

Woman's World

By Mair M. Morgan

RASPBERRIES ARE "IN"

"Giving the family the raspberry" is something every homemaker should indulge in at least once a year. But it takes on its original meaning these days when the rosy-tinted berries have come on the market. They are fine berries this year, too, having had good rains in June to make them luscious.

Raspberries make delicious desserts and variations from the 'berries-and-cream' theme give the cook a chance to serve more of the fresh fruit. Raspberry Fluff is nutritious and a perfect finish for a light lunch or cold plate summer dinner.

RASPBERRY FLUFF

1/2 cup quick-cooking tapioca
1/2 cup sugar
1/2 teaspoon salt
1 or 2 egg yolks
4 cups milk
1 or two egg whites, stiffly beaten
1 teaspoon flavouring
1 cup fresh raspberries
1/2 cup whipped cream

Combine quick-cooking tapioca, sugar, salt, egg yolk, and milk on top of double boiler and stir enough to break egg yolk. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes) and cook 5 minutes, stirring frequently. Remove from boiling water. Fold a small amount into egg white; add to remaining tapioca mixture and blend. Cool—mixture thickens as it cools. Add flavouring and chill. Then fold in whipped cream and slightly crushed berries. Pile in sherbet glasses. Garnish with a few whole or crushed berries and additional whipped cream.

Raspberry flavour can easily be preserved for winter now. Long ago, it was impossible to make raspberry jelly because the fruit is deficient in that jelly-making substance called pectin. But the new short boil recipes give a perfect raspberry jelly with all the colour and flavour of the fresh ripe fruit. It is made in a few minutes at low cost from this tested recipe.

CURRIES TAKE CARE OF LEFTOVERS

Some of the housewives like curried dishes in restaurants but evidently suppose them to be too complicated for home manufacture. Really, curry is easy to use and a fine change once in awhile for the family. A good way to use up left-overs, too, and make them look "partified" at the same time.

Curry sauce was designed originally to make the East Indians' inevitable bowl of rice more palatable and to stimulate lagging appetites during hot weather. Paradoxical as it may sound, the highly-seasoned sauce does tempt the appetite and is a good addition to summer menus.

Curries look nice, because you put the rice on a hot serving dish to form a border and the vegetables, meat or whatever the foundation may be in the centre.

Here's your basic curry rule, modified to please Western palates.

CURRY SAUCE

One scant tablespoon curry powder, 1 table spoon flour, 2 tablespoons butter, 2 cups tomato juice or meat broth, 1 onion, 1 tablespoon chutney sauce, 1 1/2 tablespoons lemon juice, 1 tablespoon sugar, 1/2 teaspoon salt, 1/8 teaspoon pepper.

Melt butter and stir in curry powder and flour. Cook and stir until frothy. Slowly add tomato juice or meat broth, stirring constantly. When smooth add minced onion, chutney, lemon juice, sugar, salt and pepper. Simmer for thirty minutes. If chutney sauce is not available, chopped cucumber rings or minced sweet pickle may be used. If you like you may add 1 tablespoon claret or port

OMELETTES

There are many who say—and try to prove—that omelettes are difficult to make.

We do not want to minimize the talent of our fellow-cooks. But we should like to see those talents wider spread.

And particularly in the matter of omelettes.

They are easy. Try, and see. But there is one essential to a good omelette—absolute punctuality of those intending to eat it. Keep them waiting, rather than the omelette!

1. Put a very strong, shallow frying pan to get hot.
2. Break your eggs and lightly beat the yolks and whites together. Do not whisk.
3. Season well. If you want chopped ham, herbs, or mushrooms, etc., put them in now. Add no other moisture whatever.
4. Put a piece of butter—the size of a walnut—in the pan. It will sizzle and spit. If it browns, pour it away and put in another bit.
5. Pour in the eggs. As the sides begin to set, slip a turner beneath them to allow the more liquid part to run beneath. Do not stir, but put turner under the centre to prevent it sticking.
6. While there is still a lot of yellow, runny mixture, take the pan from the fire, and slip the turner under the mixture on the handle side of the pan. (There is no denying that this needs practice.)

A Spanish omelette is served flat, and contains small pieces of potato, pimiento, tomato and onion.

A bacon omelette is also flat—well seasoned and with a rasher of bacon whole upon it or pieces of cooked bacon may be added to egg mixture.

BEAN SALAD

1 head lettuce shredded, few stalks celery, cut fine, 1 can pork and beans. Place thin slice of raw onion in bottom of bowl. Add 2 table-spoons French dressing, pepper and salt to taste. Remove onion before serving. Good for meatless meal.

HOUSEHOLD HINTS

When binding with thin material, fold the bias strip down the centre and sew the two raw edges to the edge of garment, thus leaving the folded edge for sewing on the inside.

If you have not a fish kettle with drainer, tie the fish in muslin so that it may be removed without breaking.

A folding clothes-prop will keep clean indoors. Just cut the prop in two. On one side put a small hinge and on the opposite side a bolt. You can then fold it up.

Off For Crimes Talks



Lewis E. Laws, noted warden of Sing Sing Prison, pictured with Mrs. Laws and their daughter, Cherie, as they sailed for Europe from New York aboard the French liner Normandie. He will attend conference on crime and prisons.

When the children have outgrown their cot it may be made into an ideal garden seat for them. Remove one side, shorten the legs, and, if shabby, give a coat of bright paint. Cover the mattress with cretonne and make cushions to match.

Irish Potato Soup

Two large onions, three large potatoes and about two ounces of bacon. Slice all ingredients very thin, add salt and pepper and boil in 2 quarts of water for 2 hours.

Potato Meat Pie

Place alternate layers of raw or uncooked meat of any kind and of uncooked onions and potatoes in a deep bowl. Season plentifully with salt and pepper and other seasoning that may be desired. Cover over with a short crust and bake in a slow oven.

Treacle George

Described by its inventor as economical, wholesome and attractive. In the bottom of a four-inch cake tin place a quarter inch layer of fairly short pie crust. Over this a thin layer of molasses or syrup. Then a layer of bread crumbs thick enough to hide the syrup layer. Continue alternate layers of syrup and crumbs until the tin is full, a little, not too much lemon juice on each. Bake in a fairly quick oven and serve either hot or cold.

Keeping Bananas White

To keep sliced bananas from turning black, pour over them a little orange, lemon or grapefruit juice. This same treatment will keep peeled apples from discoloring.

MAKE OLD POTATOES MORE POPULAR

Potatoes a la Suisse—Bake five potatoes and cut a slice lengthwise from each. Scoop out most of the inside and force through a potato ricer. Season with butter, salt and pepper and add a small quantity of milk. Slip an egg into each potato case and force potato mixture

SUNDAY SCHOOL LESSON

LESSON VI.—August 11.
DANIEL (TEMPERANCE AND HEALTH)—Daniel 1: 8-20.
GOLDEN TEXT.—Know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God?—1. Corinthians 6: 19.

THE LESSON IN ITS SETTING.
Time.—Daniel was taken to Jerusalem in 597 B.C., while, no doubt, a young man about sixteen years of age. The date of his death is not recorded in the Scriptures, though we know he lived at least into the third year of the reign of Cyrus, 534 B.C.

Place.—The land of Shinar is the early name for the land of Babylonia.

"But Daniel purposed in his heart that he would not defile himself with the king's dainties, nor with the wine which he drank; therefore he requested of the prince of the eunuchs that he might not defile himself." The meat might be that of animals not slaughtered in the proper manner (Lev. 17: 15), while both the meat and the wine might have been consecrated to the Babylonian gods by portions having been offered to them in sacrifice so that to partake of either would be tantamount to the recognition of a heathen deity.

"Now God made Daniel to find kindness and compassion in the sight of the prince of the eunuchs. The meaning here appears to be that this kindness was extended to Daniel at the very time his request was made. "And the prince of eunuchs said unto Daniel, I fear my lord the king, who hath appointed your food and your drink; for why should he see your faces worse looking than the youths that are of your own age? so would ye endanger my head with the king." The Hebrew original of the phrase, "worse looking," means, "more, more, disagreeable, looking sad, and here, a pitiful look in consequence of inferior food, corresponding to the "sad countenance" of Matt. 6: 16.

"Then said Daniel to the steward whom the prince of the eunuchs had appointed over Daniel, Hananiah, Mishael and Azariah. Daniel is not content to abide by the adverse verdict of the prince of the Eunuchs. His conviction is so deep that he is going to do his utmost to obtain permission to live as he thinks God would have him live. In this verse, he addresses another request to a subordinate official.

"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink." Pulse, in the original Hebrew word, refers to those things which are sown, the Greeks translating the word as spermatum, literally, seeds. Of course, we do not know what particular plants were included in this particular diet, but certainly it was strictly limited to vegetables.

"Then let our countenances be looked upon before thee, and the countenance of the youths that eat of the king's dainties." God has created and formed the human body so that the face, that part of the body seen by every one we meet, becomes an open book, wherein are written all our deeds and thoughts, which together make up our character. "And as thou seest, deal with thy servants." It was not in offensive self-assertion that these youths declined the king's viands. An obtrusive piety is never of God. True religion is always courteous, modest and anxious to avoid unnecessary collisions.

"So he hearkened unto them in this matter, and proved them ten days." No doubt he watched the experiment with greatest interest; it surely was something he had not had the opportunity of previously observing. "And at the end of ten days their countenance appeared fairer, and they were fatter in flesh, than all the youths that did eat of the king's dainties." Men and women who live simply, whose fare is wholesome, who do not allow themselves to over-

PROBLEMS OF MOTHERHOOD

Parents Ought To Settle Responsibility For Child—Where He Goes and What He Does—Between Them—It Shouldn't Be Left Entirely To One.

"Mother, may I go swimming? Everybody's going."

"I don't know just what to say, Charles. I have read so much about the danger of pools and children getting germs from the water. I am afraid."

"Well, what've they got pools for if they're not safe for people? They've filled that big one in the park and there are life-guards there and policemen and everything. It looks as clean as the water right in our own bathtub."

"Yes, it does seem all right. The city wouldn't take any chances on health, I guess. They either chlorinate it or keep changing the water."

"Then I can go?"

"Well—yes, I guess so. But be very careful, and try not to get water in your nose and mouth. I wouldn't dive."

Next day it was something else. "Mother, can I go on a hike with the fellows? We'll take our bikes and some lunch."

"I don't like little boys going off by themselves on long trips. Where were you thinking of going?"

"Over to Miller's Mills. It's just a little piece."

A SUCCESSFUL PLEA

"I think it is too hot and sunny. You have a big hill to go over and there isn't a bit of shade there. You'll have to push your wheel almost a mile."

"Shucks that isn't anything. We're strong. And it's shady when you get there. Oh come on, Mom, let me go. I only need some sandwiches. And can I have a dime for a bottle of pop? Oh, goody. I knew you would let me. You're the nicest mother ever. Don't worry. I'll be all right."

And that WAS all right too, because Charles came home tired as a dog and a bit upset amidst but otherwise sound. He also returned little the worse for wear next day after a ride on a truck out to Billing's Corners and back with Job Shane, who was delivering ice. No ice fell on Charles' toes, he didn't get into poison ivy, the truck didn't turn over at the bad bend and Charles came in safe at five o'clock.

Each day it appeared Charles was after permission to do things just over the line of absolute safety and except for a cut toes and some blisters on his arms he escaped any serious results. Then one day right in front of his own house he was hit by a car. He was up and about in a week, but in that week his father had plenty of time to blame the boy's mother for not keeping her eye on him.

A CONSTANT PROBLEM

This is one of the greatest problems of all motherhood. During the day, naturally venturesome children have no one to ask but their mothers. The mother has to use her best judgment. She reasons that you can't deprive a growing boy, or girl either, of all experience in this uncertain world, and that the more they are protected the less they will know of avoiding danger and managing their bodies.

If she consents, it is not because she is unaware of danger, but because she senses the driving need of some adventure. As a rule fathers are anxious for their sons to be able to take care of themselves. In truth, they will take the apprehensive child in hand from sheer exasperation and try to force him to show courage.

Better by far for parents to have an understanding in the matter and draw mutual lines and agree to certain privilege, as far as it is possible to do so. It would be a relief, to mothers. Otherwise, when they do the best they can, it is hardly fair to put all the blame on them.

LIGHT AND HEALTH

An investigation has just been commenced into the amount of light needed in different occupations to get them done properly and to protect health. Sometimes we like to amuse ourselves over the immense work put into an inquiry of this kind, and to be smart about the technical terms in which its result is expressed. But no one would question an inquiry into whether a factory gets enough fresh air. Investigations of this kind are good for health and wealth. — London Daily Herald.

"We are all Dramatis Personae in a vast deep tragical Play, of which we know neither the beginning nor the end."—John Cowper Powys.

"If the world were stable and everyone's economic position were secure I do not believe that the different races of the world would hate each other."—Bertrand Russell.

ANECDOTES

"The world will never starve for want of wonders, but only for want of wonder."—G. K. Chesterton.

But his hand was forced — fortunately, you will agree — by the appearance in England of copies of the American edition, from which he received not a penny of the profits, nor had he the least say in its publication.

"The question was now merely whether Macaulay and Longmans (his English publishers) or Carey and Hart, of Philadelphia (the American publishers) should supply the English market with them."

So the "Essays" were published in England, and won an instantaneous success.

FU MANCHU

By Sax Rohmer



Nayland Smith dropped limply into a chair as I turned on the light. "Even his grim courage had been sorely tried in thwarting Fu Manchu's hideous plot against our lives."



"I had gone back to the window and was gazing out again, hoping for a glimpse of our late visitor. Smith joined me there. "Never mind the doctor, Patrio," he said. "Nemesis will know where to find him."



"We stood looking aghast at what was left of the deadly insect from which Smith's golf club had saved us." "We know now what causes the mark of the Zayat Kiss," he said. "Therefore science is richer for our first brush with the enemy, and the enemy is poorer—unless Fu Manchu has more centipedes."



"And another mystery is solved, Patrio," Smith added eagerly. "Now I understand something that has puzzled me ever since the night Sir Crichton Davoy was murdered. As he staggered dying from his study, you remember, he uttered a stifled cry..."

THE ZYAT KISS—Amith Sees a Light