

# Woman's World

By Mair M. Morgan

## CHILDREN'S HEALTH DESSERTS

Some children will not drink milk. Why not feed this healthful food to them through the medium of delicious desserts—something all children crave?

**Chocolate Marshmallow Surprise**  
1 package chocolate junket powder  
1 pint milk  
1 cup confectioners' sugar  
1/2 cup boiling water

Prepare chocolate junket according to directions on package. Chill in refrigerator. Cut marshmallows in pieces and melt in double boiler. Dissolve sugar in boiling water, add to marshmallows and stir until thoroughly blended. Turn into a bowl and cool. Just before serving, put topping on cold raspberry junket.

**Lemon Junket with Baked Apples**

1 Junket tablet  
1 tablespoon cold water  
1 pint milk  
3 tablespoons sugar  
6 apples  
Marshmallow cherries  
1 teaspoon lemon flavoring  
1 cup sugar

Make a syrup of 1 cup sugar, 1-3/4 cup water, cinnamon, and red food color by boiling 5 minutes. Put the apples, which have been peeled and cored, in a pan and pour the syrup over them. Bake until tender, basting frequently. Place apples in individual dishes, filling center of each apple with syrup. When cooled and syrup has jellied chill in refrigerator. Dissolve Junket tablet in 1 tablespoon cold water. Add 2 tablespoons sugar and lemon flavoring to milk, and warm to lukewarm—not hot. Add dissolved Junket tablet, stir a few seconds, and pour over apples. Let stand until firm, then chill in refrigerator. Place cherry on top of apple when ready to serve.

**MARIE EST MALADE**  
For a long time we have been accustomed to having toast and orange marmalade served to those recovering from a fit of illness. Somehow or other the marmalade seems to touch that proverbial spot so that even if it were not a healthful balancing taste, it would still be a favorite with convalescents.

Probably few of us realize where the word "marmalade" originated. According to the Pathfinder Magazine "Marie, Queen of Scots, brought over from France the preserves she loved so well. Mary loved it to such an extent that every time she was ill she would call for it until it became known as 'Marie est malade' by her French court, and through the years it has degenerated into 'marmalade'."

**ECONOMY MEAT DISHES**  
High-priced cuts of meat are delicious, but those of us who have to watch the pennies these days may, with a little care, prepare wonderful meat dishes from the cheaper cuts. A dash of sugar in meat dishes brings out the flavor and furnishes the body with some quick-energy fuel—just what we need on cold days.

**Connecticut Stew**  
1 1/2 pounds fresh, lean pork  
3 pounds fresh, lean pork  
3 cups diced parsnip  
1 tablespoon finely chopped parsley  
1 cup sliced onion  
2 tablespoons flour  
1 teaspoon sugar  
Salt and pepper

Cut the pork into small pieces. Brown in a frying pan. Add the water and simmer until the meat is nearly tender. Add the vegetables and seasonings, cook for fifteen or twenty minutes. Mix the flour with a small quantity of cold water. Add to the meat and vegetables. Cook until thickened. Sprinkle parsley on

## Stuffed Flank Steak

Have a flank steak trimmed and scored; that is, cut all over the surface in criss-cross lines. Mix together one cup bread crumbs, one small onion, chopped; one-half cup grated raw carrot; one-half cup finely diced celery; one tablespoon minced parsley; one teaspoon sugar; salt and pepper to taste, and one-third cup hot water or enough to moisten. Spread this mixture over the flank steak. Roll up as tightly as possible. Tie firmly and sprinkle with flour, pepper and salt. Brown quickly in hot fat. Then place in a covered pan and bake in a moderate oven for one and one-half hours. Baste two or three times during the cooking with two tablespoons butter melted in one-third cup boiling water. When done, remove the strings. Serve with brown gravy made from the fat in the pan.

## FRUIT PUNCH FOR A CROWD

(Makes about 4 gallons—60 large glasses, 120 small)  
2 quarts sugar  
1 quart water  
2 quarts tea infusion  
1 quart lemon juice  
1 quart orange juice  
1 quart grape juice  
1 quart grated pineapple  
2 1/2 gallons cold water  
1 cup strawberry slices  
2 cups fancy orange slices

Make a syrup of sugar and 1 quart water. Make tea infusion by pouring 2 quarts (8 cups) boiling water over 5 tablespoons tea. Cool. Combine syrup, tea, fruit juices and water. Add strawberry slices and orange slices, which may be cut in fancy shapes or simply halved or quartered.

Punch may be strained before adding strawberry and orange slices but this will lessen quantity made. Less water may be used and punch poured over block of ice in punch bowl. When strawberries are out of season the strawberry slices may be replaced by another cup of orange slices. Recipe may be halved or quartered to serve a smaller group.

## FOR SHARPENED WINTER APPETITES

With cold weather at hand to sharpen appetites this is the season of the year when all the family will give a rousing welcome to the appearance of the muffins, waffles and griddle cakes on the breakfast menu. Below is a convenient "three-in-one" (for bran, muffins, waffles and griddle cakes) recipe that will be as welcome to the busy housewife as the results of her efforts will be to father and the children. Since the recipe calls for bran, there will be the satisfaction of knowing that it will provide a real contribution to the health of the family, for the bran provides the "bulk" every normal person needs to keep his system in good working order.

**Three-in-One Recipe**  
1 1/2 cups all-bran  
1-2/3 cups sour milk  
1/2 cup sugar  
3 eggs (beaten well)  
2 cups flour  
2 teaspoons baking powder  
1 teaspoon soda  
1 teaspoon salt

Put all-bran to soak in the sour milk. Cream the shortening and sugar. Add eggs, sour milk and all-bran and mix thoroughly. Stir flour with baking powder, soda and salt and add to first mixture—stirring only until flour disappears. Bake in greased muffin tins in a moderate oven (425 degrees F.) for 20 to 25 minutes or in a hot waffle iron. Some of the mixture may be thinned with water or milk and used for griddle cakes. Provides 16 small muffins, 8 waffles or 5 griddle cakes.

## DINNER DESSERTS

The housewife who has planned to

## Inspired Work



Melville Jack (left) younger brother of Richard Jack, R.A., famous painter of British nobility and eminent Canadians; and David Miller put finishing touches to Dionne crucifix sculptured to interpret birth of quintuplets as Divine challenge to birth control opponents. The crucifix is to be erected at the birthplace of the Dionnes.

## Diet Fad Creates Potato Surplus

Says the Toronto Mail and Empire: "Statistics show that there has been a decline per capita in the consumption of potatoes in this country. This has helped to lower the market price, as it has in part caused Canada to have a large surplus of tubers—about 7,000,000 bushels to be exact. One farmer stated recently that he had sold two truck loads of Grade 1 potatoes at his farm for 16 cents per bag to Toronto, dealers. The matter has been referred to the National Research Council, under whose auspices a conference of agricultural experts, chemists and marketing authorities was convened. A committee will be named to canvass the situation and suggest means of remedying the condition obtaining which undoubtedly the unemployment situation, as well as dieting on the part of thousands of people, has contributed. As a large list of foodstuffs, including confectioners' glucose, grape sugar, syrup and starch can be made from the wholesome tuber, Canadians may confidently expect from the committee of the Research Council, some practicable suggestions by which the excess potato supply may be used up."

## Stars in Hair

The fact that the Duchess of Kent wears a little star of brilliants in her hair in the evening will doubtless mean that brilliant stars in the hair will be popular this winter. (Has it occurred to you that with the coming of the Duchess as the newest bride to Court we are going to have a leader of feminine fashions in the royal family in the same way as the Prince of Wales is arbiter and leader of men's fashion? What the Prince wears on the golf links today men all over Britain are wearing tomorrow, and what the Princess wears today society women will surely be wearing tomorrow.)

## Duchess of Kent Favors These Ornaments For Evening Wear

Worn in The Hair  
These hair stars worn just back from the temple, put in a tentative appearance some time back, but it has needed the approval of the Duchess of Kent to launch the idea seriously.

## Cargo of Mules

746 Potential Kicks Are Shipped to India From U.S.A.

Saint John, N.B.—Destined for the British army service in India, a cargo of 746 kicks is at sea aboard the S.S. City of Auckland. These are potential in the hind legs of 373 mules shipped by Frank F. Simpson, of Omaha, Neb. Simpson said to be the leading shipper of mules in the United States, since 1931 has been under contract to supply the Imperial Government with animals for Indian mobile forces.

## Do Animals Think?

Rusticus in the Stratford Beacon Herald.  
"Do animals think? We are reminded of this question by the action of a sow pig that has found a way of getting out of the yard in which she is supposed to stay. There is a small gate in this yard, and in all probability it was at some time left open so that the sow could get out. Well, she was soon put back and the gate closed, but, having tasted freedom she was bound to go exploring again. She walks up to the gate, it is shut and a gentle push will not open it. She hooks her snout under the offending piece of steel and wire and lifts it right off the hinges. Once more the whole farm is liable to wander over as she pleases.

## Plough Ocean

Devise Cuts Furrow in Bottom for Laying Cable  
Halfax — It's hardly spring yet, but just the same they've been doing a bit of ploughing out there on the Atlantic. And it's not the ploughing of the waves that the poets like to write about either.  
No, this is real honest-to-goodness ploughing, with a real plough, digging into real earth and turning up a clean straight furrow that would delight a farmer's heart. To tell the truth, it goes the farmer one better, because our plough does the ploughing two and covers up the furrow again when it is through.  
The ploughing has been going on far below the surface on the Atlantic's rough bottom. Submarine cable is what they've been ploughing—or laying—100 miles to the southwest of Ireland and already 20 miles of it have been laid down.

## Personal Mine

Nova Scotia Man Has Own Supply of Coal  
Windsor, N.S.—A seam of coal, located at Fall Brook, near here, which burns with a blue flame and leaves only a small white ash, has been the source of Thomas Swinmer's winter heat during the past few years and he has expressed the opinion that the vein might be worth working and would provide jobs for many of the unemployed men in this vicinity.

## Business Improves

Newfoundland Reports Favorable Trade Balance  
St. John's Nfld.—Reporting a favorable trade balance and a general improvement in business, Newfoundland's commission government reported increased customs returns for the fiscal year ended June 30, 1934.

The returns showed that the island's total trade for the year amounted to \$43,997,065 compared with \$39,641,800 in the previous twelve months.  
Imports were valued at \$16,306,000 and exports at \$28,791,065. Imports exceeded the previous year's by more than \$1,000,000 and exports increased by more than \$2,000,000.

Newfoundland was shown to be a good customer of Canada, having imported \$6,500,000 worth of goods from the Dominion. Imports from United States amounted to more than \$4,000,000 and from the United Kingdom \$2,823,000.

The United Kingdom was Newfoundland's best customer, having accounted for \$11,992,000 of the island's exports, of which paper represented approximately \$7,000,000.

Exports to the United States totaled \$5,184,000 of which paper represented more than \$3,800,000. Belgium was the third largest customer, taking mainly products valued at \$2,085,000 consisting of lead and other concentrates from Buchanan Mine.  
Newspaper continued to be one of Newfoundland's greatest sources of wealth, production for the year having totalled \$11,550,245. Fisheries were valued at \$7,663,650 and minerals at \$4,708,639.

By BUD FISHER

## MUTTI AND JEFF

