. Makes 12.

Creamy Chocolate Filling

3 squares unsweetened chocolate
2 cups milk
¾ cup sugar
4 tablespoons cake flour
½ teaspoon salt
2 egg yolks, slightly beaten
1 tablespoon butter
1 teaspoon vanilla

Add chocolate to milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Combine sugar, flour, and salt; add gradually to chocolate mixture and cook until thickened, stirring constantly; then continue cooking 10 minutes, stirring occasionally. Pour small amount of mixture over egg yolks, stirring vigorously; return to double boiler and cook 2 minutes longer, stirring constantly. Remove from boiling water; add butter and vanilla, and cool. Makes 2½ cups filling.

GINGER PUDDING

Good with lemon sauce.

½ cup white sugar
2 cups flour
¾ teaspoonful baking soda
2 teaspoonfuls baking powder
1 cup bread crumbs
1 teaspoonful salt
1 cup shortening
1½ cup raisins
½ cup nuts (may be omitted)
2 teaspoonsful ginger
1 cup sour milk
1 cup molasses

Steam 2 to 3 hours. Serves 6.

Window Seats For Gardens Indoors

Ample Room Even For The Larger Types Of Plants

Flower lovers who seriously develop the possibilities of window seats in their homes, can have indoor gardens almost as satisfying as large ones out-of-doors.

No better location can be found in the house for plants than the window seat. Usually there is ample room even for large specimens. Naturally in watering and caring for plants there is likely to be an occasional overflow of water or spilling of soil. A window seat finished in wood inevitably will become marred and water marked. Therefore, a surface of some waterproof material like tile is far more satisfactory. It will stand abuse and will clean easily. Interesting colors and patterns may also be employed.

When choosing house plants one may, of course, include subjects like aspidistra, palms, rubber plants, holly fern, anthericum, or Saint Bernard lily, dracaenas and pandanus or screw pine, which will endure much abuse, as will the now popular sanseveria, which is often called "lucky plant."

The average individual will have no trouble with other plants like the Japanese rubber tree. Crassula arborescens, and the night blooming cerus, except that they have certain peculiarities. The crassula, for example, has a tendency to produce drooping branches quite different from the bushy tree-like habit that is to be preferred. This may be the result of growing the plant in too large a pot, overwatering or overfeeding. Stocky growth is not encouraged, either, but putting the plant in a dark corner. Since the plant is succulent it does not need a great amount of water in the winter months. One should always grow it in a pot that appears too small.

"No woman ever acquired charm by means of concentrated attention upon the subject of herself."—Emily Post.

Soothe Wild Waves

Father Neptune's weary old eyes brightened when he took an advance peep at what will be worn at his beaches this summer. These bathing beauties, each wearing a different type of swim suit, banded together to show the contrasts in their various cost umes. Any one of them will be perfectly proper.

SUNDAY SCHOOL LESSON

LESSON VIII., February 24.—Peter Heals a Lame Man.—Acts 3: 1-10; 4: 8-12. GOLDEN TEXT.— Then Peter said, Silver and gold have I none, but such as I have give I thee. Acts 3: 6a.

THE LESSON IN ITS SETTING.

Time.—Various periods within the year A.D. 30 or 31.

Place.—The city of Jerusalem.

"Now Peter and John." It would prove interesting to make a list of all the occasions in the Gospel records where these, the two greatest of the Twelve, appeared together. "Were going up into the temple." While earnestly laboring for the spread of Christ's teaching, they did not cast off regard for that schoolmaster which had been appointed to bring men to Christ. "At the hour of prayer." From Scripture we know that the ordinary services of the sanctuary consisted of the morning and evening sacrifices. "Being the ninth hour." The other events recorded in the New Testament as occurring at this particular hour are significant (Matt. 27: 45, 46; Acts 10: 3, 30). Peter and John were not so transported by special ecstacies as to forget their daily and customary engagements with God.

"And a certain man that was lame from his mother's womb was carried." The lame are often referred to in the Gospels, as a general class (e.g., Matt. 11: 5; 15: 30, 31; 21: 14), but this is the only one who is specifically spoken of. "Whom they laid daily at the door of the temple." The place where help may be most confidently expected by humanity in need is where God is worshipped. "Which is called Beautiful." Tradition does not help in identifying the exact location of this particular Temple gate. It is believed to be however, "the Corinthian Gate," which is identical with the Nicanor Gate, on the east side of the Temple precincts. Its doors, and other parts were of Corinthian brass (or bronze) probably solid, being shut with difficulty by twenty men. "To ask alms of them that entered the temple." Even today, in the Orient, the same class of people are found gathered about places of worship.

"Who, seeing Peter and John about to go into the temple, asked to receive an alms." He mechanically wailed out his formula, apparently scarcely looking at the two strangers, nor expecting a response.

"And Peter, fastening his eyes upon him." The verb derives from a root meaning "stretched," and indicates an intensive gaze. "With John, said, Look on us." The comment on this verse by John Calvin is profound: Peter doth not thus speak before he be certain of the purpose and intent of God. And surely in these words he commandeth him to hope for some singular and unwonted benefit.

"And he gave heed unto them, expecting to receive something from them." Expectation and receptivity were being stirred in him, though he could not divine what was coming.

"But Peter said, Silver and gold have I none." It is perfectly evident that having all things common had not enriched Peter and John. "But what I have, that give I thee. The man who uttered those words was a man who lived in the positive rather than in the negative mood. "In the name of Jesus Christ of Nazareth, walk." Pentecost had not changed the fact which Jesus had declared to his disciples a few months previous, Without me ye can do nothing.

"And he took him by the right hand, and immediately his feet and and his ankle-bones received strength. The words in the original are found nowhere else in the New Testament. They are of a technical character, and their use, together with the other features of exact description of the cripple's case, indicate that we have before us the language of the physician (Col. 4: 14).

"And leaping up, he stood, and began to walk." There is no hesitation in the man's manner; he does not question the power, but obeys at once. "And he entered with them into the temple, walking, and leaping and praising God."

"And all the people saw him walking and praising God." Certainly we are to proclaim publicly the wonderful things God has done for us.

"And they took knowledge of him, that it was he that sat for alms at the Beautiful Gate of the temple." His previous affliction now gives added weight to his present soundness of body. When one is converted, it is those who knew our previous life of wickedness or godlessness who are likely to be most impressed. "And they were filled with wonder and amazement." The latter of these two nouns is a translation of the Greek word ekstasis, from which comes our word ecstasy, and is defined by Thayer as meaning "the state of one who, either owing to the importance or novelty of an event, is thrown into a state of blended fear and wonder. "At that which had happened unto him."

Finally, as a consequence of this miracle, a great multitude of Jews, as would be exected, crowded together to learn more of what had been rumored about, in Solomon's Porch, which "derived its name from Solomon, and was (possibly) the only remnant of his temple. It was situated on the eastern side of the temple, and so was sometimes called the Eastern Cloister, and from its position it was a favorite resort.

"Then, Peter, filled with the Holy Spirit, said unto them." Peter, "filled with the Holy Ghost," was a man of war, a mighty captain, a soldier not to be put down; clothed with heavenly panoply, eloquent with heaven's thunder, gracious with heaven's love. "Ye rulers of the people, and elders. If we this day are examined." The Greek verb here means "to investigate, inquire into, scrutinize, sift, question." "Concerning a good deed done to an impotent man. Cutting straight through their sophistry, and coming at once to the real question involved. "By what means this man is made whole." The healed man is thought of as present, although nothing is said of his summons. There is no dispute about the reality of the lame man's recovery.

"Be it known unto you all, and to all the people of Israel." The apostle's speech would no doubt be known throughout Judaism as quickly as news in those days could be carried. "That in the name of Jesus Christ of Nazareth, whom ye crucified. Such a statement as this settles forever any arguments now becoming quite common with some Jewish scholars and rabbis, attempting to exonerate the Jewish nation from guilt in the death of their Messiah. "Whom God raised from the dead, even in him doth this man stand here before you whole."

"He is the stone which was set at nought of you the builders, which was made the head of the corner." The council are fitly called the builders, for on them depended the whole religious and civil government of the people. St. Peter, with his mind now enlightened to apply the Scriptures, uses the words of the Psalmist (118: 22) as spoken prophetically of Christ. Christ had already (Matt. 21: 42) applied these words to himself and to the way in which he was being rejected of the Jews, in the close of one of his parables which the Pharisees felt had been spoken against them.

"And in none other is there salvation: for neither is there any other name under heaven, that is given among men, wherein we must be saved." The original question was not one of salvation, it was merely a question of healing a lame man. But let an apostle heal a man's ankle-bones, and from those ankle-bones he swings clear off to Christ's world-saving Cross. Sometimes we find it difficult to move from our Old Testament text to our New Testament gospel; the Apostles never experienced such a difficulty. See how grandly Peter stands above the occasion! He was not a mere healer of ankle-bones; he was, in the Almightiness of God, a healer of souls.

MUTT AND JEFF— By BUD FISHER