

INARY VOYAGE

usual Autumn Dinner
at Ordinarily You'd
to Visit Monaco to

iting and interesting voy-
foreign lands to eat their
foods may begin right at
your own kitchen and end
own dinner table, with all
of adventure and only the
materials and effort.

principality of Monaco on
ern shore of the Mediterran-
d off the southeastern
France, is famous not only
eat gambling casino a
to, but also for its cuisine
at many interesting and
ways its cooks prepare

ual and delicious dinner
these cool autumn nights
become a trip to Monte
holding the menu around
dish known as "Lamb
Monago."

MENU
in Monaco: Green
pper Sauce; Nut Bread
Rolls; Autumn Salad;
nd Apple Tapioca Pud-

Lamb Cutlets a la Mon-
the cutlets for 5 minut-
the pan, and bread
with seasoned crumbs,
an and fry slowly until
Peas and Caper Sauce
of French peas, pour
and bring them to
and pour over them a
by mixing together 2
tablespoons of caper
sauce and 1 teaspoon
with the lamb.

TUMN SALAD
Salad for the meal is
together 1/2 cup of
peas, 1/2 cup chopped
mixed nuts, and 1/4
raisins. Moisten with
which a small amount
been added. Season to
in the centre of a
d mound your mixture
garnishing with can-
died sections which have
powdered sugar and
dred maraschino cher-

APIOCA PUDDING
of quick-cooking
poon salt, and 4 cups
and cook until the
separates. Core and
red apples and ar-
ranged baking dish.
1 cup sugar and 1 1/2
dot with butter, and
the tapioca over the
dish and bake for
until the apples

show a decided ten-
from the old-fashion-
with their rich des-
efathers. It is not
much less nowadays,
enus are better bal-
tastes a little more
Our closer relation-
countries have
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many new dishes.
mercially prepared
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meals, and the
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foods play in our
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Path to
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Getting Proper
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Smellie, C.B.F.,
As chief super-
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Miss Smellie is
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the nursing section
Public Health As-
of the American
elation.

vinces have made
public health, and
the eastern cen-
Smellie. "We have
ere is no profes-
our work.
acute interest in
than there has
but I would like
the need for
of nutrition. Sev-
departments of
taking special in-
just now, and
ary clubs among
study the subject."



**Woman's
World**

By Mair M. Morgan

CHEESE DISHES
Cheese is not a seasonal food, but the high percentage of fat which it contains makes it a particularly valuable food to use during the cold weather when the body requires extra heat. Its protein content should not be overlooked, for cheese is one of a limited number of economical foods which provides the body with the necessary tissue-building material. During the coming months the supper problem may be solved by preparing such nourishing, appetizing cheese dishes as:

Escalloped Potatoes with Cheese
Wash, pare and sliver very thinly, medium sized potatoes. Butter a baking dish and place a layer of potatoes in bottom. Season with salt and pepper and dredge with flour. Cover with grated cheese. Repeat until dish is full. Pour in sufficient hot milk to reach top layer of potatoes. Bake in a moderate oven until potatoes are cooked (about one hour). Cover during first part of the baking.

Spanish Rice
1 No. 3 can tomatoes.
1 cup butter.
1 onion, chopped fine.
1 green pepper, chopped
or
2 tablespoons chopped parsley.
2-3 cup uncooked rice.
Salt and pepper.
Combine all ingredients. Bake in a moderate oven (350-375 degrees F.) for one hour.

Macaroni Loaf
1 1/2 cups cooked macaroni.
1 cup soft bread crumbs.
1 cup grated cheese.
2 tablespoons chopped green pepper, pimento or parsley.
2 eggs.
1 cup hot milk.
Salt and pepper.
Combine all ingredients except eggs and milk and place in a buttered baking dish. Add hot milk slowly to beaten eggs and pour over other ingredients. Place baking dish in a pan of hot water and oven-coach in a moderate oven (350 degrees F.) until set,—about 40 minutes. Serve with tomato sauce or hot chili sauce.

Cheese Biscuits
2 cups flour.
2 teaspoons baking powder.
2 tablespoons lard or butter.
1/4 teaspoons salt.
3/4 cup milk (about).
1/2 cup grated cheese.
Sift the flour, baking powder and salt together and rub in the fat evenly. Add the grated cheese and enough milk to make a soft dough. Roll, cut in shapes and bake in a hot oven. The dough should be handled as quickly as possible and mixed only enough to blend the ingredients.

Potato and Cheese Salad
Mix finely chopped or grated cheese with cold potatoes in a cube. Season with salt and pepper and moisten with salad dressing. Place by spoonfuls on lettuce leaves and serve cold. Chopped celery, finely minced onion or pimento in small pieces may be added and give variety to the salad.

AN ENGLISH RECIPE
Two or three kidneys, two rashers of bacon, pepper, salt and mustard, two or three large potatoes.
Split each kidney in half, rub with mustard, pepper and salt. Cut the potatoes in half and scoop out a little from the centre—large enough to take a half-kidney. Place the kidneys into the potatoes with the cut side downwards, cut the rashers in half, sprinkle with a little pepper, and place on top of each half-potato. Place two half-potatoes together and tie with a piece of string. Bake in oven for one hour or until potatoes are cooked. To attain the best results, choose very large potatoes.

LEMON MINCEMEAT
And here we have a recipe that results in a delicious flavor. The family is sure to enjoy pies with this filling.
Ingredients:
4 lemons.
2 apples.
1 pound currants.
1/2 cup raisins.
1/2 cup chopped nuts.
1/2 cup melted butter.
2 cups sugar.
1 teaspoon salt.
1 teaspoon ground cinnamon.
1 teaspoon ground nutmeg.
1 teaspoon ground cloves.
1 teaspoon ground ginger.
1 teaspoon ground allspice.
Squeeze juice from lemons and cook peel until soft. Put through meat-chopper and then rub through a sieve. Add chopped apples and remaining ingredients, mix well and store in jars. Use as a filling for turnovers and pies.

FRUIT CAKES
And if you haven't started that all-important item—the Christmas cake—here is a good line-up to refresh your memory of the necessary ingredients.
1/2 cup butter.
1 cup sugar.
1 cup orange juice.
3 cups sifted flour.
4 teaspoons baking powder.
1/2 teaspoon salt.
1/2 cup seedless raisins.
1/4 cup candied orange peel.
1/4 cup candied lemon peel.
1/2 cup candied cherries.
1/2 cup chopped nuts.
Whites of 3 eggs.
Cream butter, add sugar and cream again. Add orange juice alternately with 2 cups flour sifted with baking powder and salt. Add remaining cup of flour with finely-chopped fruits and nuts. Fold in stiffly-beaten egg whites. Bake in loaf pan in a moderate oven (325 degrees) for one hour.

KINKS
Curtains Stay Clean Longer
If you have trouble in keeping freshly laundered curtains from becoming soiled by blowing out the window, take a heavy thread and fasten the ends with thumb tacks to the side of the window casing about six inches from the window sill. This prevents the curtains from blowing out and is scarcely observable.
With the Food Chopper
Fasten a paper bag over the end of the food chopper with an elastic band, when grinding stale bread for breadcrumbs, and there will be no cleaning up process afterward.
New Use for Muffin Pan
For tacks, screws, nails and such, use a set of muffin pans to keep them in. Have a tinner solder a handle across the pan, and it will be found very convenient to carry about and one can see at once just what is needed. If added to this is a set of tools that are found put up in a hollow handle, a hammer and small saw, one can repair many things about the house.
When Diners Are Late
To keep dinners hot, without having them dry out, place food on platters and vegetable dishes on which they are to be served, and put in the oven. Leave the oven turned on full and leave the door wide open.

Sunday School Lesson
LESSON XI—December 16
THE CHRISTIAN AND THE LORD'S SUPPER.—1 Corinthians 11: 23-34.
GOLDEN TEXT.—"For as often as ye eat this bread, and drink this cup, ye proclaim the Lord's death till he come."—1 Corinthians 11: 26.
THE LESSON IN ITS SETTING
Time—Paul wrote his first letter to the church in Corinth during his third missionary journey, A.D. 53-56.
Place—The letter was written in Ephesus, where Paul was making a long stay of nearly three years.

Earl Of Birkenhead And His Fiancee



The Earl of Birkenhead photographed with his fiancee, the Hon. Sheila Berry, after the announcement of their engagement in London. Lord Birkenhead, who is 26, is the only son of the late Earl of Birkenhead and of the Countess of Birkenhead. He succeeded to the title on the death of his father in 1930. Miss Berry is the second daughter of Lord and Lady Carrose. She is 21.

"For I received of the Lord." We must remember ever that the Lord himself instituted the communion feast, and it is not a man-made ordinance. We go to it at the invitation of the Son of God. "That which also I delivered unto you." What Christ impresses on our minds we are to pass on to other minds. "That the Lord Jesus in the night in which he was betrayed took bread." The writer might have set down the same night in which he washed the disciples' feet, with the fine suggestion of a moral and spiritual cleansing before men should eat and drink at the table.

"Our Lord when he had given thanks." Our Lord was in the habit of giving thanks before every meal, in gratitude to his Father who had provided the food. "He break it." "And said." He knew that, even after all his prophecies of his coming crucifixion, his disciples would not enter into the meaning of the rite unless he unfolded it to them plainly. "This is my body, which is (broken, margin) for you." "This do in remembrance of me." This do means, Take this bread and eat it, as more clearly in Matt 26: 26; Luke 22: 19; Take, eat.

"In like manner also the cup, after supper." This implies that the bread was taken as part of the passover feast, and the wine after it. "Saying, This cup is the new covenant in my blood." The Old Covenant or Old Testament is the covenant the Lord made with Abraham and his people, sealed with sacrifices. The covenant idea runs all through the Old Testament. The New Covenant between God and man was also sealed with sacrificial blood, the blood of the Lamb of God, not needing renewal, like the Old Covenant, for the sacrifice was made for us once for all on Calvary.

"This do, as often as ye drink it, in remembrance of me." In His infinite tenderness and foresight Christ provided a universal and omnipresent reminder of himself.

"For as often as ye eat this bread, and drink the cup, ye proclaim the Lord's death till he come." The Lord's supper is a witnessing festival, and evangelizing feast. It makes a proclamation. It tells the story of the cross.

"Wherefore whosoever shall eat the bread or drink the cup of the Lord in an unworthy manner." Not merely, say Estius, with a mind distracted by worldly thoughts, though that is not to be commended, but in irreverent spirit, in a frame of mind unsuitable to so solemn an act; without faith in, or a thankful remembrance of, the great mystery therein commemorated. "Shall be guilty of the body and the blood of the Lord." They are chargeable with insulting the memorials of Christ's death itself; on the same principle that he who insults his country's flag

insults his country and is a traitor. "But let a man prove himself." "Examine himself in the King James version. The Lord's table is not to be approached heedlessly and thoughtlessly, but after careful self-correction.

"And so let him eat of the bread, and drink of the cup." Let him take heed of the meaning and purpose of the supper, and so, — not merely and then, but so, — in that manner, in Christ's own way.

"For he that eateth and drinketh, and drinketh judgment upon himself, if he discern not the body." That is, if a man does not partake of the Lord's supper as a sacred memorial of Christ's body sacrificed for his sin, he is taking into himself, at is were eating and drinking, his own condemnation. He is feasting on his own punishment.

"For this cause many among you are weak and sickly, and not a few sleep (the sleep of death). We are not always to connect sickness with sin. Sickness is often due to inherited weakness and often to accident or contagion. But there is no doubt that God often does punish sin with weakness, sickness, and death—probably far more frequently than among ourselves carefully and so avoided our sins), we should not be judged." The penalty need not fall upon us, because the sin need not be committed. God never punishes willingly.

"But when we are judged, we are chastened of the Lord, that we may not be condemned with the world." If the Corinthians were punished by the Lord, it was for their good. Their chastening was to free them from worldly entanglements, that they might not be joined with "the world in its condemnation."

"Wherefore, my brethren, when ye come together to eat, wait one for another." Some of the Corinthians, in their greed, could not wait for the arrival of the other church members, one realizes.

"But if we discerned ourselves (except must fall to on the sacrificial feast without them—so low were their standards in those pioneer days.

"If any man is hungry, let him eat at home; that your coming together be not unto judgment." Eating at home before the communion service would prevent the display of gluttony and greed which the apostle so justly condemned. "And the rest will I set in order whensoever I come." Paul was soon to go from Ephesus through Macedonia back to Corinth. The abuses in the administration of the Lord's supper were reformed in two ways. The love-feasts preceding the sacrament were gradually abandoned, and the time for celebrating the Lord's supper was changed from evening to morning.

The Lord's supper is a great symbol. It sets before us the incarnation

and sacrifice of Jesus Christ, our Lord. In the Lord's supper thus we confess our faith.

Should Mothers Fight Child's Battles

Generally Speaking "No" But Some Cases Are Exceptional and Need Special Handling

Should mothers fight their children's battles? To all mothers, this question looms up, colors the earth, the air, the sky, at one time or another during their children's development.

There is the Big Bully at school; and there is little John.... "Oh, leave them alone," cries father when she gets all worked up about little John. "He will have to go through it sooner or later; and the less parents interfere the better a boy gets on at school. Why, when I was a youngster—"

But mother interrupts impatiently. For her child is always so much more liable to hurt than his father. "John is sensitive," she says. "He came home today, his nose pouring with blood. It was that horrid boy again. You know Robert, that aloof attitude of yours can be carried too far."

NOT INDIFFERENT
But it isn't that the father is indifferent. He loves his small son, his little daughter, with passionate tenderness. If he could he would divert all pain, all harm from them. It makes him, who should be their strong protector, their God, feel futile when they suffer. If they are ill the mother can dash about importantly, and do things, thrust a thermometer into their mouths, get hot water bottles, give a dose, stick on a poultice; while he just stands about, impotent, wrung by anguish.

When he sees his boys are having a hard time, being "put upon" by others, having their little noses pinched, their heads sat upon, he would like to dash out and deal chastisement where chastisement is due. But he holds his arm. Sympathy, he feels, is also out of place. The youngsters must learn to fight their own battles.

A MOTHER'S PLAINT
Whereas the mothers. . . . But listen to what one mother says about it.

"I want you to tell me just what I ought to do," she says. "My husband's business takes him away a great deal, so the responsibility of bringing up the family devolves upon me. I have a little daughter of three and two boys, aged seven and nine. They have gone to a new school and at first were very happy, but now I find that the elder boy is constantly being set upon by another, the bully of the school. "This boy makes the lives of all

the smaller boys wretched and now it is evidently my son's turn. Recently he forced Ronnie to kneel down in the playground and before a jeering ring of others, recite the Lord's Prayer! I only heard of this by accident from my younger son, who made me promise not to say anything, but I am both indignant and worried. I feel like going out and talking to this bully myself next time he passes (he lives quite near) nor complaining to his mother.

"Ronnie is quite changed and looks thin and afraid. I know my husband would say that one should ignore all this, and that anyhow, it would 'all come out in the wash.' And my boy would hate it if I went to school and made a fuss. . . ."

WHEN FUSS IS NECESSARY
But it seems to us that a fuss is necessary here. Bullying where it existed used to be tacitly ignored by the scholastic powers. Indeed many teachers regarded it almost as part of a curriculum which taught the youngsters that to "go through it" without squealing was all part of the game. But not now.

School is recognized as the training ground par excellence for after life. Here things begin to take on relative importances and values. And the whole scheme and system of character-forming this implies is upset if a strong, cruel and thoughtless boy is allowed to tyrannise over the younger and smaller fry.

Our correspondent will make a mistake, however, if she angrily tackles the bully herself or speaks to his mother who will, naturally, defend her son. The matter is one for the school to deal with, and one day, without saying anything to her children, she should go quietly to the Principal and lay before him this information. Not because the complaint specifically concerns her own child, but because he should know about it, as an item of importance in the life of the school.

For the modern school principal is not tolerant of ragging. Versed in psychology, he knows the dire effects of bullying on tender minds, and the complexes of fear and inferiority, thus set up. He knows that one overbearing and cruel boy can do untold harm in a school, not only among his wretched little victims, but also in spreading the habit of cruelty.

She need not worry that her boy will suffer as the result of her visit. The principal, if he is wise, will not have the two boys hailed in front of him to face the mother, thus spreading the news in the school that the smaller boy had "told" and therefore was a "muff." He will watch, secure evidence, and take measures to deal with the bully, and see that the tendency to cruelty is wiped out.

Of course, in the larger issues, her husband is right. Things that are regarded as of great importance at the time, do "come out in the wash." And the young ones must learn to stand up for themselves. If they come crying every time anything happens and expect mother to go out and fight their battles for them, her hands will be full.

GAINING SELF-RELIANCE
And they will never learn self reliance and courage. Sometimes it is necessary for a mother, however much she loathes it, to stand by and let two combatants, of whom her son is one, fight it out. If they are evenly matched, her interference can do no good.

But, of course, fighting is a fool's game; and children must be educated into thinking of better ways. The only thing a mother can do is to give her boys and girls a groundwork of character which, because it will enable them to see things straightly and to deal fairly with others, will sustain them through troublous times.

Gaiety and light-heartedness are grand bulwarks against the petty storms of life. When the children come in with a long tale of woe, instead of encouraging them to self-pity they might be taught to laugh at things. To turn the tragic incident into a farce, even when one is the centre of it, is an art that cannot be too early learnt; and it carries one a long way.

STUDY COLOR WHEN RE-DECORATING HOME

The Vogue for White is Firmly Established

Playing with color in the home is an art worthy of deep consideration, as it includes not only a pleasing effect but a tonic if the scheme is carried out as it should be.

The vogue for white in place of color has been introduced within the past few years most successfully and the effect is a super-daintiness which cannot be denied. Pastel in its softness, with here and there a bright dash of vivid color, there is a freshness to it that appeals whether or not.

Many combinations of white or off white are offered in this modern spectrum and emancipation that would surprise the harassed householder of a decade or so ago. Formerly in planning to redecorate it was the custom to turn to a neutral wall tint, then came the period of tinted background with refreshing tones of green, robin's egg blue, yellow and peach. Having passed through the chromatics of color we are presented with the question of white for modern rooms as well as for period styles.

BIZARRE NOTES
Bizarre effects in black and white are now designed for hallways, white walls being accentuated by statuary in black, black furniture upholstered in black patent leather, while the floor of marble in some instances a futuristic pattern effected through a clever arrangement of black and white.

Lighting schemes have much to do with this scheme in the pastel tones and there is scope for the original in the clever ways of lighting indirectly or by softly shaded lamps that reflect a warm tone to the delicacy of the picture.

In using white and achieving a pleasing color effect the scope at hand is unlimited. Sometimes walls lacquered in white are offset with a ceiling of flat white calcimine with cornices moulded in gold leaf. Doors and windows are painted white, the baseboard around the room also white with the bottom trim carried out in the darkest shade expressed in the rug. This helps to conceal cleaning marks. Can you imagine the brilliancy of the effect when red satin damask or brocade hangings are used suspended from carved wood-paneled boards. Glass curtains may be of white mull fringed with silk covered tassels in red and yellow.

PLEASING WHOLE
Now it is not absolutely essential to have one's home carried out in the period style because a far more pleasing whole is achieved through the happy combining of ancient and modern pieces. Long mirrors with carved gilded frames and an old fashioned marble top rosewood table bearing a choice piece of crystal which makes the scene festive when filled with bright colored blooms. The use of mirrors helps very considerably to enhance the beauty of a room. And with the use of some intense color touch such as a gorgeous piece of ruby glass, and the density of ebony or black lead used in artistic creations, helps beyond words to express pleasantly a modern scheme for interior furnishings.

Very often the use of ebru, ivory and eggshell lustre helps to give interest, antique oak combined with cream leather and deep ivory finished to resemble old lacquer are some of the tricks that spell wizardry in the color scheme.

Worry

Worry is the most useless thing in the world. No matter how serious your troubles, worry cannot help them. Too much worry shortens life. And too much of the worrying 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.

MUTI AND JEFF—



By **BUD FISHER**