Woman's World

By MAIR M. MORGAN

Use Up Stale Bread

At this time of the year bread soon becomes stale, however careful the housewife is, and on Monday morning she often finds more pieces of bread than she can conveniently use for crumbs.

Here are a few delightful ways of using up pieces of stale bread:

Savoury Pudding

Soak a few pieces of stale bread in half a pint of milk. When well soaked add a pinch of pepper and salt and mash with a fork. Stir in two beaten eggs and three tablespoons of grated cheese, put all into a pan and gently simmer for a few minutes.

Pour into a buttered dish, sprinkle with a little finely chopped onion and chopped parsley and bake in a hot oven for fifteen minutes. Serve hot, and any that is left over can be cut into slices and browned under the grill.

Gooseberry Pudding

The children will love gooseberry pudding, it makes a delicious supper dish.

Soak a few pieces of stale bread in cold water until quite soft, then strain away the water, and break up with a fork.

Grease a small pudding basin, fill it with alternate layers of the soaked bread and gooseberries, sprinkle with sugar, and when quite full cover the top with a piece of greaseproof paper and tie down with a cloth.

Put into a saucepan half filled with boiling water, and gently boil for 1½ hours. Remove the basin from the pan and when quite cold turn out the pudding, sprinkle with sugar and serve with custard.

Steamed Fruit Pudding

Ingredient: 8 oz. bread, 3 oz. flour, 4 oz. shredded suet, 4 oz. currants and sultanas, 1 oz. candied peel, 3 oz. sugar, 2 eggs, a teaspoon baking powder, a little grated nutmeg.

Soak the bread in cold water for half an hour, squeeze out the moisture and mash the bread with a fork.

Add the flour, suet, sugar and fruit and mix well together, add the grated nutmeg and the beaten eggs, and lastly the baking powder.

Pour into a greased pudding basin and steam for three hours. Turn out and serve with custard or jam sauce.

Taste and Try

If you want to be a good cook you must taste your cooking as seasonings cannot go by rule alone. Vegetables are more sinned against in cooking than any other class o food. It is no wonder some people think they do not like vegetables when you see the way they are often spoiled in cooking. Be careful not to over-cook your vegetables. Tasting is the only way to tell if you have enough salt and the salt is much better added before the vegetable is cooked than added after it has been drained. Some vegetables need sugar and that you can only tell by tasting. Beets, peas and corn are sure to require sugar unless they are just freshly picked. Taste and try.

Blouse and Skirt For Evening

The shirtwaist vogue is taking its high C in nice shape. You don't have to be Mae West or a 1910 hourglass to wear the newest shirtwaist styles. They're lovely foolishment and rather amazingly modern. Nothing antimacassar about the present vintage. Convict stripes of gray, white and black on velveteen come from the Mainbocher collection. Mainbocher also shows that in 1933 one may wear a shirtwaist for evening. But it's a delicious peplum blouse in reality in a mad bright red, worn with a black velvet skirt of very back-flowing, mermaid lines.

Potatoes Need Attention

Too often careless cooking sends to our tables potatoes which have lost much of their natural food value. Simple as potato cookery is, it nevertheless requires thought and vigilance to prepare perfectly even so common a dish as plain boiled potatoes.

Children generally like potatoes and if the vegetable is properly cooked it gives good returns for the money invested. The time-honored combination of "meat and potatoes" is founded on merit. Irish potatoes are low in vitamin A, medium in B and good in C. They also contain an alkaline salt which is beneficial in offsetting the acid-forming salts of meat. Herein lies their value as an accompaniment to meals. They aid materially in reducing the acid condition of the body and tend to keep it in good condition. Potatoes resemble the dark cereals as a source of iron. One medium sized potato yields the same amount of iron grams as one slice of beet 2¾ by 1½ by ¾ inches.

Saving Mineral Water

The following suggestions will help you to prepare potatoes so as to get the greatest percentage of food value. When potatoes are pared and allowed to stand in cold water before cooking, much of the protein and mineral matter is lost. Mineral matter is wasted, too, when potatoes are peeled and put on to cook in cold water. Peeled potatoes cooked in boiling water and salted when almost done lose less of their food value, but unpeeled potatoes, baked or steamed, lose none of the food value. Boiled potatoes should be cooked in as little water as possible in a closely covered sauce pan.

Potatoes for boiling may, of course, be peeled or unpeeled, but since valuable mineral salts and nutriments are lost in the water during cooking when potatoes are peeled, it's advisable to cook them in their "jackets." If potatoes are preferred cooked without the skins, they should be pared as thinly as possible and the water in which they are cooked used in the meat gravy or a soup for some other meal.

It behooves every homemaker to make the most of this vegetable and avoid all loss of food value and waste of material.

Stuffed Peppers

Two green peppers, four small tomatoes, half cup cracker crumbs, one egg, half cup milk, two tablespoons grated cheese, half teaspoon salt, pepper.

Select large peppers of even shape, cut in halves and remove seeds. Place a small peeled tomato in each half. Mix cracker crumbs with slightly beaten egg, milk and cheese. Add salt and pepper. Spread mixture over tomato, letting it fill cavity of pepper to the top. Dot with shortening and place in individual ramekins. Bake in moderately hot oven till peppers are tender. This recipe makes four servings.

Kitchen Short Cuts

If blotting-paper is used for lining shelves of a damp cupboard, cereals will not clog together. The blotting-paper must be changed about every three months, and will be quite damp with moisture absorbed.

The inside of men's trouser pockets get worn and frayed, and it is a good idea to sew a piece of chamois leather or velvet on the inside of the pockets.

When the hemstitching on bed linen breaks, open up the hem, slip the edge of the sheet or pillow into it, and stitch down. This makes it look neat and is very strong.

To warm over biscuits, or rolls, sprinkle lightly with water, then place pan containing them in a larger pan of hot water. Put in oven for a few minutes to freshen before serving.

In a custard recipe calling for several eggs, one or more may be left out if ½ tablespoon of cornstarch is added for each egg omitted.

Before heating milk in a saucepan, rinse the pan with cold water and it will not scorch so easily.

When cake or bread is too brown or is burned, grate gently with a fine grater (nutmeg grater preferred) until the cake or bread is a golden brown.

Leave one small section of a gem pan empty when putting gem batter in pan. Fill this section with water and gems will never scorch.

Shredded coconut, which has become dry, can be freshened by soaking it in sweet milk for a few minutes before using.

Birth certificates are essential to French marriages; a man in Boulogne lost his in a fire and applied for a new one, which was duly issued. But he was officially registered as a "female," and now he can't get married until another birth certificate is issued.

Pantee Set

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished With Every Pattern.

Note the small diagram—just two parts to the pantee pattern. It closes at the side.

The brassiere is shaped and shirred at the centre-front to give it ample fulness.

Several sets could easily be made in a single morning and at an amazingly small cost.

Note the flat slimness of the hips and the comfortable fulness of the legs.

Crepe de chine, crepe satin and batiste are nice mediums.

Style No. 2893 is designed for sizes 14, 16, 18, 20 years, 32, 34, 36, 38 and 40 inches bust.

Size 16 requires 1⅜ yards 35-inch.

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.

The Optimists Creed

Promise myself:

To be strong that nothing can disturb your peace of mind. To talk health, happiness and prosperity to every person you meet;

To make all your friends feel that there is something in them;

To look at the sunny side of everything and make your optimism come true;

To think only of the best; to work for the best, and expect only the best;

To be as enthusiastic about the success of others as you are about your own;

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

Silo Topples Over

Silos have been known to topple over when empty, but it is a rare thing to have a silo fall over when it is full. On the farm of Kenneth Babcock, near Kingston, 60 tons of ensilage had been put in the silo when some of the men noticed that the foundation seemed to be sinking. The matter was not considered serious and the filling proceeded until about eight feet from the top, when suddenly the entire silo toppled over, crushing the pipes. All the men were able to jump aside and no one was hurt.

Airplane Grounded With Marriage Cheer

Prince Albert. — Autumnal storms which grounded an airplane cast gloom over the little southern settlement of Lac La Ronge, 200 air miles from here. There was to be a wedding, but the bridal bouquet, the wedding cake and champagne for the toast were aboard the delayed 'plane.

It was the wedding day of Miss Mabel Alice Westerman, Chapleau, Ont., nurse, and W. J. Pickering, of Prince Albert, north country radio operator. What to do?

Soon the resourcefulness of the northerners came to the rescue. The cook at the mission baked a cake. Mission children gathered flowers, trading post stores yielded canned meats for sandwiches, and a friend produced liquid appropriate to the occasion. The wedding was a success.

Women Should Have Equality in the Air, Says Amelia Earhart

New York.—Amelia Earhart Putnan would like to see equality for women in the air as well as on the ground. So she said in the aviation booth at the 12th annual exposition of women's arts and industries.

"We hope that women pilots will soon be regarded as 'pilots' and not as 'women pilots'," she said. "It isn't right, nor scientific," Mrs. Putnan said, "to say that women can't fly as well as men. They have proven that they can, and should be accredited so.

"Not to mention adequate physical makeup and such, women are just as experienced in meeting the outside world now as men."

BEHIND THE SCREENS

FOR THE "TALKIE" FAN

By P. M.

Editor's Note:—It is in keeping with the times that this column make its appearance. During the past year Hollywood has been definitely challenged by the English Studios. After such successes as "Rome Express"—"Sunshine Susie"—"The Good Companions," etc., England has definitely made a bid for public favor and, according to the response, undoubtedly has won. This column will introduce and make familiar the stars of the English Cinema World, as well as give you the latest tit-bits about your favorites of Hollywood.

This week introduces Leslie Fenton, who is appearing in English films. As you may guess he is an Englishman. However, Mr. Fenton is well-known in Hollywood, where his home is. His wife, if you don't know it, is Ann Dvorak, who, you will remember, broke her contract to go on a tour of Europe with her young husband. She is now back in Hollywood and hard at work.

Noel (Cavalcade) Coward has written many witty and delightful plays, but no more successful piece than "Bitter Sweet." I understand Canadian film fans will soon have an opportunity of seeing this delightful tale of old Vienna.

September seems to have gone out with a honeymoon rush down Hollywood way. Jean Harlow twice married (divorce ended her first marriage and death her second) evidently is not daunted. She recently wed H. G. Rosson, movie cameraman. Everyone will wish her luck.

Wedding bells in the modern manner have sounded again for Sally Eilers. Harry Joe Brown, well known director, is the lucky man. They eloped by plane from Hollywood to Yuma, Arizona's "Gretna Green."

Bettie Davis, popular young film star, created a sensation recently when she attended a premiere escorted by eight boy friends. This was Miss Davis' answer to all the gossip around Hollywood regarding the separation rumors about Bette and her husband, Harmon O. Nelson, Jr. Bette's escorts of the evening included all the men her name had been linked with and several more. A good idea, say we!

Interesting, if true! According to old man gossip, since Carole Lombard divorced Bill Powell (much to everyone's surprise), she is reported going places with Gary Cooper.

Clive Brook, favorite the world over, for his screen characterizations, is also the author of several published short stories.

COMMENTS AROUND THE DIAL EVENTS

Benny Comes Back

Mirth and music—once again Benny, star comedian of many stage successes and numerous "hit" radio programs is destined to rule over weekly proceedings in his old role of master-of-ceremonies and chief wise-cracker.

Miss Livingstone, who made her first professional appearance before the microphone "just for fun" and now shares honors with her husband as an entertainer, will serve as a foil for Benny's wit, and doubtless will find time for her now celebrated imitations of Mae—"Come up and see me sometime"—West and other stage and screen celebrities.

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Thirty-five Studios in New Radio City

The National Broadcasting Company will have thirty-five studios in Radio City, of which sixteen will be completely equipped and in operation on the night of the formal opening. Eleven more, including five audition studios, will be complete except for technical equipment.

The new electrical power plants which are being embodied in the scheme are so arranged that, should a bombing raid or natural catastrophe disable the regular electrical power plants, this enormous battery plant would be used to meet any emergency. The power stored here in reserve would continue operation for a week.

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John S. Young, the Ideal Radio Voice

Habits formed in youth are hard to break. When a child, John S. Young, the only announcer with LL.D. attached to his name, used to talk to himself. As he grew up into manhood he learned to speak French, German, Italian and Spanish, liking the sound of his voice in any language. Others liked it, too. The late Florenz Ziegfeld—super showman—pronounced Young's the ideal radio voice.

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Post Scripts

Al and Bob Harvey are booked well into the Spring for radio program work. These two boys no sooner leave the boat than they are called to the mike.

A sponor of a morning program tried out sixty announcers before deciding to give the role to a comedian.

Buck Bannister, barnyard imitator on the Corn Cob Club program, has hopes of protecting his talents with a policy. He has applied to Lloyd's for a ruling in the matter.

Toronto is to have it's own Radio City. Forbes Randolph with the opening of his Music Hall is bringing the finest of ideas from the Continent and New York. Radio stars who have made names for themselves in Canadian radio are to be featured. Canadian talent is at last to be recognized and why not . . . ? Some of the greatest picture stars and radio artists are Canadian, but they had to cross the border to gain recognition.

"IN THE AIR"

Radio's All-Star Presentations

WAVE LENGTHS

Station	Metres	Kilo-Cycles
CKNC, Toronto	291	1030
CFCF, Montreal	291	600
CFCH, North Bay	322	930
CFCO, Chatham	297	1210
CFRB, Toronto	435	690
CKAC, Montreal	411	730
CKCR, Waterloo	465	645
CRCT, Toronto	312	960
CHML, Hamilton	340	890
CRCO, Ottawa		1010
CKOC, Hamilton	475	1010
CKPC, Preston	341	930
CKLW, Windsor-London	555	540
CPRY, Toronto	357	840
KDKA, Pittsburg	306	930
KMOX, St. Louis	275	1090
KYW, Chicago	294	1020
WABC, New York	349	860
WBBM, Chicago	389	770
WBEN, Buffalo	333	900
WEAF, New York	454	660
WENR, Chicago	345	870
WGR, Buffalo	545	550
WGY, Schenectady	379	790
WHAM, Rochester	261	1150
WKBW, Buffalo	202	1480
WJZ, New York	394	760
WJR, Detroit	400	750
WLW, Cincinnati	428	700
WMAQ, Chicago	447	670
WTAM, Cleveland	280	1070

These programs are subject to change without notice.

THURSDAY.

P.M.
7.00—Amos 'n' Andy ..... CRCT
Myrt and Marge ..... WGR
8.00—Rudy Vallee ..... CRCT
9.00—Mark Warnow ..... WKBW
Show Boat ..... WBEN
9.30—Dramatic Guild ..... CFRB
10.00—Al Jolson ..... WBEN
Hands Across the Border .. CRCT

FRIDAY.

7.00—Amos 'n' Andy ..... CRCT
Myrt and Marge ..... WGR
8.00—Cities Service ..... CRCT
9.00—Fred Allen ..... WBEN
9.30—Phil Baker ..... WJZ
Football Show ..... WGR
10.00—First Night ..... WJZ
Columbians ..... CFRB
Western Hour ..... CRCT
10.30—Lum and Abner ..... WBEN

SATURDAY.

8.30—Bridges of Paris ..... CKNC
9.00—Casa Loma Orchestra .... CFRB
Canadian Singers ..... CRCT
9.30—K-7 Mystery ..... CRCT
10.00—Dancing Party ..... CRCT
Willard Robinson ..... CFRB
10.30—Singing Strings ..... CKNC

SUNDAY.

3.00—Symphonic Hour ..... CFRB
Opera Concert ..... CRCT
4.00—Cathedral Hour ..... CFRB
5.30—Sanderson and Crumit ..... WGR
7.30—Roses and Drums ..... WGR
8.00—Rubinoff ..... CRCT
Freddie Rich ..... WGR
9.00—Bath Club ..... WGR
Fred Stone ..... WJZ
11.00—Old Folks at Home ..... CFRB

MONDAY.

7.00—Amos 'n' Andy ..... CRCT
Myrt and Marge ..... WGR
7.30—Country Club ..... CRCT
9.00—A. and P. Gypsies ..... WBEN
9.30—Big Show ..... CFRB
Ship of Joy ..... WBEN
10.00—Gaiety and Romance ..... CRCT
Contented Hour ..... WBEN
Andre Kostelanetz ..... CFRB

TUESDAY.

7.00—Amos 'n' Andy ..... CRCT
Myrt and Marge ..... WGR
8.00—Crumit and Sanderson ... WBEN
Crime Club ..... WJZ
9.00—Ben Bernie ..... WBEN
9.30—Nino Martini ..... CFRB
Fire Chief ..... WBEN
10.00—Lives at Stake ..... WBEN
10.30—Ted Husing ..... WKBW

WEDNESDAY.

7.00—Amos 'n' Andy ..... CRCT
Myrt and Marge ..... WGR
8.00—Fannie Brice ..... CRCT
9.30—Burns and Allen ..... WKBW
Leo Reisman ..... WBEN
10.00—Warring's Penn's ..... WKBW
Corn Cob Club ..... WBEN
One Hour With You ..... CRCT

Tulip Planting

Tulips may be planted from the end of September to November, said the Dominon Horticulturist. October, no doubt, is the best time. The soil need not be rich. Any ordinary garden soil is suitable, but it should be well dug and drained. A position in full sun suits them best, but they will bloom in half shade for a season or two. The bulbs may be left in the ground until they become crowded and the flowers are small, or they may be lifted each year. The time to lift them is when the foliage is turning brown, or, if the space is needed earlier than this, the bulbs should be planted close together in a shallow trench in the back garden until the foliage dies. The bulbs should be stored in bags and kept dry all summer. In the fall, the large sized ones may be replanted in the border, and the smaller ones planted in a row in the vegetable garden for a year or two until they grow to blooming size.

Nutritious Dish

Lemon cream is a nutritious dish for invalids.

Soak half a tablespoon gelatine in a little cold milk and put in saucepan with remainder of one pint of milk and one half cup of sugar, adding rind of one lemon, and boil.

Beat well the yolk of two eggs. Then remove the lemon peel from the boiling milk and pour on the egg yolks, stirring well while pouring.

When nearly cold add the juice of the lemon, and pour into a mould.

MUTT AND JEFF— By BUD FISHER

Some Crowd But No Net