



Woman's World

By Mair M. Morgan

SERVING MEALS OUT OF POORS.

The first consideration in planning meals for serving away from the family dining room is to reduce the number of dishes to a minimum. A one-dish combination of some sort with a salad and dessert simplifies serving as well as dish washing. Very often the salad may be put on the table in an attractive salad bowl for each member to help himself. If you use compartment plates, the salad plate is unnecessary.

Casserole dishes combining meat and vegetable pies are splendid main dishes for dinner a la fresco.

And for bread, make bread and butter sandwiches or butter rolls and put them in the oven to heat.

Veal and Vegetable Pie.

This is a delicious and attractive dish that may be varied interestingly. The vegetables may be cooked early in the day and the meat cooked the day before if convenient. When you want to prepare your dinner you will need to make the crust and bake it. The crust will bake while you are setting the table and putting the finishing touches on the salad or dessert.

One pound lean veal, 1 cup tiny cooked onions, 1 cup diced cooked carrots, 1 cup cooked green peas, 2 cups cooked potato marbles, 2 tablespoons butter, salt and pepper, 1 1/2 cup flour, 2 1/2 teaspoons baking powder, 2 tablespoons shortening 1/2 teaspoon salt milk.

Choose veal from the small part of leg since it is usually cheaper and more meat must be cut in small pieces anyway. Cover with boiling water and simmer until tender but not broken. Add salt and let cool in stock overnight if convenient. Remove fat and bone from meat, making neat pieces for serving. Arrange meat in a buttered casserole. Remove fat from stock and strain through cheesecloth. There should be about two cups of stock. The liquid in which the vegetables, with the exception of the onions, were cooked, may also be used. Melt butter, stir in flour and when bubbling add stock, stirring constantly.

Bring to boiling point, season with salt and pepper. Add prepared vegetables to meat in casserole and pour over sauce. Mix and sift flour, salt and baking powder. Rub in shortening and cut in milk with a knife. Use enough milk to make a soft dough. Roll on a floured mottling board and cut with a small biscuit cutter. Cover top of mixture in casserole with biscuits and bake in a hot oven until biscuits are thoroughly baked and brown on top. It will take about thirty-five minutes for baking the biscuits because the sauce, meat and vegetables retard the baking. Serve from baking dish.

Planked dishes are excellent for outdoor serving, too. The hot plank keeps the food hot and of course a variety of vegetables always surrounds whatever meat you are serving. The individual planks are just the thing for families who do not have the same ideas about meats and vegetables because each one can have what he particularly likes.

NUTS IN SALADS.

Chopped nuts are the perfect ingredients for summer salads. They add the right amount of nourishment to a dish that otherwise might be considered too light to keep the consumer from getting hungry before the next meal. The housewife who has to consider the healthy appetites of a husband and growing sons will do well to plan menus that centre around salads which are "filling" as well as cool and appetizing.

Brazil nuts go well with nearly everything but particularly do they lend themselves in a delectable way to fruit salads. Here's a fine recipe for a main course summer salad that uses chopped Brazil nuts:

Cut one small pineapple into fine strips, one inch long, and add one diced pimento. Then put in a dash of curry powder (no more than can be put on the tip of the blade of a small knife), the juice of one lemon, a pinch of salt and one-quarter pint whipped cream. Mix the ingredients together in an ice cold bowl and, when ready to serve, line a platter with bits of crisp lettuce and put the salad in the centre. Garnish with pieces of pimento, two sliced, hard-boiled eggs and Brazil nuts cut lengthwise.

RHUBARB.

Care should be taken not to overcook rhubarb. Vitamin C is destroyed if subjected to too great heat for too long a time. As little water as possible should be used to prevent burning, because the fruit-vegetable is very juicy of itself. Cover the sauce pan and as soon as the rhubarb boils it should be "done." Always add sugar when removing from the fire.

Adding other materials to "pie plant" makes it possible to obtain dishes of increased food value. Rhubarb combines excellently with almost any other fruit beside the foodstuffs commonly used with fruits. The extra materials may be chosen to make up for the lack in the rhubarb. For example, adding raisins to stewed or baked rhubarb adds iron to the dish and increases its efficiency.

Rhubarb Shortcake.

Pie usually comes immediately to mind when rhubarb is mentioned, but there are numberless other desserts which are delicious when made with rhubarb. Frozed desserts, hot or cold puddings and gelatine desserts use this common garden plant to excellent advantage. Well sweetened rhubarb sauce is amazingly good with plain rice and cornstarch puddings. Rhubarb shortcake is a simple dessert. Make an old-fashioned shortcake with baking powder biscuit dough. After baking, split and butter and fill with sweetened rhubarb sauce. Serve with plain or whipped cream.

Rhubarb-tapioca pudding is made two ways. The fruit may be cooked with tapioca and sugar in water, or the tapioca may be cooked and poured over the rhubarb arranged in a buttered baking dish and the whole baked thirty minutes in a moderate oven. Serve with sugar and cream or a custard sauce.

MILK PROBLEM.

If little Johnny refuses to drink his glass of milk perhaps the novelty of drinking milk through straws sometimes helps a child to learn to like it.

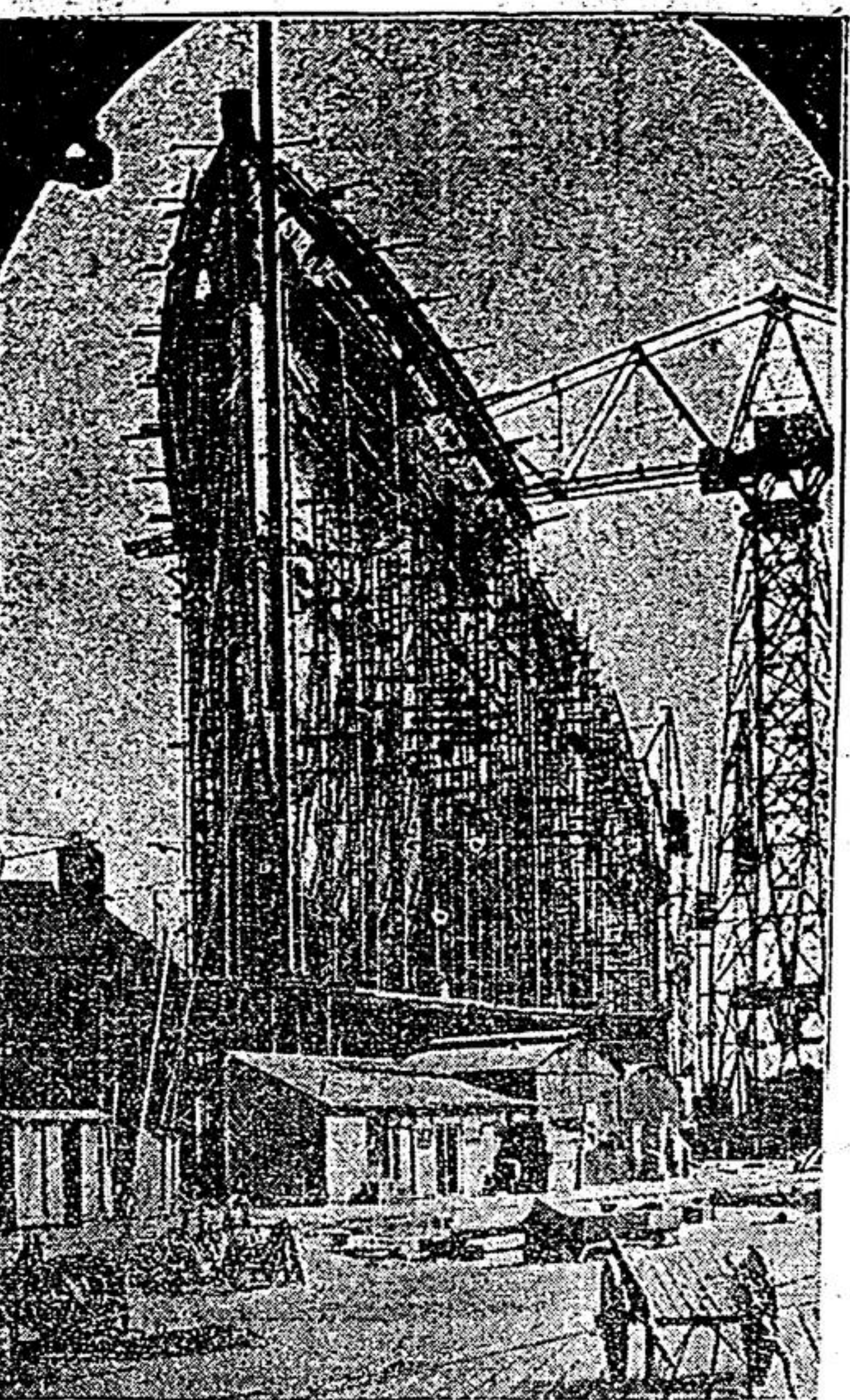
IDEAL VEGETABLE.

Swiss chard or "spinach beet" as it is sometimes called, is one of the most delicious succulent summer vegetables on the market. There are several varieties, some with dark green curly leaves and others with broad light-colored leaves. But each variety has a thick white mid-rib that is cooked and served like asparagus, while the leaf is used as greens.

The health composition of chard rivals that of the much lauded spinach. Thus, it's especially rich in iron, which makes it a perfect vegetable to serve during hot weather when meat is used sparingly. The vitamin content is good and chard is a cheap source of vitamins, because the vegetable never is high priced and vitamins are present in goodly amounts. Chard also has the peculiar virtue of supplementing the protein deficiencies of other vegetables and cereal foods and contains a certain substance which enables the body to make use of all the mineral content available.

Cook in Little Water. The same rules of cooking hold good for swiss chard that are ap-

RAPID PROGRESS ON WORLD'S GREATEST PASSENGER VESSEL



No. 534, the great Cunard-White Star liner being built at Clydesbank, Glasgow, is rapidly nearing the point where she will look like a graceful ocean greyhound rather than a scaffold builder's nightmare. These two pictures show, a striking view of the bow, and a full length picture giving an idea of the way a ship more than 1,000 feet long looks like.

Orange Eggnog.

This rule for an orange eggnog will serve two persons. One egg, one orange, one cup chill milk, one tablespoon sugar, few grains salt.

Squeeze juice from orange and grate rind. Combine grated rind and juice and let stand while separating yolk from white of egg. Beat yolk with sugar and add strained juice. Beat well and add milk and salt. Mix thoroughly and fold in white of egg beaten until stiff. Be sure to chill orange and egg as well as milk.

When you serve a drink made with egg you are adding 70 calories of protein and fat as well as vitamins and minerals to the usual glass of milk.

Chocolate Syrup.

One-half cake bitter chocolate, 1 1/2 cups granulated sugar, two cups water, quarter teaspoon salt, two teaspoons vanilla.

Grate chocolate. Mix sugar, salt and chocolate. Add boiling water to make a smooth paste and slowly stir into two cups of boiling water. Boil until syrupy. Cool and add vanilla. Use from two to three tablespoons of this syrup to a glass of milk.

THIS NEW AGE.

Quietly and with less ceremony than a meeting of old pioneers might be heralded, there is announced in Vancouver a transportation revolution as important as that which was marked here by the laying of the end of steel.

On Sunday there will open between Vancouver and Seattle a daily passenger service by the United Air Lines.

A three mile a minute, ten-passenger, multi-motored air transport will be used, the journey between the two important Pacific Coast cities taking about 55 minutes.

This will bring Vancouver within 20 hours' actual flying time of New York, 16 hours of Chicago, eight hours of California. —Vancouver Sun.

Ten per cent. of the emergency wage reductions in Australia has been restored.

The Sunday School Lesson

LESSON VI.—August 5. — ELISHA HELPS THE NEEDY, 2 Kings 4: 1-44, 1-7, 42-44. GOLDEN TEXT — Inasmuch as ye did it unto one of these my brethren, even these least, ye did it unto me.—Matt. 25:40.

THE LESSON IN ITS SETTING

Time—Elisha is ordained a prophet, B.C. 909. The Shunammite's son born, B.C. 912. Elisha and the healing of Naaman, B.C. 897.

Place—Elisha's ministry centered in Samaria, but extended widely over Israel.

Parallel Passage—The events of our lesson are recorded only in 2 Kings.

"Now there cried a certain woman of the wives of the sons of the prophets. Sons of the prophets" is a term that does not mean children of the prophets, but members of the prophetic order. "Unto Elisha." This poor woman went naturally to Elisha for help, as he was the chief of the prophets. "Saying, Thy servant my husband is dead." Widows were an especially helpless and pitiful class among the Jews, who were constantly exhorted by their religious leaders to care for them. "And thou knowest that thy servant did fear Jehovah." Her husband had been a faithful prophet, and his widow deserved special care for his sake, if not for her own. "And the creditor is come to take unto him my two children to be bondmen." The poor widow, in order to obtain the bare necessities of life for herself and her children, had been obliged to go farther and farther into debt.

"And Elisha said unto her, What shall I do for thee? The prophet himself was doubtless poor, and questioned what he could do to relieve poverty. "Tell me; what hast thou in the house?" A miracle always begins with something. Here it was a condition of poverty. "And she said, Thy handmaid hath not anything in the house, save a pot of oil." We are reminded of the widow of Zarephath, who shared with Elijah her handful of meal in the jar, and a little oil in the cruse. (1 Kings 17: 12). And found it increased to last through the rest of the famine.

"Then he said, Go, borrow thee vessels abroad of all thy neighbors, even empty vessels; borrow not a few." The number of our vessels is the measure of our faith. Remember the outline of William Carey's pioneer missionary sermon: "Expect great things for God."

"And thou shalt go in and shut the door upon thee and upon thy sons." That which was about to be done was too sacred a thing to permit the curious gaze of those not directly interested. "And pour out into all those vessels; and thou shalt set aside that which is full." She was to pour the oil out of the cruse until the large vessel was full when her sons (verse 5) would substitute another jar into which she would pour, and so on.

"So she went from him." She might well have desired the prophet to go with her, that his presence might avail to work the miracle. "And shut the door upon her and upon her sons; they brought the vessels to her, and she poured out." In faith and obedience she launched out upon the promises; and lo! they held firm.

"And it came to pass; when the vessels were full, that she said unto her son." The one whose turn it was to bring her a new jar. "Bring me yet a vessel." The oil while it abode alone sufficed not for herself only, but wasted away and the debt increased; but when poured into the empty vessels of all the neighbors it continued to increase ever more and more; the more it is expended on others, the more it is itself augmented; thus as love increases the debt grows small. "And he said unto her, There is not a vessel more." How she wished, then, that she had borrowed more vessels, or that there had been more to borrow! We do not expect enough of God. "And the oil stayed." You see how exactly the oil matches the capacity and number of the vessels provided. There is not too little, there is not too much.

"Then she came and told the man

of God." She came with a heart full of thankfulness. She was not one to leave her gratitude unexpressed. "And he said, Go, sell the oil, and pay thy debt, and live thou and thy sons of the rest." God's plenty not only meets our present needs, it cares also for our future.

"And there came a man from Baalshalish." Conder locates this village at the present village of Keft Thilth on the lower hills of Ephraim, sixteen English miles northeast of Lidda and thirteen and one-half miles northwest of Gilgal. "And brought the man of God bread of the first-fruits. Such presents to prophets appear to have been usual in ordinary times. On the present occasion, which was a time of dearth, one pious person brought his opportune gift to Elisha. "Twenty loaves of barley." The flat cakes of bread which are signified when loaves are mentioned in the Bible. "And fresh ears of grain in his sack." We think at once of the lad's lunch of five barley cakes and two small fishes with which our Lord fed five thousand men, besides women and children, on the northeast shore of the Sea of Galilee. "And he said, Give unto the people; that they may eat." By the people he meant the sons of the prophets who lived at Gilgal.

"And his servant said, What should I set this before a hundred men?" Likewise Andrew, in regard to the lad's lunch of five barley cakes and two small fishes, said, "What are these among so many?" "But he said, Give the people, that they may eat." Elisha knew that the Lord could feed his people with little as well as with much. "For thus said Jehovah. They shall eat, and shall leave thereof." Thus also, in the cases of Christ's feeding of the five thousand and of the four thousand, much more was left over than was provided in the first place.

"So he set it before them, and they did eat, and left thereof." Not because their stomachs failed them, but because the bread increased in the eating. "According to the word of Jehovah." According to the word of Elisha, God's servant, but he was careful to point to Jehovah (verse 43) as the source of the miracle; otherwise the would have been no miracle at all.

Stop Lump Jaw

Lump Jaw causes loss to cattle owners and suffering to infected animals. The disease is becoming more prevalent in some districts due to neglect of cattle owners, to detect and treat the condition in its early stages. Neglected open cases become spreaders of the Lump Jaw disease, through the wide spread distribution of the Sulphur Fungus spores, over grass lands, water troughs, salt licks, and feed troughs. To control it is advised that all cattle with open cases of Lump Jaw be removed from the farm. Cattle should be looked over every week during the summer, so that new cases can be treated at once. When new cases are found, the lumps should be opened by a veterinarian and the wound saturated with tincture of iodine. This will check further development, and healing will follow. A little attention in time will save loss and suffering.—L. S. Ontario Dept. Agriculture.

Disease

Teach the children not to spit; it is rarely necessary to spit on a slate, floor or sidewalk is an abomination. Not to put the fingers in the mouth. Not to pick the nose. Not to wet the finger with saliva in turning the leaves of a book. Not to put pencils into the mouth or moisten them with the lips. Not to put money into the mouth. Not to put pins into the mouth. Not to put anything into the mouth except food and drink. Teach the children to turn the face aside when coughing and sneezing, if they are facing another person. Children should be taught that their bodies are their own private possessions, that personal cleanliness is a duty, that the mouth is for eating and speaking, and should not be used as a pocket, and the lips should not take the place of their fingers.

Those Quintuplets

New York Herald Tribune

The hero of the drama of the Canadian quintuplets who promise to break all previous records for longevity undoubtedly is Dr. A. R. Dafoe, one of that too-seldom-sung band of country doctors who must cope day after day with emergencies which would tax the skill and resources of great medical centres and who do so with astonishing success.

A few weeks ago an American country doctor, Dr. L. C. Holcombe, of Vermont, described in "The International Journal of Medicine and Surgery" and almost equally remarkable case in which he and the farmer father contrived a home-made incubator out of pieces of board, some loose cotton wool and a few beer bottles full of hot water and saved and reared to maturity a premature infant weighing only one and a half pounds when born, all in the dead of Winter in a remote New England farmhouse.

The entire world is wishing Dr. Dafoe an equal success in his fight to rear the first recorded set of quintuplets.

Multiple births still are events for which biology has but meager explanation. Mr. W. W. Greulich, of the University of Colorado, once collected statistics of more than one hundred million births from official records of various countries, computing the ratios of twins, triplets, quadruplets and others to single births. There emerged the remarkable rule, still quite unexplained, that the number of births of twins, triplets and so on correspond closely to the first, second and other powers of an identical number, approximately 87.

There is one twin birth for about 87 single births. One triplet birth occurs among single births about once in the square of 87, or 7,569. One quadruplet birth occurs in approximate correspondence with the cube of 87, or about once in 700,000 single births. If the same rule holds, the proportion of quintuplet births should agree with the fourth power of 87, or one such instance in about 57,000,000.

There is reason to believe, however, that whatever may be the cause of this mysterious rule uncovered by Mr. Greulich's statistics, it breaks down for instances of five, six or seven births at a time.

According to the rule, the chance of birth of sextuplets would be only about one in five billion, while there are at least four reasonably certain records of sextuplet births within the last 40 years; and one less certain record of the birth of sextuplets. In none of these instances did any of the babies survive.

For some reason also quite mysterious to biologists, Canada seems to receive an exceptional proportion of quadruplets and presumably of quintuplets, since the relative percentages of twin, triplet and other multiple births in any individual country seem to run more or less parallel. In Denmark, for example, both twins and triplets are more than three times more numerous than in Greece.

The Navajo Blanket

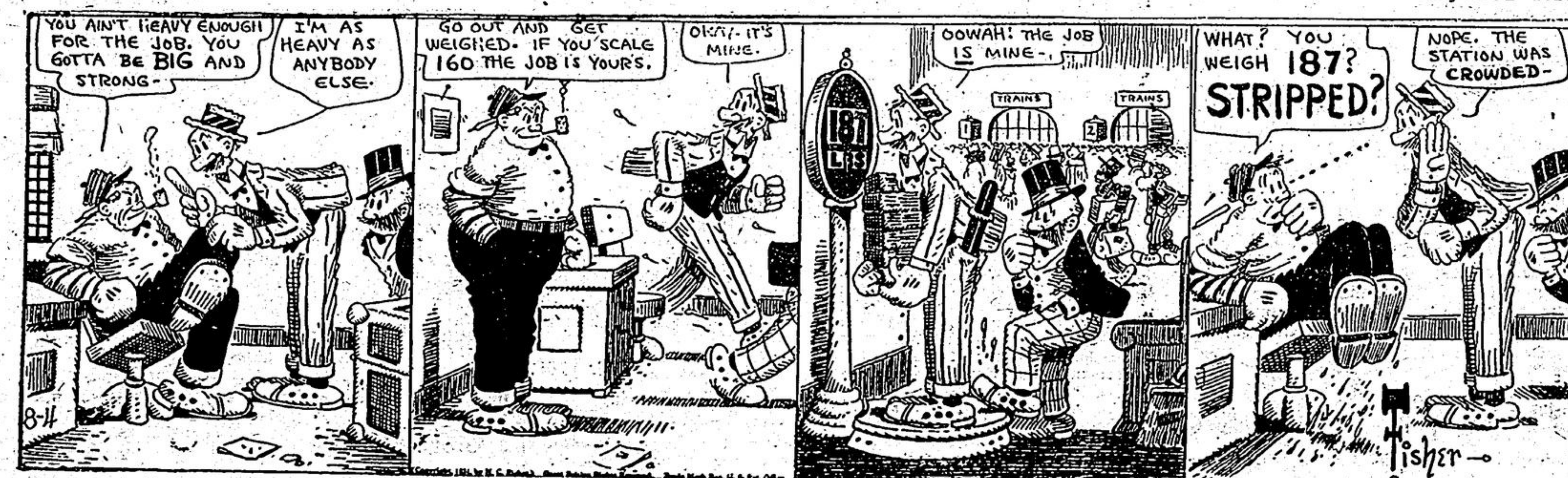
I will take the sheeps' wool for my spinning. The eye sheep that has walked in pollen. And I will wind it slowly on my spindle. My mother's mother gathered soft, wild cotton. But I the wool long grown among the bowers. And I shall weave it on my loom of saplings. And I found it with my batten from the scrub oak. The mountains and the plains will yield me colors. As they have yielded to my mother's mother. Past the time the ancients tell of I remember. Out of the blue clay will I take my turquoise. My black from sumac, the ochre and the pinto.

Yellow from the goldenrod and dock weed. And from the rabbit bush that sweeps the plain. From twigs of juniper will come my scarlet. Mahogany that grows upon the mountain. And from the bark of alder, the black alder.

The mountain and the plain will yield me color. Father Sky and Mother Earth give patterns for my blanket. My fingers move the shuttle, always leaving. A tiny hole in honor of the Spider. The ancient hidden woman of our people. Who past the time of all remembering. Proclaimed the art of weaving among women. —Catherine Cate Coblenz.

Progress always involves risks. You can't steal second base and keep one foot on first. Man—Do you know that cyclones usually come from the Southwest. Friend—No? My wife comes from Texas, too!

MUTT AND JEFF—



By BUD FISHER