For the Woman Reader

by Florence Riddick Boys

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This New Year

"Here's a health to the future,
A sigh for the past;
We can love and remember,
And hope to the last.
And for all the base lies
That the almanacs hold,
While there's love in the heart,
We can never grow old."

* * *

"A little health, a little wealth,
A little house and freedom.
With some few friends for certain ends,
But little cause to need 'em."

* * *

"Ring out the old, ring in the new
Ring happy bells, across the snow;
The year is going, let him go;
Ring out the false, ring in the true.

Ring out old shapes of foul disease,
Ring out the narrowing lust of gold;
Ring out the thousand wars of old,
Ring in the thousand years of peace."

Fresh Air

There is an old saying that when we had houses of reed, we had constitutions of oak; and now that we have houses of oak, we have constitutions of reed. Ventilation is the answer to that problem. Do you open the window in your sleeping room? Do you tramp around outdoors in the winter? There is something glorious about a hike across the snow, or vigorous outdoor play such as northerners enjoy, with their snow shoeing, skiing, sledding and skating.

Take a peep into the school room. Is it well ventilated? Points to remember in ventilation are: Cold air is not necessarily pure air. A brisk walk in the out-of-doors will make the blood glow warmly and you will feel warmer when you return to the house. Dry air is irritating to nose, throat and lungs. Have a steaming kettle about, to make the air comfortably humid. There is no harm in drying some of the week's wash indoors. It answers the same purpose.

Are you familiar with the ventilating board which is placed under the lower sash of the window to throw the cold air toward the ceiling rather than to the floor? A cheese cloth tacked over the window will shut out the snow and severe blasts and yet admit fresh air. A removable screen may be covered with it.

Sweets For Children

Sugar is a desirable food and is craved and needed by the growing child and vigorous worker. The objection to candy and sugar for children is that its use satisfies the appetite before a sufficient variety of food has been eaten, and so cultivates bad food habits. The child who pieces on sweets between meals or eats his cake first, will not care for his fruits and vegetables and bread and butter and meat. Before the next meal, he will be hungry again and will reach for another sweet. Childr n who have the candy or sweet-diet habit usually have bad teeth, bad tempers and a poor digestion, and are undernourished because of unbalanced diet. If they live to grow up they become the bilious adults or those with gall bladder trouble.

Simple sweets appropriate for children are lump sugar, maple sugar, syrups, honey, plain candy and those foods in which sugar is combined with fruit juices; as lemonade, water ice or ice cream, jelly, jams, and marmalade. Plain cakes and cookies and candy are not bad if given at the proper time—as a desert, after a wholesome meal.

Fashions, Fads, Foibles

Many of the new coats are brown; and brown fur trim predominates this season, rather taking the place of the usual black coat and formerly popular black furs. Coats are of rough, warm, woolly goods, and wrap-around patterns prevail. The wide open collar is a prominent feature of the new coats. A new accessory to be worn with furless coats is the fur scarf, made much like the silk scarf, and tucked inside the coat about the throat.

Most of the trimming of to-day's dresses is about the neck, shoulders and sleeves. Sleeves are wider and flare or puff and and end in elaborate borders or cuffs. Skirts are slim and plain and flare softly from hip to hemline, though falling in straight, slendor lines.

Navy and black continue to be popular, not crowded entirely off the walk by the raging browns. And speaking of raging, flame-colored red, and brilliant orange and other startling colors are in vogue for occasional dresses. Wide patent leather belts are being much worn. Large ties at neck or waist give soft feminine touches. Skirts are more scant, with straight front and sides and the fulness at the back.

Hints

Bacon will slice more thinly if very cold. Chill it in the refrigerator before slicing it.

For steam puddings us baking powder cans, covered, and set in a kettle of boiling water. Do not fill the cans as the batter will rise.

Silk and wool dresses come in contact with the skin and gradually absorb a fine body dandruff and odors. They should be dry-cleaned frequently. After each wearing, hang them on a hanger, outdoors if possible, if not, in a window where a strong draught of air will help to cleanse them. A screened in porch is ideal for this.

Upside-Down Cake

Cream one-fourth cup of fat with a half cup of sugar; add a well-beaten egg and a teaspoon of vanilla. Sift a cup and a half of soft-wheat flour with two tea-spoons of baking powder and a quarter teaspoon of salt. To the creamed fat, add alternately the flour mixture a a half cup of milk, to form a thick batter. For the top of the cake, one may use apples, peaches, pineapple or almost any fruit which is not too runny. Spread a layer of the well seasoned fruit on the bottom of a baking dish or heavy pan and pour the batter over this. It may be necessary to smooth the top of it with a knife. Bake in a moderate oven for forty-five minutes. Loosen the sides of the cake and turn it out carefully, upside-down. The top will be covered with a neat layer of fruit. Serve hot, with hard sauce or whipped cream. If apples are used, season them with cinnamon and sugar before adding the batter. Other fruits must be sweetened.

Indian Pudding

Mix a half cup of chopped dates, two tablespoons corn meal, one tablespoon minue tapioca, two tablespoons cocoanut, one-fourth teaspoon salt, one-fourth cup sugar, two teaspoons melted butter, a half cup of molasses and two cups milk. Bake in a greased casserole for two hours, stirring every fifteen minutes for the first hour and a half.

Careful Measurements

Failures in cooking are usually the result of inaccurate measurements. A "pinch" of this or that is not a sufficient rule to go by. One should use a standard measuring cup, measuring spoon or weight and not cook "by guess" and then trust to luck.

Mrs. Solomon Says:

For the new year, the Wise Woman will make her home a world of strife shut out, a world of love shut in.

Male Population Increasing Faster Than Female

105 Boys Born For Every 100 Girls, is Claim of Professor

New Orleans.—The male population of the earth is increasing faster than the female, and at the present time 105 boy babies are born to every 100 girl babies, Professor Sanford Winston of North Carolina State College said recently at the 89th annual convention of the Association for the Advancement of Science.

Dr. Winston presented figures not only showing this percentage, but indicating that the male predominance would be still further increased were it not for the heavy mortality of males between the time of conception and birth.

Of 570,000 still-births recorded in the United States, Dr. Winston said, there are 136 males to 100 females.

One of the most startling announcements to members of the association came from Professor William Patten of Dartmouth College, who asserted that his discovery of a fish-like skeleton, "the highest form of life a billion years ago," would provide the so-called "missing link" in the theory of man's evolution.

The fossil was found in rocks near the Baltic Sea. Dr. Patten has spent 40 years in research, attempting to bridge the gap between insect and vertebrate life. Until now he said, the "spider theory has been unable to account for the development of man and insects from a common origin.

"Pals Abroad" Declared "Truly Delightful Booklet"

One of the most delightful little books of travel to appear recently comes from the pens of Mr. J. M Denholm, editor of the News-Tribune, Blenheim, and Rev. W. H. Roberts, rector of Trinity Church in the same place. "Pals Abroad" is the title of this interesting volume, and well indicates the nature of the contents. These two enthusiastic Rotarians were on the way to attend that organization's convention in Vienna, and being keen observers, made the most of their opportunities. There are bright and witty stories of travel by land and water, descriptions of places and individuals, and comments on the infinite historic charms offered by the Old World. A truly delightful booklet.—Toronto Globe.

Good Company

That is good company where wisdom, and truth, and love prevail.—E. Davies.

Champion Track Runner

Mlle. Renee Amaridon is champion of the recent cross country race in the Bois de Saint Cloud Paris. She ran away from about fifty others.

Prehistoric Village in Shetland Islands

London.—A prehistoric village revealing the habitations of residents in Shetland in a very remote age has just com. to light during excavations under the direction of Alexander O. Curle, C.V.O., F.S.A., at the ruins of Jarlshof, near Sumburgh Head, in the Isle of Shetland.

The discoveries promise to be of the greatest importance and already there have been unearthed an ancient Broch—dry-built circular towers—of which there are some 400 or 500, in northern Scotland. They were originally built during the first three centuries of the Christian era as places of refuge. The particular Broch that has been found is so old that only half remains, the other half having suffered through sea erosion.

The average diameter at the base is 6 feet. The walls are hollow and at the bottom are 15 feet thick, while th y vary in length from 28 to 34 feet. Some of the best preserved specimens are to be found in the Island of Mousa, Shetland.

That is a good book, it seems to me, which is opened with expectation and closed with profit.—Alcott.

You cannot dream yourself into a character; you must hammer and forge yourself one.—J. A. Froude.

Self-respect is the corner-stone of all virtue.—Sir John Herchel.

Adventure of To-day

By Pescho, in Das Leben, Berlin.

The typical scholar of to-day has the courage of the explorer, the energy of a world champion, and the vision of the adventurer combined with the solidity and pedantry of the student. The acquirement of knowledge has deserted the study and the auditorium, and has gone on a search for wisdom in the great open spaces of nature.

It is true that there have been educated men in the past who have dared many things in their quest for knowledge. We have only to call to mind such men as Nachtigall and Livingstone or the great Dr. Pettenkofer, who at the age of 75 years inoculated himself with a living cholera-germ; or Vesalius, who stole the bodies from the gallows to get material to carry on his forbidden wor' in dissection; or Niebuhr, who continued his expedition into Arabia alone after all his companions had died. But these men were not in any sense of the word sportsmen as we understand the term. To-day sport and learning go hand in hand.

The science of geography has made by far the greatest gain during the past few years. For instance, there were the journeys of Sven Hedin. In 1893, he explored the Pamir Plateau, a land that was practically unknown to the white man. He lived for months among the hostile tribes, and at one time almost lost his life in a great sandstorm, during which he lived for eight days without either food or drink. As a result, the world gained maps totalling more than 110 yards in length. From 1899 to 1902, he crossed the great desert of Gobi with practically no water and entered Tibet. In 1905, he disobeyed the combined orders of the Chinese, Indian and Tibetan governments and again entered Tibet. He placed himself on friendly terms with the high priest of the country, and was the first white man to see the sources of the Indus and the Brahmaputra rivers. Di ing this journey he is credited with crossing the Himalayas eight times. In his last great journey he went to the desert with 250 camels, and established a depot where he left a meteorologist and his Chinese assistant. Both committed suicide some time later, overcome by the loneliness. Meanwhil, Sven Hedin went on over wild unknown country, discovered several desert cities in which thousands of manuscripts have been found, explored the wanderin Lake Lopnor—and all under the most terrible difficulties, and knew not the meaning of fail.

August Filchner was another of the great Asian explorers. He set out from Russia into Tibet, spent a year in a monastery there, fell ill, and, with all communications cut, was given up for dead by his European friends. With two missionaries he went to Kashgar, and was imprisoned by the natives who believed his instruments the cause of the drought. He continued to take his measurements through a hole in the wall of his prison. The English authorities intervened on his behalf, and when he finally arrived back in civilization, weak with illness, coatless, almost dead, he brought with him his precious records of 157 magnetic stations.

Not all men were as fortunate as the above-mentioned two. There was, for instance, Colonel P. H. Fawcett, one of our most noted heroes, who, with his son and another young man as his companions, undertook at the age of 50 to penetrate ito the upper reaches of the Amazon River. He died, a sacrifice to his thirst for knowledge.

Similar was the case of the unlucky Professor Wegener, who set out on his illfated expedition to Greenland with the best equipmnt modern technique could furnish. In June, 1931, his body was found sewn in the pelt of an Arctic bear, and with him the records of his almost completed work.

How many noble lives have been sacrificed to the god of ice and snow! Perhaps the most tragic story is that of Scott. He made one unfortunate attack on the Pole between 1901 and 1904, in which he almost lost his life from the dread scurvy. In 1910-1911, he set out for the South Pole with the most complete outfit possible to secure. He went by boat on the "Terra Nova" as far as he could, and then, landing his 33 dogs, horses, motor-driven sleighs, and toboggans, he made a dash across the great southern ice-cap. In February, he heard that Roald Amundsen, the great Scandinavian explorer, was also on his way. Scott pressed on, hoping against hope that when he reached the Pole, he would not find that Roald had won in the race. He was bitterly disappointed when he found the Norwegian flag planted on the southern tip of the world, and heart-sick, he turned for home. His last words written with stiffening fingers were: "It is terrible, but I do not think I can write any more. For God's sake, take care of our people." Only a little over twelve miles from the depot the bodies were found.

But the same great white enemy that had conquered Scott lay in wait for Amundsen. On June 18, 1928, he set out with the pilot Latham to rescue the ill-fated Nobile expedition. Nothing but the propellers of the plane was ever found to tell the story of the death of a great hero and learned man.

The aeroplane has its own great heroes, and perhaps the greatest of these is Charles Lindbergh. It was not that he added so much of knowledge. His gift was psychological. He proved that the ocean was conquerable by a single man with an outfit less than one might take for a summer's walk. A landplane, without radio or sextant, two flashlights, a roll of rope, another of thread, a knife, four torches, a needle, a deflated rubber boat, two air-cushions, and a hatchet—not to mention his great straw hat.

Another who combined the plane with the conquests of the Poles is Richard Evelyn Byrd, whose successful flight over the North Pole was largely financed by Edsel Ford. His flight over the South Pole in 1927 was financed by the billionaire, Wanamaker. Byrd has been befriended by fortune, but he has proven that with all the comforts of modern age it is possible to eliminate the greatest dangers and terrors of the poles.

In the study of rockets and of the great unknown stratosphere Professor Picard had led the way. He has proved that it is possible for man to go to those great heights and live, if he is provided with sufficient oxygen. What the future holds for the rocket is debatable, but after what has been done anything seems possible.

Nor is courage confined to purely adventurous undertakings. There is the experiment of Dr. Groot and Dr. Browner in 1929, when they had themselves enclosed in an oven heated to 110 degrees, to discover the reaction of an organism to intense heat. First, the face grows hot, then perspiration breaks out. Next, the pulse slows noticeably, and the breathing grows difficult. Headache, roaring in the ears, and dazzled sight follows. Dizziness with the curious hallucination of drowning was the last conscious feeling. In about an hour after being taken out they were normal again. Similar experiments with cold were made by Dr. Jackson and Dr. Highfield in 1930. After 18 minutes exposure they were removed from the ice-box and carefully warmed. In about an hour and three-quarters they were able to describe their sensations. From the first, they had found it hard to collect their thoughts. After five minutes they did not realize where they were. Visions of ice and snow came upon them, followed by hallucinations of burning heat. Both had the sensation of falling at the moment of unconsciousness. So do sport and learning work together.

Walter Hagen Celebrates 39th Birthday

Walter Hagen (left), golf pro, was presented with a three-decker cake on his 39th birthday an iversary at Pasadena. Max H. Turner and Helen Robinson are shown with him.

Sunday School Lesson

January 17. Lesson III—Jesus and Nicodemus—John 3: 1-16. Golden Text—God so loved the world, that he gave his only begotten Son, that whosoever believeth on him should not perish, but have everlasting life.—John 3: 16.

ANALYSIS

I. A SATISFIED SEEKER, 3: 1, 2.
II. AN UNHEARD-OF CONDITION, 3: 3-12.
III. GOD'S GIFT FOR ALL, 3: 13-17.
IV. HOW CHRIST JUDGES MEN, 3: 18-21.

INTRODUCTION—Jesus' first visit to Jerusalem created something of a sensation. Many "believed" on his name (2: 23), that is, believed that he was the Messiah, without any moral change. Jesus placed little confidence in them, 2: 24. In the case of one of them, however, he made an exception.

I. A SATISFIED SEEKER, 3: 1, 2.

Nicodemus, a member of the Sanhedrin, is taken as an example of that imperfect faith. He knew about Jesus. The tremendous influence and the personality of the young preacher had appealed to him. He may have had hopes of persuading him to give up his revolutionary theories and associate himself with the regularly organized channels of religion. He would be less dangerous there. So the Roman Catholics thought about Francis of Assisi. Nicodemus was not the "anxious enquirer." He came to discover whether he could come to some understanding with this popular young preacher which would keep the Pharisees still in their loved position of religious leadership.

He came to Jesus by night (v. 2) perhaps because he did not wish to compromise either himself or his brother Pharisees until he was sure of this new movement. He began with a diplomatic, if somewhat patronizing, speech. He has been accused of cowardice, but surely, unfairly. If it was by night that he came, at least he came—to learn for himself. It is true that he defended Jesus without expressing any personal interest in him, but he defended him. He was satisfied with his own religion, but he was open-minded enough to seek further knowledge.

II. AN UNHEARD-OF CONDITION, 3: 3-12.

Jesus never wasted his time on sham. With Nicodemus he went at once to the heart of things. Nicodemus and his associates were concerned about this new preacher's possible connection with the Messianic kingdom. Their own fitness for that kingdom was taken for granted. Were they not orthodox children of Abraham? They connected Jesus with the kingdom because they saw external "signs." But the truth of his utterances had not gripped them.

Jesus shattered this complacency with one sentence, "Except a man be born again he cannot see the kingdom of God," v. 3. As mere physical birth does not make one a real Canadian, living up to the high ideals of Canadian citizenship, neither did his Jewish birth make Nicodemus a member of the new kingdom. A spiritual as well as a physical qualification was necessary. To be a member of the kingdom of love and brotherhood, one had to be loving and brotherly. The Pharisees' religion was not love, but law. Jesus, in speaking of a new birth, borrowed his figure from the religious and political language of his day. A pagan, upon embracing the Jewish religion, was said to be "reborn" in the new faith. The same term was used in the mystery religions which flourished in Ephesus where John was writing his Gospel. To be "born again" is not to experience some magical change; it is to commit ourselves so unreservedly to the Jesus way of living that the spirit that was in him will be in us also, changing our characters and our attitudes. We shall become so different from our old self-considering selves—actually living a new life—that we can be spoken of as having been "re-born," "born from above."

Verse 5 refers to the Pharisees' refusal to submit to John's baptism of repentance. Unrepentant, they are not fit for the Christian brotherhood. Just as the wind is known only by its effects, said Jesus (v. 8), so the presence of the Spirit is recognized by the changed character of a man. The persistent incredulity of Nicodemus (v. 12) convinced Jesus that nothing was to be gained by continuing the conversation. John has now finished with Nicodemus, and dismisses him. He goes on with his discourse on God's Gift.

III. GOD'S GIFT FOR ALL, 3: 13-17.

Verses 14-17 are probably reflections of the author rather than the words of Jesus. They discuss the very truths which Jesus suggested Nicodemus could not understand. Not for the select few—the Jews—but for all who accept it, is God's gift of salvation provided. The Son of Man, rejected by the Jews, will bring salvation through his sacrifice, vs. 4, 15. For this express purpose did God send his "only begotten"—literally one who is like no other son, v. 6. Eternal life is for "whosoever believeth." "Believeth" here is not an intellectual assent to a creed. It is a personal loyalty and devotion to a person. To be "saved," to "have eternal life," and "to be like Jesus" means the same thing.

IV. HOW CHRIST JUDGES MEN, 3: 18-21.

The Jews thought Messiah was coming to punish the unbelievers. But if judgment is not the motive of the Christ's coming, it is the inevitable consequence. His coming compels men to take sides. The stand they take shows them up in their true colors.