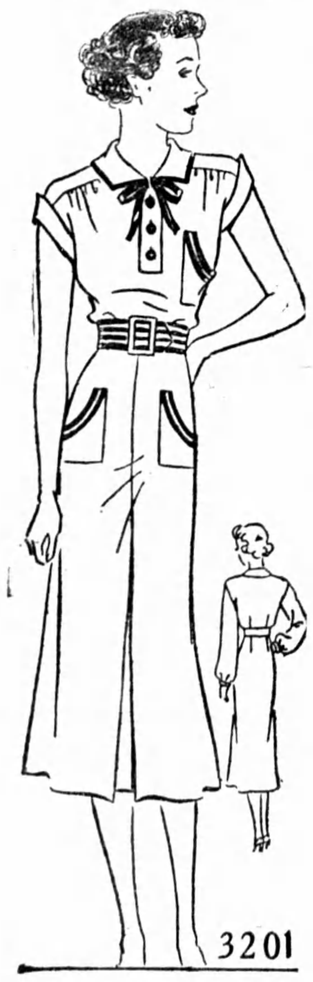
Woman's World

By Mair M. Morgan

The Children's Hour

"The Children's Hour" brings up visions of Longfellow's happy circle or an ultra-modern New York theatrical success, but to some lucky children it brings visions of the hour dren it brings visions of the hour when they get home from school — hungry as little bears and supper time not for hours yet! It is then that special snacks taste so good and what is more popular than bread and butter spread with home-made jam or jelly? Doctors agree that jams and jellies made in the modern way with bottled fruit pectin are very wholesome and healthful. The fruits have not lost their natural goodness by a long boiling, and lovely flavors have been captured to be enjoyed at any season. The tang of fresh and ripe strawberries can be carried through from June to January. Just imagine!

Shirtmaker 1936



Bright contrasting bias binds enliven this young shirtmaker frock.

It is as cool to look at as it is to wear with its brief and smartly cuffed sleeves. Particularly sportive are the two tricky hip pockets and a single breast pocket. Pleasing, too, are the soft gathers that peep so cunningly neath the shoulder voke. A front skirt plait allows perfect freedom for active sports.

Most washable silks, linens and cottons are suitable for this model. The belt is self-material with bias binds for its trim.

This fascinating model is white linen-like cotton with nautical blue binds.

Choose now! You can make it at moderate cost and in a jiffy, too.

Style No. 3201 is designed for sizes 11, 13. 15, 17 and '9 years. Size 15 requires 3 yards of 39-inch material with 5¾ yards of binding.

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 order to Wilson Pattern Service, 78 West Adelaide Street, Toronto.

When you are making strawberry or raspberry jelly or jam during the next few weeks, the lovely flavour and color of these berries can be preserved by modern short-boiling methods and the use of bottled fruit pectin, to be enjoyed on a frosty grey afternoon in January. Bottled fruit pectin makes it possible to have many lovely fruits and fruit combinations in jams and jellies and to bring joy and happiness to the children's hour.

Strawberry or Raspberry Jelly

4 cups (2 lbs.) juice; 7½ cups (3¼ lbs.) sugar; 1 bottle fruit pectin.

Use only fully ripened berries. Crush thoroughly and drip through jelly bag. Do not drip overnight as uncooked juice ferments quickly. Measure juice and sugar into large saucepan, stir, and bring to a boil. At once add pectin, stirring constantly, and then bring again to a full rolling boil and boil ½ minute. Remove from fire, let stand 1 minute, skim, pour quickly. Cover hot jelly with a film of hot paraffin; when jelly is cold, cover with 1-8 inch of hot paraffin. Roll glass to spread paraffin on the sides. Black raspberry jelly sets very slowly. Requires about 3 quarts berries. Makes about 11 eight-ounce glasses.

THIS WEEK'S WINNERS

Tripe And Onions

Three stocks tripe, one curly and two plain. Cut in two-inch oblong squares, four large onions, one pint milk, pepper and salt to taste. Cook tripe in as little water as possible for thirty minutes with onions. Add milk, bring to boil and thicken with two dessertspoonsful corn starch. Serve on mashed potatoes. Serves 8.

Strawberry Jam

Two quarts berries, seven cups of sugar, juice of one lemon. Hull and wash the berries. Mash every berry. Add sugar. Let stand overnight. In morning boil for five minutes briskly. Put in sterilized glasses and seal with wax. Do not try to double this recipe as jam is much nicer made in small quantities. Mrs. D. V. Reed, Box 840, Streetsville, Ontario.

Mixed Fruit Salad

Take 8 oranges, 1 banana, ½ lb. of candied cherries, ½ can peaches, ½ can pears, 1-6 can pineapple. Cut all the fruit into cubes, having first removed the skin and the white pulp from the oranges. Have a dressing of ½ cup of mayonnaise made with the yolks of 2 eggs only and enough oil to complete the half a cup. Just before the salad is wanted whip pint of cream and mix with the mayonnaise, pour over the salad and gently mix just before serving. The quantity given here is sufficient for 8 persons. — Verna Harvey, R.R. 3, Stayner, Ont.

Attention

We will pay $1.00 on publication for the best salad dish or refreshing drink recipe received.

HOW TO ENTER CONTEST

Plainly write or print out the ingredients and method and send it together with name and address to Household Science, Room 421, 73 West Adelaide Street, Toronto.

Ministers' Wives Told They Needn't Be Saints

WESTMINSTER, Md. — Minister's wives needn't try to be saints, Dr. Walter G. Monroe told a group of them recently, because churchgoers are "not ready for such companionship."

This was one of seven requisites Dr. Monroe, a Washington layman, named in addressing the Ministers' Wives Association of the Maryland annual conference of the Methodist Protestant Church.

His subject was "What I Expert of a Minister's Wife." He said he thought she should:

1. Be a womanly woman.
2. Marry the minister as well as the man.
3. Not marry him if she can't enter wholeheartedly into his work.
4. Be a leader, but let him lead, and help in an executive way.
5. Be a good homekeeper, and have the personality of the open heart.
6. Be religious and possessed of genuine piety.
7. Be truly human and not a saint, as the congregation is not ready for such companionship.

Learn to Swim Now

In twenty-two days of last July there were ts twenty-two drownings in the Montreal district alone.

Throughout the country, during the summer, bathing fatalities reached a new high.

Most of the victims would have been alive today had they been able to swim

As the warm weather and the accompanying lure of lake and river approach, think of last season's tragic headlines.

See to it that your child is taught to swim.—Maclean's Magazine.

Girl Whose Heart Ceased To Beat Does Not Know What Death Like

British Physician Who Studied Astounding Experience of Mary Davonport Says Anaesthetic Affected Her Brain Cells

SHEFFIELD, Eng.—British medical circles heard the astounding story Mary Davenport's seven-minute interlude of "death" in a dental chair, how she lost 24 teeth and how she went back to work in a steel factory.

"The case poses in question for those who believe the soul leaves the body on the instant of death" remarked Dr. Alfred A. Masser of Sheffield. He described the case for the British Medical Journal.

"She remembers nothing about her strange experience," the doctor asserted. "There were no dreams under the chloroform. Her brain registered no reaction to what death is like, because the brain cells still were under the effect of the anaesthetic during the seven minutes of lifelessness."

Dr. Masser reported the 20-year-old girl's heart stopped beating shortly after chloroform had been administered preliminary to having her teeth extracted by a dentist.

"The patient went suddenly white, breathing stopped and the pupils dilated widely. The pulse and heart sounds could not be detected.

"The head was immediately lowered, artificial respiration started, and strychnine was given hypodermically.

"While this was being carried on, I massaged her through the diaphragm from beneath the costal margin. No response of any sort occurred, so I decided to try an intracardiac injection of 'icoral', plunging a long needle into the left ventricle about the level of the fourth space, and slowly injected the 'icoral'.

"Immediately after this, the massage through the diaphragm was continued, and in about one minute I could see a flaint flicker of pulsation in the external jugular vein of the neck.

"After another 10 minutes of artificial respiration the breathing recommenced and the pulse at the wrist gradually returned.

"Her condition gradually improved so much that I decided to continue the anaesthetic with open ether, and the dentist proceeded to remove about 24 teeth."

The report addded the girl made an uneventful recovery. She went back to work two days later.

Adam Is Missing

This Hollywood garden looks like Eden as junior movie stock players gather for rest period. Iris Ray, Esther Brodelet, Theo DeVoe, Dorothy Dearing, Marion Weldon, Margaret Cotter.

SUNDAY SCHOOL LESSON

LESSON II.—July 12

WITNESSING UNDER PERSECUTION

Acts 3 : 1—4 : 31;

I Corinthians 1 : 21-25

GOLDEN TEXT.—We must obey God rather than men. Acts 5 : 29.

THE LESSON IN ITS SETTING

Time.—The events recorded in the third and fourth chapters of Acts took place in the summer of A.D. 30. The First Epistle to the Corinthians was written from Ephesus, approximately a quarter of a century later, about A.D. 56.

Place.—The city of Jerusalem.

"And it came pass on the morrow, that their rulers and elders and scribes were gathered together in Jerusalem. And Annas the high priest was there." While Annas had been deposed in 14 A.D. from this position by the Roman procurator, he was nevertheless looked upon as the leader of the Jewish Sadducean aristocracy, and enjoyed for nearly half a century the real power of the high priesthood. Christ was brought to Annas first in the unfair trial which he underwent (John 18 : 13, 24). "And Caiaphus." He was the son-in-law of Annas, "equally astute, unscrupulous, and unpatriotic." "And John, and Alexander." Of these two men we know nothing. "And as many as were of the kindred of the high priest." This was an official meeting of the most important body of men in all Jewry.

"And when they had set them in the midst, they inquired, By what power, or in what name, have ye done this?" The picture of these Galilean apostles standing before the most august body of religious leaders in the world at that time is a picture which the imagination does well to dwell upon.

"Then Peter, filled with the Holy Spirit, said unto them, Ye rulers of the people, and elders. If we this day are examined concerning a good deed done to an impotent man, by what means this man is made whole." Peter's "opening sentence has a sting of sarcasm in it." He stated that they had been charged "not with a crime, but with a deed of benevolence. The council was at a disadvantage from the start. A good deed was then, as it is now, the bulwark of the gospel."

"Be it known unto you all, and to all the people of Israel, that in the name of Jesus Christ of Nazareth, whom ye crucified, whom God raised from the dead, even in him doth this man stand here before you whole." Peter is not frightened by the learning, power, and hatred of the men before whom he faces. He is possessed with facts.

"He is the stone which was set at nought of you the builders, which was made the head of the corner." The quotation is from Psalm 118 : 22, a verse used also by the Lord Jesus (Matt. 21 : 42; Luke 20 : 17), and, many years later, again by the apostle Peter (I Pet. 2 : 7, 8.

"And in none is there salvation: for neither is there any other name under heaven, that is given among men, wherein we must be saved. "The original question was not one of salvation. It was merely a question of healing a lame man, but you never find the apostles confining themselves to the mere incident. Every miracle is only a text; every sign or token is only a starting-point.

"For seeing that in the wisdom of God the world through its wisdom knew not God." This passage is much like the one which Paul wrote a few years later in the opening chapter of his epistle to the Romans (1 : 19-25). "It was God's good pleasure through the foolishness of the preaching to save them that believe." "It is called foolishness (1) because 'those who were perishing thought it so'; (2) it required no high intellectual gift, but simple faith in a crucified and risen Lord."

"Seeing that Jews ask for signs." (See Matt. 12 : 38; 16 : 4; John 4 : 48.) The Jews sought for visible proof that Christ was the Messiah. "And Greeks seek after wisdom." "The Greek restlessly felt after something which could dazzle his ingenious, speculative turn, and he passed by anything which failed to satisfy his intellectual curiosity (Acts 17 : 18, 21, 23)."

"But we preach Christ crucified, unto Jews a stumblingblock, and unto Gentiles foolishness." Paul was confident that there was no power in a Christian message unless that message centered in the cross of Christ.

"But unto them that are called, both Jews and Greeks, Christ the power of God, and the wisdom of God." Christ crucified is the power of God because the gospel is "the power of God unto salvation" (Rom. 1 : 16). By the work of Christ on the cross, we are delivered from the wrath to come, we have peace with God, we are redeemed from the bondage of sin, we are made members of the body of Christ.

"Because the foolishness of God is wiser than men; and the weakness of God is stronger than men. A paraphrase of this verse might read: "The doctrine of the cross, though regarded as absurd and powerless, has more of power and wisdom than anything which ever proceeded from men."

Sensible Advice

Sufferers From Heart Disease Should Not Hurry or Worry

Mr. A. W. Cutten's death from the heart disease draws attention to a timely article in the Canadian Public Health Jounal from Dr. John A. Oille, assistant professor of medicine, of the University of Toronto, writes the Toronto Mail and Empire. Having reviewed statistics on the subject he says that really there is nothing very alarming in the increasing death rate from heart and vascular disease, because in Ontario in 1933 over 55 per cent of these cardiac deaths have occurred over 70 years of age, and over 75 per cent of them over 60 years of age. The percentages that occur over 60 and 70 are steadily increasing. Five years ago 73 per cent occurred over 60 and 50 per cent over 70. During the last fifty years there has been surprisingly little difference in the total numbers of deaths per year. These deaths have declined approximately 10 per cent. What has happened has merely been that the various causes have switched and that the average span of life has greatly lengthened.

To sufferers from this disease Dr. Aille offers sensible advice. Arterial hypertension, commonly called high blood pressure is a progressive, incurable disease of unknown origin, always tending to end fatally in from one to two or twenty or thirty years. It is highly important in treating the cases of hypertension to do nothing harmful. "In spite of much teaching to the contrary, it is extremely common for doctors to cut meat or protein or salt out of the diet of such patients, and the majority of the laity believe implicitly that blood pressure can be controlled by diet. The other harmful measure which is commonly made use of is unfavourable suggestion. These patients are warned unnecessarily against exercise, and they are in constant dread of strokes, and heart failure etc. It is important to make all remarks to such patients as encouraging and reassuring as possible, and by education and sedatives to try to reduce their apprehension and psychomotor activity. If they are afraid of a stroke, tell them that the chances are five to six to one that they will not have a stroke."

Many things are blamed for vascular diseases but most of them are beyond our control. Dr. Oille says that at least we can have removed our focal infections, we can try to avoid fatigue and mental strain, by being satisfied with the ordinary things of life, curbing our ambitions in the struggle of life, and getting nine or ten hours' sleep at night. We should cultivate an equanimity of life and go about our work without hurry, worry and mental tension and learn to say, "Well, what does it matter after all?" We should exercise the blood vessels of limbs as well as the ones in our heads and learn to be still and relax mentally as well as physically.

Yes, take it easy, don't worry — it is good advice even for those who are not afflicted with heart disease.

FU MANCHU By Sax Rohmer

A Question of Exit