

# Woman's World

By Mair M. Morgan

### FRENCH DRESSING

The most exciting moment of any dinner is when the expert salad maker calls for a bowl and the ingredients of her favorite dressing and mixes her own right there at the table. Or sometimes father is the salad chef—it doesn't matter, as long as the mixer has a careful hand, a skillful eye for measurements and a keen sense of seasoning blends.

The simplest of all dressings is the French dressing, which is a combination of salad oil, acid and seasonings. There are, however, innumerable variations to the basic rule, each one making a new delight of a crisp head of lettuce or romaine.

### French Dressing

One-half teaspoon salt, ¼ teaspoon pepper or paprika, 5 tablespoons salad oil, 2½ tablespoons lemon juice or vinegar.

Mix salt and pepper and add lemon juice. When salt is dissolved beat in oil with a fork or small Dover beater. Or the ingredients may all be placed in a French dressing bottle and shaken vigorously.

If the oil and acid are well chilled the dressing will thicken slightly as it emulsifies and will not separate as quickly.

Sugar and mustard are added as individual taste dictates. A drop of onion juice adds a distinct onion flavor or a mere "suspicion" may be given by rubbing the bowl in which the dressing is to be mixed with a slice of onion or a cu. clove of garlic. Not more than one-half teaspoon powdered sugar or one-fourth teaspoon mustard should be used. These are mixed with the salt and pepper and dissolved in the acid.

The herb vinegars are invaluable as a means toward varying French dressings. Lime juice, grape fruit juice, orange juice and lemon juice may be used singly or in combination with cider vinegar or one of the herb vinegars.

### Chiffonade Dressing

Chiffonade dressing is better if made with tarragon vinegar. One hard cooked egg finely minced, 1 tablespoon minced parsley, 2 teaspoons minced sweet red pepper or pimento, 1 scant teaspoon grated onion and ½ teaspoon minced chives are added to the simple French dressing.

Martini dressing has 1 tablespoon minced parsley and 1 tablespoon minced green pepper added to the rule.

The principal things to remember in connection with the succulent green leafy vegetables is rapid, short cooking, and in practically no water. Usually the water that clings to the leaves after thorough washing is sufficient for cooking the vegetables, which are themselves largely water.

Because we have no doubt whatever of the popularity of the vegetable plate as a main course for either luncheon or dinner, we are presenting a number of strictly vegetarian recipes below:

### Mexican Rabbit

½ pound Canadian cheese — rub through grater; 2 cups stewed tomatoes; 1 tablespoon finely chopped onion; 2 tablespoons finely chopped green pepper; 2 eggs; 1 cup milk; 2 tablespoons butter; 2 tablespoons flour; ½ tablespoon salt; toasted crackers or toasted bread.

Melt butter and add chopped peppers and onions—cook five minutes at low temperature. Add flour, mix well, and add milk. Cook one minute. Add cheese and stir till melted. Add tomato, also beaten yolks of eggs, and seasoning. Fold in stiffly beaten whites of eggs and bake thirty minutes in moderate oven.

### Spamnuts

4 cups raw carrots, grated, 2 cups raw parsnips, grated, 1 cup raw turnips, grated, 1 cup raw potatoes, grated, ½ teaspoon crushed celery seeds, 2 tablespoons salad oil, 1½ cups browned flour, 1 cup coarsely ground raw peanuts, 1 cup green parsley and celery leaves, finely chopped, 1 teaspoon salt, and the yolks of whites of two eggs, beaten separately.

Mix, put in well-oiled granite pan, and bake for ¾ hour in moderate oven. Serve with mint sauce or plain mint and green peas.

### De Noix

2 tablespoons peanuts, 2 tablespoons walnuts, 1 tablespoon Brazil nuts, 1 tablespoon pecans. Chop nuts fine and mix with 1 cup finely ground bread crumbs, 1 cup sweet milk, 1 tablespoon nut-butter, creamed in a little milk, 2 well beaten eggs, a pinch of chopped sage and thyme. Mix thoroughly, put into oiled dish and bake 20 minutes in moderate oven. Serve garnished with green parsley.

### De Carotte

Boil for one hour 1 cup carrots, ½ cup parsnips, 2 cups celery, all finely chopped. Take 2 tablespoons browned flour and boil in 1½ cups hot water until thick. Mix with the boiled vegetables, then add 1 cup finely ground onions, 2 cups flaked cereal or cracker dust, 2 well beaten eggs, 1 tablespoon salt. Mix thoroughly, put into well-oiled dish and bake in moderate oven 20 minutes. Serve with tomato sauce.

### De Pois en Cosse

Mash fine 1 cup boiled green peas (if canned see they have been boiled until soft), add ½ cup strained stewed tomatoes, 2 eggs, 2 tablespoons nut-butter rubbed smooth in a little hot water, 1 cup finely ground crackers (shredded wheat or browned bread-crumbs may be used), ½ cup onion juice, ½ teaspoon each of marjoram, thyme and salt; mix well, put into oiled dish and bake 20 minutes. Serve with chopped parsley.



Four bright graduates of Phi Beta Kappa get their heads together. They are graduates of Wells College, Aurora, N.Y., where the 66th annual commencement exercises were held recently.

### Beulah Egg

Froth whites of two eggs. Add slowly the juice of half a lemon. Keep beating for a few minutes. Combines well with nuts, rice and fruits. Do not use milk with such a meal.

### Cereal Soup

One cup rolled or crushed grain or cereal. Enough water or sweet milk to more than cover. Let stand two or three hours. Take juice of fruits or a quantity of finely chopped vegetables, to flavor with. Add these and thin the mixture down with as much milk as necessary to make soup. Before serving add a dash of cayenne pepper, celery salt and salt to taste. Do not mix fruits with vegetables.

### Vegetruit

Slice tomatoes, slice 1 small onion; about 1 tablespoon or tops of green onion, 1 tablespoon finely chopped parsley, 1 tablespoon finely ground Brazil nuts. A pinch of celery seeds, and 1 tablespoon olive oil. Chop lettuce leaves with cream mayonnaise.

### Peas Roast

Take a pound of dried green split peas and boil with them for flavoring. If water boils away before peas are done, add some more. Use no salt, as it hardens the water and takes longer to cook the peas. When done remove the onion and wash peas thoroughly in a sieve; now add salt to taste, two eggs beaten light; stir well and put into oiled pan (small deep bread tin is best) and bake fifteen to twenty minutes. When done turn out the loaf on a platter and pour over it tomato or mushroom sauce. Garnish with parsley or mint.

### Macaroni With Cheese

One half pound macaroni, one cup milk, two tablespoons whole wheat flour, three tablespoons grated cheese, two eggs, two tablespoons olive oil, salt and cayenne pepper to taste. Break the macaroni into bits of about one inch long and boil rapidly for twenty-five minutes in slightly salted water. When done, put in colander to drain. Put the milk on to boil and stir into it the flour mixed smoothly with the olive oil and stir continually until it thickens; then add a dash or two of cayenne pepper, the cheese and macaroni, and lastly the two beaten eggs. Cook one minute longer and turn into an oiled baking dish to brown in the oven. Serve in same dish.

### Spaghetti With Tomatoes

One-half pound spaghetti, two tablespoons olive oil, two tablespoons whole-wheat flour, one can tomatoes, two cloves of garlic, salt to taste. Take spaghetti in long sticks and put ends into boiled salted water. As they soften, bend and coil in the wa-

ter without breaking. Boil rapidly for twenty minutes. When done, put into a colander in a pan of cold water for ten minutes. This bleaches the spaghetti and makes it white. Open can of tomatoes; put on to boil with the garlic cut into small bits. Dissolve the flour in the oil and add to the tomatoes when boiling and stir until thickened. Now of a covered earthenware baking dish, put spaghetti with tomatoes thoroughly mixed through it into the dish and bake in oven for fifteen minutes. This may be made in the morning and put away until evening, or twenty minutes before serving the dinner; then set it in oven to bake fifteen to twenty minutes. Serve with bananas fried in egg or cornmeal. The above recipe may be used for croquettes. Instead of turning into a baking dish when done, turn into a square pan and set away to cool. When cold cut in slices; dip first in egg, then in cracker dust and fry in oil until brown. Serve with tomato sauce.

### Indian (Curry)

Slice four onions into a frying pan, add enough oil to fry them light brown; now add two (or more) tablespoons curry, a little more oil, and mix with the onions ten minutes. Mix with one can kidney-beans, one cup strained tomatoes, two tablespoons of seeded raisins, one tablespoon chutney, a little water if needed, and allow to boil slowly for two hours. Boil some rice quickly for twenty minutes, so that kernel drops from kernel. Place by spoonfuls around the platter and pour the curry in the centre with three-cornered pieces of white-bread toast to decorate, and serve hot. Mushrooms with mushroom sauce will make a nice meal.

### Stuffed Egg Plant

Wash a good-sized egg plant, put in kettle, cover with boiling water to which has been added a little salt, and boil twenty minutes. Cut lengthwise into halves and carefully take out the insides, leaving wall three-fourths of an inch in thickness. Mix the pulp just removed with one-half cup cracker-dust, one-half cup chopped or ground, almonds, one tablespoon olive oil, and a little salt. If the mixture is too dry, add a little milk. Fill the shells, heating them cracker-dust, put in baking-dish, and bake in brisk oven until top is nicely browned, then serve.

Egg plant may be cut in slices, soaked one hour in strong salt water, rolled in beaten egg and cracker dust fried in oil, then served.

### DROP DEAD TOGETHER.

When John Lewis, a postman, fell dead as he entered his home in Greenock, Scotland, his landlady was so upset that she also dropped lifeless to the floor.

## Sunday School Lesson

Lesson 1.—July 1. Abijah and the Divided Kingdom.—1 Kings 11:26—14:31. Golden Text.—Pride goeth before destruction, and a haughty spirit before a fall.—Prov. 16:18.

TIME.—Death of Solomon and accession of Rehoboam (Beecher), B.C. 982.

PLACE.—Jerusalem.

PARALLEL PASSAGE.—2 Chron. 10 11,12.

"And it came to pass at that time." While Jeroboam was superintending some of Solomon's building operations. "When Jeroboam went out of Jerusalem." The scene that was to follow could not take place in the city with-out the greatest peril to both participants. "That the prophet Abijah the Shilonite found him in the way." "Abijah" means "a brother of Jehovah" or "Jehovah is a brother."

"Now Abijah had clad himself with a new garment." In preparation for the striking object lesson he intended to present to Jeroboam. "And they two were alone in the field." We are not told why Jeroboam visited the field.

"And Abijah laid hold of the new garment that was on him, and rent it in twelve pieces." One piece for each of the twelve tribes, the tribe of Levi not being counted as being solely divided into the two tribes of Ephraim and Manasseh.

"And he said to Jeroboam." The young man had been watching him with intense curiosity, we may be sure having no inkling what was to come. "Take thee ten pieces." The prophet did not give the ten pieces to Jeroboam; he would have the young man exercise his own initiative, and grasp the fortune for himself. "For thou saidst 'Jehovah, the God of Israel, Jehovah would never have dared give this message to himself; he spoke only of what God had told him to speak, and so he was bold to do this deed which amounted to nothing less than high treason against the mighty Solomon. 'Behold I will rend the kingdom out of the hand of Solomon.' Really, Solomon in his laxness, his infidelity, his misuse of his great opportunities had led the kingdom fall out of his hands. God took away only what Solomon had basely let go. 'And will give ten tribes to thee.' Jeroboam's alertness, his strength of mind, his ability as a leader, had been amply displayed before the prophet's observation.

"But he shall have one tribe." The two tribes were so closely bound together as often to be regarded as a single tribe. "For my servant David's sake, Jehovah through his prophet, Nathan (2 Sam. 7:12-17), had promised David that though his son should be chastened with the rod, his house and kingdom should be made sure forever. "And for Jerusalem's sake, the city which I have chosen out of all the tribes of Israel." The preservation of Jerusalem was essential for the preservation of the national religion. It centred there and was maintained there.

"Because that they have forsaken me. The Jews encouraged by Solomon's weak yielding to his heathen wives had turned to the worship of idols. "And have worshipped Ashtoreth the goddess of the Sidonians." Ashtoreth was the moon-goddess of Tyre and Sidon, Baal being their male God, the god of the sun. "Shemosh, the God of Hesh." Shemosh was a sun-god, probably also a war-god, and his worship was connected with bloody and cruel rites. "And Milcom, the god of the children of Ammon." The Ammonites were a desert tribe east of the Jordan, and their chief deity was Milcom. "And they have not walked in my ways." The idolatry of the Jews led them to other transgressions. To do that which is right in mine eyes (what God's pure eyes see to be right, that alone is right).

"And to keep my statutes and mine ordinances, as did David, his father." That is, Solomon's father, going back to verse 51.

son of his son and successor, Rehoboam, he may be said to have lost the greater part of it. "But I will make him prince all the days of his life." So Jeroboam, impatient as he was to head a revolt against Solomon and his tyrannies (see verse 2-6) was bidden to exercise patience, and to wait for the servant's sake whom I chose." David was made king by the selection of Jehovan. "Who kept my commandments and my statutes. David committed one terrible sin, leading to another with all his heart, and God forgave him.

"But I will take the kingdom out of his son's hand." As Solomon was saved from this misfortune for David's sake so Solomon's son received the misfortune because of his father. "And will give it unto thee, even ten tribes." The Lord exalts and he sets down.

"And unto his son will I give one tribe." Judah, as said above, with the associated small tribe of Benjamin, in whole or in part. "That David, my servant may have a lamp always before me in Jerusalem." For the promise made to David of a perpetual lamp see Ps. 132:17 and compare also with the present passage 1 Kings 15:4; 2 Kings 8:19, and Ps 18:28.

"The city which I have chosen me to put my name there." Through all the ages, Jerusalem has stood secure the world as God's city.

"And I will take thee." Words strongly significant of the divine disposal of human lives. "And thou shalt reign according to all that thy soul desireth, and shalt be king over Israel." What God gives, he gives liberally, fully, without stint.

"And it shall be, if thou wilt hearken unto all that I command thee. Listening is the first step in a life of obedience. "And will walk in my ways." The path of life pointed out by God's commands. "And do that which is right in mine eyes." Both Jeroboam and Rehoboam as Solomon before them chose to do what was right in their own eyes, forgetting how weak and untrustworthy was their vision. "To keep my statutes and my commandments, as David my servant did."

Read the Bible through, and you will be amazed to note its insistent emphasis on the laws of God. "That I will be with thee." All other blessings are involved in this supreme blessing of God's presence with his people. And will build thee a sure house, as I built for David." Everyone desires permanence for his work and security for its results. "And will give Israel unto thee." The Lord deigns to repeat his promise over and over, though once saying is surely enough.

"And I will for this afflict the seed of David." "For this" evil that Solomon has done, the evil that rankled in the soul of the young reformer, Jeroboam. But not forever. The Lord would not forget his promises to David, but would remember them even in the dark days of punishment.

### Far From New

Afternoon and evening gowns of snakeskin are among the new fashions.

Amanda, I have ever Believed you when you state That it is your endeavor To be quite up-to-date. But, dear, the way that you dress Will cause a doubt to start If you acquire the new dress On which you've set your heart.

## Mosquitos

### Heavy Snows of Past Winter Made For Big Crop of Mosquitoes

Ottawa.—The extreme cold and the heavy snows of the past winter will bring more mosquitoes to mar the pleasures of summer, according to Arthur Gibson, chief entomologist of the Dominion of Canada. The heavier snows resulted in more flooded areas and mosquitoes breed in water.

And an idea of the number of additional mosquitoes which may sweep down on us this summer can be had from a not too distant cousin of the mosquito, the housefly. One pair of houseflies can propagate 27,201,368, 032,000,000,000,000,000 descendants.

The fight against the mosquito hordes began early this summer in all districts where mosquitoes thrive. Oil is the main ammunition used, and it is used by the thousands of gallons to stop the mosquito from becoming too numerous. By hand pump and sprayer the oil is applied to form a thick film over all patches of water where mosquitoes in the egg and larva stages of development are found. A medium grade of petroleum oil, such as furnace fuel oil has been found to give the best results. A small quantity of tar acid oil mixed with it makes the result even more positive. The film of oil causes the death of the infant mosquitoes within a few hours.

Nearly all species of mosquitoes attack animals and man for blood according to the findings of the Canadian mosquito investigators, but it is the female mosquito which does the attacking and the blood drinking. Not in there any truth in the supposition that a mosquito dies immediately after it has had a drink of blood. Most mosquitoes live for six weeks; though some species do not live so long. In their short life they may, like human beings, travel as far as forty miles from their birthplace.

Pools of water, in fields, rain barrels, areas of shallow water with vegetation, these are among the most popular places for mosquitoes to lay their eggs, which are hatched the following spring. The filling in of these pools, screens over water barrels, and the clearing of shallow water areas are recommended by scientists as the best means towards eliminating mosquito breeding places.

And to make sure that mosquitoes will stay away from you, the entomologists suggest the mixture they themselves successfully use when investigating mosquito breeding grounds two parts of citronella or one part of spirits of camphor and oil of cedar. Temporary relief is claimed for this mixture, while the entomologists point out it is clean in use and does not irritate the skin.

### Equipped With Radio Beacon

Modern Structure—Lake Erie Lighthouse Cost \$250,000.

Leamington.—Not much thought is given to the men who live in the middle of the lakes and are responsible for the guidance of the many lake boats. Pictured above is the lighthouse on the South East Shoal, seven miles off Point Pelee, one of the best-equipped lighthouses on the Great Lakes.

Built in 1927 by the Department of Marine and Fisheries, this lighthouse plays an important part for all Lake Erie navigation. The lighthouse is recognized as one of the most up-to-date structures on the lakes and is said to have cost a quarter of a million dollars. The foundation is of cribwork with over 200 large spiles driven into the bed of the lake. The upper section of the lighthouse is of reinforced concrete. It is equipped with a radio beacon, which operates automatically for a period of nine minutes each hour, as well as a fog alarm system and revolving light. The alarm can be heard over a distance of nine miles.

The lighthouse, in operation from March 15 to Dec. 23, requires the duty of four men. W. A. Moore, chief lightkeeper; Albert and Leslie Moore, his two sons, who act as assistants, and Jack Nutter, radio operator.

### Cricket Peril

Upon his return to London, after a visit to New Zealand Bernard Shaw spoke of the peril of the Empire, which he believes lies in the coming cricket matches between England and Australia. Baseball games between the Orioles and Toronto do not seem to endanger the friendship between this country and Canada, but cricket is another matter. The Englishman will not cut loose during a match. Instead he goes home and puts his pent-up feelings on paper, and a biting denunciation in print always rankles more than a loud verbal ranting. Perhaps Mr. Shaw is right. The British Empire may yet be broken up with a cricket bat. Baltimore Sun

## MUTT AND JEFF



By BUD FISHER