Woman's World

By Mair M. Morgan

NUT BREADS ARE ALWAYS POPULAR

There must be some magic ingredient in nuts that enables them to change ordinary and familiar food like bread into something unusual, interesting, and delightful, or to convert just an average salad or cake or ice cream into a superior and delicious dish.

When the many varieties of nut breads are so easy to make, and lend themselves to so many different forms of service, it seems a pity they are not better known, and served more often, especially by mothers of young families or hostesses who like to entertain.

Sliced thinly and spread generously with fresh or salted butter nut breads are perfect accompaniments to fruit salads and to a surprisingly large number of desserts. For a bridge party they are excellent. For an afternoon tea, especially if you are expecting several or more callers, nut breads are ideal for the sandwiches, because they are much less apt to dry out than regular breads. For a "coffee klatch" or an evening supper they are absolutely perfect.

For the young folks coming in from swimming, or tennis, or baseball, or hiking, or an evening dancing party, nut breads have a huge appeal, with the added advantage of being very good for them. They are always a popular contribution to a surprise party menu at a friend's house. Men seem able to consume large quantites of nut breads, so you are always safe in serving them. Try the following recipes:

Plain Nut Bread

1 egg, 1 cup milk, 2 tablespoons melted shortening, 2½ cups flour, 3½ teaspoons baking powder, ½ teaspoon salt, ½ cup sugar, ½ cup nut meats.

Method: Beat egg, and milk and shortening. Sift flour, baking powder, salt and sugar, add coarsely cut nut meats. Beat dry into liquid ingredients. Bake in hot oven, 20 minutes.

Prune Nut Bread

1¼ cups stone dried prunes, 1 egg, 2-3 cup sugar, 1 cup milk, 2 tablespoons melted shortening, 2½ cups flour, 4 teaspoons baking powder, ½ teaspoon salt, ½ cup chopped nuts, grated rind of 1 lemon.

Method: Cover prunes with hot water and boil for 5 minutes. Drain thoroughly and chop. Beat egg and sugar, add milk and shortening. Sift dry ingredients, add nuts and lemon rind. Combine all ingredients. Bake in moderate oven, 350 degrees F. about one hour.

Peanut Butter Bread

2¼ cups flour, ½ cup sugar, 3½ teaspoons baking powder, 1 teaspoon salt, ½ cup peanut butter, 1 cup hot milk, 1 egg, 1-3 cup chopped nut meats.

Method: Sift dry ingredients. Beat the peanut butter into hot milk; add to dry ingredients, add beaten egg and peanuts. Beat thoroughly. Bake in moderately slow oven, 340 degrees F. about 45 minutes.

Blueberry Bread

2 eggs, 1 cup sugar, 1 cup milk, 3 cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 1 cup fresh blueberries, 1-3 cup walunt meats, 3 tablespoons melted shortening.

Methor: Beat eggs and sugar, add milk. Sift dry ingredients, add blueberries and walnuts. Combine mixtures, add shortening and mix well. Bake in a greased loaf pan in a moderate oven, 350 degrees F. for 50 minutes.

Jam Nut Bread

2¾ cups flour, 3 teaspoons baking powder, ½ teaspoon salt, ¼ cup sugar, ½ cup chopped nut meats, 1 egg, 1 cup milk, ½ cup raspberry jam, 2 tablespoons melted shortening.

Method: Sift dry ingredients; add nut meats. Beat egg, add milk, jam and shortening. Combine the two mixtures. Bake in a greased loaf pan in a moderate oven, 350 degrees F. about 45 minutes.

Orange Bread

Orange bread is something new in breads and is as palatable as it is healthful. To make it, let one yeast cake and one tablespoon sugar stand for a few minutes, add one teaspoon salt one tablespoon butter, third of a cup sugar, one teaspoon grated rind and the yeast cake. Add three cups sifted flour and beat well. Let rise till doubled in bulk. Put half cup flour on board and knead this in with half cup finely cut candied orange peel. Shape into loaf. Let rise till light. Bake in moderate oven (375 F.) for thirty to forty minutes.

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CARE OF THE SKIN

Rightly or wrongly, your health is judged by your skin, says a doctor.

Let us consider how it functions, and how it is affected by sun, air, water, soap, cosmetics and massage.

1. It regulates body heat and helps to keep it at the constant temperature of 98.4 degrees.

When the temperature rises the skin loses body heat in either of two ways: by perspiration, which in evaporating cools the body; by the blood-vessels in the skin which enlarge and send an increased volume of blood to the surface, there to be cooled and to subtract heat from the rest of the body.

2. It contains the nerve-endings which control the senses of heat, cold, touch and pain. Warmth increases their sensitivity.

That is one of the reasons why the surgeon warms his hands before examining a patient.

3. It is an important organ of elimination. Like the kidneys which it relieves, it excretes — in the form of perspiration — water, salt, and urea.

A periodic sweat flushes out the perspiration glands and ensures their healthy functioning.

4. It transforms the energy of the sun into human energy. The sun's rays cause a substance in the skin tissues to form Vitamin D, and this is vital for the body's functioning in many different ways.

It helps the body to deal with calcium, which is necessary for the proper formation of bones and teeth, and to prevent rickets in children: it also helps the digestive system to absorb from food the iron that is necessary to form the red cells of the blood.

5. It protects the delicate underlying structures. For the purpose of protection the skin must be tough yet pliable.

Two Layers

The skin has two layers: the upper, the epidermis, which is a horny layer softened by the grease produced by the grease-glands; and the deeper layer which contains grease and perspiration glands, nerve-endings, and so on.

The grease is Nature's cold cream; it softens the horny epidermis and makes it pliable as well as strong—less liable to crack.

The skin is exposed to irritation by anything which robs it of grease and leaves it hard and likely to crack.

Water and soap can both be irritating because they remove grease. They must be used with greater discretion by the dry-skinned.

The skin is more liable to irritation in winter—when the grease and perspiration glands are less active—than in summer. The most sensitive areas are the face and those parts that are exposed.

ing. Don't smother the skin with it or you will block up the grease and perspiration glands and produce pimples or blackheads.

Never use successive layers of grease, powder and rouge. Use rouge alone on the rouge area. Use your lipstick for outline rather than for colour. This is from the strictly medical point of view, of course.

Facial Beauty

Facial beauty is the result of good health, the right weight, and the right mental attitude in persons of good features.

The face must show a free play of emotions without lingering on the unpleasant emotions; it must be serene but not immobile, and not fixed in a spasm of fret, anxiety, disgust suspicious or frown.

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HOUSEHOLD HINTS

Ink stains on the fingers will come off easily in soapy water if a little vinegar is rubbed on the stains before washing.

New Shoes

If the pair of new shoes are put in a warm place for a few minutes before using them, it will make the

Remove Dirt

The essence of skin care—so far as external applications are concerned—is to remove dirt and the grease in which it is enmeshed, and to apply a little artificial grease when necessary, especially after washing.

How is the skin affected by various things?

The sun in small doses is a tonic and a necessity, because it helps to form Vitamin D (in winter, ultra-violet rays once or twice a week are a useful substitute and an excellent preventive of colds); in large doses it irritates and ages the skin. Sailors and shepherds, and Europeans living in the tropics, show this chronic skin irritation and premature ageing.

Water tones up the blood-vessels of the skin. Swimming is the lightest form of massage; a sun and air bath, followed by a plunge, is an excellent combination.

As to cosmetics, apply grease at night and wash it off in the morn-leather more pliable.

Table Decoration

Always keep a small fern growing in a low attractive bowl, and it will serve as a table decoration when there are no cut flowers.

Mending Kid Gloves

Do not use silk thread to mend kid gloves, as it has a tendency to tear. Mercerized or cotton thread is much better for this purpose.

Cool Food First

Only under stress of circumstances should you put any food that is warm into your refrigerator. Even the left-overs should be allowed to cool first.

Ink Stains On Linens, Etc.

Rub the stained article in a quantity of fresh cold milk at once, then rinse in cold water. The stains will disappear like magic but . . . work fast.

Fish Odor

Before handling fish, dampen the hands and then rub them thoroughly with salt. When through handling the fish, wash the hands with soap and there will be no odor.

Keeping Cornflakes Crisp

As soon as the box of cornflakes has been opened, transfer the contents to a tin receptacle with tight-fitting lid. This will keep the cornflakes nice and crisp.

Cretonne Draperies

When cretonne draperies are lined with a soft material of a harmonious color it will bring out the pattern of the material, and the draperies will hang more evenly.

Daughter Of British Statesman Married

Mr. Stephen Lloyd, son of Mr and Mrs. T. Z. Lloyd, of Edgebaston, Birmingham, England, and his bride, the former Miss Dorothy Chamberlain, daughter of Neville Chamberlain, British Chancellor of the Exchequer, and Mrs. Chamberlain, leaving Chelsea Old Church in London after their marriage.

Sunday School Lesson

LESSON — September 8

Lydia and Priscilla (Christian Women in Industrial Life).—Acts 16 : 11-15; 18 : 1-3, 24-28; Romans 16 : 1-6.

GOLDEN TEXT—Give her of the fruit of her hands; And let her works praise her in the gates.

Devotional Reading: Proverbs 31 : 10-31.

Beginner Topic: A meeting out of doors.

Lesson Material: Acts 16 : 11-15; 18 : 1-3. Print Acts 16 : 13-15.

Memory Verse: Be glad in the Lord. Psalm 32 : 11 a.

Primary Topic: A meeting out of doors.

Lesson Material: Acts 16 : 11-15; 18 : 1-3. Print Acts 16 : 13-15; 18 : 1-3.

THE LESSON IN ITS SETTING

Time—Lydia appears in the New Testament record in Paul's second misssionary journey, 49 or 50 A.D.; Priscilla first appears in the same missionary journey, but about two years later. The Epistle to the Romans was written A.D. 60.

Place—Lydia, though of Thyatira, appears in the New Testament Scriptures at Philippi, the great city of Macedonia in Europe. Priscilla is found variously at Corinth, Ephesus, and at Rome.

"Setting sail therefore from Troas, we made a straight course." This is a nautical term for sailing before the wind, and occurs only once again in the New Testament (Acts 21 : 1). "To Samothrace." An island in the Egean Sea off the coast of Thrace colonized by a man of Samos. "And the day following to Neapolis." The seaport for the city of Philippi from which it was about ten miles distant. Paul and his companions apparently did not tarry here.

"And from thence to Philippi, which is a city of Macedonia, the first of the district, a Roman colony." Philippi was originally named Datum, but was renamed Philippi by Philip of Macedon after himself.

"And we were in this city tarrying certain days." Paul arrived in Philippi about twenty years after the foundation of the church at the church at Jerusalem after the Pentecostal effusion.

"And on the Sabbath day we went forth without the gate by a river side, where we supposed there was a place of prayer." The Jews had commonly places of prayer in towns where they were not allowed to have synagogues, where they were few in number. These were enclosures open to the sky, and usually near a river or on the seashore for the ceremonial washings. "And we sat down, and spake unto the women that were come together." It is evident that the women of Philippi occupied a position of considerable freedom and social influence.

"And a certain woman named Lydia, a seller of purple." Strictly speaking, she was probably a seller of purple cloth, rather than the dey itself. "Of the city of Thyatira." A wealthy town in the northern part of Lydia of the Roman province Asia on the river Lycus. "One that worshipped God, hear us." The use of the Greek imperfect, meaning, in effect, she was in the habit of hearing him, would lead us to suppose that the Apostle repeated his visits on several Sabbaths. "Whose heart the Lord opened to give heed unto the things which were spoken by Paul." Paul's preaching could not effect her regeneration. The external call never accomplishes that, unless the internal call to repentance precedes, and unless it accompanies the Word.

"And when she was baptized, and her household, she besought us, saying, If ye have judged me to be faithful to the Lord, come into my house and abide there. And she constrained us." The Greek word here translated constrained occurs in only one other place, and that, most significantly, about the journey of the disciples to Emmaus (Luke 24 : 29).

"After these things he departed from Athens, and came to Corinth." A distance of about forty miles. Corinth, located in the center of what is now known as Greece on the famous isthmus of Corinth, and, in the days of the Apostle Paul, the capital of the Roman province Achaia, was the center of government and commerce for Greece and the fourth largest city in the Roman Empire.

"And he found a certain Jew named Aquila, a man of Pontus by race." Pontus was an important province in the northeastern part of Asia Minor, lying along the southern shore of the Black Sea. "Lately come from Italy, with his wife Priscilla, because Claudius had commanded all the Jews to depart from Rome." Priscilla, apparently, was not a Jew, and many scholars believe that her name would indicate she was a member of an important, even noble Roman family. Now Aquila, the Jew from Pontus, ever came to know and to fall in love with this Roman lady is a love story that taxes our imagination. Possibly the two were thrown together by similar religious experiences or hopes, though of this we have no knowledge. "And he came unto them; 3. and because he was of the same trade, he abode with them, and they wrought; for by their trade they were tent-makers." It is often said that Paul, together with these newly found friends wove the rough goat-hair cloth out of which tents were made, but that is not the word here, and it is most probable that their occupation was that of making up the material already woven, cutting out and stitching the tents themselves.

"This man had been instructed in the way of the Lord; and being fervent in spirit, he spake and taught accurately the things concerning Jesus, knowing only the baptism of John." He had been instructed in Messianic prophecy and purpose. In obedience to John, he had been baptized unto repentance and to expectation of the coming of the Messiah, but he did not know the meaning of the cross.

him unto them, and expounded unto him the way of God more accurately." It would have been no easy task to take in hand a man of Apollos's intellectual attainments and independence of character, and lead him on to the views most generally held among the Christians, but Priscilla and Aquila undertook this difficult task and succeeded in it.

"For he powerfully confuted the Jews, and that publicly, showing by the scriptures that Jesus was the Christ." It is not said that Apollos convinced the Jews of the truths he preached, but only that he confuted them, literally, he argued them down; but to confute is not necessarily to confuse. This he did possibly in the synagogue.

Women tend to remember the pleasant experiences of their lives and forget the unpleasant, while men remember the unpleasant and forget the pleasant, according to recent tests. One test would be to see whether both equally remember the wedding anniversary.

School Day Smartness

Such a simple, trim and wearable little outfit is today's blouse, skirt and jacket model.

It will be appreciated by smart school girls, since either part may be worn with another blouse or skirt.

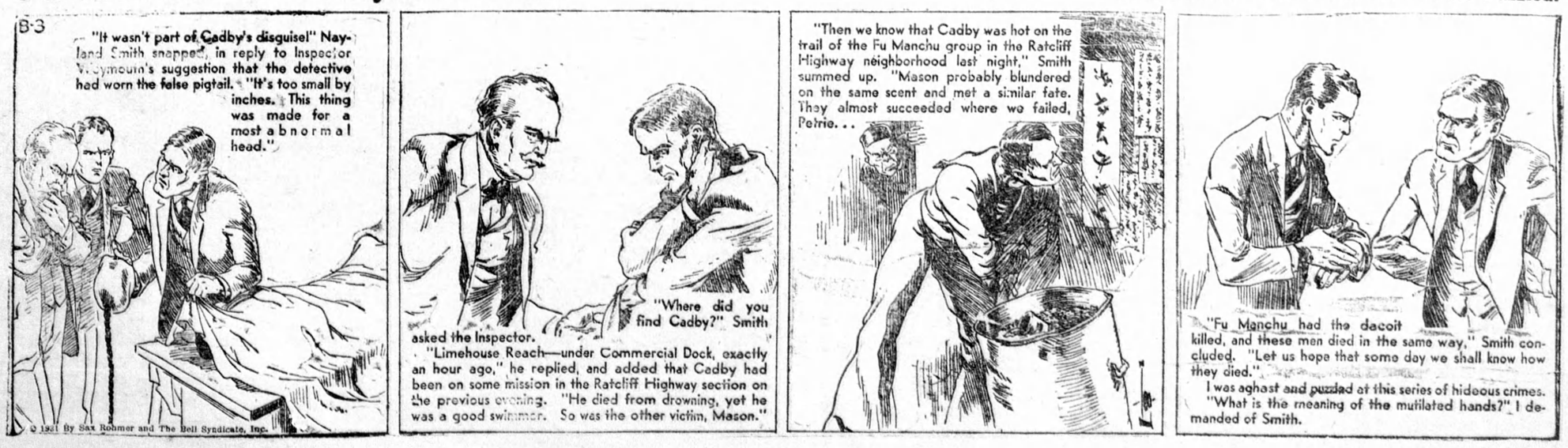
Pottery rust in plain and ombre plaided woolen, made the model sketched.

Some wooly looking plain and plaide cottons can also be used. Another nice suggestion is dark velveteen for the skirt and bright plaided woolen for blouse and jacket.

Style No. 2859 is designed for sizes, 8, 10, 12 and 14 years. Size 12 requires 2¼ yards of 39-inch material for blouse and jacket and 1½ yards of 35-inch material for skirt and trimming piece.

HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of pattern wanted. Enclose 15c in stamps or coin (coin preferred; wrap it carefully), and address your order to Wilson Pattern Service, 73 West Adelaide Street, Toronto.

FU MANCHU By Sax Rohmer

THE SEVERED FINGER—Dr. Petrie Puzzled.