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Ant, Ottawa.

Energy Often Do

Discussion on... Milton Jones... Shirley Ruel... girls under 20... tuberculosis than... the reason... clothing, and fresh air... women, too, to tuberculosis... wore less... looks because... said that with... suffer from... remarked that... digestion, Dr... because... called away

# Woman's World

By Mair M. Morgan

### NO "MACHINE TOUCH"

In this machine age, home-made candies carry a greeting of individual care and thought. They can't be bought but must be made personally and consideration given to the favourable assortment of each friend. And every hostess is delighted to have something "different" to offer her guests during the holiday season.

### Coconut Apricot Candy

1/2 cup dried apricots  
1/2 cup premium shredded coconut  
1/2 cup nut meats  
1/2 teaspoon grated orange rind  
1/2 teaspoon grated lemon rind  
1 tablespoon lemon juice

Wash apricots, and steam 5 minutes. Put apricots, coconut, and nut meats through food chopper. Add orange and lemon rind and lemon juice and knead until mixture is blended. If candy is dry, add enough orange juice to moisten. If too moist, work in small amount of confectioners' sugar. Shape into balls about 3/8 inches in diameter. Roll in granulated sugar. Makes 18 to 20 balls.

### Chocolate is always popular and a fine, creamy fudge must be fresh to be really good. A candy thermometer is valuable, but the practical test given in the recipe is satisfactory but less accurate.

### Chocolate Fudge

2 squares unsweetened chocolate, cut in pieces  
2/3 cup milk  
2 cups sugar  
2 tablespoons butter  
Dash of salt  
1 teaspoon vanilla

Add chocolate to milk and place over low flame. Cook until mixture is smooth and blended, stirring constantly. Add sugar and salt, and stir until sugar is dissolved and mixture boils. Continue cooking, without stirring, until a small amount of mixture forms a very soft ball in cold water (232 degrees F.). Remove from fire. Add butter and vanilla. Cool to lukewarm (110 degrees F.). Then beat until mixture begins to thicken and loses its gloss. Pour at once into greased pan 8x4 inches. When cold, cut in squares. Makes 18 large pieces.

### Coconut Cherry Divinity adds a touch of color to the candy assortment.

2 cup sugar  
2/3 cup water  
1/2 cup light corn syrup  
2 egg whites, stiffly beaten  
1 teaspoon vanilla  
Dash of salt  
1/2 can southern style coconut, toasted and crumbled  
3/4 cup candied cherries, thinly sliced

Bring 1/2 cup sugar and 1/3 cup water to a boil until a small amount of syrup forms a slightly firm ball in cold water (240 degrees F.). While 1 1/2 cups sugar, 1/3 cup water, and corn syrup to a boil and boil until a small amount of syrup forms a hard ball in cold water (252 degrees F.). Remove first syrup (240 degrees F.) from fire and cool slightly; pour slowly of the stiffly beaten egg whites, beating constantly until mixture loses its gloss (1 1/2 minutes). Then add second syrup (252 degrees F.) slowly, beating as before. Fold in vanilla, salt, coconut, and cherries, and turn immediately into greased pan 8x8 inches. Cool until firm. Cut in pieces 1 1/4 x 1 inches. Roll in additional toasted coconut if desired. Makes 3 1/2 dozen pieces.

Broken pecan nuts, chopped dates, or raisins may be substituted for candied cherries in this recipe. Fondant is the basis of all French candy, and may be used for a wide

variety of colorful and attractive sweets. It must be made several days before it is to be used because it requires ripening.

2 cups sugar  
1 1/4 cups water  
2 tablespoons light corn syrup  
1 teaspoon vanilla

Combine sugar, water, and corn syrup. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Cover and cook 2 minutes; then remove cover and continue boiling, without stirring, until a small amount of syrup forms a soft ball in cold water (238 degrees F.). Wash down sides of pan occasionally with damp cloth. Remove from fire, and pour out on cold, wet platter or porcelain table top, or on greased surface. Cool to lukewarm (110 degrees F.). Work with paddle or spatula until white and creamy. Add vanilla and knead until smooth. Store in covered jar to ripen for several days.

For Coconut Balls add 1 cup chopped southern style coconut to ripened fondant. Knead and shape into balls about 1 inch in diameter. Roll balls in additional coconut, plain or delicately tinted. Very delicate green coconut gives a "Christmasy" touch to the balls. Makes 6 dozen balls.

To make bonbons, the ripened fondant may be melted in the upper part of a double boiler, keeping water in the lower part just below boiling point. Add flavoring and coloring as desired. Dip nuts, candied fruits or firm fondant cream centres into soft fondant. Remove to waxed paper and cool. If the fondant thickens when dipping, heat very slightly, an dthin to desired consistency with a very small amount of cream.

Old, experienced cooks always warn the beginner that fondant should be made on a clear day as a heavy, damp atmosphere has an unfavourable effect on the boiling of sugar.

### COOKIE SEASON

Bits of nothing—dainty and colourful—these are the cookies needed for this season of the year. They're just as necessary as the cup of tea, or anything else that brings cheer to merry holiday visitors. So every smart homemaker should have cake and cookie tins well filled.

Swedish Cookies are very rich, and may be decorated with bits of angelica, candied cherries, coloured sugar, or decoctettes to give them a festive air.

4 cups sifted cake flour  
1 cup sugar  
2 cups butter  
1 egg, well beaten  
1 teaspoon vanilla

Sift flour once, measure and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat well. Add flour, a small amount at a time, mixing thoroughly after each addition. Add vanilla and blend. Shape into 2 rolls, 1 1/2 inches in diameter, chill overnight, or until firm enough to slice, and cut in thin slices. Or press dough through cookie press. Bake on ungreased sheet in hot oven, (400 degrees F.) 4 to 5 minutes or until done. Makes 5 dozen cookies. A candied cherry and two very thin bits of angelica pressed on top of the sliced cookie gives a holly effect.

Rolled Coconut Cookies are not nearly as rich as Swedish Cookies, but like them, will keep fresh and crisp for some time when packed in a jar or tin with a tight-fitting cover, and stored in a cool, dry place.

2 cup coconut  
1/2 cup heavy cream  
2 cups sifted flour  
1 cup sugar  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup butter  
1 egg, unbeaten

Add 1/2 cup coconut to cream; let stand. Sift flour once, measure, add baking powder and salt, and sift again.

Cream butter thoroughly, add sugar gradually, creaming until light and fluffy; then add egg and beat thoroughly. Add flour, alternately with cream, mixing well after each addition. Chill. Roll 1/8 inch thick on slightly floured board. Cut with flour-ed fancy cookie cutter and decorate with remaining 1 1/2 cups coconut, sprinkled on top of each cookie. Additional decoration of bits of candied pineapple of cherries, or small cinnamon candies may also be added. Bake in hot oven (400 degrees F.) 12 to 14 minutes, or until delicately browned.

Chocolate Macaroons give a note of contrast to any small cake assortment, and are delicious.

2 egg whites  
1 cup sugar  
1/4 teaspoon salt  
1 1/2 squares unsweetened chocolate, melted  
1 1/2 cups premium shredded coconut  
1/2 teaspoon vanilla

Short, matty coconut that has been kept fresh in sealed packages gives perfect results in this recipe. It is called premium shred.

Beat egg whites until foamy throughout; add sugar, 2 tablespoons at a time, beating after each addition until sugar is blended. Then continue beating until mixture will stand in peaks. Add salt and vanilla. Fold in chocolate; then coconut. Drop from teaspoon on ungreased heavy paper. Bake in slow oven (325 degrees F.) 20 minutes, or until done. Cool 5 minutes before removing from paper. Makes 2 dozen 1 1/2 inch macaroons.

The egg yolks from making the macaroons may be utilized for Choco. late pinwheels. The recipe given here requires 1 egg yolk and makes 300 dozen cookies. But 7 dozen is not too many in a holiday household, although it is better to make two separate quantities of the dough than just double the recipe.

1 1/2 cups sifted flour  
1/8 teaspoon salt  
1 egg yolk, well beaten  
1 square unsweetened chocolate, melted  
1/2 teaspoon baking powder  
1/2 cup butter or other shortening  
1/2 cup sugar  
3 tablespoons milk

Sift flour once, measure accurately 1 1/2 cups, add baking powder and salt and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolk. Add flour, alternately with milk, beating each addition until smooth. Divide dough into two parts. To one add chocolate. Chill. Roll each half into rectangular sheet, 1/8 inch thick, and place chocolate sheet on top. Then roll, as for jelly roll. Chill overnight. Cut in 1/8 inch slices. Bake on ungreased baking sheet in hot oven (400 degrees F.) 5 minutes, or until done.

Delicate Lady Fingers or Sponge Drops may be easily made some days before using. If they show any tendency to dry out, a slice or two of

## "Wounded Division" Sails For More Action



Joyously looking forward to action in Ethiopia, members of a division of Italian veterans, all of whom received wounds in World War, leave Rome enroute to East Africa.

# SUNDAY SCHOOL LESSON

### LESSON XII—December 22

#### MALACHI FORETELLS A NEW SACRIFICE

—Malachi 1: 1—4: 6

#### GOLDEN TEXT—Behold, I send my messenger, and he shall prepare the way before me.

—Malachi 3: 1.

### THE LESSON IN ITS SETTING

Malachi  
Time—Malachi was contemporary with Ezra and Nehemiah and therefore ministered probably between the two visits of Nehemiah, 445-432 B.C. Place—No doubt Malachi ministered in the city of Jerusalem. Christmas Lesson

Time—The visit of the Wise Men to the manger of Bethlehem occurred 4 B.C.

Place—The two cities prominent in this lesson are Jerusalem and Bethlehem.

"Behold, I send my messenger, and he shall prepare the way before me." This particular clause is quoted of John the Baptist in the New Testament (Matt. 11: 10; Mark 1: 2; Luke 7: 27). This and the following verses are the reply to the skeptical question, Where is the God of judgment? In the first place, preparatory work was needed before God could come to his people. They were not in a fit state to receive him. The delay of which they complained was occasioned, not by indifference on his part, but on theirs. "And the Lord, whom ye seek, will suddenly come to his temple; and the messenger of the covenant, whom ye desire, behold, he

white bread, placed in the cookie tin, will add enough moisture to 'rejuvenate' them."

### Lady Fingers or Sponge Drops

1/3 cup sifted cake flour  
Dash of salt  
1 egg and 2 egg yolks  
1 tablespoon melted butter  
2 egg whites  
1/3 cup powdered sugar  
1/4 teaspoon vanilla

Sift flour once, measure, add salt, and sift together 4 times. Combine egg and egg yolks and beat until thick and lemon coloured. Beat egg whites stiff, add sugar gradually, and continue beating until mixture will stand in peaks. Fold in egg-yolk mixture carefully and vanilla. Add flour, folding in carefully; then fold in butter. Drop from teaspoon on ungreased paper. Bake in moderate oven (375 degrees F.) 12 minutes. For Lady Fingers, shape in oblongs, 4 1/4 x 1/4 inches and bake as directed. Makes 2 1/2 dozen drops or fingers.

### Horse That Died at the Age of 62

(London Answers)

According to R. A. Brown, secretary of the National Horse Association, the oldest horse of which we have a reliable record is old Billy who died in Cheshire 100 years ago at the age of 62. His skull is said to be preserved at Manchester University. Another famous veteran was Paramatta, an Australian horse, who was 53 when he died in 1874. Tommy, a Welsh pony, made regular rounds of the villages with a fruit hawk until he died at 52. Among four-legged "old soldiers," a Crimean War pack-horse lived to 49. And Mick, who was foaled in 1888 and was a cab-horse in Hull for twenty-five years, was still alive a year or so ago.

### New Secretary for The Dominions

Youthful Malcolm MacDonald, son of J. Ramsay, is the new Secretary for the Dominions. For one who is but 34 years of age and who lost his seat in the general election, it looks like an important promotion. Nor is one's curiosity about it diminished by the fact that young Mr. MacDonald succeeds the veteran Laborite, Mr. J. H. Thomas, changed to the Secretaryship of the Colonies.

Malcolm MacDonald is not unknown in Canada. He was here some years ago with the Oxford debating team, was in Ottawa later on, in 1922, as a sort of press liaison officer for the British delegation to the Empire Conference. His ambition then, it was understood, was to get attached to a London newspaper, looking to a career in journalism.

—Ottawa Journal.

## Dash and Utility



Exciting news! Cut it out and Hey, Presto! It's finished!

Back and front sections—sleeves cut in one with shoulders ribbon on "self" fabric inserted through casing at neck.

Dark ground cotton in Dubonet pictured is exceedingly smart and new looking with green accent in ribbon and buttons.

For lounging, it has loads of dash and warmth in emerald green and navy velveteen.

Style No. 2847 is designed for sizes 11, 13, 15, 17 and 19 years.

Size 15 requires 3 1/4 yards of 39-inch material with 1 1/4 yards of 2 1/2-inch ribbon for neck tie.

### HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of pattern wanted. Enclose 15c in stamps or coin (coin preferred; wrap it carefully) and address your order to Wilson Pattern Service, 73 West Adelaide Street, Toronto.

## Expert On Sleep Gives Advice

In 1858 two candidate debated in a small Illinois town. The dusty arena was packed, bands blared "Oh, Susanna," and 12-pound cannons saluted the arrival of one candidate on his special train. The other candidate, gangling and awkward, arrived unannounced, on the stage-coach.

Seventy-five years later the beds on which those candidates passed that night were auctioned. The one occupied by Stephen A. Douglas brought \$125. The bed Abraham Lincoln slept in before the debate brought \$20.

"Beds and speeches both have endured," reports Dr. Donald Anderson Laird, Director of the psychological Laboratory of Colgate University, in the current Scientific Monthly. "But today they make better beds."

Doctor Laird, a specialist in increasing personal efficiency, has studied sleep and sleepers for many years. In his laboratory he has beds equipped with mechanical and electrical gadgets that record every move of the sleeper, every reaction to stimuli, such as noises, flushing lights, too much or too little to eat for dinner, and the like. Doctor Laird is known today as one of the country's foremost authorities on sleep.

"As body build and weight change from decade to decade," he said, "changes may be necessary to secure a spring which has the proper resiliency to take care of increased weight or altered distribution of weight."

"At ages of eight, 18 and 38 it is often wise to change the bed-spring, just as the size of the pillow needs to be changed between ages of one to around 15 or 16, the period when shoulder breadth makes marked changes.

"The mattress and spring together, of course, give the buoyant quality — or lack of it — to our sleeping pace.

"Use these tests to discover the right combination: "Do you sink down comfortably, and without a sag at the hips when you lie on your back?"

"When on your side, does the shoulder settle in comfortably, without twisting and without pressure?"

The first bed was invented more than 20,000 years ago, and from that time until the U.S. Civil War only one major improvement was made in sleeping equipment—the use of leather thongs to support the mattress, an idea supplied by the Greeks. Later, ropes replaced the thongs.

## Mother of Family Versatile Person Indeed

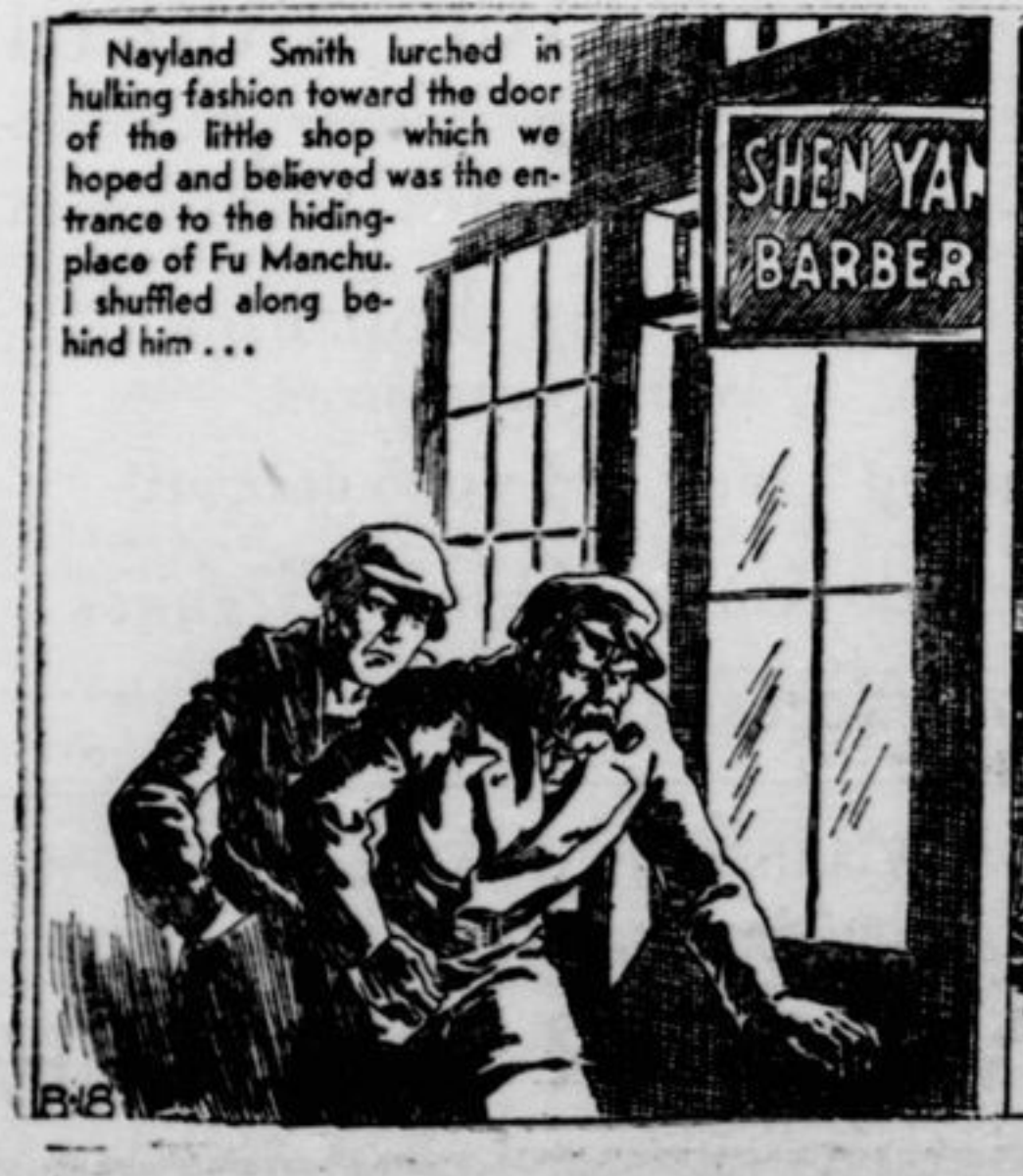
The mother of a family has to be a far more versatile person than she would need to be in most other walks of life. She has to be ready for all emergencies and undertake a dozen different rolls in a day.

There are baby's needs, starting at six a.m., and a husband to be breakfasted and seen off to business, with possibly a youngster to be taken to school, before she even settles down to her "day's work."

She must know about housekeeping and cooking and home management and have a sympathetic hearing for father's interests and the children's and give a watchful eye to the health of both at the same time.

It's a great many jobs all rolled into one.

## FU MANCHU By Sax Rohmer



Nayland Smith lurched in huling fashion toward the door of the little shop which he hoped and believed was the entrance to the hiding-place of Fu Manchu. I shuffled along behind him...



Smith kicked the door open and clattered down three wooden steps. Suddenly he pulled himself up with a jolt, seizing my arm for support...



We stood in a bare and very dirty room, which could only claim kinship with a civilized barber shop by virtue of the grimy towel thrown across the back of the solitary chair. At the back was a curtain brocaded with fith...



As Smith and I stood regarding this ominous place with all our senses alert, the grimy curtain parted and the face of a Chinaman peeped out at us...