



# Woman's World

By Mair M. Morgan

## SECOND DAY MEALS

At this period of the year the family appetite is likely to be more critical of second and third day forms of the Sunday main course meat or fowl. Even a slight touch of imagination that lends novelty or variety to the second or third day menu, will be hailed with acclaim and blessings!

There are many ways of varying and extending the meat flavor through a considerable quantity of material which otherwise would be quite lacking in distinctive taste. For example, the meat may be served with light, delicious dumplings, preferably in the same dish with it. It may be blended with light, flaky crusts as in meat pies, or meat rolls, or served on crisp toast or hot biscuits.

With a special sauce over it, the meat may be served up as a most interesting centre for borders of steaming rice or mashed potatoes, with perhaps a sprig or two of parsley here and there for a dash of color. Vegetables borders offer endless possibilities for interesting and ingenious dishes.

Salads should be chosen for their lightness, color contrast, and vitamin possibilities, in menus for "in-between" meals. Much the same test should be used for selection of desserts. Quick appeal to the eye is important at this season of the year, and psychology becomes as necessary as salt!

### Twelve O'clock Pie

Shoulder of mutton, carrots, onion, 1 cup mashed potato, 5 potatoes, 1 teaspoon baking powder, salt and pepper, 10 tablespoons flour.

Boil shoulder of mutton, with carrot and onion; then cut up; then add potatoes, separately boiled and cut up; and put all into a baking dish. Make crust by mixing smoothly the mashed potato to which a tablespoon of shortening has been added plus the flour which has been sifted with baking powder and seasoning. Bake about twenty minutes in a hot oven. This may be served the first day as lamb stew, without potato crust and made over the second day as a pie.

### Tomatoe Cardinal

This dish represents an excellent way of using up small quantities of mutton or beef. Canned or fresh tomatoes may be used, if fresh they are skinned and sliced, if canned just drain off liquid.

Place a layer of tomato in a baking dish, then a layer of sliced meat and a little chopped onion and over this dredge flour, salt and pepper. Repeat until the dish is nearly full, then put in an extra layer of tomato and cover the whole with a layer of pastry, bread crumbs, or cracker crumbs.

When the quantity of meat is small it may be "helped out" by boiled potatoes or other suitable vegetables. A few oysters or mushrooms improve the flavor. Bake in a moderate oven about forty-five minutes.

### Sussex Stew

Free cold roast meat from fat, gristle and bones, cut in small pieces, slightly salted, and put into a kettle with left-over gravy or water or both—enough to cover it. It should simmer until almost ready to break in pieces, then onions and raw potatoes, peeled and quartered, should be added. Cook until the potatoes are done, then thicken the gravy with flour. Serve on slices of toast or with dumplings.

### Dumplings

Two cups flour, 4 teaspoons baking powder, 2-3 cup milk, 2 tablespoons butter, salt and pepper.

Mix and sift dry ingredients. Work in the butter, add milk gradually. Roll out to a thickness of 1/2 inch and cut with biscuit cutter. Put in a buttered steamer or drop on top of stew and steam for twelve to fifteen minutes.

If the stew is prepared from

chicken or veal the dish is called a fricassee.

### Beef in Cabbage Leaves

Two cups beef, chopped, salt and pepper to taste, 1 small onion, chopped, 1/2 cup cooked rice, 2 large tomatoes, 2 tablespoons vinegar, 2 tablespoons sugar, 8 large leaves cabbage.

Season meat highly with salt and pepper and onion; add rice. Soak cabbage leaves in hot water a few minutes to make them less brittle. Roll a portion of the meat mixture in each leaf. Place them in a kettle with the rest of the ingredients, add a little water and let simmer and stew until cabbage is tender and well browned.

### Beef Loaf

Two cups beef, chopped, 1 teaspoon chopped onion, salt and pepper, 1/2 cup bread crumbs, 1/2 cup cold water.

Mix all ingredients together. Then form into a roll about six inches long; lay strips of bacon over the top or cover with buttered paper. Place in a baking pan and bake in a quick oven about 20 minutes; if bacon is omitted baste every 5 minutes with 1/4 cup fat drippings melted in 1 cup boiling water. Serve plain or with brown mushroom sauce poured around it.

### Meat Pie

Use left-over meat from roast, (veal, lamb, pork or beef) cutting it in 1 1/2 inch pieces. Heat in left-over gravy adding some sliced onions and any other left-over vegetables you may happen to have. Pour into baking pan lined with pie crust, finish off with top crust pricked with fork to allow steam to escape. Bake till nicely browned.

### Mexican Beef

Slice beef and reheat in the following sauce: Cook an onion, finely chopped, in 2 tablespoons butter 5 minutes. Add 1 red pepper, 1 green pepper and 1 clove of garlic, each finely chopped, and 2 tomatoes peeled and cut in pieces. Cook 15 minutes. Add 1 teaspoon Worcestershire Sauce, 1/4 teaspoon celery salt and salt to taste.

### Corned Beef Hash

Remove skin and gristle from cooked corned beef, then chop meat. When meat is very fat, discard most of the fat. To chopped meat, add an equal quantity cold boiled chopped potato. Season with salt and pepper, put into a hot buttered frying pan moisten with milk or cream, stir well until mixed, spread evenly, then brown slowly underneath. Turn and fold on hot platter.

### Lamb on Toast

Remove dry pieces of skin and gristle from remnants of cold roast lamb, then chop meat. Heat in well-buttered frying pan, season with salt, pepper and celery salt and moisten with a little hot water or stock. Or, after seasoning, dredge well with flour, stir and add enough stock to make thin gravy. Pour over small slices buttered toast. Veal may be used instead of lamb in this recipe.

### Scalloped Lamb

Remove skin and fat from thin slices cold roast lamb and sprinkle with salt and pepper. Cover bottom of buttered baking dish with buttered cracker crumbs; cover meat with boiled macaroni, add another layer of meat and macaroni. Pour over tomato sauce and cover with buttered cracker crumbs. Bake in hot oven till crumbs are brown. Boiled rice may be substituted for macaroni, and cold roast pork, beef, or ham used instead of lamb.

### Blanquette of Veal

Reheat 2 cups cold roast veal cut in small strips in 1 1/2 cups white sauce. Serve in a potato border and sprinkle over all finely chopped parsley.

## WASHING WOOLLENS

### —REALLY SIMPLE TASK

From the point of view of general utility a sweater answers more questions, more satisfactorily, than any item of clothing that a woman wears . . . and what is equally important, fits so comfortably into even the slimmer budgets. Yet how often, when the frilly yellow sweater, or the jade green "twin set," or the blue pullover is the only thing that could possibly match your accessories, you pull it out of the drawer and find an annoying stain—or that certain gray dinginess that comes so quickly after a few wearings.

The solution to this irritating state of affairs is so easy and so economical. With a pure, fine soap—lukewarm water—and a little ordinary care you can whisk your sweaters back to their original loveliness in only a few seconds. Here are a few simple rules which will help you:

1. Always test new colored woollens in lukewarm water before washing for the first time. If you're washing a handmade sweater, test the wool you made it from; if not, test an inconspicuous bit of the garment such as the end of the belt.
2. Before washing lay sweater, or any other knitted garment, on a piece of fairly stiff paper—and draw a pencil outline. This is unquestionably the best guide for reshaping sweater while drying. If this is not practicable, measure the garment carefully—noting sleeve lengths, width and depth.
3. Use lukewarm water.
4. Woollens use up a lot of suds. Don't hesitate to make more if needed.
5. Woollens must never be rubbed—or they will tend to mat. Just turn the garment inside out and squeeze suds, gently through and through.
6. Rinse thoroughly in three lukewarm or even cool waters.
7. After rinsing roll woollens in a dry Turkish towel. Remove excess moisture by gentle kneading.
8. Place your outline on a firm surface (a rug or carpet serves very

well) and carefully ease your garment back to its original measurements, pinning it firmly to the outline.

Never hang knitted woollens on a line, they quickly pull out of shape. And never allow them to dry on a radiator or in the sun. Excessive temperatures, whether of heat or cold, are very bad for woollens.

9. When dry, pin marks may be removed by pressing with a damp cloth and a moderate iron.

This is really all you should know about washing sweaters and other woollens. If you follow these directions, and use a pure, safe soap, even baby's finest things—or the most colorful sweater, will respond in the required manner and emerge as good as new!

## To Be Married In March



Miss Jean Alice Reeb, daughter of Mr. and Mrs. Fred J. Reeb, of Port Colborne, Ont., and Mr. Paul D. Manion, son of Hon. Dr. R. J. Manion, Minister of Railways and Canals, and Mrs. Manion, of Ottawa, whose engagement was announced; the marriage to take place in March.

## Princess-Line

Illustrated Dressmaking Lesson Furnished With Every Pattern



2783

The material used for this distinctive dress is rough crepe silk print that resembles a monochrome. It is an advanced spring idea that smart women are wearing now to freshen their winter wardrobe. The original was periwinkle blue. A navy blue ruffle adorned the neck, a most pleasing combination.

Another very liked idea is black crinkly crepe silk with lingerie neck ruffle of white or pastel shade starched lace.

Almond green woolen with brown taffeta neck trim is still another lovely scheme.

Style No. 2783 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust.

Size 16 requires 3 1/3 yards of 39-inch material with 3-8 yard of 35-inch contrasting.

### HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 15c in stamps or coin (coin preferred—wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

# SUNDAY SCHOOL LESSON

PETER DESCRIBES THE CHRISTIAN LIFE — 1 Peter 3:8-18, GOLDEN TEXT. — Sanctify in your hearts Christ as Lord. 1 Peter 3:15.

THE LESSON IN ITS SETTING. — The date of the Epistles of Peter cannot be absolutely determined. It is commonly understood that his first Epistle was written, probably, in 60 A.D.

PLACE. — Some believe that the reference to Babylon in 5:13 is to the actual city of Babylon on the Euphrates River, but it is more generally believed that it refers to the city of Rome.

"Finally" The apostle has been speaking especially of the relationship between husband and wife, and now comes to instruction that has to do with Christians. "Be ye all like-minded." The adjective implies like the corresponding verb in Rom. 12:16; 15:5, and elsewhere, unity of aim and purpose. "Compassionate." The Greek adjective is sympathetic, from which comes our word sympathy. It means, literally, suffering with another.

"Loving as brethren." See also 1 Pet. 1:22. It is St. John who most fully develops this virtue (1 John 2:9-11; 3:10-17; 4:20, 21). "Tender-hearted." Also in Eph. 4:32. The history of the word affords an interesting illustration of the influence of Christian thought. It was used by the Greek writers, especially Greek medical writers, to describe what we should call the sanguine or courageous temperament. By St. Peter and St. Paul it is used for the emotional temper which shows itself in pity and affection. "Humble-minded." Humility before God (Acts 20:19), and toward our neighbor (1 Pet. 5:5; Phil. 2:3).

"Not rendering evil for evil." A verbal reproduction of the precept of

Rom. 12:17; 1 Thess. 5:15, an echo of the spirit of the teaching of Matt. 5:39. As this clause forbids retaliation in act, so that which follows forbids retaliation in words.

"Or reviling for reviling." Christ was reviled (John 9:28), but he reviled not again (1 Pet. 2:23). "But contravise blessing." Our conduct toward others is never to be a negative refraining from doing harm, but a positive bestowal of real blessing. "For hereunto were ye called, that ye should inherit a blessing." The consciousness that we, as Christians, are called to obtain a blessing, should be an incitement to us to bring blessing to others.

"For." These next three verses are quoted from the Septuagint version of Psalm 34:12-16. "He that would love life." Literally, he that willeth to love life. "And see good days." Not necessarily in outward prosperity, but in the favor of God; days of suffering may be good days in the truest sense. "Let him refrain his tongue from evil." There is probably no aspect of life so continuously emphasized by all writers in the New Testament, aside from faith in the Lord Jesus Christ, as that of the terrible dangers and sinfulness of evil speaking. "And his lips that they speak no guile." The word translated guile originally meant a bait, by which fish were caught, and from this it came to mean any lure, or snare, and, finally, craft, deceit. This is a word that can be applied to promoters of worthless stock, to dealers in valueless real estate, and many others in our modern life, by whom so many thousands of people have lost their life-savings.

"And let him turn away from evil, and do good." For similar instruction, see Ps. 37:27; Rom. 12:9, 21. "For the eyes of the Lord are upon the righteous." The disciples of Christ were to find peace and calm-

ness in the thought of the omniscience of God. He knew all, and would require it. "And his ears unto their supplication." James 5:16 speaks of the relationship between righteous conduct and answered prayer. "But the fact of the Lord is upon them that do evil." In the Psalm from which this is quoted this phrase is followed by, to cut off the remembrance of them from the earth (Ps. 34:16), but Peter stops short and leaves room for repentance. "And who is he that will harm you." The verb is used elsewhere to describe the treatment suffered by Israel when in bondage in Egypt (Acts 7:6, 10), and in speaking of Herod's persecution of the Church (Acts 12:1). "If ye be zealous of that which is good." Set the good firmly before you! Then be zealous! Such is the strong, definite virtue which is the fruit of the sanctified life.

"But even if ye should suffer for righteousness' sake. As many have done, and as even some of these early Christians were to do before their race was finished. Peter does not say if a man lives blamelessly he will always be free from cruel treatment. "Blessed are ye" They are blessed who so suffer, because theirs is the kingdom of heaven.

"And fear not their fear, neither be troubled." See Isa. 8:12, 13. The command amounts to this, be not affected in heart by the fear which they strive to inspire into you.

"But sanctify in your hearts Christ as Lord." One of the most beautiful, profound, and yet practical phases in the entire Scriptures. We sanctify or hallow one who is holy already, when we recognise the holiness, and honor what we recognize.

"Being ready always to give answer to every man that asketh you a reason concerning the hope that is in you." We might read it, be ye ready always to give justification to any one who would require you to justify the hope that is in you. The hope that is in us is the Christian hope. "Yet with meekness and fear." This fear is not the fear of God exclusively, but that of men, but the aspect of the mind as regards both proper respect for man, and humble reverence of God.

"Having a good conscience; that, wherein ye are spoken against, they may be put to shame who revile your good manner of life in Christ." Such a conscience is a good companion for our days, and a good bedfellow for our nights.

"For it is better, if the will of God should so will, that ye suffer for well-doing than for evil-doing." A fifth reason for our patiently enduring wrong and persecution. This consolation is understood rather by secret meditation, than by many words. If we suffer unjustly, it is not by chance, but according to the divine will. God wills nothing or appoints nothing but for the best reason.

A map of the moon, indicating its mountains and prairies and all the other features of its surface, is being made in Washington from photographs taken from about 230,000 miles—the distance of the earth from the moon.

## CHILD FAULTS LAID TO OVERACTIVITY

Often Leads To Delinquency, Dr. A. T. Childers Declares At Orthopsychiatric Session In New York.

New York.—Overactivity in children often leads to delinquent tendencies and results from lives in homes that are "generally disordered and chaotic," according to Dr. Asher T. Childers, psychiatrist of the Central Clinic in Cincinnati, a speaker at the closing session of the annual meeting of the American Orthopsychiatric Association in the Hotel Pennsylvania.

Dr. Childers' conclusions were based on studies of problem children manifesting hyper-activity, which, he said, "should be regarded as a symptom and not as a disease entity." The condition, he said, appears in about 10 per cent of the cases admitted to child guidance clinics and is most typical in the age period from 6 to 10 years.

The lives of a large majority of the overactive children he studied were found to be "generally disordered and chaotic," he said. He also found that at one time or another these children has passed through long periods when restraining influences of a constructive sort were virtually absent.

MANY FACTORS INVOLVED. Dr. Childers named among the factors making for overactivity, frequent home changes; "inadequate, inconsistent and otherwise faulty management allowing escape from restraint; prolonged overstimulation, such as late hours, irregular eating and too many movies and feeling of insecurity."

"It is probable," he said, "that the regularity of living and the interesting as well as inhibiting nature of an institutional program would help the majority of the hyper-active children more than anything else. This has been particularly true in our own experience with the older children who have had a long period of chaotic management in their own homes and usually the hyper-activity does not yield, at least for a long time, when they are placed in even excellent foster homes.

"These hyper-active children often present a most vexing problem and may tax one's ingenuity for treatment to the utmost. In two small groups, which were hyper-active earlier and were seen again after adolescence, the hyper-activity, as such, had largely disappeared.

"These particular children had not had sufficiently restraining management for any prolonged period, and it seems that their earlier hyper-activity may have passed into another form of lack of restraint, namely, an aggressive type of delinquency, which was most recurring, stealing and truancy among the boys and sex misconduct among the girls. These particular older children, almost without exception, had developed a rather marked tendency for sullenness and resentment toward any kind of social restraining influence."

Over-Activity Characteristics. Among the outstanding characteristics associated with over-activity in children, Dr. Childers said, were over-talkativeness, boastfulness, distraction, attention-seeking and restless sleep, while fighting, destructiveness and even cruelty were complained of in some cases.

Dr. Louis A. Lurie of the Child Guidance Home, Cincinnati, reported that 9.3 per cent of the first 1,000 children studied in the guidance home showed glandular disturbances that "were apparently directly responsible for their behavior difficulties." No study of a child with a behavior problem can be complete, he said, without a thorough examination of the endocrine glands.

### A Little While

A little while we laugh,  
A little while we weep;  
A little while we love and chaff,  
A little while we sleep;  
A little while, a little while,  
Then to God's arms for rest we creep!

A little while we sing,  
A little while we play,  
A little while to faith we cling,  
A little while we pray;  
A little while, a little while,  
Till breaks the dawn of love's sweet day.

He knows and understands  
Our doubts, our hopes, our fears;  
Our destiny is in his hands  
For sunshine or for tears;  
A little while, a little while,  
And Heaven at last will crown the years!

—J. M. Stewart-Young.

Summer time is of short duration in the far north. It comes in June, and begins to go by the middle of August. Rains and sleet storms set in in September and before September closes everything is frozen over, and the dark season starts.

## MUTT AND JEFF

By BUD FISHER

