Woman's World

By Mair M. Morgan

SOMETHING OLD—
SOMETHING NEW

Some recipes are so good that no thought is given to changing them and each year they taste better — Pickled Beets, Mustard Relish, Celery Pickle, and Pear Jam all come from Grandmother's cook-book, while Jewel Jam, Carrot Ketchup, and Apples in Cranberry Juice are quite new and unusual. The following recipes were prepared and tested by Miss Edith L. Elliot, Fruit Branch, Dominion Department of Agriculture:

Pickled Beets

Wash beets. Cut off tops leaving about one inch of stems to prevent bleeding. Cook until tender. Remove skins and if beets are small leave whole, but if large, cut in slices. Pack in a crock or in jars and in each jar put one tablespoon of horseradish. Pour over them a pickle mixture using one cup vinegar, ½ cup water, ¾ cup sugar, one teaspoonful salt, boil together and pour over beets.

Mustard Relish

1 small cabbage
6 large onions
1 head celery
1 large cauliflower
12 green tomatoes
3 green peppers
3 red peppers
12 apples

Put all through the mincer, add 2 cups sugar, 2 quarts vinegar, 1 tablespoon tumeric, ¼ lb. mustard, 1 teaspoon curry powder, 2 tablespoons salt, 2 tablespoons white pepper, 2 tablespoons celery seed. Mix well and cook ten minutes, bottle while hot.

Celery Pickle

6 heads celery, 2 onions, put through the mincer.

Add—1 cup brown sugar, ¼ lb. mustard, 2 tablespoons salt, 1 tablespoon pepper, 2 quarts vinegar, ½ teaspoon tumeric. Mix and simmer slowly 1½ hours. Bottle while hot.

Pear Jam

10 cups coarsely chopped pears
4 cups sugar
½ cup chopped preserved ginger with syrup

Boil all together until thick and clear.

Jewel Jam

4 cups chopped quinces
4 cups chopped apples
2 cups cranberries
2 cups water

Cook cranberries with water and skins and cores of apples. Drain through a jelly bag and to the juice add chopped apples and quinces. Cook five minutes, add five cups sugar. Cook until thick and clear.

Carrot Ketchup

4 cups chopped carrots
1 green pepper chopped finely
1 onion chopped finely
1 cup chopped celery

Two cups vinegar, ½ cup sugar, 2 teaspoons salt, ½ teaspoon paprika. Cook until thick, press through a fruit press or coarse sieve, reheat and bottle hot.

Apples in Cranberry Juice

Peel and quarter apples which will not break down in cooking (snow apples are excellent), pack in jars. To each pint jar allow 1 cup cranberries, 1 cup water and 1 cup sugar. Add water to cranberries and sinks and cores of apples, cook slowly ten minutes, drain, add sugar and bring to a boil, pour over apples. Sterilize ten minutes in a hot water bath, or fifteen minutes in the oven at 275 degrees F.

If apples are to be used often we should have variety in their preparation, some change from apple sauce and apple pie however toothsome these may be.

Apple Sauce

A method for making apple sauce quickly and satisfactorily is as follows:

Wash the apples; cut in eighths, add sufficient water to prevent burning. Cook until tender in covered saucepan, press through a strainer, sweeten to taste. This method retains full food value and gives minimum waste.

Baked Apples and Peaches

1 pint milk
3 eggs
3 tablespoons sugar
1 grated apple

Beat eggs, add sugar, then milk. Strain. Add grated apple and bake in one crust.

Apple Souffle

4½ tablespoons minute tapioca
⅛ teaspoon salt
1 cup milk scalded
1-3 cup sugar
½ tablespoon lemon juice
3 eggs yolks beaten until thick and lemon colored
3 egg whites stiffly beaten
1 cup grated raw apple, or drained cooked apple pulp

Add minute tapioca and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Cool. Add egg yolks, lemon juice, and apples. Fold in egg whites. Bake in greased baking dish, placed in pan of hot water, in moderate oven (325 degrees F.) 1 hour. Serve hot with sweetened whipped cream. Serves 8. If desired, the whipped cream may be forced through a pastry tube into rosettes on waxed paper, and frozen in the freezing tray of an automatic refrigerator.

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SPICE YOUR MEAL
WITH THESE SURPRISES

Do you try to give your family food variety, or do you stick to the same old way of cooking day in and day out? It is not as hard as you think to make your meals a little different.

If food that is usually served on a platter comes to the table in a baking dish interest is immediately aroused. Meat baked with clever seasoning has an entirely different flavor than the same meat fried or even broiled.

Surprise the family by omitting potatoes and serve a creamy rice pudding for dessert.

It isn't necessary to serve expensive, out-of-season foods. The good root vegetables such as carrots and turnips are savory and appetizing and the finest chefs appreciate and make full use of the full-flavored onion.

Baked Steaks

One and one-half pounds sirloin steak, 4 medium sized carrots, 2 teaspoons salt, ¼ teaspoon pepper, 4 good sized onions, 2 small turnips.

Trim steak and dredge with flour. Put in a baking pan and cover with carrots and turnips which have been pared and cut in dice. Sprinkle with salt and pepper. Pour a few tablespoonfuls of water over vegetables. Bake in a moderate oven for 45 minutes. Peel onions and cut in halves. Dip in melted butter and arrange over vegetables and meat. Continue to bake 45 more minutes or until steak and vegetables are tender. Serve from baking dish.

Of course you may use any combination of vegetables you prefer, but don't forget the onions because they add so much to the savoriness of the dish. A can of tomatoes poured over the steak when it's put in the oven is another way to vary the connection.

If you want to sprinkle a cup of grated cheese over the whole thing about ten minutes before sending to the table—just long enough to melt the cheese—you have something else again.

Creamy Rice Pudding

Two cups milk, 3 tablespoons rice, ½ ½ teaspoon salt, 4 tablespoons sugar, 1 tablespoon vanilla, 1 tablespoon butter.

Wash rice. Mix ingredients and pour into a buttered baking dish. Bake three hours in a low oven (352 degrees F.) Stir three times during the first hour to prevent rice from settling. Serve either hot or cold.

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HOME HINTS

When buying a winter coat, do not think that the weight of the coat determines its warmth. A lightweight, fluffy material is oftentimes warmer than a much heavier garment.

When necessary to make icing quickly for cup cakes, place a marshmallow on each cake and toast slightly.

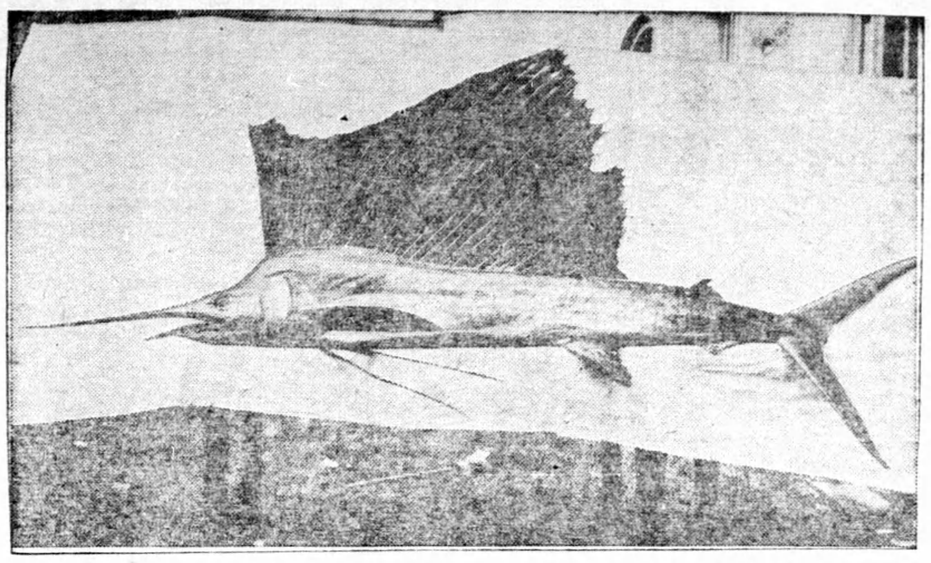
Stockings should not be gartered so tightly that when seated there is an unnecessary strain that will cause a runner.

Rub the griddle with a small bag of salt instead of using grease and the cakes will be cooked without smoke or odor.

Place a piece of bread in the pot in which cabbage or cauliflower is cooking and it will eliminate much of the unpleasant odor.

Much less sugar will be required to sweeten applesauce if the sugar is added to it just before it is removed from the range.

Angle For Posterity



This 190-pound sailfish, caught by President Roosevelt after a fierce battle during recent vacation, is being prepared for display by the Smithsonian Institute. Mounted, it will be the biggest fish of its kind on display at the Institute and the only one caught by a U.S. President.

SUNDAY SCHOOL LESSON

GENERAL— MacDONALD—NOV 14

LESSON IX — December 1

EZRA'S MISSION TO JERUSALEM.

Ezra 7:6-10; 8:21-23, 31, 32

GOLDEN TEXT. — The hand of God is upon all them that seek him, for Good. Ezra 8:22.

THE LESSON IN ITS SETTING

TIME — 458 B.C.

PLACE — The cities of Babylon and Jerusalem, and on the banks of the river Ahava, which cannot now be determined, though many conjectures have been made.

"This Ezra went up from Babylon." The actual journey from Babylon to Jerusalem is not recorded until 8:31. "And he was a ready scribe in the law of Moses, which Jehovah, the God of Israel, had given." The scribe in the days of Monarchy was the king's State Secretary or Chancellor (2 Sam. 8:17; 20:25; 1 Chron. 18:16; 2 Kings 18:18; 22:3, etc.).

"And the king granted him all his request, according to the hand of Jehovah his God upon him." What Ezra's request was of Artaxerxes, we are not told, but we can probably determine it by considering the letter given by Artaxerxes, which is copied into this chapter.

"And there went up some of the children of Israel, and of the priests, and the Levites, and the singers." The Levitical order of singers was instituted during the reign of David (1 Chron. 15:17-24), of whom there appear to have been twenty-four classes (1 Chron. 25:9-31). "And the porters." These were doorkeepers from among the Leirtes. "And the Nethinim." A class subordinate to the Levites, but ranking before the servants of Solomon in the services of the temple (Ezra 2:43). Their origin is hid in great obscurity. "Unto Jerusalem, in the seventh year of Artaxerxes the king." That is, 458 B.C.

"And he came to Jerusalem in the fifth month, which was in the seventh year of the king." The fifth month was the month Ab, corresponding, approximately to our August.

"For upon the first day of the first month began he to go up from Babylon; and on the first day of the fifth month came he to Jerusalem, according to the good hand of his God upon him." The journey lasted through the eighteenth day of the first month, that is, Nisan, and the three months Iyar, Sivan, Tammuz; in all about one hundred and eight days.

'For Ezra had set his heart to seek the law of Jehovah." This verse is probably the greatest single descriptive picture of the true teacher and student of the World of God to be found in the entire Old Testament. "And to do it". He did not attempt to preach what he had not tried to live. He would test the effect of his doctrine on himself before venturing to prescribe it for others. "And to teach Israel statutes and ordinances." These two words are frequently found together (e.g., Lev. 26:46; Deut. 4:1, 5, 8, 14; 2 Chron. 7:17; 19:10; Mal. 4:4).

"Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God." The fast is not proclaimed with any special confession of sin. Ezra appoints the fast: (a) as the symbol of submission before God's will and of repentence from sin; (b) as the means of intensifying religious fevor in prayer through the restraint laid upon physical appetite; (c) as the testimony that 'man lives not by bread alone.' "To seek of him a straight way for us, and for our little ones, and for all our substance. A straight way means a true road, from which they would not be compelled to turn aside on account of robbers or enemies, and a level road, free from great difficulties (cf. Isa. 43).

"For I was ashamed to ask of the king a band of soldiers and horsemen to help us against the enemy in the way, because we had spoken unto the king, saying, The hand of our God is upon all of them that seek him, for good; but his power and his wrath is against all them that forsake him." "So we fasted and besought our God for this: and he was entreated of us." We must not confound this state of self-humilation before God with the totally different condition of abject fear which shrinks from danger in contemptible cowardice. The very opposite to that is the attitude of these humble pilgrims.

"Then we departed from the river Ahava on the twelfth day of the first month, to go unto Jerusalem: and the hand of our God was upon us, and he delivered us from the land of the enemy and the lier-in-wait by the way." The ventures of faith are ever rewarded. We cannot set our expectations from God too high. What we dare scarcely hope now, we shall one day remember.

"And we came to Jerusalem, and abode of three days." The entire journey took about four months, at an average rate of approximately eight miles a day.

Pithy Paragraphs

More men can stand adversity than can stand prosperity. At least, more men do.—Brandon Sun.

Why not make it a point this year to spell it Christmas and lasso the chap that shortens it up to Xmas?—Guelph Mercury.

The test of King George's influence lies in peace and sanity with which the British people have lived through the years since the war. — Hector Bolitho.

It is always encouraging to note the advance of civilization. Arabs in Palestine are now planning a general strike. — Buffalo Courier-Express.

If you worry about what people think of you, you have more confidence in their opinion than you have in your own.—Quebec Chronicle-Telegram.

Are too many pictures of wild tackles published on the sport pages? St. Thomas sends word of a deer that jumped on a passing car, forcing it into the ditch.—Toronto Telegram.

The absence of Hiram Johnson from the vicinity of the ring reserved for Presidential aspirants makes one wonder whether he really has given up at last. — Detroit Free Press.

It is reported that an Irish baker, 76, has not slept for years, hunting during the day and baking at night. On hot summer nights we sleep and bake too. — Woodstock Sentinel-Review.

Heat Soil In Order To Speed Up Growth

Ottawa.—Electric soil heating for propagation of seeds and promoting growth of plants to be set out in fields, is making headway in Canada.

The Dominion Department of Agriculture reports installations in Ontario greenhouses have proven satisfactory. Also in hotbeds and cold frames for propagating seeds cold tomatoes, cabbage, cauliflower, egg plant peppers, cucumbers, melons certain flowers, and sweet potatoes, the use of electric soil heating has proven valuable.

Inventor Proclaims 'Flying Suit' Success

Banff, Alta.—Development of a "flying suit" making flight possible without the aid of airplanes is claimed by John Kropocz, 65-year-old inventor.

Kropocz, a native of Yugoslavia, who quit his job in a hotel here to devote his whole time to the flying suit, said he had completed a model which, in tests, has proven its efficiency. It has yet to be tried out by man.

He has completed an aluminum suit with metal wings and a series of springs, operated on the principle of the gramophone. Kropocz calls his invention the "metal man." The suit is designed for attaching to the shoulders and around the waist. The wings are attached to a tube containing the power springs.

Once started, the machine may be pedalled by treading a device for that purpose. A ground level start, however, is not possible. The wearer would have to jump from a height to get it into the air.

A safety coat inflated with hydrogen balloons fastened to the lining, is another feature of the flying suit.

Manners are the happy ways of doing things; each one a stroke of genius or of love, now repeated and hardened into usage, they form at last a rich varnish, with which the routine of life is washed and its details adorned. If they are superficial, so are the dew-drops which give such a depth to the morning meadows.—Emerson.

Fascinating Blouse

A fascinating blouse with youthfully becoming neckline is patterned for today.

In bright crepe silk with long cuffed sleeves, as in lower sketch, you might wear with your tweed suit or for more formal occasions.

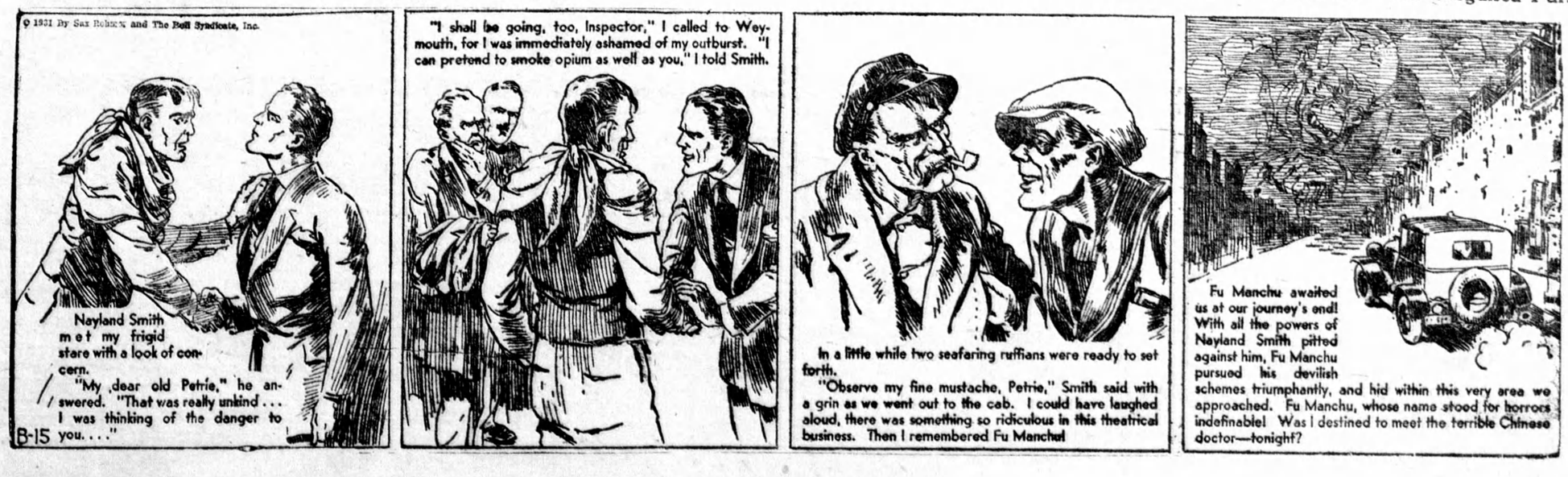
The above-the-elbow puffed sleeved version in satin crepe or in shimmering metal cloth is stunning for afternoon parties and for late afternoons for cocktail, for dinner and informal theatre wear.

It's simple to sew with sleeves that are cut in one with shoulders.

Style No. 2505 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires 2⅝ yards of 39-inch material for the long sleeve blouse.

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—The Disguised Pursuers.