

Woman's World
By MAIR M. MORGAN
"A Woman's Place is in the Home"



Try Raisins For Flavor!
You will find raisins of infinite value as a means toward economy and variety in your daily menus. They are especially easy to use because they require no preliminary soaking as do most of the other dried fruits.
An excellent source of natural sugar, the sweetness of raisins decreases the amount of sugar usually called for in a recipe. They add much to the diet in other ways, increasing the palatability of many plain dishes and furnishing iron to a high degree. Their caloric value, being almost 100 calories per ounce, is also important. One-fourth cup of raisins weighs 1.1 ounces and supplies 3 calories of protein, 9 of fat and 88 of carbohydrates.
Most of us use raisins in puddings and cake mixtures, but do you know that hot boiled beets gain interest and provide extra nourishment if served with a sauce to which raisins have been added? The small seedless raisins are delicious in either a lemon or an orange sauce.
The flavor of Hamburg steak is greatly improved by the addition of a few raisins. Chop raisins finely and work well with meat. Although the protein content of raisins is vastly lower than that of beef, their iron content compares favorably and they are inexpensive and highly nutritious.
Other meats beside beef are made more appetizing if combined with raisins. Raisin sauce with ham is traditional, but seeded or seedless raisins can be sprinkled over the ham while baking with excellent effect. Hot boiled tongue with raisin sauce, baked stuffed heart with raisin sauce, and braised beef liver with raisin sauce are inexpensive and worth-while meat dishes that owe much of their popularity to the sauce.
Bread puddings and rice puddings become the means of adding iron to the diet when raisins are included in their composition.
The next time you serve rice in place of potatoes try the following raisin sauce:
Raisin Sauce
One cup white sauce, 1/2 cup grated cheese, 1/2 cup seeded and steamed raisins.
Wash raisins and steam until plump. Add cheese to hot white sauce and when melted add raisins. Keep hot over hot water if not served at once.
Ham As Usual
Ham is a good old favorite and fits nicely into the menu at this time of year. But don't be content with fried ham and boiled ham. Try other savory dishes with this as the main ingredient. Incidentally, you will be surprised at the result when a dash of sugar is added to accentuate the flavor of this flavorful food.
Ham Mousse
2 cups boiled ham, put through meat grinder, 1 teaspoon mixed mustard, 1/2 teaspoon sugar, 1-3/4 teaspoon paprika, 1 tablespoon gelatin, 2 tablespoons cold water, 1/2 cup hot water, 1/2 cup heavy cream, whipped. Add seasonings to finely chopped ham. Stir in gelatin which has been soaked in cold water and dissolved in hot. Combine mixture lightly with whipped cream. Turn into a mold that has been dipped in cold water. Leave on ice until well set. Serve on lettuce.
Ham Loaf
6 hard boiled eggs, 2 cups cooked ham, chopped fine, 1 cup milk, 1 tablespoon flour, 1 tablespoon butter, 1 teaspoon Worcestershire sauce, 1 teaspoon sugar, 1 teaspoon mixed mustard, salt and pepper. Make a white sauce of the flour, butter, and milk. Add seasonings. Arrange a layer of the sliced, hard boiled eggs in the bottom of a baking pan. Pour on a little of the sauce. Add a layer of the ham. Cover with sauce. Continue alternating layers until all is used. Cover top with well buttered bread crumbs. Bake thirty minutes in a moderate oven.
Bread and Butter Rolls
For something a bit different to serve at bridge parties these bread and butter rolls are quite intriguing. All you need is 1/2 pound package cream cheese, 1/4 cup butter, 1 small loaf fresh bread. Allow cheese to stand

at room temperature until softened. Cream with butter. Remove the crust from a small loaf of fresh bread and cut bread into thin slices. Wrap tightly in a dampened cloth to moisten bread slightly. Let stand for an hour in a cool place. Spread each slice with creamed cheese and butter mixture and roll up. Fasten each roll with a toothpick. Cover with a damp cloth and let stand in a cold place until the butter has hardened so that the bread will not unroll when toothpick is removed, before serving.
Save Bacon Fat
There are many little ways of getting all the valuable parts of food when it is being cooked, careful attention to which will in time cut grocery and meat bills.
Bacon fat, if properly cooked, is good to use for browning foods, for seasoning and for adding flavor to soups and stews. When cooking bacon pour off the fat as soon as it melts. With every pound of bacon you will find nearly a cup of fat.
The Best of a Scramble
Few people make the best of scrambled eggs, and that is a pity. This dish can be very delicious indeed, and broken eggs can be used in this way. Scrambled eggs are made more nourishing and more savory still by the addition of some grated cheese. Or a skinned and thinly sliced tomato may be scrambled with them, or some Worcester or tomato sauce added either just before serving or while the eggs are being scrambled. A little parsley is also an improvement.
Eggs, properly scrambled should be creamy and not too dry. Remove them from the heat before any suspicion of dryness occurs. A little butter rubbed round the saucepan beforehand, as well as the piece added for cooking purposes, will prevent the egg from sticking to the saucepan and make the cleaning of it afterwards a much simpler matter.
Household Hints
Milk will not burn if the saucepan is rinsed in cold water before boiling.
A small piece of butter added to the water in which vegetables are to be cooked will prevent them from boiling over.
A hot cloth wrapped round a jelly mould will enable the contents to be turned out whole.
Glass will have a brighter appearance if it is washed in cold water in preference to hot.
Corks may be rendered watertight and airtight if they are soaked in oil for a few minutes before using.
The inside of a vacuum flask should be washed out with a solution of salt and vinegar.
Discolored bone knife handles will quickly regain their natural whiteness if rubbed with a cloth dipped in a solution of peroxide.
Woolens will not shrink if two teaspoonfuls of glycerine are added to the washing water—provided, of course, that the ordinary rules for washing woolens are not flagrantly disregarded.
Bath waterlines may be cleaned away by rubbing with a cloth soaked in paraffin and then dipped into a tin containing salt. Rinse the bath well with cold (not hot) water afterwards until no trace of oil remains.
Kitchen windows will not become steamed if rubbed over inside with a cloth sprinkled with glycerine.
An excellent brightener for pewter—for those who prefer a sparkling effect—is made by dissolving a little potash in hot water. Soak the pewter in this and then rub it with a soft cloth slightly moistened with olive oil. Now rub lightly with a leather, and watch the "shine" appear.
What good luck for all of us that the Creation took place in the crude old days before there were any economists, chart-makers, fact-finders or constitutional lawyers.—Bruce Barton.
"I know of no kingdom nor empire where the worshiping of titles, blue blood and glorified ancestors ever achieved the importance it enjoys in the United States."—Grand Duke Alexander.

Sunday School Lesson

July 2. Lesson 1.—Joshua—Josh. 1: 1-9; 2: 1, 2, 14. Golden Text.—Be strong and of good courage; . . . for Jehovah thy God is with thee whithersoever thou goest.—Josh. 1: 9.

I. JOSHUA'S COMMISSION, Josh. 1: 1-4.
The Book of Joshua. We begin with a lesson that takes in an entire Book of the Bible, the sixth, completing what is called the Hexateuch, or Six Books. It comprises the story of that heroic soul, Joshua, who was called to take up the work of the greatest of the Old Testament leaders, Moses, and who carried it to so large a measure of success.

1. "Now it came to pass after the death of Moses the servant of Jehovah." The great leader had died in the land of Moab, and was given burial by Jehovah, so that no one knew his grave. The Israelites mourned for him through thirty days. "That Jehovah spake unto Joshua the son of Nun, Moses' minister." Not the servant of Moses in a menial sense, but the deputy of Moses, his prime minister. "Saying,"

2. "Moses my servant is dead; now therefore arise." The fall of a great leader is a summons to leadership. Elisha must follow Elijah, Timothy and Luke and Mark and a multitude of others must carry on his work. (Josh. 24: 29) "Go over this Jordan, thou, and all this people. Unto the land which I do give to thee, even to the children of Israel." That was the hope and confidence hidden in the peril. The land to the west of the Jordan was God's gift to the Israelites, therefore God would make a way for them to it. The whole land of Canaan was Israel's by deed of gift. But though this was so, each square mile of it had to be claimed from the hands of the peoples that possessed it. The cities were theirs, but they must enter them; the houses, which they had not built were theirs; but they must inhabit them; the cornfields in the rich valleys and the vineyards on the terraced slopes were theirs, but they must possess them.

3. "Every place that the sole of your foot shall tread upon, to you have I given it." Here is a great promise with a sharp limitation. Every place is yours—but every place only as you tread upon it, occupy, subdue, possess it.
4. "From the wilderness." The desert of Arabia, in which the Israelites were encamped, lying to the south of Palestine. "And this Lebanon." The mountain region of Lebanon visible to the north, to be seen from all parts of Palestine. "Even unto the great river, the river Euphrates." So great that it was called "The River." "All the land of the Hittites." The Hittite empire lay to the north of Syria, but Canaan was subordinate to it. "And unto the great sea toward the going down of the sun." The Mediterranean on the west. "Shall be your border."

II. JOSHUA'S STRENGTH, Josh. 1: 5-9.
God's Promise. Joshua had a vast work to do, given him by God; but God also gave him vast aids for doing that work. The first aid that God gave Joshua was a magnificent promise.
5. "There shall not any man be able to stand before thee all the days of thy life." What a promise was that, for a general! "Even unto the great river of the Euphrates." As I was with Moses, so I will be with thee." This is the second mighty help that God gave Joshua in the promise of his all-powerful presence.
6. "Be strong and of good courage." On such a faith as Joshua's naturally follows the next quality in Joshua's character—the quality of courage. Christ puts the connection between these two things with great clearness. "Why are ye so fearful, O ye of little faith? With it is always the best cause of this people to inherit the land which I swear unto their fathers to give them." Here is the unselfish ground of true strength and courage, and there is no selfish ground. Joshua was not to fight for land for himself, but for his people.
God's Law. 7. "Only be strong and very courageous, to observe to do according to all the law." Law-observance requires strength and courage. No flabby weakling. Strictness in adhering to the precepts of God's Word is often condemned or ridiculed as denoting narrowness of character.
8. "This book of the law shall not depart out of thy mouth." The law was therefore embodied in a written document when the Book of Joshua was written. "But thou shalt meditate thereon day and night." Too much of our Bible-reading is hasty. "That thou mayest observe to do according to all that is written therein." Our

Bible-reading should be practical, have a goal, seek results. "For then thou shalt make thy way prosperous, and then thou shalt have good success." The word "success" occurs only once in the King James version of the Bible, and then it is qualified by the adjective "good."
9. "Be strong and of good courage; be not affrighted, neither be thou dismayed." "Let not thy heart be troubled." Christ commands us.

III. JOSHUA'S SUCCESS, Josh. 1: 10: 14-18. It is not enough for Joshua to receive the divine commands, accompanied by the divine encouragement. He must pass both along to the people, and this he did by sending officers among them to proclaim God's words. The Help of Rahab, Josh. 2. The stronghold of Canaan nearest to where the Israelites must cross the Jordan was the important walled city of Jericho, and two young men were chosen to swim the river, swollen and swift with the spring freshets, and reconnoiter Jericho. They brought back a report which greatly encouraged Joshua and the Israelites. "They had been saved by the fidelity of Rahab, a woman of Jericho, to whose house they had gone, repaying her by the promise of protection to herself and her family when the city should be taken. The Passage of the Jordan, Josh. 3. Without a miracle, it was absolutely impossible to take the great host of the Israelites over the deep, rushing Jordan into the promised land; but the miracle was granted them, the down-flooding waters being held back. The Twelve Stones, Josh. 4. God's children should set up memorials of God's mercies. Thus Joshua had twelve stones, one for each tribe, made into a cairn on the river bed where the priests had stood while the waters were stayed.

The Fall of Jericho, Josh. 6. God conducted Joshua across the Jordan at the point where the strongest fortification in the country stood directly in his way; the point where the sole alternatives before him were victory that seemed impossible or defeat that would be ruin. In conquering Jericho the Israelites virtually subdued the promised land.
The Conquest of Canaan, Josh. 7-22. The conquest of Ai gave Joshua a foothold from which he made himself master of central Canaan, thus cutting the ties of his enemies in two. Then in southern Canaan a formidable alliance of five kings was formed against him. But Joshua fell upon them unexpectedly by a night march from Gilgal, defeated them, and then had all of southern Canaan in his hands. Next in northern Canaan, the Galilee district, another powerful union of native tribes was formed, headed by Jabin, king of Hazor. Joshua fought them at the waters of Moim, defeated them, and then made a decisive conquest of their towns.
Joshua's Final Charge, Josh. 23, 24. Josh. 23: 1. "And it came to pass after many days." The time occupied by Joshua's conquests is variously reckoned at five to seven years. "When Jehovah had given rest unto Israel from all their enemies round about. And Joshua was old and well stricken in years." He was 110 years old when he died, so that this final charge took place long after the conquest of Canaan.

2. "That Joshua call for all Israel. For their elders and for their heads, and for their judges and for their officers." These terms are for the most part synonymous, though the elders were the heads of the various families or clans, and the judges had judicial rather than administrative functions. "And said unto them, I am old and well-stricken in years." Joshua was wise enough to know when his powers were failing, and when it was best for him to hand over his authority to younger and stronger hands.
14. "And behold, this day I am going the way of all the earth." "It is appointed unto men once to die" (Heb. 9:27). "And ye know in all your hearts and in all your souls." Joshua could appeal confidently to each one of them. "That not one thing hath failed of all the good things which Jehovah your God spake concerning you." That is, the promises made to Joshua in the opening chapters of this Book. "All are come to pass unto you, not one thing hath failed thereof."

LoBSTERS IN DEMAND
More than 1,000,000 pounds of live lobsters were shipped to the United States market in 1932 by Eastern Nova Scotia fishermen by means of the lobster transportation service arranged by the Dominion Department of Fisheries. Trade in live lobsters from different parts of the Maritime Provinces has become of increasing importance of late years.
Am essentially a home man. Outside of public dinners, I have not dined away from my home in fifteen years.—Charles M. Schwab.

Plain Smartness

By HELEN WILLIAMS.
Illustrated Dressmaking Lesson Furnished With Every Pattern.



Sophisticated and youthful! The yoked bodice with sleeves that widen and puff above the elbow creates a charming effect. The skirt lines are clever with snug hips and a deep pointed section at the front that gives elegant height to your figure. For if you may choose a discreetly patterned crinkly crepe silk (such as made the original) in your favorite shade. Medium blue, carrot-red and green tones are delightfully chic. Plain crepe in many summer shades you'll like equally well.
Style No. 3333 is designed for sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust.
Size 16 requires 3 1/2 yards of 39-inch material with 1/4 yard of 39-inch contrasting and 1/4 yard of 35-inch lining.

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.

California Business Women To Demand Equal Rights

San Jose, Calif.—Equal rights for men and women in all walks of life was strongly advocated by the California Federation of Business and Professional Women's Clubs at its state convention recently held at the Scottish Rite Temple.
Resolutions indorsing the Copeland-Diskstein nationality bill, and the equal rights amendment now before Congress, were passed. The World Court was also indorsed, providing that its code of law contains no inequalities based on sex. It was declared that the minimum wages laws for women in industry were not being observed, and that men and women should be subject to the same law in industry as in all human relations.
Women are in business to stay, declared Mrs. Eudora Ramsay Richardson, field representative of the National Federation of Business and Professional Women's Clubs, who addressed a gathering of over 750 women. She pointed out several laws of a discriminatory source in national, state and local affairs, and urged their elimination.
"The real lack to-day is not so much the ability to trade and create as the desire."—Roger W. Babson.
"From the beginning of time to the present day there has never been a great woman symphonic composer, nor a great woman architect."—Bentto Mussolini.

Snap Shots

London's (Eng.) telephone service lost 511 girl operators last year through marriage.
Stainless steel buttons made in Sheffield, England, are to be used on the summer uniforms of the police of that city.

Sun-bathing should only be done with great caution in the case of people with red hair or who freckle easily. The best patients for surgical work are the lower-class Chinese, who are said to be less liable to shock than other races.
A slice of Christmas pudding sent from Gt. Britain to an English girl resident in Paris was subject to duty under seven headings, apart from the actual postage fee.
In a piano, which had been standing for some years in an unoccupied house, a New York dealer found a squirrel's nest well stocked with nuts.

Artificial sunshine and a better knowledge of feeding are two of the principal reasons for a lower death rate among the animals at the London, England, Zoo.
Sugar from sawdust and the transformation of ordinary fish oil into perfumed toilet soaps are two possibilities engaging the attention of scientists.
Out of the 30,000 divorced persons in England and Wales, twenty-five per cent. live in London. About 3,500 marriages are now dissolved each year.
Two out of every three families in London, England, have only part of a house to live in; 60,000 families have only one room, while 135,000 families have two rooms.

So high is the standard set for girl operators in the London (Eng.) Telephone Service that out of every hundred candidates for posts only about fourteen are finally accepted.
Taxpayers who do not pay up in Turkey are to have a bad time, if a novel suggestion, whereby six drummers will perform outside their houses for one hour a day, becomes law.
Air travel is becoming more popular. Travellers between London and Paris for the first three months of this year showed an increase of sixty per cent. on the number for the same period last year.
The total world mileage of motor roads is 6,668,000, of which 1,225,700 are in Europe. Gt. Britain ranks third among European countries in this respect. The figures are: France, 392,500 miles; Germany, 217,935, and Great Britain, 179,736.

Because of the declining birth-rate and other factors, it is estimated that the number of children of five and over in English Elementary schools during the next fifteen years will decrease by over one million.
Out of 311,347 marriages registered in England and Wales in a recent year, twenty-two bridegrooms and 779 brides were sixteen years of age. In three cases both bride and bridegroom were sixteen only.
Losses due to fires during the first quarter of this year show a remarkable decrease. In the first three months of 1929, damage worth £4,691,000 was done; in the same period this year the figure had dropped £2,055,200.

The peculiar heavy leather hats worn by the fish-porters in Billingsgate Market, London, weigh between five and six pounds each and cost 30s. It takes fourteen hours' work to make a hat, as each one contains hundreds of nails.
Bit of Wood Shows America of Aeons Ago
Berkeley, Calif.—From a tiny fragment of wood found in the hills near Peiping, a picture of America tens of millions of years ago is expected to be drawn by Dr. Ralph W. Chaney, head of the department of paleontology, University of California.
Dr. Chaney, in a statement made just before he left here for a trip of several months in northern Asia, declared: "This fragment of wood not only demonstrated the fact that the earliest known human inhabitant of Asia knew the use of fire, but also tells something of the nature of country which he occupied."
"At various other points in north-eastern China there are deposits which contain fossil plants. One of the most interesting is a fossil of redwoods much like the modern redwood of California. The relationship of the forests of North America and Asia may be traced by a study of these fossils, and since animals always have depended on plants for food, we may conclude that if plants have migrated between these continents, animals and men have also."

Lovelorn Tip Best Says Taxi-Driver

Pierre Erligman, Driving Thirty-three Years, Has Covered Distance of Nearly Million Miles

People who tip best are young and loving couples, says M. Pierre Erligman, of Paris.
And he should know, for he has driven a taxi in Paris for the last 33 years and has covered a distance of nearly a million miles.
"Out of thirty fares," he says, "you can always count on one lovolora couple. And the man will be very generous with his tip, giving as high as from 30 to 40 per cent. of the fare."
Then he added sadly: "The same man, later on, married to the same girl, isn't so generous."
Erligman's first taxi was of the type known in Paris as a "coffee grinder." He took part in the famous movement of troops to the Marne when every Paris taxi was commandeered.
Stations To Aid Silk Industry Burnt by Chinese Farmers
Shanghai.—Scientific efforts to improve Chinese sericulture have been seriously retarded near Hangchow, where a group of irate farmers burned two silk demonstration stations, destroying thousands of silkworm eggs. According to officials of the Reconstruction Bureau, the Chinese farmers in the Hangchow district object to improving the quality of their silkworms for fear of an increase in taxation.
The Reconstruction Bureau is attempting to improve the quality of silk produced in the Hangchow area has imported large quantities of superior silkworm eggs for the purpose of demonstrating how better silkworms can be bred and how they should be cultured. Demonstration stations were established at Yuhang, about twelve miles from Hangchow, and at Linan, twenty-two miles from Hangchow.
The first incident occurred at Yuhang, where a mob of farmers attacked the soldiers guarding the station, wounding three and putting the rest to flight. They then proceeded to set fire to the station, destroying a large quantity of silkworm eggs intended for the spring rearing.
Two hours later a similar scene was enacted at the demonstration station at Linan. Here several officials of the station were wounded and large property damage was inflicted.
The farmers have been skeptical of the real intentions of the Reconstruction Bureau and maintain that their own brand of silkworms is good enough for them.
To prevent aggravation of the dispute, between Chinese farmers and bureau officials, the Chekiang provincial authorities have now decided to suspend all proposed reforms regarding silkworm species, as devised by the Provincial Bureau of Reconstruction.

Highway Linking Liverpool and Manchester is Completed

The great commercial speedway that directly binds the manufacturing town of Manchester with the world-port of Liverpool was unofficially opened for some traffic on May 1 and then closed again. To await the official inauguration.

This enterprise has kept 2,000 men at work for four years, has cost nearly \$15,000,000, is 120 feet wide, including two curbed roads for fast and slow traffic, each 40 feet wide, and is almost the shortest distance between two points—being 27 of a possible 25 miles. The old road is very narrow and tortuous, and is 3 1/4 miles long between the respective town halls.
Thirty bridges had to be made to carry the road, which contains 24 "circuses," each 240 feet in diameter. The carriage-way is flanked along the entire length by a footpath, and an extensive scheme of planting has made the road like an avenue, with trees and privet hedges along the whole route and considerable stretches of flowers. The road will not only facilitate traffic between the two cities, but will assist traffic from Yorkshire on the one side, and when the Mersey tunnel is finished, from the Cheshire side also.

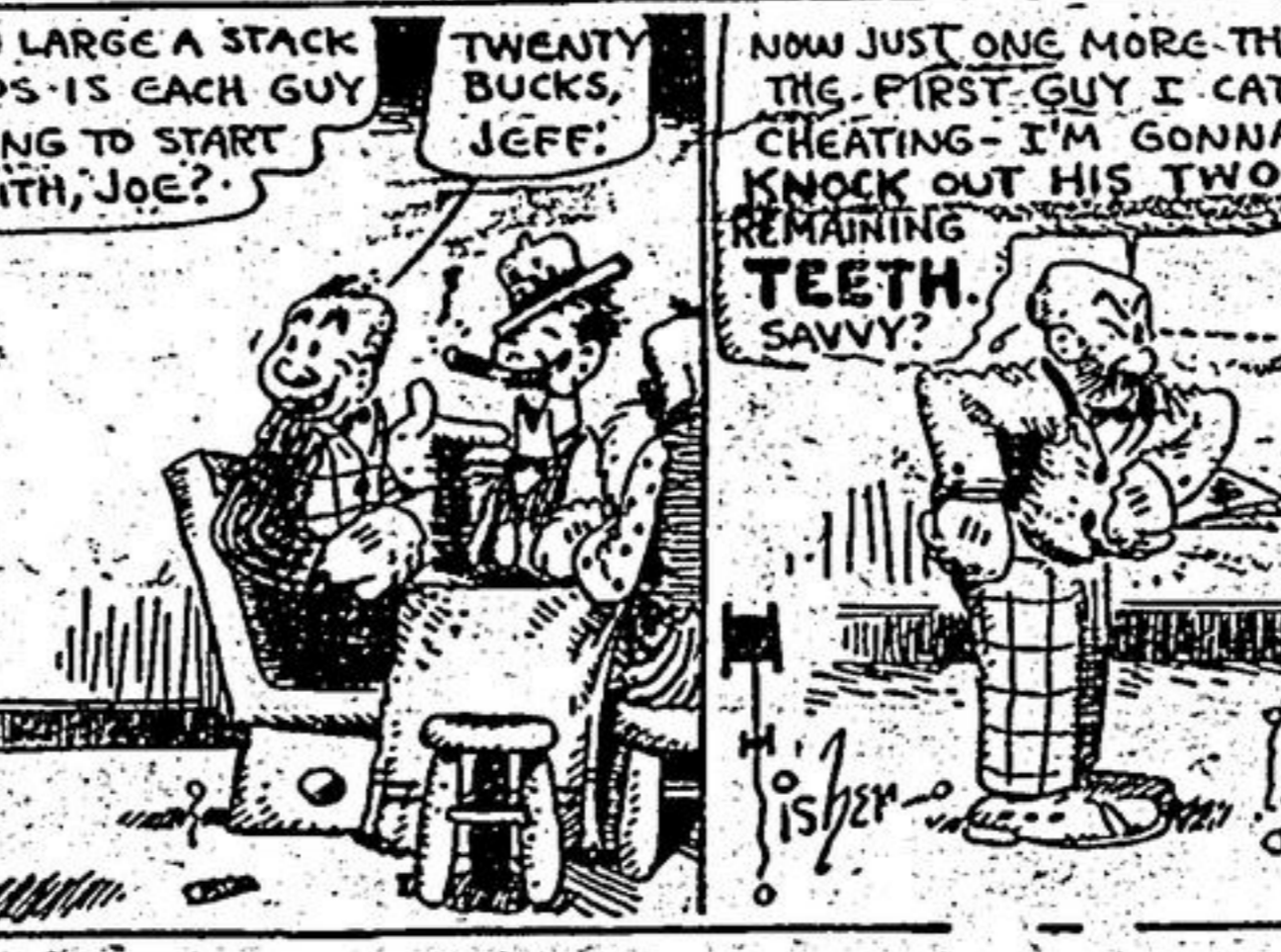
Decrease in Ontario Crime Laid to Unemployment

Toronto.—Adverse economic conditions have apparently had the tendency to keep people out of trouble, said Mr. C. F. Neelands, deputy-provincial secretary, in announcing a decrease in Ontario's prison population. At present only 26 prisoners throughout the province are awaiting transfer to the provincial reform institutions.
The number of prison sentences has dropped 26 per cent. from 1930 to 1932, he pointed out: "The population of Guelph Reformatory during the past three months has been reduced by 125. Burwash by 90, and Mimico 45. Force of circumstances which has tended to keep people at home of recent years was offered by Mr. Neelands as one reason for fewer criminal acts."

MUTT AND JEFF— By BUD FISHER



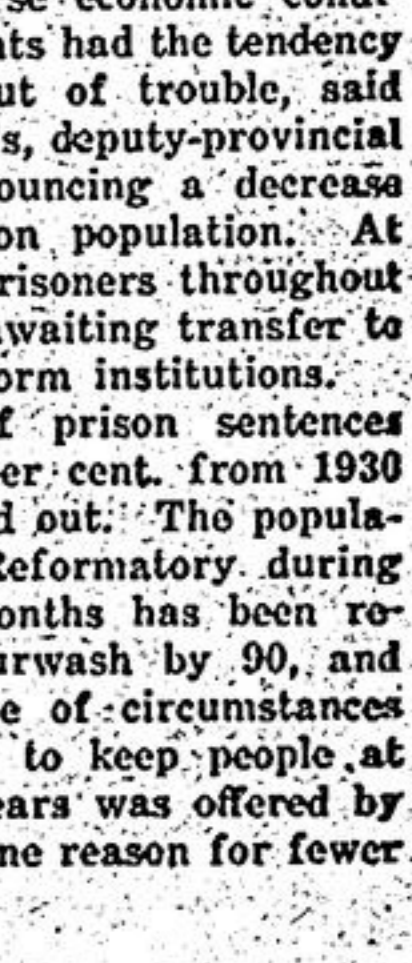
California Business Women To Demand Equal Rights



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