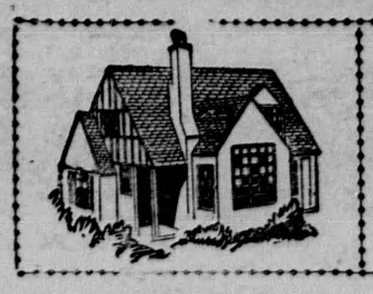

Woman's World

By Mair M. Morgan

Bulk in the Diet

The housewife in search of appetizing new vegetable dishes to tempt the family palate will find a wealth of possibilities in kale, kohlrabi, turnips, parsnips, beets, winter carrots, cabbage and onions.

These good cool weather vegetables possess certain dietary qualities which are most desirable and should not be overlooked. Kale very acceptably takes the place of spinach. Turnips and parsnips are valuable because they supply bulk, always a necessity in the diet and some carbohydrates. These vegetables all supply some mineral matter and vitamins.

More Salt Needed

When cooking these vegetables, one should remember that their structure is very different from that of the succulent summer vegetables. Boiling water or intense oven heat is necessary to soften the woody fibers of turpins, parsnips and the like. They also must be quickly cooked in a generous amount of water. These precautions prevent them from becoming soggy and unappetizing both in taste and appearance. Add salt to root and tuber vegetables when they are about half cooked. Remember, too, that these vegetables require more salt than the delicate summer varieties.

Kohl-rabi is delicious served in a mock Hollandaise sauce.

Turnips in piquant sauce are so very good that one would mistrust their humble origin.

Kale scalloped with bacon is nourishing and appetizing.

Carrot timbales served with white sauce make an excellent main dish for luncheon or supper.

Baked Beets are superior to ordinary boiled beets.

Baked onions are unusual and very good.

Kale With Bacon

Two cups cooked and chopped kale, 2 tablespoons butter, 2 egg yolks, 1 teaspoon salt, 1-3 teaspoon each pepper and paprika, few gratings nutmeg, 1 tablespoon minced onion, 4 slices bacon, 2 tablespoons grated cheese, 2 tablespoons fine dried bread crumbs.

Cut bacon in dice and cook until crisp. Drain and keep hot. Combine kale with butter, egg yolks, salt, pepper, paprika and nutmeg. Put half in a buttered baking dish. Cover with minced onion and bacon. Cover with remaining kale. Sprinkle top with grated cheese and bread crumbs. Bake in a hot oven until brown and serve from baking dish.

Make Use of Apples

Do you serve apple sauce with pork, goose, grilled sausages or, for the children, on bread and butter with sugar. It's also good for fillings for cakes and tarts.

Peel, core, and slice apples and allow 1 cup water and 1 cup granulated sugar for every 4 cups fruit. Flavor with cloves or lemon rind, to be removed when done. Cook for about half an hour, stirring constantly, when they should be "mushy." Store in jars or a few weeks. Will not keep indefinitely.

Apple Snow. Cook apples, with sugar to taste, to a pulp and pass through a sieve. Whip the white of an egg and fold into the whipped apple. Pile in a dish, sprinkle chopped pistachio nuts on top.

Apple Ginger. Melt 8 cups sugar in 2 cups water, and when a clear syrup add 8 cups eating apples peeled, cored and chopped. Add the juice of two lemons, the grated rind of four and 1 oz. green ginger which has been boiled in a cup of water with sugar until softer and finely scraped. Boil the preserve for two hours and test before putting into jars.

Winter Foods

An eminent physician recently made an extensive survey of the food his patients had been eating all their lives, with the idea of discovering whether or not there might be any connection between their diet and the various aches and pains from which they were now suffering.

It was found that most of the diets had been lacking in protective foods—milk, fruits, fresh vegetables. When these foods were given as treatment, 75 per cent. of the 501 patients were greatly improved.

The value of such foods is to-day generally recognized, but with winter coming on the important and protective fruits and vegetables appear with decreasing frequency on most family tables. But the planner of the daily meals should not endanger the family's health. Fruits and vegetables are available during the winter months. Modern methods of canning and preserving make this possible and add immeasurably to the variety obtainable.

One of the most valuable of all winter foods is soup. Take tomato soup, for instance. No garden product is richer in health ingredients than the tomato. Vegetable soup is another food which should appear frequently on every table. Ordinarily when vegetables are cooked in the usual way, many of the valuable mineral salts are boiled out and thrown away in the boiling water. But in the making of vegetable soup the rich, healthful juices are retained.

Enlarging Your Rooms

Do all you can to give your house an appearance of vast size. For instance, if there is an unnecessary door between the dining room and the living room, why not have it taken out?

Small rooms should not be overcrowded with furniture. If you need lots of seating space for guests remember that a studio couch or a divan will seat several people and take up much less room than three or four large chairs.

Small windows should have their curtains pushed back toward the sides to give an illusion of greater width and short windows look much longer if the overdrapes touch the floor instead of ending at the window sill.

Tasty Desserts

Here are two unusual desserts that will induce the man of the house to compliment the cook, and the guests to demand the recipes.

Chocolate Crested Custard Pie

Pie crust, 3 eggs, slightly beaten, ¼ teaspoon salt, ½ cup sugar, 3 cups milk, scalded, 1 teaspoon vanilla, 1 square unsweetened chocolate, melted, 2 tablespoons hot water, 2 tablespoons sugar. Line a deep 9-inch pie plate with pastry, rolled to 1-2-inch thickness. Combine eggs, salt, and sugar. Add milk, stirring constantly. Then add vanilla. Pour into pie shell. Bake in hot oven (400 reg. F.) 15 minutes, then decrease heat to moderate (350 deg. F.) and bake 30 minutes longer, or until knife inserted comes out clean.

Combine chocolate, water and sugar, and blend. Pour over pie filling, place in slow oven (300 deg. F.) and bake 7 to 10 minutes longer, or until chocolate is set. Cool.

Collar and Tie Offers Contrast

At the very moment when everything in fashion had been fixed up so that girls will be girls this year, a boyward trend appears. The particular news of this statement is that this snap-of-the-finger gesture toward femininity occurs of all things, even in evening fashions where girlishness has been flourishing to the boiling point.

By way of stating the outlet of this boyish manifestation, it is sufficient to say that it is a collar-and-tie-impulse. The recipe has for a basis the shirt fashion of daytime styles, conceding all that elegance has to offer in the way or rich fabrics and capitalizing on the formality of the floor length skirt, and the newness of the suit for evening wear. So, with all these ingredients blended, the result is a very young, saucy costume suitable for restaurant or theatre wear, described specifically with long slim skirt and kneelength tailored coat of dark velvet, with shirt of a rich texture like metallized silk, or thin velvet. The turn down boyish collar is the inevitable touch, sometimes with a tie, and we have even seen long sleeves that are finished with jeweled cuff links.

Notwithstanding the comparative isolation of this boyish tendency in the midst of so much completely opposite style, the idea becomes new just for the very reason that the return of the womanly figure and lavish fabrics are so incongruous with it.

Sunday School Lesson

Lesson XI.—December 10. Paul in Caesarea.—Acts 24: 10-23.

GOLDEN TEXT. — Herein I also exercise myself to have a conscience void of offence toward God and men laways.—Acts 24:16.

THE LESSON IN ITS SETTING.

Time.—Paul's two years in prison, A.D. 58, 59. Paul's appeal to Caesar (the Emperor Nero), A.D. 59.

Place—Caesarea. Jerusalem.

HAVING HOPE TOWARD GOD.

"And when the governor had beckoned unto him to speak, Paul answered." 'Friedrich draws attention to the frequent mention of beckoning, or making signs, as characteristic of Luke's writings; compare Luke 1: 22, 62; 5: 7; Acts 13: 16; 26: 1; 24: 10, etc.' "Forasmuch as I know that thou hast been of many years a judge unto this nation, I cheerfully make my defence." There is the greatest difference between the calm, truthful, and self-respecting introduction of Paul's speech, and the fulsome compliments of Tertullus.

"Seeing that thou canst take knowledge that it is not more than twelve days since I went up to worship at Jerusalem." 'Only twelve days, and five of these were used to arrest him and keep him in Caesarea. The simple statement of the facts refutes the charge.'

"And neither in the temple did they find me disputing with any man or stirring up a crowd, nor in the synagogues, nor in the city." The courts of the temple would be possible places for riotous disputes; so would the meetings of the synagogues on the Sabbath and on weekdays; so would the streets and squares of Jerusalem; but Paul had been found everywhere peaceable.

"Neither can they prove to thee the things whereof they now accuse me." Roman law is proverbial for its fairness and its insistence on proof; but in the two most notable instances in history in which it had a chance to prove its character for justice it failed disgracefully, namely, in the trial of Christ and the various trials of Paul.

"But this I confess unto thee." Only one charge could fairly be brought against Paul. Heresy according to the view of the Jewish religious leaders. "That after the Way which they call a sect." A sect is a schism, something cut off from the parent church. The Way was the name for Christianity adopted most commonly by the Christians of that time. "So serve I the God of our fathers." Paul claimed the same spiritual heritage as other Jews, no less a son of Abraham than the high priest himself. "Believing all things which are according to the law, and which are written in the prophets." Paul's writings are full of quotations from the Pentateuch, the prophets, the psalms, and the other sacred books of the Hebrews.

"Having hope toward God, which these also themselves look for." This hope was that there would be a resurrection, and it was held by the Jewish nation as a whole, of which some representatives were there present. The doctrine of the Sadducees that there was no resurrection was held by a comparatively small section. "That there shall be a resurrection both of the just and the unjust." Not merely the just shall live eternally, but also the wicked shall die eternally; and Felix felt in his heart that he was himself wicked.

A CONSCIENCE VOID OF OFFENCE, Acts 24: 16-21. "Herein I also exercise myself." Do I also myself take exercise, take pains, labor, strive. Old world in Homer to work as raw materials, to adorn by art, then to drill. "To have a conscience void of offence toward God and men always." To be like God was Paul's supreme ambition. Many a man has made it his chief ambition to flee from the wrath to come. Not so Paul. He shows no fear of hell, and apparently took no interest in talking about it.

"Now after some years." He had been absent from Jerusalem for four or five years—no chance to organize an insurrection from Europe or Ephesus! "I came to bring alms to my nation, and offerings." He had come to Jerusalem with the splendid gift to the poverty-stricken Jews from the churches of Achaia and Macedonia.

"Amidst which." Engaged in the making of the offerings last referred to. "They found me purified in the temple." Having complied with the rules for formal purification as laid down in the Jewish ritual. "But there were certain Jews from Asia." Bigoted Jews from Ephesus. We have already seen with what bitterness these enemies of Paul followed him from place to place.

"Who ought to have been here before thee, and to make accusation, if they had aught against me." It is the way of all such men to make their charges in secret.

"Or else let these men themselves." The Sadducean members of the Sanhedrin who had come to Caesarea with the high priest Ananias. "Say what wrong-doing they found when I stood before the council." That is, the Sanhedrin. That was Paul's only formal trial precedent to this before Felix, and, being before the chief assembly of the Jews, it should have probed the matter to the centre.

"Except it be for this one voice." Paul will himself adduce the charge of heresy, if they will not. "That I cried standing among them." Paul's statement, it will be remembered, had been made for the purpose of setting the Pharisees of the Council against the Sadducees, thus dividing his enemies against themselves. "Touching the resurrection of the dead I am called in question before you this day." No charge except that of sedition would count, of those brought against Paul, and it was evident that that would not stand. Paul had no need of a lawyer.

FELIX'S PROCRASTINATION, Acts 24: 22—26: 32. "But Felix, having more exact knowledge concerning the Way." His wife Drusilla, a Jewish princess, would have told him of the differences between the sects of the Pharisees and the Sadducees, and the hostility of both to the harmless Christians, 'men of the Way.' He saw clearly through the whole matter. "Deferred them, saying, When Lysias the chief captain shall come down." 'Down' from Jerusalem, on its hills, to the low-lying Caesarea on the coastal plain. "I will determine your matter." Like Pilate in the case of Christ, he was putting off as long as possible the manly and just decision it was his duty to make.

"And he gave order to the centurion." The captain of a company of one hundred soldiers. "That he should be kept in charge." Should remain a prisoner. "And should have indulgence." Evidently, like all the Roman officials who had to do with Paul, he was attracted to him. "And not to forbid any of his friends to minister unto him." Peter and John, Barnabas and Mark, Lazarus, Nicodemus, Joseph of Arimathaea, James the Lord's brother.—these are some of Paul's friends who may be supposed to have visited him during the two years that followed. And always there was Luke, the faithful physician, close at hand.

Every Housewife Entitled to This Code of Conduct

Beaumont, Tex.—Hearing nothing about a 40-hour week for housewives, a home-maker of Nederland, Tex., has proposed a code of her own.

Received by B. B. Johnson, County judge, in a letter which suggested its consideration by President Roosevelt and modestly signed "Mrs. L. T. P.," the code follows:

"Every housewife shall be taken out to dinner at least once a week.

"Husband or some other member of the family shall dry all the supper dishes.

"Every housewife is entitled to a minimum of two movies weekly.

"Husband shall help children with at least half of home work.

"Every housewife is entitled to 10 per cent. of the family pay for personal expenditures on self or clothes, cosmetics, etc.

"Every housewife (except where sickness or other emergency exists) is entitled to sleep late at least two mornings weekly."

Married Women's Right to Jobs Urged in London

London.—The atmosphere of the pre-war suffrage campaigns was revived in Central Hall, Westminster, recently when 3,000 women cheered speakers in a symposium on "Shall Married Women Earn."

Suffragette hymns were sung and old suffrage arguments advanced to show that married women ought to be allowed to earn their own living. Messages of encouragement were sent by Ruth Bryan Owen, American Minister to Denmark; Florence B. Hilles of the National Woman's Party in the United States, and leading feminists of other countries.

Lady Astor was applauded when she called Britain's attitude on this subject "deplorable."

Potato Warm Storage

Newly-dug potatoes have their skins. The skin continues to grow in storage and becomes thicker and somewhat corky. As the greatest losses in weight of stored potatoes are due to losses of water it is suggested contrary to general usage, that the first ten days' storage should be at a temperature of 65 degrees in order to thicken the skin and thus reduce the loss by water.

"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
CFRY, Toronto	357	840
KDKA, Pittsburg	306	980
KMOX, St. Louis	275	1090
KYW, Chicago	291	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	500	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
10.30—Willard Robinson ..... CRCT
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.

One Way Out

The defendant was being sued because his goat had eaten up the plaintiff's garden. The goat was in court and little attention was paid to him while witnesses were being chosen.

When the first witness was to be sworn they looked in vain for the Bible.

"Your honor," said the prosecuting attorney, "that goat has eaten the court's Bible."

"Well," grumbled the court, "make the witness kiss the goat. We can't adjourn court to get a new Bible."—Frie.

A Question

Pat called on the priest and said: "Father can I ask a question?"

'Sure, Pat," said the priest.

"Well, Father,' said Pat, "I know all about Shrove Tuesday, Ash Wednesday, and Good Friday, but what the devil is Nut Sundae."

Famous Host Seeks to Find Another Inn

London. — An advertisement in small type in the "Agony Column" of The Times recently revealed that John Fothergill one of the few really individual innkeepers left, would be glad to receive offers of small hotels or proposals for co-operation in bigger enterprises.

Mr. Fothergill made a fine old coaching house the Spread Eagle Inn at Thame one of the most famous hostelries in England, and recently wrote a book about it, "An Innkeeper's Diary." About a year ago he left Thame to take over the Royal at Ascot now he has left Ascot and has nowhere to go.

With a reputation as a bizarre and eccentric version of "Mine Host." Fothergill was accustomed to welcome his guests with stately courtesy, clad in knee breeches with bright buckles on his shoes and a flowing tie. Anything ugly he would not stand and frequently was known to charge "face money" to persons whose looks he disliked, to compensate himself and his inn for the displeasure of their presence. His fastidiousness, however, sprang from a genuine and intense love and knowledge of good food and wine.

There is a chance that he may set up shop in London, continuing to serve the English food which drew throngs to his hostelries at Thame and Ascot, but he says he must have his own garden somewhere to supply the herbs he requires for salads and sauces.

Clothes for Women Under Five Feet Four

Hollywood.—Lessons in clothes for women under five feet four inches in height are to be found in Mirian Hopkins' screen wardrobes, think Travis Banton, whose job is designing movie stars' gowns.

"Fashions are originated for women of average height, which means five feet four inches or more," the designer said recently. "This requires a little skill on the part of small women."

A gray woollen afternoon suit trimmed with silver fox is an example of the outfits designed for Miss Hopkins. The fur is manipulated below the shoulder-line to avoid a bulky appearance. A medium size flat muff of the same fur is carried, while her hat is a small black turban that rises in the back to afford height.

Another outfit for the small woman is a tailleur of black lightweight tweed that adopts the double breasted long coat and narrow skirt.

The shoulders are not padded since width is avoided by the short woman. The coat ends several inches above the skirt, in place of the usual three-quarter length, which is another gesture to add the important illusion of height.

Proletarian Furs Goal of Moscow's Rat War

Moscow.—A rat hunting campaign has been inaugurated by the Moscow fur trust, which will use the pelts to make coats for the proletariat.

Workers and office employes are induced to chase rodents by the offer of a special price for each skin and a coupon entitling the holder to spend all the money thus earned for clothing, shoes tobacco and other rationed articles. Traps are supplied free to factories, offices and house committees.

Western Nova Scotia fishermen stand to benefit from $100,000 to $150,000 through lobster purchases within the next few months by a newly-formed company in the United States, according to Connie Cohen prominent dealer of Boston.

MUTT AND JEFF— By BUD FISHER

A Rumble Seat Can't Be Any More Uncomfortable Submerged.