Woman's World

By Mair M. Morgan

Lamb The Year Round

Now that a more adequate supply of fresh lamb is within easy reach of every Canadian housewife throughout the entire year, the meal-planner will want to acquaint herself with the many uses of lamb and the proper cuts to ask for. At her meat market she will find lamb cut in this way: the hind quarter is divided into two legs of lamb, the back into rib and loin cuts, and the front is either boned and rolled whole or made into several cuts — shoulder breast, neck and shank. The leg is essentially a roasting cut, but it can be boiled or sliced into steaks and broiled.. The rib and loin cuts are used for either roasts or chops; they are delicate and deliciously flavored. Lamb chops are most convenient for the housewife who wishes to serve an easily prepared meal.

The front may be boned, rolled and roasted, or cut into small sections and made into stews, casseroles, shoulder roast and soup. Shoulder chops are very economical cuts. The flank is used for stewing and braising and is especially useful for making broth.

In addition, lamb yields a number of edible parts which, although inexpensive, can be cooked into delicious combinations as a change from the regular meat cuts. Lamb brains make an excellent omelet, or they may be scrambled, creamed or fried. Lamb fries make a tasty fried dish and the heart, when braised stewed, or stuffed and baked, is a real delicacy. The kidney may be grilled, boiled or stewed. The liver is delicious when fried with bacon and jellied lamb tongue is ideal for slicing cold.

The correct condiments for lamb are mint sauce with hot roast lamb and currant jelly with cold roast slices. Caper sauce and spiced fruits add zest to boiled lamb.

Oven Dinner

An oven dinner is the answer when you have civics and social service and a club duty all on your mind at one time as well as a family to keep healthy and well fed.

Aside from the time-saving,, mind-relieving assets of an oven dinner, there is a good deal to be said for baking meats and vegetables that ordinarily are cooked some other way.

Foods for any given oven meal should be those that may be cooked at the same temperature and for approximately the same length of time. For instance, try this one on your family: Frankfurters a la Yorkshire, cabbage baked in milk and fruit compote.

Frankfurters A La Yorkshire

Five frankfurters, 2 cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 2 eggs, 1 cup milk, 2 tablespoons melted butter.

Pour boiling water over frankfurters and let stand while making batter.

Mix and sift flour, baking powder and salt. Beat eggs slightly, add milk and stir into dry ingredients, Add melted butter and stir just enough to mix. Turn into a well greased baking dish. Cut each frankfurter in half crosswise and press into top of dough. Bake 30 minutes in a hot oven (400 degrees F.). Serve from baking dish with medium white sauce.

Cabbage Baked in Milk

There's no better food bargain than a head of cabbage. It's good for two meals at least and is equally edible cooked or raw.

One and one-half pounds new cabbage, 1 teaspoon salt, ⅛ teaspoon pepper, 1 cup milk, 2 tablespoons butter.

Shred cabbage and put into a well buttered casserole. Sprinkle with salt and pepper and add milk. Cover and bake 30 minutes in a hot oven (400 degrees F.). When ready to serve, dot with butter.

Fruit Compote

One pound apricots (dried), ½ cup seedless raisins, 1 orange, 1 tablespoon lemon juice, 1 cup water, 2-3 cup sugar.

Use white seedless raisins if you can get them. Wash apricots and raisins and put in baking dish. Add grated rind and juice of orange and lemon juice. Add sugar and water, cover and bake 30 minutes in a hot oven (400 degrees F.). Serve warm with hard sauce.

A long cooking period at a low temperature will solve the problems of the housewife who must be out all afternoon. Meats are seared at a high temperature for 10 minutes, then the heat is reduced to 275 degrees F. and the rest of the dinner put in to bake for three hours or longer at this temperature. Batters and doughs cannot be baked at the low temperature, but meat loaves, cheap cuts of meats and many vegetables do very well by this method. The fruit compote suggested in the short-time dinner might be cooked for a long time at a low temperature, too.

A TASTY DISH

Meat and onions, salt and gravy,
Macaroni, crumbs and cheese,
Butter and a touch of pepper;
Every housewife carries these.
Blend them — plain directions follow.
Serve them—it will be a treat,
Quickly made and inexpensive;
Watch your guests and family eat.

Here is just the kind of a recipe you need for an emergency dish when guests arrive and catch you napping. A little left-over meat, a package of macaroni and a few other staples from the shelf and refrigerator — and there you are.

Macaroni with Left-Over Meat

1½ cups Left-Over Meat
2 cups Gravy
½ Onion, chopped
1 tablespoon Melted Butter
1 package Macaroni
½ teaspoon Salt
⅛ teaspoon Pepper
1 cup Grated Cheese
Buttered Bread or Cracker Crumbs

Parboil the macaroni or 7 minutes in 4 quarts rapidly boiling water to which 1 tablespoon salt has been added. Drain. Mix together the meat, chopped, the gravy, onion butter, salt, pepper and cheese. Combine well with the macaroni and pour into a well-greased baking dish. Cover with the crumbs and bake for 20 minutes. Spaghetti may be substituted for the macaroni.

FAMILY FAVORITE

Doughnuts have often been referred to as the way to a man's heart. Certain it is that few can resist the crusty sugared surface of a real doughnut.

One important thing to remember in making doughnuts is to mix them as soft as the dough can be easily handled. Then, when rolling and cutting, take care not to work in an excess of flour. That is what causes doughnuts to be dry and tough.

If you own a deep fat thermometer, it should register 370 deg. F. before you drop in a doughnut. If you have no thermometer, cut a cube of fresh bread 1 inch square and test it. It should turn golden brown in 60 seconds.

Any kind of fat or oil may be used for deep fat frying. Lard is a little greasy, but a combination of 2-3 lard and 1-3 suet is very acceptable. Vegetable oils also may be used, as they absorb practically no odor.

Doughnuts should be dropped into the fat, turned as soon as they rise to the surface, and then turned frequently until they are a golden brown.

When removing them from the hot fat, if they are passed rapidly through a kettle of boiling water, the excess grease will be removed and they will be very tender. Store in a stone jar with a close-fitting cover and they will keep nicely.

DOUGHNUTS

3 eggs
1 tablespoon butter
3 tablespoons cream
3 teaspoons baking powder

Method: Beat the eggs well, add the butter melted and the cream. Sift the baking powder with one cup flour and add to the mixture. Then add sufficient flour to make a very soft dough. Keep it just as soft as possible. Roll out, cut into strips or with a doughnut cutter, and fry in deep fat until well browned. Dust with icing sugar.

NEW ENGLAND DOUGHNUTS

2 eggs
½ cup sugar
5 tablespoons cream
2 cups flour
4 teaspoons baking powder
¼ teaspoon salt
¼ teaspoon nutmeg
½ teaspoon grated lemon rind

Method — Beat eggs until light, add sugar and beat until it is dissolved; add cream. Sift flour, baking powder, salt and nutmeg and add to egg mixture. Add lemon rind. This should make a fairly soft dough; if too stiff add a tiny bit more cream. Toss on a floured board. Roll lightly to ¼ inch thickness, cut with small round cutter and fry in deep fat (390 degrees F. if you have a thermometer). Drain and sprinkle with icing sugar.

As Fire Razed Japanese City

A general view of the desolation caused by fire that raged for six hours in the town of Shibata, Japan. The raging flames rendered 6,000 persons homeless and caused damage of more than $1,000,000.

SUNDAY SCHOOL LESSON

LESSON VII.—NOV. 17
THE RETURN FROM CAPTIVITY
Ezra 1:1-6; Psalm 126:1-6

GOLDEN TEXT — The Lord hath done great things for us, Whereof we are glad. Psalm 126:3.

THE LESSON IN ITS SETTING

TIME — The letter which is found in the twenty-ninth chapter of Jeremiah was written in the early part of the reign of king Zedekiah (597-586 B.C.) The first chapter of the book of Ezra refers to events which took place in the reign of Cyrus, king of Persia, B.C. 538. The date of Psalm 126 cannot be accurately determined but, of course, it was some time after the return from Babylon, i.e., probably between 530 B.C. and 500 B.C.

PLACE. — The letter written by Jeremiah was sent from the city of Jerusalem, and it was probably in that city that Psalm 126 was written. The first chapter of Ezra takes us to the great city of Babylon, and to the counry round abou in which the Jewish exiles were living.

Now. At first sight a strange word with which to open a book. It implies the resumption or continuance, not the commencement, of the narrative. "In the first year of Cyrus king of Persia." He is called king of Persia, not because he was born a Persian prince, but because the Persian kingdom was the most important of his conquests. "That the word of Jehovah by the mouth of Jeremiah might be accomplished." The reference here, of course, is to Jeremiah's prophecy of the seventy years' captivity, which we have just been considering. "Jehovah stirred up the spirit of Cyrus king of Persia'.' To stir up the spirit is to move to activity. God not only teaches; he quickens. "So that he made a proclamation throughout all his kingdom, and put it also in writing, saying". This is added to record the fact, which, to the Jews, was of so much importance that the edict, so far from being a Jewish invention, had been written at the command of Cyrus, and was accessible among official papers.

"Thus saith Cyrus king of Persia, All the Kingdoms of the earth hath Jehovah, the God of heaven, given me." It is remarkable that the king, who was a believer in many gods, and who, on the monuments, speaks on himself as a worshipper of Nebo and Merodach, should speak in such exalted terms of the God of the Jews. "And he hath charged me to build him a house in Jerusalem, which is in Judah". This divine mission is described in Isa. 44:24-28; 45:1-13.

"Whosoever there is among you of all his people, his God be with him." This is a familiar form of blessing comparable to our "good-by," whch is an abbrevated form of God be with you. "And let him go up to Jerusalem, which is in Judah, and build the house of Jehovah, the God of Israel (he is God), which is in Jerusalem." We should carefully observe that the edict permitting the Jews to return to Jerusalem did not compel them to return. There was no forced expulsion of these people from Babylon.

"And whosoever is left, in any place where he sojourneth, let the men of his place help him with silver, and with gold, and with goods, and with beasts, besides the freewill-offering for the house of God which is in Jerusalem." Dr. Ryle has paraphrased the opening of this verse as follows: In any place where survivors of the Jewish captivity are to be found sojourning, there let the natives of the place, the non-Israelitish neighbors, render them all assistance.

"Then rose up the heads of fathers' houses of Judah and Benjamin, and the priests, and the Levites, even all whose spirit God has stirred to go up to build the house of Jehovah which is in Jerusalem." It should be noticed that the social leaders are mentioned first, the heads of the great families, an indication that the movement did not originate among the humbler class.

"And all they that there were round about them strengthened their hands." The Jews who sought to return were like a convalescent essaying to walk and needing assistance. "With vessels of silver, with gold, with goods, and with beasts, and with precious things, besides all that was willingly offered." Cyrus himself undertook to promote honestly and effectively that which he had allowed by his remarkable decree, and brought out of the treasure rooms of his pagan temples, vessels which Nebuchadnezzar, in 598 and in 586, had taken from the temple (2 Kings 24: 13; 25:14, 15.

Story of Coats Is Colorful

Leather and Suede Ones Popular in The West

The story of coats for the snappy temperatures of autumn is interestingly plotted and full of color, says the Christian Science Monitor. Sports models are gayer, it seems, than ever before. About half of them are made of patterned tweeds and the others of fleece, Irish friezes, wool hopsacking weaves; Scotch monotone woolens in off-shades of high tones, camel's hair, and hairy wools—which represent one of the very newest trends — in plaids, checks, herringbones, crossbars, and solid surfaces. In the country they tone with autumn woods and in town remind one that where pavements are not, rich colors flame up out of the ground. Black and navy coats, too, are worn, as foils for bright frocks.

Leather and suede coats are high fashion on the west coast and are beginning to be felt as a trend in the east, where they are obtainable in smart shops, although they have not been conspicuously promoted.

The eyes of most youngsters are fixed at this moment on the big games. These set a standard for gaiety, warmth and a casual silhouette. The swagger lends itself admirably to the picture, and it is, of course, warmest when it is as long as the frock. Three-quarter and seven-eighth lengths are also approved, however, and knee-length is the newest idea. A clever swagger model by Helen Cookman has a deep patch pocket set obliquely in the very front, which will act not only as a receptacle but also as a muff. Raglan sleeves prevail and are usually seamed down the shoulder from the collar line to the wrist, which most frequently is bell-shaped.

The belted coat is equally favored and retains the essential non-chalance by the character of its material, its color, and the details. The belt assumes importance and is bright, trickily designed, and wide. The sleeves are usually man-tailored, but some models pull them into the armholes and expand them in the lower half. The corsage partior is often softly draped either by means of the cut itself or by pleats.

A particularly attractive semi-molded model, shown by the Hampton Coat Co., is cut like a cassock, and buttoned all the way down the front from neck to hem, under a fly. To accompany it a dress is offered which has that identical silhouette and closing. It wears a small martin collar, which turns over the collarless neck of the coat.

Many sports coats are interlined with wool, and some of them have extra linings that slip in and out along zipper fastenings. When the coat is part of a three-piece ensemble, the lining—or "back" as it is called this season—is likely to match the skirt and jacket underneath, or the gayer of them, if they are contrasted.

Bulky collars, preferably of fur, are comforting to the ears and kindly to the color tones of the nose on a brisk day in the bleachers. Such collars, whether of self-material or pelts, are usually adjustable and, if desired, will subside into flat planes on the shoulders. When standing they ripple around the face in becoming lines.

Lynx is one of the favorite furs, as are cross fox, polar wolf, timber wolf, nutria and raccoon.

Ideal For School

A delighful dress for a school, college or young business girl has been chosen for today's pattern.

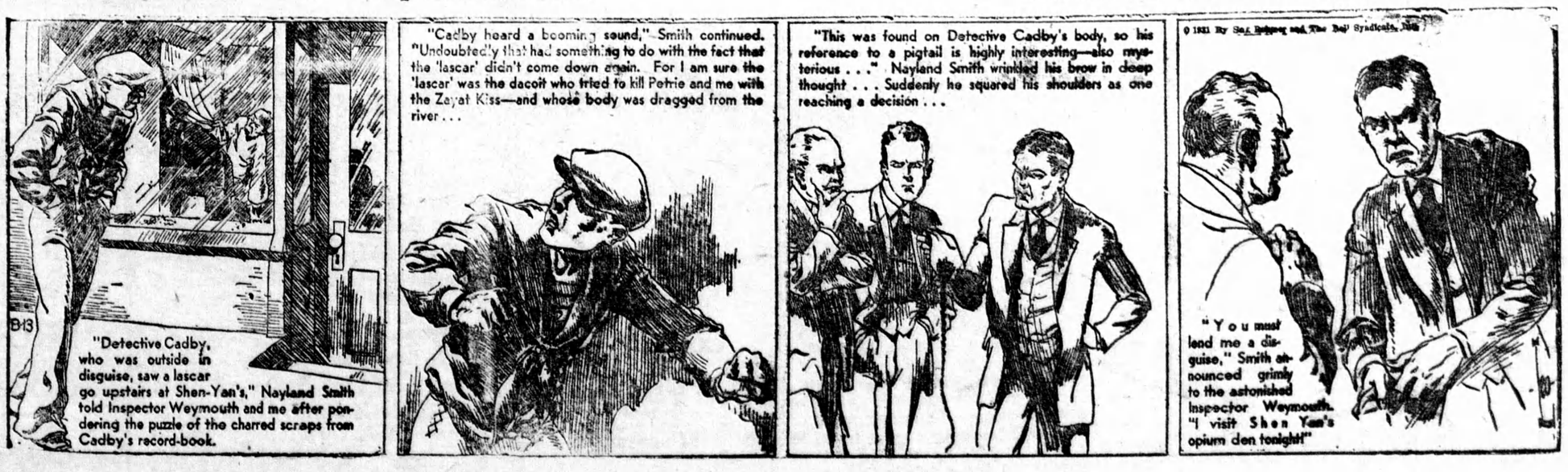
It shows a new collar effect which is as attractive as it is becoming. The skirt has the new front flared fulness.

Rabbit's hair wool in rust and scarlet mixture with rust velveteen trim made this simple to sew model.

Style No. 2577 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires 3⅝ yards of 39-inch material with ¼ yard of 39-inch contrasting.

HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of pattern wanted. Enclose 15c in stamps or coin (coin preferred; wrap it carefully) and address your order to Wilson Pattern Service, 73 West Adelaide Street, Toronto.

FU MANCHU By Sax Rohmer

THE SEVERED FINGERS—Nayland Smith's Decision.