Woman's World

By Mair M. Morgan

STRING BEANS

String beans are now plentiful and they should be properly cooked to retain full flavour and colour and thus appeal to the appetite and give complete food value.

String beans of either green or wax varieties are a delight to the palate when well cooked. The method recommended by the Fruit Branch, Dominion Department of Agriculture is as follows:

Wash, remove strings and ends,and either leave whole or cut in one inch lengths. Allow a very small amount of salted water and cook beans in a closely covered saucepan for thirty minutes. Place over a low fire at first until some juice is extracted, then raise the temperature. All liquid should be absorbed when beans are cooked.

The use of different sauces makes for variety.

Beans with Tomato Sauce

3 cups beans
2 tablespoons butter
1 cup tomato juice
2 tablespoons flour
Salt and pepper

Cook beans in a little water so that practically all liquid is absorbed when they are tender. Then add butter, and when melted and well mixed through the beans, sprinkle the flour over, and stir over the fire. Then slowly add tomato juice, stirring well. Cook five minutes.

Bean Pickle

Prepare and cook beans as directed above. Make a pickle mixture using:

3 lbs. sugar
3 pints vinegar
2 tablespoons celery seed
2 teaspoons tumeric
1 cup mustard
1 cup flour

Heat vinegar, mix mustard, flour and spice in a little cold vinegar, add hot vinegar gradually; cook, stirring constantly until thick as cream; add beans, cook five minutes taking care that they do not stick to the kettle, or burn. Bottle and seal at once.

BREAKFAST SETS THE PACE

The food you give your family at breakfast will set the pace for the whole day—for we must never lose sight of the fact that a long time has elapsed since the evening meal the night before. Appetites will awaken at the sight of an icy cold half melon, filled to overflowing with golden, crisp corn flakes. This is delicious eating and a dish to give the family quick energy for work or play.

Toasties Melon Cup

Chill small ripe cantaloupe. Cut in halves, allowing one half to each serving. Remove seeds. Cut thin slice from bottom of each half so that cantaloupe will rest firmly on plate. Fill center with corn flakes. Serve with light cream and powdered sugar.

THE HUMBLE PICKLE

6,000,000 bushels cucumbers are required by pickle manufacturers annually to supply the normal demand.

The British Army and Navy recognize pickles as an essential part of a well-balanced ration.

The sugar content of sweet pickles has much food value.

The lactic acid contained in dill pickles is recognized by dietitians as an aid to digestion.

Sour pickles eaten by sailors on long sea voyages prevent scurvy.

Commander Byrd in his requisition for supplies for the Antarctic Expedition provided for a large supply of pickles.

A pickle added to a dry sandwich luncheon converts it into a palatable meal.

The aromatic aroma and flavor of pickles when eaten excite the gastric juices, which greatly aid digestion.

Dr. Woods Hutchison, the celebrated physician and dietitian, stated in the public press recently that pickles are loaded with vitamins, hence have pronounced food value.

The Hollanders consume large quantities of pickles and the Frauleins set great store by them for beauty's sake, as they improve the complexion.

Pickles are recommended by the eminent physicians of England, Holland and Germany, who recommend them as a remedy for dizziness and heartburn.

French physicians for many years have recommended pickles as a preventative of freckles and for clearing and heightening the complexion through their corrective action on digestion and the cleansing of the blood.

The further south you go, the more popular sour pickles are, due to the natural craving for the cooling and healthful action of the acid.

The calory value of sour spiced pickles is greater than that of apples, oranges, peaches, pears and three times the fuel value of bean soup, nearly double the value of spinach, asparagus, onions and other vegetables, also codfish and black bass.

(The above 14 points are based upon the very best medical authorities and statistics.)

EMERGENCY SHELF

Do you have an emergency shelf in your pantry? It's first aid to hospitality when some friend happens in unexpectedly, providing that extra company touch for a pot-luck meal. And when the man of the family telephones at the last minute that he's bringing someone home to dinner, it saves the terrors of being unprepared.

In stocking the emergency shelf choose only the best canned meats and vegetables, fruits and condiments. They require less time dressing up.

Plan definitely, too, just how each article will be used in the emergency. You may have a miniature grocery store at your elbow, but without a variety that will prove adequate for a well-balanced and appetizing meal, the emergency shelf won't be of the help it should be.

The shelf should contain the makings of a full meal—soup, meat, vegtables, salad and dessert. Though all need not be used for the same meal.

Keep a can of nut meats ready to use, a tin box of marshmallows, a tin of extra fine salad wafers, a bottle of olives, a jar of mayonnaise and a package of long-keeping variety of cheese.

Home-made catsup or chilli sauce added to the mayonnaise will make a Russian dressing to serve with head lettuce for a dinner salad that nearly everybody likes. Or nuts and olives finely chopped may be combined with cheese and made into tiny balls served on lettuce leaves. The salad wafers lightly buttered and toasted add much to any salad and are particularly acceptable if the portions are small.

Salmon, tuna fish, crab meat, shrimp, boned chicken, ham or corned beef will solve the luncheon salad, or may be made into delicious hot dishes.

Canned soups, of course, are invaluable. Some need only to be reheated while others must be diluted with milk or water.

Macaroons keep almost indefinitely in tightly closed cans. Many varieties of canned puddings and quickly mixed packages of dessert that are delicious and easy to use and quickly prepared.

Last, but not least, replace each item from the shelf as you use it—or the emergency shelf will be useless.

WHEN A MAN LAYS THE TABLE

It is very seldom that a man tells us what he really thinks about the way the table at which he takes his meals is arranged. Usually he accepts his wife's taste in the matter unquestioningly.

But does he like it? I wondered that as I walked round an exhibition of table-setting at which men architects and designers were responsible for one or two tables each.

Two well-known architects flatly refused from the first to allow any cloth or mats to be used. The were Wells Coates and Frederick Gibberd, the latter only 27, and therefore very modern in his ideas.

His choice was a set of cream yellow china with a pale grey flower and a dull red circle. It stands on a walnut tabe edged with sycamore; the latter wood, like the tweed-covered chairs, harmonising with the color of the china.

Wells Coates chose "curves" Round plates and oval dishes with concentric circles of green and silver stand on a walnut table with rounded edges and curved legs.

One of the most interesting tables was arranged by Oliver Hill, who was the architect of five sections of the British Art in Industry Exhibition at Burlington House.

Its motif was diagonal lines, its color green and silver. The corners of the table were cut diagonally to correspond with the position of the oblong glass ash trays, while the centrepiece was a set of four oblong glass dishes, filled with the heads of white flowers and ingeniously placed side to side.

As on other masculine tables, an ashtray was placed at each corner. Hostesses, please note!

Most men, apparently, like low centrepieces and tall candles. Mr. J. Emberton, architect of the new Olympia, is an exception. On a walnut table, again without mats, he sets jasmine china with orange and gold bands, two very tall candles, and a large centrepiece of china flowers, standing on mirror glass.

COSTUMES FOR AUTUMN SHOW MUCH BLACK

Although there are incidental colors which attract the attention, the big story for autumn is black, in simple little school girl dresses which are smart for daytime wear, in chic little suits of lightweight woollen which are of the type every woman could wear, in soft afternoon frocks which contrast dull and lustrous sides of a novelty pin point jacquard. Black suits in velvet are brightened by flat collars of gilet or ermine and flowing fullness at front is an interesting quality of black afternoon dresses.

Breaking into the clever parade of smart blacks are tweeds which tend to such off shades as bois de rose, a light prune, grayed to the fur trimming, a wisteria shade in novelty woollen and black and white mixtures which give various tones of gray.

In trimming and combinations there are brighter tones, velveteen blouses and scarfs with tweed suits, velvet trimmings on black frocks in such bright hues as ruby red and sapphire. Deep gold bracelets are another bright trimming which offsets the somberness of a black frock, sometimes with the response of a golden brooch. One black frock opens coatwise over an underdress of bright satin and the little suit costumes introduce the pipings of velvet which are a feature of this season.

A Scouting Party

Sir Percy Everett (left), Deputy Boy Scout Commissioner of England, greets Walter Head, Chief Scout of the United States, as he arrives in England en route to Scout conference in Sweden.

Sunday School Lesson

PAUL (WORKER WITH HAND AND BRAIN). — Acts 20:33-35; Phillipians 4:4-13. GOLDEN TEXT.—In all things I gave you an example, that so laboring ye ought to help the weak. Acts 20:35.

THE LESSON IN ITS SETTING

TIME and PLACE. — The actual dates for the various events in the life of the Apostle Paul have proved a subject of wide disagreement. Harnack places the conversion of Paul in 30 A.D., and his death in 64 A.D. Ramsay makes the two dates, respectively, 32 A.D. and 67 A.D. Probably his death occurred 66 or 67 A.D. Paul was born possibly three or four years after the Lord Jesus was born. The places of his labor are too numerous to enumerate here.

"I coveted no mint silver, or gold or apparel." Thus was Paul free from all suspicion or false accusation concerning money matters in all the collections which were taken for the poor, and in the matter of his own support.

"Ye yourselves know that these hands ministerd unto necessities, and to them that were with me." Cf. 1 Cor. 4:12. As he held his hands up, they saw a tongue of truth in every seam that marked them.

"In all things I gave you an example, that so laboring ye ought to help the weak, and to remember the words of the Lord Jesus, that he himself said, It is more blessed to give than to receive." This is the only saying of Jesus recorded in the New Testament not to be found in the Gospels.

"Rejoice in the Lord always: again I will say, Rejoice." To rejoice in the Lord does not mean that a man is to be insensible to sorrow and distress, to suffering or to sin, either in his own life or in the lives about him; but it does mean that these dark realities will not be allowed to master him, nor to blind him from the radiance which streams from the face of his living Lord.

"Let your forbearance be known unto all men." The word here translated forbearance means that disposition which is opposed to a spirit of contention and self-seeking. "The Lord is at hand." The lesson for all of us is not that the Lord is coming, which is true, but because the Lord is nigh, his presence is with us.

"In nothing be anxious." The word here translated anxious comes from a word meaning to divide, to separate, to pull apart. An anxious heart is one which is divided and torn in its division. "But in everything by prayer and supplication." The first word refers to the general offering up of the wishes and desires to God; the second implies special petition for the supply of wants. "With thanksgiving." No greater barrier to progress in prayer can be set up than ingratitude to God. "Let your reuests be made known unto God." This is the only abiding, permanent cure for anxiety. Tell it to the Lord in prayer.

"And the peace of God, which passeth all understanding." The innermost tranquillity caused by contact with him, blended by his Spirit into ours, the peace which transcends all mind, for no reasoning can explain its nature and its consciousness. "Shall guard your hearts and your thoughts in Christ Jesus." The word here translated guard means to protect by a military guard, i.e., to post sentries at the gates to protect a city from invasion.

"Finally, brethren, whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." The last phrase, if there be any praise, does not mean only the commendation of others, but it describes moral approbation, whether of kings or of men, even of God. Such high thinking cannot fail to result in nobility of character and worthy deeds.

"The things which ye both learned and received and heard and saw in me, these things do." Here, as often, Paul commends his own life and practice to his converts as an example which they are to follow, and, when every minister and teacher can support his words and writings by an acknowledged sincerity of life, the power of his teaching is tremendously multiplied. "And the God of peace shall be with you." Wherever you go, whatever you do, down deep below the surface.

"But I rejoice in the Lord greatly, that now at length ye have revived your thought for me." Literally, you shot forth (as a branch) thought in my behalf. "Wherein ye did indeed take thought, but ye lacked opportunity." Lightfoot translates it "in which ye did indeed interest yourselves. Paul's purpose in writing the Philippians really was to thank them for their kindness to him, but many other things were so much on his heart that he postpones this material matter to the end of the Epistle.

"Not that I speak in respect of want: for I have learned, in whatsoever state I am, therein to be content". "I know how to be abased." In classical Greek this verb is used of the failing of a river in drought. "And I know also how to abound: in everything and in all things have I learned the secret of both to be filled and to be hungry, both to abound and to be in want." He is able to be calm and confident in the midst of the most disturbing circumstances.

"I can do all things in him that strengtheneth me." This is only one of the many phrases found in Paul's letters which reveal him as one mastered by Christ.

A scientist discovers that the slowest thinkers live longest. That the kind of proposition that cannot be proved on a busy highway.

Little Man, You'll Have A Dizzy Day

One black morning you waken with a woolly brain and limbs that ache.

Some mysterious force pulls your head back every time you try to raise it from the pillow.

Dizzily you go through your ablutions, and at the breakfast table you are oblivious of the shining morning faces, the newspapers, the letters, or the friendly little wag of the dog's tail.

The bacon and eggs, the coffee, the toast, what are they to you? Black spots fly across your eyes, cold shivers play scales on your spine, and sweat pours into your palms.

The mirror will tell you why it was wrong to eat mayonnaise at midnight.

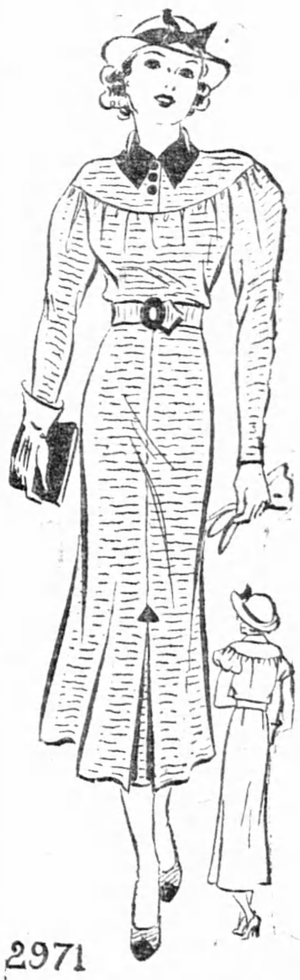
Those eyeballs, tinged with yellow, that sallow cheek, that tongue that looks as if it had been out all night in the frost—all these indicate that the liver is literally fed up with you and your silly ways of fatty feeding.

The sooner you realize that you must swear repentance the better. Begin by taking a large dose of salts, and follow this up by pints and pints of pure cold water at regular intervals. Refuse every form of food, even milk, and go away to some spot where you can be like the great Garbo, alone.

By evening you will feel less like a man under sentence of death and more affable towards a pork chop.

But touch neither crumb nor crust until next morning, when you will realize the good that has been done by salts, starvation and solitude.

Fits Everyday Needs For Juniors



2971

It's time to be considering a smart little dress of wooly novelty crepe so new looking and so lovely for first fall days.

The model pictured in green with yellow tinge, is especially smart with effective soft fulness through the bodice. The "Boy" collar and buttons are satin crepe.

Nothing could be simpler to sew!

Style No. 2971 is designed for sizes 11, 13, 15 and 17 years. Size 15 requires 3⅝ yards of 39-inch material with ½ yard of 35-inch contrasting.

HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide

FU MANCHU By Sax Rohmer

THE SEVERED FINGER—A Strange Find.

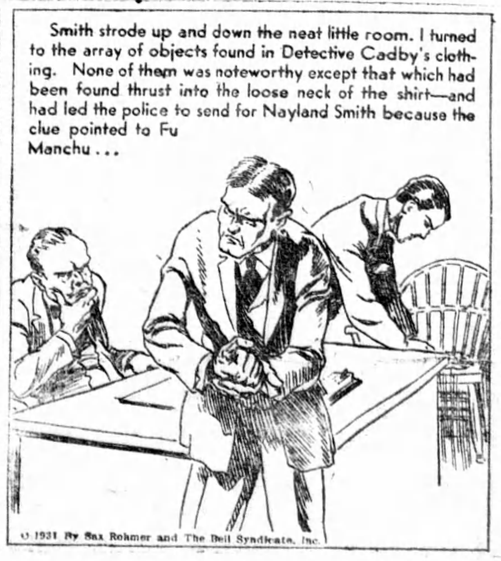
"You noticed the fingers?" asked the Inspector. "It was almost the same with Detective Mason. He went off a week ago on some business of his own. Next night the ten-o'clock boat got the grapnel on him off Hanover Hole. His first two fingers on the right hand were completely gone."

I looked out at the whispering Thames, which held so many secrets, and now was burdened with another. Behind me I heard the Inspector say:

"And that lascar we found this morning . . ."

"You mean Fu Manchu's dacoit," interjected Smith, "He tried to kill Petrie and me."

"He was minus half his fingers, too. . . ."



Smith strode up and down the neat little room. I turned to the array of objects found in Detective Cadby's clothing. None of them was noteworthy except that which had been found thrust into the loose neck of the shirt—and had led the police to send for Nayland Smith because the clue pointed to Fu Manchu . . .

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"Smith," I cried, "what do you make of this?"

It was a Chinese pigtail. That was remarkable enough; but the plaited queue was a false one, attached to a most ingenious bald wig!