Woman's World

By Mair M. Morgan

RASPBERRIES ARE "IN"

"Giving the family the raspberry" is something every homemaker should indulge in at least once a year. But it takes on its original meaning these days when the rosy-toned berries have come on the market. They are fine berries this year, too, having had good rains in June to make them luscious.

Raspberries make delicious desserts and variations from the 'berries-and-cream theme give the cook a chance to serve more of the fresh fruit. Raspberry Fluff is nutritious and a perfect finish for a light lunch or cold plate summer dinner.

RASPBERRY FLUFF

1/3 cup quick-cooking tapioca
½ cup sugar
¼ teaspoon salt
1 or 2 egg yolks
4 cups milk
1 or two egg whites, stiffly beaten
1 teaspoon flavouring
I cup fresh raspberries
½ cup whipped cream

Combine quick-cooking tapioca, sugar, salt, egg yolk, and milk on top of double boiler and stir enough to break egg yolk. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes) and cook 5 minutes, stirring frequently. Remove from boiling water. Fold a small amount into egg white; add to remaining tapioca mixture and blend. Cool—mixture thickens as it cools. Add flavouring and chill. Then fold in whipped cream and slightly crushed barries. Pile in sherbet glasses. Garnish with a few whole or crushed berries and additional whipped cream.

Raspberry flavour can easily preserved for winter now. Long ago, it was impossible to make raspberry jelly because the fruit is deficient in that jelly-making substance called pectin. But the new short boil recipes give a perfect raspberry jelly with all the colour and flavour of the fresh ripe fruit. It is made in a few minutes at low cost from this tested recipe.

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CURRIES TAKE CARE OF LEFTOVERS

Some of the housewives like curried dishes in restaurants but evidently suppose them to be too complicated for home manufacture. Really, curry is easy to use and a fine change once in awhile for the family. A good way to use up left-overs, too, and make them look "partified" at the same time.

Curry sauce was designed originally to make the East Indains' inevitable bowl of rice more palatable and to stimulate lagging appetites during hot weather. Paradoxical as it may sound, the highly seasoned sauce does tempt the appetite and is a good addition to summer menus.

Curries look nice, because you put the rice on a hot serving dish to form a border and the vegetables, meat or whatever the foundation may be in the centre.

Here's your basic curry rule, modified to please Western palates.

CURRY SAUCE

One scant tablespoon curry powder, 1 table spoon flour, 2 tablespoons butter, 2 cups tomato juice or meat broth, 1 onion, 1 tablespoon chutney sauce, 1½ tablespoons lemon juice, 1 tablespoon sugar, ½ teaspoon salt, 1/8 teaspoon pepper.

Melt butter and stir in curry powder and flour. Cook and stir until frothy. Slowly add tomato juice or meat broth, stirring constantly. When smooth add minced onion, chutney, lemon juice, sugar, salt and pepper. Simmer for thirty minutes. If chutney sauce is not available, chopped cucumber rings or minced sweet pickle may be used. If you like you may add 1 tablespoon claret or port to the sauce when ready to add the meat.

Almost any kind of left-over meat may be reheated in this sauce and served in a border of well cooked rice. Or cheap cuts of meat may be cut in dice and browned quickly in hot fat. Then simmer them in the sauce on top of the stove or in the oven, casserole fashion, until tender, A cheap cut of lamb is delicious cooked this way. Fish and eggs are also good curried. Hard boil eggs and reheat in sauce.

If you are entirely unfamiliar with the taste of curry it may help you in judging the amount to use if you know that curry powder is a combination of several condiments, including corlander seeds, tumeric and fenugreek seeds as well as other spices. It naturally varies in strength, flavor and "bite" according to its composition, so it's a good idea to use it sparingly at first.

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OMELETTES

There are many who say—and try to prove—that omelettes are difficult to make.

We do not want to minimize the talent of our fellow-cooks. But we should like to see those talents wider spread.

And particularly in the matter of omelettes.

They are easy. Try, and see. But there is one essential to a good omelette—absolute puncuality of those intending to eat it. Keep them waiting, rather than the omelette!

1. Put a very strong, shallow frying pan to get hot.
2. Break your eggs and lightly beat the yolks and whites together. Do not whisk.
3. Season well. If you want chopped ham, herbs, or mushrooms, etc., put them in now. Add no other moisture whatever.
4. Put a piece of butter—the size of a walnut—in the pan. It will sizzle and spit. If it browns, pour it away and put in another bit.
5. Pour in the eggs. As the sides begin to set, slip a turner beneath them to allow the more liquid part to run beneath. Do not stir, but put turner under the centre to prevent it sticking.
6. While there is still a lot of yellow, runny mixture, take the pan from the fire, and slip the turner under the mixture on the handle side of the pan. (There is no denying that this needs practice.)

A Spanish omelette is served flat, and contains small pieces of potato, pimento, tomato and onion.

A bacon omelette is also flat—well seasoned and with a rasher of bacon whole upon it or pieces of cooked bacon may be added to egg mixture.

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BEAN SALAD

1 head lettuce shredded, few stalks celery, cut fine, 1 can pork and beans. Place thin slice of raw onion in bottom of bowl. Add 2 tablespoons French dressing, pepper and salt to taste. Remove onion before serving. Good for meatless meal.

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HOUSEHOLD HINTS

When binding with thin material, fold the bias strip down the centre and sew the two raw edges to the edge of garment, thus leaving the folded edge for sewing on the inside.

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If you have not a fish kettle with drainer, tie the fish in muslin so that it may be removed without breaking.

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A folding clothes-prop will keep clean indoors. Just cut the prop in two. On one side put a small hinge and on the opposite side a bolt. You can then fold it up.

Off For Crimes Talks

Lewis E. Laws, noted warden of Sing Sing Prison, pictured with Mrs. Lawes and their daughter, Cherie, as they sailed for Europe from New York aboard the French liner Normandie. He will attend conference on crime and prisons.

When the children have outgrown their cot it may be made into an ideal garden seat for them. Remove one side, shorten the legs, and, if shabby, give a coat of bright paint. Cover the mattress with cretonne and make cushions to match.

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When making sandwiches grate the cucumber instead of slicing it, and it will not slip out.

Irish Potato Soup

Two large onions, three large potatoes and about two ounces of bacon. Slice all ingredients very thin, add salt and pepper and boil in 2 quarts of water for 2 hours.

Potato Meat Pie

Place alternate layers of raw or uncooked meat of any kind and of uncooked onions and potatoes in a deep bowl. Season plentifully with salt and pepper and other seasoning that may be desired. Cover over with a short crust and bake in a slow oven.

Treacle George

Described by its inventor as economical, wholesome and attractive. In the bottom of a four-inch cake tin place a quarter inch layer of fairly short pie crust. Over this a thin layer of molasses or syrup. Then a layer of bread crumbs thick enough to hide the syrup layer. Continue alternate layers of syrup and crumbs until the tin is full, a little, not too much lemon juice on each. Bake in a fairly quick oven and serve either hot or cold.

Keeping Bananas White

To keep sliced bananas from turning black, pour over them a little orange, lemon or grapefruit juice. This same treaatment will keep peeled apples from discoloring.

MAKE OLD POTATOES MORE POPULAR

Potatoes a la Suisse—Bake five potatoes and cut a slice lengthwise from each. Scoop out most of the inside and force through a potato ricer. Season with butter, salt and pepper and add a small quantity of milk. Slip an egg into each potato case and force potato mixture through a pastry bag and tube around edge. Return to oven and bake until eggs are set. Arrange on serving dish and garnish with watercress.

Deerfoot Potatoes — Wash and pare potatoes of uniform size. Remove from each two portions, using an apple corer. Fill cavities thus made with sausages and insert rounds of potatoes to conceal sausages. Put in a pain and bake in a hot oven until potatoes are soft.

Saratoga Chips — Wash and pare potatoes. Slice thinly (using vegetable slicer) into a bowl of cold water. Let stand two hours, changing water twice. Drain, plunge in a kettle of boiling water, and boil one minute. Drain again, and cover with cold water. Take from water and dry between towels. Fry in deep fat until light brown, keeping in motion with a skimmer. Drain on brown paper, and sprinkle with salt.

Potato Fritters—2 cups hot riced potatoes, 2 tablespoons cream, 2 tablespoons wine, 1 teaspoon salt, few grating nutmeg, few grains cayenne, 3 eggs, yolks 2 eggs, ½ cup flour. Add cream, wine, and seasonings to potatoes; then add eggs well beaten, having bowl containing mixture in pan of ice-water, and beat until cold. Add flour, and when well mixed, drop by spoonfuls in deep fat, fry until delicately browned, and drain on brown paper.

ANECDOTES

"The world will never starve for want of wonders, but only for want of wonder."—G. K. Chesterton.

But his hand was forced — fortunately, you will agree — by the appearance in England of copies of the American edition, from which he received not a penny of the profits, nor had he the least say in its publication.

"The question was now merely whether Macaulay and Longmans (his English publishers) or Carey and Hart, of Philadelphia (the American publishers) should supply the English market with them." adds Mr. Bryant.

So the "Esays" were published in England, and won an instantaneous success.

SUNDAY SCHOOL LESSON

LESSON VI.—August 11.

DANIEL (TEMPERANCE AND HEALTH).—Daniel 1: 8-20.

GOLDEN TEXT.—Know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God?—I. Corinthians 6: 19.

THE LESSON IN ITS SETTING.

Time.—Daniel was taken to Jerusalem in 597 B.C., while, no doubt, a young man about sixteen years of age. The date of his death is not recorded in the Scriptures, though we know he lived at least into the third year of the reign of Cyrus, 534 B.C.

Place.—The land of Shinar is the early name for the land of Babylonia.

"But Daniel purposed in his heart that he would not defile himself with the king's dainties, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself." The meat might be that of animals not slaughtered in the proper manner (Deut. 12: 23, 24), or of animals prohibited for Jews as food (Lev. 11: 4-20), while both the meat and the wine might have been consecrated to the Babylonian gods by portions having been offered to them in sacrifice so that to partake of either would be tantamount to the recognition of a heathen deity.

"Now God made Daniel to find kindness and compassion in the sight of the prince of the eunochs. The meaning here appears to be that this kindness was extended to Daniel at the very time his request was made.

"And the prince of eunochs said unto Daniel, I fear my lord the king, who hath appointed your food and your drink: for why should he see your faces worse looking than the youths that are of your own age? so would ye endanger my head with the king." The Hebrew original of the phrase, "worse looking," means, "morose, disagreeable, looking sad, and here, a pitiful look in consequence of inferior food, corresponding to the "sad countenance' of Matt. 6: 16.

"Then said Daniel to the steward whom the prince of the eunochs had appointed over Daniel, Hananiah, Mishael and Azariah." Daniel is not content to abide by the adverse verdict of the prince of the Eunochs. His conviction is so deep that he is going to do his utmost to obtain permission to live as he thinks God would have him live. In this verse, he addresses another request to a subordinate official.

"Prove thy servants, I beesech thee, ten days; and let them give us pulse to eat, and water to drink." Pulse, in the original Hebrew word, refers to those things which are sown, the Greeks translating the word as spermato, literally, seeds. Of course, we do not know what particular plants were included in this particular diet, but certainly it was strictly limited to vegetables.

"Then let our countenances be looked upon before thee, and the countenance of the youths that eat of the king's dainties." God has created and formed the human body so that the face, that part of the body seen by every one we meet, becomes an open book, wherein are written all our deeds and thoughts, which together make up our character. "And as thou seest, deal with thy servants." It was not in offensive self-assertion that these youths declined the king's viands. An obstrusive piety is never of God. True religion is always courteous, modest and anxious to avoid unnecessary collisions.

"So he hearkened unto them in this matter, and proved them ten days." No doubt he watched the experiment with greatest interest; it surely was something he had not had the opportunity of previously observing.

"And at the end of ten days their countenance appeared fairer, and they were fatter in flesh, than all the youths that did eat of the king's dainties." Men and women who live simply, whose fare is wholesome, who do not allow themselves to overindulge their appetites, almost always have a healthier appearance than those who eat rich food in large abundance.

"So the steward took away their dainties, aand the wine that they should drink, and gave them pulse. It would not be hard to keep to the simple diet the first ten days; it was after it had become the daily routine of these youths that they would often be tempted to secretly enjoy some of the richer food and drink they had voluntarily declined.

"Now as for these four youths, God gave them knowledge and skill in all learning and wisdom." That it is from God we ultimately have all true wisdom, see, e.g., Ex. 31: 2, 3; Isa. 28: 26; Job 32: 8; Jas. 1: 5; 3: 17. "And Daniel had understanding in all visions and dreams." On later visions, see 2: 19; 7: 1-15; 8: 1, 2, 13-17, 26; 9: 21-24. For his later interpretation of dreams, see chapters 2 and 4, and 5: 12.

"And at the end of the days which the king had appointed for bringing them in, the prince of the eunuchs brought them in before Nebuchadnezzar." Nebuchadnezzar unconsciously, and doubtless undesignedly, did a great service to mankind by his purpose to seek out the talent of the Hebrew captives, and giving it an opportunity to expand, and to ripen into usefulness.

"And the king communed with them." Literally, talked with them. It was an oral examination. "And among them all was found none like Daniel, Hananiah, Mishael and Azariah: therefore stood they before the king." That is, they were officially appointed to royal favor, to carry out the wishes of the king in more important matters of state, because of their unquestioned superiority, physically and intellectually.

"And in every matter of wisdom and understanding, concerning which the king inquired of them, he found them ten times better than all the magicians and enchanters that were in all his realm." The magicians were those skilled in the learning of their age, especially in the interpretation of literature of the sciences of that day.

The fame of Lord Baden-Powell as a military scout is world-wide, but there was one occasion when, as he confesses, "I was taken down a peg in my boasted tracking by a young lady." She was the daughter of the late Lord Meath. Here is the story — told by the founder of the Boy Scout movement (in "Lessons of a Lifetime"):

"As we were walking in the garden she suddenly pointed to foot-prints on the path and asked what they meant.

"I said indulgently: 'A common or garden cat has recently passed this way.'

" 'Yes, even I could tell that,' she replied, 'but I can further tell what was the color of the cat—can you?"

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"This put me on my mettle and I set to work to examine any twig or spray that might have caught a hair from the animal. But search as I would I could find no clue that would indicate the color of that cat. My companion looked at the track again closely and said: 'Yes I am not mistaken. It was a light tortoise-shell cat.'

"I also looked more searchingly on the ground but it gave back no helpful. sign At long last I confessed myself beaten.

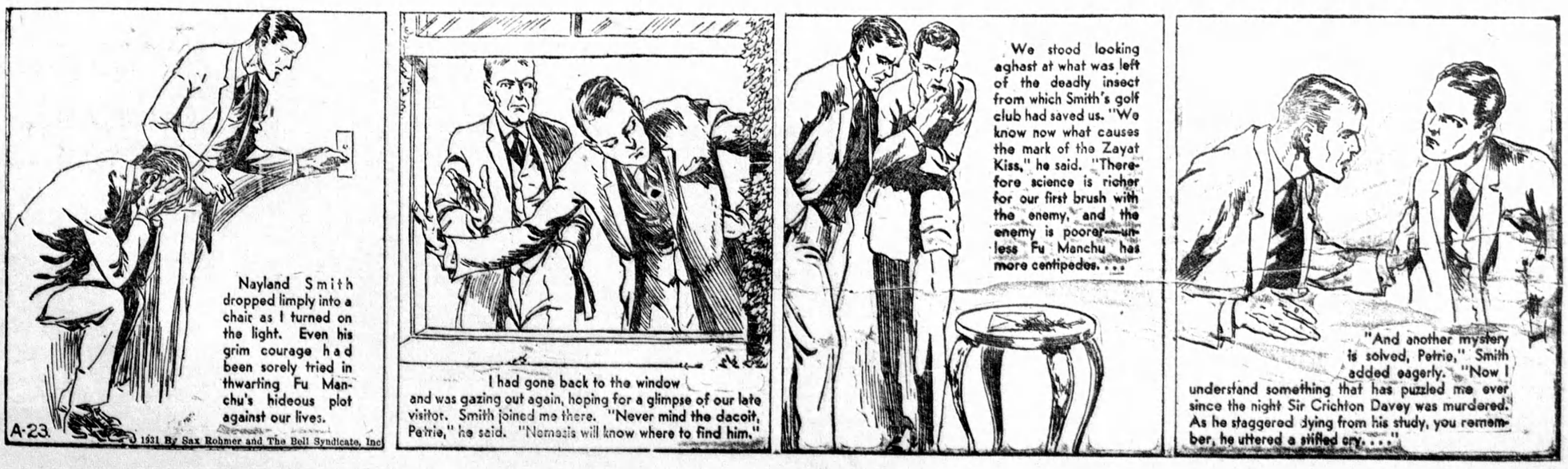
"'How did you arrive at the color?' I asked.

" 'I saw the cat,' she replied."

Professor—And whatever on earth made you write a paragraph like that?

Stoudent—I quoted it, sir, from Dickens.

Professor — Beautiful lines, aren't they?

FU MANCHU By Sax Rohmer

THE ZYAT KISS—Amith Sees a Light