

President Makes His Conditioning Apparatus

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Woman's World

By Mair M. Morgan

SPANISH RECIPES

A friends has just returned from Spain. During her stay there she collected recipes of native dishes. "I learned, for instance, how to make potato soup delicious with a liberal flavoring of chopped parsley. Also that an excellent vegetable course in tinned asparagus, well drained and sprinkled with melted butter, and then liberally coated with grated cheese. Cook in the oven or under the grill until the cheese has melted and browned, and the asparagus is piping hot. This is best served in the fireproof dish in which it is cooked."

FLAVORED WITH SAFFRON

Another of my Spanish dishes is made by cooking rice in oil, flavoring slightly with saffron, and mixing with pieces of green beans and sliced pimientos (both from tins). Sometimes I add chopped meat, or vary the recipe with different kinds of fish, perhaps oysters, lobster, and white fish. This too is served in the fireproof dish in which it is cooked.

An original Spanish way of serving fillets of sole is to poach them in the ordinary way, and then dish with small balls of boiled potato. Half the fish and potato is coated with a well-flavored brown sauce, and the other half with a cream sauce, such as Bechamel. Each guest is served with a piece of brown-and-cream-coated fish, with potatoes to match!

Another way of serving sole—put the fried fillets on pieces of fried eggplant. Eggplants appear in many Spanish dishes, and a mixed grill may well consist of veal and lamb chops, brains and eggplants, all coated and fried to a brown crispness.

Veal is the staple meat of Spain. As a roast it is rolled and cut in neat slices. Fillets of veal are coated with breadcrumbs and are spread with pate de foie gras and slices of truffe.

Veal chops, which taste almost like pork chops, are fried with breadcrumbs, or may appear smothered with button mushrooms cut in halves.

Brains, I was glad to find, are used more than in this country. Try this recipe from my "diary." Parboil the brains, breaking into sprig-like pieces, and saute gently in black butter (butter cooked with vinegar in a frying pan until dark) and chopped parsley.

Eggs and Pimentoes

Eggs very often appear in company with pimentoes. A Spanish omelette is a savory omelette smothered in a sauce made with chopped onion, chopped pimento, and tomato. A good-looking luncheon dish is made by buttering flat fireproof dishes, dropping in two eggs, and arranging between them various vegetables, such as cooked pimentoes, cooked tomatoes, and cooked string beans, or pimentoes with mushrooms.

Sometimes I follow the Spanish custom and serve a chocolate or spice cake as a sweet at luncheon or dinner.

And I must add one more popular "find" of mine—bread fritters. These are bread dipped in milk and egg and then fried. They are served with warm golden syrup or cinnamon flavored sauce.

GOOD COFFEE

If you wish to be quite sure that your coffee is perfectly pure, sprinkle a small quantity on the surface of a tumbler of water. Pure coffee floats. The adulterated article sinks to the bottom and discolors the water. This is a simple but effective test.

Use a clean pot; scald just before using to remove any stale odors

which may impair flavor of the coffee. Remove grounds from coffee as soon as it is made. Serve coffee immediately, if possible, or keep hot by placing it on an asbestos mat over a very low heat.

Scour the coffee pot to keep it clean—not to get it clean. The sediment which collects on the inside of the pot affects the delicate flavor of coffee.

Extremely hard and very alkaline waters have an unfavorable effect upon coffee. Glass, stoneware, enamel and other vitrified wares have less influence on coffee flavor than do metals.

HINTS FOR HOME

A little salt added to the water when laundering silken garments will set the color.

Dry Salt and Froit Stain

Sprinkle some dry salt immediately on a fruit stain and it will seldom become permanent.

Hair Brush

The bristles of the hair brush can be hardened by dipping them in a strong solution of hot water and alum.

Asparagus

To give a little different and delicious flavor to the next pan of asparagus, try adding a sprinkle of nutmeg.

Blankets

If a pair of blankets are not quite long enough for the bed, cut them apart at the fold and insert a strip of outling flannel, the same color as the blankets. This is the part that is tucked in at the foot of the bed and is out of sight.

Ironing Soft Collars

When ironing soft collars, take an old serviette, starch well, and dry thoroughly. Place this on the ironing blanket and iron all the collars on it. This gives them quite a new appearance, and the collars will not crease quickly or soil easily.

Softer Hands

Rub Indian meal on the hands after soaping them for washing. It will not only cleanse and soften the skin but will also prevent chapping.

Scalloped Potatoes

Wash, pare, and cut four potatoes in one-fourth inch slices. Put a layer in a buttered baking dish. Sprinkle with salt and pepper, dredge with flour and dot over with one-half tablespoon of butter. Repeat until all the potatoes are used. A few slices of onion may be added if desired. Add hot milk until it may be seen through the top layer; bake one and one-fourth hours or until potatoes are soft.

Cream of Celery Soup

Use the coarse stalks and green leaves of the celery, cook with onion until very tender, first covering with cold water. Force through a coarse wire sieve. Make a thin cream sauce with a tablespoon of butter, one-half tablespoon flour, one pint of milk. Add strained vegetables and heat to boiling point. Season and serve. This soup can also be made with more tender stalks of celery cooked in water until done, then added to the cream sauce with the water in which it was cooked.

EYE BEAUTY

Fine lines and wrinkles around them and small puffs underneath



Marian Fisher, of Escanaba, Mich., who has been chosen to reign over the jamboree and fish fry that celebrates the annual smelt run. Miss Fisher demonstrates the proper way to catch the transplanted salt water fish.

near the beauty of any woman's eyes. They need special attention—these features that poeas call the mirrors of the soul—and they ought to have it regularly, beginning with a girl's twenty-fifth birthday.

With gentle circular motions, smooth rich tissue cream or a preparation made especially for the purpose, around your eyes each night before you go to bed. Leave it on all night. In addition use an eyecup to wash your eyes at least twice a day.

Lotions will remove dust and dirt and leave your eyes bright and sparkling. Or, if you prefer, mix your own weak solution of boracic acid and warm water.

Puffs and large, dark circles may be due to lack of sleep or to some physical ailment. If you have them occasionally, try to get a few more hours rest each night. If they are chronic, better see a doctor at once.

In the meantime, here's a simple treatment that will tend to reduce the puffs:

First of all, wash both eyes thoroughly. Incidentally, be careful not to press the rim of the eyecup too hard against your eyes. Now, using clean cotton, make two crescent shaped pads, dip them in cold water, wring dry and saturate with skin tonic. Place the pads directly on the puffy spots, lie down for half an hour and relax, keeping eyes closed.

When you get up, pat nourishing cream around the eyes, leave on for five minutes and then remove with soft cleansing tissues.

PRINTED LINGERIE SILKS

Lingerie silks include a rather surprising number of prints, mostly tiny love-knot wreath and spray effects, spaced on pastel grounds. Both French crepe and satin in all silk constructions are presented in printed versions.

Canada Canned

The Dominion Department of Agriculture has been closely associat-

SUNDAY SCHOOL LESSON

The Future Life. (Easter Lesson).

—Luke 24: 1-12; John 14: 1-6. Golden Text.—I am the resurrection and the life: he that believeth on me, though he die, yet shall he live. John 11:25.

THE LESSON IN ITS SETTING

Time and place.—The passage from Matthew is a part of the Olivet discourse delivered on the Tuesday before Christ's crucifixion, April 4, A.D. 30. The two verses from Mark belong to the same day, but were spoken in the city of Jerusalem, previous to the Olivet discourse; the passage from Luke records events which occurred at the sepulchre outside the city wall of Jerusalem, on Sunday, April 9, A.D. 30. The fourteenth chapter of John is a part of the great farewell discourse of Jesus given on the evening before his crucifixion. The First Epistle of Paul to the Corinthians was written A.D. 50 or A.D. 60. The First Epistle to the Thessalonians, which was the first letter he wrote of which we have record, was written about six years previously. The Book of Revelation was written by the Apostle John, toward the end of the first century.

"But on the first day of the week." This particular phrase is never used in the Bible until after Christ's resurrection (Matt. 28:1; Mark 16:2, 9; John 20:1, 19). Thereafter it is used twice, and, most significantly, on both occasions is the reference to a day of worship (Acts 20:7; 1 Cor. 16:2), certainly our Sunday. "At early dawn." At the earliest morning twilight. "They came unto the tomb." Referring to those spoken of in 23:55 (also Mark 16:1). "Bringing the spices which they had prepared." The Greek word here translated "spices" is the word aroma, the origin of the English word aroma.

"And they found the stone rolled away from the tomb." Tombs of rich men like Joseph were frequently spacious rock-hewn chambers with an outer corridor or vestibule, which was separated from the inner space by a large stone.

"And they entered in, and found not the body of the Lord Jesus." That it had disappeared, all, even the most prejudiced critics of the record, admit.

"And it came to pass, while they were perplexed thereabout. They were utterly at a loss to account for and what might be the meaning of the empty tomb. "Behold, two men stood by them in dazzling apparel." The accounts of the vision of the angels are various.

"And as they were affrighted and bowed down their faces to the earth." They were aware of the presence of supernatural beings.

"They said unto them, Why seek ye the living among the dead?" We may literally seek the Living among the dead if we seek Christ in a Christianity, so termed, which denies the Resurrection.

"He is not here, but is risen." This is not the verdict of one possibly deluded disciple, or dazed and bewildered follower, but of heaven itself. "Remember how he spake unto you when he was yet in Galilee." (Matt. 17:22, 23).

"Saying that the Son of man must be delivered up into the hands of sinful men, and be crucified, and the third day rise again." This quotation would make the acceptance of the truth of the resurrection of Christ easier, a more reasonable matter, predicted indeed by the one now risen.

"And they remembered his words." For words fell idly into the memory, to have their resurrection when the Holy Spirit wakes them into their life for us.

"And returned from the tomb,

and told all these things to the eleven, and to the rest." The apparent contradiction in Mark 16:8 obviously means that they "said not one word on the subject to any one" except the Apostles to whom they were expressly told to announce it (Matt. 28:7).

"Now they were Mary Magdalene (Matt. 27:56, 61; 28:1; Mark 15:40, 47; 16:1,9; Luke 8:2; John 19:25; 20:11, 11-18). And Joanna." The wife of Chuza, the steward of Herod Antipas; mentioned only in Luke, here and 8:1-3. "And Mary the mother of James (Matt. 27:56, 61; 28:1; Mark 15:40, 47; 16:1). And the other women with them." See Luke 8:2,3. "Told these things unto the apostles." Thus is much work of the greatest importance accomplished by those in the most obscure places of life, with the most meagre equipment.

"And these words appeared in their sight as idle talk." Literally, "nonsense." "And they disbelieved them." The imperfect shows persistent incredulity.

"But Peter arose, and ran unto the tomb." For fuller details see John 20:2-9. "And stooping and looking in, he seeth the linen cloths by themselves." If the body had been stolen, the cloths would not have been left behind. "And he departed to his home, wondering at which came to pass." The first preachers were men who were convinced in spite of themselves, and in spite of determined, obstinate unwillingness to believe.

"Let not your heart be troubled." How easily, how terribly can the human heart be troubled! "Believe also in me." An imperative. "Believe also in me." Through Christ we come to know and believe in the God and Father of the Lord Jesus Christ.

"In my Father's house." Many words naturally relate themselves to the idea of father, e.g., love, care for, provide for, etc., and house or home is surely another one. "Are many mansions." The word, in the Greek, means an abiding-place, a dwelling, an abode, and consequently a home or eternal permanence. "If it were not so, I would have told you." An appeal to their confidence in his absolute fairness, which they had ample time to be assured of in their years of fellowship with him. "For I go to prepare a place for you." He is our Fore-runner into heaven (Heb. 6:20).

"And if I go and prepare a place for you, I come again." To what does this coming again refer? Certainly a return to earth from the place to which he was soon to go, his Father's house. "And will receive you unto myself; that where I am, there ye may be also." Christ himself, without any veil, and without any medium, without anything that in our present life interposes between him and us—that is the profoundest desire of the soul.

"And whither I go, ye know the way." A difficult sentence. Probably Westcott's interpretation is as near the truth as any: However indistinct might be the conception which the disciples had of the goal to which the Lord was going, they could at least see the direction in which he went.

"Thomas saith unto him, Lord, we know not whither thou goest; how know we the way?" Thomas was one of those men who always keep well within the limits of their knowledge. Some would be silent; some trying to believe they knew what Christ said they knew; some doubtful, but afraid to confess it. It is always well to have a Thomas, who speaks for others bluntly what others would faintly express."

WHY I FAILED

- 1—Didn't save what I earned.
- 2—Did not as a boy realize the value of an education.
- 3—If I had taken better care of my money, I would be in better health and morals.
- 4—Did not realize the importance of sticking to one kind of employment.
- 5—The greatest blunder of my life was when I took my first drink.
- 6—One of the greatest blunders of my life was not to perfect myself in one line of the lines of business I started out to learn.
- 7—My greatest blunder was when I left school in the fifth grade.
- 8—The turning point in my life was when at fifteen I ran away from home.
- 9—Spent my money foolishly when I was earning good wages.
- 10—When I let myself be misled to thinking that I need not stick to one thing.
- 11—Self-conceit and not listening to my parents.
- 12—Was to fool away my time when at school.—Exchange.

SPRING TREATMENT

Results of experiments on lawn plots conducted by the Division of Forage Plants, Central Experimental Farm, prove conclusively that necessary spring treatments of lawns should be done early. Rolling should be done as soon as the frost is out of the ground. As soon as the surface is dry the lawn should be thoroughly raked. A light top dressing of good soil should be put on and raked in. If any re-seeding is necessary a mixture of four parts of Kentucky Blue grass and one part Colonial bent by weight with 1/4 ounce White Dutch clover added to every three pounds, is recommended.

JUST FOR TODAY

Lord for to-morrow and its needs I do not pray;
Keep me from stain of sin—
Just for today.
Let me do faithfully Thy work,
And daily pray;
Let me be kind in word and deed,
Just for today.
Let no wrong or idle word,
Unkindling say,
Set Thou a seal upon my lips—
Just for today.
So for to-morrow and its needs I do not pray,
But keep me, guide me, hold me,
Lord—
Just for today. — Selected

DIVORCEE'S CORRECT NAME

Although it is being done to some extent it is not socially correct for a divorced woman to resume her maiden name. Especially if she expects to call herself "Miss." She may however with perfect propriety combine her maiden surname with her former husband's surname. Thus Mrs. John Smith, who was Mary Jones, could be known after her divorce as Mrs. Jones Smith. She would, of course, sign her name as always, Mary Jones Smith.

PROVERBS OF ALL NATIONS

Point the tongue on the anvil of truth.
Don't throw away your old shoes until you have new ones.—Dutch.
Time covers and discovers everything.—German.
The point of the thorn is small, but he who has felt it does not forget it.—Italian.
Things that may be repented but not recalled.—Latin.
The sun is the king of torches.—West African.
Success has many friends.—Greek
The repensated understand not the pain of the starving.—Turkish.

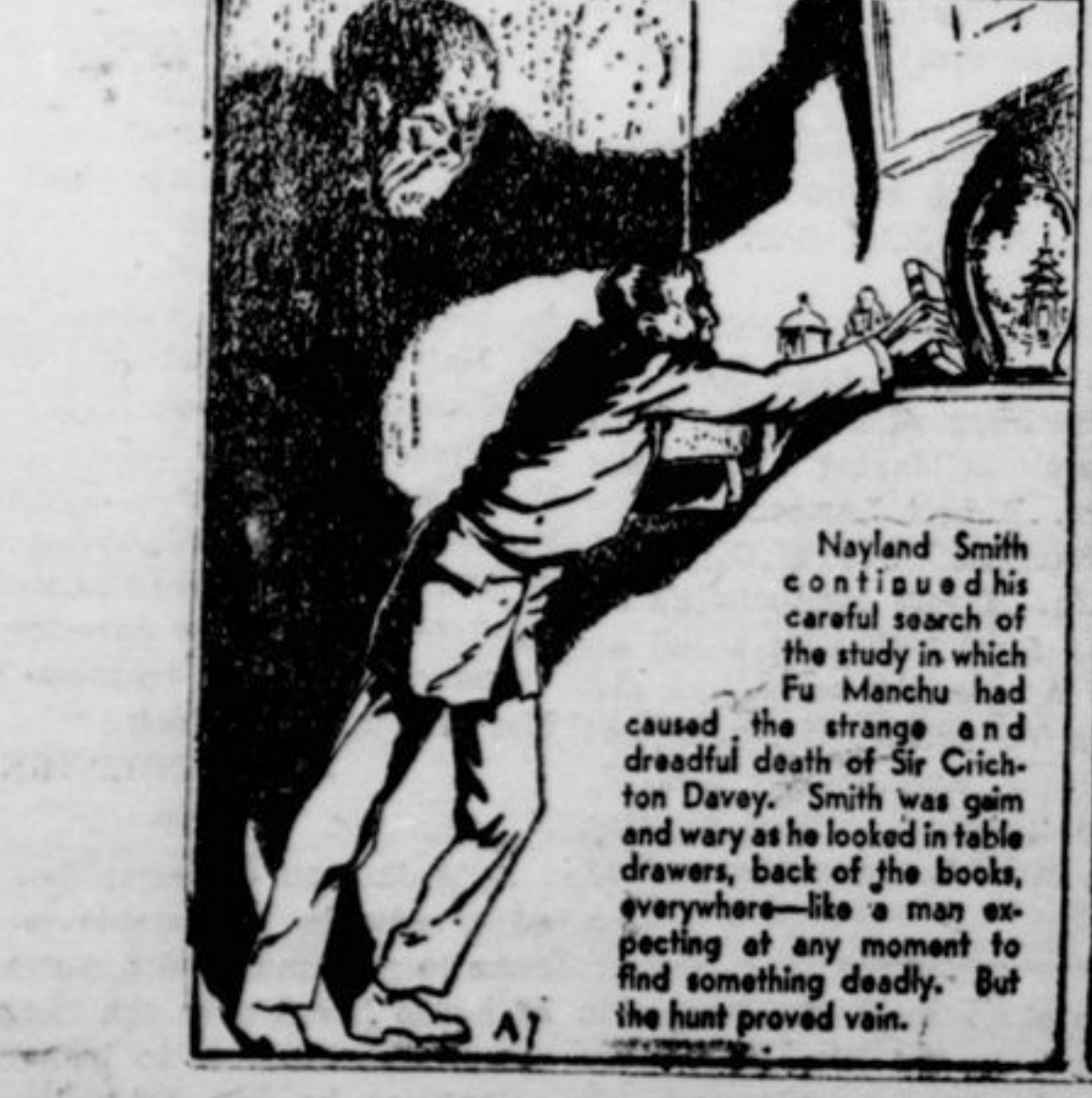
MISTER PREACHER MAN

I thank you, Mister Preacher Man, for tellin' me what to do, And now if you've no 'jection I'd like to question you, Are you tollin' for the Master. Do you prove the things you teach, Is your life a good example, Do you practice what you preach, Is He pleased with all your efforts, Do you fall and try again, Are you a real Christian, Do you work for love of men, I thank you, Mister Preacher Man, for tellin' me what to do; If you live like the Master, then I'll try to follow you.

Plant Hedges

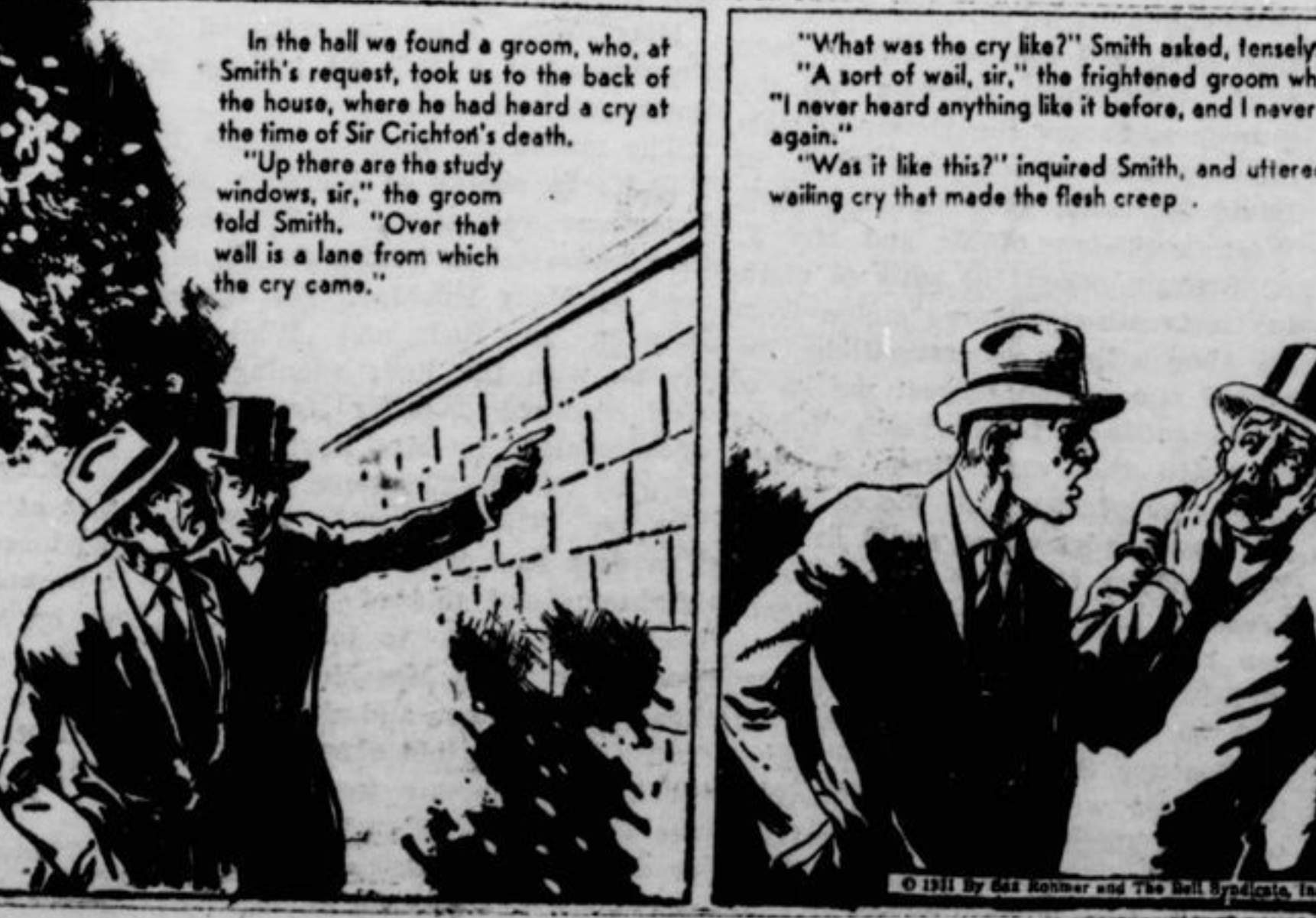
Ontario highways and roads will undergo a transformation, if a suggestion made by A. K. Hay, engineer of Ottawa suburban road, that permanent protection for roads be substituted for the present snow fences, should be generally adopted. The suggestion met with general approval at the 21st annual conference of road construction engineers held, College Street, Toronto recently. Mr. Hay said the upkeep of temporary snow fences cost approximately \$250 per mile. If that sum were capitalized and money spent on hedges and road widenings, the life of roads would be increased and the general appearance of highways greatly enhanced.

FU MANCHU



Nayland Smith continued his careful search of the study in which Fu Manchu had caused the strange and dreadful death of Sir Crichton Darys. Smith was grim and wary as he looked in table drawers, back of the books, everywhere—like a man expecting at any moment to find something deadly. But the hunt proved vain.

By Sax Rohmer



In the hall we found a groom, who, at Smith's request, took us to the back of the house, where he had heard a cry at the time of Sir Crichton's death. "Up there are the study windows, sir," the groom told Smith. "Over that wall is a lens from which the cry came."

THE ZYAT KISS—A Cry In The Dark.



"What was the cry like?" Smith asked, tensely. "A sort of wail, sir," the frightened groom whispered. "I never heard anything like it before, and I never want to again." "Was it like this?" inquired Smith, and uttered a low, wailing cry that made the flesh creep.

The groom shuddered at the eerie sound and so did I. "It was the same cry, sir, but louder," the man said. "It came a moment after I saw Sir Crichton's shadow on the blind. . . . He was writing at his table . . . then he suddenly leaped up . . ."