Woman's World

By Mair M. Morgan

IMPORTANT MEAL TOO OFTEN OVERLOOKED

Thinking up variations year in and year out for three square meals a day—it's a career all by itself, even if the census makers and other statisticians do persist in putting the housewife down as one with no occupation.

Breakfasts are particularly difficult, if we are to judge by the letters that come to this desk voicing plaintive calls for help.

Kinds of Breakfast

The very light breakfast includes fruit, some sort of bread—such as toast or rolls, and a beverage—milk, cocoa or coffee. This type of meal is suitable for adults whose habits are sedentary and who eat adequate noon meals.

The slightly heavier, though still light breakfast adds cereal to the above. This meal is convenient because it provides the essentials of the children's breakfast and takes care of adults who are moderately active physically.

The medium breakfast consists of fruit, cereal, eggs or their equivalent, bread and beverage. It is suitable for school children, adults who are active physically and those who take very little luncheon at noon.

The heavy breakfast adds an extra hot dish to the medium breakfast menu. Persons who are engaged in strenuous muscular work and those whose total food requirements for the day are high need this kind of meal.

For Inactive Persons

Keeping these classifications in mind, it is simple to plan one breakfast menu which will meet the needs of all members of a family no matter how diversified their interests. The inactive person may merely refuse the extra dishes and concentrate on the light or medium items.

The child's breakfast should furnish every necessary element for proper nourishment. His stomach has been without food for the longest period during the twenty-four hours, and is ready for a meal which will supply food for energy since an active child uses up a vast amount of nervous and muscular energy during the day. Fruit or fruit juice, hot or cold cereal with cream or top milk, milk or cocoa made with milk, toast and a soft cooked egg makes a full-balanced breakfast for a growing child.

* * *

VALUABLE USES OF ICE AND ICE WATER

To a great many people, ice has become simply a means of making summer drinks refreshingly cold. We're apt to overlook the many valuable uses of ice and ice water, as well as cold, in the household, laundry and sickroom.

Here are a few suggestions:

A chilled knife will cut meringues, cakes and pies in neat, even slices, without sticking. Simply dip the knife in cold water each time before cutting a slice in a meringue-covered pie, and you will have evenly cut slices.

Iced water is used to thaw out frozen fish before it is cooked.

Several minutes' standing in cold or ice water makes hard-cooked eggs easy to shell.

Ice water washes the salt from butter that is to be used in making pastry.

Cold makes cream whip better and easier. Place cream, bowl, and whipper in the refrigerator a while before whipping cream.

Ice water and chilled utensils make pastry more tender and flaky.

Cold makes bread that is too fresh, "firm" for sandwich cutting. Place bread in electric refrigerator an hour and it will resemble day-old bread when cut. Angel-food cake also cuts easier after placing a while in the refrigerator.

Cold sets the flavor in dishes such as soups and stews. Store these dishes in the refrigerator and reheat for second serving.

Chilling makes cookie dough easier to roll, and permits using less flour.

Ice cubes folded into a dampened soft muslin or cheese cloth make an excellent face pack to stimulate the skin.

Cold storage in the refrigerator makes facial cold cream go farther.

Ice water applied to face and hands is first aid in fainting.

Ice water compresses are the best bandage for an eye which has been injured or cut by a foreign particle, until the doctor comes.

Ice water baths and ice packs are used to reduce the patient's temperature in case of sunstroke.

Soaking a new toothbrush in cold water overnight will prevent the bristles from loosening until the brush is ready to be discarded.

Cold or ice water helps remove grass stains. Moisten stain with cold water and cover it with soda, let stand for two hours, and then rinse out in warm water.

Cold water removes egg stains on dishes or cloths. Dishes which have contained eggs should always be rinsed in cold water before putting in hot soap suds.

Cold water loosens the dirt in clothes. Make a suds of cold water to soak clothes before laundering.

Cold water poured over frozen plants may save them. Cover the plants with newspapers and set in a dark place several days.

Chilled air sometimes offers quick acute condition, temporary relief may be had by putting the head inside a refrigerator which holds relief to hay-fever sufferers. In an temperatures well below 50 degrees.

* * *

EGGS IN MANY GUISES ENRICH VEGETABLE MEALS

Eggs are always good as a substitute for meat. Only, when you feature eggs in the meal proper, be careful not to serve an egg-y dessert such as a custard or souffle. All vegetables combine deliciously with eggs, and scrambled or poached eggs and a crisp salad make a fine luncheon.

Unless many vegetables are included to furnish bulk, eggs are good on a toasted foundation.

Eggs, Chilean style, are piquant and appetizing. Try them for dinner some evening.

Eggs Chilean Style

Two cups chopped fresh tomatoes, ½ cup grated cheese, ½ cup chipped dried beef, 1 teaspoon grated onion, 2 tablespoons shredded green pepper, 1 teaspoon paprika, 1 tablespoon butter, 4 eggs, 4 squares hot buttered toast, fresh cress.

Press tomatoes through a coarse sieve to remove seeds. Add cheese, dried beef, finely chopped, onion, pepper and paprika. Cook over a slow fire until cheese is melted. Add butter and eggs slightly beaten. Stir and cook until eggs are just set. Serve on hot buttered toast and surround with water cress. The tang of the cress is perfect with the egg and cheese combination.

Egg and ham timbales are economical but are so "dressy" in appearance that you could serve them at a guest luncheon.

Egg and Ham Timbales

Four eggs, ½ teaspoon salt, few grains pepper, ¼ teaspoon onion juice, 1 cup finely chopped ham, 1 cup milk, six rounds of toast.

Beat eggs until light. Add remaining ingredients and mix thoroughly. Turn into individual, well buttered timbale molds and place on many thicknesses of paper in a pan of hot water. Bake in a moderate oven for 45 minutes or until firm to the touch. Turn each timbale onto a round of buttered toast and surround with creamed peas. Garnish with tiny sprigs of parsley and serve at once.

Peach Fritters

Three or four peaches, 1 cup flour, 2 teaspoons baking powder, 3 tablespoons sugar, ¼ teaspoon salt, 1-3 cup milk, 1 egg.

Pare peaches and cut in thin slices. Mix and sift flour, salt, sugar and baking powder. Beat egg until light with milk. Stir in dry ingredients and when well blended and smooth add sliced peaches. Drop from spoon in deep hot fat heated to 370 degrees F. on a fat thermometer or hot enough to brown an inch cube bread in sixty seconds. Drain on crumpled paper and serve with raspberries crushed and sweetened.

* * *

MAKING CURTAINS FOR A FRENCH WINDOW

The French window which is really a long narrow glass door, with no small casement windows on either side of it, needs only a simple pair of floor length curtains, and a finish across the top.

This finish can be a flat pelmet of the curtain material, or a contrasting one, repeating something else in the room; or a painted plywood one—enchanting if well done: or mirror glass.

The French door with casement windows on either side, in suburban or country houses, is quite another story. This needs unsophisticated curtains of chintz, cretonnne, folkweave, slub repp, or linen, and should be floor length at the French door and sill length at the side windows. A box-pleated matching valance running across the top gives continuity and makes the curtains a set.

* * *

LOOSE MAT ON POLISHED FLOOR IS DANGEROUS

Polished floors are certainly a guarantee of cleanliness in the house. And polished floors, provided we know them to be polished, are not exactly a direct source of danger, for like Agag, we can go delicately over them. But the polished floor when its polish is concealed may be very dangerous. A loose mat on a polished floor is a thing to be avoided, for it is extremely liable to slip away from the feet of the unwary person, causing him to fall heavily.

It is the suddenness with which a mat on a polished floor will slip from under a person that is disconcerting.

Particularly dangerous is a mat placed just at the foot of a staircase if the floor of the hall is highly polished. A person is so liable to run down stairs and step on to the mat which flies from under him, so that he falls heavily on his back and strikes his head on the stairs.

Whenever you commend, add your reasons for doing so; it is this which distinguishes the approbation of a man of sense from the flattery of sycophants and the admiration of fools.—Steele.

The Bards Enjoy A Little Joke

The Right Hon. David Lloyd George, famous British statesman, and his wife and daughter, Miss Megan Lloyd George, who recently was initiated as a bard, attended the National Eisteddford, Wales' age-old annual festival of poetry and music, which was held this year at Caernarvon. This photo shows a bit of Bardic good humor. Left to right: David Lloyd George, Dame Margaret Lloyd George, Miss Megan Lloyd George and Sir Michael Assheton Smith, Mayor of Caernarvon.

Sunday School Lesson

LESSON XII — September 22
JAMES (A GREAT CHRISTIAN LEADER).—Acts 15 : 1-21; James 1 : 1-17.

GOLDEN TEXT—Blessed is the man that endureth temptation; for when he hath been approved, he shall receive the crown of life, which the Lord promised to them that love him. James 1 : 12.

* * *

THE LESSON IN ITS SETTING

Time—The council at Jerusalem took place at some time between A. D. 47 and A.D. 52, the date being determined by the particular chronological scheme the student chooses to follow. It fell between the first and second missionary journeys. The date of the Epistle of James cannot definitely be determined. It was no doubt written before the council at Jerusalem. Some place it as early as 45 A.D.

Place—The council of Jerusalem took place in the Holy City. No doubt James wrote his Epistle from this city also.

"James, a servant of God and of the Lord Jesus Christ." It is significant that the author does not speak of himself as the brother of the Lord. It was more to be bond-servant of God and of the Lord Jesus Christ than to be brother of the Lord after the flesh. "To the twelve tribes which are of the Dispersion." "Greeting." The literal meaning of the word is to rejoice, and here it would mean, I wish you joy."

"Count it all joy, my brethren." Brother is a form of approach to a member of a strictly defined society such as the Jewish or the Christian brother would address to other members whom he recognizes as equals. "When ye fall into manifold temptations." It should be noticed that the word temptations in the margin is translated trials. It is a word used, in a general sense, of proving and testing, and thus also of adversity, of affliction sent to prove or test a man's character.

"Knowing that the proving of your faith worketh patience." Patience here implies not only mere passive submission, but the perseverance which does not falter under suffering, in the midst of the trials and temptations of which James is here speaking.

"And let patience have its perfect work, that ye may be perfect and entire, lacking in nothing." The form of the counsel implies that the work might be hindered unless the will of those who were called to suffer cooperate with the divine purpose.

"But if any of you lacketh wisdom, let him ask of God, who giveth to all liberally and upbraideth not; and it shall be given him." Wisdom is more than knowledge and is better. Man may have extensive and accurate knowledge, and, at the same time, be anything but wise.

"But let him ask in faith, nothing doubting : for he that doubteth is like the surge of the sea driven by the wind and tossed." Lack of faith is virtually making God a liar.

"For let not that man think that he shall receive anything of the Lord." Whether the word Lord here refers to the Father or to the Son, is difficult to determine. Possibly, however, the word was used without the thought of a distinction between the divine persons.

"A doubleminded man, unstable in all his ways." Doubleminded is a most expressive word, as if the man had two souls; one trusting, the other doubting; one for and the other against. The double-minded man whom St. James has in mind is the man whose moral nature is enfeebled by the vacillation and double-hearted condition of his own soul.

"But let the brother of low degree glory in his high estate." The brother of low estate is, of course, the one who is either exceedingly poor, or without prominent place in a community or in the life of the Church. He is a child of God through Christ, heir of eternal blessedness; instead of resenting his poverty and being discontented with his obscurity, let him remember that he is a prince and glory in it.

"And the rich, in that he is made low : because as the flower of the grass he shall pass away." How many rich men have, in the last four years, since the terrible depression which has come upon our land, known what it is to be made low! In this one is also to rejoice, because it compels him to see that he may lose everything, and that he is just as dependent upon God as the poorest of his children.

"For the sun ariseth with the scorching wind, and withereth the grass; and the flower thereof falleth, and the grace of the fashion of it perisheth : so also shall the rich man fade away in his goings." It is amazing how many truths the writer of this Epistle illustrates from the scenes of nature. The love of nature which runs through them was, no doubt, remembered and cherished in the village home at Nazareth, and it forms another link between St. James and his divine Brother.

"Blessed is the man that endureth temptation; for when he hath been approved." Approved here means tested and found genuine, as metals are tested to prove their worth. "He shall receive the crown of life, which the Lord promised to them that love him." A crown is given to the victor, and, in many cases, is worn by those who are truly kings. Thus a crown speaks of both triumph and sovereignty.

"Let no man say when he is tempted, I am tempted of God." Thus did Adam insinuate that he fell because of God's gift to him of Eve (Gen. 3 : 12); cf. Prov. 19 : 3; 30 : 8, 9. "For God cannot be tempted with evil, and he himself tempteth no man." He who was absolutely righteous could not be the originator of sin. He tries men, but does not tempt them.

"But each man is tempted, when he is drawn away by his own lust, and enticed." Lust, or rather, desire, in its widest sense, includes desire for safety, riches, ease, as well as sensual pleasure. Adversity and persecution expose man to the evil solicitation of his lower nature. In both, desire tempts the will to depart from what it knows to be the will of God.

"Then the lust, when it hath conceived, beareth sin : and the sin, when it is full-grown, bringeth forth death." Desires never remain dormant. They are alive and powerful; they grow; they lead on to other things.

"Be not deceived, my beloved brethren." Cf. Gal. 6 : 7. Satan is liable to deceive men into believing that those truths and laws which have just stated are non-existent.

"Every good gift and every perfect gift is from above." The two nouns are different in the Greek; the first expressing the abstract act of giving; the second, the gift as actually bestowed. The perfection of the one flows from the goodness of the other. "Coming down from the Father of lights." James would have us to know that God is the father of all forms of light, moral, intellectual and spiritual. "With whom can be no variation, neither shadow that is cast by turning." The best and most perfect of all gifts has come from above—the unspeakable gift of God's dear Son, and, with the gift of his own Son, he gives you the gift of the Holy Spirit.

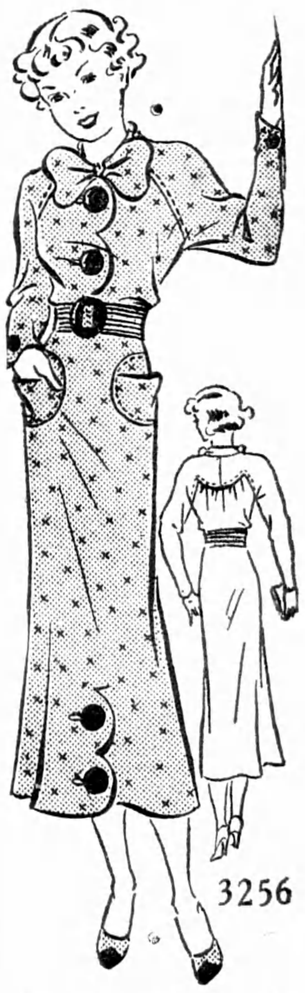
"What made you a multi-millionaire?" a reporter asked of a big razor blade magnate.

"My wife," answered the man of sharp practices.

"Ah, her tactful help and advice in times of great need, I suppose?"

"Nothing of the sort. I was just curious to see if there was any income my wife couldn't live beyond."

Darling School Wear



For wear in school, here is a darling dress of warm rust novelty woolen.

If, however, it is not school wear which is required, other materials will render the model suitable for various occasions. For instance, black wool-like silk with gay accent in velveteen bow and buttons, would be most attractive.

Style No. 3256 is designed for sizes 11, 13, 15, 17 and 19 years. Size 15 requires 3⅝ yards of 39-inch material.

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—Cadby's Visitor.