

W. Ephraim in the Mercury; further condensed in the Reader's Digest of August 1934.)

quality behind any... Modern... certain precious (and... ingredients in... give beauty and other... color and perfumes... that distinguish the... imported from some... that sells for fifty... from the cake made... Canada in our case)... for one-tenth or one-fifth.

wanted is a mild, pure... is judged by the ab-... ingredients or adul-... by the absence of... which results in skin ir-... drying-up.

test used by old scap-... which is usually reliable... free alkali is this: It... touching the soap light-... of the tongue. If a... sensation results... that alkali is present... is not suitable for use... is not the purest... can be made float-... or into it in the... manufacturing. Fleat-... may be a good pro-... by buying air (and... as soap. Trans-... supposed to be a soap... is merely a soap-... art, through the... adulterants, such as su-... discovered in one

formerly made with... It was consequently... suited for sensa-... Adulterants and mis-... have long since cap-... and today a so-called... soap may contain... oil at all."

olive oil is a soap... in a greenish color... would be white... as it ages. The... should seem to be... soap was made in... oil "foots", which... from the pressing... soaps are no bot-... and other ills, than... The addition... product is val-... useless. Carbolic... before use and... remains to remain... buying. Unplea-... is not a sign of

good soaps if the... is not too large... more than good... not that. The con-... opinion is that... vehicle for medi-

the "beauty... cream or other... which if they... merely interfere... soap. The... soap can be a... ing more... reference to a... media, that good... stirring will re-... soap.

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Woman's World

By Mair M. Morgan

POTATO SURPRISES

There are so many ways to cook potatoes that it makes us ashamed of being such a stick-in-the-mud as to know only the eternal boiled, baked, mashed and fried varieties.

There are all kinds of scalloped potatoes alone, done with bacon, ham, clams, cheese or sausage, for instance. And cheese, onion juice or bread crumbs will make something brand new of ordinary creamed potatoes.

The lack of individuality in flavor of this old stand-by makes the potato an excellent fat carrier. And that, with the large amount of starch the potato itself supplies, makes it one of the most valuable of the energy foods. Remember, too, that the potato has more iron than we credited it with a few years ago, and that it's efficient in reducing body acidity. In short, the combination of meat and potatoes which our mothers used instinctively is recommended now by scientists—some of them anyway.

Potatoes scalloped with bacon is a splendid luncheon dish. The large amount of milk used in this concoction adds much nourishment and with the bacon, makes a savory main dish.

A crisp vegetable salad may well go with this because a contrast of texture in foods as well as a raw vegetable is needed to balance the meal. And how about a dessert of fruit, canned, fresh or dried, with a cookie to round out the meal?

Potatoes Scalloped With Bacon Three cups thinly sliced raw potatoes, 1 small onion, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon salt, 1/4 teaspoon pepper, 2 cups milk, 6 slices bacon.

Line baking dish with 3 slices bacon. Put onion, peeled but not sliced, in centre of dish. Add a layer of potatoes and season with salt and pepper. Dot with bits of butter and flour rubbed together. Continue adding layers of potatoes and seasonings until all are used. Pour over milk and put remaining bacon on top. Bake 1 1/2 hours, uncovered, in a moderate oven (375 degrees F.). If you keep the dish covered during the meal the potatoes will be appetizingly hot for second servings.

Butterscotch Cookies One-half cup butter or shortening, 2 cups light brown sugar, 2 eggs, 1/2 teaspoon cream of tartar, 1/2 teaspoon soda, 3 1/2 cups flour, 1/2 teaspoon vanilla, 1/2 teaspoon salt. If the shortening used in place of butter is not salty add another half teaspoon salt.

Cream shortening and sugar and add eggs beaten until light. Mix and sift several times flour, salt, soda, cream of tartar. Add with vanilla to first mixture and mix well. Shape into rolls about 2 inches in diameter and let stand in the refrigerator overnight. When ready to bake cut slices about 1-8 inch thick and bake in a moderate oven (375 degrees F.).

DRYING HERBS

Parsley, thyme, sage, mint—now is the time to gather in your herb harvest and dry it for winter use. Gather them on a dry, sunny day, remove the stalks and spread the herbs on parchment paper or enamel plates. Put the plates into a warm oven or out in hot sun to dry.

When quite dry, rub the herbs with your fingers until they are reduced to fine powder. Put into small, dry bottles, and label each one accordingly.

And here's a good labelling tip. Choose glass bottles and stick your labels on the inside. They will then keep clean and will not rub off.

TASTY BREAD RECIPES

Prune Graham Bread Two and one-half cups graham flour, 1 cup bread flour, 1 teaspoon salt, 4 teaspoons baking powder, 4 tablespoons sugar, 1 egg, 1 1/4 cups sweet milk, 1 cup chopped prunes. Wash prunes and soak thirty min-

utes. Simmer 1 hour in fresh water. Stone and chop. Mix and sift bread flour with salt, baking powder and sugar. Add graham flour and prepared prunes. Mix thoroughly and add egg beaten with milk. Beat well and turn into well greased bread pans. Bake one hour in a slow (325 degrees F.) oven.

Date Bread Two cups flour, 4 teaspoons baking powder, 1/2 teaspoon salt, 1-3 cup brown sugar, 1/4 cup milk or water, 1 egg, 1/2 lb. dates stoned and cut in pieces. Mix flour, baking powder, sugar and salt. Add milk, egg slightly beaten and dates. Turn into greased pan and bake 1 hour in moderate oven.

Orange Bread Three cups flour, 4 teaspoons baking powder, 1/2 cup sugar, 1/2 teaspoon salt, 1/4 cup chopped pecans, 1 egg, 1 cup milk, 1/4 cup chopped candied orange peel. Sift dry ingredients, add nuts and orange peel. After mixing thoroughly add milk, then well-beaten egg and pour into 2 well-greased bread pans. Let stand 10 minutes, then bake in moderate oven for 45 minutes. When partially cooled glaze top of loaves with sugar-water frosting.

SCHOOL LUNCHEONS When baking bread, it is but little bother to make some cinnamon rolls for the school lunch or a date bun or two. Cake batter baked in a patty pan for an individual school treat sometimes appeals even more than a slice of the layer cake carefully wrapped. Chopped cooked beef or ham, though not enough for a sandwich spread, beaten into a small amount of baking powder biscuit makes a titbit for the school lunch. A little larger amount of chopped meat, seasoned, heaped on a circle of pie crust about the size of a saucer, then half the crust folded over the other half and the edges pinched together, when baked, makes a meat turnover especially enjoyed by hungry boys.

One reason why it is hard for mothers to put up lunches day after day is that usually there is no place in the kitchen for doing it without interfering with preparations for breakfast, and often the two meals must be looked after at the same time. An acquaintance solved this difficulty by painting an old commode to match her kitchen furniture, and using it exclusively for the preparation of lunches. Anything prepared for a lunch on the following day was wrapped ready for carrying, and set in the tiny cupboard where it is close at hand when the meal is assembled. In the top drawer she keeps a paring knife and a bread knife; a ball of string in a small box, and scissors to cut it; a supply of waxed paper, paper plates, saucer dishes and cups, and the "lunch box silver"; a few small screw-top jars and jelly glasses with their covers fitted on them as soon as they are washed. In a small drawer which she can keep locked if necessary, is an assortment of jams and jellies, boxed cookies, and occasional candy bars and sandwich fillings and relishes that need not be kept in the refrigerator. Another drawer holds clean paper bags in which the children prefer to carry their lunches, a big envelope containing suggestions for this meal, and a notebook in which she records good lunch menus and anything else that would help in this work.

Doubtless this convenience has much to do with her attitude toward the school lunch. She accepts it as a challenge to her to keep her children interested in eating a good, substantial meal at noon, even though they are away from home.

A POEM A DAY

One mother sees it that no day passes without her having read to



Consular Wedding

Dr. and Mrs. Alfredo Lozano, the newly appointed Canadian Colombian consul general and his wife. Dr. Lozano, who, although only 32, has had an enviable diplomatic record, was recently appointed to the post in Montreal. He was married recently to Mrs. Calderon de Boria, granddaughter of a former Colombian President, in the Church of Guadalupe, in New York.

her little ones some bit of poetry or verse within their range of interest. She uses the classic child poems but supplements them abundantly with the appealing snatches of really fine child verse from the current press. The children like the lilt of rhymes and the imagination, imagery and beauty found therein. They often call for a repetition of this or that verse which has especially appealed. Often when mother hesitates a bit they repeat the poem to the end. They are not only learning the joy of poetry but are storing away gems of beauty.

DO YOU KNOW THESE?

To clean piano keys you can use a soft cloth dampened with a solution of warm water and a little common vinegar. Take care that the moisture does not get beyond the finished surface as dampness may affect the unfinished wood.

You can use your vacuum cleaner to clean the floor mop. Place vacuum cleaner on a piece of newspaper with the suction side up, and as you take the dust off the floor, hold the mop over the vacuum, which sucks the dust and dirt from the mop.

Varnish remover combined with brass polish will make like new the most hopelessly soiled and marred brass articles.

On windy days the clothes-line pole will do better duty if, in addition to the conventional notch in the top of the pole a large nail is driven into the lower end. The nail stuck in the ground will help to hold the pole and line in place, and avoid trailing sheets and tablecloths.

Muslin sheets and pillowcases, too old to use, cut in squares and hemmed, makes splendid window polishers to be used after windows have been cleaned with ammonia water.

Evaporated milk will pour more freely if two holes are punctured directly opposite each other on the top of the can.

Half an apple placed in the cake box will keep cake fresh and moist.

IN GRANDMOTHER'S DAY

Grandmother was constantly seeking in her days simple means of combatting household troubles. This list may be interesting to the housewife of today.

A small bag of sulphur kept in a drawer or cupboard will drive away red ants.

Rub hinges with a feather dipped in oil and they will not creak. The odour of sweet peas is so offensive to flies that it will drive them out of a sick room.

Hand stains can be removed by washing in the juice of a ripe tomato.

A little charcoal mixed with clear water thrown into a sink will disinfect and deodorize it.

Camphor put in drawers or trunks will keep away mice.

A spoonful of vinegar put into the water in which meats or fowls are boiled makes them tender.

Mix 1 teaspoonful of cornstarch with 1 cup of salt for table use and it will not gather dampness, the salt of course.

To prevent a bruise from turning purple or black and blue according to popular belief, rub fresh lard upon it.

To remove the skins of cooked beets, let them lie a few moments in cold water and the skins will slip off easily.

SUNDAY SCHOOL LESSON

Lesson VII.—November 18. The Christian as Church Member.—Matthew 5:13-16; Acts 2:41-47. Golden Text.—We are members of His body.—Eph.5:30. The Lesson in Its Setting Time and Place.—The passing from Matthew is taken from the Sermon on the Mount, which was spoken on the Horns of Hattin, in midsummer of A.D. 28, the second year of Christ's ministry. The passage from the Acts closely follows Pentecost, which took place on Sunday, May 28, A.D. 30, at Jerusalem. "Ye are the salt of the earth." This figure of speech is plain and pungent. Salt is savory, purifying, preservative. "But if the salt have lost its savor, wherewith shall it be salt-

ed? Weymouth's translation is good: If salt has become tasteless, in what way can it regain its saltiness? "It is henceforth good for nothing, but to be cast out and trodden under foot of men." The salt grows stale when into any form of Christianity formalism enters and prevails; and this has been the sorrowful end of many religious movements which began with love and life.

"Ye are the light of the world." It is simply a fact of history that Christianity and the Christian church have exerted on human society a moral influence which justifies the figures by which it was described—an influence more profound, more extensive, more enduring, and more presented to this age, and to the eventual than any that the world has seen.

"Neither do men light a lamp." The flat clay bowl, filled with olive oil in which a wick floored, and notched at the edge or with a hole there through which the wick was drawn—the common light of ancient days in Palestine. "And put it under the bushel." The common household wooden measure, holding about a peck; ample room for a lamp under it. "But on the stand." An elevated holder with a flat top on which the clay lamp was placed. "And it shineth unto all that are in the house." Hidden light smokes, smothered, darkens, dies.

"Even so let your light shine before men" Long ago, the people thought that in the dead of winter the sun was weak and ill, and that if they lit fires it would encourage the sun to shine, help him to take heart again. Just so, by our cheerful, loving lives we can help to put sunshine into many darkened hearts. "That they may see your good works." The trouble with the great bulk of mankind is that they do not shine. "And glorify your Father who is in heaven." Ours and goals appear to be the sunlight of prehistoric ages, which God has bottled up and accordingly the simile of the candle intimates that this light of ours, which we are to let shine, is not our own, but comes to us from without, ages which are still to come. And and so we are to employ it under the direction of the higher Power which has given it to us in trust.

"They then that received his word were baptized." On Pentecost, the fiftieth day after the passover (for "pentecost" is from the Greek word for "fiftieth"), Peter had delivered a wonderful sermon interpreting the coming of the Holy Spirit, the Gift of gifts who had just been vouchsafed to the church. This sermon had stirred the consciences of all hearers, so that they begged Peter and the other apostles to tell them what they should do. The answer was that each one of them should repent of his sins and be baptized.

"And there were added unto them in that day about three thousand souls." A number so great that ever since that time any large accession to the church is called a Pentecost. Promises to faith-filled prayer.

"And fear came upon every soul." We have Christ's boundless love of the Day of Pentecost did not separate after their baptism, each to his home to live a life of pious meditation in the seclusion of their own hearts with God. They set themselves to the apostles' teaching and fellowship. The three thousand converts served resolutely to a life of fellowship. The Christian is one of a community. —"In breaking of bread."

The love-feasts of the church, or common meals, closing with the celebration of the Lord's supper, "And the prayers." The here may hint at stated-times for prayer, such as all Jews observed. Prayer has always had a large place in the life of the church. That is, upon all unbelievers, so might were the signs of God's presence with the Christians. "And many wonders and signs were done through the apostles." These were probably miracles of healing, such as the healing of the lame man by Peter and John, described in the next chapter. Christ had promised his disciples that when he returned to the Father, they should accomplish greater works than he had done.

"And all that believed were together." The gatherings of Christians are a large part of the power of the Christian church. When they are neglected, the influence of the church is sure to wane. "And had all things common." It is an illustra-

tion of the fellowship of the Christians, mentioned in verse 42. It is the beginning of the world-wide charity of the Christian church which has enormously expanded through the ages, and never has been greater than it is today.

"And they sold their possessions and goods." Possessions mean in the Greek landed property and goods indicates movables. The imperfect tense indicates that sales were made from time to time. One and another, as the need of the brotherhood required, were moved to dispose of property. "And parted them to all, according as any man had need. They acted on the maxim, from each according to his ability, to each according to his need.

And day by day, continuing steadfastly with one accord in the temple. The early Christians did not forsake the Jewish religion, but were more faithful to it than ever before. "And breaking bread at home." Here is the entrance of the new, the celebration of the Lord's supper, which was held in the homes of the church members, Christianity thus starting out as a household religion. "They took their food with gladness and singleness of heart." Those who have obtained peace with God through Christ the Mediator have not less, but more, enjoyment in their food than other men.

"Praising God." All the Christian's joy is turned Godward. It all springs from the indwelling Spirit. "And having favor with all the people." They did not aim at popularity, as they did aim at doing good, and met with gratitude for it. "And the Lord added to them day by day those that were saved." (margin, being saved). It is Christ's will for, his ideal of, a Christian church, that continuously it should be gathering into its fellowship those that are being saved.

Worry

Worry is the most useless thing in the world. No matter how serious your trouble worry cannot help it. Too much worry shortens life. And too much of the worrytag is done uselessly.

An intelligent mental survey of your problems will avoid it. Separate the real from the false problems and stop worrying.

"For every trouble under the sun, there's a remedy or there's none." "If there is one try to find it, if there is none never mind it."

In thinking of your problems always keep this in mind: Today is the tomorrow you worried about yesterday.

This is an excellent guide for present troubles in the light of past experiences. Intelligent thoughts solve problems; worry only muddles the issue.

An old man looking back over his life said: "I've had a lot of trouble in my life but the most of it never happened."

Face the issues when they are issues or about to become so, and stop worrying.

You'll live longer, be happier and be a better citizen. Better able to take your fair share in the moral, social and religious problems of your town if— You stop worrying.

The Art of Listening

The art of listening, like the art of thinking, is an achievement. It is not everybody that can listen carefully, and learn thereby. Perhaps it is because few people can converse well because few people can average person's attention. There is something to that.

There may be times when one amongst a crowd of people talking like blue streaks, remains silent. The silent one might be termed a quiet fellow. He may be quiet, yet be a good listener. Engage this quiet person in conversation and it might be surprising how much he knows.

The Chinese may not have a word for it, but the saying that it is better to have two ears and one mouth can be credited to them. Ancient Chinese sages "said a mouthful" when they uttered that remark — Regina Leader-Post.

Friendship

"If you walk as a friend you will find a friend wherever you choose to fare; If you go with mirth to a far strange land you will find that mirth is there; For the strangest part of this queer old world is that like will join with like; And who walks with love for his fellowman an answering love will strike; "If you walk in honor then honest men will meet; you along the way But if you are false you will find men false wherever you chance to stray."

For good breeds good and bad breeds bad, we are met by traits we show; Love will find a friend at the stranger's door where hate will find a foe.

"For each of us builds the world he knows which only himself can spoil; And an hour of hate or an hour of shame can ruin a life of toil; And though to the utmost ends of the earth your duty may bid you fare If you go with truth and a friendly heart, you will find friends waiting there.

"The Good Old Times" No doubt you used to smile at the elderly people who were forever talking about "the good old times" but recently you have seen their numbers vastly increased and many of the new recruits are still in their teens. "The good old times" some of you are always talking about are only a few years back, when the family automobile was replaced by a new one long before it had a chance to become shabby, and when the young people went to expensive camps in summer and had allowances more than generous.

Nothing is gained by talking about the good old times. They are over. Present times are different, but in them too, there is a possibility of benefit. Some one has said that a man is great who can turn his reverses to account, but perhaps it would be truer to say that turning your reverses to account is a great achievement. Some of you young people instead of always talking of the good times three or four years back, are tackling the present times with a courage and ambition that make even this trying and difficult period tremendously beneficial.

Make Me Big

"Lord, make me big today," is the prayer of one of the largest women's clubs in New York. What a splendid desire it voices — the desire to be big in purpose, big in unselfishness, big in forgiveness of slight's and insults, real or fancied; big in our ambition and in our desire for real progress, and best of all big in that charity which thinketh no evil.

The purveyor of gossip, the relay of the blackening, harmful story and sarcastic remark, shows a littleness of mind and a narrowness of experience that cast a far darker shadow on the helpless subject. And littleness is not a little sin; it is a big one. The backbiter is classified with in the Bible with the murderer.

Do you always try to keep on a high rung of the conversation ladder? On the lowest rung in the conversation who cherish ideals and have right principles are usually the best conversationalists. Have you not noticed the different feeling with which you come away from a talk from such people from that you have when you have been taking part in a conversation devoted to small personalities, small happenings, small gossip? Let us make our conversation big. Co. — The Home-maker.

Wouldn't it be wonderful if we never made an unkind remark about anyone? Much of our conversation about people is so unnecessary. We draw conclusions about things that are really none of our business.

I heard a woman say not long ago — "Do you know I resolve some morning that I will not make an unkind remark about anyone on that day and perhaps I go until 2 o'clock in the afternoon and then before I realize it out slips some little criticism, so unnecessary.

After all is said, there is nothing so interesting as human nature and sometimes the biggest gossips have the kindest hearts. I suppose we are greatly influenced by our childhood environment in that respect. It would be an excellent rule to never say anything about any person unless it was kind and good but the frailty of human nature, we are not made that way.

THE BEST MAN

The office of "best man" at a wedding originated in far off days when men literally stole their wives, says Ed Wolfe, in "Why We Did It." The old timer, not being able to gain the parental consent staged a raid. He and his closest friend sneaked up on the girl, usually a willing victim—and away they went. If irate father or brothers followed the friend fought them off while the couple made their escape. Hence the "best man."

MUT! AND JEFF—



By BUD FISHER