# Woman's World

By MAIR M. MORGAN

"A Woman's Place Is In the Home."

### Baked Icing

Last week you had a recipe for broiled icing—this week we offer a delicious spice cake wth baked icing, which calls for 1 egg white, ½ cup brown sugar, ¼ cup broken nut meats. Beat egg whites until they hold a point when the beater is pulled out of them. Add brown sugar, beating it in. Spread top of cage batter, sprinkle on the nuts and bake in a moderate oven, 350 degrees F., until the cake is done, which will be in approximately 35 minutes if it is in a pan 8 inches square. Make twice the recipe for a larger cake. The cake is made as follows: Cream ½ cup shortening and add 1 cup brown sugar gradually. Add to the creamed mixture 1 whole egg and 1 egg yolk well beaten. Sift 1 1-3 cups cake flour once before measuring. Then sift together flour, ¼ teaspoon salt, ½ teaspoon soda, ½ teaspoon baking powder, ½ teaspoon cloves, ½ teaspoon cinnamon and add alternately with ½ cup sour milk. Pour into greased and floured pan. Time, 35 minutes. Temperature, 350 deg. F. Moderate oven. Size of pan, 8 inches square. For a larger cake double the recipe.

Another attractive way in which a baked icing may be used is on thin layers of cake, which are cut in strips after baking. These cakelets are a delicious accompaniment to ice cream and many desserts, and they are especially good with a cup of tea of coffee. The batter is spread about ¼ inch deep in the greased pans, the nuts are sprinkled on and then the thin coating of icing is spread over the surface. The cake is baked in an oven registering 325 degrees F. and the strips are not cut until the cake is thoroughly cold.

### A Serving Tip

When you are having a variety of greens in a salad it is an excellent idea to put all of them together in a large bowl. Mix them with the dressing at the table and serve the salad from the bowl.

### Cold Baths

This is the season of cold tubs for those of us who like an exhilarating bath in the morning.

Have you ever really tried them, for a week, straight running? The first three are the hardest, but the rest are almost inevitable. For you get to feeling you need that brisk pick-me-up as much as you do your morning coffee, to get started right.

There are some women, women with weak hearts, who would never try a cold shower. But there are a lot who should, and don't.

If you have tried a cold shower and it doesn't work, to your way of thinking, try this. After a tepid shower, take a whole handful of kitchen salt, and give yourself a rub with it, quickly, an all-over rub. Then briskly rub yourself dry. This stimulates circulation and gets ou in good form to start the day right.

Too many women use their baths just for relaxation. A very hot bath in mornings is enervating. You don't need relaxing after a night's sleep. You need awakening. That is where the cold shower is perfect

You don't have to stay under long. Just a once-over will do the trick.

For women whose flesh is soft and whose face's contour is no longer quite as clear cut as it formerly was, this cold shower daily does something to make the flesh firm.

Moreover, as a prevention of colds, any doctor will tell you its real value.

### Bottles and Bands

Druggists are generous, and shower attractive wrappings and packets and bottles upon us with our purchases. Tablets and lozengers are no longer weighed out by the ounce and handed over in a thin white paper packet with a blob of sealing-wax at either end but are made up in neat little cartons, tubes or screw-top bottle, often wrapped up in a pamphlet or booklet brightly showing forth the benefits of the remedies they enclose. Tooth paste and toilet creams, too, throw in a supply of reading matter which is usually attached to the tube by a rubber band.

We are so much accustomed to these accompaniments by now that they are generally thrown away at once; but even if put aside for a time they are apt to drift away, still unused, on the household tide of rubbish. Some, however, could easily be put to useful purposes.

### How to Use Them

It is a good plan to put up a small screw hook somewhere in the kitchen and to keep it specially for rubber bands, which are hung there as soon as they are removed from the packets. It is surprising how rapidly a collection accumulates and how often and usefully the supply can be drawn upon. It is much easier, for instance, to use a rubber band to secure a small packet to be taken to the shops than to find (in a hurry) a suitable length and thickness of string. Rubber bands are also handy for fastening the covers on jam jars or potted meats pots, for keeping a hasty bandage in place on a cut finger, for securing kitchen lists and bills.

Some of the little screw-top bottles and pots should also be washed and saved. These will hold salt, tea, sugar, even an individual jam ration, for picnics. Made mustard can go into a little cream pot (safely marked). Small quantities of seasoning and spices may be stored in them in the kitchen cupboard and save the untidiness of paper packages. Tin lozenge boxes are useful for the same purpose or for the desk drawer, where they hold paper clips, drawing pins and so on. In the tool drawer they keep the different sizes of screws and nails neatly separated.

### Spotted Net Curtains

Spotted net curtains should not be allowed to dry and then be damped down for ironing. They should be rolled tightly in a thick cloth after they have been washed and then ironed in about an hour. In this way they will come up crisp and fresh. Wash the curtains in lukewarm soapy water, rinsing them in several bowls of cold water. Add a little borax to the final rinsing water in preference to starching, as this method will ensure the curtains ironing to just the right stiffness. Iron the curtains on several thicknesses of blanket to obtain the best effect with the spots.

### Kitchen Kinks

In cooking very sour fruit much less sugar is required if a litle salt is added. The flavor will be improved.

When ironing, keep beside you an old perfume spray containing water, to be applied to any part that has become too dry. This gives the even dampness and perfect condition necessary for a pleasing finish.

When pouring fat into a basin, add 1 tablespoon of boiling water. This will make all pieces of meat sink to the bottom, and the dripping will be clear.

Sheets often tear when pegged to the line by the corners. To prevent this, stitch a small length of tape at each corner, and peg these instead of the sheet.

After washing ribbons, wind them evenly around a bottle. Fill the bottle with hot water and cork it. The ribbons will dry quickly and smoothly.

A sliced banana added to apples when they are stewed improves the flavor.

To prevent milk from boiling over, rub the edge of the saucepan with a little butter.

Vaseline rubbed well into the nails at night will prevent them from splitting and becoming brittle.

### JUDGING OTHERS.

What is commonly wrong is to pass a judgment on our fellow-creatures. Never let it be forgotten that there is scarcely a single moral action of a single man of which other men can have such a knowledge, in its ultimate grounds, its surrounding incidents, and the real determining causes of its merits, as to warrant their pronouncing a conclusive judgment upon it.—W. E. Gladstone.

### DEBT.

Debt comes under the eighth commandment. It hangs a millstone round the neck of the man or woman who incurs it. It corrodes honesty. Emerson was wise when he wrote his terse couplet:

With thou seal up the avenues of ill?
Pay every debt as if God wrote the bill.

# Sunday School Lesson

LESSON II.—JULY 9.

CALEB.—Numbers 13; Joshua, 14: 6-14.

GOLDEN TEXT—Blessed is the man that maketh Jehovah his trust.—Ps. 40: 4.

THE PLAN OF THE LESSON.

SUBJECT:: Caleb's Confidence.

I. Caleb's "We Can," Num. 13.
II. Caleb's Conquest, Josh. 14: 13, 14.

**I. Caleb's "We Can," Num. 13.**

The Exploration of Canaan. We are not told much about Caleb, but what we are told is enough to give him a secure place among Bible immortals, and make him forever an inspiration to the world. For he was that glorious sight, a gallant and indomitable old man, fighting to the last in the most magnificent of causes. We meet him first at the close of the march across the desert from Sinai to the northern part of the wilderness of Paran, at Kadesh-Barnea. They had reached the borders of Canaan, the promised land, the goal of their exodus from Egypt, the one great hope of the nation. But they were not to advance upon its hastily, in a foolhardy manner. A dark picture was uppermost in their minds. They were terrified by the inhabitants of this rich territory. They were numerous and strong, the report was, and the spies enumerated their various tribes to indicate their strength. Their cities were fortified and very great.

So went the doleful report, and down went the hearts of the hearers. All their high hopes were crumbled in the dust. But there was a minority report, the report of two, Caleb and Joshua; and Caleb, stilling the wailing of the people, bravely made it. "Let us go up at once," said he, "and possess the land, for we are well able to overcome it. If Jehovah delight in us, then he will bring us into this land, and give it to us. Only rebel not against Jehovah, nor fear the people of the land. They are bread for us. We can eat them up. The Lord is with us, and they have no defence against us. Fear them not."

Caleb Looks Backward. Forty years old was I when Moses, the servant of Jehovah, sent me from Kadesh-Barnea to spy out the land. Note the honor paid to Moses: he was 'the man of God"; he was "the servant of Jehovah."

Nevertheless my brethren that went up with me. "Went up" from Kadesh to the north of Canaan. Made the heart of the people melt. They weakened their spirit by their portrayal of the giants to be met in Canaan and the walled cities to be conquered. But I wholly followed Jehovah my God. What a glorious thing to be able to say this with truth, as Caleb could! Caleb's name signifies "all heart," and he was a hearty, whole-souled man.

And Moses sware on that day. Moses made that promise years before, but Caleb had kept his confidence in the word of the servant of God ever since. May our words be equally cherished as immutable! Saying, Surely the land whereon thy foot hath trodden shall be an inheritance to thee and to thy children for ever. Caleb had trodden the land of Canaan in faith, and so he had made it his own. Because thou hast wholly followed Jehovah my God. This is a noble refrain and a true one. It is the secret of Caleb's and Joseph's success and will be the secret of ours, if we adopt it.

Caleb's Request. And now, behold, Jehovah hath kept me alive, as he spake, these forty and five years. Caleb attributed his longevity to the true cause. From the time that Jehovah spake this word unto Moses, while Israel walked in the wilderness. Caleb goes back of Moses to God, for the promise given by Moses (verse 9) was really a promise made by the Lord through his servant. And now, lo, I am this day fourscore and five years old. It is a man's duty to grow old, if he can do so without being false to his duty. Men who wantonly "burn the candle at both ends," though in a cause that seems to them good, are spendthrifts of that which they can never replace. A wise and experienced old man has many times the value of a brilliant young man who cuts his life off in hs youth by his excesses of work, especially if it is labor to be rich or famous.

As my strength was then, even so is my strength now, for war, and to go out and to come in. So also it was said of Moses, when he came to die at the far greater age of one hundred and twenty, that "his eye was not dim nor his natural force abated" (Deut. 34: 7).

Now therefore give me this hill-country. "The neighborhood of Hebron, a region of hills and valleys." Whereof Jehovah spake in that day. We have no record in the Pentateuch of this special promise of Hebron to Caleb, though it must have been made. For thou heardest in that day how the Anakim were there. The race of giants, of which Samson was probably a descendant. And cities great and fortified. Giant cities as well as giant men, difficulty on difficulty. It may be that Jehovah will be with me. Note Caleb's modesty. He is sure that he has wholly followed Jehovah in the past, but he knows man's tendency to weakness and error.

**II. Caleb's Conquest. Josh. 14; 13, 14.**

The Blessing of Caleb. And Joshua blessed him. The general called down on the heroic old man the blessing of the Almighty; and we may be sure that Joshua's prayers were heard by God, remembering the long period when he dwelt in the tent-sanctuary, never leaving it, day or night. And he gave Hebron unto Caleb the son of Jephunneh for an inheritance.

Therefore Hebron became the inheritance of Caleb the son of Jephunneh the Kenizzite unto this day. The time when the Book of Joshua was written. Because that he wholly followed Jehovah, the God of Israel. This is the refrain which runs through this little epic and here concludes it.

There is something singularly touching in Caleb's asking as a favor what was really a most hazardous and important service to the nation. Rough though these Hebrew soldiers were, they were capable of the most gentlemanly and chivalrous acts. There can be no higher act of courtesy than to treat as a favor to yourself what is really a great favor to another. Well done, Caleb!

## Rural Farm Family Expenses

Few facts are available for reference on the cost of living in rural farm homes in Canada says the Economic Analist, published by the Dominion Dept. of Agriculture. However, in a survey of 157 farms in the Red River Valley of Manitoba in 1931 by the Dominion Economics Branch, data on family living were obtained from 129 of the records. Cash expenditures per family averaged $658.32, while farm furnished items amounted to $430.42, making a total of $1,088.74 for the average cost of living during the year.

Cash expenditures were 60.47 per cent. of the total, while farm furnished items averaged 39.53 per cent. Fully 49.12 per cent. of the total goods and services was spent on food, the average expense for food being $534.84. Over half this amount was supplied from the farm in butter, eggs, milk, garden produce and meats. Clothing accounted for 9.58 per cent. of the total, or an average of $104.32 per family. The average farm family spent $45.34 for health purposes; $37.70 on education; $44.29 on amusement, $20.01 on churches and charity, and $24.02, as half the amount spent on operating the automobile charged to family living.

# Young Britons Take To Open Road

### Wayside Hostels Now Dot Countryside Like Petrol Stations In Cities

London. — With the approach of early summer, Young Britain is taking to the open road. By couples, by groups, by parties, by clubs they wander everywhere between the South Downs and the Grampians. Gone, largely, is the quaint equipment which, when the movement first opened, gave hikers the air of Tartarin on the Alps. Occasionally one meets parties with portable tents. Usually they make for youth hostels or the wayside hounse which announces "bed and breakfast" within the modest means of the modern pilgrim.

Youth hostels usually charge around 25 cents a night for accommodation; and youth hostels now dot the countryside. A youth hostel welcomes those who would again wander in spirit with Chaucer to Canterbury. A youth hostel stands close by those romantic west country waters where John Ridd made strenuous love to Lorna Doone. From the mountains of Wales to the flats of East Anglia youth hostels await the wanderer. A youth hostel gives greeting in the wilds of Dartmoor. At Gretna a youth hostel recalls the days when irate parents pursued eloping couples intent on marrying in haste and repenting at leisure.

In Scotland, too, hostels are springing up rapidly. Last year 4,000 names were added to the membership of the Scottish Youth Hostels' Association. Five hostels already span the magic triangle of Ben Lomond, Ben Ledi and Ben More.

And the "open road," be it understood, is not the highway of the automobile and the motorcycle. To the hiker such things are anathema. Armed with a one-inch ordance map, he takes to the by-road and field-path, ever seeking fresh woods and pastures new.

# Kin of Shakespeare Imprisoned For Debt, Court Records Disclose

Warwick, England. — Shakespeare's uncle, Henry, knew what it was to be a farmer during hard times in England more than 300 years ago.

Recently discovered Warwickshire court records disclose that farmer Shakespeare was detained in prison for debt. He owed one John Blyth six pounds, 13 shillings and four pence for a yoke of oxen.

To add to the family troubles, a neighbor pretended, after Henry Shakespeare died, that the farmer was indebted to him. He went into the house of the dead man and "ransacked his coffers, took away corn and hay from his stables, and divers of his possession."

# A Useful Day Frock

By HELEN WILLIAMS.

*Illustrated Dressmaking Lesson Furnished With Every Pattern.*

Here's a charming day frock following the newest lines mode is favoring.

Its simple bodice with slimming V neckline has a becoming tie-like trim.

Pointed seaming slenderizes the hips. The lower skirt in panels gives decided height to the figure.

Materials such as rough crepe silks, crepe satin and thin woolens are smart and wearable to fashion it.

Style No. 2863 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust.

Size 36 requires 3⅝ yards of 39-inch material with ⅝ 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.

"Do you get a vacation this year?"

"Yes."

"What do you intend to do with it?"

"Turn it over to my wife, as usual."

Human hairs are stated to have an average life of between four and five years each.

Women to the number of 248 are working as deaconesses in the Church of England.

Nearly half the flying machines sold this year in Great Britain so far have been bought on the hire-purchase system. Motor-cars and power-boats have even been accepted in part payment.

# Style Alphabet For Smart Women

### This Season Invokes Many New Styles—The A.B.C. of Changing Mode

Here are the A.B.C.'s of style as seen in the new mode of 1933:

A is for Ascot scarfs.

B is for beige, one of the favorite colors.

C is for capes, cape-effects, and vivid color combinations.

D is for deep blue, another of the leading colors.

E is for "Eleanor Blue," named for Mrs. Franklin D. Roosevelt.

F is for that new fullness in back of formal and semi-formal clothes.

G is for gun metal shoes and new fabric gloves of pique, printed silk and linen.

H is for new high crowned hats — the fez, skyscraper and the chechia.

**Accessory Ensembles**

I is for the interest that centres on accessory ensembles of the same material, for example, hat, gloves, scarf, hand bag, all of pique.

J is for jackets, very much in vogue, and smart, youthful jumper dresses, with crisp glimpses of organdie.

K is for kitten whisker bows of organdie.

L is for lacquered satins and silks, a new treatment of materials.

M is for Mousseline de soie, a lovely new sheer, and for metal belts, perhaps with bracelets to match.

N is for net gloves and jackets for evening frocks.

O is for organdie, one of the season's pet fabrics, headed for a big summer in frocks, jackets, collars, gloves, guimpes and blouses.

P is for pique, the fabric that has graduated from baby's bib to evening wraps, and is the smartest thing going for accessories.

**Quills For Hats**

Q is for bright quills that trim some of the new hats.

R is for ruffles on the shoulders, which are appearing on some of the new evening frocks.

S is for shirtwaist blouses and swagger coats.

T is for tailored mannish suits, wide T-strap slippers and the hint of trains in some of the new evening frocks.

U is for umbrellas with toe-rubbers tucked into the handle.

V is for V-shaped scarves.

W is for the new wide shoulders silhouette.

X is for the 'xactly right way the smart woman will look whose shoulder line is broad and figure trim and slim.

Y is for the new yachting, or cruise jewelry, which is smart for sports wear.

Z is for zebra stripes in scarfs and frocks and zinnia shades.

## Marking Cucumber Packages

The regulations regarding the marking requirements for sizes of cucumbers are that the minimum length or the numerical count of the cucumbers in any package must be plainly labelled, stencilled or otherwise marked on the package. The facts must be stated in terms of whole or half inches, at 6 inches, 6½ and so on in accordance with the size. In order to allow for variations incidental to proper grading and handling, not more than 10 per cent. by count of the cucumbers in any package may be below the minimum length specified. In addition to grade requirements, any lot in grade 1 may be classified as small, medium or large if 90 per cent. by count of the cucumbers conform to the following length-requirements for such sizes: small, under 6 inches; medium, 6 to 10 inches inclusive; and large, over 10 inches.

### NOTHING MATTERS.

The gospel that nothing matters . . . a foolish theme, for if nothing matters, what does it matter wheher it matters or not.—Father Ronald Knox.

MUTT AND JEFF— By BUD FISHER

Is This Salesmanship—Or What?