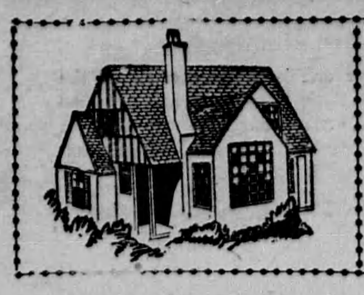

Woman's World

By MAIR M. MORGAN

There's something charming about afternoon tea—something quiet and restful. It's the easiest way to entertain and no matter how large or small your tea party is the requirements are the same, that is, good tea, a few dainty refreshments and pleasant conversation.

Tea may be served from a tray, a tea wagon, or if our party is a large one, from the dining-room table. Little extras such as slices of orange with a clove stuck in them, a bit of candied ginger; colored sugar in such flavors as lemon, lime, mint, etc.; rum-flavored sugar lumps; salted nuts; colored mints of assorted flavor all add charm and an air of sophistication.

Of course you will use your best china tea pot. Scald it and place the required quantity of tea in it and pour over the leaves one cup of boiling water. Let the tea steep for three minutes if you're using black tea, or for ten minutes if you're using green tea, then add the remainder of the required amount of boiling water. Serve the tea immediately. Cream, sugar and slices of lemon should be served with it.

Refreshments which are "different" are always a problem and here are some suggestions which are new and easy to prepare:

Cream Cheese, Walnut and Cherry Spread

Blend 1 package (3 ounces) cream cheese, ¼ cup finely chopped walnuts and 12 candied cherries which have been chopped with a silver fork. Trim white or whole wheat bread in fancy shapes, butter and spread with mixture.

Chocolate Sandwiches

2 squares unsweetened chocolate, 1 cup sweetened condensed milk, butter thin wafers. Melt chocolate in a double boiler. Add sweetened condensed milk and stir over boiling water until mixture thickens. Spread on butter thins and garnish with tiny stars cut from red or green maraschino cherries.

Nut Strudels

1 cup nut meats, 1 1/3 cups (1 can) sweetened condensed milk, 1 cup dry bread crumbs, ¼ teaspoon salt, 1 tablespoon cinnamon, pie crust dough. Put nut meats through food chopper. Blend with sweetened condensed milk, bread crumbs, salt and cinnamon. Roll crust out in oblong sheet as thin as possible. Spread with prepared mixture. Roll up as for Jell roll. Cut in half-inch slices and place on buttered baking sheet. Brush tops with sweetened condensed milk. Bake 20 minutes in hot oven (400 deg.) or until brown. Makes 18.

Date Bars

2/3 cup sweetened condensed milk, ¼ cup flour, ½ teaspoon baking powder, 1/3 cup pitted dates, ¼ cup chopped nut meats, ½ teaspoon vanilla. Sift flour and baking powder. Add chopped dates, chopped nut meats, sweetened condensed milk and vanilla. Blend thoroughly. Line a shallow pan (8 inches square) with wax paper and spread mixture evenly about ½ inch deep. Bake 30 minutes in a slow oven (300 deg. F.) Remove from oven, turn from pan and remove paper at once. Cut into bars one by four inches with a sharp knife, while warm. Makes 16.

Cinnamon Sticks

Blend 2/3 cup sweetened condensed milk and 1/3 cup water thoroughly. Cut six slives of bread one inch thick. Then cut into one-inch strips. Dip in mixture and fry in butter until golden brown. While hot, roll strips in a mixture of granulated sugar and cinnamon. Delightful with tea.

Ten Minute Tea Cakes

6 graham crackers, 1 tablespoon flour, 1 teaspoon baking powder, ½ cup sweetened condensed milk, 1 egg white, brown sugar. Roll graham crackers to fine crumbs. Combine with flour and baking powder. Add sweetened condensed milk. Fold in stiffly beaten egg white. Drop by spoonfuls into paper-lined muffin pans. Sprinkle each cake with brown sugar. Bake in moderately hot oven (375 deg. F.) 10 to 15 minutes. Makes one dozen.

Bulk Foods

In no respect is the otherwise soundly planned diet more frequently lacking than in foods that supply the bulk or fibre necessary to assure proper elimination. Most of us pare our fruits, eat our potatoes without their jackets, and eat prepared foods out of which the bulk has been refined. Time and again the penalty is irregular or incomplete elimination, leading straight to loss of vitality, headaches and a generally depressed outlook on life.

You are wise if you adopt as one of the most important health commandments for yourself and your family the regular inclusion on the menu of the foods that provide the bulk the system needs — lettuce, cabbage, carrots, chard, whole wheat bread and cereals, and bran. Bran is particularly convenient and helpful. It can be combined with refined foods and served in all sorts of other appetizing ways, and besides bulk it supplies iron needed for the making of good, red blood, together with Vitamin B, of value in toning the intestines.

Three In One Recipe

(Bran Muffins, Waffles and Griddle Cakes)

½ cup shortening, ½ cup sugar, 3 eggs (well beaten), 1 2/3 cups sour milk, 1¾ cups bran, 2 cups flour, 2 teaspoons baking powder, 1 teaspoon soda, 1 teaspoon salt. Cream shortening and sugar. Add eggs, sour milk and bran and let soak until most of moisture is taken up. Sift 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 (400 deg. 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.

Yield: 16 small muffins, 3 waffles or 8 griddle cakes.

Honey Bran Pudding

¼ cup butter, 2/3 cup honey, 1 egg (well beaten), ½ cup milk, 1 cup seedless raisins, ½ cup bran, 1 cup flour, ½ teaspoon soda, ½ teaspoon salt.

Cream butter and honey together. Add egg, milk and bran. Sift dry ingredients and mix with the raisins. Add to first mixture. Combine thoroughly and put into greased mold; cover tightly, and steam for two hours. Serve with hard sauce.

Yield: 6 large servings.

Dress Up the Meat

Try serving meat in new forms. You will find that your family will appreciate the novelty. A dash of sugar in meat dishes works wonders. It accentuates the flavor of the meat and, of course, adds a little quick-energy to the dish as a whole. Try the following recipes:

Beef Loaf

1½ pounds round of beef, 1 quart cold water, 1 tablespoon vinegar, 1 teaspoon sugar, 1 teaspoon sage and thyme, mixed, 1 tablespoon sauce, salt and pepper. Simmer the beef in the water with the salt until meat is tender. Cool. Remove bones and fat, and chop very fine. Boil the liquid until reduced to one cup. Add vinegar, sugar, sage, sauce, thyme, salt and pepper. Mix with the meat. Press into a buttered mold and leave to become thoroughly cold. Serve with tomatoes and lettuce with mayonnaise.

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.

Believing a fool story is almost as bad as telling a fool story.

Sunday School Lesson

Lesson V.—October 29. World's Temperance Sunday. — Romans 13:12—15.3 Golden Text—Love worketh no ill to his neighbor; love therefore is the fulfilment of the law.—Rom. 13:10.

TIME—Paul's letter to the Romans was written A.D. 57.

PLACE—It was written in Corinth.

"The night is far spent, and the day is at hand." Paul means by night, ignorance of God. "Let us therefore cast off the works of darkness, and let us put on the armor of light." Christians, who have seen the Light of Life and are living in fellowship with him, ought to do the things that he would approve, spurning the deeds of darkness.

"Let us walk becomingly, as in the day." In seemly fashion; in 1 Cor. 14: 40, it is rendered "decently." Nothing is uglier, more uncouth than drunkenness. "Not revelling and drunkenness." The last word in the Greek is in the plural, signifying drinking-bouts or sprees. That is the worst of drunkenness, one drink leads to another. "Not in strife and jealousy." Drunkenness leads also to quarrels. All of these sins were frequently committed, as Paul knew, in the wicked city of Rome, the capital of the world.

"But put ye on the Lord Jesus Christ." Paul bids us enter into union with Christ so close that he will become the close environment in which we live and move.

"For whether we live, we live unto the Lord; or whether we die, we die unto the Lord." In life or death alike we are responsible to Christ, because through all changes we are the possession of Christ, who has bought us with a price for his own.

"For to this end Christ died and lived again, that he might be Lord of both the dead and the living." As he died to acquire, so he rose to claim and exercise that right of purchase and dominion over his redeemed, which it is their joy to know that their death does not even interrupt, for then they are at home with the Lord.

"For if because of meat thy brother is grieved, thou walkest no longer in love." We must translate this and what follows from the problem of Paul's day to the problem of our time. Paul here is writing about eating meat which had been consecrated to idols. All the meat sold in the shops and eaten in the homes of the heathen friends and relatives of the Roman Christians had previously formed a part of idolatrous sacrifices in the temples. A converted idolater, partaking of such food, was likely to feel stealing over him a flood of the licentious memories associated with idol-worship. "Destroy not with thy meat him for whom Christ died." It was nothing less than soul-destruction to invite to one's home a convert from heathenism and place before him meat contaminated with idolatry.

"Let not then your good be evil spoken of." Your good is that which is beneficial to your special advantage, and can only mean, in accordance with the context, your stronger faith and fuller liberties.

"For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit." This is not the essence of the gospel, this freedom to eat and to drink: the kingdom of God is something higher than this. In the kingdom of God the important things are righteousness in our relations to others, and the peace and joy which result from true spiritual fellowship. What a triviality, compared with these great and permanent things, is what we eat, or what we drink!

"For he that herein (that is, in righteousness, peace, and joy in the Holy Spirit) serveth Christ is well-pleasing to God, and approved of men." Well-pleasing to God, since such service is what he enjoins; and approved of men, standing the test of their moral judgments.

"So then let us follow after things which make for peace, and things whereby we may edify one another." Weymouth translates the last clause as "mutual upbuilding of character."

"It is good not to eat flesh, nor to drink wine, nor to do anything whereby thy brother stumbleth." This sums up the whole story.

A Chuckle

Bringing with him an electric atmosphere, a young man strode into the newspaper office and banged his cane on the editor's desk.

"Where's the editor?" he shouted angrily.

"He's—he's out!" replied the clerk nervously. "What's he done this time?"

"In that advertisement for my valveless motor," stormed the visitor, "he's turned the second 'v' into a 'u'."

Describes Dire Need In Labrador

Missionary Tells of Distress in His Far-Flung Territory

Widespread distress among the Labrador Indians was described by Rev. D. C. Noel to the Cathedral Women's Missionary Association in St. John's, Newfoundland, in an address appealing for assistance in his extensive territory.

After a furless winter the Indians had come out of the woods empty-handed last spring and early this summer. Families which had eagerly awaited the usual returns from the fur trade had been in want during the summer and were facing hardship as another winter approached. The unusually soft winter of 1932-33 had caused a scarcity of fur-bearing animals.

Mr. Noel's address took the form of a travelogue through 22 settlements spread along the hundreds of miles comprising the mission, by boat during the summer months and by komatik in winter. His headquarters were at Battle Harbor, but owing to the distances to be covered the missionary often was absent from home for months at a time.

He said there was extreme poverty in many settlements and spoke in appreciative terms of the work of the Women's Home Mission Association in providing clothing for the Indians.

Making a strong appeal for further assistance, he warned that adequate relief measure should be taken immediately to ensure that sufficient supplies would be available before navigation closed.

So serious were conditions in some villages that the Newfoundland Government had to distribute supplies this summer to keep the Indians from starving.

Woman Collects Natural Specimens Of Manitoba Flora

Has Found 915 of the Existing 1,013 Known to Exist in Her Province

The hobby of collecting material specimens of Manitoba flora has become for Mrs. E. J. McMillan, of Woodhaven Park, a pleasure that has now given her a unique distinction, writes Lillian Gibbons. Her collection is the largest amateur one in Manitoba and is perhaps in the whole Dominion.

After she had collected some 300 specimens, and had identified them to the best of her knowledge, she sent the lot to the Manitoba Agricultural College for correction by a botanist. When she received her collection back she received also a "Check List of Manitoba Flora."

Up to this point the woman botanist had not known of the existence of such a list much less had she seen one. In the book there are listed 1,013 specimens. "I had 300 at that time, and the book was a challenge to me."

To-day, Mrs. McMillan has 915 specimens, just 98 short of the total number known to exist in Manitoba. Trees, weeds, shrubs, everything that grows —is contained in that list.

Her method of mounting has surprised and delighted professionals. Her specimens are so delicately placed that they look like paintings. Their colors are preserved and no ugly smudges of glue are visible. Nor are there bumps on the centre of the pages—because not all the specimens are placed in the middle.

Mrs. McMillan has brought home part of the locale with a specimen in order that it might have familiar soil in which to thrive. Sometimes, this attention is appreciated by the wild flowers; at other times, the flower grows away from its special sod and seeks another spot in the garden. The chickweed runs away and makes itself at home in the regular garden.

I have seldom known any one who deserted truth in trifles that could be trusted in matters of importance. —Paley.

Four per cent more people were employed in New Brunswick's fisheries in 1932 than in the preceding year, or a total of 15,764.

If a man's fortune does not fit him, it is like the shoe in the story; if too large it trips him up, if too small it pinches him.—Horace.

COMMENTS EVENTS

AROUND THE DIAL

By AUSTIN MORAN

Personal Glimpses

Milton J. Cross never gets ruffled and is the calmest man in the studios no matter what the stress or strain. . . George Hicks, serious and conscientious, devotes hours of study in preparation for special assignment broadcasts. . . Edward K. Jewett, night supervisor of mike-masters, is a natural born mimic and regales his associates with imitations of themselves. . . William Scotti, conductor and saxophone soloist, is married to the former Anna Accardi. . . The mother of Muriel Wilson, Mary Lou of the Show Boat Company, is prominent in politics in New York. . . Bradley Barker, who appears in many programs as an actor and imitator of animal and other sounds, first applied his unique gifts to excellent advantage when the talkies came to Hollywood. He was everything in those days from the approaching footsteps in a mystery thriller to a frying egg in a Jack Holt picture.

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Can't Insure Hall's 3 Singing Voices

There's a limit to the variety of unusual contingencies that even Lloyd's of London will insure you against, it seems, that the sponsors of Wendell Hall, the "Red Headed Music Maker" seems to have run into something of a stone wall in their attempt to insure the voices of the lanky Red Head.

Note the plural, "voices", for Wendell sings in three distinct pitches, and his sponsors wanted to insure all three voices for $100,000 against mishap. They made application with the A. F. Shaw & Co., Chicago agents of London Lloyd's, for the insurance but for once the renowned London firm was stumped, according to the Chicago agency.

And that's no reflection on the permanency of Wendell's three voices either, for he's had them all for a good many years now, and the chances are that he'll have them for a good many years to come.

* * * * * *

Snapshots

Eddie Cantor, shortly before his return to the air channels, was being interviewed by a Hollywood girl for her high school paper. He had just come off the set fatigued from an exhausting scene. "Why, Mr. Cantor", she queried, "what makes you look so old?" . . . "Trying to keep young", wearily replied Eddie. . . "Trying to keep young?" repeated the puzzled youngster. . . "Yes — four of 'em," explained Eddie.

Phil Baker, the Armour Jester, while playing a New York vaudeville theatre years ago, gave each of the Neil Sisters, fellow artists on the bill, a $5-gold piece as a luck charm. Promptly the Neil Sisters' booking went wrong and it wasn't until necessity forced them to liquidate the "charms" that luck changed for the better.

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Ben is Mournful

Ben Bernie and his cigar form one of the most inseparable teams in the show business and it is a slow day when the "Old Maestro" destroys fewer than thirty "heaters".

But the pace has been telling on Ben and he finally consulted a doctor . . . as a result, Ben has been on the diet of "nicotineless" cigars for an indefinite period. And—as the "Old Maestro" puts it—"Am I suffering".

"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
Eastern Standard Time.

P.M.
8.00—Rudy Vallee ..... CRCT
9.00—Mark Warnow ..... CFRB
Show Boat ..... WBEN
9.30—Dramatic Guild ..... CFRB
10.00—Al Jolson ..... CRCT
NBC Present ..... CKNC
10.30—Husing and Belasco ..... WKBW
11.00—Foothill Echoes ..... CRCT

FRIDAY

8.00—Jessica Dragonette ..... CRCT
8.30—March of Time ..... WGR
Curtain Calls ..... WLW
9.00—Fred Allen ..... WBEN
Western Hour ..... CRCT
9.30—Football Show ..... WGR
Phil Baker ..... WJZ
10.00—First Nighter ..... WBEN
Olsen and Johnson ..... WKBW
10.30—Lum and Abner ..... WBEN
10.45—Howard Barlow ..... CFRB
11.00—Souvenirs ..... CRCT

SATURDAY.

8.30—Under the Bridges of Paris ..... CRCT
9.00—Baron Munchausen ..... WBEN
Variety Hour ..... WGR
Triple Bar X Days ..... CFRB
Jamboree ..... CRCT
9.30—Symphonic Strings ..... CKNC
Cornhuskers ..... CFRB
10.00—Dancing Party ..... CRCT
10.30—George Jessel ..... CFRB
11.00—Vancouver Frolic ..... CRCT

SUNDAY.

2.00—Broadway Melody ..... CFRB
Gene Arnold ..... WLW
2.30—Hollywood Show ..... CFRB
Pop Concert ..... CRCT
3.00—Symphonic Hour ..... CFRB
Opera Concert ..... CRCT
4.30—Hoover Sentinels ..... CRCT
5.30—Sanderson and Crumit ..... WGR
7.00—Vincent Lopez ..... WLW
7.30—Joe Penner ..... WLW
8.00—Freddie Rich ..... WGR
Rubinoff ..... CRCT
9.00—Seven Star Revue ..... WGR
Merry-Go-Round ..... WEAF
Fred Stone ..... WLW
10.00—Jack Benny ..... WBEN

MONDAY.

7.30—Country Club ..... CRCT
8.30—Andre Kostelanetz ..... CFRB
9.00—A. & P. Gypsies ..... WBEN
Gaiety and Romance ..... CRCT
10.00—Wayne King ..... WKBW
Contented Hour ..... CRCT
10.30—Jules Lande ..... WBEN
Zero Hour ..... WLW
10.45—Howard Barlow ..... CFRB

TUESDAY.

8.00—Crime Club ..... WLW
Crumit and Sanderson ..... WBEN
8.45—Trade and Mark ..... WLW
9.00—California Melodies ..... CFRB
Ben Bernie ..... WBEN
Grenadiers ..... CRCT
9.30—Nino Martini ..... CFRB
Texaco Reporter ..... WBEN
10.00—American Legend ..... CFRB
Lives at Stake ..... WBEN
10 30—Ted Husing ..... WKBW

WEDNESDAY.

8.00—Crime Clues ..... WLW
Bert Lahr ..... CRCT
8.30—Albert Spalding ..... CFRB
9.00—One Hour With You ..... CRCT
Troubadours ..... WLW
9.30—Burns and Allen ..... WKBW
Leo Reisman ..... WBEN
10.00—Harry Richman ..... WKBW
Corn Cob Club ..... WBEN

Bi-Weekly Program Gaining in Popularity

Tuesday and Friday at 2 p.m. brings to the microphone Lionel Scott, well known interior decorator.

For many years Mr. Scott has contributed his ideas to the leading magazines throughout the Dominion.

Through this novel broadcast you will be able to participate over the air in the private consultations of this well-known interior decorator.

By special arrangement with station CFRB over which this feature is broadcast Mr. Scott will answer personally, your questions pertaining to interior decorating. All questions should be accompanied by a self-addressed, stamped envelope to insure a reply.

Jerusalem was surrendered to General Allenby on December 9, 1917, but he did not enter the city until two days later.

MUTT AND JEFF— By BUD FISHER

She T'ank She Go Home