Woman's World

By Mair M. Morgan

A NEW FISH DISH

If there's one thing the average housewife will give three cheers for, it's a new recipe for cooking fish—especially if some member of the family has to be coaxed to eat fish. Here is a choice European fish recipe with a modern touch.

Casserole of Fish

¼ pound (1 cup) mushrooms, washed and sliced
1-3 cup diced celery
1 medium onion finely chopped
4 tablespoons butter
3 tablespoons quick-cooking tapioca
1½ teaspoon salt
½ teaspoon pepper
2 teaspoons sugar
2 cups flaked cooked haddock or cod
3 cups canned tomatoes
8 to 10 unbaked baking powder biscuits, rolled ½ inch thick

Saute mushrooms, celery, and onion in butter until tender. Combine with remaining ingredients in order given. Turn into greased casserole and bake in hot oven (425 degrees F.) 25 minutes, stirring mixture twice during first 10 minutes of baking. Place biscuits on top of fish mixture after it has baked 10 minutes; return to oven, and bake 12 to 15 minutes longer, or until biscuits are browned. Serves 8.

A GOOD RESOLUTION

One of the reasons why good resolutions are so frequently broken is that they are not adopted on practical subjects—or do not make the same allowance for human nature that an engineer makes as his "margin of safety" in building a bridge. Take the average cook, housewife, or home maker, for example. Every time she finds she has "just run out of" something when she is right in the middle of some dish that cannot be stopped at that point without ruining it, she makes a resolution to keep stocked up on that item hereafter. Does she? That's the right answer!

One good way to stop "running out of" things this year, is to form the "pad and pencil habit" in your kitchen. Buy a small packet of pads and have a couple of short lead pencils handy. Keep these in the kitchen, and warn the family it's a shooting offence for any one except you to use them or remove them. Then, when you find your supply of any item on your cupboard or pantry shelves is running low, write it down on the pad and keep it in plain sight until next market time. Write your shopping list below it, and you simply cannot overlook it.

Economy almost demands that you buy your canned goods in quantities—they do not lose food value on your shelves, and by watching the market prices you can buy at times and rates that also keep the canned goods from losing money value. Furthermore, a good assortment tends to give more variety to your daily menus, and also prepares you to meet the emergencies of extra guests or lack of time, with ease and comfort of mind and soul. It is a good idea to keep a little "stock list" hanging on a hook or fastened with a thumb tack handy to your stock of canned goods and mark off each item as you take it out of stock. It's a handy record in many ways.

So as a New Year Resolution — "I am going to keep the pantry shelf well stocked!"

Recommendations

1. Canned Vegetables—Corn, tomatoes, peas and baked beans, baby limas, green beans, asparagus, beets.
2. Canned Sea-Food — Salmon, tuna, shrimp, crabmeat, lobster.
3. Canned Fruits — Grapefruit, peaches, pears, cherries, blueberries, sliced and crushed pineapple.
4. Canned Garnishes — Pickles, stuffed and ripe olives, pimientoes, cranberry jelly, maraschino cherries, Jellies.
5. Canned Soups — Tomato, vegetable, chicken, pea, consomme.
6. Dried Fruits — Apricots, figs, dates, raisins, currants.
7. Cereals — Rice, macaroni, spaghetti, noodles, tapioca.
8. Crackers — Salted and unsalted, graham wafers, cheese or whole wafers for soups.
9. Fresh Fruits — Depending, of course, upon the season, bananas, oranges, apples, grapefruit, cranberries.
10. Staples — Canned milk, gelatine—plain and flavored, syrup, molasses, sugars — granulated, brown, icing.
11. Baking Supplies — Bread and cake flour, baking powder, soda, cornstarch, cornmeal, extracts and spices.
12. Shortenings — Butter, lards, salad oil and your pet kind of substitute.

With the electric refrigertor becoming ever and ever more popular, it is now possible to have fresh, crisp salad greens on hand the year 'round. They are a great asset for the salad or sandwich that must be made in a hurry. And a recipe or two may also be helpful when that unexpected guest pops in.

Kidney Bean Salad

Eight hard cooked eggs, 2 cups kidney beans, 4 sweet pickles, 1 teaspoon chopped onion, ½ cup celery, salad dessing to moisten.

Method: Cut eggs in half crosswise, chop up 4 of them. "Devil" the remaining ones — take out the yolks and season with salt, pepper, vinegar and mustard; refill the whites and flute the edges. Toss together all the other ingredients including the chopped eggs. Arrange in mounds on crisp lettuce and place a "devilled" egg in the centre of each of the 4 salads. Sprinkle the yolk with paprika.

Last-Minute Sandwiches

Mix contents of one can Devilled Ham with an equal amount of chopped sweet pickle. Season with a little prepared mustard. Use for closed or open-faced sandwiches.

Broiled Crabmeat Sandwiches

One can crabmeat, ¾ cup celery, finely chopped, 1 pimiento, chopped, ½ cup chopped nut meats, salt, pepper, parsley, bread, bacon slices.

Method: Make a salad of flaked crabmeat, celery, pimiento, nut meats, seasonings and salad dressings. Spread between slices of white or cracked wheat bread.

Lay strips of bacon over the top and put under a broiler, cooking the bacon on both sides.

Tomato Rarebit

Two tablespoons butter, 1 tablespoon flour, 1 can tomato soup, 6 stuffed olives, chopped, 1 tablespoon minced onion, ½ cup grated cheese.

Method: Melt butter, blend bour, add tomato soup and cook until thickened. Add olives, onion and cheese and stir over low heat until cheese is melted. Serve on toast.

CHILDREN AS COOKS

Can your son and daughter cook? They'd get lots of fun out of preparing and serving simple meals even before they've reached their teens.

Sunday night supper is a fine occasion to start with. And there's a menu thats appetizing and within a beginner's ability to prepare:

Spaghetti with mushrooms, pineapple marshmallow charlotte, milk, tea.

Mane the dessert Saturday morning. Here is the recipe:

Pineapple Marshmallow Charlotte

One-half cup whipping cream, ½ cup cut marshmallows, 1½ tablespoons granulated gelatine, ½ cup cold water, 1 cup crushed pineapple, ¼ cup sugar, 1 tablespoon lemon juice, 1 dozen lady fingers.

Dip scissors in cold water when cutting marshmallows in small pieces. Whip cream until stiff. Use a rotary beater to whip the cream, which should be thoroughly chilled. Combine cream and prepared marshmallows. Soak gelatine in cold water for five minutes. Bring pineapple to the boiling point and add soaked gelatine. Remove at once from the fire and add sugar and lemon juice. Place the sauce pan containing this mixture in a larger pan of ice water and chill, stirring constantly. When it begins to thicken add the whipped cream and marshmallows, folding them into the gelatine mixture. Line paper cups with lady fingers which have been split, putting the split side in. Pile charlotte mixture lightly in the cups, cover with waxed paper and chill in the refrigerator until wanted to serve. This recipe makes four servings.

Spaghetti and Mushrooms

To make the spaghetti with mushrooms you will need one 8-ounce package of spaghetti, 2 tablespoons butter, 1 pound round steak ground, 1 medium sized onion, ½ pound mushrooms, 2 cups canned tomatoes, ¼ teaspoon pepper, 1½ teaspoons salt, ½ cup grated cheese.

Cook spaghetti in boiling salted water for twenty-five minutes, breaking it in pieces or cooking it whole as you prefer. Drain and put on a heat-proof platter. Pour over sauce, sprinkle with grated cheese and slide under the broiler long enough to melt the cheese.

For the sauce: Melt butter, add onion cut in thin slices and cook slowly five miutes. Add chopped meat and cook twenty minutes, stirring to prevent sticking and burning. Add salt and pepper and tomatoes and cook fifteen minutes longer. Add ½ cup boiling water and mushrooms which have been cleaned and cut in thin slices. Cook twenty minutes longer, stirring occasionally.

Winter Sports Seems To Have Gone To The Heads Of The Chorus

The camera caught these chorus girls off balance as they enjoyed themselves between performances in the snow on the roof of the Radio City Music Hall, New York City.

Mother

Within the deep recesses of my heart,
There blooms a little garden, rare and sweet,
And in that sanctuary set apart
I tend a lilied shrine—an office meet
For one who gave me life and faith and love.
And when I thither go, as oft I do,
To tell my rosary of thanks to you,
I feel your smile upon me from above
For death-enduring agonies of birth.
For patient understanding through the years,
For virtue, honour, fortitude from fears,
I am a debtor, I, of little worth.
But on that altar, builded just for you,
The flowers are always fresh with heaven's dew.

SUNDAY SCHOOL LESSON

LESSON III. — January 19.
JESUS PREPARES FOR HIS WORK. — Luke 3:1-4:15.
PRINTED TEXT Luke 3:21, 22; 4: 1-13.
GOLDEN TEXT. — Thou shalt worship the Lord thy God, and Him only thou shalt serve. Luke 4:8.

THE LESSON IN ITS SETTING

TIME.—The ministry of John the Baptist has been thought to have been confined, or the most part, to the summer of A.D. 26. while the baptism and temptation of Jesus occurred in January or February, A.D 27.

PLACE. — The ministry of John the Baptist, for the most part, was in the wilderness of Judea. The baptism of Jesus took place probably not far from the City of Jericho on the Jordan River. It was near this part of Palestine that Jesus was tempted in the wilderness.

"Now it came to pass, when all the people were baptized, that, Jesus also having been baptized, and praying, the heaven was opened." The question will naturally arise as to why Jesus allowed himself to be baptized, and his own reason, thus it becometh us to fulfill all righteousness. (Matt. 3:15), is the only satisfying explanation.

"And the Holy Spirit descended in a bodily form, as a dove, upon him, and a voice came out of heaven, Thou art my beloved Son; in thee I am well pleased." The descent of the Holy Spirit, in the form of a dove, is veiled wtih mystery, yet with beauty.

"And Jesus, full of the Holy Spirit." Here Luke shows you God's Man, his adult Man, thirty years of age, his mature Man, anointed of the Spirit for Messianic work, but in the perfection of his humanity, going into the wilderness, full of the Holy Spirit. "Returned from the Jordan, and was led in the Spirit in the wilderness." The waste and desert places of the earth are, so to speak, the characters which sin has visibly employed on the outward creation; the echoes in the outward world of the desolation and wasteness which sin has wrought in the inner life of men.

"During forty days." Forty is the signature of penalty, of affliction, of the confession or the punishment of sin. "Being tempted of the devil." It is assumed everywhere in the Scriptures that Satan is a real person. Here we have the story of hell's attempt tp thwart heaven's purpose. This is not so much Satan attacking the person of our Lord as attacking the purpose of God Almighty as it was to be realized by our Lord. He was the Anointed One of high heaven, confronting the whole empire of evil and of darkness in the person of its over-lord, Satan. "And he did eat nothing in those days: and when they were completed, he hungered." A fast of forty days, while a test of the greatest severity, has been experienced by a few men in modern times, especially by Dr. Henry S. Tanner, in New York City, in the summer of 1880, under the supervision of an accredited college, and without any opportunity for deception appearing in this case. No evil results were experienced by Dr. Tanner as a consequence of this extreme ordeal. He died in 1919, at the age of eighty-seven.

"And the devil said unto him, If thou art the Son of God." This is doubtless an allusion to the divine voice in his immediately preceding baptism (Luke 3:22). "Command this stone that it become bread." If Jesus could be persuaded to minister to his physical need by the supernatural power which he possessed, and thereby place himself outside of the will of God, he would be making a personal choice against the choice of God and thereby committing a profound sin.

"And Jesus answered unto him, It is written, Man shall not live by bread alone." Note the weapon which Jesus uses in defeating Satan is not one forged by his own genuity, nor the result of philosophical argument, but simply the Word of God, which is the sword of the Spirit (Eph. 6:17).

"And he led him up, and showed him all the kingdoms of the world in a moment of time." It has often been remarked that Christ himself undoubtedly saw more of the kingdoms of the world at this moment than even Satan saw, as he offered them to the Saviour.

"And the devil said unto him, To thee will I give all this authority, and the glory of them: for it hath been delivered unto me; and to whom soever I will I give it." Satan intimates that the enormous influence which he possesses over human affairs may have been obtained for the promotion of the Messianic Kingdom and that all bodily shame and suffering which otherwise lay before the Saviour of the world might be evaded.

"If thou therefore wilt worship before me, it shall all be thine." Notice the awful price the Lord would have to pay for unlawfully possessing the kingdoms of the world, nothing less than the worship of the devil.

"And Jesus answered and said unto him, It is written, Thou shalt worship the Lord thy God, and him only shalt thou serve." Again the Lord quotes from the book of Deuteronomy (6:13). Observe at once that here are two thing about which the devil had said nothing. He had said nothing about God and he had said nothing about serving.

"And Jesu answering said unto him, It is said, Thou shalt not make trial of the Lord thy God." Once again the Lord Jesus overcame this temptation by the use of the Word of God, and, for the third time, quotes from the book of Deuteronomy (6: 16).

"And when the devil had completed every temptation, he departed from him for a season." The Lord Jesus was gloriously, in every point, victorious over Satan in this and all his other temptations, both Christ and the apostles later declare. (See John 14:30; 16:33; Heb. 2:18; 4:15; Rev. 3:21.)

Weight of Wedding Rings Restricted

BERLIN. — A marriage remains on a gold basis in Germany, but the weight of wedding rings will be strictly regulated henceforth.

A decree published in the Government Gazette specifies the maximum weight in fineness permissible for wedding rings, and also restricts the trade in old gold.

It is part of a campaign to overcome the Reich's raw material shortage.

Beauty of a Leg Depends on Stockings

LONDON. — The beauty of a leg depends much on the shade of the stocking in which it is displayed, according to British theatrical producer Charles B. Cochan. Revealing plans for a "Cavalcade of Stockings" in his next show he said: "In black stockings you have the secret of lovely legs. They make the most uncomely ankle look trim."

Easy To Wear

Although frocks are admittedly more elaborate these days, they can still be simple, if you know what I mean. Elaboration can be a matter of suggestion rather than fact.

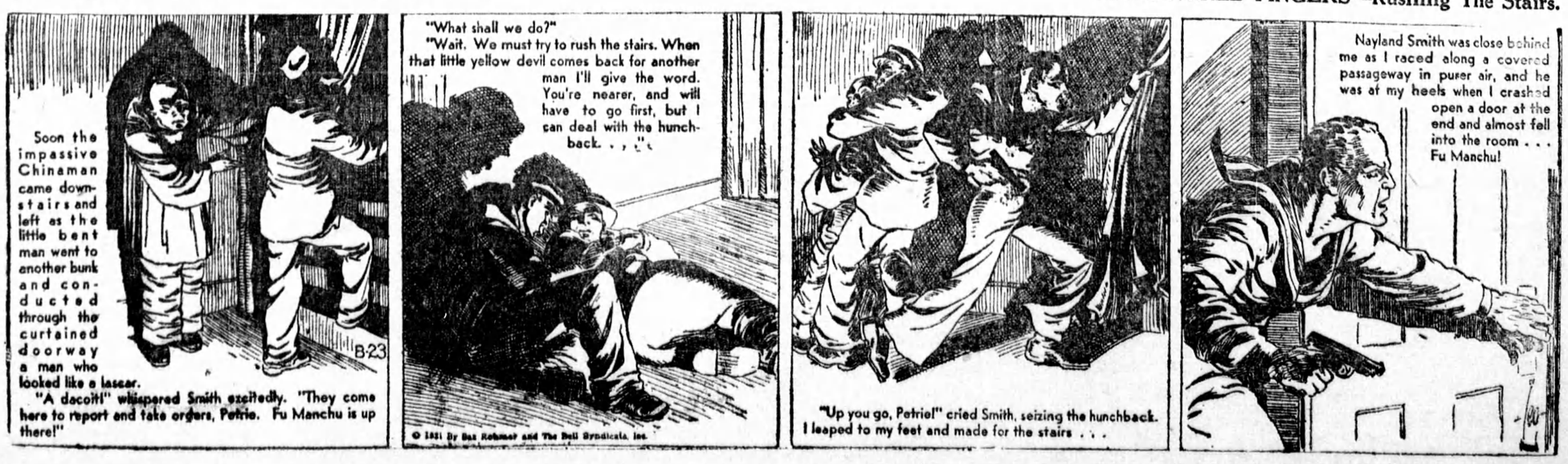
Today's charming crepe silk dress with soft bodice treatment, accents its interesting pointed yoke by jeweled clips, because modern jewelry plays such a fascinating part these days.

See small view other version — with peplum and open neck.

Style No. 2553 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires 3⅝ yards of 39-inch material.

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—Rushing The Stairs.