Woman's World

By Mair M. Morgan

TRY THIS !

Here's a tempting new meat dish by a famous food authority. This savory lamb chop grill is very nearly a meal in itself—and what an inviting one!

6 fresh shoulder lamb chops
6 stuffed onions, medium sized
6 or 12 half-inch slices of potato
6 peach halves, fresh or canned
6 whole cloves
6 slices of bacon

Parboil the onion. Meanwhile trim the fat from the lamb chops and sear under the broiler flame for about 6 minutes; or if you wish to save heat, sear in a frying pan. Remove the centres from the onions, dust with salt, fill with bits of Canadian cheese and cracker crumbs, place a bit of butter in the top, and sprinkle with sugar to glaze.

Place the seared chops in a large shallow pan; arrange the potatoes, the stuffed onions, and the peach halves, in each of which a clove has been stuck, around the chops. Salt the chops and potatoes. Place the bacon slices over the potatoes and bake 30 to 45 minutes at 350 degrees F.

Serve from the pan onto hot plates, giving each portion of all the foods and one or two slices of potato. Garnish with parsley or watercress with a dash of paprika on the onions.

In the menu below you will find suggested just the right dishes to accompay the lamb chop grill. You'll notice it is really an oven meal, for the only other cooked dish is baked right in the oven with the grill:

Fruit cup or tomato juice cocktail
Lamb chops, bacon curls, potato slices, Peach halves with cloves, stuffed onion, Salad greens, French dressing, Rice pudding with raisins, Coffee

This recipe and menu have been expertly tested and are thoroughly reliable.

"AUTUMN" SUPPER DISHES

Cool weather brings with it a natural appetite for warm food. Almost overnight restaurant proprietors change luncheon and supper menus to meet this seasonal desire of their patrons, and similarly the homemaker plans to serve nourishing, hot supper dishes which are sure to please and satisfy the family.

Creamed and scalloped dishes are exceptionally tasty, and no matter what foods are combined to make them, the fact that the foundation is a cream sauce assures high food value, and is enough to place them at the top of the "supper dish" list.

Scalloped Dishes

4 tablespoons butter
4 tablespoons flour
2 cups milk
3 cups cooked foot, cut in pieces
Salt and pepper

Melt butter. Blend in flour and seasonings. Add milk gradually and stir until mixture thickens. Cook for 3 minutes. Place alternate layers of cooked food and sauce in buttered baking dish. Cover with buttered crumbs and bake in a hot oven 400 degrees F. until crumbs are nicely browned.

Note: — ½ to ¾ cup grated cheese and a pinch of mustard may be added to sauce just before removing from the stove.

Suggestions for Scalloped Dishes

3 cups cooked chicken, veal, ham or any cooked fish
1½ cups cooked meat or fish and 1½ cups cooked spaghetti or macaroni
1½ cups meat or fish and 1½ cups green peas
1½ cups meat and 1½ cups corn
6 hard-cooked eggs, sliced or cut in pieces
4 hard-cooked eggs and 2 cups cooked potatoes (diced) celery, corn or peas
3 cups cooked vegetables (cauliflower, cabbage, potatoes, corn, spinach, asparagus, carrots, peas, string beans)
1½ cups carrots and 1½ cups peas
1 cup peas, 1 cup carrots, 1 cup potatoes
1½ cups corn and 1½ cups potatoes
3 cups cooked macaroni, spaghetti or rice
1½ cups cooked macaroni or spaghetti and 1½ cups corn

Creamed Dishes

All of the foods suggested for scalloped dishes may be served creamed, using the same proportion of sauce and solid food. In making a creamed dish the chopped meat, eggs, or whatever is being used is carefully added to the cream sauce and thoroughly garnish.

CANADIAN APPLE RECIPES

The apple without question is the king of fruits. Whether fresh, dried or evaporated or canned, it is a wholesome food, easily prepared, attractive and palatable at all times. As pointed out by the Dominion Department of Agriculture in the booklet, Canadian Grown Apples, in which 120 different recipes for the cooking of apples are fully explained, apples vary in flavour and texture. The sound, tart apples are the most suitable for preserving but care should be taken to use them in their proper season. When this is done, spices need not be added as their flavour cannot be improved.

Due to the large amount of pectin contained in apple juice, it may be used in other fruits to give a jelly consistency to jams and marmalades. There is no waste to a good apple; even the core and paring may be utilized for jelly. To store apples in the home, the atmosphere should be dry and the temperature low and cool. The following recipes are taken from the booklet Canadian Grown Apples which may be had free on heated. Creamed mixture may be served on toast points, in croustades, in split tea biscuits, in pattie shells or in rings of mashed potato. Chopped parsley, grated cheese or paprika makes a simple, but effective, application from the Publicity and Extension Branch, Dominion Department of Agriculture, Ottawa.

Apple Marmalade

Wash, quarter and cut into small pieces coarse-grained Canadian-grown apples. Add cold water and cook slowly until very soft. Rub through a strainer, and for each cup of apple pulp add ¾ cup sugar. Add grated lemon rind and lemon juice, allowing one-half lemon to every six cups of apple pulp. Cook slowly, stirring very frequently until thick. Put up in jars or glasses and cover with paraffin wax. When cold, the marmalade should cut like cheese or jelly. Preserved ginger cut fine may be added, using one tablespoon for every six cups of pulp.

Coddled Apples

2 cups boiling water
1 to 2 cups sugar
8 apples

Make a syrup of boiling sugar and boiling water five minutes. Core and pare Canadian-grown apples; cook slowly in syrup; cover closely and watch carefully. When the apples are tender lift them out add a little lemon juice to syrup and pour over applies. The cavities may be filled with jelly or raisins.

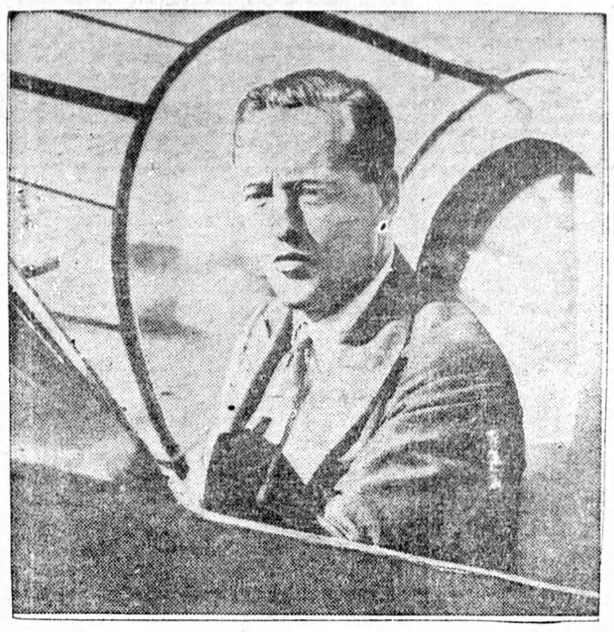
Apple Porcupine

Stick coddled applies with pieces of almonds blanched and cut lengthwise in spikes.

Apple and Cheese Salad

Mix chopped pecans with twice their bulk of cream cheese adding a little thick cream to blend the mixture. Season with pepper and salt and make into tiny balls. Pare mellow Canadian-grown apples, core and slice across in centre into rings about half an inch thick. Arrange rings on lettuce leaves and place several cheese balls in the centre. Serve with cream or salad dressing.

Flies Mystery Ship



Capt. Hubert Braod, ex-Schneider cup pilot, is seen in cockpit of tiny mystery plane he piloted in King's air races in England. Its capable of three miles a minute.

SUNDAY SCHOOL LESSON

LESSON II — October 13.
THE STORY OF JEREMIAH
Jeremiah 1: 6-10; 26: 8-15

GOLDEN TEXT — To whomsoever I shall send thee thou shalt go, and whatsoever I shall command thee thou shalt speak. Jeremiah 1:7.

THE LESSON IN ITS SETTING

TIME — Jeremiah received his call in the thirteenth year of the reign of Josiah, approximately 626 B.C., and he continued in his prophetic ministry for more than forty years, down to the last king of Judah.

PLACE — Practically all of the events of our lesson take place in the city of Jerusalem.

"Bue Jehovah said unto me, Say not, I am a child; for to whomsoever I shall send thee thou shalt go, and whatsoever I shall command thee thou shalt speak." His lack of experience will not unfit him for the prophetic office, for God will direct him, both as to the object and the contents of his message.

"Be not afraid because of them; for I am with thee to deliver thee, saith Jehovah." When God sends forth his servants, he goes with them.

"Then Jehovah put forth his hand, and touched my mouth; and Jehovah said unto me, Behold, I have put my words in thy mouth." The language of this verse, of course, is not to be taken literally. It was not an actual hand of God which touched the mouth of the prophet, though whatever touched the prophet was from God, and, figuratively speaking, from God's hand.

"See, I have this day set thee over the nations and over thy kingdoms." The prophet is made a perfect or superintendent of the nations of the world. "To pluck up and to break down and to destroy and to overthrow, to build and to plant." All the words here used imply, from their sound, a certain amount of violence, in the process; in 31:28, it is God himself who is to perform the various acts which are elsewhere ascribed to the prophet.

"And it came to pass, when Jeremiah had made an end of speaking all that Jehovah had commanded him to speak unto all the people, that all the priests and the prophets and all the people laid hold on him, saying, Thou shalt surely die." The charge against Jeremiah was that he spoke without God's command, and, having done so, that he should be put to death according to the Mosaic law (Deut. 18:20).

"Why hast thou prophesied in the name of Jehovah saying, This house shall be like Shiloh, and this city shall be desolate, without inhabitant? And all the people gathered unto Jeremiah in the house of Jehovah." The people of Judah were placing their entire confidence in the permanence and stability of the temple.

"And when the princes of Judah heard these things, they came up from the king's house unto the house of Jehovah; and they sat in the entry of the new gate of Jehovah's house." The new gate was, in all probability, the one built by Jotham (2 Kings 15:35).

"Then spake the priests and the prophets unto the princes and to all the people, saying, This man is worthy of death; for he hath prophesised against this city, as ye have heard with your ears." The particular charge which was brought against the prophet should be carefully noted. The only thing that he had done was to pronounce the doom of their beloved city unless they repented of their sins.

"Then spake Jeremiah unto all the princes and to all the people saying, Jehovah sent me to prophesy against this house and against this city all the words that ye have heard." It is a great scene which here passes before us, in which the prophet's bearing is wholly worthy of himself, and in which we do well to observe his unshaken conviction that his message had been entrusted to him by God himself.

"Now therefore amend your ways and your doings." Jeremiah was the one true statesman in all the political chaos, speaking not merely in the interest of the present moment.

"And obey the voice of Jehovah your God; and Jehovah will repent him of the evil that he hath pronounced against you.' The suggestion is that of a people listening for God, and so amending ways and doings, turning back to God; and God—that is the only way in which we can express truth concerning him — God sighing with relief and releasing his sorrow, in order to console and deal with a people that turned back to him.

"But as for me, behold, I am in your hand: do with me as is good and right in your eyes." Jeremiah derives courage from the greatness of his course; he is only a single life, the contest is not really between him and his accusers, but between good and evil, right and wrong, God and the powers of darkness.

"Only know ye for certain that, if ye put me to death, ye will bring innocent blood upon yourselves, and upon this city, and upon the inhabitants thereof; for of a true Jehovah hath sent me unto you to speak all these words in your ears." Judas Iscariot himself confessed (Matt. 27:4) that he had betrayed innocent blood. It is a phrase common with Jeremiah (2:34; 7:6; 19:4; 22:3, 17). Of all the places in the world where innocent blood should never be shed, it would be the holy city of Jerusalem, yet it has been by religious institutions in holy places that the blood of some of the great saints of every age has been shed in times of bigoted persecution.

HOME-MADE BEAUTY AIDS HELP BALANCE YOUR BUDGET

Oatmeal or Egg Masks Are Easily Prepared—Care of Hair Costs But Little.

"I can afford to buy only the necessary cosmetics, one cream and a lotion," writes a frank reader who apparently wants to be well turned out at a minimum of expense. "I can go to a beauty shop occasionally, but not regularly. What do you think I should buy and what homemade preparations do you think I ought to substitute for the ones I can't afford to get?"

This calls for reiteration of all the homemade concotions and their value to a girl's beauty. The one cream had better be an all-purpose variety that can be used for cleansing either before or after soap and water and which will serve as a tissue cream as well. The benefit your skin gets from this depends on the amount you leave on while you sleep. Allow a thin film to remain at least one night a week. To eliminate lines around eyes and across forehead, leave a generous layer on these spots.

The lotion ought to be a skin tonic or a good hand softener. If you decide on the former, use olive oil or the all-purpose cream on hands three nights a week. If the latter, substitute ice water or cold, slightly diluted witch hazel for the skin tonic. Other items must include foundation, rouge powder, lipstick, and manicure accessories, of course.

Don't feel sorry for yourself when you hear others talk about the marvellous commercially prepared masks they have discovered. You can mix uncooked oatmeal with milk or plain water, smooth the mixture on face and neck, let it dry, remove with warm water and get good results. An egg mask is beneficial, too. Plain lemon juice is an excellent bleach for hands and arms.

Don't forget about hot oil treatments, daily brushing and lemon rinses that keep hair healthy, soft and shining. Learn to set waves and to make ringlet curls yourself. Save your allowance for visits to the hairdresser for special occasions when you want to look especially sleek.

So They Say

"Love scenes are much more beautiful without a kiss.' — Paul Muni.

"Let us not forget that, far from progress being at an end, it is going on at a more rapid rate than ever."—Julian Huxley.

"The educated man is a greater nuisance than the uneducated one."—George Bernard Shaw.

"The theatre is alive and kicking. It will not die until someone thinks up a superior form of entertainment."—Brock Pemberton.

"It is doubtless more difficult to make souls goose-step than legs." — Emil Ludwig.

"Of all indoor sports, one of the most popular and widespread is undoubtedly that of doing somebody else's job better than he does it himself."—Deems Taylor.

"There is no career in the world to compare with the exaltation of a woman who is the mother of men and women."—Mary Pickford.

"Life is like water; there is always a place for it to flow, if not over, then around."—Burris Jenkins.

"If patriotism of nationalism leads to hatred of other countries, it has become an evil thing."—Viscount Cecil.

"Bad husbands are about the only defective things women will try twice."—Bruce Barton.

The use of travelling is to regulate imagination by reality, and instead of thinking how things may be, to see them as they are.—Dr Johnson.

Temptations, like misfortunes, are sent to test our moral strength. — Marguerite de Valois.

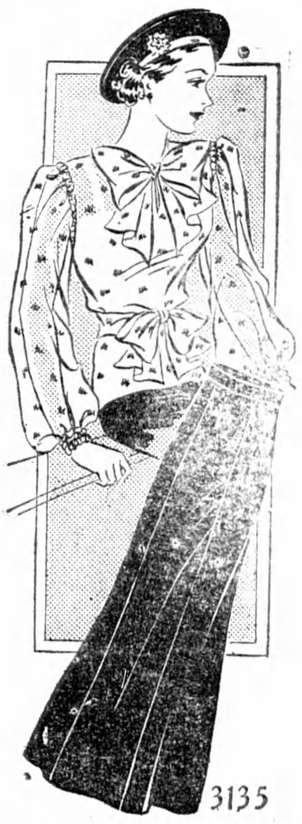
It is easier to enrich ourselves with a thousand virtues than to correct ourselves of a single fault.—Bruyere.

Every life has its actual blanks, which the ideal must fill up, or which else remain bare and profitless forever.—Julia Ward Howe.

All men naturally hate one another. I hold it a fact, that if men knew exactly what one says of the other, there would not be four friends in the world.—Pascal.

If the day looks kinder gloomy
And your chances kinder slim
If the situation's puzzlin'
And your prospects awful grim
If perplexities keep pressin'
Till hope is almost gone
Just bristle up and grit your teeth
And keep on keepin' on.
Frettin' never wins a fight
And fumin' never pays
There ain't no use in broodin'
In these pessimitstic days
Smile, just kind of cheerfully
Though hope is nearly gone
And bristle up and grit your teeth
And keep on keepin' on.

One Pattern—Blouse, Skirt



Today's pattern of blouse and skirt is a perfect choice for first fall wardrobe.

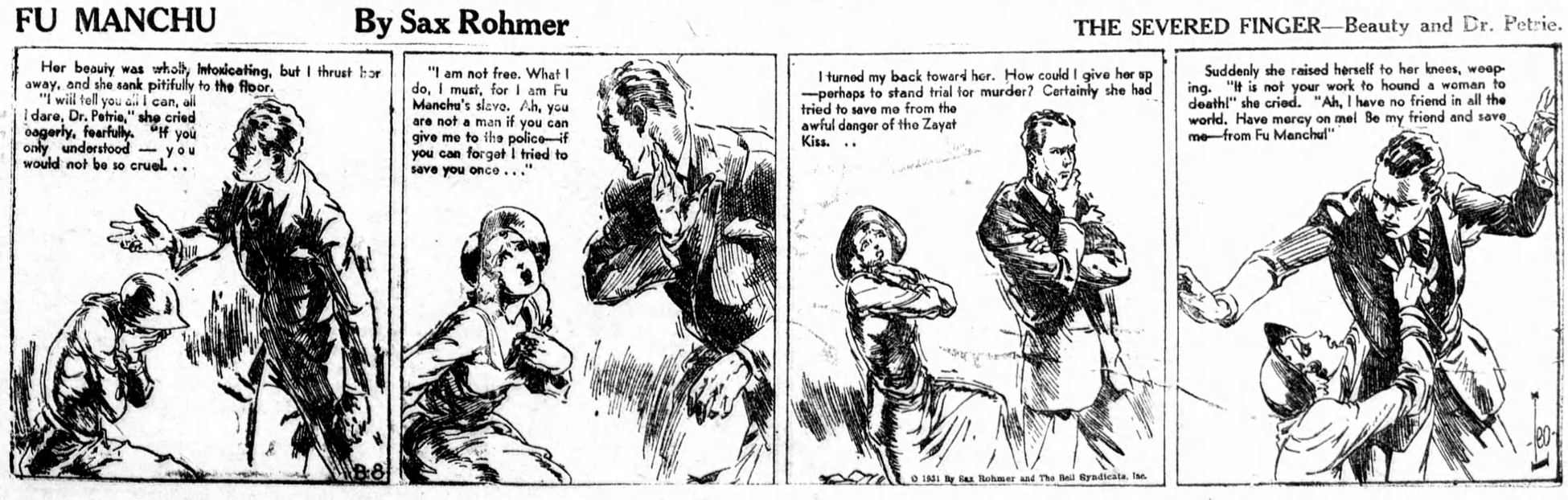
The blouse of royal-blue and silver formal looking metal crepe makes a stunning effect against the navy blue wool-like silk skirt. And incidentally "blue" is very fashionable this fall.

Lustrous satin crepe blouse with the skirt of lightweight woolen is also smart for this simple to sew outfit.

Style No. 3135 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires 3 yards of 39-inch material for the blouse with 2⅛ yards of 35-inch material for the skirt.

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—Beauty and Dr. Petrie.