Woman's World

By Mair M. Morgan

TEMPTING SOUFFLES

Souffle for main course or dessert is a good company luncheon dish. Even when you are merely using up left-overs, it sets you off as a clever cook. A souffle's not so hard to achieve, either, once you get the idea.

Try a potato souffle, done with cheese. We had it one evening with broiled lamb chops, stewed tomatoes, and cottage pudding with maple sauce.

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Bake Long and Slowly

For a souffle, whites and yolks of eggs must be beaten separately, the yolks with a rotary beater until thick and lemon colored and the whites on a platter with a wire whisk until stiff.

It's just as necessary to beat the yolks thoroughly, as the whites.

Be sure to fold the whites into the yolk mixture carefully. The fluffy texture of the finished souffle depends upon this folding which prevents the breaking of the air bubbles in the egg whites.

Long slow baking is one of the secrets of souffle making, too. Forty to fifty minutes in an average baking dish should be allowed for baking at a temperature of 350 degrees F. When firm to the touch the souffle is done.

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Potato Cheese Souffle

Two cups mashed potatoes, 1 cup grated cheese, 2 tablespoons melted butter, 1-3 cup milks, 2 eggs, ½ teaspoon salt, — teaspoon white pepper, ⅛ teaspoon mustard.

Mix grated cheese thoroughly with potato. Add milk and melted butter and seasonings and beat with a slotted spoon until smooth. Add yolks of eggs well beaten (until thick and lemon colored) and fold in whites beaten until stiff. Turn into a well buttered baking dish and bake forty minutes in a moderate oven (350 degrees F.) Serve from baking dish.

This fish souffle makes a delicious luncheon served with a creamed vegetable or Hollandaise sauce.

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Fish Souffle

One cup flaked fish, 3 eggs, 1 cup soft stale bred crumbs, ½ cup cream, ½ teaspoon salt, 1 tablespoon minced parsley, 1 teaspoon lemon juice, ⅛ teaspoon pepper.

Force fish through a coarse sieve or ricer. Combine cream and crumbs and cook, stirring constantly for five minutes. Add salt, pepper and parsley. Sprinkle lemon juice over fish and add to cooked crumbs. Add well beaten yolks of eggs and fold in whites beaten until stiff. Turn into a buttered baking dish and bake forty minutes in a moderate oven. Serve from baking dish.

TRY THESE

Corn flakes and other ready-to-eat cereals are familiar to every housewife, for they have become the most distinctive feature of the breakfast table. The fact that they can play a welcome and appetizing part in both the other two meals of the day is not, however, so widely recognized as it should be.

During the dog days, few luncheon dishes will be found more refreshing than a bowl of corn flakes and milk with sliced fresh fruits—and none is more easily or quickly prepared. The same combination makes an ideal supper dish for the children, supplying an abundance of essential vitamins and mineral salts.

The prepared cereals are also invaluable as an ingredient for many delicious cakes, cookies and other delicacies. To them, the crispy flavor of the cereals give an appeal that proves irresistable to family and guests.

Corn Flake Date Cookies

½ pound dates (1½ cups chopped)
½ cup sugar
2 tablespoons water
2 tablespoons orange juice
1 tablespoon grated orange peel

Remove the seeds from the dates and boil dates, sugar, water, orange juice and grated orange peel until soft paste is formed.

1 cup shortening
1 cup brown sugar
3½ cups flour
¼ teaspoon salt
½ cup water
2 cups corn flakes
2 teaspoons baking powder

Cream the shortening, add the sugar and beat thoroughly. Add the flour, which has been sifted with the baking powder and slat, then the water and last the corn flakes. Roll the cookie dough thin (about 3-16 inches thick) and cut into rounds. Spread one round with the date mixture and put a second round on top, pressing the edges together. Bake on greased baking sheet in a moderate oven (375 degrees F.) for 15 to 20 minutes. Yields 36-2½" cookies.

Bran Bptterscotch Refrigerator

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Cookies

1 cup butter (½ pound)
2 cups brown sugar
2 eggs
1 cup bran
3 cups flour
2 teaspoons baking powder

Cream butter and sugar, add eggs and beat together. Add bran. Sift flour and baking powder and add to first mixture. Shape into roll and store in refrigerator. When needed, slice in about 3-8" slices and bake on cookies sheet in hot oven (425 degrees F.) for about 10 minutes. Yields 7½ dozen cookies 22 inches in diameter.

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Corn Flake Macaroons

2 eggs whites
1 cup sugar
2 cups corn flakes
½ cup nutmeats
1 cup cocoanut
½ teaspoon vanilla extract

Beat egg whites until they are stiff enough to hold their shape, but not until they lose their shiny appearance. Fold in sugar carefully. Fold in corn flakes, nutmeats and cocoanut. Add vanilla. Drop on a well greased baking sheet. Bake in a moderate oven (350 degrees F.) about 15 to 20 minutes. Remove pans from oven, place a damp towel and remove macaroons immediately with a spatula or sharp knife. If macaroons become hardened to pan, they may be put in the oven for a few minutes to soften. A standard measuring tablespoon which has a round bowl may be used for shaping the macaroons.

MAKING COFFEE

One needs no particular charm, words or fussy gadgets to make a good cup of coffee, but one must use freshly roasted, freshly ground coffee of a pleasing blend and have an immaculately clean pot in which to make it.

It is advisable to purchase coffee in small quantities, such as a week's supply at a time. And once it is in the home it should be kept in a tightly covered container to exclude air and retain the flavor.

There are three methods by which coffee may be made: Drip or filtered; percolated; and boiled, and with each use enough coffee to make it sufficiently strong.

The drip method is preferred by many because there is not the possibility of "over-cooking", what with the boiling water only coming in contact with the measured coffee once. The beans are finely ground for the drip method, and the water used must be madly boiling. Best results are generally obtained if at least 3 cups are being made at a time; then one tablespoon per cup should be sufficient for the average strength cup of coffee.

When using a percolator use a well-rounded tablespoon of coffee for each cup. In a bell shaped percolator with either hot or cold water, or in the pump style percolator with boiling water, it will take 7 minutes "perking" for the first four cups and then one additional minute of each additional cup. Allow to stand 2 to 3 minutes before pouring and a beautifully clear cup should be the result. If cold water is used in the pump style of percolator, it will take 15 minutes for the first four cups and the one additional minute for each cup.

Boiled coffee requires a coarser grind than does percolated. Mix the ground coffee with a little cold water, put in the pot and measure in the remainder of the water. Bring to a vigorous boil and cook for two minutes. Allow to settle, add 2 tablespoons cold water and strain. Many people like to add a little egg white or egg-shell.

HOME HINTS

The Kitchen Sink

The next time any garments have been cleaned with gasoline, instead of throwing away the soiled gasoline pour it down the kitchen sink. It is excellent for cutting the grease deposits.

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Window Cords

If the window cords are given a little attenion, they will wear longer, and also make the windows raise and lower much easier. Dust the cords occasionally, then rub with a well-greased cloth.

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Patching Plaster

The usual trouble one has when patching holes in the wall is that the plaster of Paris, or matching plaster, sets too quickly when mixed with water. But this will not happen if vinegar is used to mix it instead of water.

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Cake Baking

When one finds that there is not sufficient milk for the baking of a cake, merely add water until the required amount is reached. This is one instance where "watered milk" will make no difference. Sometimes it even makes the cake a little lighter.

Winter Quilts

Winter blankets and quilts will be kept in good condition if they are rolled up with a quantity of camphor flakes and placed in the paper bag in which clothes come from the cleaner. Fold in the ends of the bag, tie with a string and it is then ready to be stored away.

Cool Sports Chic

3368

This season it doesn't seem to matter much whether you have a sleeve or not. Pretty capelets with plaits shoulder the responsibility charmingly for you in this model, don't you think?

Easy to make! Just glance at the miniature diagram.

It can be fashioned of almost any summer cotton in sheer or sports weave, besides linens, tub silks, etc.

Style No. 3368 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires 3⅝ yards of 39-inch material with ⅝ yard of 35-inch contrasting.

Blue Eggs Make Hen Famous

Just because she lays blue eggs, Henrietta, a modest Irish hen, has become famous throughout Europe. Henrietta began life in the humble way on a farm in the neighborhood of Dublin. But a bird of her ability was bound to get on, and now she is a favored inmate at the Gasnevin Agricultural College, Dublin. Henrietta looks like a Rhode Island Red, but, as they say at the college, you can't tell a book by its cover. However, shortly they will know more, for then some of the mysterious eggs are going to hatch. Cynics remarks that in Chile there is a breed of hen which lays blue eggs as a matter of course without getting any of the limelight attaching to Henrietta. But Henrietta merely answers "Cut! Cut!"

Grain Exports to U.S. are Revealed

Ottawa. — More than 1,000,000 bushels of Canadian wheat were shipped from Western Canada to the United States during the 13 months ended April 30, 1934, according to a return tabled recently in the House of Commons.

Manitoba and Saskatchewan were the heaviest exporters of barley, rye, wheat, oats, hay and straw to the United States in that period, with Alberta and British Columbia sharing to a small extent.

Figures were as follows: Barley, 265,87 bushels; rye, 1,136 bushels; wheat, 1,061,504 bushels; oats, 50,-942 bushels; hay, 41,109 tons, and straw, 56,220 tons.

FARM FLASHES

Three hundred chicks have been hatched and successfully reared at Eure, France, from the Canadian Record of Performance stock imported in 1934. As a consequence, representatives from France are to visit Canada this year to make more purchases of Canadian R.O.P. stock.

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The number of inspected shipments of poultry from Canada from January 1 to May 31, 1935 comprised 4,487 boxes of turkeys; 33,154 boxes of chickens; 323 boxes of fowl; 25 boxes of geese; 995 boxes of ducks, and one box of pigeons—in all appromiately 2,280,000 pounds. During the corresponding period of 1934 the total amount exported was 11,841 boxes.

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Canadian cattle exported to the United States from January 1 to June 6, 1935, totalled 79,295, together with 1,630 calves. The number of cattle thus exported to the United States during this time is approximately 8,000 more than the total export of cattle from Canada during the whole if 1934 to all countries.

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Shipments of Canadian beef to the United States during the month of April, 1935, amounted to 955,900 pounds as aganst none a year ago. The April beef exports to Great Britain amounted to 3,300 pounds as against 100,700 in April, 1934. The total exports of Canadian beef for the first four months of 1935 were 6,988,-700 pounds, as compared with 2,831,-600 pounds for the first four months of 1934.

SUNDAY SCHOOL LESSON

LESSON 1.—JULY 7.

MOSES (LEADER AND LAWGIVER) —Exodus 24: 3-8, 12-18.

GOLDEN TEXT—Blessed is the nation whose God is the Lord.—Psalm 33: 12a.

THE LESSON IN ITS SETTING

TIME—Moses, born in 1571 B.C., lived to be one hundred and twenty years of age, and died, consequently, in 1451 B.C. The particular passage of this lesson falls in the year 1491 B.C.

PLACE—On Mt. Sinai, probably on Jebel Mousa.

"And Moses came and told the people all the words of Jehovah, and all the ordinances; and all the people answered with one voice, and said, All the words which Jehovah hath spoken will we do." How easy it was to take such a vow as this in the midst of the awful majestic splendor that had accompanied the giving of the law on Sinai! When the tremendous emotions of this occasion had passed away, Israel became guilty of breaking all the commandments.

"And Moses wrote all the words of Jehovah." The origin of the first portion of Holy Scripture that ever existed as such, whatever earlier writings may now or afterwards have been incorporated in the Pentateuch. "And rose up early in the morning, and builded an altar under the mount, and twelve pillars, according to the twelve tribes of Israel. Cf. 17: 15; 20: 24.

"And he sent young men of the children of Israel, who offered burnt-offerings, and sacrificed peace-offerings of oxen unto Jehovah." There were yet no priests and there was as yet no provision for a sin offering.

"And Moses took half of the blood, and put it in basins; and half of the blood he sprinkled on the altar." Blood represents the life of an animal and wherever it is offered in sacrifice in the Old Testament, it is so offered as a substitute for the life of man, which life man has forfeited by his sin, sin always being, in God's sight, punishable by death.

"And he took the book of the covenant." Apparently the laws recorded in the previous four chapters. "And read in the audience of the people: and they said, All that Jehovah hath spoken will we do, and be obedient. And Moses took the blood and sprinkled it on the people, and said, Behold the blood of the covenant, which Jehovah hath made with you concerning all these words." A covenant is a compact entered into by two parties, the validity of which is dependent upon both parties keeping their vows. The blood, being sprinkled on the altar and on the people, bound together a holy God and a separated nation.

"And Jehovah said unto Moses, Come up to me into the mount, and be there: and I will give thee the tables of stone, and the law and the commandment, which I have written, that thou mayest teach them. And Moses rose up, and Joshua, his minister; and Moses went up into the Mount of God. And he said unto the elders, Tarry ye here for us, until we come again unto you; and behold, Aaron and Hur are with you; whosoever hath a cause, let him come near unto them. From these words, what would seem to be the thought of Moses as he began his ascent of the mountain? Why did not the invitation extend to all of the seventy elders? Does God speak with greater intimacy to some servants of his than to others, and if so, why?

"And Moses went up into the mount and the cloud covered the mount. Clouds first appear in God's covenant concerning the rainbow (Gen. 9: 13-16). The next time we hear of a cloud is when God leads the children of Israel by a pillar of cloud by day (Ex. 13: 21, 22; 14: 10, 20, 24). Later, a cloud rested, as it were, in the holy of holies (I. Kings 8: 10, 11). The Lord Jesus was received up into heaven in a cloud (Acts 1: 9), and will return in the clouds of heaven (Matt. 24: 30; 26: 64).

"And the glory of Jehovah abode upon Mount Sinai, and the cloud covered it six days; and the seventh day he called unto Moses out of the midst of the cloud.

"And the appearance of the glory of Jahovah was like devouring fire on the top of the mount in the eyes of the children of Israel." The glory that was centred in that innermost shrine was perceived by the people: we may suppose much softened to their vision by the envelope of cloud as the shining face of the reflection of it was afterwards covered with a veil.

"And Moses entered into the midst of the cloud, and went up into the mount; and Moses was in the mount forty days and forty nights." Moses is called the lawgiver to the very close of his life (Deut. 43: 21), and a prophet, many centuries later, by Hosea (12: 13). No lawgiver of any age or any nation ever communicated to a people such a code of fundamental legislation as did Moses to Israel during the days that followed his communion with God on Mount Sinai.

The Oriole's Nest

(Calgary Herald)

The oriole's nest is among the most interesting in avian architecture. As it is a job of work where "needle and thread" play a prominent part, its fabrication is left to the drab-colored hen. Hers is a workaday life, and she seems content to allow her gorgeous spouse to carry off the social honors in his gorgeous raiment of gold and black, while she confines herself to domestic duties.

And so she weaves with exquisite skill, using her beak as a needle, a pouch nearly seven inches deep swung from the topmost tips of a cottonwood tree, and lashed so securely that rarely can the strongest winds dislodge it.

Fashioned of string, horsehair, bits of cotton and wool, the whole forms a felt-like bag that is rainproof and secure, and the brooding bird sitting on her clutch of eggs has little to fear from the elements. With a wisdom learned of experience, she makes an even deeper nest, sometimes partially roofed over to hide her from the prying eyes of hawks and crows when she builds far from the protection which human habitations provide, for it is remarkable how quickly some birds respond to the protection that contact with civilization affords them.

Sitting sentinel while the eggs are being hatched and jealously guarding his young family, the male oriole is equally striking in plumage or timbre of song. A cloak and cap of glossy black falls from head to tail while white spots and edgings trim his black wings.

SALUT d'AMOUR

Loved one, as each blue day with twilight dies,
Here you will find me waiting as before,
Through night with its deep, dream shadows,
You will hear me call . . "You are ever within my heart". . .

Years may pass between, still the the memory of my dream
I will keep with lonely heart yearning,
Years may pass between, unforgotten is my dream,
For I know you will be returning.

Then, Loved One, I offer you my faithful heart,
No one but you shall ever call his own,
It beats with a love no words can tell,
and its dreaming is yours, alone.

Francis Smith, Toronto.

Here's an American Boost for Canada

After reviewing world conditions in a pessimistic vein the Canadian Economic Research Bureau, with headquarters in New York, puts forward a cheerful view of Canada's prospects. This United States authority says: "We believe that Canadians generally do not appreciate the fortunate position that their country is in during this time of world storm. We believe that capital invested in Canada will come through the storm far better than capital in the United States."

Again we read: "Time and again, in history, it has been proved in periods of serious world depression, following wars, that the countries having the good fortune to possess large resources in rare metals per capita have fared the best. And Canada is enjoying a metal boom in this crisis second to no country in the world. Although a price level low enough to move Canada's present stock of wheat may be temporarily bearish on the Canadian situation, it will in the long run be distinctly bullish for the railroads, for Government financing, and the general business situation of Canada. Facing a series of good crops—at a time of drought in the Southern Hemisphere—Canada will find the world paying her not only millions for her production of metals, but millions in addition for her wheat. As a matter of fact, with the possible exception of Russia (where metal production is increasing at a rapid rate, and where there is indicated a large crop of grains this year), it would be difficult to find a country in the world that nature has favored more than Canada in this present upside-down world."

Lastly, the Bureau predicts very much higher prices for rare metals and rare metal securities. These are specialties in which Canada abounds. —Toronto Mail & Empire.

Fortune in Frogs Recalls Old Racket

Scientists in Russia, according to the London Times, are now working on plans to extend the span of human life to an average of 180 years. They may or may not succeed. But if they do, racketeers may find it a bit more difficult to find gullible victims. Of course, it is just possible that even under the projected long-life scheme of things young fellows of 70 to 80 may refuse to heed the warnings of oldsters of 170, when the latter tell them: "They tried that on me when I was just a lad."

These pessimistic reflections are the fruit of reading of a new frog scheme that is being offered farmers in the United States. As recorded in a Pennsylvania newspaper, a pamphlet entitled "A Fortune in Frogs," appropriately bound in gold, is being distributed in that state. An order blank accompanying the pamphlet offers five pairs of frogs and 16 books on bullfrog farming, all for $47.50 cash. The back yard is envisioned as an ideal spot for frog farming, after a small pond has been made. The frogs themselves are described as quiet, even a preferable to dogs or cats on this count. Marketable frogs are promised in less than a year, and there is an implication, but no more, that the company selling the frogs will offer a steady market for the surplus production.

The Pennsylvania State Fish Commission has answered a number of inquiries about frog farming with the information that it takes from eighteen to twenty-four months for the frog to develop from egg to tadpole and a similar period to develop into a frog of marketable size. Furthermore, there are no successful frog farms in Pennsylvania.

The promoters of the frog farms will not be deterred by such facts. Perhaps they have heard of the "prize wheat" racket that was successfully cultivated in Ontario some 45 years ago—the racket was cultivated successfully, not the wheat. In that swindle men would appear in a rural section selling "prize" seed wheat at $5 a bushel and giving a legal contract—call in your own lawyer—to buy all the wheat grown at $5 per bushel. Few bit, but some did. Then the same men came back in the Autumn and bought all the wheat grown at $5 per bushel. Everybody then wanted to buy this wheat under similar contracts and did, and back came the buyers and bought up all the wheat at $5 per bushel. Growing wheat on this basis was a gold mine!

The news spread all across the province, so that all this now great quantity of wheat found sale at $5 per bushel under contract all over Ontario—thousands of farmers had contracts, and probably have them yet, but the buyers were never seen again. They cashed in on their sales in the Spring of the third year and left for greener pastures.

If it isn't wheat, it's frogs — or even chain letters!

Do not wait until the coat of varnish on the floor has completely disappeared before revarnishing it. It is just as easy to give it another coat before the old one has worn through.

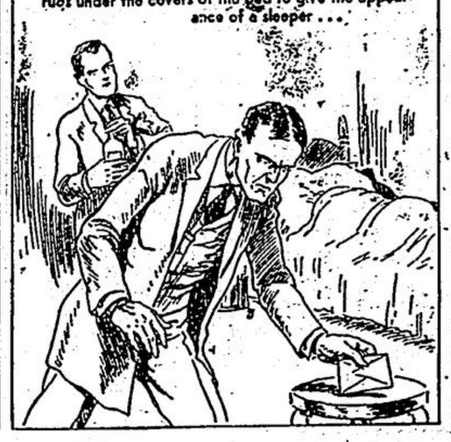
FU MANCHU By Sax Rohmer

THE ZYAT KISS—On Guard Against Death

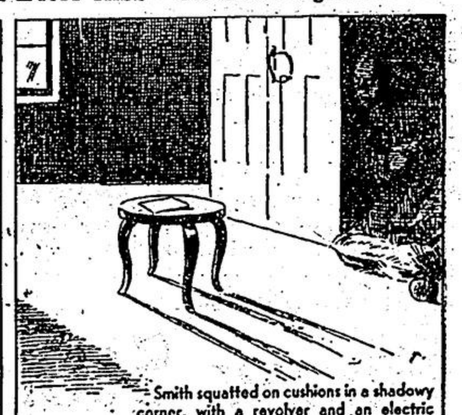
"Let us make ostentatious preparations to retire, Petrie," Nayland Smith said coolly, "and I think we can rely on Fu Manchu's servants to attempt my removal—if not yours, also—by means of the Zayat Kiss."

"But it's a climb of thirty-five feet to our windows!"

"You remember the call in the lane when Sir Crichton died," replied Smith, leading the way into the bedroom. "It is a dacoit—an East Indian murderer—who operates the Zayat Kiss. The ivy, you know, runs all the way up to the window. To a dacoit an ivy-covered wall is a grand staircase. . . ." © 1931 By Sax Rohmer and The Bell Syndicate, Inc.



Smith put the perfumed envelope on a little table in the middle of the room. We stuffed coats and rugs under the covers of the bed to give the appearance of a sleeper . . .



Smith squatted on cushions in a shadowy corner, with a revolver and an electric pocket-lamp. He also laid a golf club beside him. As I switched out the light, the utter silence was broken by a distant clock striking two . . .