Woman's World

By Mair M. Morgan

A FRUIT CUP, A SALAD, A BEVERAGE AND A DESSERT

When next you market, buy more oranges than usual. Try one or more of these unusual recipes!

1935 *Fruit Cup*

(Serves 6-8)

Peel oranges, removing skin down to juicy pulp. Cut out segments free from membrane. Combine: 1 cup orange segments, ¾ cup orange juice, 1 cup long slender pieces of red-skinned apple (unpeeled), ½ cup shredded dates, 2 tablespoons each of lemon juice and sugar. Serve very cold for appetizer or dessert.

Winter Rose Salad

(Serves 1)

On individual salad plates arrange a wreath of curly endive or lettuce hearts. Center plate with a small mold of cranberry jelly. Circle jelly mold with a double row of orange half slices or segments arranged to simulate a rose. Serve with a sweet Frenrh dressing.

Orange Fizz

(Serves 1)

1 egg
¾ sup orange juice
2 teaspoons sugar

Beat egg white stiff. Beat in yolk and orange juice in which sugar has been dissolved. Serve in a large glass with ice to chill if desired. The egg makes this drink nourishing and gives it a delightful fluffiness that makes it a favorite rival with children for the drug store soda drinks. It is excellent for a breakfast drink or for mid-meal serving.

Variation: Mash a banana and beat into the egg white meringue before adding the orange juice.

Baked Apple Supreme

(Serves 6)

6 baking apples
Seedles raisins
¼ cup orange juice
2 tablespoons sugar
Orange slices
Sugar
Water
Quick-cooking tapioca

Core apples, leaving cavity at stem end. Stuff cavities with raisins. Add sugar to orange juice and fill any remaining space in cavities with this. Cover cavities each with orange slice dipped in sugar. Add enough water to remaining sugar and orange juice mixture to fill pan halfway. Add 2 tablespoons quick-cooking tapioca to each cup water used, putting bits of orange slices also between apples in pan. Make a very pretty garnish for the apples and adds a delightful flavor.

Lemon slices and lemon juice may be used in place of orange, in which case more sugar will be needed.

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FLAVOROUS MEAT DISHES

There are tricks in all trades — particularly in cooking. One woman can serve fish or meat that fairly melts in the mouth. Another, with just as much effort, prepares a dish that is—well, "ordinary" is as far as one can go. A touch of sugar improves many a meat dish by accentuating the flavor, without actually sweetening the food. Try these recipes and you will quickly note the "difference."

Baked Ham

1 slice raw ham 1 inch thick
1 tablespoon flour
2 tablespoons brown sugar
1 teaspoon mixed mustard
Milk

Mix together the sugar, flour and mustard. Rub well into both sides of the ham. Lay in a shallow baking dish. Pour in enough milk to cover the ham. Bake in a moderate oven for thirty minutes or until ham is tender and thoroughly cooking if needed.

Beef Texas Style

Cut cold roast beef in thin, uniform slices and reheat in a sauce made as follows:

1 onion
1 tablespoon butter
2 green peppers
1 cup canned tomatoes
1 tablespoon sauce
3 drops tobasco
1 teaspoon sugar
Salt and pepper

Slice onion and fry in butter until soft and yellow. Add finely chopped pepper and tomatoes. Simmer until thick. Add seasonings and meat. Cook until meat is hot. Serve garnished with small triangles of thin buttered toast.

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SAVORY MEALS

A friend of ours said to us recently:

One of the things I'm proudest of is that my family praise the most meals I serve the last few days of the month when I have to budget like the mischief to make ends meet and pay the bills. Perhaps it's because I put in so much time and thought to make up for the economy I have to practice.

"In the breakfast menu I suggest a cooked grain cereal because this type gives the most food value for the money. Extra large servings of the cereal are given, and it's eaten with cream.

"My luncheon menu with macaroni baked with tomato and cheese sauce as main course develops the flavor of bland foods as much as possible and includes some highly flavored foods. Vitamins and minerals are supplied in abundance and make up for any lack in this regard at breakfast.

Salisbury Steak Broil

"Salisbury steak is fancier than hamburger but uses the same round steak. To make it, put round steak through the food chopper twice. Season well, using 1 teaspoon salt and 1-8 teaspoon pepper to each pound of steak. Make into round, flat cakes and broil in a fine wire broiler under or over a clear flame. Salisbury steak is always broiled, never pan-fried like hamburger.

"Creamed potatoes are chosen in the dinner menu for the amount of milk they add to the dietary. Keep in mind that skimmed milk may be used to advantage in cooking where strict economy must be practised.

"Any vegetable of pronounced flavor may be used for the second vegetable. The carrots were selected because of their contrasting color and texture and also on accout of their cheapness. Browned parsnips, buttered yellow turnips "greens" such as spinach, kale or endive might well be used.

"The dinner dessert uses dried apples in place of resh fruit. It's such a good simple pudding that I think you will want the recipe."

Dried Apple Pudding

One cup dried apples, 1 cup molasses, 1 1-4 cups flour, 3 tablespoons shortening, 1 egg, 1 teaspoon cinnamon, 1-2 teaspoon cloves, 1-2 teaspoon salt.

Wash apples through several waters. Let stand over night in cold water to cover. In the morning cut in small pieces and simmer in water in which they were soaked until tender. Dissolve soda in molasses and add to stewed apples. Mix and sift flour, spices and salt and stir into first mixture. Add shortening and heat well. Add egg well beaten and turn into a well buttered baking dish. Bake forty-five minutes in a moderate oven. Serve warm with hard sauce or lemon sauce.

Cheese Turnovers

Heat together in a saucepan, without boiling, four tablespoons grated cheese, two beaten eggs, a tablespoon butter, salt and cayenne to taste. When the mixture thickens set it aside to cool.

Roll out thinly some pie paste, cut into rounds, place some of the mixture on each, fold over, moisten the edges and join, and bake in a hot oven.

HOME HINTS

Adding Salt to Starch

A handful of salt added to your starch gives your clothes a new texture.

Dry Salt and Fruit Stain

Sprinkle some dry salt immediately on a fruit stain and it will seldom become permanent.

Hair Brush

The bristles of the hair brush can be hardened by dipping them in a strong solution of hot water and alum.

Seasoning for Roast Meats

In seasoning meat, if one teaspoon of salt to the pound is used, it will be just right for the majority of tastes.

More About Vinegar

If the shells of eggs crack when they are being boiled a small quantity of vinegar added to the water will stop further breakage.

Combination Salad

Try using cooked or canned snap beans cooked carrots diced, and chopped onion or chopped celery. This combination will make a good salad.

Oilcloth

Preserving The Broom

Put a liberal quantity of salt in a pail of water and bring to a boil. Soak the broom in this solution about every two weeks and the straws will not become brittle.

Borax In Starch Gives Gloss

When making starch, add a little borax and 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.

Add Olive Oil

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

Drying Woolen Garments

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 any shrinking by keeping the garments open.

Ironing Soft Collars

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. his gives them quite a new appearance, and the collars will not crease quickly or soil easily.

TRICKS OF THE TRADE

Lucio, in the Manchester Guardian.

("There is a great deal too much propaganda going on."—Mr. Ramsay MacDonald.)

Note it in your memorandum,
Write it boldly on the page;
There is too much propaganda
In this pestilential age.
Lo! from Die-hards to Darwinians,
Each his eager cause promotes;
People push their foul opinions
Down their neighbor's peaceful throats.

Dearie me, it is annoying
For to see such goings-on—
Error's forces all deploying,
Simple truth so oft outshone!
If we could, by law, decrease
Would it not indeed be splendid
Propaganda, all intended
For misleading proper geese?

What we need is legislation
To reduce our growing shame,
And protect the British nation
From this soul-destroying game.
Still, if we by law could master
Propaganda's baleful aid,
Should not we have brought disaster
To the politician's trade?

Nonsense! Any politiciaan
Would not fear a point like that—
He could put the true position
Very clear and very flat.
Propaganda's vile occasion
Naught, of course, but sweet persuasion
Springs from Opposition aims—
Could emerge from Truthful James.

SUNDAY SCHOOL LESSON

LESSON IX., March 3.—PETER UNMASKS FALSEHOOD AND HYPOCRISY, Acts 5: 1-16; 8: 18-24. Golden Text: Wherefore, putting away falsehood, speak ye truth each one with his neighbor; for we are members one of another. Ephesians 4: 25.

THE LESSON IN ITS SETTING

Time—The events in the fifth chapter of Acts took place in the year 31 A.D.; those in the eighth chapter of Acts took place a year later.

Place—The fifth chapter of Acts records events, all of which took place in the city of Jerusalem; the events recorded in the eighth chapter of Acts are located principally in the city of Samaria.

"But". The passage which this word introduces is at once set in contrast to the preceding passage. At the close of the fourth chapter we have the record of Barnabas, a wealthy Cypriote, who had sold a field and brought the money, and laid it at the apostles' feet. Now we are to read of a related event in the early Church, similar in one way, tragically dissimilar in another. If only that little preposition but could be eliminated from our lives, and from the history of the Church of every age! "A certain man named Ananias. Not to be confused, of course, with another of the same name, appearing in Acts 9 : 10—17. "With Sapphira his wife." Her name is derived from that of the precious stone, sapphire. "Sold a possession." The word may signify either lands, or buildings, or any kind of property.

"And kept back part of the price." That is while at the same time they professed to be bringing the whole sum into the common fund. "His wife also being privy to it." A wife of strong, noble character could have been a tremendous help to Ananias in this hour of great temptation. "And brought a certain part, and laid it at the apostles' feet." A pious art, but prompted by wicked motives. God is not pleased with external rites, with mere words and gestures, as many men are; He loons into the heart of man, and judges his acts accordingly (2 Cor. 8 : 12; 9 : 7).

"But Peter said, Ananias, why hath Satan filled thy heart." One is at once reminded of the similar statement concerning Judas Iscariot (John 13 : 2). "To lie to the Holy Spirit." The Holy Spirit was the guide and source of power for the Church, and it was within the Church that his sin had been committed. "And to keep back part of the price of the land?" The sin commonly ascribed to Ananias and his wife is falsehood; but when the whole story, together with the probable motives of the transgression, is unfolded, it is found to involve a combination of numerous offences.

"While it remained, did it not remain thine own? and after it was sold, was it not in thy power?" The community of goods was not compulsory, it was permitted and encouraged because it sprang voluntarily from love to one's neighbor. This is the true glory of all Christian service: it is pure thanksgiving. "How is it that thou hast conceived this thing in thy heart?" The original is a translation of a Hebrew expression which is found in the prophet Haggai (1 : 5, 7; 2 : 18), and . . . implies long and deep deliberation on the part of this offender. "Thou hast not lied unto men, but unto God." It is not meant that he had not lied unto men, but that lying to men did not completely describe his sin.

"And Ananias hearing these words fell down and gave up the ghost." Terrible as this Divine judgment was, we cannot wonder that it should be inflicted, for it was so done to check that kind of offence which brought in all the troubles of the early Church, and which though they be not so punished now, when Christ's Church has obtained more firm hold on the world, yet would, if not terribly visited in these earlier days, have overthrown the whole work of the apostles. "And great fear came upon all that heard it." The same result occurred as Pentecost (Acts 2 : 43). Whatever may be said about fear, it is a divinely intended deterrent, especially for those who know the law of the Lord.

"And the young men arose and wrapped him round." They probably wrapped the body with the robe which Ananias had been wearing at the time. "And they carried him out, and buried him." It is not an infrequent custom even today in Jerusalem to bury within three or four hours after the person has died.

"Now when Simon saw that through the laying on of the apostles' hands the Holy Spirit was given." The word here translated saw would seem to point to some outward manifestation of the inward presence of the Spirit. "He offered them money." "Saying, Give me also this power, that on whomsoever I lay my hands, he may receive the Holy Spirit." Simon's whole attitude is that of a professional wizard convinced that strangers have at command magical powers of wonderful strength. He fancied that he could by money be instructed how to acquire, use, and impart, all in the way of trade, these powers.

"But Peter said unto him, Thy silver perish with thee, because thou hast thought to obtain the gift of God with money." The words are no curse or imprecation, as is evident from verse 22, but rather a vehement expression of horror on the part of Peter.

"Thou hast neither part nor lot in this matter: for they heart is not right before God." "Repent therefore of this thy wickedness, and pray the Lord, if perhaps the thought of thy heart shall be forgiven thee." Peter here neither forgives him for condemns him, but pleads with this hardened and blinded sinner to confess at once his sin before God and turn from it ere it be too late.

"For I see that thou art in the gall of bitterness and in the bond of iniquity." There is a double metaphor. The ancients considered that the gall of noxious reptiles was the source of their venom, and Peter warns Simon that unless repentance comes he will become worse and worse until he becomes all venom. The second represents Simon as a chain or band of iniquity, and perhaps means that not only will Simon become concentrated essence of evil, but that he will become so habituated to being it, that he will not be able to back away from it.

"And Simon answered and said, Pray ye for me to the Lord, that none of the things which ye have spoken come upon me." Simon shows by the character of his petition that he is not moved by a true spirit of repentance. He utters no word of sorrow for the evil of his thought, but only petitions that he may suffer no punishment. His entreaty may be compared with that oft-repeated petition of Pharaoh to Moses, Intreat the Lord for me, extorted by fear and followed by no change of conduct (Ex. 8 : 8, 28; 9 : 28; 10 : 17).

Caller: This poem was written by a lawyer. Has it any value?
Editor (glancing through it): About as much value as a legal opinion written by a poet.

Fashion Hints

In the new collection of hats for for spring, the following highlights are stressed:

Off-face silhouettes exceedingly important, often in flaring away but narrow forward movements.

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Sailors of many types, including Bretons, with new interest in trimmings and color accents.

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Shallow crowns which show a tendency toward width.

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Underbrim trimmings introducing color contrasts in two or three gay combinations.

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Forward crown line as developed by Louise Bourbon, who is well represented in this group.

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Cuff effects which have a bonnet suggestion.

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Bumper edge pill-boxes.

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Double brims.

Slim Smart Lines

Illustrated Dressmaking Lesson Furnished With Every Pattern

Here's a charming dress for anyone whose figure needs study for slender effect.

And isn't the way the collar finishes with a jabot frill, smart? It's especially nice for those who like the comfort and becomingness of an open V neck, yet dislike the bareness of a collarless model. Bulk that is apt to creep in about the hip area, will gain a slender appearance through the curved skirt seaming.

A black and white crepe silk print, as the original, will brighten your winter wardrobe at remarkably small cost. The trim is plain white.

Style No. 2699 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust.

Size 36 requires 3 1-2 yards of 39-inch material with 3-4 yard of 39-inch contrasting.

HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 15c in stamps or coin (coin preferred—wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

MUTT AND JEFF— By BUD FISHER