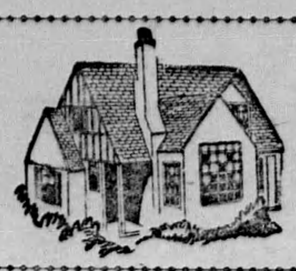


Woman's World

By Mair M. Morgan

FOR GLAMOR

There probably isn't a woman in all the world who doesn't want to be considered glamorous. Regardless of how many other nice things are said, she gets a special thrill whenever anyone even intimates that there's an air of glamor about her.

The dictionary says that glamor is a noun, meaning charm on the eyes, causing them to see things differently from what they are in reality. A designer who, by the way, is glamorous herself, insists that glamor is what makes a person stand out as a distinctly different individual.

The young couturie's theory is probably a little more helpful to women who go in quest of the elusive trait. If you take the dictionary's definition literally you may start thinking that in trying to be glamorous you are replacing it with the illusion of something you are not. This, of course, is wrong. On the contrary, as the designer hints, the more individual you are, the more glamor you are apt to have. In other words, be yourself!

Remember that dowdiness is the antithesis of glamor. The most charming personality in the world can't make up for a dingy neck, soiled or unpressed clothes, stringy hair and makeup that is haphazardly applied.

You feel better and have a more confident outlook when you know perfectly well that you're immaculately turned-out. And the minute you have a little swell of personal pride in your heart, your chances of being truly glamorous are doubled and re-doubled.

TAPIOCA TIP KEEPS SANDWICHES FRESH

Lord Sandwich had no intention of upsetting the world's party menus when he first ordered his roast beef between two slices of bread. The combination was so good that it became popular and has been ever since. But even in the eighteenth century, it was recognized that the filling had to be moist and flavorsome, the bread firm and fresh, to make a perfect sandwich.

For home parties the hostess has to make her sandwiches hours ahead; and thousands of Canadian women pack lunch boxes every day and worry about ways of keeping sandwiches perfectly fresh. The new minute tapioca will work miracles for them. No need to get the bread limp by having the filling soak into it for hours while the sandwiches are rolled in paper or a damp cloth.

This tapioca holds the moisture in sandwich fillings and yet does not in any way interfere with the flavor of those clever appetizing combinations that everyone likes. The tapioca helps to make chicken, fish, or cheese, go a long way, too.

Sandwich Fillings

To prepare sandwich fillings, place liquid in top of double boiler and bring to a boil over direct heat. Combine minute tapioca and dry seasonings, add gradually to liquid and bring to a brisk boil, stirring constantly. Place immediately over rapidly boiling water and cook 5 minutes, stirring occasionally. Remove from boiling water. Combine remaining ingredients in order given; add to tapioca mixture and blend. Cool—mixture thickens as it cools.

Chicken Salad Sandwich Filling

1 cup chicken stock
3 tablespoons minute tapioca
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1 cup chopped cooked chicken
¼ cup celery, finely chopped
2 tablespoons sweet pickles, chopped
1 tablespoon pimento, finely chopped
1 tablespoon vinegar
¾ cup mayonnaise
Makes 2 cups filling.

Fish Salad Sandwich Filling

1 cup water
3 tablespoons minute tapioca
1½ teaspoons salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1 tablespoon butter
1 cup flaked tuna or other cooked fish
½ cup chopped pickles
2 tablespoons chopped pimento
1 tablespoon vinegar
1-3 cup mayonnaise
Makes 2 cups filling.

Nippy Cheese Sandwich Filling

2 cups strained canned tomatoes, (juice and pulp)
2 tablespoons minute tapioca
⅛ teaspoon pepper
¼ teaspoon dry mustard
2½ cups (½ lb.) grated Canadian cheese
1¼ cups (¼ lb.) dried or cooked beef, ground
¼ teaspoon Worcestershire sauce
Makes 2½ cups filling.

Vegetable omelets are very popular on winter menus—for lunch, dinner, or interesting late suppers. Minute tapioca will hold the omelet high and fluffy after it leaves the heat—and every cook will agree that that is a miracle.

Vegetable Omelet

2 tablespoons minute tapioca
¾ teaspoon salt
⅛ teaspoon pepper
¾ cup milk
1 tablespoon butter
4 egg yolks, beaten until thick and lemon-colored
4 egg whites, stiffly beaten

Combine tapioca, salt, pepper, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes), and cook 5 minutes, stirring frequently. Add butter. Remove from boiling water; let cool slightly while beating eggs. Add egg yolks and mix well. Fold in egg whites. Pour into hot, buttered 10-inch frying pan. Cook over low flame 3 minutes. Then bake in moderate oven (350 degrees F.) 15 minutes. Omelet is sufficiently cooked when a knife inserted comes out clean. Fold carefully and place between the folds the vegetable mixture made with

½ cup green peas
½ cup diced celery
2-3 cup diced carrots
2 tablespoons sliced onion
2 tablespoons butter
Dash of salt
Dash of pepper

Cook celery and carrots in small amount of briskly boiling salted water 20 to 30 minutes, or until tender. Drain. Heat peas in small amount of their own liquid. Drain. Saute onion in butter until tender; add to other vegetables. Season with salt and pepper.

Corn recalls August and golden kernels of delicious flavor. The vegetable can be made into a soup of the finest creaminess with minute tapioca.

Corn Soup

1½ cups canned corn
1 cup meat broth or
1 cup water and 2 bouillon cubes
2½ cups rich milk
1½ tablespoons minute tapioca
1 teaspoon salt
¼ teaspoon sugar
Dash of Cayenne
½ teaspoon scraped onion
1½ tablespoons butter.

Cook corn in broth 10 minutes; force through sieve. Combine with milk, minute tapioca, salt, sugar, Cayenne, and onion in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes), and cook 5 minutes, stirring frequently. Add butter. Serves 4 to 6.

Baked Apple Tapioca

3 cups water
2 tablespoons lemon juice
3 tart apples, pared and sliced
½ cup minute tapioca
1 cup light brown sugar, firmly packed
1 teaspoon salt
¼ teaspoon mace
3 tablespoons melted butter

Combine water and lemon juice and pour over apples in greased shallow baking dish. Cover and bake in moderate oven (375 degrees F.) 15 minutes or until apples are partially cooked. Mix together minute tapioca, ¾ cup brown sugar, salt, and mace. Sprinkle over apples, mixing thoroughly. Add melted butter. Continue baking 10 minutes. Then stir well; sprinkle remaining sugar over apple mixture, and bake 5 minutes longer. Serve hot or cold with cream. Serves 6.

LIMA BEANS ARE GOOD WHEN BAKED

The dried pea, bean and lentil family have come down in the world a bit recently with word from the laboratory that they are incomplete protein foods and must be supplemented by egg, cheese and milk. All the same, they fill an important niche for phosphorus in good-sized quantities.

Long slow cooking is imperative to soften the tough fiber and make dried legumes palatable. When served to small children they should also be rubbed through a sieve.

You've probably often baked the navy bean, but did you ever serve the lima the same way? If not, try it for luncheon some cold noon with hearts of celery for a relish (there's a dish for you') and prune and almond Bavarian cream to follow.

Baked Lima Beans

Two cups dried lima beans, ½ teaspoon soda, 2 sweet green peppers, 4 thin slices bacon, ¼ teaspoon pepper, 1 cup canned tomatoes, 1 cup hot water, ½ teaspoon salt.

Pick over and wash beans. Cover with cold water and let stand over night. Drain from water, cover with fresh cold water and bring to the boiling point. Simmer five minutes and add soda. Let simmer one mintue longer. Drain and rinse in cold water. Put a layer of beans in a baking dish, sprinkle with shredded pepper and two slices of bacon cut in tiny squares. Continue until all the beans are used. Sprinkle with salt and pepper and pour over hot water and tomatoes. Bake in a slow oven (300 degrees F.) for four hours.

Prune and Almond Bavarian

One-half pound prunes, 1 orange, 1½ tablespoons granulated gelatine, ¾ cup sugar, ¼ teaspoon salt, 2 tablespoons chopped almonds, 1 cup whipping cream.

Wash prunes thoroughly and cover with two cups cold water. Let stand over night. In the morning simmer in the same water until tender, adding the yellow rind of the orange pared very thin. Drain prunes from juice and cool. Soften gelatine in 4 tablespoons cooled juice. Add with sugar to one cup hot prune juice and stir over heat without boiling until gelatine is dissolved. Add one-half cup stoned and chopped prunes, juice of orange, almonds and salt. Stir over ice water until mixture begins to thicken. Then fold in cream whipped until firm. Decorate a mold with prunes, replacing the stones with blanched almonds and pour in gelatine mixture. Let stand on ice for several hours until chilled and firm. Unmold and serve with remaining prunes which have been stoned.

The Change In Newspapers

Looking over some copies of the Stratford Beacon of the year 1863 it was noticed that a number of references were made to items taken from other papers and credited to them. Many of these were given as matters of news rather than the expression of editorial opinion, and the reason would be there was no adequate facility for the sending out of news in 1863.

Among papers mentioned which are no longer in existence we noticed the following:

Owen Sound Advertiser, Chatham Union, St. Marys Standard, Clinton Courier, Hamilton Times, Toronto Leader, Chatham Planet, St. Catharines Journal, Kingston American, Stratford Examiner, Galt Reformer, Berlin Telegraph, Kingston News, Guelph Advertiser, London News.

No doubt had there been more extended investigation there might have been a greater list, but the papers listed above were all in existence 72 years ago while none of them is in operation today under the same name. Failure and amalgamation are the reasons.—Stratford Beacon Herald.

Charming Western Visitor

Mrs. Julius Griffith, of Vancouver, who is at present visiting her mother, Mrs. Robert Lindsay in Montreal. Mrs. Griffith attended the opening of Parliament and Their Excellencies' Drawing Room in Ottawa.

SUNDAY SCHOOL LESSON

Lesson VI., February 10 — Peter Preaches at Pentecost. Acts 2: 22, 28, 36-41. Golden Text.—And Peter said unto them, Repent ye, and be baptized everyone of you in the name of Jesus Christ unto the remission of your sins; and ye shall receive the gift of the Holy Spirit.

THE LESSON IN ITS SETTING.

Time.—A.D. 30 or 31, forty days after the crucifixion of our Lord, and, consequently, in the middle of May.

Place.—The city of Jerusalem, first in the upper room where the disciples were gathered together, and then outside in some large area where many people were able to assemble, presumably near the temple area.

"Ye men of Israel." A phrase never found in the New Testament outside of the Book of Acts (3: 12; 5: 35; 13: 16; 21: 28), and informing us that Peter's entire congregation was made up of Jews. "Hear these words: Jesus of Nazareth." Peter's great commission was to preach Christ, not himself, nor some humanly conceived philosophy. He at once turns the attention of his hearers to the Saviour, introducing him by one of his human titles. "A man approved of God." The verb means "to point out, to show forth, to declare, to prove what kind of a person any one is." "Unto you by mighty works and wonders and signs." The first word powers, or mighty works, indicates the exercise of a power. The next word, wonders, indicates the effect produced by the power upon the mind of other people. The last word, signs, indicates the value of the power and of the wonder it produced. "Which God did by him in the midst of you, even as ye yourselves know. Literally unto you (cf. John 12:37).

"Him, being delivered up." This is one of the many different words used in the New Testament in speaking of the death of Christ. "By the determinate counsel and foreknowledge of God." Also, Rom an4: 25; 8: 32. There were two counsels involved in the death of Christ, a human one, on earth, a divine one, in the mind of God. "Ye by the hand of lawless men." A reference, probably, to the Roman soldiers, though the hardened, hating Pharisees of the Sanhedrin had acted more lawless than they. "Did crucify and slay." The Greek word here translated "crucify" occurs only here in all of the New Testament and means literally, "to fasten to" something. The verb translated "slay" simply means "to put out of the way," and is often used to express the idea of killing another.

"Whom God raised up." It was according to God's counsel that Christ should be slain; it was also his counsel that Christ should be raised again. "Having loosed the pangs of death." A figurative expression, as though one were being born from the dead. "Because it was not possible that he should be holden of it." It was not possible because: (1) death had no rightful claim over him; (2) Old Testament prophesies had predicted his resurrection; (3) Christ had himself announced his resurrection; (4) the whole plan of redemption demanded it.

"For David saith concerning him." The passage here quoted is from Psalm 16: 8-11. "I beheld the Lord always before my face. For he is on my right haand." The imagery may be taken from that of the trials in which advocates stood at the right hand of their clients. "That I should not be moved."

"Therefore my heart was glad, and my tongue rejoiced; moreover my flesh also shall dwell in hope." The reason for this hope is given in the next verse.

"Because thou wilt not leave my soul unto Hades." Hades is the New Testament name for the abode of the spirits of the dead, and is often used as a synonym for the grave. "Neither wilt thou give thy Holy One." God is often spoken of as "the Holy One." "To see corruption." Christ's body saw no corruption, for he was raised before such could take place."

'Thou madest known unto me the ways of life. Thou shalt make me full of gladness with thy countenance." Better, being in thy presence."

"Let all the house of Israel therefore know assuredly, that God hath made him both Lord and Christ. If the preceding statements are true, and they undeniably are, this is the only conclusion possible. There is a sense in which through all the years of public ministry he was God's anointed One, speaking the word of authority; both Lord and Christ. Here, however, the Apostle indicated the fact that at a crisis, definitely, positively, God did by one act make him both Lord and Christ. "This Jesus whom ye crucified."

"Now when they heard this, they were pricked in their heart." The Word performed its office as a sword (Hebrews 4: 12). The word translated "pricked" is the same word found in Genesis 34: 7. "And said unto Peter and the rest of the apostles, Brethren, what shall we do? To escape the penalties which must fall on the nation that has so sinned against light and knowledge; who have had the true light in their midst, but have comprehended it not, and have crucified the Lord of glory.

"And Peter said unto them, Repent ye." The Apostles began, as the Baptist began (Matthew 3, 2), as the Christ himself began (Matthew 4: 17, Mark 1: 15), with the exhorta- heart and life, not to mere regret for the past. "And be baptized every one of you." First the inward change, and then submission to the external rite. "In the name of Jesus Christ." The one whom they had crucified, but whom God had made both Lord and Christ. "Unto the remission of your sins." Remission comes from a verb that means "to send away," hence, to give up, to forgive, to remit. "And ye shall receive the gift of the Holy Spirit." The Spirit of God would be a personal and an abiding possession.

"For to you is the promise, and to your children, and to all that are afar off. Even as many as the Lord our God shall call unto him.

"And with many other words he testified, and exhorted them." One of the many phrases in the historical books of the New Testament indicating that we have only a fragmentary record of all that occurred in the crowded, glorious early days of the Church. "Saying, Save yourselves from this crooked generation." "Crooked" means something that is no longer conformable to law, to the right, hence wicked, perverse.

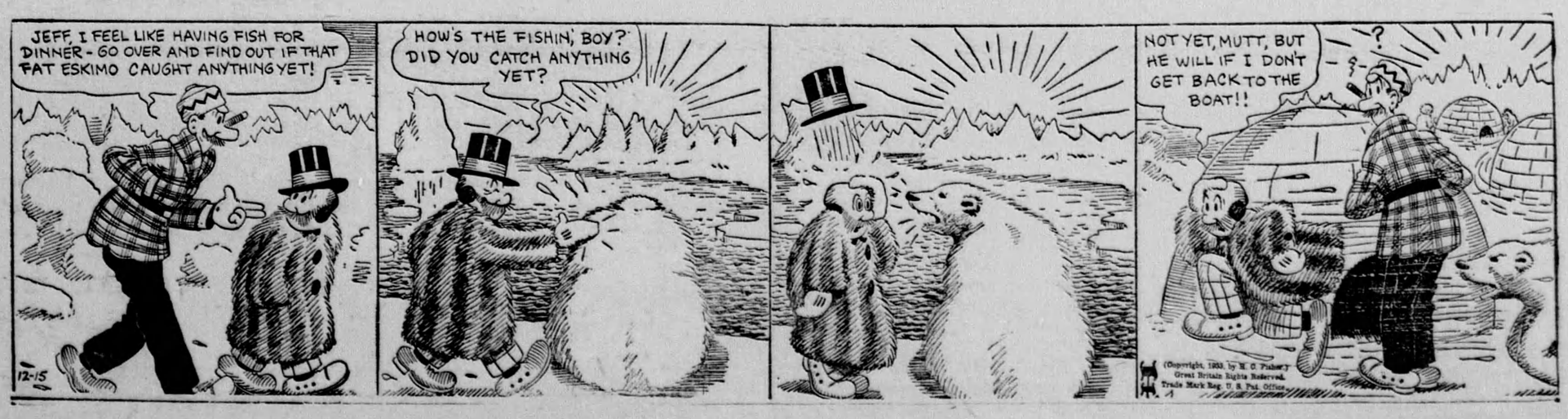
"Then then that received his word were baptized." To receive what Peter said was to acknowledge the truthfulness of his statements, and a submission to what such truth demanded. "And there were added unto them in that day about three thousand souls." The word translated added literally means to place forward; that is, the placing of certain things next to things already in existence, for the increase of that which is already in existence.

Haig's Maps

Lady Haig has lent to the Imperial War Museum all the maps used by her famous husband during the war. In themselves they constitute a complete day-to-day history of the Western front, illustrating more clearly than in any book the ebb and flow of battle.

There are 639 maps and about 250 aerial photographs and panoramas. All are stamped "secret" in big letters, and many are labelled "Commander-in-Chief." One map, dated 11-11-18 tells at once why the Armistice happened just when it did. The German line had been almost straightened out, the troops were exhausted. Green dots show the German divisions known to be unfit, red ones denote the active troops. The four armies comprised 186 divisions, and on this map 184 of them are colored green.

Another map shows the final German push of July, 1918. Over 300 miles of front, the heavy black mark indicating the Hindenburg line bulges ominously where the Allied troops were forced back. It is perilously near Paris.

Among the photographs is one of the first panoramas taken — just after the retreat from Mons. The view is from Haig's headquarters looking across the valley of the Aisne and the German lines to the wooded ridge beyond. Corn still stands in stooks and trees wave leafy boughs. Very soon afterwards this peaceful looking valley was the scene of some of the fiercest fighting of the war, the whole area being completely devastated. — Overseas Daily Mail.

MUTT AND JEFF— By BUD FISHER