

The Women's Page

WHITE VERSUS BROWN SUGAR

Former Did Not Appear on Our Tables Till the Nineties — There are Advocates of Both Types

Is white sugar healthier than brown sugar? If you believe the lay propagandists, you will have an array of ideas, which will either prove that white sugar is harmful, that white sugar is the only healthy sugar or that brown sugar is the only healthy sugar.

White sugar did not appear upon our tables before the 1800's, when the process of refining sugar was developed. It is said by manufacturers that white sugar is purer than brown sugar. It is said by the advocates of brown sugar that it is natural and, therefore, retains the natural virtues of any food of that kind. Neither statement has any meaning. Both white sugar and the brown sugar are of about the same chemical character, the only difference being that brown sugar has certain natural coloring matters that neither help nor hinder its usefulness.

Another piece of propaganda was that brown sugar contained germs that were refined out by the process by which white sugar is obtained. People, in general, like white sugar better. Before the refining process the people in the United States used about 30 pounds of brown sugar per person per annum, now, the average is more than 150 pounds.

"I thought you told me your wife was shortsighted? I see she is now driving a car."

"Oh yes! but she's quite safe provided the road turns when she does."

CALLING ALL LOVERS

By Katharine Baker

To celebrate appropriately the day sacred to all lovers St. Valentine's Day and at the same time, please all lovers of cake, is a fairly simple matter. In spite of the propaganda about the poor appetite of those in love, we'll wager that even madly infatuated persons of either sex will make short work of this cake which has been especially created for a St. Valentine's party. "BE MY SWEETHEART" cake:

2 cups sifted cake flour
1 teaspoon soda
1/2 cup butter or other shortening
1 1/2 cups brown sugar, firmly packed
1 teaspoon vanilla
2 eggs or 3 egg yolks, unbeaten
3 squares unsweetened chocolate, melted
1 cup milk

Sift flour once, measure, add soda, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each; then add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in two greased deep 8-inch layer pans or three greased 8-inch layer pans in moderate oven (350 degrees F.) 25 to 30 minutes. Spread seven minute frosting between layers and on top and sides of cake. While frosting is still soft sprinkle sides with rose-tinted southern style coconut. Cut Valentine heart from waxed paper and place in centre of frosted cake. Trace around heart with toothpick. Remove pattern carefully and fill in heart with

rose-tinted coconut.

To tint coconut, sprinkle on white paper. Dilute a tiny bit of vegetable coloring (paste, tablet or liquid) in a small amount of water, pour over coconut, and rub evenly through coconut.

Seven Minute Frosting

2 egg whites, unbeaten
1/2 cups sugar
1 tablespoon water
1 1/2 teaspoons light corn syrup
1 teaspoon vanilla

Combine egg whites, sugar, water and corn syrup in top of double boiler heating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater and cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water; add vanilla and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 8-inch layers, or top and sides of 8x8x2-inch cake (generously).

HOMELY THINGS

The homely things of life are best — a table with a snowy cloth; a red fire burning in the grate; the beating wings of friendly moth soundings against the windowpane; the flickering of candlelight; rose coloured curtains partly drawn, making the room seem rosy-bright; a cushion flung upon a chair, an easy chair of gentleness; the homely things which give men peace — these are the best things on this earth.

—We will appreciate receiving reports of all women's organization activities.

Sunday School Lesson

THE PERILS OF REJECTING CHRIST

FEBRUARY 11th, 1940

GOLDEN TEXT: "I am the way, the truth, and the life; no man cometh unto the Father, but by me." John 14:6.

LESSON PASSAGE: Matthew 21: 28, 43.

My Lord went forth to conquer with a clan Of simple, honest comrades; youths who knew The sea, the winds, and loved the pine-sweet air Of Hermon's crest; with these he launched a new Crusade in Galilee—and everywhere

Actions Speak, 28 - 30

What we do is more important than what we say. Our words may be brassed to deceive, but our actions speak more loudly and more accurately than our words. Good resolutions are excellent but they become effective only when carried into deeds. The New Testament recognized the danger of talk in religion; we are told to be doers of the word, not hearers only. It is possible to utter the smoothest sentiments and yet have the heart full of ill will. Christ found that many people showed opposition to him at first, yet afterwards they became strong friends. He said that they should be judged by their final attitude. Nearly every Christian has gone through a period of probation, resisting the call of Christ. Months, even years, may be spent in a period of doubt. Afterwards, clear conviction comes and there is faithful discipleship. Quite frequently decision comes only after prolonged indecision. Some who are slow to start, finish strong.

Sinners Becoming Saints, 31, 32

Christ did not say that loose-living people were better than respectable people. What he did teach was that respectable people may not have as deep an experience of repentance as people who have known shameful defeat. These who are forgiven much, love much. Christ could win the friendship of publicans such as Matthew and Zacchaeus, and a sinful woman could receive an experience of forgiveness, but the scribes and Pharisees who were bigoted and self-confident, could not find the joy of faith and love that despised people experienced. Herein lies a danger. Some people who have been delivered from sin become very proud of their conversion, and their glory in their past sin. Self-righteousness is a flaw whether in respectable people or saved sinners.

The Appeal of the Prophets, 33 - 36

No nation has ever had such a succession of glorious leaders as the Hebrews had in their prophets. Altogether three thousand years, we are still learning from Elijah, Amos, Hoses, Isaiah, Ezekiel, Jeremiah. These men had an experience of God and a passion for human welfare that lifted them high above their fellows. The rejection of Christ, 37 - 41

Jesus met the same reception as the prophets, popularity at first and then rejection. For a time crowds listened to Jesus and followed him wherever he went. At the end, his teaching ran counter to the authority of church and nation, and the cry was heard, "Crucify him!" The nation that was cruel to its highest prophets in the seventh and eighth centuries before Christ, meted out the same treatment to John the Baptist and to Jesus. The Jordan River prophet was beheaded; the Galilean teacher was crucified. If Christ came to Canada today, and lived by the standards of his own teaching, and called upon leaders in church and state to follow the standards given in the Sermon on the Mount, would there not be criticism again? Would it not be said that he was impractical, that he did not understand business, and that he expected too much of human nature? By a strange irony, society can be more bitter towards the good than the evil. Writers of novels, playing upon lust and passion, find large circulation for their books and are called bestsellers. Christ who teaches a standard of absolute purity, is put aside as an idealist.

A Gospel for Gentiles, 42, 43

Jesus spent his boyhood in Galilee, a Gentile province. Certain Greeks came saying, "We would see Jesus." The writer of the third Gospel was a Greek. The inscription above Christ's cross was not alone in Hebrew, but also in Latin and in Greek. Paul sought to win the Jews to Christ, and when they refused he became the apostle to the Gentiles. Christianity has found its greatest acceptance, not in the Jewish nation, but in the western world. History is repeating itself. There are many people in India, China, and Africa, who are finding more in Christ than the average church member in America is discovering. Some of the greatest living Christians are in lands that we have hitherto called non-Christian. In a great missionary gathering, the nationals of Japan, India, China and Africa take their places with Christians from Europe and America. At a time when Russia and Germany are rejecting Christ, war-torn China is finding moral power through Christian leadership. The stone which the builders rejected, the same is become the head of the corner; this is the Lord's doing, and it is marvellous in our eyes."

Questions for Discussion

1. In your experience, are first or second thoughts best?
2. Are you finding that "saved sinners make glorious saints"?



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ANY DAY A FISH DAY



Valentine's Day Dainties

Valentine's Day arrives while parties of all kinds are in full swing. It does not call for the creature dinner tables of Thanksgiving and Christmas but it does demand unusual and delicious dishes that will delight guests. Here are a few ideas for this year:

Celebration Salad
2 1/2 cups cold diced chicken, marinated 1/2 hour in 5 tablespoons Lemon French dressing

Combine with:
1 1/2 cups diced celery
1 cup seedless grape halves
1/2 cup mayonnaise

Serve in lettuce cups or cream puff shells. Garnish with lemon quarters. Veal may be substituted for chicken. Serves 6.

Limas with Sausage
1 cup cooked, dried Limas
1/2 pound sausage
1 medium sized onion
1 cup tomatoes
1/2 teaspoon chili
1/2 teaspoon salt

Fry onion and sausage until well done. Add other ingredients and simmer for 30 minutes.

Apricot Presto
1 package chocolate rennet powder
1 pint milk (not canned or soft curd)

1 cup apricot puree (cooked apricots which have been put through a strainer)

Cookies or wafers

Make rennet-custard according to directions on package. When filling dessert glasses fill within 1/4 inch from top. When ready to serve, spread the apricot puree lightly over the top of each rennet-custard. Garnish with crushed cookies or wafers.

Magie Valentine Cup Cakes
1 cup ground shelled peanuts
1/2 cup sweetened condensed milk
1 egg, separated
1 teaspoon baking powder

Shell peanuts, remove brown skins, and put through a food chopper. To ground peanuts add sweetened condensed milk, egg yolk and baking powder. Blend thoroughly. Fold in stiffly beaten

egg white. Drop by spoonfuls into small-sized buttered cup cake tins. Bake in moderate oven (350° F.) about 20 minutes. Makes 12 small cup cakes.

Maul Ice Box Cake
1/4 cup cold water
1 cup syrup, drained from gems, heated
1/4 cup sugar
1/2 teaspoon salt
1 teaspoon grated lemon rind
1 tablespoon lemon juice
2 egg whites
1/2 cup whipping cream
Sliced sponge cake or 2 dozen lady fingers

1 1/2 cups canned Hawaiian pineapple
1/2 cup apple gems
Maraschino cherries

Soak gelatin in water 5 minutes. Dissolve in hot pineapple syrup, add sugar and salt, and stir until dissolved. Add lemon rind and juice. Chill until jelly starts to thicken, then fold in stiffly beaten egg whites and whipped cream. Line sides of an oblong mold with sponge cake or lady fingers. Fill mold with alternate layers of pineapple mixture and sponge cake or lady fingers. Chill until firm. Unmold and serve garnished with the pineapple gems, cherries, and additional whipped cream slightly sweetened, tinted a pale green and put on the cake with a pastry tube. Yield: 8 servings.

Sweet Dreams Coffolate

Here's a refreshing party beverage, made with chocolate and decaffeinated coffee, so everybody can enjoy extra cups without counting sheep later on. Add 4 tablespoons ground decaffeinated coffee, 3 squares unsweetened chocolate, cut in pieces, 6 cloves, 4-inch piece of stick cinnamon and dash of salt to 4 cups milk, and heat in double boiler until chocolate is melted. Strain immediately. Combine 1 tablespoon of sour and 3/4 cup sugar. Add liquid and cook 15 minutes, or until thickened, stirring constantly. Remove from fire, cool slightly and pour over 1 egg, well beaten. Chill. Serve ice cold with whipped cream if desired. Makes 1 quart coffolate.

CARROLL'S

PEACHES Bright's Queen's Royal	2 15-oz. tins	21c
BLUEBERRIES	2 No. 2 tins	17c
PEACH JAM Wagstaffe's with pectin	32-oz. jar	21c
PRUNES 80-90's Very Special	2 lbs.	15c
WALNUTS Shelled	1/2-lb.	17c

DATES Golden Hollow	PEANUT BUTTER Our Own Special	RAISINS Australian Seedless
2 lbs. 19c	2 1/2 lbs. 25c	2 lbs. 21c

SALADA Tea 1/2-lb. Yellow pkg.	37c	1/2-lb. Brown pkg. 39c
Butter Bars McCormick's	2 lbs.	27c
CHOCOLATES Christie's Chocolate Mallovs	lb.	29c
SODAS Weston's Golden Brown Plain or Salted	am. pkg.	9c
CATSUP Tiger Tomato	18-oz. bt.	10c
DOMESTIC Shortening or Easifirst	1-lb. pkg.	13c

MANY FLOWERS Toilet Soap	P. & G. SOAP White Naphtha Bar	CODFISH Boneless
cake 4c	Bar 4c	1-lb. pkg. 17c

MATCHES Pontiac 300s	3 boxes	18c
FLOOR WAX Shinola	1-lb. tin	23c
Soap Flakes Economic	3 lbs.	19c
SUPER SUDS Bring Your Coupon	1g. pkg.	18c
SURPRISE Laundry Soap	2 bars	9c
PURE LARD Maple Leaf	2 1-lb. pkgs.	19c

Navel Oranges Good size 23c doz. Large size 30c doz.	HEAD LETTUCE 2 Heads 13c	Large - Judy CALIFORNIA LEMONS 26c doz.	New Florida Celery Hearts 2 bunches 23c
		Texas Seedless Grapefruit 6 for 25c	

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