Woman's World

By Mair M. Morgan

Steam Puddings Good Fare For Fall Days

Pudding days are here and the following recipes are worthy additions to your kitchen files.

Marmalade Pudding

Cream six tablespoons of butter with four tablespoons sugar, add two well-whisked eggs, and beat all together thoroughly. Stir in a dessertspoon marmalade, gradually add 12 tablespoons flour, and, lastly, add two level teaspoons baking-powder. Put the mixture into a greased basin that it three-parts fills, cover, and steam for nearly two hours. Turn out and serve with warmed marmalade poured round the pudding.

Black Currant Jam Pudding

Place three tablespoons black currant jam in a well-greased pudding basin. Sieve half a pound of flour with a heaped teaspoon baking powder and a good pinch of salt, rub in six tablespoons butter, add eight tablespoons granulated sugar, mix thoroughly, and moisten with two beaten eggs and sufficient milk to make rather a soft mixture. Put this on to the jam in the basin, leaving room for rising, cover, and steam for about two and a quarter hours. Turn out and serve hot with some cold black currant jam handed round separately.

Strawberry-Jam Pudding

Mix together thoroughly one cup bread-crumbs, 4 tablespoons gently melted butter, two beaten eggs, 4 tablespoons sugar, a saltspoon soda, and two tablespoons strawberry jam. Put into a greased basin, cover, steam for two hours, turn out, and serve sifted with sugar. If liked, a little sweet white sauce may be handed round with the pudding.

Raspberry-Jam Pudding

Cream 4 tablespoons of butter, beat in 2 tablespoons sugar and the yolks of two eggs, stir in 8 tablespoons flour and a tablespoon raspberry jam, mix in thoroughly half a teaspoon of soda dissolved in a little cold milk, and, lastly, fold in the stiffly whisked whites of two eggs. Put the mixture into a greased basin that it does not quite fill, cover, and steam for about two and a half hours. Turn out and serve surrounded with hot raspberry jam.

Preserved-Ginger Pudding

Take the weight of two eggs in butter, sugar, flour, and preserved ginger free from syrup. Cream the butter and sugar, add the ginger cut into small dice, beat in the eggs, stir in the flour, and, lastly, add a quarter teaspoon baking-powder. Put into a greased basin, cover, and steam gently for about two and a quarter hours. Turn out and serve surrounded with some of the preserved-ginger syrup that has been boiled till thick with a little sugar.

Steamed Apple Pudding

Two cups flour, 4 teaspoons baking powder, ½ teaspoon salt, 2 tablespoons butter, ¾ cup milk, 4 apples cut in eighths.

Mix and sift dry ingredients; work in butter with tips of fingers, add milk, gradually mixing with a knife; toss on floured board, pat and roll out, place apples on middle of dough and sprinkle with one tablespoon sugar mixed with one-fourth teaspoon each of salt and nutmeg; bring dough around apples and carefully lift into buttered mould; or apples may be sprinkled with dough and dough rolled like a jelly roll; cover closely and steam one hour and 20 minutes. Serve with vanilla sauce.

Steamed Blueberry Pudding

Mix and sift dry ingredients and work in butter same as for steamed apple pudding. Add one cup each of milk and blueberries rolled in flour; turn into buttered mould and steam one and one-half hours.

Ginger Pudding

One-third cup butter, ½ cup sugar, one egg, 2¼ cups flour, 3 teaspoons baking soda, ¼ teaspoon salt, 2 teaspoons ginger, 1 cup milk.

Cream butter, add sugar gradually and egg well beaten; mix and sift dry ingredients, add alternately with milk to first mixture. Turn into buttered mould, cover and steam two hours.

Chocolate Pudding

Three tablespoons butter, two-third cup sugar, 1 egg, 1 cup milk, 2¼ cups flour, 4½ teaspoons baking powder, 2½ squares cooking chocolate, ¼ teaspoon salt.

Cream butter, add sugar gradually and egg well beaten. Mix and sift flour with baking powder, add salt, and add alternately with milk to first mixture, then add chocolate melted. Turn into buttered mould. Cover and steam two hours. Serve with cream sauce.

Cream Sauce

One-quarter cup butter, 1 cup powdered sugar, 9 teaspoon vanilla, ¼ cup heavy cream.

Cream butter, add sugar gradually, vanilla and cream beaten until stiff.

Suet Pudding

One cup finely chopped suet, 1 cup molasses, 1 cup milk, 3 cups flour, 1 teaspoon soda, 1½ teaspoons salt, ½ teaspoon each ginger, clove and nutmeg, 1 teaspoon cinnamon.

Mix and sift dry ingredients. Add molasses and milk to suet. Combine mixtures. Steam for 3 hours in buttered mould. Raisins and currants may be added. Serve with foamy sauce.

Foamy Sauce

White 2 eggs, 1 cup powdered sugar, ¼ cup hot milk, 1 teaspoon vanilla. Beat eggs till stiff, add sugar gradually and continue beating; add milk and vanilla.

Hot Irons

Don't ruin your clean ironing board cover by testing your hot irons on it. Have a folded newspaper at the end of the board with salt on it. Then test your iron and you will clean it at the same time, and all without discoloring your nice white cover.

Curtains and Drapes

The wise homemaker regards her windows as a fitting background for all the other furnishings in a room. If you have a figured rug and chairs upholstered in a definite patterned fabric by all means have plain drapes. If the reverse is true, choose draperies that are figured.

Plaid for the kitchen windows is, of course, the latest and smartest.

Shadow lace, voile, marquisette and theatrical gauze make charming glass curtains. Always hang them with an eye to making the window look larger than it is. Windows can't be too large. New model homes are built with all one side of the living room entirely of glass.

Fringe is practically taboo these days. Glass curtains with plain hems are newer and smarter.

Glass curtains are never so important as in the sun parlor. There they reign supreme with nary an overdrape to hide any of their glamor.

If you want to be chic and give your home a real fall treat, substitute venetian blinds for window shades. You don't use glass curtains with venetian blinds. Drapes will suffice.

Drapes Reach Floor

When you have carefully chosen glass curtains go on to the draperies. The ones in the living and dining rooms should reach the floor. When it comes to the bedrooms, they may reach either the floor or the end of the window sill. It all depends on what you like.

Box pleated valances are good for rooms with high ceilings. If the ceiling is low, leave the tops plain to give the illusion of greater height.

Damask, velvet, velour, taffeta and satin are ideal fabrics for the draperies of your more formal rooms. Cretonne and chintz are lovely in bedrooms. However, some of the heavier cretonnes are designed to go in any room in the house.

Linen drapes are highlighted this season. A new idea is to have pongee glass curtains in your boudoir. Put gay linen drapes right over them.

Drapes never should be less than three feet wide. The heavier materials must be lined. If you buy them ready made, all that is worked out for you. If you make them yourself, choose linings that are durable enough to last as long as the drapes themselves. Nothing is more annoying than to have to re-line draperies every season.

Sunday School Lesson

Lesson VI.—November 5. Paul In Jerusalem.—Acts 15. 1-35. Golden Text.—Where the spirit of the Lord is, there is liberty.—2 Cor. 3: 17.

TIME—A.D. 50.
PLACE—Antioch. Jerusalem.

THE POINT AT ISSUE, vs. 1-5.

"And certain men came down from Judæa and taught the brethren, saying, Except ye be circumcised after the custom of Moses, ye cannot be saved." We must put ourselves in a position to understand the feeling of these men. They did not object to Gentiles coming into the Christian church, but only to the way in which they came. They were mistaken grievously, as time has proved, but they had much to say on their side.

"And when Paul and Barnabas had no small dissension and questioning with them." These nouns do not imply angry quarrelling, but merely earnest discussion. But this means truth has been promoted and advanced throughout the ages. "The brethren." The Christian church of Antioch. "Appointed that Paul and Barnabas, and certain other of them, should go up to Jerusalem unto the apostles and elders about this question." Notwithstanding the persecutions, the execution of James, and the imprisonment of John and Peter, the apostles abode faithfully and courageously in Jerusalem, constituting it the mother church of Christianity.

THE COMPROMISE ARRIVED AT, vs. 6-29.

"Then it seemed good to the apostles and the elders, with the whole church." The whole story shows that the church acted. In the debate no one spoke as an officer. Even the chief of the apostles was not called Peter while on the floor, but Simeon, his personal name. "To choose men out of their company, and send them to Antioch with Paul and Barnabas." The trouble-makers who had first gone to Antioch were self-appointed, but these men would carry with them the credentials of the church. "Namely, Judas called Barsabbas." Of this Judas nothing further is known than that (verse 32) he was a prophet (see Acts 13: 1). Wolf and Grotius hold his to have been the brother of Joseph Barsabbas, Acts 1: 23. "And Silas, chief men among the brethren." This Silas was a noble and efficient Christian, and took the place of Barnabas in Paul's second missionary journey. He is probably the "Silvanus" who carried Peter's first Epistle to the churches of Asia Minor (1 Pet. 5: 7).

"And they wrote thus by them." It is always best to put agreements of all kinds into writing. "The apostles and the elders, brethren, unto the brethren who are of the Gentiles." The letter was sent in the name of the apostles and elders, but it is plain that they represented the church. "In Antioch and Syria and Cilicia, greeting." Antioch was the capital of Syria and Cilicia was the neighboring province at the northeast corner of the Mediterranean.

"Forasmuch as we have heard that certain who went out from us have troubled you with words." The letter avoids a statement of the contentions of the Judaizing party. The less said about the statements of the wrong side, the better. Constructive work far surpasses destructive work. "Subverting your souls." The influence of the Judaizing agitators is declared to be harmful, as the influence of bigots always is. "To whom we gave no commandment." Here is a definite statement of what has just been implied: they were not commissioned by the church, though doubtless they had implied that they had the full authority of the church behind them.

"It seemed good unto us, having come to one accord." Christians should be unanimous in their decisions. This does not mean that conscientious objectors should cease to object, but it means that a church, for instance, should not express its sentiments until the majority has won over the minority and it can move as a unit. "To choose out men and send them unto you with our beloved Barnabas and Paul." Most of us are too cold to express our feelings of affection. A single word of love will do more to cement a bond than all the logic in the books.

"Men that have hazarded their lives for the name of our Lord Jesus Christ." The exhibition of bravery and self-sacrifice in Christ's cause brings inestimable returns as a stimulus to the zeal of those that remain at home.

"We have sent therefore Judas and Silas." The messengers also are honored by special mention. Speak of Christian workers whenever you can. "Who themselves also shall tell you the same things by word of mouth." Confirm decisions in every way possible. Write them out, speak them out, and then act them out.

"For it seemed good to the Holy Spirit, and to us." For they were partners; and so should all Christians be partners of the Holy Spirit. "To lay upon you." The phrase expresses the consciousness of full authority on the part of the council. "No greater burden than these necessary things." Things necessary, some of them, for the peace of the church, and one of them necessary for a pure Christian life."

"That ye abstain from things sacrificed to idols." From meat offered in idolatrous sacrifices and afterwards offered for sale in the public markets, as was customary. "And from blood, and from things strangled." The first is the general and the second the particular prohibition. Gentiles used blood as a common article of diet, considering it a healthful drink, and especially after mingling it with wine. Jews forbade the custom in their laws (Lev. 3: 17; 17: 10-14), blood representing life, sacrifice, and purification from sin. "And from fornication." The necessity of adding this prohibition casts a lurid glare over the age in which it was written and over all idolatry. Every temple was a centre of licentiousness. "From which if ye keep yourselves, it shall be well with you. Fare ye well."

THE ACCEPTANCE OF JAMES' PROPOSAL, vs. 30, 31.

"So they, when they were dismissed, came down to Antioch." Probably returning by the same way they came, spreading the joyful news of the accord to which they had arrived. "And having gathered the multitude together, they delivered the epistle." It was not presented merely to the officers of the church, but to all the church members.

"And when they had read it, they rejoiced for the consolation." We ought not to forget that the letter was probably read out by one who was himself emphatically "the son of consolation" (Acts 4: 36). The verses of our lesson tell us further that Judas and Silas, who also were prophets, that is, preachers moved by the Holy Spirit, addressed the church of Antioch, fully confirming the epistle by word of mouth. Nor did they leave with unseemly haste, but remained for a space, cementing the agreement with the ties of friendly intercourse.

WATCH YOUR DIET

By Bon Saute

By Bon Sante

In a letter to the Mail and Empire Dr. D. H. Ackerill, a veterinary surgeon of Belleville, discusses the question of health to clearly and concisely that we take the liberty of quoting what he says, in full, as follows:

"Why there should be such a diversity of opinion even by medical men re health—how to grow it and retain it, is a mystery to me. There is only one road to health. Mother Nature's road—1, Temperance in all things; 2, Get all the six salts and iron vitamins she has put in it; 3, Get a necessary supply of oxygen and ozone she has placed in her fresh air away down deep into the lungs to purify and oxygenize the blood to kill disease germs and to vitalize the blood and through it the whole system; 4, Strenuous exercise to send this air deep down into the lungs where it is required. Mother Nature has placed her salts and iron in the skin of the fruit and the vegetable, yet we peel them and give the peelings to the animals and birds who have perfect bodies and health.

"Every woman's birthright is a perfect body, strong lithe and willowy and full of pep with an abundance of beautiful glossy hair, strong nerves producing bright snappy magnetic eyes, an ivory skin, smooth as satin and free from blemishes, pink cheeks, ruby lips and sound pearly teeth. Such a woman has no need of doctors or dentists or opticans or surgeons or hospitals or professional nurses or beauty parlors."

Bon Sante.

Experiments have shown that the best time to feed chicks for the first time is when they are between 36 to 48 hours old. Results showed that there was a decided advantage in withholding feed for 72 hours.

COMMENTS EVENTS

AROUND THE DIAL

By AUSTIN MORAN

Roxy Celebrates Eleventh Air Anniversary.

S. L. Rothafel (Roxy) soon will look backward on eleven full years as a radio feature on the radio networks.

What a difference there is between that first broadcast and those which Roxy is producing now. History in many fields has been made on that eleven-year period. While others scoffed, Roxy felt that the living stage, the motion picture and the radio would show thmselves to the best advantage by merging the best talents of all.

Roxy's first broadcast was at the Capital Theatre in New York when the Roxy Gang made its appearance on the air. It is entertaining to look back upon that broadcast. Some of the artists are still with Roxy, but many of them have gone on to other activities. Two went to the Metropolitan Opera—Fredrick Jagel and Editha Fleischer, Evelyn Herbert went on to become a star in musical comedy. Erno Rapee, who conducted the orchestra, now conducts the great Radio City Symphony.

Since his first broadcast Roxy has received many more than 7,000,000 letters. They bring to him, he says, a sense of humble happiness to feel that he is the close friend of so many people.

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Attention Canadian Listeners

Always striving to bring variety into the field of radio entertainment in Canada, the Wrigley Hour steps several notches ahead with the finest collection of talent ever to be grouped on any single Canadian air presentation . . . names . . . names . . . names.

Julian Oliver, Spanish tenor extraordinary; Marion Rockwell, petite artist of several outstanding commercials; Jimmie Johnson, recently returned from the World's Fair where he was featured as guest artist, and from the West we hear a new name, Marion Brown. The two clown-men Al. and Bob. Harvey, back from the British Isles with new songs, new chatter, in fact everything is new including a 25 piece orchestra under the baton of Geoffrey Waddington. One of the particular highlights is a special adaptation of Dickens "Pickwick Papers" and played by a capable cast of Canadian actors.

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Post Scripts

Rudy Vallee's first phonograph record was made while he was a student at Maine University, struggling for recognition as a saxophone soloist. He came to New York during his Easter vacation and paid fifty dollars for the recording. A few years later he was being paid thousands of dollars for his records.

Lowell Thomas, news commentator, started to make his own way in the world when he was eight years old, selling newspapers in Colorado. At eleven he was employed in the gold mines there. By the time he had reached voting age he had outfitted and headed two expeditions into the sub-Arctic. In the meantime he worked his way through four universities.

Each and every instrumentalist in Phil Harris' orchestra is a Hollywood movie actor. . . all the members of Ted Weems organization are college graduates. . . Lanny Ross is due to commence his first picture to be made under his new five year contract about December first.

"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
Captain Diamond ..... WJZ
8.30—Harlem Serenade ..... CFRB
9.00—Grenadiers ..... CRCT
WJAS Dedication ..... CFRB
Show Boat ..... WBEN
9.30—Dramatic Guild ..... CFRB
10.00—Willard Robinson ..... CFRB
Paul Whiteman ..... CRCT

FRIDAY.

8.00—Rosario Bourdon ..... CRCT
8.30—Jimmie Johnson ..... CKNC
March of Time ..... WGR
9.00—Fred Allen ..... WBEN
Irvin S. Cobb ..... WKBW
9.30—Gems from Lyrics ..... CRCT
Football Show ..... WGR
Victor Young's Orchestra. WBEN
10.00—Olsen and Johnson ..... WKBW
First Nighter ..... WBEN
10.30—Lum and Abner ..... WBEN

SATURDAY.

6.00—Meet the Artist ..... CFRB
8.00—"K-7" ..... WBEN
8.30—Bridges of Paris ..... CRCT
9.00—Triple Bar-X Days ..... CFRB
Baron Munchausen ..... WBEN
9.30—Leo Reisman ..... WBEN
Singing Strings ..... CKNC
10.00—Dancing Party ..... CRCT
10.30—George Jessel ..... CFRB
11.00—Vancouver Frolic ..... CRCT

SUNDAY.

2.00—Broadway Melody ..... CFRB
Gene Arnold ..... WBEN
2.30—Hollywood Show ..... CFRB
3.00—Philharmonic Orchestra .. CFRB
Opera Concert ..... CRCT
4.30—Hoover Sentinels ..... CRCT
5.00—Roses and Drums ..... WKBW
5.30—Crumit and Sanderson .... WGR
7.30—Joe Penner ..... WJZ
8.00—Jimmie Durante ..... CRCT
Freddie Rich ..... WGR
9.00—Seven Star Revue ..... WGR
9.30—Album of Music ..... CRCT
10.00—Jack Benny ..... WBEN
Sunday Hour ..... CKNC
11.00—Fireside Hour ..... CRCT

MONDAY

8.00—Syrup Symphonies ..... CFRB
Blackfoot Trails ..... CKNC
8.30—Bing Crosby ..... WGR
Canadianettes ..... CRCT
9.00—A. & P. Gypsies ..... WBEN
Gaiety and Romance ..... CRCT
9.30—Big Show ..... CFRB
Ship of Joy ..... WBEN
10.00—Contented Hour ..... CRCT
Wayne King ..... WKBW

TUESDAY.

8.00—Crumit and Sanderson ... WBEN
8.30—Wrigley Hour ..... CFRB
Wayne King ..... WBEN
9.00—Ben Bernie ..... WBEN
California Melodies ..... CFRB
9.30—Nino Martini ..... CFRB
Don Vorhees Orchestra .. WBEN
10.00—Legend of America ..... CFRB
Lives at Stake ..... WBEN
11.00—Moonlight on Pacific ..... CRCT

WEDNESDAY.

8.00—Bert Lahr ..... CRCT
8.30—Albert Spalding ..... CFRB
Waltz Time ..... CRCT
9.00—One Hour With You ..... CRCT
9.30—Burns and Allen ..... WKBW
Leo Reisman ..... WBEN
10.00—Ortiz Tirado ..... CRCT
Corn Cob Club ..... WBEN
Harry Richman ..... WKBW

BULOVA correct time daily over Stations CRCT—CKAC.

Rainy Morning

Drizzling rain and darkened sky,—
Hidden birds' faint sounds,—
Twirling leaves from trees so high
Piling up wet mounds.

Careful feet of hurrying folk,—
Tapping drips from height,—
Slippery leaves, all water-coaked,
Fallen in the night.

Only sounds of dreariness,
Rain the whole night through
Starts the day with weariness;
Everyone feels blue;

Drizzling rain? I see you smile,
I heard music too!
Children's laughter! Pause awhile,
There's sunshine for you!

—A. M. Hodgson

MUTT AND JEFF— By BUD FISHER

Herbert Brennon or Griffith Have Nothing on Mutt