Woman's World

By Mair M. Morgan

QUICK BREADS SECRET OF A GOOD HOSTESS

Secret of how to be a popular mother or hostess: "Become expert at making quick-breads, especially muffins and waffles!"

You simply can't miss, if you have mastered the art of biscuits in their many varieties, corn breads, nut breads, muffins and waffles, because not only is their popularity enormous and sure, but they can be adapted to any informal meal, at any hour, to any group, on any occasion. Be sure, though, that you make plenty!

The real emergency gem is the muffin. If you once master just one, good, standard recipe, the particular kind of muffin you select for any occasion depends only on the contents of your cabinet or pantry shelves.

In mixing muffins, special care must be taken to avoid over-stirring, because it ruins them. A few seconds of over-heating makes them come up in peaks and full of air holes. A good muffin batter should look lumpy —that's the way it will bake smooth.

Waffles always seem a little more festive, because there is sociability connected with baking them right at the table, or smoking hot from the stove right onto plates in the kitchen at midnight! Ever notice how they always draw a crowd when baked in a restaurant window? They may also be the basis of a meal, served with creamed chicken or little pork sausages.

Proper care of the waffle mold (the new name for "iron") is one of the essentials for good waffle-making. Batter must not be allowed to burn on—keep it scraped off with a steel-wire brush. Batter will stick if the mold is too cool or too hot. And for greasing, use a non-salty fat!

Standard Muffin Recipe

2 cups flour, 3-4 teaspoon salt, 1 egg, 4 teaspoons baking powder, 2 tablespoons sugar, 1 cup milk and 2 tablespoons melted shortening.

METHOD: Sift dry ingredients together; beat egg until foamy, add milk and fat; immediately combine two mixtures and mix quickly. Bake in greased muffin pans in hot oven 425 degrees Fahrenheit for 25 minutes.

Date and Cheese

Add 1 cup chopped dates or 3-4 cup grated cheese to the dry ingredients of the Standard Recipe.

Cornmeal Muffins

¼ cup butter, ½ cup sugar, 2 eggs, 1 cup milk, 2 cups flour, 1 cup cornmeal, 4 teaspoons baking powder and ½ tablespoon salt.

Cream the butter. Add sugar, then eggs, beaten without separating until light-colored and thick. Into this stir, alternately the milk, flour and cornmeal, sifted with the baking powder and salt. Beat thoroughly and bake about 20 minutes in hot, well-buttered gem pans.

Bran Muffins

2 cups flour, 1 cup bran, 3 teaspoons baking powder, ½ cup sugar, 1 cup milk, 1 egg yolk, well beaten, ½ cup raisins, chopped, ½ cup prunes, cooked and chopped, ¼ cup butter melted, 1 egg white, beaten stiff.

Sift dry ingredients reserving a little flour to dredge fruit. Add milk to egg yolk which has been well beaten. Add to dry ingredients. Add fruit and melted shortening and cut into egg white which has been beaten stiff. Bake about 25 minutes in buttered rings in a 400 Fahrenheit oven.

Cherry Muffins

¼ cup butter, ¼ cup sugar, 1 egg, 1 cup milk, 2 cups flour, 4 teaspoons baking powder, ½ teaspoon salt, 1 cup drained cherries or blueberries.

Mix ingredients as for cake. Beat thoroughly. Add cherries last. Bake in greased muffin tins or in paper baking cups set into muffin pans, in hot oven (425 Fahrenheit) for 25 minutes. If blueberries (canned at this time of year) are used instead of cherries, add ½ cup flour, extra.

Pecan Muffins

1-3 cup butter, ¼ cup sugar, 1 egg, 3-4 cup milk, 2 cups sifted flour, 4 teaspoons baking powder, 3-4 cup pecan meats, broken up.

Follow directions for mixing given in other recipes. Stir in nutmeats last. Bake.

Standard Waffle Recipe

Two cups flour, half teaspoon salt, two eggs separated, two teaspoons baking powder, one tablespoon sugar, 1½ cups milk, four tablespoons melted bacon fat.

Method: Sift dry ingredients. Beat egg yolks, add milk and bacon fat (not hot) and combine with dry ingredients. Fold in beaten egg whites and bake in hot waffle iron.

Jam Waffles

Add half cup strawberry or raspberry jam to above recipe before folding the egg whites.

Chocolate Waffles

Two cups flour, half cup sugar, two eggs, two squares unsweetened chocolate, four teaspoons baking powder, one teaspoon salt, 1½ cups milk, half cup shortening, half cup finer chopped nuts.

Method: Sift dry ingredients. Separate eggs. Beat yolks and add milk. Stir into dry ingredients. Melt chocolate with the shortening. Add to batter with the nut meats. Fold in beaten egg whites. Bake on hot iron.

Note: If batter appears too stiff, add a little more milk.

Creamed Chicken
(For Waffles)

Two tablespoons butter, 1½ cups chicken stock, two cups chopped cooked chicken, ½ cup milk, 1 tablespoon flour, two tablespoons green pepper, one egg yolk, salt and pepper to taste.

Method: Melt butter, blend in flour, add chicken stock and green pepper (pepper is optional) and cook about 7 minutes. Stir in chicken. Beat up egg yolk, add milk and stir into chicken mixture. Cook two minutes. Season. Prepare waffles by standard recipe. Use a half for each serving. Pour chicken mixture over it and garnish with a curl made of a narrow strip of pimiento.

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HOT WATER

Before breaking an egg for poaching place it in boiling water for about half a minute. The yolk will then be less likely to mingle with the white.

Before peeling tomatoes plunge them first in boiling water and then in cold. The skins may then be removed easily.

When new bread has to be sliced the knife blade should be dipped frequently in a jug of boiling water. This prevents it from sticking to the moist bread.

Oranges that are to be sliced for a fruit salad should be left in boiling water for about five minutes before they are peeled. The white pulp may then be more easily and cleanly stripped off.

To prevent sausages from bursting while they are being fried dip them first in boiling water.

When butter and sugar have to be creamed together, place the bowl in a larger bowl of hot water for a few minutes and beat the mixture. Remove the bowl from the hot water before the butter becomes oily.

Jars of honey, syrup, oil, or oily preparations of any kind may be more thoroughly and quickly emptied if they are first allowed to stand in hot water for a few minutes.

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GOOD FALL DISHES

Veal cutlets with stuffed sweet peppers is a delightful dish for an October dinner. Serve it with a salad of tomato stuffed with a vegetable aspic and finish the meal with a frozen dessert.

Veal with Stuffed Peppers

Four veal cutlets, 1 egg, cracker crumbs, 2 large sweet green peppers, ½ cup cooked lima beans, 4 tablespoons tiny cooked onions, ½ cup corn cut from cob, ½ cup diced cooked beets, 4 tablespoons Hollandaise sauce or melted butter.

Have the butcher cut veal steak in slices 3-4 inch thick. Trim meat in neat pieces for individual serving. Or "cutlets" may be used. Roll meat in crumbs, dip in egg slightly beaten with 1 tablespoon cold water and roll again in crumbs. Sprinkle with salt and pepper and saute a rich brown on both sides in hot fat in a frying pan. Reduce heat, cover closely and cook slowly for 1 hour. Place on a hot platter and on each cutlet put half a pepper filled with combination of vegetables. Pour the sauce or melted butter over each stuffed pepper and serve at once. The peppers are prepared by cutting in halves lengthwise and removing seeds. Then simmer for eight minutes in boiling water. Drain and fill with vegetable.

Eggplant Italienne is a good dish to serve with a leg of lamb or it makes a splendid main luncheon dish for the family.

Eggplant Italienne

Two small eggplants, 2 hard cooked eggs, ½ cup diced cheese, 1 cup tomato sauce.

Pare eggplants and cut in slices. Sprinkle each slice with salt and pile on a plate, one above the other. Cover with weighted plate and let stand two hours. Saute in butter and line a shallow baking dish with half the slices. Cover with eggs cut in slices, over eggs sprinkle the cheese and pour over tomato sauce. Cover with remaining eggplant and bake fifteen minutes in a moderate oven.

To make tomato sauce cook 1½ cups diced tomatoes with onion, celery leaves, parsley, carrot and three or four whole cloves. Season with salt and pepper and a little sugar and cook until very soft. Rub through a sieve. Thicken with two tablespoons butter blended with 1½ tablespoons flour.

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VINEGAR AIDS

The vinegar bottle is inclined to lead a double—no, multiple—life in the household. It preserves, adds flavor, serves as a cleanser, is a beautifying aid, and appears in so many guises that it almost loses its identity.

Warm vinegar removes heat marks and stains from mahogany. It acts as a polish, when rubbed on the wood as well. Lacquer finishes respond quickly to vinegar cleaning, though the surface is dulled a little and must be brought back to a polish with an oil.

Paint brushes which have hardened may be softened again in vinegar. Simmer them in boiling vinegar for half an hour, then wash thoroughly in soap suds. This treatment is only for brushes whose bristles are set in rubber. Those with glued bristles would lose them as the glue melted in the heat.

Stove polish moistened with vinegar has a deeper black than when water is used. For fire grates and that centre strip on the range, the vinegar-moistened polish stays black longer than when water is used.

Curtain rings and hooks that have grown rusty with age, recapture the glow of youth if boiled for a time in vinegar, then polished while still hot. Vinegar and salt will polish stained brass bowls.

A vinegar rinse is the last word in luxury for the hair. After the tresses are washed, and the rinsing fairly well completed, a few tablespoons of vinegar are added to the rinsing water. The vinegar removes the last trace of soapy residue, and rinses out itself in the final dash of cold water, leaving the hair really clean and beautifully fluffy.

On washday, vinegar has its place in "setting" colors. New things that have not been washed before may be soaked in a weak solution of vinegar and salt, while a few spoons of vinegar added to the rinsing water helps to keep colored clothes from streaking.

Black lace should be washed in vinegar and water, about 2 tablespoons of vinegar to two cups of water. Then it should be rinsed in cold coffee and stretched on a padded board to dry, with each point of edging pinned to place. If it is to be ironed, lay it over a woollen pad, cover with thin woollen material and press gently while still damp.

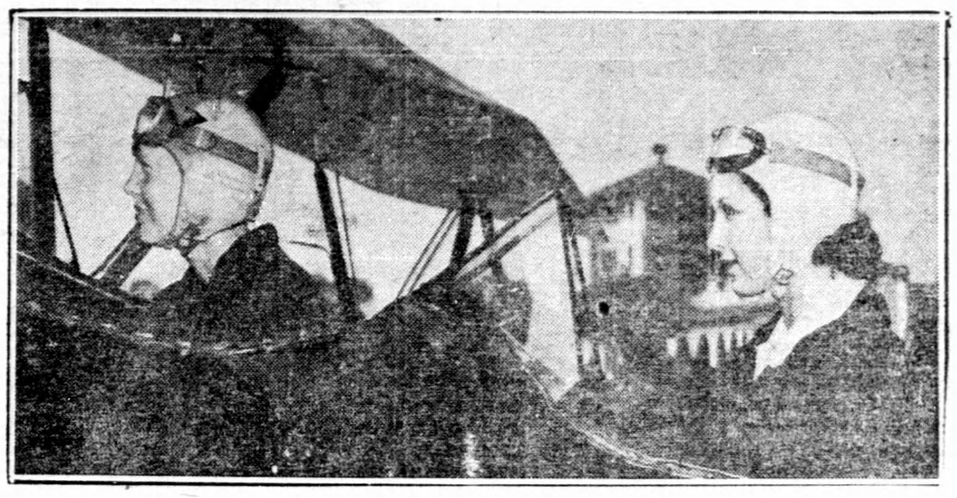
A little vinegar in the water helps a poached egg to retain a symmetrical shape. If a boiled egg is cracked, the white will not escape into the water if a little vinegar is added.

Boiled fish should always be cooked with a dash of vinegar in the liquid. This keeps the flesh firm and white.

Cheese wrapped in a cloth wrung out of vinegar will not dry out and become mouldy. Pantry shelves wiped with vinegar during hot weather are cooled and of refreshing odor.

White wine vinegar is a clear, colorless liquid used most commonly to give acidity of flavor. Cider vinegar is a light amber color, and has a peculiar tang which makes it a favorite for many kinds of pickles. The two may be used interchangeably in recipes. Tarragon vinegar is a spiced vinegar used less frequently for salad dressings and other piquant mixtures.

Amelia's Star Pupil



Amelia Earhart Putnam (front cockpit), famous woman flyer, getting ready to take-off from Los Angeles, Cal., airfield with June Travis, film star, whom she is teaching to fly.

SUNDAY SCHOOL LESSON

LESSON IV — October 27

BELSHAZZAR'S FEAST (INTERNATIONAL TEMPERANCE LESSON)—Daniel 5 : 1-3-. PRINT Daniel 5 : 17-28.

GOLDEN TEXT—Wine is a mocker, strong drink a brawler: And whosoever erreth thereby is not wise. —Proverbs 20 : 1.

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THE LESSON IN ITS SETTING

Time — The particular events of this chapter occurred in the last year of Belshazzar's reign, i.e., B.C. 538.

Place—The king's palace in the city of Babylon.

"Then Daniel answered and said before the king, Let thy gifts be to thyself, and give thy rewards to another; nevertheless I will read the writing unto the king, and make known to him the interpretation." Daniel rejected the gift and the distinction promised to avoid, as a divinely enlightened seer, every appearance of self-interest in the presence of such a king, and to show to the had committed more than one sin that night. They had given themselves over to unbridled indulgence in the things of the flesh; they were traitors to their own city, in that they were not placing themselves under stern discipline, when the siege of Babylon so greatly demanded such absolute sobriety; but, most of all, they had mocked the true God of Israel.

"And this is the writing that was inscribed: MENE, MENE, TEKEL, UPHARSIN." The literal translation of these four words would be: Numbered, numbered, weighed, and divisions.

"This is the interpretation of the thing: MENE; God hath numbered thy kingdom, and brought it to an end." God hath numbered means that God had fixed the number of Belshazzar's days, i.e., the days of his reign, beyond which they could not possibly be extended.

"TEKEL; thou art weighed in the balances, and art found wanting." See Job 31 : 6; Ps. 62 : 9. God Almighty has a special pair of balances before him weighting and filling up until your life also is numbered and finished.

"PERES; thy kingdom is divided, and given to the Medes and Persians." Upharsin is the noun plural of the word of which peres is the participle. The first means division; the second, literally, divided. The meaning is not that the kingdom was to be divided into two parts, the one part given to the Medes and the other to the Persians, but that the kingdom was to be divided into pieces. It was to be despoiled by the Medes and Persians.

Staying Married

(Letter In New York Times)

York Times: Having recently celebrated my thirtieth wedding anniversary, I offer a few suggestions on how to stay married to one man or one woman.

For the men: Don't form the idea in your early married years that your wife is merely a being to keep the machinery of your household going. Try to remember her birthdays and, if you are able, send her flowers occasionally. It works wonders towards making her an excellent cook. Greet her pleasantly when you come home from work, no matter how you may feel. Take her to a show at least once a week. Never make her feel that she is losing out in looks. Remember, a woman of 50 cannot look as she did at 20. In general make her feel that you appreciate her. You will be more than repaid.

For the women: Don't think that being married means you must not be careful of your appearance. Husbands are often the most critical men in the world. Learn to make gool coffee. Poor coffee has caused many divorces. That goes for biscuits, too. If any difficulties arise, reason them out sensibly instead of flying off the handle and uttering words you may regret. Don't expect your husband to remain the young lover you knew him to be during your courtship. Age makes us a little more serious. In short, make up your minds to be happy and contented and—you will be.

ANNA BLUMBERG.

Better Housing Conditions Make For Bigger Children

New York. — An unmistakable and not inconsiderable increase in the size of boys and girls in the past twenty years because of improved health conditions brought on by better housing points the way to the time when smaller houses and lightened labors will bring about a happier and more healthy environment, Dr. Francis Carter Wood, director of the Columbia University Intitute of Cancer research, said recently.

Future taxes will relegate people to simple existence in little houses, he asserted, and the university of the most important educational institutions in the world.

"Epitaph for the average man: Dead at 30; buried at 60!"—Nicholas Murray Butler.

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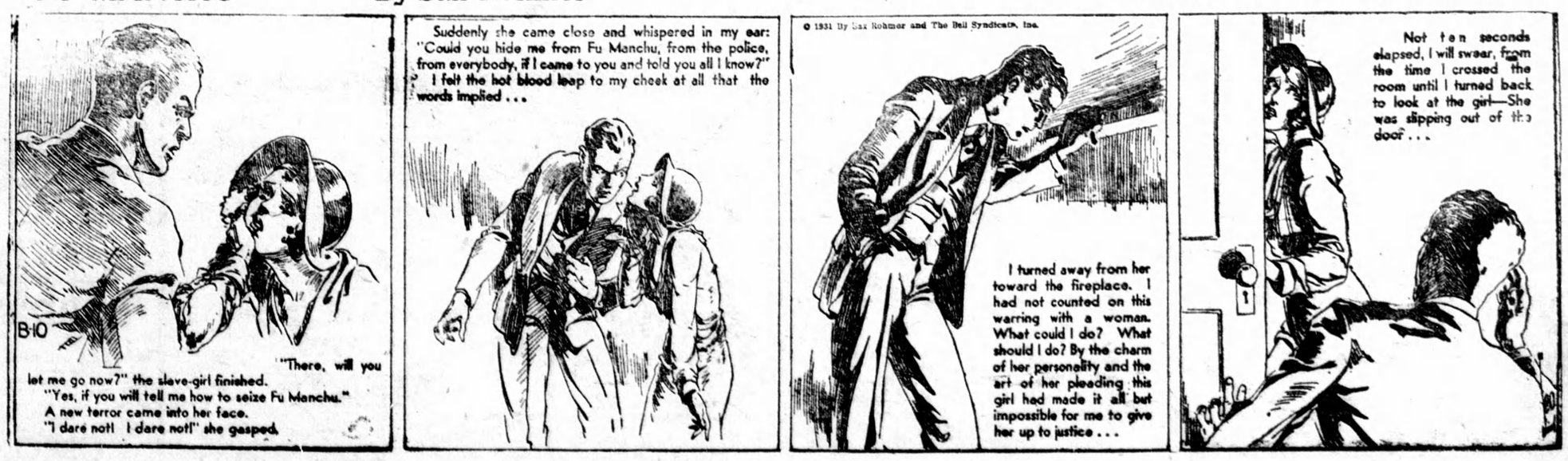
THE SEVERED FINGER—Burned Evidence!