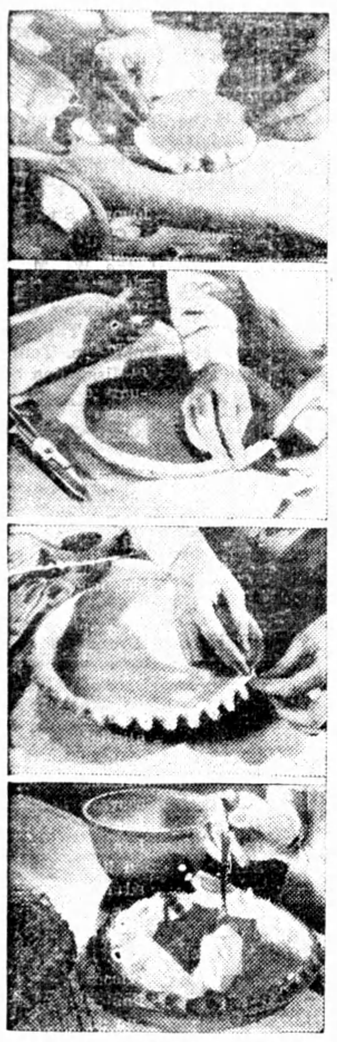
Woman's World

By Mair M. Morgan

Pointers On Pies



Chocolate Meringue Pie with a flaky, tender crust, is the star of this silent movie. The pie-making hints illustrated above, from top to bottom, cover the rolling of the chilled dough, pinching the edge together if it cracks; making a double upright fold of pastry for a fluted rim and fluting it with the fingers; piling a meringue lightly from the edge in, pushing it into each crinkle.

Chocolate Meringue Pie

Canadians need desserts rich in heat and energy during the snappy, cold days of winter and early spring. Chocolate Meringue Pie is one of the most delicious of these desserts with its good filling, and perfect pastry.

Perfect pastry is the basis of all good pies and it is easily made by the new method of using a fine cake flour to give a light, flaky crust. One of the first rules in pastry making is to use cold ingredients and handle them lightly. A second important pointe is to use water cautiously. Too many cooks dump the water on the flour and shortening mixture, then have to knead and handle a soggy dough mixture and this is one of the commonest causes of tough pastry.

The best way to add water is to sprinkle 1 teaspoon of cold water over a portion of mixture and toss together lightly with a fork — just enough to make it hold together — then leave it. Add water to another portion and form another damp ball. Continue until all flour is dampened, then wrap dough in waxed paper and chill thoroughly.

The finest plain pastry is made from this simple recipe.

2½ cups sifted cake flour
½ teaspoon salt
2-3 cup cold shortening
1-3 cup cold water (about)

Sift flour once, measure, add salt, and sift again. Cut in shortening until pieces are about the size of small peas. Add water, a small amount at a time, mixing lightly with fork. Handle as little as possible. Wrap in waxed paper, chill thoroughly. Roll out on slightly floured board. Bake pastry in hot oven (450 degrees F.). Makes enough pastry for one 9-inch two-crust pie, or fifteen 3½ inch tart shells.

CHOCOLATE MERINGUE PIE

3 squares unsweetened chocolate cut in pieces
2½ cups milk
½ cup sifted cake flour
½ teaspoon salt
2 egg yolks, slightly beaten
2 tablespoons butter
2 teaspoons vanilla
1 baked 9-inch pie shell
2 egg whites
4 tablespoons sugar

Add chocolate to milk and heat in double boiler. When chocolate is melted beat with rotary egg beater until blended. Combine sugar, flour add salt; and gradually to chocolate mixture and cook until thickened, stirring constantly; then continue cooking 10 minutes, stirring occasionally. Pour small amount of mixture over egg yolks, stirring vigorously; return to double boiler and cook 2 minutes longer. Remove from boiling water; add butter and vanilla. Cool. Turn into pie shell. Beat egg whites until foamy throughout; add sugar, 1 tablespoons at a time, beating after each addition until sugar is blended. The continue beating until mixture will stand in peaks. Pile lightly on filling. Bake in moderate oven (350 degrees F.) 15 minutes, or until delicately browned.

Winter Diet

In the old days of sailingships when men were at sea for months at a time, barrels of sauerkraut were usually part of the ship's stores as a safeguard against scurvy—that wasting disease caused only by lack of fresh vegetables and eating no fresh meat, says Jessie Marie De Both. The ship's cooks, even in those days, knew that a varied diet, with a proper balance between foods, was vital to health.

The modern home-maker, with facilities and a range of vegetables, fruits, meat, fish, and fowl, at her command even in mid-winter, which a queen could not have bought with the crown jewels a hundred years ago, is still no differently situated from the queen's chef or the ship's cook when it comes to providing her family with a balanced diet.

The modern home-maker must pay even more attention to the subject, because today her family are leading mostly an indoor life. It takes real thought and planning to provide the correct diet for that.

The best way is to plan meals for the entire week, building each day progressively from breakfast through dinner, and then linking each day to the next day's meals. There must be some bulk and roughage.

A BALANCED OVEN MEAL MENU

Stuffed Pork Chops
Candied Sweet Potatoes
Creamed Cabbage
Tomato Salad
Date Meringue Pudding

STUFFED PORK CHOPS

4 thick pork chops (cut for stuffing), 1 cup cooked rice, 1 tablespoon butter, 2 chopped pimientos, salt and pepper to taste.

Method: Wipe chops, stuff with rice to which the butter, pimiento, and seasoning have been added. Place in a hot skillet and brown on both sides. Cover and reduce heat. Cook an hour.

CANDIED SWEET POTATOES

Method: Peal the boiled or steamed sweet potatoes and cut them in thick, lengthwise slices. Lay them in a pan which has been rubbed lightly with fat. Dot potatoes with butter, season with salt, pepper and sprinkle thickly with brown sugar. Bake until a rich brown. Stew over a little cinnamon before baking, if desired.

CREAMED CABBAGE

2 level cups cooked cabbage (cut fine), ¼ cup melted butter, 2 tablespoons flour, ½ teaspoon salt, 1-8 teaspoon pepper, 1½ cups milk.

Method: Add the seasoning to the flour and then all to melted butter. Blend well before adding milk. Cook over low fire stirring constantly until thick—stir in cambbage and reheat. Serve.

Note: For a hearty luncheon dish melt a level cup of cheese in the sauce before adding the cabbage. Serve with poached eggs on toast.

DATE MERINGUE PUDDING

2 cups cooked cereal, ½ cup chopped dates, 1 teaspoon vanilla, 2 cups milk, 1 cup sugar, 2 eggs.

Method: Mix all ingredients except egg white. Pour into buttered baking dish, bake ½ hour. Cover with meringue of beaten white to which 4 tablespoons sugar have been added and brown in oven.

THREE-HOUR OVEN DINNER

Oven Baked Rice Carrots a la King
Show-me-Dessert
COTTAGE HAM

Method: Rub a Cottage Ham (3-4½ lbs.) with one-fourth cup brown sugar, 1 teaspoon mustard; stick surface well with cloves. Place in a baking pan and bake at 300 deg. F., 35 minutes to the pound. Serve with horseradish sauce.

HORSERADISH SAUCE

Method: Pare, dice and cook carpared horseradish and ¼ teaspoon salt to 1 cup cream, whipped.

OVEN BAKED RICE

½ cup raw rice, 2 cups boiling water, ½ teaspoon salt.

Method: Add the washed rice and salt to boiling water. Pour into a casserole or baking dish, bake in oven until flakes of rice are tender and water absorbed. Use cover on dish.

CARROTS A LA KING

Method: Pare, dice and cook carrots until tender. Drain. Prepare 1 cup medium thick white sauce to which has been added 1 teaspoon grated onion, 1 tablespoon each finely diced celery, minced parsley and pimiento. Pour sauce over carrots.

"SHOW-ME-DESSERT"

¼ cup butter, ¼ cup sugar, 2 beaten egg yolks, ½ cup flour, 1 teaspoon salt, ½ teaspoon baking powder, 3 tablespoons milk.

Method: Mix all ingredients as for cake. Spread in a pie pan. Whip the whites of two eggs—add ¼ cup extra of sugar and beat well. Spread on top of pie, sprinkle some chopped nuts on top. Bake in slow oven 25 minutes. Serve with whipped cream, if desired.

From January to March is the best time to plant carnation cuttings for the reason that at this period the plants are strong and vigorous. Later on the plants will be weakened by flower production. A great deal of information on the subject may be gleaned from the circular on carnation culture issued by the Dominion Department of Agriculture, Ottawa.

On Exhibition at Fair

Paintings regarded as the most important and representative of contemporary American art are being displayed at the Palace of Fine Arts at the San Diego, Cal., Fair. Above is a photographic reproduction of Gari Melcher's "The Pot Hunters".

Swagger Shirtmaker

Don't you love this little rig? It's the new shirtmaker frock with shoulder yoke and soft bodice fullness.

Simple to sew! The sleeves cut in one with the bodice.

This model is stunning in cravat print silk crepe. It will look so gay 'neath your winter coat, and you can wear it right through the spring.

Cotton, linen and tub pastel silks are nice to fashion it for later season wear.

Style No. 3487 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inch bust. Size 16 requires 3¼ 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.

The Duke of Connaught is wintering at Bath, England, and was prevented by failing health from making the trip to London to participate in the strenuous activities of the royal funeral. The Duke, 85-year-old uncle of King George, attended a commemorative service at Bath Abbey.

SUNDAY SCHOOL LESSON

LESSON XI — MARCH 15

Jesus Teaches His Disciples To Pray

GOLDEN TEXT — "If we ask anything according to his will, he hareth us." — 1 John 5:14.

THE LESSON IN ITS SETTING

Time—All the events in this chapter occurred in November-December A.D., 29.

Place — Peraea, as in the preceding lesson.

"And it came to pass, as he was praying in a certain place, that when he ceased, one of his disciples said unto him, Lord, teach us to pray." They had no doubt entered into a life of prayer at the beginning of their fellowship with Jesus, with great earnestness and perhaps with faithful regularity, but, as persecution and misunderstanding arose, as the first thrill of their discipleship passed, and the burdens of their ministry became heavier, their prayer life may easily have become mechanical.

"And he said unto them." The following prayer has been divided into two parts. The first has been called "The Purposes of God," the second has been called "The Pilgrimage of Man."

"When ye pray, say, Father." In the Old Testament God is seldom spoken of as Father, and, then, in reference to the nation Israel, not to the individual (Deut. 32:6; Isa. 63:16; Jer. 3:4, 19; 31:9; Mal. 1:6; 2:10). Thus the Lord Jesus really gives to men, for their life of fellowship with God a new name.

"Hallowed be thy name." The name of God expresses the character of God. To hallow his name means to treat as holy, to venerate (1 Pet. 3:15 Isa. 29:23). "Thy kingdom come." The earth is the very centre of God's kingdom. It is here that he had proposed to reveal his glory in the ages to come. Jesus is to be King over all the earth and to sit on the throne of his father David. This is the true and ultimate meaning of the prayer, "thy kingdom come."

"Give us day by day our daily bread." We might translate the first phrase, literally "continue giving to us." The petition includes more than that of the one in Matthew, where, interpreting literally, the petition is for bread "for the coming day." In Luke, the petition might be paraphrased: "Continually give us day by day our bread for the coming day.

"And forgive us our sins; for we ourselves also forgive every one that is indebted to us." Some one says, That is not the ground of grace and that does not belong to us. Let it be remembered that Jesus did not give that prayer to men outside the Kingdom. He gave that to men inside the Kingdom. If I go to a man outside, steeped in sin, I do not say, If you promise to forgive, you will be forgiven. The man outside gets his forgiveness with no condition, when he prays, but, once he is in the kingdom he does not get forgiveness unless he is ready to forgive, unless he has forgiven. "And bring us not into temptation." Temptation is sometimes spoken of in Scripture as coming from God, sometimes as coming from Satan. God tempts no man to evil, but for good; he tries and tests, as he tempted Abraham and the children of Israel in the wilderness. Satan tempts unto evil; he tries to infuse evil into the human mind.

"And he said unto them, Which of you shall have a friend, and shall go unto him at midnight, and say to him, Friend, lend me three loaves." In the Orient, to avoid heat, travel is often engaged in at night When the books are opened, it will be discovered that more importunate and prevailing prayer has been offered at midnight than at all the other hours of the day and night taken together.

"For a friend of mine is come to me from a journey, and I have nothing to set before him." Even the deepest poverty was not held to excuse the primary Eastern virtue of hospitality.

"And he from within shall answer and say, Trouble me not." It is the trouble that he minds, not the parting with the bread. It is the mood of a man made heartless and selfish by comfort. Comfortable people, we know are apt to be hard-hearted.

"The door is now shut." The Eastern doors were not so easily opened as are those of our northern homes, where all one needs to do is to turn a key in the lock and take hold of a knob. "And my children are with me in bed; I cannot rise and give thee." In Oriental homes, frequently the members of entire families would sleep in the same room.

"I say unto you, Though he will not rise and give him because he is his friend, yet because of his importunity." The English word importunity comes from the adjective importune, which in turn comes from a Latin word meaning unfit, unsuitable, troublesome, grievous and hence means the condition of being unseasonable or inopportune and in this case, troublesome pertinacity in solicitation.

"He will arise and give him as many as he needeth." Possibly the man's generosity may have been increased by his own conviction that he had, up to this point, acted most selfishly.

"And I say unto you." The "I" here is emphatic. The same voice in the preceding verse introduces a statement based upon the natural reason, but the voice in this verse introduces a statement based upon the definite authority of the Lord Jesus, who alone can make promises to men concerning the effectualness of their prayers before the throne of grace. "Ask and it shall be given unto you; seek, and ye shall find; knock and it shall be opened unto you." These three verbs are in the present imperative and mean continue asking. John 16:24; Matt. 21:22; Mark 11:24.

"For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." What an experience it is, what a more than heavenly joy it is, when the door is at last opened, and the loaves are handed out.

"And of which of you that is a father shall his son ask a loaf, and he give him a stone? or a fish, and he for a fish give him a serpent? Or if he shall ask an egg, will he give him a scorpion." Similar words were spoken by our Lord in his Sermon on the Mount (Matt. 7:9-11. The appeal of the Lord Jesus here is to personal experience.

"If ye then, being evil, know how to give good gifts unto your children, how much more shall your Heavenly Father give the Holy Spirit to them that ask him?" It is evident, that none of the disciples, with the possible exception of Mary of Bethany, asked for the Spirit in the faith of this promise. It was a new and staggering thing to a Jew, that, in advance of the fulfillment of Joel 2:28, 29, all might receive the Spirit. To go back to the promise of Luke 11:13 is to forget Pentecost, and to ignore the truth that now every believer has the indwelling Spirit (Rom. 8:9, 15; 1 Cor. 6:19; Galatians 4:6; 1 John 2:20 and 27).

Wealthy Young People Should Have to Work

"The day will come when young people who have incomes from estates will be required to work, because, unless they do, their indolence causes unsatisfactory mental vibrations.

"This is shown when the young people commit suicide or indulge in excesses which are detrimental to themselves and those around them."

This opinon was expressed by T. W. Read, in a paper on "The Psychology of the Human in Industry," which he delivered to members of the Industrial Transport Association in London.

FU MANCHU By Sax Rohmer

Fate of Fu Manchu?