



Woman's World

By Mair M. Morgan

FOR HOT DAYS
Manhattan Pudding
 (Makes about 1 1/2 quarts)
 1 1/2 cups powdered sugar
 1 1/2 cups orange juice
 1/4 cup lemon juice
 1 cup heavy cream
 2 cups chopped burnt almonds
 1 teaspoon vanilla
 Dissolve 1/2 cup sugar in fruit juice. Turn into chilled mold or can of ice cream freezer. Whip cream, add remaining sugar, almonds and vanilla. Pour over first mixture, seal tightly; pack in equal parts of ice and salt for 3 hours.

Orange Fluff Salad
 (Serves 4)
 4 to 6 small oranges
 Lettuce
 1/4 cup grated coconut
 1/2 cup grated carrots
 Pare oranges and cut in thin slices. Cut slices in halves. On lettuce-covered salad plates, arrange a circle of orange slices, being generous with fruit. Sprinkle with grated coconut and grated carrot. Serve at once with mayonnaise, into which 1-3 as much orange juice has been thoroughly blended.

Coffee Ice Cream
 1/2 pint milk
 1/2 pint heavy cream
 1 package powder for coffee junket
 Small pinch of salt (if desired)
 Warm milk to lukewarm (about 110 degrees F.)—NOT HOT. Remove from stove. Add powder for coffee junket and small pinch of salt, if desired. Stir not more than one minute. Pour immediately into refrigerator tray. Let stand undisturbed in room until firm and cool—about ten minutes. Whip cream and stir into junket. Place in freezing compartment in the refrigerator at as cold a temperature as possible. When partly frozen (it will be thick around the edges), scrape from the sides and bottom of the pan and then beat the contents up in the refrigerator tray quickly with a fork or large spoon, and place in refrigerator to finish freezing.

NEW RECIPES FOR ORANGES
Orange Drop Cakes
 (Makes 5 dozen)
 1/2 cup shortening
 1 1/2 cups brown sugar
 2 eggs
 1 1/2 cups quick cooking oatmeal
 1/2 cup coconut (nuts or candied orange peel)
 2 teaspoons baking powder
 1/2 teaspoon each of: soda, cloves and salt
 1 teaspoon cinnamon
 1/2 cup sweet milk
 Cream shortening and sugar. Add well beaten eggs. Add oatmeal, coconut, orange juice and rind. Sift dry ingredients. Add with milk. Drop from teaspoon to well greased cookie sheet. Bake in a more than moderate oven (380 degrees to 400 degrees F.). Nuts or candied orange peel may be substituted for coconut if desired.

Orange Mint Sauce for Lamb
 (Serves 4-6)
 1/4 cup finely chopped mint
 1/4 cup orange juice
 1/4 cup lemon juice
 1 tablespoon powdered sugar
 Combine and stand in warm place 1/2 hour.
Orange Crumb Pie
 (Makes 1 pie)
 2 egg yolks, beaten
 1/4 cup flour
 1/4 cup sugar
 1/4 teaspoon salt
 Mix well and add:
 1 1/2 cups milk
 1 cup orange juice
 1 teaspoon grated orange rind
 Cook in double boiler 15 minutes, stirring frequently. Cool. Pour into crumb crust pie shell. Cover with meringue made of:
 2 egg whites, beaten stiff with
 2 tablespoons sugar
 Bake 15 to 20 minutes in a slow

oven to set meringue. When cold serve if desired with whipped cream.

SUMMER PIES
 One crust's enough for any summer pie. And if that one crust is made of crumbed crackers—whole-some, easily digested and most easily prepared—and filled with a short-cut custard and fruit filling, you will have a perfect summer dessert.

Magic Raspberry Cream Pie
 1-3 cups (1 can) sweetened condensed milk
 1/4 cup lemon juice
 1 cup raspberries
 1/2 cup whipping cream
 2 tablespoons confectioners' (4X) sugar
 Unbaked crumb crust.
 Blend together the sweetened condensed milk and lemon juice. Add raspberries and pour into pie plate lined with unbaked vanilla wafer crumb crust. Cover with whipped cream sweetened with confectioners' sugar. Chill before serving.

Peach Cream Pie
 1-3 cup sweetened condensed milk
 1/4 cup lemon juice
 1 cup sliced peaches
 1/2 cup whipping cream
 2 tablespoons confectioners' sugar
 Unbaked crumb crust
 Blend together sweetened condensed milk, lemon juice and peaches and pour into crumb crust. Cover with whipped cream lightly sweetened and chill before serving.

ICE BOX DESSERT
 Ice box desserts are easy to prepare and they certainly do tempt lagging summer appetites. The nicest thing about some of them, of course, is that they keep for at least a week and save the homemaker the trouble of preparing dessert each night. There's a simple recipe for a fine one:
 Beat one-half of cream until it is quite thick, add one full cup of fresh strawberry pulp, mix thoroughly and put in an ice cube tray. Let stand for several hours. Serve plain or garnished with whole berries.

A HASTESS SAVER
 The hostess who wants to spend most of her time in the open air with her guests is faced with the task of finding quickly-prepared dishes that are tempting and attractive. Here is a solution of the lunch-or supper problem that is certain to prove popular—old potatoes baked in their skins and stuffed with minced ham.
 Partly bake the potatoes in their skins, allowing one for each person. Scoop out the centres and fill with minced meat, preferably ham or bacon. Put a few dabs of butter on each, and return to the oven to finish cooking. Serve piping hot.
 The advantage of this dish is that one is certain to possess the ingredients, and it is a good stand-by for a meal should one "run out" of other things.

A COOLING DRINK
 6 lemons
 1 cup sugar
 6 cups cold water
 Lemon slices
 Extract lemon juice, add sugar, and stir until dissolved. Then add water and serve immediately, pouring into glasses over crushed ice (not too much ice for children). Place a lemon slice over the rim of each glass. By dissolving the sugar in the lemon juice before adding the

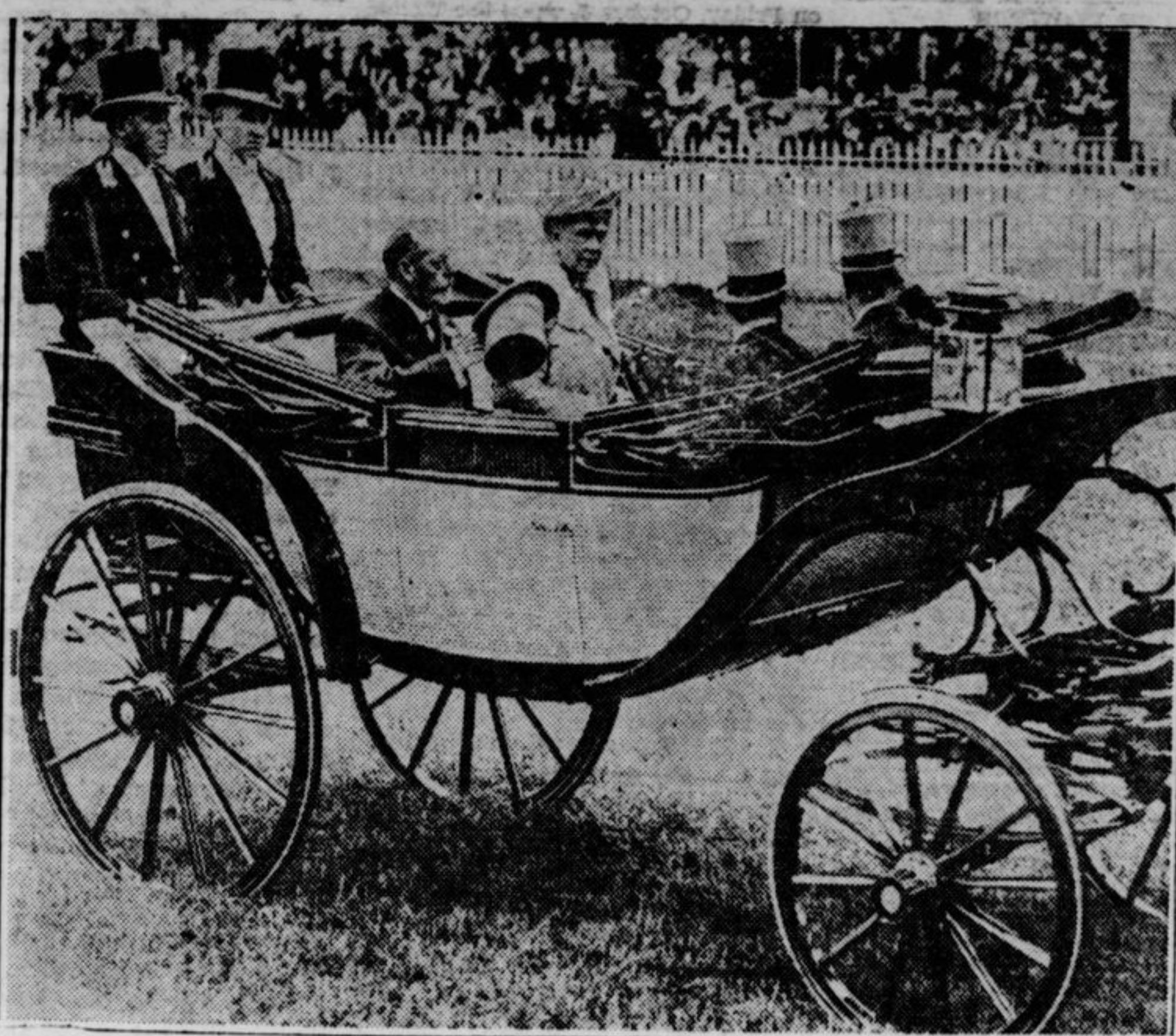
water you will acquire the real "knack" of lemonade making.

HINTS FOR THE HOME
 Add a little salt to the bluing water and it will prevent streaks in the clothes.
 Dull-finished ribbons should be pressed on the wrong side. It will prevent shine.
 Roast lamb should be basted constantly to give it the best flavor. It gets tasteless and dry if this is not done.
 For burns and scalds cover with cooking soda and lay wet cloths over it. Other good remedies are whites of eggs and olive or linseed oil.

Plain white canvass pumps can be tinted any desired color by using a small package of good dye, and applying with a brush.
 If chocolate has a gray coating during the hot days it does not mean that it is spoiled. It only indicates that some of the fat has melted and come to the surface.
 A good ice-saving hint is to collect all foods that are to be placed in the refrigerator and put them away at one time, avoiding the opening of the door so many times.
 To banish odors when cooking "smelly" vegetables, place a small pan of vinegar on the back of the stove. It will prevent the odor from going all through the house.
 To relieve tired feet soak them for about twenty minutes in warm water, to which has been added baking soda, sea salt, or epsom salts. Dry thoroughly and dust with talcum powder, especially between the toes.

Mistakes
 "There are six mistakes of life that many of us make," said a famous English author recently. Then he gave the following list: "The delusion that individual advancement is made by crushing others down. The tendency to worry about things that cannot be changed or corrected. Insisting that a thing is impossible because we ourselves cannot accomplish it. Refusing to set aside trivial preferences, in order that important things may be accomplished. Neglecting development and refinement of the mind by not acquiring the habit of reading. Attempting to compel other persons to believe and live as we do."

The Royal Family At Ascot



A traditional ceremony is again enacted as King George and Queen Mary of England, accompanied in coach by Prince of Wales and Duke of Gloucester, drive in state along the course in opening of Ascot race meeting.

Of Course Joe Was Wrong

A story from Vancouver tells in brief form the strange adventure of Joe Balango. Joe, we read, has been on relief in the coast city for some time, and he grew weary of the surroundings into which sad circumstances had compressed him. The limitations were severe and of variety in existence there was none. Joe longed for a change, not was he content with thinking about it. For his decision and action followed closely one upon the heels of the other. That is why Joe Balango went and registered at a bang-up good hotel in Vancouver.
 What's more he stayed there for two full weeks before some person around the premises suggested that Joe might pass some currency across in the general direction of the cashier. Hotels of course are like that, particularly bang-up hotels.
 Then it was that the hotel discovered that Joe had made a short excursion into good surroundings and he had no ticket. The upshot was that Joe appeared in court and was told that for the next two months he would be provided with another place to stay—in jail. — Stratford Beacon-Herald.

OUR STREET

It is nice to walk on a pleasant day. Down one of the streets of a pretty town.
 And greet our friends in a kindly way. We may not be of great renown, But to some of us cling those memories sweet,
 Which, like silver bells, will echo and ring, Forever down our street.
 We pass by homes, some are great, some small, But all are filled with love by those who are dear,
 A church on the corner which points us all To that home above without a tear. Those that help the body we also meet,
 Doctors, and nurses, a minister too, Are with us, on our street.
 As we walk along, we can almost feel, The touch of the hand of those once here
 Who were one with us, and still are real
 Again we hear sweet words of cheer, In heart we greet
 For love ne'er dies, they yet are dear, As along we go, those friends of yesterday,
 Down Pine, our own home street.
 — Ella H. Hudson.

Overwork Affects Nerves—Holiday Much Needed

A hard-working professional man came to see me, writes a doctor, because of a persistent dull headache which he had almost continuously. He was suffering from the results of a long period of overwork with insufficient fresh air and exercise. His head felt tight, as if clamped in an iron band, and his nerves were in a bad state.
 The change of work or a holiday was quite impossible for various reasons. As his habits were temperate there was no need for alteration in his mode of living, except that I advised him to avoid red meat or highly spiced food. He was to take his meals as dry as possible, and physical exercises and regular visits to a gymnasium were urged.
 A nerve sedative would only give temporary relief in such a case. A change of mental outlook was the chief necessity, but such, alas! was not in my power to give him.

LAUGHTER

"Laughter is indispensable for the health of the body and soul."—Aldous Huxley.

Keys of City of Edinburgh Presented

The first official engagement of John Buchan, M.P., as Lord High Commissioner of the General Assembly of the Church of Scotland was the carrying out of the ancient ceremony associated with the keys of the city.
 This took place in the throne-room of the Holyrood House, Edinburgh, when the Lord Provost, W. J. Thompson, accompanied by the magistrates, presented the keys to the Lord High Commissioner as a token of the city's loyalty to the King. The keys, of silver gilt, were carried on a velvet cushion by the City Chamberlain.
 The Lord High Commissioner thanked the Lord Provost for the submission of the keys and returned them to his safe-keeping. After the ceremony the Lord High Commissioner gave an official dinner.

Black Women Use Powder

"Dilly Bag" of Girl of Kakodu Tribe Equivalent of Vanity Bag
 A curious exhibit has just found its way into the Museum at Melbourne, Australia, the "dilly bag" of a black woman of the East Alligator River, in the Northern Territory of Australia. It is the equivalent of the white woman's vanity bag.
 The bag looks something like a closely woven onion bag but it is made of grass stalks instead of string. Around it are displayed and labelled the contents as carried about by the average woman of the Kakodu tribe.
 Like any other woman she has her powder and her paint—white pipeclay and red ochre for painting the body. She has even some locks of hair, black and woolly, and probably her own.
 Here and there among relics of meals are fresh water mussel shells, a stone for pounding them open, part of a lily root, used for food, an ornament of kangaroo teeth, a fragment of plaited split cane, a small lump of beeswax, and a mass of wool from the cotton tree.
 The life of a native woman at Alligator River is told by her "dilly bag."
 "It is not usually the really inferior complex. It is more frequently the superior people who are so troubled."—Havelock Ellis.

Black Women Use Powder

The health experts and dieticians are, perhaps, largely responsible. They have been successful, it seems, in preaching that meat should be eaten no more than once a day, and even that foregone occasionally, especially in warm weather. Salads and green vegetables are more and more popular, while formerly potatoes and cabbage were the inevitable components of the usual English meal. New generations are being brought up to follow the new modes of living.
 "Snack bars" are also the vogue, even in the most fashionable hotels and restaurants. They are much favored by theatergoers, who prefer such a brief repast to a full dinner eaten in haste.
 The motorcar, too, has made the Sunday "jolt" obsolete, with families spending the day or weekend in the country, passing for refreshment in some inn or taking picnic fare along.
 It was beef and beer, they say, which made the Briton what he was. Beef may be in a decline, but at least the beer is still popular. "The wine of the country."
 photographer of children — he has taken more than a hundred thousand of them in all, many the offspring of celebrities and millionaires—Edisons, Morgans, Roosevelts, Zeigfelds and so on.

Things You'd Never Know

W. E. Barbatein, in Life
 It costs about a thousand dollars to feed an average lion for two years. Ex-Kaiser Wilhelm having chopped up all the suitable trees on his own estate, is now chopping up the trees on the estates of his friends.
 Blondes are more inclined to be baldish than brunettes but brunettes are more inclined to be baldish than redheads.
 An American book of etiquette published in 1827 recommends to diners that "if possible the knife should never be put into the mouth at all."
 The people of the United States, considered in toto, have between ten and fifteen hairs on their heads.
 Public streets take up one-third of the area of Manhattan Island.
 Eight percent of the policemen in New York City are of Irish birth, and a further thirty percent are of pure Irish parentage.
 Some two hundred licensed aviation pilots in the United States are over fifty years old.
 A few centuries ago, the word "idiot" was used to designate a "private citizen."
 The average adult inhales more than half a ton of air every year.
 Muncie, Indiana, is the most nearly dogless town in the United States.
 New York City has been averaging about a thousand conventions a year for the last ten years.
 Mussolini's dentist, Dr. Arrigo Pierro, swears that Il Duce never flinches while in the chair.

80 Years Ago

Weighing Two Pounds at Birth, Mother Kept Her in a Wash Boiler
 Chicago.—This modern fuss about incubator babies is all nonsense to Mrs. Bridget Schling.
 Almost 80 years ago she was coddled in an incubator herself, and lays claim to the title of one of the world's first incubator babies.
 Weighing only two pounds at birth in 1855, her mother placed her in an old wash boiler on a shelf behind a wood-burning stove. Steam curled up from a pan of water on the stove to keep her warm, she says, and there she lived for nine months in their Cape Ann, Mass. home.
 While doctors hattle for the lives of the Dionne quintuplets near Corbell, Ont., Mrs. Schling gave them a word of encouragement, scoffing at the "idea premature birth might be a handicap."
 "Nonsense," she said decisively, "I have 21 living descendants, and apparently I had less chance at birth than the quintuplets."

Roast Beef Is Not So Popular

HABITS OF BRITISH ISLES ARE CHANGING—HEAVY DIET IS FROWNED ON

LONDON.—The roast beef of Old England is declining in popularity year by year—another sign of the trend of the times. The hearty and contented John Bull is still represented by such stalwart Britishers as Stanley Baldwin and Lord Derby, but the Englishman of the present day is personified as the "Little Man" of Strube's Daily Express cartoons—an undersized individual in a "bowler" hat and wearing glasses.
 W. Ormsby-Gore, representing the Minister of Agriculture, told the House of Commons the other day that his fellow-countrymen are eating less meat. And now the annual report for 1933 of the superintendent of Smithfield Markets, London's greatest market, bears that out, showing a steady falling off in consumption from 1921, when 476,755 tons of meat were sold through the market, which is the main source of supply for London and neighboring counties, to last year, when the figure was 456,413—a decrease of 20,342 tons. The reduction is 10,867 compared with 1932.
 The Smithfield Markets, which are to the meat trade what Covent Garden is to vegetable produce, are not as busy as they were of yore. Trade throughout the year has been so low that some of the large importers gave up their familiar stalls. Consumption per head is less—"in keeping with the prevailing fashion" the superintendent of the market reports.
 Of the total quantity of beef marketed, 73.6 per cent. came from South America—mostly from Argentina. "When the general run of English beef becomes plentiful and superior, or even equal in quality to imported chilled beef, Londoners may be induced to pay a slightly higher price for the home-produced articles," the superintendent continued, "but it must be at a price to suit the pockets of the working classes."
 It is the working classes, in fact, who are almost the sole mainstay of the butchers in England today. It is a far cry from the days of Samuel Pepys, or even of Dickens. Few British households still boast the big Sunday "joint" on their festive boards. Meals have shrunk from five, seven or nine courses down to three and two. Roasts of beef are no longer a staple item on the bill-of-fare of restaurants, apart from such institutions as Simpson's-in-the-Strand, the Cheshire Cheese in Fleet Street, and a few other establishments which keep alive bygone traditions.
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By BUD FISHER

