

Woman's World

MAIR M. MORGAN

"A Woman's Place is in the Home"

Delicious Diabes

To many persons creamed dried beef is just creamed dried beef—a more or less tasteless and rather unsatisfactory dish resorted to in a dull moment. But when care is taken in its making it becomes a palatable and appetizing concoction.

The secret of delectable creamed dried beef lies in "fritzing" the beef before adding the cream sauce. Dried beef is lacking in fat so this must be supplied. Melt butter in frying pan, add beef—carefully picked in small pieces with all bits of stringy tissue removed and cook over a low fire until the edges of the beef curl. Use one tablespoon flour for each cup of milk used in sauce. Sift flour over beef and stir with a fork until flour is absorbed. Add milk and bring to the boiling point, stirring constantly to make smooth. The sauce made this way is about the color of old ivory and has a delicious flavor. No salt is needed because the beef furnishes enough salt for the sauce. Pepper may be added if liked. One slice of onion and a few celery leaves may be scalded in the milk if a more savory sauce is wanted. Strain to remove vegetables and be sure to cool milk before making sauce. Cold milk insures a smooth sauce.

A very attractive way to serve creamed fritzed beef is to put the creamed beef in the centre of a large serving dish. Then arrange long strips of buttered toast from the beef to the edge of the dish and pile hot potato chips between the toast strips. Garnish with sprigs of parsley or sprinkle minced parsley over the creamed beef. Potato chips which have been made several days in advance may be reheated in a moderate oven to make hot for serving.

Macaroni with tomatoes and dried beef is a splendid luncheon dish. It should be served with a crisp lettuce or cabbage salad and a custard dessert. Scrambled eggs gain interest by the addition of dried beef. Fritze the chopped beef in butter in frying pan before adding milk and eggs and then proceed as usual.

Mushrooms make an effective garnish to creamed dried beef as well as to scrambled eggs and beef. Perfectly creamed dried beef with broiled mushrooms is worthy a place on any party luncheon table.

One-fourth pound dried beef combined with other materials will serve four persons.

Stale Cake Hint

Certain varieties of cake will keep moist and palatable until the last crumb disappears, but others, particularly sponge cakes and plain white cakes, become dry and undesirable the second day after they are baked.

There are many really delicious desserts that can be made with stale cake if the cook uses a little ingenuity. A light cake which is very dry can be crumbed, soaked in milk until soft, and then combined with eggs to make a very acceptable pudding.

The procedure is almost identical with that for a bread pudding, though care must be taken not to make it too sweet when cake crumbs are used.

Plain cake which is not dry enough for crumbling, but has lost its freshness, can be cut in pieces for serving and steamed until hot and moist. Serve with a liquid sauce and garnish with whipped cream if convenient.

Mock tipsy pudding, a light and delectable dessert, is made with stale sponge cake or lady fingers. Cut sponge cake in thin, narrow slices and spread with any kind of jam or preserves. Peach or apricot is very good. Arrange in layers in a deep dish and pour two cups of thin boiled custard over cake slices. Let stand overnight or for several hours until the cake absorbs the custard. Serve very cold with whipped cream. The custard should be very slightly sweetened since the cake and jam are both sweet.

All these suggestions prevent waste and are a decided means towards economy.

Cake Crumb Pudding

Two cups cake crumbs, 1 egg, milk, jelly, 2 tablespoons sugar.

The amount of milk needed will depend on the variety of the cake and on the staleness of the crumbs, but it will take about two cups. Pour over crumbs and let stand until milk is absorbed. Add yolk of egg and beat well. Turn into a buttered baking dish and bake in a moderate oven until firm to the touch, about 30 minutes. Remove from oven and let cool. Spread with jelly and cover with white of egg beaten until stiff with sugar. Return to a slow oven and bake eight minutes to puff and color meringue.

A good uncooked pudding uses two cups dry cake crumbs, 1 cup stewed fruit and 1 cup cream, whipped. Rub fruit through colander to remove stones and skins and make smooth. Mix crumbs and fruit well and fold in cream whipped until firm. Turn into a shallow pan and let stand on fire for several hours to fill and become firm. Cut in squares and serve with more whipped cream, slightly sweetened and flavored with vanilla.

Return of the Biscuit

Once upon a time no tea table was complete without some kind of biscuits.

Then cake superseded them, and it was a rare occurrence—usually when there was no cake in the pantry—for them to appear on the table.

Recently I have noticed on two or three occasions when I have been at other people's houses, that the little homemade tea biscuit is returning.

With the afternoon cup of tea or the after-dinner cup of coffee they are ideal.

The art of biscuit-making is not easy. Time and care must be bestowed upon the making, and particularly

the baking. A biscuit should be very crisp and short.

You might like to try your hand at making some.

Lemon Fingers

Beat four ounces of butter and four ounces of sugar to a cream. Add a well-beaten egg and the grated rind of one lemon, a pinch of salt and eight ounces of flour.

Mix thoroughly, knead well and roll out. Cut into thin fingers and bake in a cool oven.

Coffee Biscuits

Into ¼ lb. of flour and 2 oz. of sugar work ¼ lb. butter or margarine. Add half a teaspoonful baking powder, then work up with one egg beaten up with about a tablespoonful of milk. The dough should be very smooth.

Roll out, cut and stamp, and bake in a quick oven until a light brown color.

These are plain biscuits to go with after-dinner coffee, but they can be iced if desired.

Chocolate Fingers

To 4 oz. of flour add about a quarter of a teaspoonful of baking powder. Rub in 3 oz. of lard. Then add 3 oz. of castor sugar and 3 oz. of cocoa. Pour in one egg and make into a paste.

Roll out thin and cut into strips about 1 in. wide and 3 in. long. Put into a moderate oven and bake until crisp.

Useful Hints

Many people find sage and onion stuffing too rich. If, however, a pinch of ground ginger is mixed in with the other ingredients it will be found quite digestible as well as a better flavor than usual.

Fish cakes, rissoles and other fried foods that are mixed with egg often break in cooking. This will not happen if the white only of the egg is used, and they can be turned or moved about in the pan at will and remain whole.

Add a few drops of paraffin oil to the water in which you wash steps, and your hands will not become chapped on chilly mornings.

Screening For Effect

Screens should play an important part in your interior decorating schemes. Besides being useful for hiding unsightly corners, beds and other places you don't want to show, they are decorative.

Attractive screens for a kitchen can be made by covering an inexpensive screen with squares of old cloth to match your table cover. Or, if you have an old faded one in the house try covering it with some cretonne, as your curtains.

Medical Officer Commends Old-Fashioned Spanking

Ideas about child punishment so old-fashioned as to be almost revolutionary, were expressed by Dr. F. C. Shrubbs, senior medical officer of the school system of London, England, in a recent address in that city before the Child Study Society. Says Dr. E. E. Free, in his *Week's Science* (New York):

"One of his ideas is that the most scientific way to punish a child is by an old-fashioned spanking, being sure that this is hard enough to be really painful.

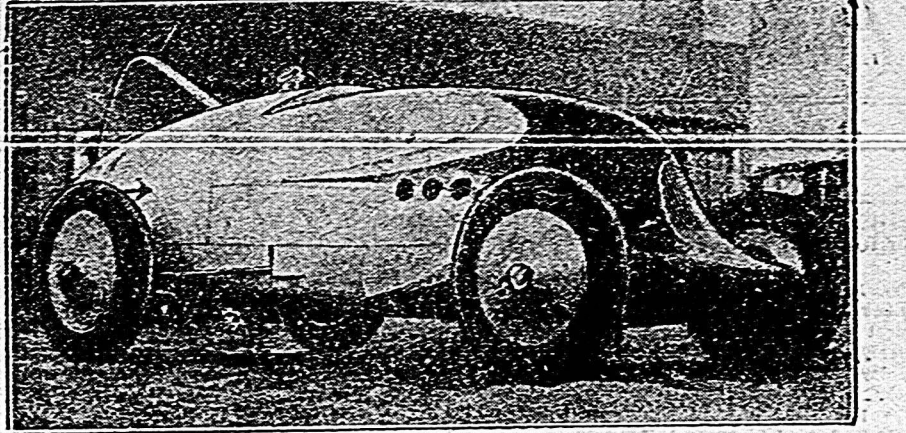
"Another is that the spanking must be done immediately and in anger, instead of waiting until later when the outraged parent has cooled off. Dr. Shrubbs insists that anger is quite well understood by the child, and has the proper effect on it, whereas later punishment accompanied by 'reasoning' with the child is not understood and merely impresses the child as one more of the myriads of inexplicable things which adults do.

"Pain in the skin, like that from a good spanking, Dr. Shrubbs regards as nature's method of training all young animals. This is how the animal, or the baby, learns to avoid harmful objects, as evidenced by the proverb that a burnt child dreads the fire. One reason why this is so effective is that the pain follows instantly on the fiery contact, which is why spankings also should follow immediately on the offense. Merely mental punishments, such as scoldings or arguments, are unnatural and relatively ineffective. Fortunately, Dr. Shrubbs believes that psychological theories against spanking seldom are really practiced. 'There probably is no child psychologist in existence,' he said, 'who, having a child of his own or her own, has never spanked it.'"

EDUCATION

The real object of education is to give children resources that will endure as long as life endures.—*Sydney Smith.*

To Break Campbell's Mark?



That a British driver in a British car should capture world speed records on American sands is too much for Harry Hartz, who, backed by United States automotive engineers will race his "Spirit of 76" over Muroc Dry Lake, California, in an attempt to break Campbell's mark.

Sunday School Lesson

April 2. Lesson I—Jesus Ministering to Jews and Gentiles (World Friendship Lesson)—Mark 7: 24-37. Golden Text—Other sheep I have, which are not of this fold; they hear my voice; and they shall be one fold and one shepherd.—John 10: 16.

ANALYSIS.

I ONE OF THE FAMILY, Mark 7: 24-30.

II HOW LOVE TRIUMPHS, Mark 7: 31-37.

INTRODUCTION.—To-day's lesson will mark another milestone along the Costly Way. All attempts to secure some quiet with his disciples failed. Further controversies with the Pharisees (Mark 7: 1-23) widened still more the breach that already separated Jesus from the religious leaders. He decided to go, for the time being, into voluntary exile. In Phenicia he would be unknown, therefore safe and unmolested. The "Galilean Ministry" was at an end.

I ONE OF THE FAMILY, Mark 7: 24-30.

Arriving in the purely heathen territory of Phenicia, Jesus took elaborate precautions to avoid recognition. Nevertheless, he was discovered. A native woman followed him, imploring him to heal her daughter, vs. 24, 25. How did she know him? Rumors of a wonderful healer had perhaps come across the borders. Perhaps the disciples, so proud of their Master's healing powers, talked too much. In any case the intuition of one in great trouble told her, "Here is the Healer." Jesus was one of those people, some of whom are still among us, to whom words are still always come. The daughter's illness was apparently one of those pathetic mental and nervous derangements which seem to have been so common in Palestine in those days.

The mother was a "Greek" that is, a pagan. "Syro-phenician" means a Phoenician of Syria. The fact of interest here is that she was a pagan. She implored Jesus to heal her child.

Jesus had come to this country to avoid just this kind of thing. Were his words (v. 27) a hard, unfeeling rebuff, or a very gentle, playful test of the woman's faith? Cold print does not show his kindly smile, which reassured her. It was quite true. Jesus' first duty was to his own people. He must try to get them to see the meaning of their long spiritual training. It meant that they were to be the missionaries of the truth to others. Hence his "children first," then the "little dogs" (the force of the word "dog") the domesticated pets of the household—its special care—meant that pagans were part of his family. They were the under-privileged, weaker members, Israel's special care. Thus v. 27, instead of being harsh, is tender and beautiful. Had the dull leaders of his nation, and the later "Christian" nations, grasped this truth, cultivated this attitude toward "foreigners," the foundation for international friendship would have been well and truly laid.

The healing of the girl had the usual results. The publicity and excitement once more defeated Jesus' purpose. He turned again to the south, crossed Jordan and entered the district known as Decapolis, a loose confederation of cities. "Decapolis" means "ten cities."

II HOW LOVE TRIUMPHS, Mark 7: 31-37.

Jesus was now in the vicinity of the district where he had healed the deacon, Mark 5: 1-20. The "rested interests" of the community, fearing for their profits, had driven him out, Mark 6: 17. It would appear that now the Master hoped to re-enter this region unobserved, and have a little time, uninterrupted, with his disciples.

Since the healing of the demoniac, however, a campaign was being carried on in his favor, more effective than that of fear and hate which the "Hog Breeders" Association waged against him. It was the propaganda of the man whom he had healed, Mark 5: 20. Jesus and his little company had hardly set foot within Decapolis, when to every corner of the district the news spread, "Here he is, the Healer!" Love, the greatest thing

Farm Queries

Henry G. Bell, B.S.A., Dept. of Chemistry, O.A.C. Address All Letters to Farm Editor, 73 Adelaide St. West, Toronto. All Answers Will Appear in this Column. If Personal Reply is Desired, Enclose Stamped and Addressed Envelope.

1. What good is the analysis? How do I know that I am getting what it says?

Answer.—The fertilizer analysis is your guarantee. As intimated above, every fertilizer manufactured is required to attach a tag containing the analysis which he guarantees the goods within the bag to carry. The Dominion Department of Agriculture maintains a corps of officers whose business it is to check up on the fertilizers that are being put out, to see that the manufacturer lives up to his guarantee. The inspector who has this charge has the right to visit any man's farm, or any factory, or store house of fertilizers at any time that he wishes, and to draw samples from the goods stored therein. These samples he sends to the official analyst at Ottawa, and if, on analysis, they come below the guarantee, the manufacturer is subject to punishment for an infringement of the law. This is your protection. If you are suspicious of a shipment you can appeal to the nearest inspector and he will send a representative to take a sample so that it may be analysed as we have indicated.

2. What can I tell about the use of a fertilizer from its analysis?

Answer.—That is just the point. The analysis tells a great deal of the story. For instance, take the three fertilizers 0-12-1; 2-12-6; 4-3-10. 0-12-15 means, as we have indicated, that the fertilizer contains 12% available phosphoric acid and 15% potash, but no nitrogen. Such a fertilizer is suited to clovers, or to root crops on farms where a large amount of manure has been applied, because manure supplies a relatively large amount of nitrogen. 2-12-6 supplies a relatively large amount of phosphoric acid and is therefore suited to grain crops where phosphoric acid, the plant ripener, produces the

greatest effect. 4-3-10 contains a fairly large amount of nitrogen and potash with a small amount of phosphoric acid. This type of fertilizer is best adapted to root crops such as potatoes, which store up a large amount of starch in the secondary roots, which we call potatoes. In order to promote starch formation it has been established for a considerable length of time that a plant must have a large supply of potash.

Therefore, in looking over your fertilizer analysis, you can tell what type of crop it is adapted to, and can pick it out intelligently. Price, of course, must enter in, but an unsuitable fertilizer analysis even at a very cheap price is a bad investment. We knew a farmer not so long ago who purchased 5-3-7 to put on oats on clay land. First of all, the analysis was not adapted to a grain crop at all, since it contained far too much nitrogen and potash and far too little phosphoric acid. Bad results were obtained where this was applied and the farmer was much incensed. True, the fertilizer agent should not have sold this analysis to the farmer for oats, because on the face of it, this fertilizer is a high nitrogen carrier and a relatively high potash carrier, and a relatively small amount of phosphoric acid and rather little potash.

It is just such points that we have taken up in this article that the average Ontario farmer needs to know and to put into practice when determining his fertilizer needs for 1933.

Colic or Stretches in Lambs

This condition, spoken of by various names, as colic, stretches and belly-ache in lambs, is frequently traceable to intestinal stoppage caused by strands of wool falling into a ball-like mass, to be carried into the intestine. Intestinal stoppage is always serious and very difficult to relieve. Lambs pick up strands of wool which they find around feed racks, and fences, swallow the same, which may remain in the stomach of the lamb and become incorporated with pieces of curd and form a ball. More wool may be added and the ball become quite large. The small wool balls are the dangerous ones, as such only can enter the intestine. Medicines are of little use in relieving wool ball obstruction, but an oily physic can always be tried. Prevention should be practiced in every flock. Lambs that are infested with ticks and lice, pull wool and are more likely to become victims of wool ball obstruction. So get rid of the ticks and lice, before the lambs are born. Trim all the wool from the immediate region of the udder and inner flanks of the ewe. If lambs persist in pulling wool they can be discouraged, by saturating the wool at likely places, with a mixture of aloes and linseed oil.

Crippled Pigs

At this time of the year crippled pigs are too numerous, and this is due to the fact that winter pigs do not get the benefits of soil and sunshine as do the summer pigs. Bad living conditions and improper feed are the two reasons for crippling. Pigs that are kept dry and comfortable, given plenty of mineral matter and a green feed substitute do not go wrong. Pigs that are kept in damp surroundings and fed on grain only are the ones that usually become stiff and develop distorted misshapen leg bones. A chance to sleep in a day bed, and eat feeds containing lime, phosphorus and vitamins, should be the privilege of every pig.

No one has ever been able to explain why baldheaded men have their hair cut more often than other men.

Voice of the Press

Canada, The Empire and The World at Large

CANADA

Hunting Down the Pessimists

Indications have appeared already that pessimists in Canada are to be hunted down and hounded into the wilderness during 1933. There has been a pretty steady sniping at the pessimist during the past two and a half years, but the coming months will see him being pursued with violence and unrelenting fury. He will be anybody's meat, and it will almost be safer to be accused of having committed arson than to be charged with pessimism. The pessimist must be muzzled. That is the slow slogan, and there is a perfectly good reason for it.—*Manitoba Free Press.*

All-Canadian Product

It is now announced that all-Canadian cod liver oil is to be manufactured in Halifax. This is one of the fruits of the Imperial Conference at Ottawa, and should be a cause of much rejoicing among the juvenile patriots. Hitherto most of this medication has been produced in Norway, but in the Mother Country as well as in Canada a duty was placed upon the imported product. Possibly it will not taste any better than the foreign oil. It cannot, we hope, taste any worse.—*St. Thomas Times-Journal.*

An Editor's Ideal

It is a truism that to-day's newspaper is to-morrow morning's kindling. But people who have anything to do with newspapers feel that they help to kindle something more than the kitchen fire. They like to think that the presentation of facts helps to kindle intelligence and interest; that the exposure of opinions stimulates readers into thinking things out for themselves, and that while the physical paper may be destroyed, the effect on the reader remains.—*Edmonton Journal.*

Warm Jobs

Service in the Canadian navy seems to be more attractive at this time of year than at others. The navy—both ships—is in Caribbean waters for "winter" manoeuvres.—*Fort Erie Times-Review.*

Reason For Optimism

Outside of our railway problem, Canada faces few public emergencies which are not found, to even a greater degree, in other countries. Our law courts are sane, and effective in their operation. Our financial institutions are founded upon the very bed rock of stability. Our people are industrious, law-abiding and progressive, and are demonstrating a fine restraint in the face of difficult and trying conditions.—*Chatham News.*

Fight For Existence

The extension of the war area is calculated to do injury to commerce far beyond the confines of China, but there is very little prospect of the present military government of Japan being overthrown. The outside world is faced with the prospect of bitter warfare between China and Japan perhaps for many years: it is an appalling conflict between nations for national existence.—*Ottawa Citizen.*

They Get Their Man

Nineteen of twenty-one murders committed within the precincts of Greater London were solved by the Metropolitan police last year. This is a record the authorities of the great British metropolis may well be proud of. Politics and slack court procedure are things that do not enter into the question of justice in the Old Country. Hence this notable achievement.—*Guelph Mercury.*

Price of History

W. Perkins Bull, of Brampton, has just finished spending some 18 months compiling the history of Peel County for 200 years. He was assisted by 35 paid men and women secretaries, and the work cost him \$18,000. Now, who would like to write a history of Wellington?—*Fergus News-Record.*

China's New Highway

China has just opened a big new highway. No doubt this will, later on, be much appreciated by the Japs.—*Brantford Expositor.*

World's Greatest Apple Pie

Speaking of apples, the world's greatest apple pie was recently made at Birmingham, England, being 12 feet long, ten feet wide, two feet deep, containing 450 pounds of apples, 150 pounds of flour, 50 pounds of lard and 28 pounds of sugar and 3,000 portions were served from it.—*St. Thomas Times-Journal.*

And It Did the Trick

Man in British Columbia has invented a machine which tells scholars if they are early or late for school. There used to be something like that in the red school on the tenth cen-

Calgary's Financial Position

What is the position? Apart from all other considerations, the city is faced with a total of over four million dollars of unpaid accounts. More than \$500,000 is owing to the Glenmore Dam contractors. There are more than \$2,600,000 of waterworks debentures pledged to the Bank of Montreal for monies advanced to complete that big project. The city has borrowed from the same bank this year \$159,000 and has arranged for a further loan of \$95,000 for current expenses. In addition there is owing to the Provincial Government the sum of \$550,000, and to the School Board \$35,000. There are huge indebtednesses at a time when the tax paying ability of citizens is steadily declining.—*Calgary Herald.*

THE EMPIRE

War Clashes in Europe

The question is whether the world is to disarm or Germany to rearm. If anyone ever doubted the intention of a German Government to profit by the failure of the Allied countries to make good their pledges, he would be little likely to doubt it with a Hitler Administration in office. From that the sequence develops automatically. Germany rearms. In face of that real or supposed menace, even a Radical Government would fall immediately and M. Tardieu and M. Marin come in. The rule in the Poincare tradition. The Little Entente could no more ignore the spectacle of a rearmament Germany than could France, while along another line of consequence Italy would, of course, increase her army and fleet and air force part passu with the French bloc. What in the face of those developments would be the use of convening any World Economic Conference at all?—*Spectator* (London).

Gold or Sterling?

A constructive movement by Great Britain to establish a working head-quarters for settling in what half the world is waiting for. There is no reason to defer action until the World Economic Conference meets. Not only in the Empire, but all the countries now in convoy with sterling would respond readily to a lead which offered a stable foundation for the restoration of their trade. The events which followed Great Britain's departure from gold make it clear that the interests of these countries are linked so closely to Great Britain's purchasing power that if we find a stable medium of exchange they will conform to it. The most practical immediate step would be the establishment of an Empire Exchange Base, or conceivably even an International Sterling Bank, which would act as a general headquarters or pooling centre for the Central Banks of the countries taking part. It would, in other words, bear exactly the same relation to the Central Banks of the nations on sterling as the Bank of England bears today to the Joint Stock Banks of Great Britain.—*Sir John Wardlaw-Milne in The Nineteenth Century* (London).

The Little Entente

The Foreign Ministers of Yugo-Slavia, Rumania, and Czechoslovakia, have signed a treaty at Geneva. They have set up an institution without precedent in European history. A "Permanent Council" of the "Little Entente" is to consist of all three Foreign Ministers, and will direct a common foreign and economic policy for all three Powers. Thus on the basis of a common foreign policy, an "international community" has been founded, as powerful as any war more strongly armed than pre-war Austria-Hungary. It is self-evident that such extraordinary measures do not spring from ordinary situations. Europe is ailing physically and morally. The revelations of the last few months have shown the world that those who want revision of the territorial settlement are getting ready to support their claims by force.—*Manchester Guardian.*

THE UNITED STATES

The Growth of Villages.

During the years from 1920 to 1930, when the strictly farming population was rapidly losing ground, the rural village population steadily gained. In 1920 there were approximately 20,000,000 Americans living in the villages. In 1930 this number has risen to 23,600,000. Meanwhile, the farms have lost only 1,300,000. So more than half the gain in village population came from elsewhere than the surrounding farms.—*Philadelphia Ledger.*

GIFTS

He that gives to be seen, will never relieve a man in the dark.

MUTT AND JEFF—By BUD FISHER



And Mut's No Optician, At That.