Woman's World

By Mair M. Morgan

No other meat available to the Canadian housewife can claim as much distinction as lamb. Its distinction lies not only in its delicacy of flavor and nutritive value, but also in the great variety of dishes which rely on lamb for their foundation.

Lamb may be enjoyed during every month of the year by every member of the family, from the youngest child to the oldest adult, and in many cases is allowed to invalids whose diet excludes other meats. The question of economy is an important item in these days of abbreviated budgets and the practical housewife who buys her lamb by the quarter will find her meat costs are considerably reduced.

The leg is considered the prime cut for roasting and slicing cold. The shoulder is a less expensive roast but lacks nothing in flavor and nutrition. Chops are choice for grilling, and neck, chuck, rack and flank are best for stews and fricassees. The lamb entree when it is served with such vegetables as creamed or glazed turnips, glazed carrots, spinach, cauliflower, green peas, and potatoes in any form, and trimmed with such dainty relishes as mint jelly, caper sauce, mint sauce, spiced conserves and pickles, need not give place for splendor to any other type of meat.

Here are a few simple, yet attractive and out-of-the-ordinary ways of serving fresh lamb:

Neck Pot Roast

Buy about 4 inches of lamb neck. Brown 1 finely-cut onion 1 cup tomatoes, and 2 tablespoons bacon fat, seared well on both sides.

Wash and scrape carrots, cut in pieces 2 inches long, and add to the pot roast.

Cook in an iron pan or roasting pan until the meat is tender. You may have to add more tomatoes or a little later.

Roast will require about 15 minutes of cooking to the pound.

Boiled Leg Of Lamb

Wipe meat with a clean damp cloth and remove any excess fat. Put in a kettle and cover with boiling water. Boil 15 minutes and drain off water. Cover again with boiling water and bring quickly to the boiling point. Cover kettle, set aside and simmer until tender.

Serve with mint jelly or mint sauce.

Casserole Of Lamb

Wipe 1 lbs. of fresh lamb from forequarters, cut meat in small pieces, put in hot frying pan and turn frequently until seared and browned on all sides.

Cover bones with 1 cup cold water and heat slowly to boiling point.

Put lamb in baking dish, add stock strained from bones and bake 20 minutes in hot oven.

All 1 carrot, cut in fine strips, 2 large potatoes, diced, 2 small onions, 1 teaspoon Worcestershire sauce, and cook until tender.

Sprinkle with chopped parsley and serve from casserole.

Lamb Chops Viennese

Place lamb chops in a baking pan or casserole. Cover with canned tomatoes, season with a bit of onion, salt and pepper, and bake in a moderate oven until well done.

These are deliciously tender and have quite a different flavor.

HOME DRIED FRUITS AND VEGETABLES

The three methods of home-drying fruits and vegetables, namely, by sun, by artificial heat, and by air blast, are dealt with in the bulletin on the subject issued by the Dominion Department of Agriculture. The sun drying method is the least expensive but requires bright, hot days, and a breeze. Its climatic conditions are satisfactory, sun drying is also the most successful method. The fruit and vegetables must be washed and cut into pieces about one-quarter of an inch thick. If cut too thin the pieces are difficult to handle and if too thick they do not dry quickly.

A wire screen over which cheese cloth has been spread makes a good drying tray, but the cheese cloth must not be allowed to touch the products about to be dried. One layer of the product should be spread and turned over once or twice during the day. The trays should be removed indoors before sunset or during the d....ay if the atmosphere is damp.

For drying by artificial heat, the warming oven or the ordinary oven may be used, or a rack may be made to suspend over the top of the range. In using this method care must be taken that the temperature is not too high at first, otherwise the surface of the fruit or vegetables will be hard while the interior will still be juicy. The temperature should begin at about 110 degrees and may be increased to 150 degrees.

Air blast drying is the quickest method but it is difficult to regulate the process as the product may become dry outside too quickly. In air blast drying a current of air is created by an electric fan with or without artificial heat. In the oven method, the fan may be used to complete the process more quickly, by using it during the last half-hour of drying.

ODDLY CUT SANDWICH APPEALS TO CHILD

A good way to get children to eat sandwiches is to cut the bread in fancy shapes with sharp-edged cookey-cutters. Then you'll see glasses of milk disappear as if by magic when accompanied by heart, diamond, half moon and animal sandwiches.

With a glass of milk certain sandwiches make a full meal. Ham and olive sandwiches are on this list. For them, take:

One cup chopped cooked ham, 1 tablespoon olive oil, 2 teaspoons lemon juice, 1-4 teaspoon made mustard, 6 olives (stuffed), 1 tablespoonful minced parsley.

Grind Ham With Olives

Put ham, olives and parsley through fine knife of food chopper. Add oil, lemon juice and mustard to make moist enough to spread. Put between thin slices of buttered whole wheat bread.

Another excellent sandwich for this meal is made of white bread with orange marmalade filling. For this filling use one cup orange marmalade 1-2 cup nut meats cut very fine, 4 tablespoons grated cheese.

Add cheese to marmalade and mix smooth. Add nuts and put between thin slices of buttered white bread.

These salmon sandwiches are good:

One cup flaked salmon, 3 hard cooked eggs, 4 tablespoons minced sweet pickle, 2 tablespoons butter, 2 tablespoons lemon juice, 1-2 teaspoon salt, drop onion juice, few grains white pepper.

Put fish, pickle and eggs through food chopper and add to butter which has been melted. Season with salt, pepper and onion juice and add lemon juice to make moist. Spread between thin slices of buttered whole wheat bread.

Minced Chicken Filling

A fine way to use chicken left from Sunday dinner is to take one cup minced chicken, 1 cup minced celery, salt, pepper, 2 drops onion juice, mayonnaise; mix chicken and celery and season with salt, pepper and onion juice. Moisten with mayonnaise and put between thin slices of buttered white bread.

Or instead of mayonnaise use whipped cream for moistening it chicken is well seasoned.

Chopped nut meats — almonds, walnuts or pecans — combine well with chicken, too.

SANDWICH FILLINGS

Minced chicken with shredded lettuce moistened with lemon juice and oil.

Finely chopped prunes combined with peanut butter and made moist with cream.

Finely chopped dates combined with cottage cheese.

Nuts and raisins chopped and moistened with cream.

Shredded lettuce and finely chopped hard cooked eggs made moist with cooked salad dressing. Cook the eggs for thirty minutes in water just at the boiling point.

HOT MILK SPONGE CAKE

1 cup sifted cake flour
1 teaspoon baking powder
3 eggs
1 cup sugar
2 teaspoons lemon juice
6 tablespoons hot milk

Sift flour once, measure, add baking powder, and sift together three times. Beat eggs until very thick and light and nearly white (10 minutes). Add sugar gradually, beating constantly. Add lemon juice. Fold in flour, a small amount at a time. Add milk, mixing quickly until batter is smooth. Turn at once into ungreased tube pan and bake in moderate oven (350 degrees F.) 35 minutes, or until done. Remove from oven and invert pan 1 hour or until cake is thoroughly cold. This cake may also be baked in two very lightly greased 8x8x2-inch pans in moderate oven (350 degrees F.) 25 minutes; or in a 12x8x3-inch loaf pan 30 minutes.

SEASONAL MENUS

Nowadays the Canadian menu reveals a tendency to drift away from the old-fashioned heavy meals with their hearty meats and rich desserts.

The old idea seemed to be to see how many dishes the cook was capable of producing in one meal. Potatoes, macaroni and rice might all figure in the same dinner without thought of food value. Our menus are made with attention to a balanced diet and we are careful not to repeat foods of the same type.

The following dinner menus are interesting, seasonal and perfectly balanced:

Menu No. 1

Stewed chicken in rice border, creamed onions, tomato and lettuce salad, raspberries Valencia, vanilla wafers, milk, coffee.

Tender young chickens are disjointed and simmered gently until tender. One cup chicken stock is combined with 1 cup cream and the liquid is thickened with 1 tablespoon butter rubbed to a smooth paste with 1 tablespoon flour. This is brought to the boiling point and poured over the chicken arranged in a border of steamed rice.

Cut head lettuce in slices and arrange with alternating slices of peeled tomatoes. Serve with French dressing.

Raspberries Valencia, or strawberries Valencia, is a delicious mixture of fruit and vanilla ice cream. Our grandmothers loved the combination of strawberries and orange and one of the favorite old desserts was known as oranged strawberries.

To prepare the dish, mix canned berries and sliced oranges with a little flavoring and put in a ring mold of vanilla ice cream. Sprinkle grated orange rind over the top and serve with raspberry sauce.

Menu No. 2

Braised calf's liver, stuffed baked tomatoes, Parker House rolls, jellied cabbage salad, peach up-side-down cake.

Braise the liver with carrots and onions, adding white wine and plenty of salt, pepper, allspice, thyme, bay leaf and parsley for seasoning.

The tomatoes are stuffed with a mixture of cooked macaroni, tomato pulp and cheese. The combination proves a pleasant contrast with the spicy meat dish.

Fresh peaches are used for the up-side-down cake which is made with a sponge cake batter.

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Crown Prince Takes Second Rank

Crown Prince Michael of Romania, taking his third year high school final examinations with pupils from other schools. Prof. Sacsu is conducting the test.

SUNDAY SCHOOL LESSON

LESSON I — October 6
ISAIAH PORTRAYS THE SUFFERING SERVANT—
Isaiah 52 : 13—53 : 12;
John 19 : 17—37.
PRINT Isaiah 53 : 1-12.
GOLDEN TEXT—With his stripes we are healed. Isaiah 53 : 5.

THE LESSON IN ITS SETTING

Time and Place—Isaiah prophesied in the second half of the eighth century B.C., and this particular prophecy was probably written between 720 and 710 B.C. The Apostle John wrote his Gospel toward the close of the first century A.D. The particular events recorded in the portion assigned to this lesson occurred on Friday, April 7, A.D. 30, in the city of Jerusalem, immediately outside the wall of the city.

"Who hath believed our message? and to whom hath the arm of Jehovah been revealed?" The arm of Jehovah is an emblem of divine power, particularly the manifestation of such power in and through the Messiah (51 : 9; 52 : 10).

"For he grew up before him as a tender plant." A reference to the youth of the Lord Jesus, expounded more fully by Luke (Luke 2 : 52). "And as a root out of a dry ground." The dry ground is the existing state of the enslaved and degraded nation. He grows up in obscurity and lowliness, not as a Prince royal on whom the hopes and eyes of a nation are fixed, and all whose movements are chronicled in the Court Gazette or Circular. "He hath no form nor comeliness; and when we see him, there is no beauty that we should desire him." A literal interpretation of these words would almost lead us to regard the Saviour as positively unattractive in appearance, but the prophet is referring rather to his state of moral abasement than to his outward aspect.

"He was despised, and rejected of men." Passages in which the Hebrew word here translated men is used in the same sense are Prov. 8 : 4 and Psalm 141 : 4, and, in both these instances, persons of rank are signified. "A man of sorrows, and acquainted and grief." The Hebrew idiom means sorrow of heart in all its forms, revealing Christ as one whose chief distinction was that his life was marked by constant painful endurance. "And as one from whom men hide their face he was despised; and we esteemed him not." Instead of meeting him with the joyful gleam of their eyes, responding to his grace and help, men turned from him as one looks the other way to avoid the eye of a person whom he dislikes, or, as one shrinks from an object of loathing.

"Surely he hath borne our griefs." The word griefs here in the margin is translated sicknesses, and many people have assumed from this phrase that the atonement which Christ made for our sins also included deliverance from our diseases. "And carried our sorrows; yet we did esteem him stricken." This verb stricken means to be afflicted with a hateful, shocking disease, and particularly, with the plague of leprosy (Gen. 12 : 17; Job 19 : 21; Lev. 13 : 3, 9, 20). "Smitten of God, and afflicted." The latter verb describes one suffering terrible punishment for sin.

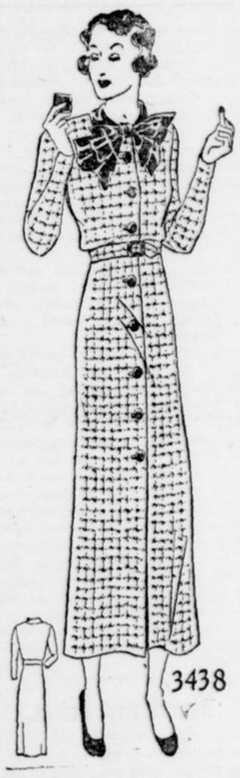
"But he was wounded for our transgressions." Literally, this should read, he was pierced for our sins. "He was bruised for our iniquities." The word here translated bruised means, literally, crushed, and the phrase means that he was crushed by the heavy burden which he took upon himself. "The chastisement of our peace was upon him." That is, the chastisement which leads to peace was borne by him. He made peace through the blood of his cross (Col. 1 : 20). "And with his stripes we are healed." This goes beyond justification and hints at the regenerating, sanctifying grace in the souls of the justified.

"All we like sheep have gone astray; we have turned every one to his own way." Sheep need a shepherd to guide them and men, in a far deeper way, need the leading of God in the way everlasting. "And Jehovah hath laid on him the iniquity of us all." If God has laid my iniquities on Christ, then they are no longer on me. Were I to say the judge passed sentence on a criminal, and that he is now under sentence of death, every one would understand what I meant. In like manner, every one out of Christ has the sentence of God's condemnation resting upon him. But when a sinner believes in the Lord Jesus, receives him as his Saviour and Master, he is no longer under condemnation.

"He was oppressed." This verb denotes harsh, cruel, and arbitary treatment, such as that of a slave-driver toward those who are under him (Ex. 3 : 7; Job 3 : 18) and is nowhere employed of God's action towards men. "Yet when he was afflicted, he opened not his mouth." For a fulfillment of this in the life of Christ, see Matt. 27 : 12-14; 26 : 62; Mark 15 : 5; Luke 23 : 9; John 19 : 9; I Peter 2 : 23. "As a lamb that is led to the slaughter, and as a sheep that before its shearers is dumb, so he opened not his mouth."

"By oppression and judgment he was taken away." The idea prominent in the verb translated taken away is that of being snatched or hurried away, and the word here translated prison means generally violent constraint. Hostile oppression and judicial persecution were the circumstances out of which he was carried away by death. "And as for his generation, who among them considered that he was cut off out of the land of the living for the transgression of my people to whom the stroke was due?" This is a very difficult passage and has been variously interpreted. There may be, as suggested by Bishop Lowth, a prophetic allusion to the custom which prevailed among the Jews in the case of trials for life to call upon all who had anything to say in favor of the accused, to come and declare it or plead on his behalf.

Coat-type Dress



There uuually is something exceedingly smart about dresses with buttons from neck to hem—especially when they are carried out in neat woolens or wooly silk weaves!

The material for this delightful dress is a new wooly-silk mixture in cranberry colouring with shirtmaker collar, bow and self-covered buttons of grey blue crepe. It's so simple to sew!

Style No. 3438 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires 3½ yards of 39-inch material with ⅝ yard of 39-inch contrasting.

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.

School Days

School bells are ringing again, and in many homes school lunch boxes must be packed five mornings out of the week.

The packing of the lunch kit is of almost as great importance as the lunch itself. If plenty of waxed paper, paper napkins, tiny waxed cardboard containers and small paper baking cups and picnic spoons are conveniently at hand, the task is lightened and neatness assured. Well-wrapped foods stay fresh and appetizing, but a carelessly packed lunch can be pretty bad.

Neatness Aids Appetites

Always consider the personal likes and dislikes of a child. Girls thrive on daintiness. Boys are rather ashamed of this feminine preference and want man-size sandwiches and cookies. But neatness and order appeal to all children.

The age of the child is important, too. Children under 1 require a different sort of lunch than that prepared for the high-school girl or boy.

If there is not a cafeteria in the school to furnish a hot drink or soup, this should be carried in a thermos bottle. The hot food aids digestion and does much to relieve nerve strain.

Of course the sandwich is the mainstay of the lunch box and must be concocted to furnish much food value. Make use of the infinite variety of breads as well as the many sandwich fillings in order to avoid monotony. Try to combine meat with grated and minced vegetables such as carrots, lettuce and celery in sandwich fillings. The combination gains both food value and piquancy. Always butter both slices of rbead.

Vegetables For Bulk

Carefully wrapped celery, radishes, carrot straws and hearts of lettuce give balance to the lunch by supplying bulk and crispness to a diet that is apt to be concentrated and soft.

Next to the sandwich in importance is the dessert. Fresh fruit is always desirable and easy to pack. Then there are cookies, cup cakes, individual baked custards and firm tapioca puddings to add to the list. When you pack the lunch kit, put the dessert in first. This way the child eats down to it and gets his entire lunch as you want him to have it. Otherwise the dessert may be eaten first.

Eat Onions If You Want To Live Long

Waukesha, Wis.—"Eat plenty of onions and live long," Dr. Margaret Caldwell, Wisconsin's oldest woman physician, said recently as she started her 91st year. Onions and the fact that she never has done any housework are responsible for her long life, Dr. Caldwell said.

Live Stock Fewer In England and Wales

With the exception of pigs all classes of livestock were fewer in England and Wales in 1935 than in 1934, according to the official report of the British Ministry of Agriculture. Cattle totalled, as at June of this year, 6,538,600, a decrease of 121,600 or 1.8 per cent. compared with 1934; sheep 16,470,700 a drop of 56,300 or 0.3 per cent.; horses 873,500 a decline of 12,100 or 1.4 per cent.

A considerable increase in the number of pigs over 1934 is recorded, the total being 3,811,700, an advance of 491,500 or 14.8 per cent, the highest yet recorded. All classes of pigs were responsible for the general growth in the pig population. All classes of pigs were responsible for the general growth in the pig population. In the case of sows kept for breeding the increase was 43,500, bringing the total to 493,900. Pigs over two months old numbered 2,122,800 an increase of 221,500 and under two months the number was 1,195,000 a gain of 226,500.

An analysis of the total number of cattle discloses there were in June 1935 2,231,000 cows and heifers in milk; 382,200 cows in calf but not in milk; heifers in calf 436,500; other cattle, two years and over, 1,008,600, one year and under two, 1,313,600, under one year, 1,166,700.

Of the total sheep 7,120,700 were ewes kept for breedings; other sheep one year and over, 1,775,000; over six months and under one year, 438,600; under six months, 7,135,500.

Horses used for agricultural purposes including mares for breeding, account for 586,000 of the total of 873,500. Unbroken horses, including stallions one year and over numbered 96,000; under one year, 47,000; other horses 144,500.

The estimated numbers of farm live stock in Canada in 1934 were as follows: Horses, 2,933,492; milch cows, 3,864,200; other cattle, 5,087,700; total cattle, 8,951,900; sheep, 3,421,100; swine, 3,654,000.

Piety is not an end, but a means of attaining the highest degree of culture by perfect peace of mind. Hence it is to be observed that those who make piety an end and aim in itself for the most part become hypocrites.—Goethe.

FU MANCHU By Sax Rohmer

THE SEVERED FINGER—The Girl Again!

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