

The Women's Page

Betty Barclay's HELPFUL HINTS



HINTS FOR LUNCHES

It's the aim of every mother to keep the youngsters fit and strong for their winter's work. A simple lunch after school, something easily eaten that won't spoil the appetite for dinner or supper, is often just the thing needed to keep up juvenile weight to the right level. A glass of milk of fruit juice, or a milk shake, with nourishing cookies, is a good choice.

A batch of luscious cookies can be mixed in five minutes and baked in ten if you use these magic short-cut recipes made with sweetened condensed milk. They are failure-proof, too, so even a beginner cook can count on scoring a triumph.

Six Way Cookies

1-3 cups (1 can) sweetened condensed milk
1/2 cup peanut butter
Any one of the 6 ingredients listed below:

- (1) 2 cups raisins
- (2) 2 cups corn flakes
- (3) 3 cups shredded coconut
- (4) 2 cups bran flakes
- (5) 1 cup chopped nut meats
- (6) 2 cups chopped dates

Mix sweetened condensed milk, peanut butter, and any one of the 6 ingredients listed above. Drop by spoonfuls on greased baking sheet. Bake in moderate oven (375 degrees F.) 15 minutes or until brown. Remove from pan at once. Makes about 30.

Cocoa Drops

2-3 cup sweetened condensed milk
3 tablespoons cocoa
1 cup chopped nut meats

Thoroughly blend together sweetened condensed milk and cocoa. Add nut meats, mixing well. Drop by spoonfuls on buttered baking sheet. Bake in moderate oven (350 degrees F.) 15 minutes or until delicate brown. Remove from pan at once. Makes about 18.

ORANGE JUICE PLUS

Many food authorities advocate an eight-ounce glass of orange juice each morning for breakfast, assuring us that this will go far toward supplying the necessary Vitamin C for the day. "Vitamin C," they claim, "is one food constituent that cannot be stored in the body but must be obtained from some source daily."

So thoroughly has this idea been hammered home that the drinking of orange juice is now a national custom. No good hotel, club, dining car or restaurant would think of taking it from the breakfast menu.

But unfortunately, there has been a trend to serve glasses far smaller than the advocated eight-ounce glass. Many caterers serve tiny sips of orange juice, and even in homes we find attractive little glasses being set aside for this use. Perhaps the monetary saving has something to do with this. Perhaps it is woman's craving to serve something dainty and diminutive. Anyway, as a firm believer of the eight-ounce glass at breakfast and another later in the day, I strongly advocate the abolishment of the tiny glass.

Insist that restaurants and other eating places fill your order with this large glass. See that your own table provides it. Debit the cost of health insurance. It is equally important when the orange fruit itself is served to see that portions are generous. Members of your family will enjoy a plate of oranges, sweetened with honey or maple syrup, and you may serve this occasionally. But be generous and heap the plate. Oranges, as we have said, are health insurance.

Again, try orange segments. With a sharp knife, peel down to juicy meat, removing all outer peel and membrane. Cut on either side of each dividing membrane and remove meat, segment by segment. Sweeten as for slices.

In choosing fruit for these slices and segments, remember that the California navel oranges, which come into market with the winter season, are firm, meated and seedless — points which make them best for this type of serving.

Once more, cut either your segments or slices of orange pieces. Serve them as a fruit cup. If company is present, serve them in orange shells or baskets. Any desired sweetening may be used with a sprig of mint or a few shredded dates. Crumbled candy mints give an unusual flavor and sweetening.

I was staying in a tourist home in Canada once and my morning orange was brought to me intact. Now, I like to peel and eat an orange in this manner, but it hardly seemed to give with breakfast at a strange table, so I ordered it "cut up."

The waitress cut it up—peel and all. She brought me a plate of sliced orange. I glanced at this dubious offering, picked up a piece, separated the pulp from the peel, with my teeth — and learned of still another excellent method to serve the breakfast orange

that gives the entire pulp and juice. These are but a few of the many ways in which oranges may be served at breakfast. First and foremost always, however, is orange juice. Here are a few recipes for other breakfast orange dishes:

Ham with Oranges

(Serves 6)

6 servings fried ham (1 1/2 pounds)
2 tablespoons flour
2 cups orange juice
Parsley

2 to 3 oranges for slices

Fry ham. Add flour to 2 tablespoons of fat from frying ham and cook until lightly browned. Add orange juice, stirring well to avoid lumps. Cook 2 minutes or until sauce is thick. Pour sauce around ham on serving dish. Garnish with parsley and orange slices.

Orange Toast

(Serves 6)

1/2 cup orange juice
1 teaspoon grated orange peel
1/2 cup sugar
2 slices buttered toast

Mix orange juice, peel and sugar. Spread on hot buttered toast and put in hot oven or under broiler to brown.

Orange Bread

(Makes 1 Loaf)

1 yeast cake
1/2 tablespoon sugar
Let stand a few minutes. Add:
1 cup orange juice, heated to lukewarm
1 teaspoon salt
1 tablespoon butter
1-3 cup sugar
1 teaspoon grated orange peel
3 cups flour

Beat well. Let rise until doubled in bulk. On board put:
1/2 cup flour
Knead this in with:
1/2 cup finely cut candied orange peel

Shape into loaf. Let rise until light. Bake in moderate oven 375 degrees F. for 30 to 40 minutes.

A WINTER PUDDING

By Frances Lee Barton

There are summer salads and winter puddings; summer pies and winter puddings. The winter foods are heavier, for our body engines need additional fuel in cold weather to keep us warm. While winter puddings in order, here is a particularly delicious steamed chocolate pudding. It is certainly worthy of your consideration.

Steamed Chocolate Pudding

2 Cups sifted cake flour; 2 teaspoons double-acting baking powder; 1/2 teaspoon soda; 1/4 teaspoon salt; 1-3 cup butter or other shortening; 1/2 cup sugar; 1 egg, well beaten; 3 squares unsweetened chocolate, melted and 1 cup milk.

Sift flour once, measure, add baking powder, soda and salt, and sift together three times. Cream butter, add sugar gradually, and cream together thoroughly. Add egg and chocolate, beating until smooth. Add flour, alternately with milk, a small amount at a time, beating well after each addition. Turn into greased mold, filling 2-3 cup cover tightly and steam 2 hours. Serve hot with your favorite pudding sauce. Garnish with whipped cream, if desired. Serves 10.

TEETHING

Not long ago Assistant Fire Chief Frank Taylor of London, Ont., was having trouble with his teeth. So he had them yanked out and got in false ones.

Last week Chief Taylor appeared on duty minus his "store teeth." He told his fellow firemen he couldn't wear them.

"A third set is growing in," he said. The happiest men are those who are thankful for life's responsibilities, not for its prizes and possessions.

International Uniform Sunday School Lesson

HOLDING LIFE SACRED

A Principle of Temperate Living

SUNDAY, FEBRUARY 4th, 1940

GOLDEN TEXT "Ye are bought with a price; therefore glorify God in your body." 1 Corinthians 6:20.

LESSON PASSAGE: Genesis 1:27-31; 1 Corinthians 6:19-20; 2 Corinthians 6:16 to 7:1.

"Clothe thyself with the silk of piety, the satin of sanctity, and the purple of modesty; so shall God Himself be thy suitor."

—Tertullian

Life's Adventure, 27, 28

The story of the Garden of Eden is repeated in broad outlines for each new-born person. We receive practical work on earth if we are to continue to exist. The Genesis story tells of man's conquest over nature, but modern history is also concerned with the conquest of human nature. Science has demonstrated the power to solve problems of production and transportation but the next great advance must be spiritual. Ships go from Canada across the Atlantic and the Pacific, but America has not yet solved the problem of international relationships with Europe and Asia, the continents to which our transports go. A higher wisdom must be found. If there is to be security on earth and if a world civilization is to crown creation.

Provision for Plenty 29-31

For ten years there has been bitter want. Man's hunger is due to man's failure. God has made the earth so fertile that it will bear abundant food for all. Commerce is highly organized. Science delights in doing the impossible. Education preserves the triumphs of the past and through research makes greater achievements possible. Human want is the result of moral failure. Instead of plenty, there has been scarcity. Instead of good will, there has been hate. Instead of peace, there is war. The world as God made it is very good, but man has failed to live up to the possibilities in human society.

Body and Spirit, 19, 20.

The human body is a temple of soul. The flesh can help the spirit and the spirit can help the flesh. They form a partnership through which each benefits greatly. If the physical is allowed to dominate, inner conflict results. The ascetic view of life that regards the body as material and therefore evil, fills life with unnecessary turmoil. If the spirit is in control, there can be harmony through discipline. The Christian view is that Christ is the Saviour of the body as well as of the soul. It is possible to glorify God both in the body and in the spirit. Both are God's. The Greeks could say, "Glorify God in your body." The Buddhists can say "Glorify God in your spirit." Christianity brings these two ideals together and affirms that it is possible to glorify God both in the body and the spirit.

The New Spirit, 16-18

How seldom we realize even in thought the possibilities Christ holds out to men! In ancient days, worship was offered to idols in temples, but Christ taught that God's spirit dwells in man, that man's body could be the temple of the living God, that the spirit of God could control the will of man. Why are we so unwilling to try to live according to this high destiny? To maintain these spiritual standards we must be done with com-

promise, seeking to serve God and Mammon at one and the same time. Emphatically we must obey the eternal no and the eternal Yes. Instead of living on the animal plane, we must learn how to live spiritually as children of the God who is a spirit. The Religious Society of Friends have issued a pamphlet on the liquor problem expressing his grave concern regarding the drinking of alcoholic liquors and the many and serious results of this practice. This kind of drinking has several causes. It may be a craving for excitement; it may be a desire to escape from the pressure of economic or domestic circumstances; a desire to appear sociable; a weakness to withstand temptation; or ignorance of the harmful results. The leaflet further states: "The Friends' ideal is one of moderation and temperance in all things useful, and abstinence from all that is harmful. We feel that our bodies should be kept strong and alert together fit for the noble and growth of Divine life. A well-known American friend, John Woolman (1720-1792), recognized the ideal clearly in his own experiences and wrote as follows: "When man takes pleasure in feeling their minds elevated with strong drink and so indulge their appetite as to disorder their understanding, neglect their duty as members of a family or civil society, and cast off all regard for religion, their case is much to be pitied; if those who profess to be disciples of Christ and are looked upon as leaders of the people have that mind in them which was also in Christ, and so stand separate from every wrong way, it is a means of help to the weaker."

Spiritual Effectives, 1.

The problems of the world are chiefly moral. Business stagnates through a lack of credit; the really means lack of character. Disease wastes huge sums of money which could be conserved if men and women observed the laws of health. There is hatred and suspicion among nations because of selfishness in individuals, homes, communities and governments. Spiritual life is deadened by low standards of living. People dream of a change of society instead of facing the necessity of a change of heart. Yet we believe that Christ's method is right, that individuals must yield obedience to the will of God and build a fellowship that will transform society. Individual change is not sufficient; it will result only in anarchy of good individuals. There must be a fellowship to unify and direct. The task of the Christian Church is to create a world brotherhood in Christ that will make possible the great society.

Questions for Discussion

1. How truly is the image of God reflected in me?
2. What is your policy for banishing poverty from the world?
3. What is your religion doing for your health?
4. Do you choose your own company?
5. Are you afraid of being righteous overmuch?

(Lesson Outlines copyrighted by the International Council of Religious Education. Used by permission.)

At church parade the gloomy padre had spoken about the wages of sin, but Christ taught that God's spirit dwells in man, that man's body could be the temple of the living God, that the spirit of God could control the will of man. Why are we so unwilling to try to live according to this high destiny? To maintain these spiritual standards we must be done with com-

A WASTED DAY

All the morn with fendish glée
Dire disasters followed me—
I cut my thumb,
I broke a crock,
I spilled the flour,
I tore my frock,
I burned the cake,
I dropped the clock.
People phoned incessantly,
Agents came with pins and tea,
Calling I had planned to do
Went undone, the mending too.

But, at evening, little hands
Come to me with love's demands—
A book to show,
A strife to quell,
A kite to fix,
A word to spell,
A bump to cure,
A tale to tell.

Thankfulness my heart expands,
Wasted time? Who understands
What of need each hour may hold,
Wheat or chaff, or dross or gold?

This truth I know (be this life's stay)
That morn's disasters fade away
When love and service crown the day.

SNACKS FOR SPORT ENTHUSIASTS

Skating, skating and tobogganing parties are in full swing these days and such exercise calls for extra food at peculiar hours. Winter sports have a habit of breeding amazingly healthy appetites, so keep the cupboard well stocked with foodstuffs from which quick, tasty lunches can be prepared without too much fuss. Here is a rarebit made with canned chicken haddie which can be whipped together in nothing flat and will be consumed in about the same time. While the toast is being made, a cream sauce to which 1/2 cup grated old Canadian cheese is added can be prepared.

Finnan Haddie Rarebit

6 slices buttered toast
1 can Canadian chicken haddie
1 1/2 cups cheese sauce
Paprika

Spread toast with chicken haddie as it comes from the can. Cover with cheese sauce and sprinkle with paprika. Serve at once with pickles and celery.

With a chocolate cake and a hot drink this makes a very satisfying snack at whatever time it is served.

Quality That Satisfies

"SALADA" TEA

HEALTH IN NEW ZEALAND

New Zealand has the reputation of being a very healthy country. Its infantile death rate is about the lowest in the world. Its women have excellent pre-natal care. The medical and nursing professions are equal to anything found elsewhere.

Recent information throws some doubt on the usually accepted health conditions prevailing amongst our cousins on the other side of the world. For one thing the New Zealanders do not consume a proper balance of the protective foods, that is, meat, fish, milk, eggs, fruits and vegetables. Most of the protective foods are fairly expensive and in consequence meat is the main first class protein used and the diet is bulked with white bread, cakes, cane sugar and tea. The New Zealanders are the largest meat eaters in the world (about 250 pounds a head annually). The average daily consumption of food is as follows: sugar 6 to 7 ounces, red meat one pound, white flour 1/2 pound, milk, two-thirds of a pint, egg one-third, cheese, one-third an ounce, and from two to three ounces of butter. Most of the milk is taken by adults in tea and the egg in cakes. The evidence available shows that 97% of school children have dental caries and 50% of the people have false teeth. One in every 20 persons is in hospital every year chiefly for such complaints as appendicitis, diseased tonsils and goitre. The adult population suffers considerably from digestive complaints, rheumatism and neuritis.

Most of the children maintain good health until about the 8th to 10th year after which milk, cod-liver oil and orange juice are cut down and their

place taken by refined starches. By the time children are going to school dental decay has begun though this has been to some extent checked by a supply, in the last two years, of a daily half pint of milk.

New Zealand eats too much pastry and cakes. The tea-drinking habits are the surprise of the visitors. There is great need, as here, in education in the basic principles of nutrition.

RED CROSS OPEN CLUB IN ENGLAND

The Canadian Red Cross Society's first residential club for the accommodation of Canadian soldiers on leave in London, England, will be opened within the next few days. It was announced today. It will provide overnight accommodation, day service and meals at "very modest" rates.

Acting on a report from its London Advisory Committee, the Society recently authorized immediate establishment of such clubs to care for the Canadians.

During the last war, the Society's Maple Leaf Clubs provided 500,000 night's lodgings and over one million meals to Canadians on leave in London, and this added to the comfort as well as the health of the men of the Canadian army.

A report from London states that as similar club provided during the present war by the Victoria League in London, is already over-crowded and applicants are being turned away.

The buildings and equipment to be provided by the Canadian Red Cross will be operated by the Canadian Women's Club in London, the Red Cross underwriting the net cost of this operation.



I look well enough but I need your help...

"BELIEVE IT OR NOT—I've spent a quarter of my life in The Hospital for Sick Children. But then, I'm only six months old. My little feet were being straightened so that I'd be able to romp and play when I'm older.

"I'm all better now—going home to-morrow. I feel just fine, too, except when I think of the debts I'll be leaving behind. You see, Daddy isn't able to pay for the wonderful care and treatment I received.

"The Government and the city I live in, together, paid \$2.35 each day I was here. Unfortunately, that isn't enough because it costs the Hospital an average of \$3.45 every day to treat me and each other little patient.

"More than eight thousand little children were cared for here last-year, just like me. We're the ones who cause the large deficit of The Hospital for Sick Children every year—but everyone admits that we're worth it.

"It isn't our fault that we get sick or become crippled, but the least we can do is appeal to you for help—particularly when we know that this Hospital does not share in the Toronto Federation for Community Service funds because Public Ward patients are admitted from any part of the Province.

"Won't you send a donation to the Hospital to help meet this deficit? Even a small gift would be greatly appreciated.

"PLEASE... send it TODAY!"

THE HOSPITAL FOR SICK CHILDREN

6 COLLEGE STREET, TORONTO

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