Woman's World

By Mair M. Morgan

CHOCOLATE GIVES HEAT OFFSETS WINTER COLD

Fills bodies with heat and enrgy foods these bitter days.

To the farthest north and highest mountains, chocolate is transported and it was used extensively in Europe when the armies struggled through mud and cold during the Great War. That is because is brings heat and energy quickly to the body.

Such food value ought not to be omitted from the diet on these chill days when all those winter ailments are epidemic in many communities. Chocolate is not, of course, confined to candy and cakes. It makes into very attractive and easily digestible desserts. These satisfy the sweet tooth and give high nutritive value to any menu.

Baked Chocolate custard is always good and is particularly fine for those just recovering from the varieties of 'flu from which Canadians suffer.

2 squares unsweetened chocolate, cut in pieces
1 quart cold milk
4 eggs, slightly beaten
½ cup sugar
¼ teaspoon salt
1 teaspoon vanilla

Add chocolate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Combine eggs, sugar, and salt. Add chocolate mixture gradually, stirring until sugar is dissolved. Add vanilla. Pour into custard cups, place them in pan of hot water, and bake in slow oven (325 degrees F.) 40 minutes, or until knife inserted comes out clean. Chill. Serves 8.

Duchess Chocolate Pudding

1-3 cup confectioners' sugar
½ tablespoon flour
1½ squares unsweetened chocolate, melted
1½ tablespoons butter
2 eggs yolks, slightly beaten
2 egg whites, stiffly beaten
Few drops of vanilla
Dash of salt

Combine sugar and flour and add to chocolate in double boiler. Blend. Remove from fire. Add butter and egg yolks. Fold in vanilla, egg whites and salt. Turn into well-greased mould, filling 2-3 full. Cover tightly and steam thirty minutes. Serve hot with Royal Chocolate Sauce. Serves 6.

Royal Chocolate Sauce

1 square unsweetened chocolate, cut in pieces
3 tablespoons water
4 tablespoons sugar
1½ tablespoon melted butter
Dash of salt
Few drops of vanilla

Combine chocolate, water, sugar, and salt in dooble boiler. Heat and blend. Add botter and vanilla. Beat well. Makes 2-3 oup sauie.

IMPROVING CANDY OR COFFEE

When making candy at home to avoid over-rickness, add a touch of salt to the sugar. The candy will taste better and will not be too sweet. Many confirmed coffee drinkers find that a pinch of salt in the coffee pot or percolater adds greatly to the flavor.

ECONOMY VEGETABLES

Delicious dishes may be made from what we usually regard as "economy vegetables"—such as cabbage, onions, carrots and turnips. Sugar added to the dish, as suggested in the recipes below, increases the food value and actually brings out the flavor of the vegetables.

Riced Carrots

6 large carrots
2 tablespoons butter
½ cup cream
2 teaspoons sugar
Salt and pepper

Cook the carrots in boiling salted water until tender. Drain. Press through a coarse sieve. Melt the butter in a saucepan. Add the cream, carrots, sugar, salt and pepper. Cook until thoroughly heated and serve at once.

Glazed Onions

10 medium sized onions
¼ cup sugar
2 tablespoons melted butter

Peel the onions and cook whole until fairly tender in salted boiling water, from twenty to thirty minutes. Mix the sugar and butter together and spread over the sides and bottom of a baking dish or pan. Drain the onions and place them in the pan. Bake in a moderate oven until brown, increasing the heat toward the last. Water cooks out of the onions, and the browning process is rather slow. When finished, the onions should have a rich brown glaze.

MARY'S LITTLE LAMB—COOKED

Lamb, when properly prepared is one of our choicest meats. When prepared in some unusual form is becomes a real epicurean dish — fit for the proverbial King.

Lamb Loaf

2 pounds lamb shoulder, ground
1 cup bread crumbs
1 onion, minced
½ green pepper, minced
1 egg
1 cup meat stock or milk
Salt
Pepper

Mix all the ingredients thoroughly, and shape into a loaf in a buttered baking dish. Place in a moderate oven (350 degrees F.) and bake for 1½ hours.

Lamb a la King

2 cups cold roast lamb, diced
4 tablespoons butter
4 tablespoons flour
2 cups milk
½ cup small button mushrooms
½ cup celery, diced
Currant jelly
Salt and pepper

Cut the cold roast lamb into cubes. Cook the celery until tender in the butter. Then add the flour and smooth. Add the milk gradually, stirring until the sauce is thickened. Then add the diced lamb, mushrooms and seasoning. Heat. Serve on toast or in patty shells. Place a cube of currant jelly on top and garnish with a sprig of crisp parsley.

EXERCISES THAT WARD OFF COLDS

Your doctor will tell you that, as yet, there is no specific cure for colds and influenza, but that there is a good chance of your being able to ward them off. This is done by raising your resistance, so that the germs that are about you (and they nearly aways are) seldom get the upper hand.

There is no need to repeat in detail certain things advised by your doctor, such as gargling, a suitable diet to include plenty of vitamin A food, taking a tonic, wearing light, warm clothing and the avoidance of wet feet and exposure to cold.

But there is a further precaution that should make your resistance even more emphatic.

Take definite steps to increase your intake of oxygen by doing certain special deep-breathing exercises. The more oxygen you breathe in the purer and healthier is your blood stream, which has everything to do with your resistance, or otherwise, to the germs that cause illness.

Too Much Indoors

We are much indoors in the winter and consequently do not get enough fresh air, unless we supplement it by exercises.

There is no need to make a burden of them. Fit them in at any odd time, to be of great value. Place the hands lightly over the lower ribs in front and take a good gulp of air in through the nose, feeling the ribs move up and out. Then blow it out through the mouth, helping the ribs to collapse towards each other by slight pressure with the hands. Do this "bellows" movement rhythmically not more than six times on end.

Here is something you can do as you walk down the street. Take in the air in four good snixs in time with four walking steps, hold the breath for the next four steps, then sniff it out to four and let your lungs remain empty for another four, making sixteen steps in all. Go through this routine briskly up to six times.

The next exercise forces you to clear your nose, which is a good practice. Take a gentle, smooth, long drawn-in breath through the right nostril only, holding the other closed. Get the feeling you are a balloon filling yourself with air and then hold yourself inflated for three seconds. Next, hiss the air out slowly through the left nostril until you imagine your lungs are as empty as a deflated balloon. Do it again, but begin with the left nostril this time.

The last is a very effective exercise. Clasp the hands behind the neck and let the head and elbows hang loosely forward. Start to breathe in deeply and gradually, at the same time forcing the elbows back and raising the head and chest.

Deep Breathing Necessary

Hold your breath to four counts, then open your mouth and gasp it out, letting the head and elbows drop forward to the starting position again. Four times on end is quite enough.

Always imagine, when doing breathing exercises, that you are taking air in right down to your abdomen, otherwise your breathing may be shallow and ineffective. Also, keep your movements as elastic as possible.

HEALTH SNAPS

A small teaspoonful of bicarbonate of soda, taken in water, night and morning may serve to stave off a cold.

To relieve a congestive headache, apply to the forehead a paste made of powdered ginger and water. Apply spread on paper.

In the event of a pricked finger, avoid greasy or oily applications. A dry antiseptic dressing is best, unless there is frank inflammation or suppuration, when a hot fomentation should be applied.

When the doctor orders egg and brandy, this is how to make it: — Beat up three eggs to a froth in ½ cup of cold water, add a lump or two of sugar and pour in ½ cup brandy. Give two or three teaspoonfuls at a time.

Women Want To Go Places—Men Content To Stay At Home

Georgetown, British Guiana—The men and women of the Indian reserves in the northwest of British Guiana are not seeing eye to eye these days. It's another case of the women wanting to go places while the men are content to stay at home, nad the Government is expected to decide the issue.

Claiming the right to live their own lives like other people of the colony, the women and girls are preparing a petition asking that they be allowed to come and go, marry and take jobs as they choose.

Satisfied with the simple, ordered life, they have known for years, the indignant men are preparing a counter petition, according to word reaching the capital. Under the Indian protection law, aboriginal Indians are placed under supervision of Government-appointed protectors and cannot leave the reserves without consent. Employment or marriage outside also are subject to official approval.

The women claim these restrictions prevent them from getting good jobs or husbands, if they are unwilling to mate among their own people, and they demand the right to work and choose husbands wherever they wish.

"Anything that dims the hope of reward reduces the willingness of men to work, reduces their willingness to suffer privation and reduces their willingness to run risks."—William P. Warburg.

"Labor never receives an adequate share of the value in the creation of which it is the chief factor."—Sherwood Eddy.

SUNDAY SCHOOL LESSON

PETER TEACHES TO GENTILES
Acts 10: 1-11: 18.

"Of a truth I perceive." Literally, to lay hold with the mind." It was not until Peter had crossed the threshold of the house of Cornelius in the new environment and standpoint that he sees this new and great truth. "That God is no respector of persons." The word is compounded of two Greek words, one meaning "face," or, "person," and the other, "to take, to select," hence to pay regard to one's looks or circumstances rather than to his intrinsic character.

"But in every nation he that feareth him, and worketh righteousness." Cf. Rom. 2: 10, 11. It is hardly possible to conceive of any one being referred to in this phrase who was a pure heathen, entirely ignorant of God and his holy law. "Is acceptable to him." Does Peter mean to say that Cornelius is already in a state of grace, so that his sins are forgiven and he is saved? In declaring his perception that Cornelius is accepted with God, does Peter mean to teach that faith in Jesus is not indispensable to salvation, but that fear of God and righteous works constitute the ground of salvation? To affirm this is as illogical as it is unscriptural. The logic of the whole story is that Peter has been led to see that a man like Cornelius is acceptable in God's sight to hear the gospel.

"The word which he sent unto the children of Israel." The fact of a divine message is continually referred to in this boog (e.g. 4: 31; 8: 14, 25; 13: 26; 14: 3; 16: 32). It was sent first to Israel (Matt. 10: 6; 15: 24; Luke 1: 16, 54, 68; 2: 32, 34; John, 1: 31; Acts 2: 22, 36; 3: 12; Rom. 1: 16; 2: 9, 10). "Preaching good tidings. This is another translation of the Greek word generally translated "gospel." "Of peace by Jesus Christ. The peace which we have in Christ is a frequent and fundamental teaching of the New Testament writers. "He is Lord of all." Peter spoke of Jesus the preacher; but lest Cornelius like Nicodemus might be misled into thinking that Jesus was simply a great teacher or prophet sent of God to instruct, he inserts this striking parenthesis, to assert and place in the very forefront the truth that Jesus is both Lord and King.

"That saying ye yourselves know. The Greek word rendered word here is not the same which is so translated in the previous verse. The former refers to the whole message of salvation through Christ, the latter to the tidings about Jesus which had gone abroad after the preaching of John the Baptist. "Which was published throughout all Judaea, beginning from Galilee, after the baptism which John preached (Matt. 4: 12; Mark 1: 14).

"Even Jesus of Nazareth." In apposition with saying in the preceding verse, and hence—that saying, that message, even Jesus of Nazareth. This is the only message Peter had. "How God anointed him with the Holy Spirit." Here Peter comes to the very heart of his message, and, in chronological order, briefly sketches the life of the Saviour. "And with power." Power to victory, for deeds, for teaching, for every need, for every moment. "Who went about doing good." One of the most important biographical statements concerning Jesus to be found in the New Testament. These words of Peter are an epitome of the ministry of Christ. "And healing all that were oppressed of the devil." A remarkable description of a profound and universal truth regarding mankind. "For God was with him." As Nicodemus said, "No man can do these miracles that thou doest except God be with him" (John 3: 12).

"And we are witnesses of all things which he did." Christ had appointed the disciples to be witnesses of these things (Luke 24: 48; Acts 1: 18), and they repeatedly made it known that it was as such that they derived their authority for speaking concerning Christ as they did. "Both in the country of the Jews, and in Jerusalem; whom also they slew. The same word was used by the Apostle in his sermon on the day of Pentecost (Acts 2: 23). "Hanging him on a tree." Only Peter uses this phrase, here, and in 5: 30. A similar expression occurs in his First Epistle (2: 24).

"Him God raised up the third day, and gave him to be made manifest." Christ was not openly showed, but by many proofs it was made clear to those who saw him that it was the same body, even though now glorified, which had been wounded on the cross, and was alive again

"Not to all the people." The skeptical Jews would not have believed, and Jesus was kept from open contact with the world of sin after his Passion. "But unto witnesses that were chosen before of God, even to us, who ate and drank with him after he rose from the dead (Luke 24: 42, 43; Josn 21: 12-15). Peter's Gentile listeners might wonder if the resurrection of Jesus from the dead was a true resurrection of Christ's body and soul both, or only some spiritual manifestation of Christ, and to confirm what he has announced he makes this very pointed reference to the literalness of Christ's physical resurrection.

"And he charged us to preach unto the people." The Apostle has now completed his brief sketch of the main epochs of the Lord's life on earth, and proceeds to explain how they, the disciples, were so concerned with proclaiming this stupendous message. "That this is he who is ordained of God to be the Judge of the living and the dead (John 5: 22, 27; Acts 17: 31). This startling claim made by St. Peter with reference to Jesus of Nazareth, with whom he had lived on terms of closest intimacy, and in whose death he might well have seen the destruction of all his hopes, is a further evidence of the change which had passed over the Apostle.

"To him bear all the prophets witness." Here, particularly, Peter means they bear witness to the truth he is about to declare, namely, "that through his name every one that believeth on him shall receive remission of sins (Isa. 49: 6; Joel 2: 32). Whosoever is the word which tells out the meaning of the gospel for a lost and guilty world.

"While Peter yet spake these words." One of the countless incidents in Holy Writ which evidence the omniscience of God in perfectly timing every manifestation of his power and grace and guiding love. "The Holy Spirit fell on all them that heard the word." Often spoken of as "the Gentile Pentecost." It did not come to them by the laying on of hands, it came to them in the very way in which it had come to the earliest disciples, without any human intervention, and made itself manifest in the very same way.

"And they of the circumcision that believed." The six Jewish Christians who had accompanied the Apostle to Caesarea (ver. 23 and 11: 12). "Were amazed, as many as came with Peter, because that on the Gentiles also was poured out the gift of the Holy Spirit." The miracle proved what Peter had said with a fullness of proof for which Peter himself perhaps was scarcely prepared.

"For they heard them speak with tongues, and magnify God. Cf. 2: 4. Probably nothing short of this visible manifestation would have convinced them that God was indeed claiming these Gentiles as his own.

"Then answered Peter, Can any man forbid the water, that these should not be baptized, who have received the Holy Spirit as well as we? The comment on this verse by Professor A. T. Robertson, one of the outstanding New Testament scholars of this generation, and himself a Baptist, is particularly significant: "It was clear that they were already converted before the gift of the Holy Spirit came upon them, though regeneration itself if the work of the Holy Spirit also."

"And he commanded them to be baptized in the name of Jesus Christ." Paul usually (1. Cor. 1: 14-17), did not do the baptizing himself. "Then prayed they him to tarry certain days." It is probable that Peter consented to stay, and thus showed that he was prepared to act according to the teaching of the vision."

Satisfied With School Ruling

Stratford. — "That's satisfactory to us," Reeve J. F. Vandrick, chairman of the education committee of the Perth Council, remarked when informed that the London Board of Education had instructed principals of collegiate institutes there that no more students were to be accepted from Perth County.

The London board's action was taken as a result of the failure of the board and Perth County Council to reach an agreement on the cost of tuition of Perth County pupils attending the London schools.

"Very few ratepayers of Perth will be affected," Reeve Vandrick stated. "I believe there are only one or two pupils from this county attending the London schools this year. We would rather see them attend collegiate in either Stratford or St. Marys. The cost of tuition in the London collegiates is high, about twice what it is in Stratford or St. Marys."

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MUTT AND JEFF— By BUD FISHER