

Woman's World

By Mair M. Morgan

CHOCOLATE GIVES HEAT OFFSETS WINTER COLD

Fills bodies with heat and energy foods these bitter days. To the farthest north and highest mountains, chocolate is transported and it was used extensively in Europe when the armies struggled through mud and cold during the Great War. That is because it brings heat and energy quickly to the body. Such food value ought not to be omitted from the diet on these chill days when all those winter ailments epidemic in many communities. Chocolate is not, of course, confined to candy and cakes. It makes into very attractive and easily digestible desserts. These satisfy the sweet tooth and give high nutritive value to any menu.

Baked chocolate custard is always good and is particularly fine for those just recovering from the varieties of flu from which Canadians suffer.

2 squares unsweetened chocolate, cut in pieces
1 quart cold milk
4 eggs, slightly beaten
1/2 cup sugar
1/4 teaspoon salt
1 teaspoon vanilla
Add chocolate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Combine eggs, sugar, and salt. Add chocolate mixture gradually, stirring until sugar is dissolved. Add vanilla. Pour into custard cups, place them in pan of hot water, and bake in slow oven (325 degrees F.) 40 minutes, or until knife inserted comes out clean. Chill. Serves 8.

Dutchess Chocolate Pudding
1 1/2 cup confectioners' sugar
1/2 tablespoon flour
1 1/2 squares unsweetened chocolate, melted
1 1/2 tablespoons butter
2 eggs yolks, slightly beaten
2 egg whites, stiffly beaten
Few drops of vanilla

Royal Chocolate Sauce
1 square unsweetened chocolate, cut in pieces
3 tablespoons water
4 tablespoons sugar
1 1/2 tablespoons melted butter
Dash of salt
Few drops of vanilla
Combine chocolate, water, sugar, and salt in double boiler. Heat and blend. Add butter and vanilla. Beat well. Makes 2 1/2 cup sauce.

IMPROVING CANDY OR COFFEE
When making candy at home to avoid over-ripeness, add a touch of salt to the sugar. The candy will taste better and will not be too sweet. Many confirmed coffee drinkers find that a pinch of salt in the coffee pot or percolator adds greatly to the flavor.

ECONOMY VEGETABLES
Delicious dishes may be made from what we usually regard as "economy vegetables"—such as cabbage, onions, carrots and turnips. Sugar added to the dish, as suggested in the recipes below, increases the food value and actually brings out the flavor of the vegetables.

Riced Carrots
6 large carrots
2 tablespoons butter
1/2 cup cream
2 teaspoons sugar
Salt and pepper
Cook the carrots in boiling salted water until tender. Drain. Press through a coarse sieve. Melt the butter in a saucepan. Add the cream.

MUTT AND JEFF
MUTT!—DID YOU SEE THIS? THE PARAFOX PEOPLE PUT OUT A PICTURE THAT LOOKS LIKE A STEAL FROM OURS. THE PREVIEW SHOWS TODAY AT THE PARAFOX THEATRE.
LE'ME SEE
RUN DOWN TO THE BOX OFFICE AND GET TWO OF THE CHEAPEST SEATS THEY GOT FOR TONIGHT—I DON'T WANT TO BE SEEN IN THE PLACE IF I CAN HELP IT—
PREVIEW OUR PRANCING DAUGHTERS
LE'ME HAVE TWO MATINEES, PLEASE!
PRICES
LOGES—\$.50
ORCHESTRA—1.00
1ST BALCONY—.75
2ND BALCONY—.50
MATINEES—.25

carrots, sugar, salt and pepper. Cook until thoroughly heated and serve at once.
Glazed Onions
10 medium sized onions
1/4 cup sugar
2 tablespoons melted butter
Peel the onions and cook whole until fairly tender in salted boiling water. From twenty to thirty minutes. Mix the sugar and butter together and spread over the sides and bottom of a baking dish or pan. Drain the onions and place them in the pan. Bake in a moderate oven until brown, increasing the heat toward the last. Water cooks out of the onions, and the browning process is rather slow. When finished, the onions should have a rich brown glaze.

MARY'S LITTLE LAMB—COOKED
Lamb, when properly prepared is one of our choicest meats. When prepared in some unusual form it becomes a real epicurean dish—fit for the proverbial King.
Lamb Loaf
2 pounds lamb shoulder, ground
1 cup bread crumbs
1 onion, minced
1/2 green pepper, minced
1 egg
1 cup meat stock or milk
Salt
Pepper
Mix all the ingredients thoroughly, and shape into a loaf in a buttered baking dish. Place in a moderate oven (350 degrees F.) and bake for 1 1/2 hours.

Lamb a la King
2 cups cold roast lamb, diced
4 tablespoons butter
4 tablespoons flour
2 cups milk
1/2 cup small button mushrooms
1/2 cup celery, diced
Currant jelly
Salt and pepper
Cut the cold roast lamb into cubes. Cook the celery until tender in the butter. Then add the flour and smooth. Add the milk gradually, stirring until the sauce is thickened. Then add the diced lamb, mushrooms and seasoning. Heat. Serve on toast or in patty shells. Place a cube of currant jelly on top and garnish with a sprig of crisp parsley.

EXERCISES THAT WARD OFF COLDS
Your doctor will tell you that, as yet, there is no specific cure for colds and influenza, but that there is a good chance of your being able to ward them off. This is done by raising your resistance, so that the germs that are about you (and they nearly always are) seldom get the upper hand.

There is no need to repeat in detail certain things advised by your doctor, such as gargling, a suitable diet to include plenty of vitamin A food, taking a tonic, wearing light, warm clothing and the avoidance of wet feet and exposure to cold.

But there is a further precaution that should make your resistance even more emphatic.
Take definite steps to increase your intake of oxygen by doing certain special deep-breathing exercises. The more oxygen you breathe in the purer and healthier is your blood stream, which has everything to do with your resistance, or otherwise, to the germs that cause illness.

Too Much Indoors
We are much indoors in the winter and consequently do not get enough fresh air, unless we supplement it by exercises.
There is no need to make a burden of them. Fit them in at any odd time, to be of great value. Place the hands lightly over the lower ribs in front and take a good gulp of air in through the nose, feeling the ribs move up and out. Then blow it out through the mouth, helping the ribs to collapse towards each other by

slight pressure with the hands. Do this "bellows" movement rhythmically not more than six times on end. Here is something you can do as you walk down the street. Take in the air in four good sniffs in time with four walking steps, hold the breath for the next four steps, then sniff it out to four and let your lungs remain empty for another four, making sixteen steps in all. Go through this routine briskly up to six times.
The next exercise forces you to clear your nose, which is a good practice. Take a gentle, smooth, long drawn-in breath through the right nostril only, holding the other closed. Get the feeling you are a balloon filling yourself with air and then hold yourself inflated for three seconds. Next, hiss the air out slowly through the left nostril until you imagine your lungs are as empty as a deflated balloon. Do it again, but begin with the left nostril this time.

The last is a very effective exercise. Clasp the hands behind the neck and let the head and elbows hang loosely forward. Start to breathe in deeply and gradually, at the same time forcing the elbows back and raising the head and chest.
Deep Breathing Necessary
Hold your breath to four counts, then open your mouth and gasp it out, letting the head and elbows drop forward to the starting position again. Four times on end is quite enough.

Always imagine, when doing breathing exercises, that you are taking air in right down to your abdomen, otherwise your breathing may be shallow and ineffective. Also, keep your movements as elastic as possible.

HEALTH SNAPS
A small teaspoonful of bicarbonate of soda, taken in water, night and morning may serve to stave off a cold.
To relieve a congestive headache, apply to the forehead a paste made of powdered ginger and water. Apply spread on paper.
In the event of a pricked finger, avoid greasy or oily applications. A dry antiseptic dressing is best, unless there is frank inflammation or suppuration, when a hot fomentation should be applied.
When the doctor orders egg and brandy, this is how to make it:—Beat up three eggs to a froth in 1/2 cup of cold water, add a lump or two of sugar and pour in 1/2 cup brandy. Give two or three teaspoonfuls at a time.

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Acts 10: 1-11: 18.

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"But in every nation he that feareth him, and worketh righteousness," Cf. Rom. 2: 10. It is hardly possible to conceive of any one being referred to in this phrase who was a pure heathen, entirely ignorant of God and his holy law. "Is acceptable to him." Does Peter mean to say that Cornelius is already in a state of grace, so that his sins are forgiven and he is saved? In declaring his perception that Cornelius is accepted with God, does Peter mean to teach that faith in Jesus is not indispensable to salvation, but that fear of God and righteous works constitute the ground of salvation? To affirm this is as illogical as it is unscriptural. The logic of the whole story is that Peter has been led to see that a man like Cornelius is acceptable to God's sight to hear the gospel.

"The word which he sent unto the children of Israel." The fact of a divine message is continually referred to in this book (e.g. 4: 31; 8: 14; 25: 13; 26: 14; 3: 16; 32). It was sent first to Israel (Matt. 10: 5; 15: 24; Luke 1: 16, 54, 68; 2: 24; John 1: 31; Acts 2: 22, 26; 3: 12; Rom. 1: 16; 2: 9, 10). "Preaching good tidings." This is another translation of the Greek word generally translated "gospel." "Of peace by Jesus Christ." The peace which we have in Christ is a frequent and fundamental teaching of the New Testament writers. "He is Lord of all." Peter spoke of Jesus the preacher; but Cornelius like Nicodemus might be misled into thinking that Jesus was simply a great teacher or prophet sent of God to instruct, he inserts this striking parenthetical, to assert and place in the very forefront the truth that Jesus is both Lord and King.

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"While Peter yet spake these words." One of the countless incidents in Holy Writ which evidence the omniscience of God in perfectly timing every manifestation of his power and grace and guiding love. "The Holy Spirit fell on all them that heard the word." Often spoken of as a "gentle breeze." It did not come to them by the laying on of hands, it came to them in the very way in which it had come to the earliest disciples, without any human intervention, and made itself manifest in the very same way.
"And they of the circumcision that believed." The six Jewish Christians who had accompanied the Apostle to Caesarea (ver. 23 and 11; 12). "Were amazed, as many as came with Peter, because that on the Gentiles also was poured out the gift of the Holy Spirit." The miracle proved what Peter had said with a fullness of proof for which Peter himself perhaps was scarcely prepared.
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Peter consented to stay, and thus showed that he was prepared to act according to the teaching of the vision.
Satisfied With School Ruling
Stratford. — "That's satisfactory to us," Reeve J. F. Vandrick, chairman of the education committee of the Perth Council, remarked when informed that the London Board of Education had instructed principals of collegiate institutes there that no more students were to be accepted from Perth County.
The London board's action was taken as a result of the failure of the board and Perth County Council to reach an agreement on the cost of tuition of Perth County pupils attending the London schools.
"Very few ratepayers of Perth will be affected," Reeve Vandrick stated. "I believe there are only one or two pupils from this county attending the London schools this year. We would rather see them attend collegiate in either Stratford or St. Marys. The cost of tuition in the London colleges is high, about twice what it is in Stratford or St. Marys."

Distinguished

Illustrated Dressmaking Lesson Furnished With Every Pattern



It's a delightfully feminine tailored type, so smart now 'neath your winter wrap in black and white thin wool crepe mixture. Plain white rough crepe silk is used for the clever vest arrangement that has a cowl neck and button "on" at the waistline. Inverted plaits lend freedom for walking to the slim-line paneled skirt.
Black crinkly crepe silk with vivid green contrast is another very smart scheme.
Rough crepe silk print that resembles a monotone in navy blue and white with plain white is ultra smart for spring wear.
You'll find it unbelievably easy to make, even if it is your first attempt at sewing.
Style No. 2776 is designed for sizes 36, 38, 40, 42, 44, 46 and 48-inches bust.
Size 36 requires 4 3/8 yards of 39-inch material with 5 1/8 yard of 35-inch contrasting.
HOW TO ORDER PATTERNS
Write your name and address plainly, giving number and size of such patterns as you want. Enclose 15c in stamps or coin (coin preferred—wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

Family Of Nineteen Not Largest This Doctor Has Seen

Summerside, P.E.I. — "They are not the biggest families by any means that I have heard about," Dr. E. T. Tanton said in commenting on the report that Mrs. Bernice Gillis had given birth to her 19th child in 18 years and the record claimed for Mrs. Ernest Deighan of having 13 children in the last 13 years, all alive, healthy and strong.
The doctor told of his automobile tour through Quebec some time ago when his party stopped at a little wayside inn near L'Assomption. They chatted for a while with the youthful appearing William Gauthier, proprietor, and his pretty wife. When they noticed numerous little heads peeping around the stairs, the doctor asked how many families live here?
The innkeeper replied: "Oh, just myself and my wife and my father." "But who are all these little people," asked the Summerside physician.
"They are our children," was the reply. "We had 23 but one died. We had six sets of twins."

Change Your Hair Style And Enjoy The Result

Right now is a splendid time to change your coiffure. A new one will help to brighten up your outlook these late winter days and, if you decide on it immediately, you'll have a chance to get used to it before the Easter holidays.
Dread of a feeling of strangeness probably is the main reason that women go on wearing their hair the same old way, year after year. The old style is comfortable and they hate to wear something so different that they feel self-conscious themselves. Obviously, then, the gradual change is best.

Instead of trying something startling right away, make up your mind what kind of hair dress you eventually want to wear and then begin to create it bit by bit. One who wants a Grecian type with curls piled high on the head, might have the hairdresser put her hair behind her ears the first week, sweep it back from the forehead the second, place the curls fairly high on the back of the head on the third visit and finally, during the fourth appointment, arrange a perfect Grecian coiffure.

A girl who has always worn curls and ringlets generally faces the idea of a straight hair dress with a good deal of fear. She'd have less to worry about if she would substitute wide, loose waves for the tight ones for several weeks. Afterward, she can omit waves entirely without feeling half-dressed.
For evening, these rules don't apply. When you are in formal clothes, you usually feel pretty different anyway and a new and exotic coiffure certainly won't make you wonder why on earth you changed. On the contrary, the fact that you look quite unlike your everyday self will give you added confidence.

Snowstorm

Fleur Cooking in the New York Sun.

There is a whir of music in the snow.
A winging song when frosty star flakes below;
A cry that lifts— with memory of spring
When all the earth is white with blossoming.
I hear a soft crescendo in the wind;
A cadenced rushing, weird and undefined.
Swaying with wild notes, darting low then high
Until it reaches the untrammelled sky;
Filling the wintry sky with echoing
Of feathered songsters on enchanted wing.
Then slumberous sighing, singing sound,
They fold their white beasts on the frozen ground.

Gathered Here And There

(Picton Times)

The work that's waiting for you
Do it with a will,
Even if it's hard and dull
Toiling up a hill.
Only work that's truly done
Overstands the test;
Folks at home are looking on
To see you do your best.
The heroes of all ages,
Climbed the uphill way,
Their tasks were hard and tiring,
And did not seem to pay.
All the tasks that come your way,
Do each one with a zest,
For your country's looking on
To see you do your best.
The saints that went before you,
Harder paths have trod
Giving all they had to give
In their work for God.
Do not fear to follow them,
Where they upward pressed,
For the Lord is looking on,
To see you do your best.
—T. Horton.

