Woman's World

By Mair M. Morgan

Tested Favorite Recipe

(This is an attractive one-piece cake dessert).

Four eggs, 1 cup sugar, 4 tablespoons sifted flour, 4 tablespoons sifted cheese, ½ teaspoon cream of tartar, 1-8 teaspoon soda, ½ teaspoon salt, 20 marshmallows.

Beat eggs until very light, add sugar slowly while beating. Fold in flour, cocoa, cream of tartar and salt which have been sifted together. Spread mixture on rectangular cake pan lined with wax paper, and bake about ten minutes in moderately slow oven (300 deg. Fahr.) Turn onto cloth dipped in cold water wrung out well.. Remove paper and immediately spread with Marshmallow filling and roll up like jelly roll. Top with chocolate frosting and decorate with little flowers made of slivers of marshmallow, with cherry centre.

Marshmallow Fillings

Melt marshmallows in top of double boiler. Boil 1 cup sugar and ¼ cup water until it forms soft ball when tried in cold water (240 deg. Fahr.) Pour this syrup over 1 stiffly beaten egg white, beating constantly. Add melted marshmallows and ½ teaspoon vanilla extract. Beat until cool enough to spread.

Delicious Stew

Many hostesses feel that they must apologize when serving stew. Strange—when you know how many men order stew in restaurants. It is true, unfortunately, that many women do not know how to make a good stew. Here are some first-rate tips:

The first principle in stew-making is to sear the meat. This may be done by pouring water over it, or by browning it in a hot frying pan. The purpose of this preliminary searing is to seal the juices in the meat fibres. The searing coagulates or hardens the soluble protein, which then retains the juices by locking them up in fibrous pockets! The second principle in stew-making is long, slow cooking, below the boiling point. Hard, fast cooking at boiling temperature ruins the meat, makes it stringy, tough and unappetizing! The third principle is correct and varied seasoning by means of herbs, spices and methods of preparation.

Inexpensive Cuts

The shoulder or chuck, the shank, the shortribs and the round make good beef stew meats. Out of these cuts are made brown beef stew, Spanish stew, Hungarian beef stew and all of the various Swiss steak combinations, as well as chop suey.

The breast, or shoulder, or neck of lamb properly cut, makes delicious stews. The same cuts are used for veal stew.

From pork shoulder or trimmings is made the usual chop suey, the preferred type being the pork chop suey.

Veal Stew

Two lbs. veal breast or shoulder, 8 medium sized potatoes, sliced or cubed, 2 medium sized onions sliced or whole, 2 cups chopped or sliced carrots, 4 tablespoons flour.

Cut the fat from the meat into cubes, place in the stewing kettle and heat i Cut the meat in small portions and brown it in the hot fat, searing well on all sides, taking about 10 minutes for the process. Add enough hot water to just cover the meat. Cook at simmering temperature one-half hour.

Then add the carrots and onions, and enough hot water to cover them if it has previously cooked away. Cook until meat is almost tender, at simmering point, then half hour before fully done add the potatoes.

Make a paste of the flour and an equal amount of cold water, then thin to the pouring consistency and add to the stew. Cook five minutes to thicken, then season with salt and pepper and at the last minute before serving add two tablespoons finely minced fresh parsley.

Brown Beef Stew

One onion chopped fine, 3 lbs. stew[illegible]ing portions; 1 [illegible] whole cloves; 1 tablespoon [illegible]er or drippings and lemon juice; 1 teaspoon celery salt and minced parsley.

Fry the onion and meat in the butter until seared well, place in kettle with other ingredients, except parsley, barely cover with hot water, simmer till meat is tender. When done, thicken the liquid with a flour-and-water paste, cooking 5 minutes afterwards till thickened, then add the chopped parsley and serve. It takes about 3 hours to make this stew. Two tablespoons of flour is the usual allowance for thickening each pint or two cups of liquid.

Irish Stew

Three lbs. breast or shoulder of lamb, cut in small pieces; ½ cup carrots, diced or sliced; ½ cup turnips, diced; 1 onion, chopped or sliced; 4 cups potatoes, cut in thin slices and parboiled 5 minutes; cup flour diluted with cold water to a paste.

Cut the lamb into serving portions, place in stewing kettle and cover with boiling water. Cook slowly, simmering, abaut 2 hours, or until tender. At the end of the first hour, add the carrots and turnips and onion; 15 minutes before serving add the thinly sliced potatoes. When done, thicken the gravy with the flour and water paste. Season with salt and pepper and serve with tiny dumplings if desired.

Hungarian Beef Stew

Two lbs. lean beef, cut in small pieces, and sprinkled with salt, pepper and vinegar. Let stand 2 hours. One onion chopped fine; 1 pinch caraway seed, sweet majoram and paprika.

Fry the onion and the meat in butter until seared. Add the seasonings, cook slowly till tender without any water added. Add 1 tablespoon flour rubbed to a paste with ½ cup cold stock or water, and when it thickens, add ½ cup thick sour cream and paprika to taste. Serve immediately.

Lamb Stew

Have the breast or shoulder of lamb cut in convenient pieces for stewing, brown them in hot bacon fat or drippings. Cover with boiling hot stock or water, add a bunch of sweet herbs, a small clove of garlic, one chopped onion and two tablespoons of vinegar. Simmer until meat is tender. Drain off the liquid, add half cup stewed and strained tomatoes, pour over the meat and serve with a border of boiled rice. If preferred, the tomatoes and meat stock liquid may be thickened slightly.

Peanut Butter Hermits

1 cup sweetened condensed milk, 6 tablespoons peanut butter, ¼ teaspoon salt, ¾ cup graham cracker crumbs. Thoroughly blend together sweetened condensed milk and peanut butter. Add salt and graham crackers that have been rolled to crumbs. Mix well. Drop by spoonfuls onto buttered baking sheet. Bake 15 minutes, or until brown, in moderately hot oven 375 deg. F.) Makes 1½ dozen.

Slip-Proof Rugs

A strip of oilcloth sewn along the under side of each end of the small rug is a good way to keep it from slipping.

Kitchen Rugs

Small washable rugs add to the winter comfort of the kitchen and take away the cold look of the floor.

Dainty Wafers

1 cup graham cracker crumbs, ½ cup cocoanut or nut meats, chopped, ½ cup sweetened condensed milk, 3 egg whites, stiffly beaten. Put the graham crackers through food chopper or roll to fine crumbs. Add cocoanut or nut meats and sweetened condensed milk. Mix thoroughly Fold in stiffly beaten egg whites. Drop mixture by spoonfuls on a baking sheet covered with waxed paper. Bake in a moderate oven (350 deg. F.) 25 minutes or until delicate brown. Makes two dozen wafers.

Brown Sugar Brownies

1 cup sweetened condensed milk, 3 tablespoonfuls brown sugar, 3 cups corn flakes. Cook sweetened condensed milk and brown sugar in the double boiler over boiling water until thick. Remove from fire and add corn flakes, mixing thoroughly. Drop by spoonfuls on a well buttered pan about one inch apart. Bake 10 or 12 minutes or until brown, in a moderate oven (350 deg. F.) Makes two dozen.

Note:—A half cup of walnut meats chopped fine may be added with the corn flakes if desired.

Sunday School Lesson

Lesson XIV. December 31. The Life of Paul—Philippians 3: 1-14. Golden Text—I have fought the good fight, I have finished the course, I have kept the faith.—2 Tim. 4: 7.

TIME—A.D. 61 or 62.

PLACE—The letter to the Philippians was written from Rome during Paul's first imprisonment there.

PAUL THE PHARISEE.

"Finally, my brethren, rejoice in the Lord." Establish your joy in the Lord, as a firm foundation. "To write the same things to you." Paul is not going to repeat himself in words or argument, but in the essence of his thought; the sound doctrine which he is going on to recommend is founded on what he has already said concerning the Christian life. "To me indeed is not irksome, but for you it is safe." A true teacher is never satisfied till he has really taught, till his pupils have absorbed his teaching; and frequent reviews are essential to the genuine imparting of truth. Sunday-school teachers especially need to understand this.

"Beware of the dogs, beware of the evil workers, beware of the concision." "Dog" was a team of reproach in Greek from the earliest to the latest times.

"For we are the circumcision." It signifies that the mere observance of the rite of circumcision, without a corresponding faith and inward obedience was no better than an act of physical mutilation. "Who worship by the Spirit of God." The effect of the whole work of the Blessed Spirit in the regenerate Christian was to bring him into right relations of worship with God who "is Spirit" (John 4: 24). "And glory in Christ Jesus, and have no confidence in the flesh." We have here all the difference between a spiritual and a merely formal worship.

"Though I myself might have confidence even in the flesh." Paul does not say that he had no confidence in the flesh, but that, though Christians as such had none, he personally had confidence in the flesh also, that is, as well as in Christ; but such confidence he regarded as of no value. "If any other man thinketh to have confidence in the flesh, I yet more." Paul could outboast any of the vaunting advocates of Judaism, if he should choose to pit himself against such a person; but he did not so choose.

"Circumcised the eighth day." A true Israelite was circumcised on the eighth day after birth; an Ishmaelite was not circumcised until his thirteenth year. "Of the stock of Israel." He was descended from the patriarch Jacob. "Of the tribe of Benjamin." The smallest of the twelve tribes. "A Hebrew of Hebrews." Of the purest, noblest, most famous Hebrew blood. "As touching the law, a Pharisee." No one had been so strict as Paul in observing the rules laid down by Moses and the regulations added to them by the rabbis.

"As touching zeal, persecuting the church." He was not only a Pharisee, but an energetic, zealous Pharisee; he carried out the principles of his sect, thinking that he did God service. "As touching the righteousness which is in the law, found blameless." Only too bloodily had Saul of Tarsus proved himself thorough and consistent.

PAUL THE CHRISTIAN.

"Howbeit what things were gain to me." The things which ordinarily would be counted an advantage to me, for which most men would praise me and honor me. "These have I counted loss for Christ." Advantages of birth, of character, and of ceremonial strictness I have once for all cast away as not only useless but actually injurious.

"Yea verily, and I count all things to be loss for the excellency of the knowledge of Christ Jesus my Lord." "Excellency" may be translated "the surpassingness." "For whom I suffered the loss of all things." Paul, in his prison and throughout his wanderings as a missionary, had abandoned his earthly possessions and his high position. "And do count them but refuse." Something not only not to be mourned for, but something below even contemptuous regard. "That I may gain Christ." And this is the high privilege of the Christian.

"And be found in Him." He does not want them to find Paul the apostle, but Paul the soul merged in Jesus Christ. "Not having a righteousness of mine own, even that which is of the law." If people look on him, Paul does not want them even to think, There is a law-abiding man, there is a man who is faithfully observing the Mosaic statutes. "But that which is through faith in Christ, the righteousness which is from God by faith." All is to be of God and Christ, nothing is to be of Paul.

"That I may know him." Paul longs to know Christ with the intimate knowledge of Christ's indwelling. "And the power of his resurrection." That resurrection was the vital power of his Christian mesage and so it is also of ours. "And the fellowship of his sufferings, becoming conformed unto his death." This was the death to self Paul desired in order, as he says, in the next verse, that he might live in that life of Christ as risen from the dead, delivered from all domination by the old nature.

"If by any means I may attain unto the resurrection from the dead." That blessed hope for all who sleep in Christ.

PAUL THE MISSIONARY.

"Not that I have already obtained." Paul makes no claim to having already attained in its fulness the risen life of Christ. "Or am already made perfect." Perfected in the spiritual life of which he has been speaking as the great longing of his soul. "But I press on." The image of a runner in a course is already before the apostle. "If so be that I may lay hold on that for which also I was laid hold on by Christ Jesus." The metaphor throughout is of the race, in which Paul, like an eager runner, stretches out continually to grasp the prize.

"Brethren, I count not myself yet to have laid hold." To have laid hold on the prize of eternal life. "But one thing I do." Paul was a doer of many things, and of all of them well. "Forgetting the things which are behind." Forgetting his shipwreck on Malta, his stoning at Yystra, etc. "And stretching forward to the things which are before." Stretching forward is a graphic word description of the attitude of the runner.

"I press on toward the goal." As he who runs a race never takes up short of the end, but is still making forward as fast as he can. "Unto the prize of the high calling." The calling above, or on high. "Of God in Christ Jesus." For, God calls us in the person of his Son (1 Cor. 7:22; 1 Pet. 5:10).

Egg-Grading

Due to the system of government inspection, residents in Canada and the millions of tourists that visit the Dominion annually need have little fear of being served a bad egg in any form. There is a constant check on every store and dealer throughout the country by a staff of qualified inspectors.

Important amendments, whereby further protection is afforded to both producers and consumers, have recently been made in the egg regulations. The new grades consist of "A-1," "A," "B," and "C" in place of "Specials," 'Extras," "Firsts" and "Seconds." The words "New Laid" may be applied only to grades A-1 and the word "fresh," or any equivalent of that word to grades A-1 and A.

Grades A-1 and A are divided respectively into three classes, large, medium and pullet, and all eggs possessing the quality of Grade A may be sold in that grade irrespective of size but the eggs of different sizes must be packed separately, with the size indicated on the container. As grade A-1 is a super grade, the packing of eggs of this grade may be done only by producers authorized by the Canadian Government Department of Agriculture. Storage eggs are not permitted to be sold in a higher grade than B.

"B" grade consists of reasonably clean eggs, sound in shell; eggs weighing less than the rate of 22 ounces to the dozen must not be graded in B. There are two classes, large (24 ounces) and medium (22 to 24 ounces).

"C" grade consists of all eggs below A and B grades but which are fit for human consumption.

When the standard grades for eggs were first legalized in 1915 there were very few eggs in Canada of sufficiently good quality to be graded as Extras, and at that time the grade "Firsts" represented the best quality available in commercial quantities. As a result of the improvement brought about through years of grading, the quality of Canadian eggs has been raised to the point where, during recent years, "Extras" have been as plentiful as the other grades. The grade 'Firsts," therefore, no longer included eggs of the best available quality and was to that extent a misleading term. The adoption of the grade names A, B, C, gives to egg-grading a terminology in keeping with present conditions and one which consumers will readily understand.—Canada Week by Week.

"One of the prime recipes for being happy is hard work."—Clarence Darrow.

Mosquitoes are the favorite dish of the bat, so the city of San Antonio, Texas, erected bat roosts to encourage more bats to patrol the vicinity.

Medical Science Does Not Stand Still, Declares King

London. — A personal note was struck by the King recently when, accompanied by the Queen, he opened the new medical school of St. Mary's Hospital at Paddington and expressed gratitude for the part a nurse from that institution played during his illness in 1891.

Their Majesties were received by the president and the patron of the hospital, the Duchess of York, to whom the King referred as "my dear daughter-in-law."

"I recall that many years ago the skill and care of a nurse from this hospital contributed largely to my recovery from an attack of typhoid fever," said the King. "Happily curative and preventive medicine do not stand still."

As Prince George in 1891 the King was seriously ill for several weeks, his mother, the late Queen Alexandra, hardly ever leaving his bedside. It was assumed that the illness was contracted when he was visiting his elder brother, the Duke of Clarence, in Dublin. The Duke, who was in the direct line of succession, died in the following year when George became heir to his father, Edward VII.

Nightie and Jacket For Self or Gift

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished With Every Pattern

Who said feminine!

Satin, pink and lovely is today's model.

The nightie wraps the figure in sheath-like slimness. It has an adorable little matching jacket. The neck frill is of toning chiffon.

It's as simple as falling off a log to make it.

All you need is a length of material and about two hours of your time. Run the seams up on the sewing machine. To give French accent, roll the hem, finish the armholes with self-bias binds, sew the ruffle to the neck and roll the edges of the sash by hand.

And let me tell you, its small cost will amaze you.

Style No. 3097 is designed for sizes 16, 18 years, 36, 38, 40 and 42 inches bust.

Size 36 requires 3⅜ yards 39-inch material.

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.

House Will Open On 25th January

Ottawa.—Parliament will be summoned on January 25, it was learned officially here this week. It will be the fifth session of the 17th Parliament since Confederation.

Chilian Women to Vote

Santiago, Chile.—The Chamber approved recently a section of an elections bill permitting women to vote in municipal elections.

Extract Makes Dwarf Grow

Glandular Treatment Ic Tried - Out on Youth, Aged 17

San Francisco.—A 17-year-old dwarf has been transformed into a youth who shows definite signs of approaching maturity and normal height, scientists claimed recently.

The "human experiment" with glandular extract was carried out at the Douglas Gland and Metabolic Clinic by Dr. Hans Lisser, clinic head.

Daily injections were given the boy over a period of 20 months, Dr. Lisser said. His height increased about 3¾ inches, and he is "nearing maturity." He now is four feet 10 inches tall, and has gained in weight.

The extract used in the case is similar to that developed by Dr. Herbert Evans of the University of California, discoverer of the growth hormone. It is obtained from the anterior portion of the pituitary gland.

Dr. Lisser has treated 12 similar cases, all showing varying degrees of success. While scientists in research laboratories work with animals, it is Lisser's mission to experiment with "human beings," he pointed out.

Artificial Vitamin May Bring Harm

Factor in Cause of Certain Forms of Cancer Seen by Surgeon

Toronto.—That artificial forms of vitamin D may be a factor in the cause of certain forms of cancer in the human body was the warning voiced by Dr. Arthur Hendrick, distinguished Toronto surgeon and collaborator with Prof. E. F. Burton, head of the physics department of the University of Toronto, in the discovery of a colloidal arsenic preparation for the treatment of cancer.

Dr. Hendrick has recently been made a member of the American Medical Editors' and Authors' Association, in recognition of his contributions to medical literature on cancer

Dr. Hendrick deprecated the vitamin D movement in that artificial vitamin D might work harm where the natural vitamin would not.

Sunlight beating against a woman's skin, saturated with synthetic face creams and oils, sets up a chemical irritation suspected as a cause of cancer, according to Dr. Ewing, internationally known cancer authority. With this theory, Dr. Hendrick agrees.

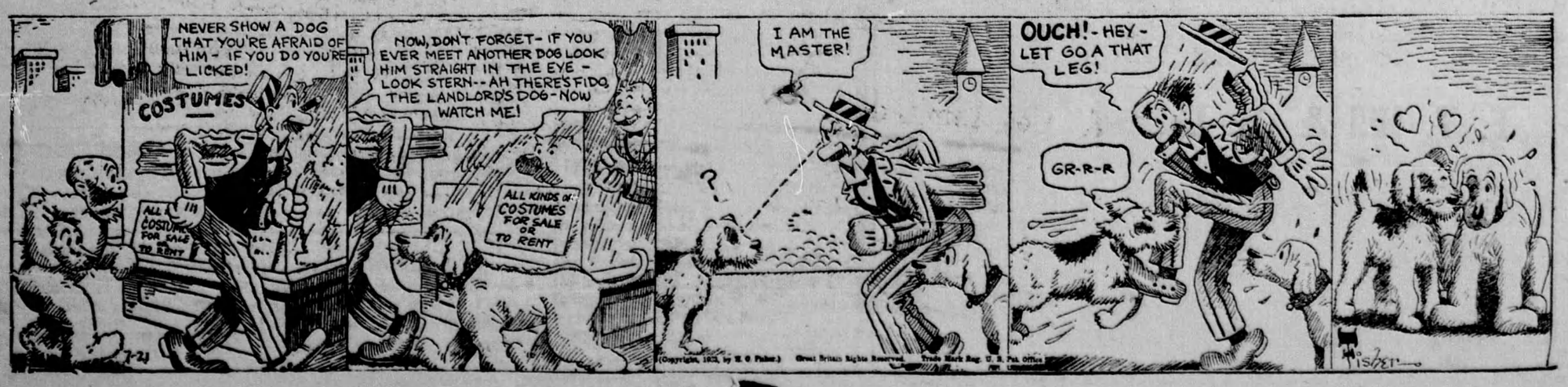
Chicken's Heart Alive 20 Years

New York. — The chicken heart which has lived in a glass dish for 20 years at the Rockefeller Institute will go into the movies shortly. This heart, the world's most famous example of keeping a piece of flesh alive outside the body where it belongs, was originally a bit of the heart of a living chicken. Its cells grow and divide unendingly when fed on a special diet of the substances forming living bodies. So far as science knows, the heart can be kept alive forever.

Soldier, Who Saved Italian King, Dies

Rome.—Col. Lang, a soldier who once saved his King and Queen died recently at the age of 69.

The officer, who commanded the King's Cuirassiers, escorted the carriage of King Victor Emmanuel and Queen Elena on March 14, 1912, when Antonio d'Alba, 21, stepped from a sidewalk and drew a revolver

MUTT AND JEFF— By BUD FISHER

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