



Woman's World

By Mair M. Morgan

Stew
Stew is a dish which can be one of the most savoury and delicious of meat dishes, and here is a point which should please the housewife—cheaper cuts of meat may be used to great advantage in this method of meat cookery. Below are a few of the cuts which are suitable:
Beef—Lower round, Flank, Skirt and Brisket.
Mutton or Lamb—Breast, Flank, Neck, Plate and Shoulder.
Remember—A stew boiled in a slow spiced. Stew should be simmered but not too long.

Beef Stew
1½ lbs. stewing beef, 1 small onion, 1½ cup turnip cut in cubes, 2½ cup carrots cut in cubes, 3 or 4 potatoes cut in ½ inch slices, 1½ tablespoons salt, 1½ teaspoon pepper, ½ cup of flour and one quart of water.
Method—Wipe the meat, remove the fat, cut into 1 inch pieces, cover coarser pieces and bone with cold water, let soak one hour, then heat to boiling. Season remainder of the meat, roll in flour, fry out the fat in frying pan, brown the meat and onion in the fat. Add meat and onion to the stew, cook below the boiling point for two hours. At the end of the first hour add carrot and turnip, add potatoes 15 minutes later. Remove bones, thicken stock with the flour and seasonings mixed to a paste with cold water, cook until thick.
Note: The amount of liquid should be kept up to one quart.

Lamb Stew
1½ pounds breast of lamb, 1 pint of boiling water, 4 medium sized quartered and parboiled potatoes, 1 onion cut in ½ inch slices, 2 table-spoonsful rice, 1 cup tomato (strained) or 1 tablespoon tomato ketchup, salt and pepper to taste.
Method—Brown the onion in a little of the fat in a saucepan, put them with the meat out roughly into cube-shaped pieces about 1½ inches thick and sprinkled with salt and pepper. Cover them with boiling water, heat this to the boiling point again, then let this simmer directly over the heat for two hours; or cook it over hot water for three hours, or until the meat is tender. After one hour of simmering add the rice; half an hour before dish the stew add the potatoes, when they are done remove the bones and pieces of fat, stir in the tomato or ketchup, add the salt and pepper to needed and serve.

Pork
Let us test out some of our favorite pork dishes. The large amount of fat in this meat gives it a reputation of being indigestible, therefore, careful and thorough cooking is the most important step in its preparation.
To serve Pork—Apples in some form are served with pork, such as applesauce or baked apples. Green vegetables are excellent with it and so are sweet potatoes. Pan-fried vegetables should be avoided as there is so much fat in the meat.

Baked Ham
Cook the ham in water three to four hours; take out; remove the skin. Sprinkle with ½ lb. brown sugar mixed with 2 lbs. sifted bread crumbs. Sprinkle with white pepper, place in a hot oven, bake until well browned. Serve hot or cold.

Head Cheese
Soak the heads and hocks of pork over night in salt water. Cook until tender in fresh water, enough to cover meat. Take from the liquid, remove the bones, and separate the larger pieces. Arrange in a mould. Allow liquid to cook, a little longer, and strain the liquid over the meat and set aside to jelly.

Chili Con Carne
Recipe—3 lbs. lean pork 3-4 cup W.F.

of flour, 2 tablespoons salt, 1-8 teaspoon pepper, 1 clove garlic, finely cut, 6 tablespoons fat, 1 cup canned tomatoes, 1 cup water, 1½ tablespoons chili powder, 1 tablespoon cold water 2 cups canned corn (1 No. 2 can) and 2 cups canned okra (1 No. 2 can) or 2 cups cooked kidney beans.
Method—For the lean pork, use either a loin roast or fresh ham shoulder. Cut the meat into inch cubes, taking care to eliminate all fat. Roll the pieces in the flour which has been mixed with 1 teaspoon salt and the pepper. Sauté (searing in hot fat) with the garlic in the fat until golden brown; remove the garlic. Combine the tomatoes with water and 1 tea-spoon salt, and bring to a boil. To this add the chili powder mixed to a smooth paste with the cold water.
Into your casserole, place the ingredients in layers, on the bottom put a layer of meat; follow with some corn, then some okra. Repeat until it is used. Pour in the tomato sauce mixture. Cover and bake in a hot oven of 400 degrees F. for 2 hours or until tender. Serve 6 or 8.

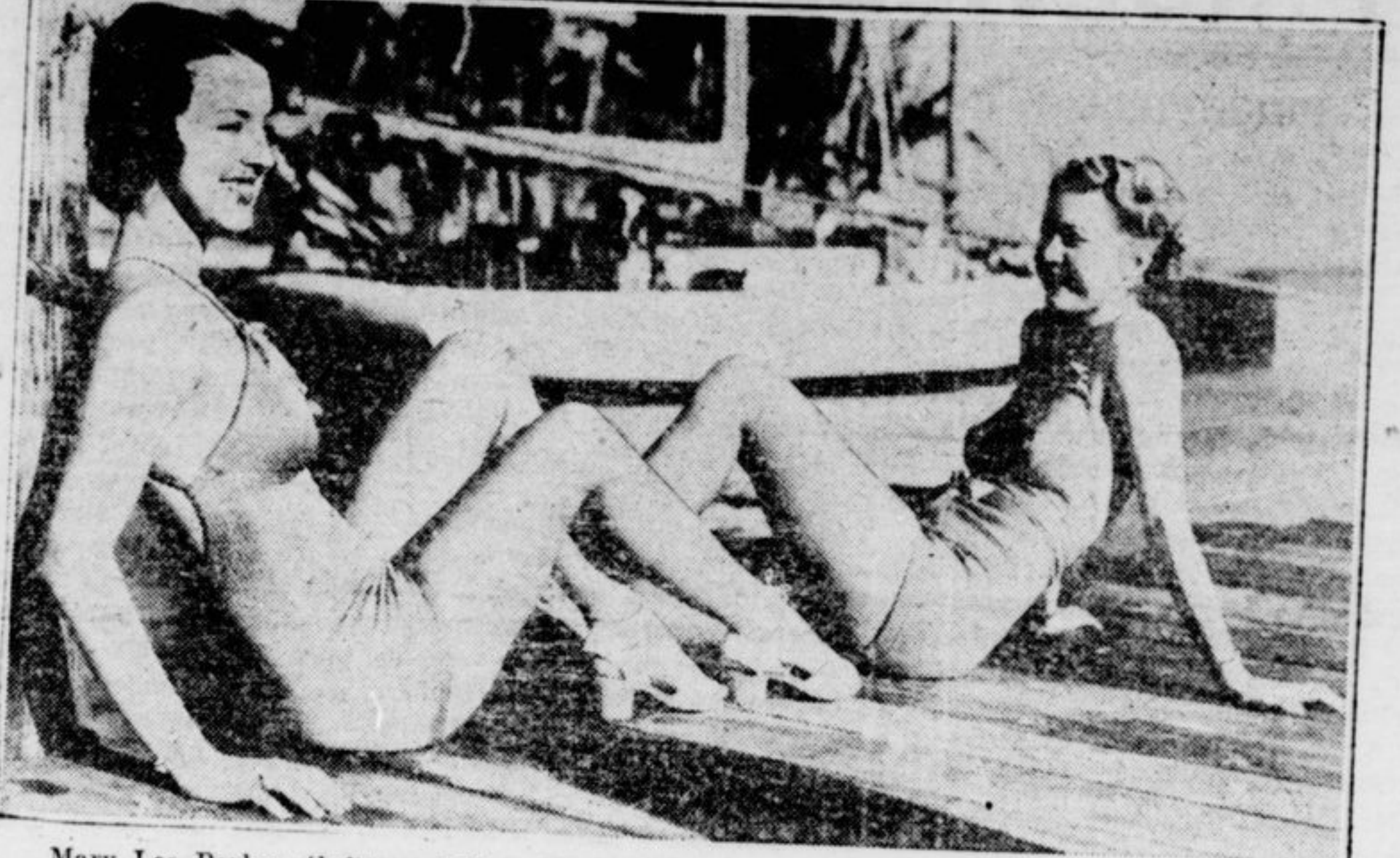
Waffles, Griddles
Skiing is an invigorating sport for those brave souls who can take it. And it's often difficult to know exactly what food is enjoyed by most skiers as they chat of Tellemark and Christiania for hours after a long run. Or course skiers will eat practically anything, but plain waffles with syrup, hot sausages and coffee, seems to fit into their "ski-ey" world perfectly.
And they like those new cheese waffles served with grilled tomatoes.
As skiing becomes increasingly popular in Canada, there are more and more late ski suppers. These quick breads fresh from the waffle iron, are easy to make and simple to serve. They can be made light as down with the use of cake flour in the batter. Cake flour is 27 times as fine as ordinary flour so it responds quickly to leavening and gives that light airy batter that makes waffles so appetizing.

Feather Light Waffles
2 cups sifted cake flour, 2 teaspoons baking powder, 3 egg yolks, well beaten, 2 egg whites, stiffly beaten, 1-2 teaspoon salt, 4 tablespoons melted butter, 1 cup milk.
Sift flour once, measure, add baking powder and salt, and sift again. Combine egg yolks, milk and butter. Add to flour, beating until smooth. Fold in egg whites and cheese. Bake in hot waffle iron. Place a slice of grilled tomato on each section. Makes four 4-section waffles. Diced uncooked bacon may be sprinkled over batter before closing iron and it is delicious.

Cheese Waffles with Grilled Tomatoes
2 cups sifted cake flour, 2 teaspoons baking powder, 3 egg yolks, well beaten, 3 egg whites, stiffly beaten, 1-2 teaspoon salt, 4 tablespoons melted butter, 1 cup milk, 1 cup grated cheese.
Sift flour once, measure, add baking powder and salt and sift again. Combine egg yolks, milk and butter. Add to flour, beating until smooth. Fold in egg whites and cheese. Bake in hot waffle iron. Place a slice of grilled tomato on each section. Makes four 4-section waffles. Diced uncooked bacon may be sprinkled over batter before closing iron and it is delicious.

First Newspaper Ad
The first newspaper advertisement in England was published in 1850 and was worded thus:
"Help the poor, by medicines easily made, for the most usual diseases and casualties with a discourse proving it safe to let blood in the small pox. Also a treatise of the internal diseases of the head. By Robert Pe-mel, physician."—Montreal Star.

Pier of Beauties



Mary Lee Parker (left) and Mary Elsie Weems, two of the beauties who make Miami attractive to the eye, taking their ease on the dock as they watch yachts drift into Biscayne Bay.

SUNDAY SCHOOL LESSON

LESSON IX — MARCH 1st
GOLDEN TEXT — "He that abideth in me, and I in him, the same beareth much fruit." — John 15:5b.

THE LESSON IN ITS SETTING
Time — The last six verses of our chapter fall in the late autumn of A.D. 28; the events in the first seventeen verses of the chapter occurred in the winter of A.D. 28 and 29. The confession of Peter and the transfiguration took place in the autumn of A.D. 29, and Christ's journey through Samaria occurred in November or December A.D. 29.

Place — The events in vs. 1-6 occurred in Galilee; those in vs. 7-10a in Capernaum; the feeding of the five thousand vs. 10b-17 in Bethsaida; the confession of Peter and the teachings that followed in Caesarea Philippi; the transfiguration on Mt. Hermon; Samaria; and the concluding portion of the chapter is to be located at the sea of Galilee.

The transfiguration, Luke 9: 28, 36, 38. "And it came to pass about eight days after these sayings." There is no record in any of the Gospels as to what Jesus and his disciples were doing during these intervening days.

"That he took with him Peter and John and James." His three most intimate disciples, whom he allowed to accompany him in some of the most sacred, intimate, and epochal hours of his ministry. "And went up into the mountain to pray." The mountain here referred to is Mount Hermon, ten thousand feet high, and easily within six days' reach of Caesarea Philippi, where we find the Lord with his disciples in the verses preceding this paragraph.

"And as he was praying." We cannot doubt that the subject on which he drew near to the Father was his approaching death. "The fashion of his countenance was altered." Luke, for some reason avoids the word used by Matthew and Mark, "transfigured." "And his raiment became white and dazzling." The radiance here identified with Christ is not the result of reflection from a great light shining upon him, but the manifestation of such a condition of purity and glory within him as to be seen breaking through the very flesh and form of his body.

"And behold, there talked with him two men, who were Moses and Elijah." Moses had received the law and given it to the people, Elijah had called the people back to the law. They were the two most remarkable figures in the whole of the Mosaic economy.

"Who appeared in glory, and spake of his decease which he was about to accomplish at Jerusalem." The word here translated "decease" is the

Greek word exodos, similar to our English word exodus meaning a going away.
"Now Peter and they that were with him were heavy with sleep." That heavy sleep was probably the reaction from the six days of mental strain and possibly induced by the long climb up the mountain that day or the preceding day. "But when they were fully awake." Literally suddenly starting into full wakefulness. "They saw his glory and the two men that stood with him." We miss undetected and unimagined things because we are not awake.

"And it came to pass, as they were parting from him." It was because Peter realized that the visit of these two great Old Testament characters was about to be terminated in their departure that he made the following request. "Peter said unto Jesus, Master it is good for us to be here; and let us make three tabernacles." These were little booths or huts made out of branches of trees or bushes, such as were constructed for the feast of tabernacles. "One for thee, and one for Moses, and one for Elijah." There is certainly nothing darkly selfish in this request as some have claimed. It is a time of joy, worship, and exaltation, and Peter longs for this experience to continue and for him to behold the Lord Jesus and these two great men of old. Of course Peter knew what words he said, but he did not know their significance, nor the wrong in the request which they expressed.

"And while he said these things, there came a cloud, and overshadowed them." A cloud is the constant symbol, or if not always this, the accompaniment, of the divine presence (Ex. 14:19, 19:16; 33:9; 40:34; 1 Kings 8:10; Psalm 104:3; Isa 19:1; Dan. 7:13). "And they feared as they entered into the cloud." Fear is the natural emotion when one is in the presence of the mysterious, awful, and the divine.

"And a voice came out of the cloud saying, This is my Son, my chosen; hear ye him." Three times in the ministry of our Lord is a voice heard from heaven; at the beginning of his ministry; at the time of his baptism (Mark 1:11); at the chief crisis of his three years of public ministry, when the work of suffering begins to overshadow his preaching, here at the transfiguration; before his final rejection and crucifixion in the temple court (John 12:28).

"And when the voice came, Jesus was found alone. And they held their peace, and told no man in those days any of the things which they had seen. The disciples kept this great experience to themselves until after the resurrection (Mark 9:9; Matt. 17:9), because they probably did not realize the full significance of that which they had seen and heard at this time.

"And he beheld a man from the multitude cried, saying, Teacher, I beseech thee to look upon my son; for he is mine only child." Here alone are we informed that this was the only child of this man, reminding us of two similar pathetic touches in preceding passages in the Gospel (7:12; 8:42).

"And behold, a spirit taketh him." We have quite thoroughly considered the subject of demoniacal possession in the preceding lessons, but this particular verse is especially vivid in its description of the awful condition resulting from such possession. "And he suddenly crieth out." The adverb here translated "suddenly" is used by medical writers of sudden attacks of diseases such as epilepsy. "And it teareth him." Or it convulsed him. "That he foameth." And it hardly departed from him, bruising him sorely." The verb here translated "bruising" means literally "to tread down under foot" or "to break in pieces." "to shiver" (Matt. 12:29; Rom. 16:20) and, in its passive form "to be crushed."

"And I besought thy disciples to cast it out; and they could not." There is nothing more tragic in the world than for one who has a wonderful reputation for helping others to come face to face with a situation in which that one finds himself or herself utterly helpless, especially if he or she knows that there would be able to do what has been found impossible to do, if the now helpless one were living near enough to God.
"And Jesus answered and said, O faithless and perverse generation, how long shall I be with you, and bear with you? bring hither thy son." It is the contrast, not between one man and another, but between this entire humanity alienated from God, in the midst of which he finds himself, and the inhabitants of heaven, whom he has just left, which brings from him this mournful exclamation.
"And as he was yet a coming, the demon dashed him down, and tare him grievously." The word here translated "dashed him down" is from a Greek word used by boxers knocking one another down, and of wrestlers throwing an opponent. "But Jesus rebuked the unclean spirit, and healed the boy, and gave him back to his father." When Christ redeems young men from the bondage of sin, he gives these men back again to their parents in more ways than one.
"And they were all astonished at the majesty of God." Majesty here means the visible splendor of God's glory and is the word Peter uses three years later, in referring to this same experience (2 Pet. 1:16).

Homemaking

Each day brings back its simple task the same
As yesterday, and like the one that came
And went on days before. In younger years
I thought on this with sudden angry tears,
And now my sight is clearer, and I see
How much, how much the world has need of me,
That I may make a quiet, calm retreat
And rest
Where those I love may come and sit
and eat
The bread of kindness, drink the ready cup
Of hope and faith, and going, may look up
Some whit the higher for the moment spent
Where I have toiled to make a home, content
With cleanliness and order, warm and bright
And with that speaks 'the tired heart's delight.
The simple tasks grow greater. So I live
Within my walls, and think how I may give
Some good to any soul who enters here,
And fail not to notice in friendliness and cheer.
—Author Unknown.

"A lofty mind always thinks nobly . . . and clears away from its own thought all that is useless and disagreeable."—La Rochefoucauld.

Spring Model Disguises Overweight



A stunning spring jacket dress of tailored lines. It will freshen your mid-season wardrobe in navy wool crepe. Gay crepe silk in lively print in fuchsia and copen made the collar and jabot. It appears again in the pocket trim.
Or perhaps you'd like it in black or in beige woolen.
This slenderizing model also adapts itself perfectly to plain or printed crepe silks.
Style No. 2597 is designed for sizes 36, 38, 40, 42, 44, 46 and 48-inches bust. Size 36 requires 4½ yards of 39-inch material with ¾ yard of 39-inch contrasting for short sleeved dress and jacket.
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.

Tribute Paid to Woman Lyricist

Lizette Woodworth Reese in Her Latter Years Earned Living by Writing

Writers and scholars of national reputation paid tribute to the poetic genius of Lizette Woodworth Reese, who died recently. Miss Reese, the author of many volumes of poetry and prose of which the sonnet "Tears" was the best known, was regarded by many critics as the foremost woman poet of the United States and also a great lyricist.
In 1931, Miss Reese was awarded the \$800 Shelley Memorial Fund prize established by the Mary P. Sears Trust and administered by the Old Colony Trust Company, in Boston. The sonnet, "Tears" follows:
When I consider Life and its few years—
A wisp of fog betwixt us and the sun;
A call to battle and the battle done
Ere the last ebb eolies within our ears
A rose choked in the grass; an hour of fears,
The gusts that pass a darkening shore
do beat
The burst of music down an unlistening street—
I wonder at the idleness of tears.

Ye old, old dead, and ye of yester-night,
Chieftains and bards and keepers of the sheep,
By every cup of sorrow that you had,
Loose me from tears, and make me see straight
How each bath back what once he stayed to weep:
Homer, his sight, David his little lad.

After a long career of school teaching she retired in 1921 and then achieved something which has been called unique among living American poets. She earned her livelihood from that time on by her writings. This was corroborated by members of her family. Her writings and her life were examples of Victorianism in pristine clarity and beauty—faithful to tradition, lightened with unflinching humor.

Home

I remember, I remember
The farm where I was born
The old stone house whose rugged walls
Stood firm through wildest storm;
The shady lawn with maple trees;
The lilacs and the flowers;
The lazy droning of the bees
Through sultry, summer hours;
The peaceful landscape all around
Of stream, and hill, and dell;
And still, at twilight, I can hear
That tinkling clear cowbell.

The croak of frogs from distant marsh
On evenings cool and still;
And every spring, the mournful cries
Of loon and whip-poor-will
That trickle of the little creeks
That wind through grass and stone
How oft, as child, I watched them slide
Along their course, at home;
The wealth of marigolds that made
Them winding hills of gold;
And violets sweet that sprinkled the banks
With blue, in days of old.

The giant elm where quiet sheep
Lay down beneath its shade;
The block of boulders where the lambs
Gambolled, and frisked, and played;
The clumps of cedars and the springs
Where icy waters flowed;
And rail fences where I perched
To dream in days of old;
The sculptured holes in shining rock
By passing glacier made;
And the green bow beside a tree
Where oft I idly laid.

The little church beside the road
Where first I learned my text;
And opposite, the old stone school,
Where smiles with tears were mixed;
And then the woods where velvet moss
In dappled sunshine lay;
Twas there I often wet my feet
In jumping logs at play;
The golden sheaves of grain in fall;
And corn in great brown stacks;
The memories my mind recalls
Would fill a host of books.

I remember, I remember
The farm where I was born;
And through the years sped by on wings;
And though I greet the morn
In other scenes perhaps as fair
From other walls of stone
Mind and affection still recall
The scenes of that old home;
The years may pass with sunshine
Or the years may pass with storm,
But memory will ever bless
The farm where I was born.
—Lillian Collier Gray

A three-year study by the Division of Economic Fibre Production of the Experimental Farms Branch has shown that Canadian home-grown flax-seed has given a higher yield of fibre but a lower yield of seed per acre than imported seed.

Saving the Forests

A recent edition of "Forests" criticizes part of the reforestation of Canada ground that it is growth of timber States. As ardent conservationists that a direct result two things actually the American lumber suffered from low prices. Nature's law says foreign lumber is not desirable and is economically unwise to grow.

The facts are: speak for themselves. States is the largest of wood and lumber companies. They have planted their private forests. In many cases low prices by cutting the meaning of the word has tradable securities laid in the nation's land owned and controlled much of the land has already been cut of the West, but the timber belonging to government. A few good timber are in Rockies.

But east and west been stripped ruthlessly. No attempt to ther has everything slashed, and often over. The result, as pointed out in letters about conditions in Canada is appalling. The loss of soil that are not but the growth of it of trees and shrubs wild life is driven, have been a source wealth to the nation's liability.

Donald R. Cottrell, member, made the general government agency tracts of uncut, fine stand of lumber Gogebic and Ontonagon Michigan. He said land of this sort exists over lands. The only the expense. But it is able that more money good timber stock run would be of great the nation than the are spent in acquisition.

There is still much developing a sound in this country. The Service has made in The States have added lands. Private owners encouraged to plant the conservationists would reasons to the present movement if for an America's lumber and might come in larger foreign countries. On of these imports were lower than American would stimulate competition and maintain forest lands would be had.

The essential thing our existing forests be wisely harvested. The more the more can be saved. Less cutting the better be in Michigan or the United States.

How Different It Would

"If you had only kept
If you had been a little
If you had listened to
If you had promptly
If you had acted with
If you had taken daily
If you had avoided the
If you had controlled
If you had not run in
If you had always been
If you had said "No"
If you had started early
If you had put it into
If you had said the
If you had eaten in
If you had guarded
If you had started
If you had recognized
If you had generously
If you had not blundered
If you had persevered
If you had daily prayed
—By Grenville

FU MANCHU

By Sax Rohmer



That voice! I had heard it last when its owner tricked me in Detective Cadby's rooms! Now, as Fu Manchu's slave girl bent to pass her strange life-line to Smith, a cloud of hair came falling about the slim shoulders. . . .



The girl clung to her precarious perch, leaning over to peer into the pit, while the fire roared above. Her gaze upturned to that beautiful, flushed face, and my eyes fixed upon hers—which were wild with fear. . . . For what



Smith got the pigtail into my grasp. I held it with the strength of desperation as he slowly drew me higher and higher, until I could clasp the rung of the ladder on which he stood. . . .



Hardly had I reached the bottom rung with Smith's help and hung there sustained by his arm when the floor above burst with a mighty crash.