

Woman's World

By Mair M. Morgan



Pointers On Pies

with fork. Handle as little as possible. Wrap in waxed paper, chill thoroughly. Roll out on slightly flour-ed board. Bake pastry in hot oven (450 degrees F.). Makes enough pastry for one 9-inch two-crust pie, or fifteen 3½ inch tart shells.

CHOCOLATE MERINGUE PIE
3 squares unsweetened chocolate cut in pieces
2½ cups milk
½ cup sifted cake flour
½ teaspoon salt
2 egg yolks, slightly beaten
2 tablespoons butter
2 teaspoons vanilla
1 baked 9-inch pie shell
2 egg whites
4 tablespoons sugar

Add chocolate to milk and heat in double boiler. When chocolate is melted beat with rotary egg beater until blended. Combine sugar, flour and salt; and gradually to chocolate mixture and cook until thickened, stirring constantly; then continue cooking 10 minutes, stirring occasionally. Pour small amount of mixture over egg yolks, stirring vigorously; return to double boiler and cook 2 minutes longer. Remove from boiling water; add butter and vanilla. Cool. Turn into pie shell. Beat egg whites until foamy throughout; add sugar, 1 tablespoon at a time, beating after each addition until sugar is blended. The continue heating until mixture will stand in peaks. Pipe lightly on filling. Bake in moderate oven (350 degrees F.) 15 minutes, or until delicately browned.

Winter Diet

In the old days of sailingships when men were at sea for months at a time, barrels of sauerkraut were usually part of the ship's stores as a safeguard against scurvy—that wasting disease caused only by lack of fresh vegetables and eating no fresh meat, says Jessie Marie De Both. The ship's cooks, even in those days, knew that a varied diet, with a proper balance between foods, was vital to health.

The modern home-maker, with facilities and a range of vegetables, fruits, meat, fish, and fowl, at her command even in mid-winter, which a queen could not have bought with the crown jewels a hundred years ago, is still no differently situated from the queen's chef or the ship's cook when it comes to providing her family with a balanced diet.

The modern home-maker must pay even more attention to the subject, because today her family are leading mostly an indoor life. It takes real thought and planning to provide the correct diet for that.

The best way is to plan meals for the entire week, building each day progressively from breakfast through dinner, and then linking each day to the next day's meals. There must be some bulk and roughage.

A BALANCED OVEN MEAL

Stuffed Pork Chops
Candied Sweet Potatoes
Creamed Cabbage
Tomato Salad
Date Meringue Pudding
STUFFED PORK CHOPS
4 thick pork chops (cut for stuffing), 1 cup cooked rice, 1 tablespoon butter, 2 chopped pimientos, salt and pepper to taste.
Method: Wipe chops, stuff with rice to which the butter, pimiento, and seasoning have been added. Place in a hot skillet and brown on both sides. Cover and reduce heat. Cook an hour.

CANDIED SWEET POTATOES
Method: Peel the boiled or steamed sweet potatoes and cut them in thick, lengthwise slices. Lay them in a pan which has been rubbed lightly with fat. Dot potatoes with butter, season with salt, pepper and sprinkle thickly with brown sugar. Bake until a rich brown. Stew over

On Exhibition at Fair



Paintings regarded as the most important and representative of contemporary American art are being displayed at the Palace of Fine Arts at the San Diego, Cal., Fair. Above is a photographic reproduction of Gari Melcher's "The Pot Hunters".

Swagger Shirtmaker



Don't you love this little rig? It's the new shirtmaker frock with shoulder yoke and soft bodice fullness.

Simple to sew! The sleeves cut in one with the bodice. This model is stunning in cravat print silk crepe. It will look so gay 'neath your winter coat, and you can wear it right through the spring.

Cotton, linen and tub pastel silks are nice to fashion it for later season wear.

Style No. 3487 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inch bust. Size 16 requires 3¼ yards of 39-inch material.

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.

SUNDAY SCHOOL LESSON

LESSON XI — MARCH 15
JESUS TEACHES HIS DISCIPLES TO PRAY
GOLDEN TEXT — "If we ask anything according to his will, he hears us." — 1 John 5:14.

THE LESSON IN ITS SETTING
Time—All the events in this chapter occurred in November-December A.D., 29.

Place — Perea, as in the preceding lesson.

"And it came to pass, as he was praying in a certain place, that when he ceased, one of his disciples said unto him, Lord, teach us to pray." They had no doubt entered into a life of prayer at the beginning of their fellowship with Jesus, with great earnestness and perhaps with faithful regularity, but, as persecution and misunderstanding arose, as the first thrill of their discipleship passed, the burdens of their ministry became heavier, their prayer life may easily have become mechanical.

"And he said unto them." The following prayer has been divided into two parts. The first has been called "The Purposes of God," the second has been called "The Pilgrimage of Man."

"When ye pray, say, Father." In the Old Testament God is seldom spoken of as Father, and then, in reference to the nation Israel, not to the individual (Deut. 32:6; Isa. 63:16; Jer. 3:4, 19; 31:9; Mal. 1:6; 2:10). Thus the Lord Jesus really gives to men, for their life of fellowship with God a new name.

"Hallowed be thy name." The name of God expresses the character of God. To hallow his name means to treat as holy, to venerate (1 Pet. 3:15; Isa. 29:23). "Thy kingdom come." The earth is the very centre of God's kingdom. It is here that he had proposed to reveal his glory in the ages to come. Jesus is to be King over all the earth and to sit on the throne of his father David. This is the true and ultimate meaning of the prayer, "thy kingdom come."

"Give us day by day our daily bread." We might translate the first phrase, literally "continue giving to us." The petition includes more than that of the one in Matthew, where, interpreting literally, the petition is for bread "for the coming day." In Luke, the petition might be paraphrased: "Continually give us day by day our bread for the coming day."

"And forgive us our sins; for we ourselves also forgive every one that is indebted to us." Some one says, "That is not the ground of grace and that does not belong to us. Let it be remembered that Jesus did not give that prayer to men inside the Kingdom. He gave that to men outside the Kingdom. If I go to a man outside, I am in sin, I do not say, if you stepped in sin, I forgive you, you will be forgiven. The man outside gets his forgiveness without any condition, when he prays, but, once he is in the Kingdom he does not get forgiveness unless he is ready to forgive, unless he has forgiven." "And bring us not into temptation." Temptation is sometimes spoken of in Scripture as coming from God, sometimes as coming from Satan. God tempts no man to evil, but for good; he tries and tests, as he tempted Abraham and the children of Israel in the wilderness. Satan tempts unto evil; he tries to infuse evil into the human mind.

"And he said unto them, Which of you shall have a friend, and shall go unto him at midnight, and say to him, Friend, lend me three loaves." In the Orient, to avoid heat, travel is often engaged in at night. When the books are opened, it will be discovered that more important and prevailing prayer has been offered at midnight than at all the other hours of the day and night taken together.

"For a friend of mine is come to me from a journey, and I have nothing to set before him." Even the deepest poverty was not held to excuse the primary Eastern virtue of hospitality.

"And he from within shall answer and say, Trouble me not." It is the trouble that he minds, not the parting with the bread. It is the mood of a man made heartless and selfish by comfort. Comfortable people, we know are apt to be hard-hearted.

"The door is now shut." The Eastern doors were not so easily opened as are those of our northern homes, where all one needs to do is to turn a key in the lock and take hold of a knob. "And my children are with me in bed; I cannot rise and give thee." In Oriental homes, frequently the members of entire families would sleep in the same room.

"I say unto you, Though he will not rise and give him because he is his friend, yet because of his importunity." The English word importunity comes from the adjective importune, which in turn comes from a Latin word meaning unfit, unsuitable, troublesome, grievous and hence means the condition of being unseasonable or inopportune and in this case, troublesome pertinacity in solicitation.

"He will arise and give him as many as he needeth." Possibly the man's generosity may have been increased by his own conviction that he had, up to this point, acted most selfishly.

"And I say unto you." The "I" here is emphatic. The same voice in the preceding verse introduces a statement based upon the natural reason, but the voice in this verse introduces a statement based upon "the definite authority of the Lord Jesus, who alone can make promises to men concerning the effectualness of their prayers before the throne of grace. "Ask and it shall be given unto you; seek, and ye shall find; knock and it shall be opened unto you." These three verbs are in the present imperative and mean continue asking. John 16:24; Matt. 21:22; Mark 11:24.

"For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." What an experience it is, when the door is at last opened, and the leaves are handed out.

"And of which of you that is a father shall his son ask a loaf, and he give him a stone? or a fish, and he for a fish give him a serpent? Or if he shall ask an egg, will he give him a scorpion." Similar words were spoken by our Lord in his Sermon on the Mount (Matt. 7:9-11). The appeal of the Lord Jesus here is to personal experience.

"If ye then, being evil, know how to give good gifts unto your children, how much more shall your Heavenly Father give the Holy Spirit to them that ask him?" It is evident that none of the disciples, with the possible exception of Mary of Bethany, asked for the Spirit in the faith of this promise. It was a new and staggering thing to a Jew, that, in advance of the fulfillment of Joel 2:28, 29, all might receive the Spirit. To go back to the promise of Luke 11:13 is to forget Pentecost, and to ignore the truth that now every believer has the indwelling Spirit (Rom. 8:9, 15; 1 Cor. 6:19; Galatians 4:6; 1 John 2:20 and 27).

Wealthy Young People Should Have to Work
"The day will come when young people who have incomes from estates will be required to work, because, unless they do, their indolence causes unsatisfactory mental vibrations."
"This is shown when the young people commit suicide or indulge in excesses which are detrimental to themselves and those around them."
This opinion was expressed by T. W. Read, in a paper on "The Psychology of the Human Industry," which he delivered to members of the Industrial Transport Association in London.

MORE BOOKS MORE READING

Having regard to the pulling power of the movies, bridge, church and social attractions, it is interesting to learn from the annual report of the St. Thomas Public Library that about 44 per cent. of the population in the city are ticket holders, or an average of two persons in every household. The total number of books, etc., issued during last year was 188,111, which shows how much the Library is appreciated and how great a service it renders to the community. There never was a time when it was so efficiently managed and conveniently arranged, and as it is to some extent below standard owing to financial conditions, the extent of the patronage should be a reminder to the city fathers that they should be willing to stretch a point to still further improve a service which is so much needed and so much taken advantage of. There are few ways in which money could be as well spent.

It is also interesting to learn that 16,000 new books were published in Old London last year, the highest total on record. Many people have the urge to write a book about something or other, even if they are not writers by instinct or profession, and a great number of books are published mainly at the expense of the writers themselves, which would otherwise never get beyond the dream stage. Large as the growth of British publishing figures are it is surprising to know that the book reading public is two and a half times the size it was 10 years ago. The output of books has risen an average of two per cent. annually; readers at 15 per cent., so that in spite of other attractions there are not only more books but a great many more readers.

Perhaps quality is sacrificed to quantity, but on the whole it is a healthy thing that the public is patronizing the libraries, private and municipal, more and more, and these services deserve every support.

Mistaken Kindness

Pay Attention to Doctor's Orders and Keep Convalescent Child in Bed

No one knows better than the doctor how futile it is to tell an invalid not to go out too soon.

The adult skeptic learns to his sorrow that his lowered resistance after gripe, or flu or a hard cold, is doubly ready to pick up another germ, and it's all to do over again.

Perhaps he won't be sick the same way; most likely not, because there are literally dozens of so-called "low-grade" germs, and symptoms are rarely the same.

This should teach us something about children. When a boy or girl has been ill and the doctor says, "Stay there for a few more days," he means exactly what he says. The child may feel all right, and fever may be gone, so he wants to get up and about. "Please, mother, can't I put my bath robe on and go downstairs?"

Perhaps it is warm down there and perhaps not. Who notices the draught under the living room door that teases bare ankles? Who sees him slip to the door and call across the street to his friend.

Later his mother cannot imagine where he got another spall of gripe. Not the same kind, mind you, but something that isn't even a collateral cousin of the first that laid him low.

This time he stays sick longer, if all probability, because he has already used up much of his "resistance" on the first attack. Now he has to defend himself with what is left.

There is, furthermore, another reason why children should be careful for awhile after an illness, especially after a high temperature siege.

Tissues are depleted, naturally; blood chemistry is not up to normal; muscles and bone material are not at par; nerves have suffered in the fight.

WEAKNESS AGGRAVATES STRAIN

When he is better he feels well, but is just a bit weak. His eyes are bright. His spirits mount. He insists on action. Denied this, he reads. If not his sled or skates and makes up for lost time.

Who suspects that eye muscles and nerves are weak? Or that heart muscles are tired? Or that foot muscles are flabby?

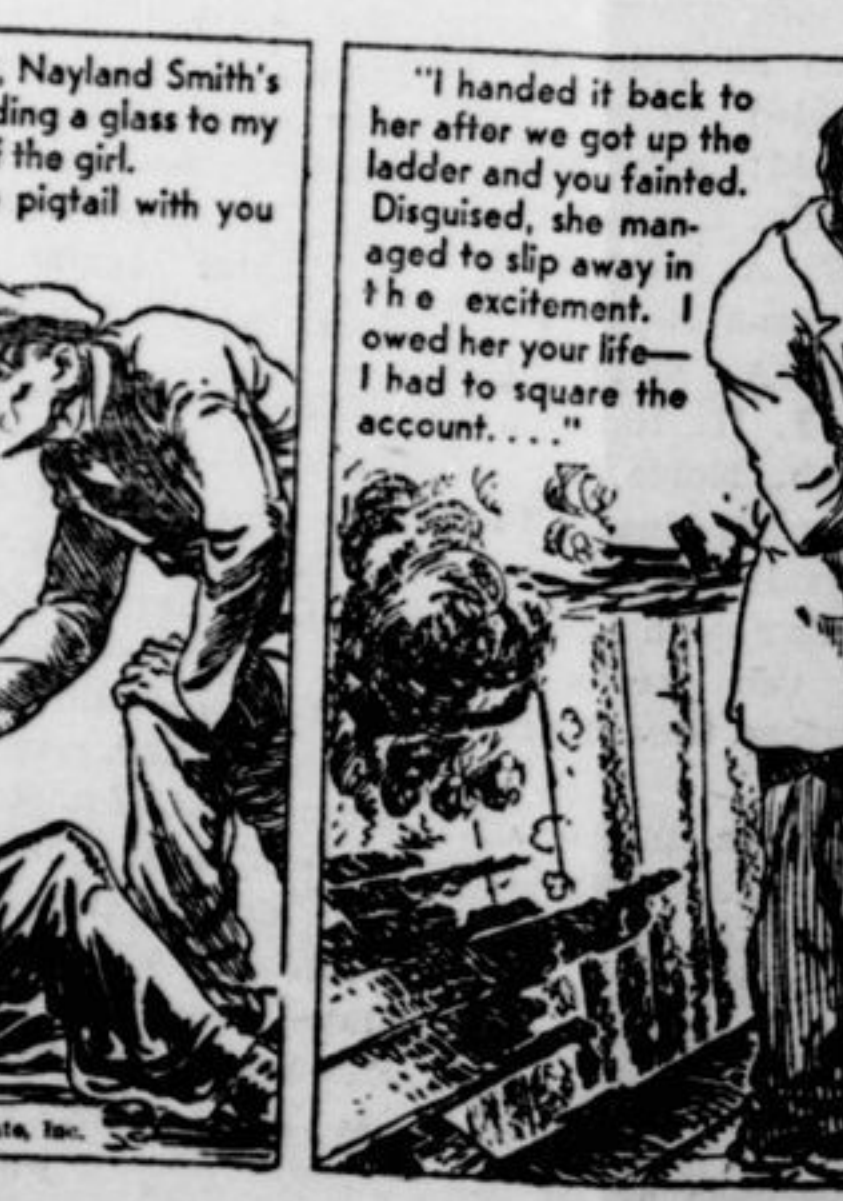
In later years he will, remark in all perplexity to the specialist looking after his eyes or his heart, or the orthopedist trying to relieve the pain in his flat-arched foot, "What has caused all this trouble, doctor?" "Strain of some sort or other when you were run down, very likely," he may answer. "Sometimes when you were sick you may have gotten up too soon. These things often start in childhood when vitality is low and spirits too high." "Why didn't mother watch me then?" sighs the sufferer. Mothers are always too kind.

FU MANCHU

By Sax Rohmer



My next recollection was of sitting up, Nayland Smith's arm about me, and Inspector Ryman holding a glass to my lips. My first confused thoughts were of the girl. "Smith," I asked, "did you bring the pigtail with you that we found on Cadby?" "Yes, Patric. I hoped to meet the owner — and I did...."



"I handed it back to her after we got up the ladder and you fainted. Disguised, she managed to slip away in the excitement. I owed her your life — I had to square the account...."

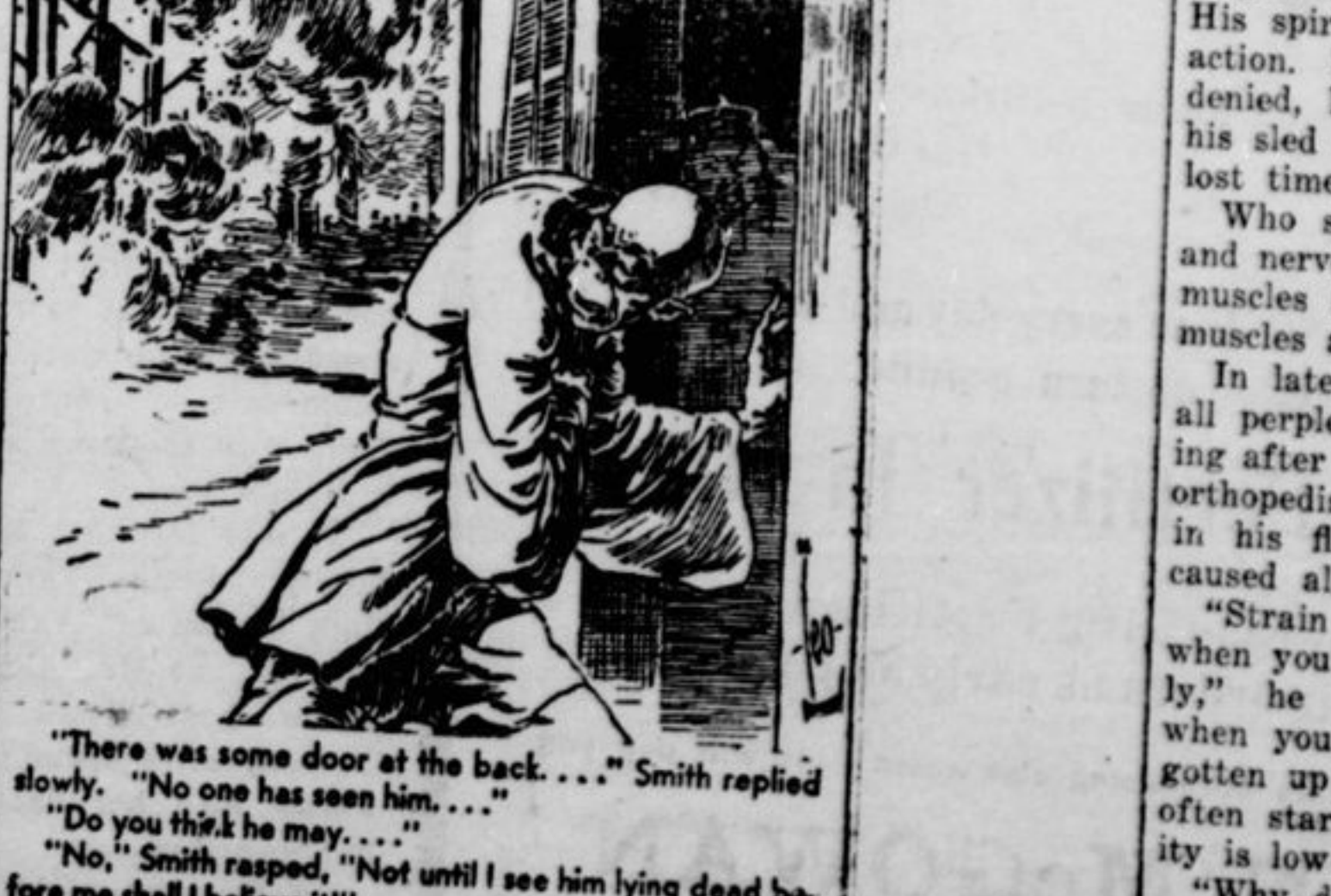


Inspector Ryman had lent me a reefer, and he and Smith were helping me into a cab when another question demanded an answer of my bewildered senses. "Fu Manchu? Did he get away...."



"There was some door at the back...." Smith replied slowly. "No one has seen him...." "Do you think he may...." "No," Smith rasped, "Not until I see him lying dead before me shall I believe it!"

Fate of Fu Manchu?



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Royal Yeast...
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STANDARD BREAD...
Name...
Street...
Town...