



Woman's World

By Mair M. Morgan

Delicious Shortcake

Way back in the sixteenth century some doctor in England said of the strawberry: "Doubtless God could have made a better berry, but doubtless God never did."

For some reason or other we almost invariably associate shortcake with strawberries, but all the fruits in their seasons may be served in shortcake. Sometimes I think red raspberries are even better than strawberries and when we have a fresh peach shortcake I wonder if maybe it isn't best of all.

Old-fashioned shortcake is almost a full meal in itself, served with plenty of fruit and lots of rich cream. So plan to use a shortcake dessert

after a very light meal unless you serve very small portions.

Lately I've been using a lot of buttermilk in baking and it certainly does make a crust of melting tenderness.

An aside to the bride: one-half cup flour and the other ingredients in proportion will make a shortcake for two. That is, just half the recipe will be plenty for two. If you have a guest, use three-fourths the recipe. A quart of berries will be needed for three persons.

Buttermilk Shortcake For Four

One cup flour, 1 teaspoon baking powder, 1/4 teaspoon soda, 2 tablespoons butter or other shortening, 1 cup buttermilk, 1/2 teaspoon salt.

Mix and sift flour, baking powder, salt and soda. Cut in shortening with pastry blender or tips of fingers. Cut in buttermilk with a knife. Divide in two equal parts and put one part on a lightly floured molding board. Pull together with tips of fingers dipped in flour and roll with a floured rolling pin into a sheet about 3/4 of an inch thick. Put on a greased baking pan and brush with softened butter. Roll remaining dough to fit the lower section and put on top of dough pan. Bake in a hot oven (375 degrees F. for twenty-five minutes. When ready to serve split sections apart. Spread lower cake with butter and cover with a thick layer of crushed berries. Add top layer and cover with more berries. Cut in wedges and serve with sugar and cream.

Soak Berries In Sugar

To prepare berries, wash and hull. Cut in quarters or crush with a potato masher. Sprinkle 3/4 cup of sugar over a quart of berries and let stand in a warm place while mixing and baking the cake.

If you like you can cover the top layer of the cake with a thick coating of whipped cream and press fine large berries up. Of course, this makes a very handsome dish to serve at the table.

The shortcake made with sponge cake is far more suitable to serve after a hearty dinner than the old-fashioned variety. Bake a light sponge cake in a thin sheet, much as you would for a jelly roll. Pile up in layers with crushed and sweetened berries between. Mask with whipped cream and top with a fine large berry.

THIS WEEK'S WINNERS

Combination Salad

1 tin tomato soup or juice, 1 lemon jelly powder; heat soup and dissolve jelly powder in it; add 1 1/2 cups chopped celery, 1 green pepper (chopped), 1 small onion, 1/2 cup blanched almonds, 1/2 lb. plain white cheese (diced), 1 cup salad dressing. Mix well together and set in a loaf mold (or individual molds). To serve, cut in slices and place on crisp lettuce leaves. Green peas are very nice in this salad, too. Add less ingredients if not so large a salad is required.

Raspberrypate

Mash 1 cup raspberries, place in a jug with 4 tablespoons sugar and the finely peeled rind and juice of 2 lemons. Pour on 2 pints boiling water. Strain carefully when cold. Serves 6.—Mrs. Stewart Nelson, Box 338, Campbellford, Ont.

Vegetable Salad

1 cup of finely cut red cabbage, 1 cup of cold boiled red beets, 1 cup of cold boiled carrots, 1 cup of cold boiled potatoes, 1 cup of cold boiled green peas, 1 cup of finely cut celery, 1 head of lettuce, 1 cup of mayonnaise dressing.

Chop beets, carrots, potatoes and beans and add to cabbage and celery. Mix all together with dressing and serve on lettuce leaves.—Mrs. W. Burwell, R.R. 1, Thamesville, Ont.

Attention

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Simple Lines Mark This Exclusive Model



1873-B

Checks in crepe, silk, pique, linen or cotton lead the way to chic in this easy, casual, day dress. While the design emphasizes smooth slim lines, comfortable fullness for the skirt is provided by a wide insert at the front.

The model cuts quickly and easily, with only seams to join at the sides, panel and waistline. No troublesome armholes to discourage amateur dressmakers, as the sleeves and shoulder line belong to "one family," and a slim waistline is assured the minute you insert the back darts. This is a perfect utility frock for a multitude of daytime needs. You can make it as a house frock too—it's so simple and quick to launder, and being collarless, ever easier to iron.

Barbara Bell Pattern No. 1873-B is available in sizes 32, 34, 36, 38, 40, 42 and 44. Size 34 requires 4 1/2 yards of 35-inch material.

HOW TO ORDER PATTERNS
Write your name and address of pattern wanted. Enclose 20c in stamps or coin (coin preferred) and wrap it carefully and address your order to Barbara Bell, 73 Adelaide W., Toronto.

This Should Rope In Plenty of Visitors



All of a twirl about forthcoming Willits Frontier Days are these three Willits, Cal., lassies who will twirl ropes at rodeo. Alice Good, Ester Simonson and Grace Larkin (left to right).

SUNDAY SCHOOL LESSON

LESSON III.—July 19. SOCIAL SERVICE IN THE EARLY CHURCH.

Acts 4 : 32-35; 6 : 3-7; 36-39; 2 Corinthians 8 : 1-9; 1 John 3 : 13-18. GOLDEN TEXT.—He himself said, "It is more blessed to give than to receive." Acts 20 : 35.

THE LESSON IN ITS SETTING
Time.—The events described in Acts 4 : 32-35 occurred in the summer of A.D. 30; the appointment of the deacons occurred five years later, A.D. 35; the raising of Dorcas occurred five years later still, A.D. 40. The Second Epistle to the Corinthians was written approximately A.D. 57. The first Epistle of John was written many years later, some time after A.D. 90.

Place.—The distribution of property in the early church and the appointment of deacons took place in the city of Jerusalem; the raising of Dorcas occurred at Joppa, thirty-five miles from Jerusalem, on the Mediterranean coast.

"And the multitude of them that believed were of one heart and soul." (See 1 Chron. 12 : 38; Jer. 32 : 39; Phil. 1 : 27; 2 : 2, 20.) Aristotle ascribes to Diogenes Laertius the following definition of friendship—"one soul residing in two bodies." "And not one of them said that aught of the things which he possessed was his own; but they had all things common." The statement will be commented upon when we come to verse 34.

"And with great power gave the apostles their witness of the resurrection of the Lord Jesus." The resurrection of Christ was the fundamental theme of apostolic preaching, but included in it was, of course, the person and life and death of Jesus Christ. "And great grace was upon them all." (Cf. Luke 2 : 52; Acts 2 : 47.) The phrase probably means that the grace of God was mightily upon them, enabling them to live a truly Christian life.

"For neither was there among them for the best salad dish or refreshing drink recipe received."

HOW TO ENTER CONTEST

Plainly write or print out the ingredients and method and send it together with name and address to Household Science, Room 421, 73 West Adelaide Street, Toronto.

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that they gave "of their own accord," i.e., "not of necessity" (see 2 Cor. 9 : 7).

"Beseeching us with much entreaty." Probably the apostle had been reluctant to take money from these people who were so extremely poor, which led them to beg him to receive what they could give for the poor in Jerusalem. "In regard of this grace and the fellowship in the ministering to the saints." Three beautiful words are here used in describing their gifts to others—"grace" (see 1 Cor. 16 : 3); "fellowship" (Rom. 15 : 26); and, finally, "administering" (2 Cor. 9 : 1, 12).

"And this, not as we had hoped, but first they gave their own selves to the Lord, and to us through the will of God." (Cf. Ex. 14 : 31.) "They placed themselves at the apostle's disposal for the service of Christ."

"Inasmuch that we exhorted Titus, that as he had made a beginning before, so he would also complete in you this grace also." "It seems clear from the words 'as he had begun' that Titus went a second time to Corinth before the apostle arrived there. His first visit began, his second completed, the collections for the saints."

"But as ye abound in everything, in faith, and utterance, and knowledge, and in all earnestness, and in your love to us, see that ye abound in this grace also." Here, for the third time, is liberality in giving called a "grace." Without the presence of liberality in the life of Christians, there is a decided incompleteness in their Christian experience and activity.

"I speak not by way of commandment, but as proving through the earnestness of others the sincerity also of your love." A Christian who claims to love other believers and the Lord Jesus can show the sincerity of such devotion in no greater way than by relieving those whom he loves when they are in distress.

"For ye know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, that ye through his poverty might become rich." Dr. A. C. Gaebel, in his remarkable message on this verse, reminds us that Christ was rich in possessions (Ps. 19 : 1; 24 : 1); in love (John 17 : 24); in glory (John 17 : 5); all these would the Lord Jesus, for our sakes, give up. He faced voluntary impoverishment that we might be made rich.

Either Way

"Can you serve company?" asked the housewife, when she was hiring her servant.
"What do you mean?" asked the puzzled one.
"So's they'll come again, or stay away."

Taking the Curse Off Spinach—"So Good For You"

Since mothers have learned of this vegetable, spinach, the demand has increased and so stimulated its culture that you can buy the vegetable at markets the year around. However, the early spring harvest is the heaviest and of the finest quality.

When you market for spinach look for plants with plenty of good healthy leaves. The condition of the leaves is of prime importance. Medium-sized plants of good, dark green color, leaves fresh and crisp, free from sand or dirt, are desirable and mean that the vegetable will be tender and an attractive vivid green.

Sand Won't Drain Off

Nowadays it's seldom that a shipping of spinach is weedy. However, weedy spinach means loss of weight as well as time in sorting out the weeds.

Spinach which is very sandy or dirty is difficult to clean, for the dirt seems to defy all washing. I never did blame the little girl who said she didn't like spinach because the vitamins got in her teeth. She was served gritty spinach.

If the leaves are light colored, of a yellowish tinge and tightly curled, tiny insects are apt to be present and I'd look further for my dinner vegetable.

In washing, always lift the leaves from one water bath to the other. In this way the sand settles to the bottom and is not disturbed. If you pour the water off without removing the leaves the sand is distributed back through them and they're very little cleaner after several baths.

I always cut the leaves from the stems, discarding both the root and stems.

Let Excess Water Drain Off

After thoroughly washing spinach, let it drain in a colander for a few minutes to remove excess water, then cook it covered about five minutes. Remove cover and toss lightly with a fork. Cook, uncovered, until tender and almost dry. Season with salt just before removing from the fire.

If you chop the vegetable finely it will be necessary to reheat it before serving. Careless serving has done more to make spinach unpopular than the taste of the green itself. Be sure it is very hot and well seasoned. Some men like a bit of horseradish for seasoning, or tomatoes.

Health of British Children

Glasgow Herald writes: School children have a death rate which is lower than that of any other age, but they suffer from a great variety of ailments and defects, many of which interfere with their proper physical development, or retard their education. The medical records indicate that disability and deformity due to such causes as rickets, tuberculosis, and the respiratory diseases of childhood are much less frequently met with and are less grave than formerly. It is pointed out however, that at the routine inspections about 5 per cent of children have a physical defect of one kind or another to which the term "irremediable" can be properly applied. Some of these are congenital, but most are the aftermath of disease. By far the commonest defect is dental caries, which is present in over 80 per cent of the children.

Cheerfulness Begins at Home

London Sunday Dispatch writes: Nothing succeeds like success. The confidence already engineered by our progress since 1933 should not be allowed to wane. Vigorous enterprise in a time of cheap money and courageous spending and investment, can keep the wheels of commerce turning with increasing speed. Nobody would advocate rashness in these things, but courage and caution are not contradictory. With a protected home market, with cheap money to finance exportable goods, and with wages already rising above the cost of living, Britain can be cheerfully confident about her affairs at home, however gloomy affairs abroad may be.

Saved From What?



"We must find out the nature of these preparations," insisted Smith earnestly. "Their prime object is to enable someone to get to EN-AM. So far he has been saved."
"En-AM what? For Heaven's sake, from what?"
"The object of that visit I hope we never learn, for what it would mean that it had been achieved."

"I suspect the most formidable creature in the known world to be hidden here," Smith announced solemnly. "FU MANCHU is somewhere within Redmoat!"

Beauty Strikes A Natural Note

Smart Women Everywhere Are Avoiding Exotic Effects

It's smart to look natural these days. Even screen stars are putting less stress on exotic effects and are trying to look as nature intended they should.

Within the last year, a good many of Hollywood's blondes have dyed their hair its former, natural shade. Jean Harlow, the original platinum blonde, now has dark brown locks. Joan Blondell, whose hair was almost platinum, had it dyed light brown, its natural color. Ann Southern recently bid farewell to bleaches.

When you decide to stop bleaching you ought to go directly to a good hair expert and have him dye every strand the same shade as the roots. This way, you won't have a coiffure that is light at the ends and dark across the top. Continue with the darker dye until the bleached hairs have grown out and been cut away.

Speaking of the vogue for natural effects several smart business women we know, are letting their eyebrows grow again. After years of plucking thinning out and changing the natural line of the eyebrow arch, they have now put the tweezers back on the shelf to stay there until eyebrows are luxuriant again. Then, of course, they'll tweeze — but only the hairs across the bridge of the nose and those who grow down too far on the lids.

As for makeup, the trend is ever more definitely toward naturalness than it was a year ago. Seldom does one see an attractive woman wearing too much rouge, a heavy coating of powder or lipstick that is positively caked on in layers.

For Summer

New and stunning colors make their appearance every season. This spring they boast such cleverly descriptive names as British Tan, Pottery Rust, Geranium and Woodland Green. It is rather fun to watch the latest fashions, to toy with thoughts of Chinese, Spanish, Russian influences, but in summer clothes are cool and simple. No matter what the current color trend may be, white will always be in style. No color can take its place for coolness.

To appear fresh and cool and dainty when the thermometer hovers around ninety in the shade is far from easy, but some women contrive to do it. They look cool and they interfere with their proper physical development, or retard their education. The medical records indicate that disability and deformity due to such causes as rickets, tuberculosis, and the respiratory diseases of childhood are much less frequently met with and are less grave than formerly. It is pointed out however, that at the routine inspections about 5 per cent of children have a physical defect of one kind or another to which the term "irremediable" can be properly applied. Some of these are congenital, but most are the aftermath of disease. By far the commonest defect is dental caries, which is present in over 80 per cent of the children.

There will, of course, be brightly colored bags to make gay splashes against light costumes, but the white bag will undoubtedly be the favorite.

Rudy Is Learning

Writes the Chicago Daily News.—Rudy Valle is studying law. That is probably a good idea for all young men who crave a career as cronies or picture stars. The overhead cost of alimony and breach of promise suits might be greatly reduced for them.

It may be true, as the old saw says that a lawyer who pleads his own case has a fool for a client. In any event, an ounce of prevention is worth a pound of cure, and a good knowledge of the law should help a lot in answering "mash" letters—if one must cultivate fan mail by answering them.

Mr. Vallee, however, has bigger ideas about the law. He means to get a degree from the Suffolk law school in Boston. And after crooning to a few juries he expects to run for office and croon to the voters. The boys has been learning things. Now we know that he doesn't spend all his time at the microphone. He has a receiving set, too.

Colours and Health

It is only within recent times that scientists have begun to associate colours with health. They know, for instance, that blue is a soothing colour—so soothing, in fact, that too much blue in the colour scheme is liable to cause melancholia. Dr. Ronald Laird, of Colgate University, who has experimented widely in this branch of science, says that a red-papered bedroom is liable to produce insomnia, and that men working continuously under red light become irritable and violent. He insists, too, that the red flannel petticoat of our grandmothers was a wise choice, being far warmer than a blue one of the same material. Many people are unable to wear red next to the skin, as it acts as a powerful irritant.

FU MANCHU

By Sax Rohmer



"VIEW of the case to date," said Smith, "stands thus: First, Etham is warned against returning to China by his Mandarin friend who belongs to the Fu Manchu group.

"FOURTH, the things heard and seen by Miss Etham.

"FIFTH, the things seen and heard by us all last night....