Woman's World

By Mair M. Morgan

Inexpensive Fruit Cake

In case you want to bake an inexpensive fruit cake the following recipe is splendid. Based on an old-time recipe known as "pork cake," the addition of fruits and nuts produces a delicious fruit cake at moderate cost. While not as rich as the traditional rich black or white fruit cakes made with many eggs, it is full of merit in other respects and is in no sense of the word a make-shift. No homemaker need hesitate to serve it to guests or give a square as a gift.

Eggless Fruit Cake

One pound fat salt pork, 2 cups boiling water, 2 cups light brown sugar, 1 cup molasses, 1 whole nutmeg grated, 2 tabespoons ground cinnamon, 1 tabespoon ground cloves, 1 pound seeded raisins, 1 pound currants, pound stoned dates, ½ pound citron, ½ pound candied cherries (optional) or 1 pint cherry preserves, 2 cups chopped nut meats, 4 tablespoons strong coffee infusion, 4 teaspoons baking powder, ½ teaspoon soda, 8 cups flour, 1 tablespoon vanilla.

Remove rind and all bits of lean meat from salt pork. Chop fat very finely and put into large mixing bowl. Pour boiling water over pork and let stand until lukewarm. Mix the chopped fat and water well while the water is hot, making a creamy mass. Add sugar and molasses and beat well. The raisins must be stoned and chopped, the currants cleaned, the dates chopped, the citron shredded and the cherries cut in halves. Sift 1 cup flour over mixed fruit and stir with a fork until well coated. Mix and sift flour with baking powder, soda and spices. Add prepared fruit to first mixture and mix well. Then add coffee infusion and vanilla. Stir well and add remaining dry ingredients. Mix until perfectly blended and turn into deep cake pans lined with heavy waxed paper over each loaf of cake. Steam two hours and bake 40 minutes in a moderate oven. Cool and wrap in heavy waxed paper and store in a tight tin box.

If cherry preserves are not available one cup of currant jelly and ½ pound candied cherries may be used.

Candied orange and lemon peels may also be added to the list of fruits. Or all the fruits except the raisins, currants and citron may be omitted. You may take many liberties with this recipe providing you use the correct proportions of fat, sugar, molasses, liquid, flour and leavening.

Winter Garden Salad

1 cup broken nut meats, 3 cups diced oranges, 1½ cups diced grapefruit, 2 cups diced apples, 1½ cups sliced bananas, lettuce, French dressing or mayonnaise. Cut the fruit in pieces of about the same size. Mix well, adding nuts just before serving. Arrange in lettuce cups and serve with either French dressing or mayonnaise as preferred. Serves 10.

Closet Bags

Closet bags of various shapes and sizes are a great convenience. A woman who wished to earn some extra money made attractive bags from cretonne and flowered sateen. The bags were usful and found a ready sale for personal use as well as for gifts.

Delicious Candies

Quick Fondant

1¼ cups conectioners' (4x) sugar, ¼ cup sweetened condensed milk, ½ teaspoon vanilla. Sift confectioners' sugar. Blend gradually into sweetened condensed milk. Add vanilla (or flavor with oil of peppermint, oil of wintergreen, etc., for variety) and continue mixing until smooth and creamy. Tint with vegetable coloring, if desired.

Cocoa Balls

¾ cup cocoa, 1¾ cups confectioners' (4x) sugar, 1 cup nut meats, ½ cup sweetened condensed milk, 1 tablespoon vanilla. Mix ½ cup cocoa and 1½ cups confectioners' sugar. Chop nut meats and add. Moisten with sweetened condensed milk and vanilla. Shape into balls. Combine remaining sugar and cocoa and roll balls in it. Makes three dozen.

Carrot Jam

Have you ever tried carrot jam? It is economical and delicious.

Wash and scrape the carrots, remove the centre yellow piece, then cook them until soft in a preserving pan with sufficient water to cover.

Strain, rub the carrots through a sieve, then weigh the pulp. To each pound of pulp add ¾ lb. sugar.

Boil together for half an hour, add the juice of two lemons and a few blanched and sliced bitter almonds. Pot and tie down.

Flavoring

Orange and lemon rinds should not be thrown away after the juice has been extracted, as with them an excellent and economical flavoring essence may be made. Cut the rinds into thin slices, taking care to include the white part between the skin and the fruit, and boil them in water until the quantity of water is reduced by half. Add sugar in the proportion of two cups to one cup of rinds. Simmer for a further ten or fifteen minutes and then store in bottles. Delicious lemon and orange drinks may also be made with this syrup by using a tablespoonful to a glass of water. A little of the syrup only is required for flavoring purposes.

Fluffy Omelet

If you would like to try something new in the way of omelets try this recipe: 2 tablespoons quick-cooking tapioca, ½ teaspoon salt, 1-8 teaspoon pepper, ¾ cup milk, scalded, 1 tablespoon butter, 4 egg yolks, beaten until thick and lemon-colored, 4 egg whites, stiffly beaten. Add tapioca, salt and pepper to milk, and cook in double boiler 10 minutes, stirring frequently. Add butter. Combine with egg yolks, stirring constantly. Fold in egg whites. Pour into hot buttered frying pan (9 inches in diameter). Cook over low flame 17 minutes. Omelet is sufficiently cooked when a knife inserted comes out clean. Dry top of omelet in slow oven (27g F.) 5 minutes. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on hot platter. Makes six servings. Note the economy: Made by the new tapioca method a four-egg omelet serves six persons; by the old method only four servings could be obtained.

Cabbage Tips

Many vegetables are out of season now, but a number of exceptionally attractive and tasty dishes may be made from the humble cabbage. Those needed calories for cold weather are taken care of by adding a dash of sugar—a seasoning that blends the salt and pepper used.

Cabbage Salad Melange

2 cups finely shredded cabbage, 2 pimentoes, cut in small pieces, 1 cup celery, cut fine, 12 olives, chopped, 4 tablespoons olive oil, 2 tablespoons vinegar, 1 teaspoon sugar, salt and pepper. Mix all the ingredients together well. Chill and garnish with slices of hard-boiled egg.

German Cabbage

2 cups finely shredded cabbage, 1 sliced onion, 2 tart apples, peeled and diced, 3 tablespoons butter, 3 tablespoons vinegar, 2 tablespoons sugar, ½ teaspoon all-spice, salt and pepper, 1 cup boiling water. Fry the onion in the butter until soft and yellow. Add boiling water, shredded cabbage and diced apple. Simmer until cabbage and apples are nearly done. Add vinegar, sugar and other seasoning. Cook three minutes more to insure the blending of flavors.

Planes in Ontario Start Winter Work

Sault Ste. Marie, Ont.—As a result of the earliest freeze-up in 25 years, planes of the Provincial Air Service are being equipped for winter flying. The Algonquin Park plane, one at the Soo and two at Sioux Lookout are now ready for replenishing gasoline caches and placing other necessities at northern stations to same tedious summer work.

20 Million to be Fingerprinted

Hsinching.—The Manchukuo government is planning to fingerprint the 20,000,000 Chinese coolies in Manchuria as well as future immigrants, as a means of keeping out undesirables and limiting the influx of labor.

Sunday School Lesson

LESSON XIII. — December 24.

A VISION OF PEACE—Isaiah 11: 1-9.

GOLDEN TEXT—The earth shall be full of the knowledge of Jehovah, as the waters cover the sea. — Isa. 11: 9.

THE LESSON IN ITS SETTING.

Time. — Isaiah's early prophecies (Beecher), B.C. 766. Death of Isaiah, B.C. 679.

Place. — Jerusalem.

And there shall come forth a shoot out of the stock of Jesse, and a branch out of his roots shall bear fruit.

THE SPIRIT OF JEHOVAH.

"And there shall come forth a shoot out of the stock of Jesse." The reference to the "shoot" out of the "stock" or "stump" of Jesse "means simply that the future King is to be 'of the house and lineage of David' (Luke 2: 4). "And a branch out of his roots shall bear fruit." Of lowly origin, springing from the base of a stump, yet the Kingdom which Isaiah foresaw, the Kingdom of God which the Son of God came to establish, was to be a fruitful kingdom, it was to restore the ancient glory of David.

"And the Spirit of Jehovah shall rest upon him." How is the Spirit of Jehovah to rest upon the coming King, the Messiah? In six different ways set forth in this verse and in a seventh way set forth in the next verse, reminding us of the "seven spirits" of God pictured so splendidly in Rev. 1:4. "The spirit of wisdom and understanding." Wisdom in himself and understanding or discernment of others are the basal qualities of a judge or ruler, and these old Lord possessed more than any other man. "The spirit of counsel and might." "'Counsel' is the faculty of adapting means to ends or of forming right resolutions; 'might' the energy necessary to carry them through." "The spirit of knowledge and the fear of Jehovah." The fear of God, we are told, is the beginning of wisdom, the beginning of the knowledge of God, the highest wisdom. "And his delight shall be in the fear of Jehovah." The word translated "delight," "in the original Hebrew properly means 'his smelling,' or 'scenting with satisfaction,' and hence 'taking pleasure in,' used especially of Jehovah taking pleasure in and so accepting sacrifice of sacrificial ceremonial." "And he shall not judge after the sight of his eyes, neither decide after the hearing of his ears." "'God seeth the heart.' Our Lord 'knew men's thoughts' (Matt. 9:4 etc.), and therefore did not need to 'judge according to the appearance' (John 7:24).

"But with righteousness shall he judge the poor." Our Lord said that he came to earth, among other things, "to preach good things to the poor." His heart was always open to the needs of the sick, the impoverished, the downtrodden, the suffering. He rebuked most sternly the cruel rich, and the hypocrites who "devoured widows' houses." "And decide with equity for the meek of the earth." "Blessed are the meek," said Christ, "for they shall inherit the earth." In the courts of early judges, pride and arrogance, confidence and self-assertion, hold sway and often win their cases; in the court of the Infinite Judge meekness will be the conquering quality, and humanity will win the verdict. "And he shall smite the earth with the rod of his mouth." Meekness has rule in the Messiah's kingdom, but meekness is far from weakness. "And with the breath of his lips shall he slay the wicked." Our God needs no weapons against the evil. "And righteousness shall be the girdle of his waist, and faithfulness the girdle of his loins." "The Spirit makes the King so different that his garments stand in sharp contrast to those of the old warriors.

THE EARTH FULL OF THE KNOWLEDGE OF JEHOVAH.

"And the wolf shall dwell with the lamb." References to the fierce and ravening wolf are found all through the Bible. "And the leopard shall lie down with the kid." The leopard, that spotted wild beast, is now found chiefly east of the Jordan, but in Bible times it as evidently more common west of the Jordan than it is now, and preyed mainly on kids, though it sometimes attacked man. "And the calf and the young lion and the fatling together." In Bible times lions were common in Palestine, especially in the forests and in the bushes along the Jordan. "And a little child shall lead them." Our Lord said that only those who become as little children can enter the kingdom of heaven. This is because of a child's humility, his trustfulness and teachableness.

"And the cow and the bear shall feed; their young ones shall lie down together." Both cows and bears shall feed alike, shall graze. "And the lion shall eat straw like the ox." "It may be that what we call the laws of animal nature in these respects are tending to a final goal, of which the evolution that has taught the dog, the bull, the horse, is as it were a pledge and earnest."

"And the sucking child shall play on the hole of the asp." Shall play safely. The asp is a venomous serpent of Egypt and Palestine, living in holes ,and is akin to the deadly cobra. "And the weaned child shall put his hand on the adder's den." "Adder" may be the same poisonous reptile just translated "asp."

"They shall not hurt nor destroy in all my holy mountain." The "holy mountain" may be Mount Zion in Jerusalem. "For the earth shall be full of the knowledge of Jehovah, as the waters cover the sea." "That is, the ocean-bed, shall be the fulness of the divine glory which shall 'clothe the earth.'

Will Think Twice

Three Southwold township boys will think twice before they again throw stones at fast New York Central passenger trains. The lads were caught and arraigned, being assessed $42 in costs. No one has been injured in the coaches although other damage was done the train.

Terrible

Toronto magistrate declares the number of careless drivers in Ontario is on the increase. In fact, theyr'e getting so thick you have to drive carefully sometimes, yourself.—Border Cities Star.

Chic Sports Model

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished With Every Pattern

Loads of chic is caught up into this sports model. It has the popular scarf neckline. Almost any of the mid-weight woolens as jersey, rabbit's hair, wool crepes, etc., are lovely for this model. Faille crepe, silk, velveteen, taffeta and satin crepe are also suitable.

For the more formal blouse, which can also be made with short full sleeves, choose faille crepe, velvet, lame, satin crepe or lace.

Sketched for formal wear is gold colored satin crepe. A brown velvet bow adorns the neck.

The sports blouse is checked woolen in pagoda-red and black.

Style No. 3113 is designed for sizes 11, 13, 15 and 17 years.

Size 15 requires 1⅞ yards 39-inch material for sports blouse, and 2⅛ yards 39-inch material with 1 yard ribbon for formal blouse.

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.

Farm Girl Dresses On $21.61 Outlay

Maryland Girl Winner of National Contest At Chicago

Chicago.—When a farm girl steps out in a costume that has the look of expensive shops, there is no need to think she has drained her father's bank account, if he still has one.

The explanation is given by Miss Naomi Shoemaker, a farm girl from Woodbine, Md., judged the national style champion here in 4-H Club contests. Naomi's complete outfit, tailored suit, blouse, undergarments and accessories included, cost just $21.61.

And here is how she managed to give herself the smartly dressed look on an amount which many a woman of moderate income would consider not unreasonable for shoes, hat and handbag. First, she made everything except the shoes and hose herself. A good needlewoman with a flair for style, she turned out her tweed suit and hat for the cost of the material, $10.15.

The ornament for her hat came from a last year's dress. The zipper-fastenwool handbag and gloves, which did much to give the smart accent to her tailleur, were also of her own making, put together from scraps of wool from a last year's dess. The zipper-astening of the bag she salvaged from a discarded pocket-book.

Contests in style this year have shown that farm girls are learning to make the most of what they have, said Mrs. Josephine Arnquist Bakke, of Ames, Iowa, who directed the 4-H Club style show here.

"It is not just learning to 'make over'," said Mrs. Bakke. "In Iowa we have made over things until there is literally nothing left to remodel. Attics are depleted. So our girls have learned to use materials that they never dreamed of using for garments before and it is encouraging to see what lovely things they have made.

"We call them 'surprise garments.' They are made from sugar socks, flour sacks, and even burlap. Our girls learn to treat these rougher materials to make them soft. Burlap, for instance, is treated with lye to take the roughness out of it. Trimmed in a suitable colored material, like wool yarn, you have no idea what good looking garments can be made of it.

"Our girls learn that style isn't something that must be bought with money. It takes cleverness to be smart. If a girl understands the fundamentals of good style she may learn the joy of creating something right in color, design and style at a nominal cost.

The success of the show, Mrs. Bakke thought, lay in the simplicity and good taste of the costumes and the naturalness of the girls.

Sound-proof Cars Run on Subway in New York

New York.—Some of the roar was taken out of the roaring New York subway when five new "soundproof" cars were sandwiched in between five other cars on an express train. Representatives of the Interborough Rapid Transit Company rode in the new cars to see how the passengerse liked it. Some seemed surprised, others pleased, and the rest didn't seem to notice any difference.

"Now that we are on the way to cutting out noise," said J. S. Doyle, assistant general manager, "the one thing remaining is to bring sunlight into the subway. I firmly believe that in a few years the cars will be equipped with sunlamps."

To My Dog

The sun will shine as brightly when I die,
The moon will come as nightly to the sky;
There'll be the same old round of things
Of presidents and wars and kings.
Only a few will know or care
That I have even gone somewhere.
Oh yes, a few will deeply grieve
That I have taken my reprieve.
Of this I know, Oh, yes, I know
A few will miss me when I go.
But they will understand and know
That people come and people go;
That people live and people die
So why another and not I?
But one will never understand
When she comes in to lick my hand,
My empty bed—my vacant chair—
And not to find me anywhere.
Oh, who will heed her strident bark?
Or whistle for her in the dark?

—Blanche Cummins Hoeffer.

Relief of Maternity Cases in Ontario

York County Adopts Successful Method of Caring For Mothers

"We instituted the system of paying municipalities a bonus of $5 for keeping relief maternity cases out of the hospital in August, and there have been many cases come under this supervision," said Dr. Gordon Hyland of the York (Ontario) County Council, to an interviewer.

"These cases are just as well taken care of in the homes as in the hospital. The Victorian Order of Nurses is used in many places and also local nurses where the V.O.N. is not available. A nurse remains in the home during the confinement period, and there is no question about the case being well looked after. This system has been adopted extensively throughout the country.

"The cost formerly of sending a patient to the hospital was $37.50, of which the county and the municipality each paid one-half," Dr. Hyland said. "Under the new arrangement a home maternity case costs the county $5 and the municipality has $23.75 to spend on local nurses and doctors. This is available only to families on relief.

"Even among families who can afford to pay their own medical expenses confinements often take place by choice at home," Dr. Hyland continued. "It is quite safe. If conditions in our relief home were of such a kind from a sanitary standpoint that it was dangerous, the case would, of course, be sent to the hospital.

"The municipalities exert no pressure on the doctors. It is entirely up to the doctor whether a case goes to the hospital or not. The council merely ask the doctor that the home arrangements be made where possible. York township is among the municipalities which have adopted this plan."

Telephone Strike Causes Marriages

Madrid.—A strike at the Spanish National Telephone Company, subsidiary of the International Telephone and Telegraph Company, more than a year-and-a-half ago, has resulted in over a hundred marriages

When the strike broke out, 200 policemen were sent to guard the company's skyscraper in the heart of the business district. The organization turned over rooms in the building to the men where they could rest. Various faithful employes who did not wish to face the strikers in the streets also were given rooms. This improvised hotel resulted in friendships between the police and a number of telephone operators. .....

The strike ended many months ago but the police still are stationed at the telephone building. However, their number has been decreased by a hundred or more marriages of their companions to telephone operators and other employes

Manitoba Obtains Loan of $100,000

Winnipeg.—A loan of $100,000 from the Federal Government has been negotiated by the Manitoba Government to aid in financing provincial and municipal shares of relief expenditure.

Announcing the loan here, Hon. E A. McPherson, K.C., Manitoba treasurer, noted loans of $1,000,000 had been made by the Federal Government to Saskatchewan and Alberta for the same purpose.

He recalled Manitoba had joined with Saskatchewan and Alberta in seeking loans for relief purposes a year ago. Stating a $1,000,000 loan was as much needed by Manitoba as the other two prairie provinces, Mr. McPherson said the best Manitoba could do was to arrange the $100,000 loan.

Deep-Throated Bass Is Becoming Extinct

Boston.—The deep-throated bass singer is becoming extinct, says Paul F. Spain, chairman of the voice committee of the Handel and Hayden Society, 118-year-old Boston singing organization. "We have noted the scarcity of that type of voice, popularly known as the bull-bass, not alone in the field of singing but also in public and conversational speaking," Spain said.

MUTT AND JEFF— By BUD FISHER

Some Color Scheme, Eh, Wot, Some Color Scheme.