

## Woman's World

By Mair M. Morgan

FOR GLAMOR There probably isn't a woman in 1 1/8 teaspoon pepper all the world who doesn't want to be considered glamorous. Regardless of how many other nice things are said, she gets a special thrill whenever anyone even intimates that there's an air of glamor about her.

The dictionary says that glamor is a noun. meaning charm on the eyes, causing them to see things differently from what they are in reality. A designer who, by the way, is glamorous herself, insists that glamor is what makes a person stand out as a distinctly different individual.

The young couturie's theory probably a little more helpful to women who go in quest of the elusive trait. If you take the dictionary's definition literally you may start thinking that in trying to be glamorous you are replacing it with the illusion of something you are not. This, of course, is wrong. the contrary, as the designer hints the more individual you are, th more glamor you are apt to have. In other words, be yourself!

Remember that dowdiness is the antithesis of glamor. The most charming personality in the world can't make up for a dingy neck, soiled or unpressed clothes, stringy hair and makeup that is haphazardly

You feel better and have a more confident outlook when you know perfectly well that you're immaculately turned-out. And the minute you have a little swell of personal pride in your heart, your chances of being truty glamorous are doubled and re-doubled.

TAPIOCA TIP KEEPS

SANDWIGHES FRESH

Lord Sandwich had no intention of upsetting the world's party menus when he first ordered his roast beef between two slices of bread. The combination was so good that it became popular and has been ever since. But even in the eighteenth century, it was recognized that the filling had to be moist and flavorsome, the bread firm and fresh, to make a perfect sandwich.

For home parties the hostess has to make her sandwiches hours ahead; and thousands of Canadian women pack lunch boxes every day and worry about ways of keeping sandwiches perfectly fresh. The new minute tapioca will work miracles for them. No need to get the bread limp by having the filling soak into it for hours while the sandwiches are rolled in paper or a damp cloth.

This tapioca holds the moisture add to other vegetables. Season with in sandwich fillings and yet does not in any way interfere with the flavor of those clever appetizing combinations that everyone likes. table can be made into a soup of The tapioca helps to make chicken, the finest creaminess with minute fish, or cheese, go a long way, too. 1Sandwich Fillings

To prepare sandwich fillings, place liquid in top of double boiler and bring to a boil over direct heat. Combine minute tapioca and dry 21/2 cups rich milk seasonings, add gradually to liquid and bring to a brisk boil, stirring constantly. Place immediately over rapidly boiling water and cook minutes, stirring occasionally. Remove from boiling water. Combine remaining ingredients in order given; add to tapioca mixture and blend. Cool-mixture thickens as it

Chicken Salad Sandwich Filling 1 cup chicken stock

- 3 tablespoons minute tapioca
- 1 teaspoon salt 18 teaspoon pepper
- 14 teaspoon paprika
- 1 cup chopped cooked chicken 14 cup celery, finely chopped
- 2 tablespoons sweet pickles, chopped 1 tablespoon pimento, finely chop-
- 1 tablespoon vinegar 14 cup mayonnaise Makes 2 cups filling. Fish Salad Sandwich Filling
- 1 cup water 3 tablespoons minute tapioca

11/2 teaspoons salt 36 teaspoon paprika

1 tablespoon butter 1 cup flaked tuna or other ccoked

1/2 cup chopped pickles 2 tablespoons chopped pimento

1 tablespoon vinegar 1-3 cup mayonnaise Makes 2 cups filling.

Nippy Cheese Sandwich Filling 2 cups strained canned tomatoes. (juice and pulp)

2 tablespoons minute tapioca 1/8 teaspoon pepper

14 teaspoon dry mustard 21/2 cups (1/2 lb.) grated Canadian

beef, ground 34 teaspoon Worcestershire sauce Makes 21/2 cups filling.

Vegetable omelets are very popular on winter menus-for lunch, dinner, or interesting late suppers. Minute tapioca will hold the omelet high and fluffy after it leaves the heat-and every cook will agree that that is a miracle.

Vegetable Omelet 2 tablespoons minute tapioca

na teaspoon salt 1/8 teaspoon pepper

% cup milk

1 tablespoon butter 4-egg yolks, beaten until thick and lemon-colored

4 egg whites, stiffly beaten

Combine tapioca, salt, pepper, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes). and cook 5 minutes, stirring frequently. Add butter. Remove from boiling water; let cool slightly while beating eggs. Add egg yolks and mix well. Fold in egg whites. Pour into hot, buttered 10inch frying pan. Cook over low flame 3 minutes. Then bake moderate oven (350 degrees F.) 15 minutes. Omelet is sufficiently cooked when a knife inserted comes out clean. Fold carefully and place between the folds the vegetable mix-

ture made with 12 cup green peas 1/2 cup diced celery 2.3 cup diced carrots

2 tablespoons sliced onion 2 tablespoons butter Dash of salt

Dash of pepper Cook celery and carrots in small amount of briskly boiling salted water 20 to 30 minutes, for until tender. Drain. Heat peas in small amount of their own liquid. Drain. Saute onion in butter until tender;

salt and pepper. Corn recalls August / and golden kernels of delicious flavor. The vege-

Corn Soup

11/2 cups canned corn 1 cup meat broth or 1 cup water and 2 bouillon cubes

11/2 tablespoons minute tapioca

1 teaspoon salt 14 teaspoon sugar Dash of Cayenne

1/2 teaspoon scraped onion 11/2 tablespoons butter. Cook corn in broth 10 minutes;

force through sieve. Combine with milk, minute tapioca, salt, sugar, Cayenne, and onion in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes), and cook minutes, stirring frequently. Add butter. Serves 4 to 6.

Baked Apple Tapioca 3 cups water

2 tablespoons lemon juice 3 tart apples, pared and sliced 16 cup minute tapioca 1 cup light brown sugar, firmly

packed 1 teaspoon salt 14 teaspoon mace

3 tablespoons melted butter Combine water and lemon juice and pour over apples in greased

shallow baking dish. Cover and bake in moderate oven (375 degrees F.) 15 minutes or until apples are partially cooked. Mix together minute tapioca, % 'cup brown sugar, salt, and mace. Sprinkle over apples. mixing thoroughly. Add melted butter. Continue baking 10 minutes. Then stir well; sprinkle remaining sugar over apple mixture, and bake 5 minutes longer. Serve hot or cold with cream. Serves 6.

LIMA BEANS ARE

GOOD WHEN BAKED The dried pea, bean and lentil family have come down in the world a bit recently with word from the laboratory that they are incomplete protein foods and must be supplemented by egg, cheese and milk. All the same, they fill an important niche for phosphorus in good-sized quantities.

Long slow cooking is imperative to soften the tough fiber and make dried legumes palatable. When served to small children they should al-

so be rubbed through a sieve. You've probably often baked the navy bean, but did you ever serve the lima the same way? If not, try 114 cups (14 lb.) dried or cooked it for luncheon some cold noon with hearts of celery for 'a relish (there's a dish for you') and prune and almond Bavarian cream to follow.

Baked Lima Beans Two cups dried lima beans, 32 teaspoon soda, 2 sweet green peppers, 4 thin slices bacon, 14 'teaspoon pepper, 1 cup canned tomatoes, 1 cup hot water, 1/2 teaspoon

Pick over and wash beans. Cover with cold water and let stand over night. Drain from water, cover with fresh cold water and bring to the boiling point. Simmer five minutes and add soda. Let simmer one mintue longer. Drain and rinse in cold water. Put a layer of beans in a baking dish, sprinkle with shredded pepper and two slices of bacon cut in tiny squares. Continue until all the beans are used. Sprinkle with salt and pepper and pour over hot water and tomatoes. . Bake in a slow oven (300 degrees F.) for four

Prune and Almond Bararian One-half pound prunes, 1 orange, 11/2 tablespoons granulated gelatine, 34 cup sugar, 14 teaspoon salt, 2 tablespoons chopped almonds, 1 cup whipping cream.

Wash prunes thoroughly and cover with two cups cold water. Let stand over night. In the morning simmer in the same water until tender, adding the yellow rind of the orange pared very thin. Drain prunes from juice and cool. Soften gelatine in 4 tablespoons cooled juice. Add with sugar to one cup hot prune juice and stir over heat without boiling until gelatine is dissolved. Add one-half cup stoned and chopped prunes, juice of orange, almonds and salt. Stir over ice water until mixture begins to thicken. Then fold in cream whipped until firm. Decorate a mold with prunes, replacing the stones with blanched almonds and pour in gelatine mixture. Let stand on ice for several hours until chilled and firm. Unmold and serve with remaining prunes which have been stoned.

Looking over some copies of the Stratford Beacon of the year 1863 it was noticed that a number of references were made to items taken from other papers and credited to them. Many of these were given as matters of news rather than the expression of editorial opinion, and the reason would be there was no adequate facility for the sending out of news in 1863.

Among papers mentioned which are no longer in existence we noticed the following:

Owen Sound Advertiser, Chatham Union, St. Marys Standard, Clinton Courier, Hamilton Times, Toronto Leader, Chatham Clanet, St. Catharines Journal, Kingston American, Stratford Examiner, Galt Reformer, Guelph Advertiser, London News.

No doubt had there been more extended investigation there might edge of God." Also, Rom and: 25; have been a greater list, but the 8: 32. There were two counsels inpapers listed above were all in ex- volved in the death of Christ, a huistence 72 years ago while none of man one, on earth, a divine one, in them is in operation today under the the mind of God. "Ye by the hand same name. Failure and amalgamat- of lawless men." A reference, proion are the reasons.-Stratford Bea- bably, to the Roman soldiers, though con Herald.



mother, Mrs. Robert Lindsay in Montreal. Mrs. Griffith attended the opening of Parliament and Their Excellencies' Drawing Room in Ot-

# SUNDAY SCHOOLESSON

esson VI. February 10 - Peter Preaches at Pentecost. Acts 2: 22, 28, 36-41. Golden Text.-And Peter sald unto them, Repent ye, and be baptized everyone of you in the name of Jesus Christ unto the remission of your sins; and ye shall receive the gift of the Holy Spirit.

THE LESSON IN ITS SETTING. Time. A.D. 30 or 31, forty days after the crucifixion of our Lord, and, consequently, in the middle of May. les were gathered together, and then outside in some large area where many people were able to assemble, presumably near the temple area.

found in the New Testament outside of the Book of Acts (3: 12; 5: 35; rection; (3) Christ had himself an. There are 639 maps and about 250 such church vessels maintained by 13: 16; 21: 28), and informing us that nounced his resurrection; (4) the acrial photographs and panoramas. the United Church on the Pacific Peter's entire congregation was made whole plan of redemption demanded All are stamped "secret" in big Coast and aside from ministering to up of Jews. "Hear these words: Jesus of Nazareth." Peter's great commission was to preach Christ, The Change In Newspapers | not himself, nor some humanly con- | Psalm 16: 8-11. "I beheld the Lord ceived philosophy. He at once always before my face. For he is on turns the attention of his hearers to my right haand." The imagery may the Saviour, introducing him by one | be taken from that of the trials in of his human titles. "A man ap- which advocates stood at the right proved of God." The verb means hand of their clients. "That I should "to point out, to show forth, to de. not be moved." clare to prove what kind of a person any one is." "Unto you by mighty works and wonders and signs." The first word powers or mighty works, indicates the exercise of a power. The next word. wonders, indicates the effect produced by the power upon the mind of New Testament name for the abode other people. The last word, signs, indicates the value of the power and of the wonder it produced. "Which God did by him in the midst of you, even as ye yourselves know. Liter- as "the Holy One." "To see corrupally unto you (cf. John 12:37).

is one of the many different words Berlin Telegraph, Kingston News, used in the New Testament in speaking of the death of Christ. "By the determinate counsel and foreknowl-

the Samedrin had acted more lawof killing another.

"Whom God raised up." It was i according to God's counsel that Christ should be slain; it was also his counsel that Christ should be Place.—The city of Jerusalem, first raised again. "Having loosed the in the upper room where the discip- pangs of death." A figurative exwas not possible that he should be the war. In themselves they conprophesies had predicted his resurt the ebb and flow of battle.

"For David saith concerning him."

"Therefore my heart was glad and my tongue rejoiced; moreover my flesh also shall dwell in hope." . The reason for this hope is given in the next verse.

"Because thou wilt not leave my soul unto Hades." Hades is the of the spirits of the dead, and is often used as a synonym for the grave. "Neither wilt thou give thy Holy One." God is often spoken of tion." Christ's body saw no corrup "Him, being delivered up." This tion, for he was raised before such could take place."

ways of life. Thou shalt make me full of gladness with thy countenance." Better, being in thy pres-

fore know assuredly, that God hath ing of the war, the whole area being laboratory. made him both Lord and Christ. It completely devastated. - Overseas the preceding statements are true, and they undeniably are, this is the the hardened, hating Pharisees of only conclusion possible. There is 18

a sense in which through all years of public ministry he was God's anointed One, speaking the word of authority; both Lord and Christ, Here, however, the Apostle indicated the fact that at a crisis. definitely, positively, God did by one act make him both Lord and Christ. "This Jesus whom ye crucified."

(Hebrews 4: 12). The word trans- head of the list. ned against light and knowledge; eight naval architects. who have had the true light in their British women have never had midst, but have comprehended it not, their own Who's Who before, al-

forgive, to remit. "And ye shall re- count of "Pioneers," dating from the ceive the gift of the Holy Spirit," time when, at the end of the Seven-The Spirit of God would be a personal and an abiding possession.

to your children, and to all that are eral of the Salvation Army. afar off. Even as many as the Lord! our God shall call unto him.

"And with many other words he testified, and exhorted them." One of the many phrases in the historical books of the New Testament indicating that we have only a fragmentary; institutions. record of all that occurred in the crowded, glorious early days of the Church, "Saying, Save yourselves from this crooked generation." "Crooked" means something that is no longer conformable to law, to the right, hence wicked, perverse.

"Then then that received his word were baptized." To receive what Peter said was to acknowledge the less than they. "Did crucify and truthfulness of his statements and slay." The Greek word here trans a submission to what such truth delated "crucify" occurs only here in manded. "And there were added unall of the New Testament and means to them in that day about three literally, "to fasten to" something. thousand souls." The word trans-The verb translated "slay" simply lated added literally means to-place means "to put out of the way," and forward; that is the placing of ceris often used to express the idea tain things next to things already in existence, for the increase of that which is already in existence.

Haig's Maps

Lady Haig has lent to the Impression as though one were being perial War Museum all the maps usborn from the dead. "Because it ed by her famous husband during vessel. Now Pete Kelly, who coupholden of it." It was not possible stitute a complete day-to-day his- chieftainship, is the skipper. because: (1) death had no rightful tory of the Western front, illustrat-"Ye men of Israel." A phrase never claim over him; (2) Old Testament ing more clearly than in any book

> letters, and many are labelled "Com- the spiritual and physical needs of mander-in-Chief." One map, dated fishermen, lumbermen and Indians, The passage here quoted is from 11-11-18 tells at once why the Arm- among other service it transports; ill istice happened just when it did. persons to hospital. The German line had been almost straightened out, the troops were exhausted. Green dots show the German divisions known to be unfit, red ones denote the active troops. The four armies comprised 186 divisions, and on this map 184 of them are colored green.

> > Another map shows the final German push of July, 1918. Over 300 miles of front, the heavy black mark indicating the Hindenburg line bulges ominously where the Allied troops were forced back. It is perilously near Paris.

Among the photographs is one of looking across the valley of the police college at Hendon. 'Thou madest known unto me the Aisne and the German lines to the wooded ridge beyond. Corn still Lord Trenchard it was disclosed that stands in stooks and trees wave Dr. James Davidson of the Patholleafy boughs. Very soon afterwards ogical Department of Edinburgh this peaceful looking valley was the University, had been selected as the "Let all the house of Israel there- scene of some of the fiercest fight- officer to take charge of the new Daily Mail.

#### Women's Who's Who In England Reveals Variety of Callings

London' - Domestic servants numbering 1,148,698, are the second larg, est group of women wage earners in Britain, according to the Women's "Now when they heard this, they Who's Who for 1934-35, the first of were pricked in their heart." The its kind in Great Britain, Textile and Word performed its office as a sword clothing workers totalling 1,496,580,

lated "pricked" is the same word Women teachers number 311,994. found in Genesis 34: 7. "And said There are 5,600 doctors among Britunto Peter and the rest of the apost- ish "working" women, aand 116 soles, Brethren, what shall we do? licitors. There are 200 engineers, To escape the penalties which must 400 dentists, 2,737 public health offifall on the nation that has so sin- cers, 519 chemists, 194 architects and

and have crucified the Lord of glory. | though a desire for it has been ex-"And Peter said unto them, Repent pressed constantly since the days of ye." The Apostles began, as the the World War. The volume now Baptist began (Matthew 3, 2) as the produced, however, has met the de-Christ himself began (Matthew 4: mand and contains nearly 400 pages 17, Mark 1: 15), with the exhorta- giving the names and addresses of heart and life, not to mere regret well-known women together with for the past: "And be baptized every summaries of the work they are doone of you." First the inward ing. These details were collected change, and then submission to the questionnaires which were sent out external rite: "In the name of Jesus and subsequently classified by the Christ." The one whom they had members of an advisory committee. crucified, but whom God had made! But the book contains more than both Lord and Christ. "Unto the re- this. Brief sketches dealing with the mission of your sins." Remission general progress of women during comes from a verb that means "to the past century or more are consend away," hence, to give up, to tained in it. There is a short acteenth Century; Mary Astell conceived the idea of a woman's college, to the time when, this year, Evangeline "For to you is the promise, and Booth became the first woman gen-

There is a list of famous women dating back to Judith and Aspasia and Artemisia, a bibliography containing the titles of books which deal especially, with women, a list of women's papers, and a list of women's associations, clubs, societies and

#### Mission Nurse to Have First Holiday in Three Years

Prince Rupert, B.C.-The first , break in three years of skirting the rugged shores of British Columbia's northern mainland aboard the United Church mission ship Thomas Crosby is in sight for Mrs. Archie F. Scott, a native of Lawrence Station.

At the end of January the mission nurse, who has spent but three nights on shore in the last three years, will disembark here for a vacation.

Seldom has the little mission ship stayed more than a day or two in any of the 84 ports on its route, which extends from Alert Bay to the Skeena River, far up on the northern coast near Alaska.

Mrs. Scott's husband is engineer on the ship and until recently her brother-in-law, Rev. R. C. Scott, was captain and missionary of the little les his Irish name withan Indian

The ship carries hospital equipment and a physician, Dr. Arthur

### Scotland Yard Will Soon Have Crime Laboratory

Pathology to Become Important Branch Under Expert, Particularly In Cases Of Murder.

London,-Scotland Yard is to make one of its most important innovathe first panoramas taken - just tions in the course of the next few. after the retreat from Mons. The weeks, when it establishes its own view is from Haig's headquarters scientific crime laboratory at the

In an official statement issued by

Dr. Davidson is to join the Metropolitan police almost immediately. The appointment is due directly to 17 the intervention of Lord Trenchard, who has personally interviewed Dr. Davidson and other pathologists who were considered in connection with the post.

It is understood that Sir Bernard Spilsbury refused the appointment on account of the magnitude of his work for London coroners and for the Home Office.

Lord Trenchard and his advisers have long debated the problem of forming such a crime laboratory. . . Cases have been inquired into as murders and expert Yard chiefs have devoted their time and public money to solving them when an ex-

amination by a criminal pathologist would have solved the problem without the Yard being called upon.

One recent case was regarded as a murder following a preliminary medical examination, A midnight Yard message to Sir Bernard Spilsbury and an inquiry by him speedily disposed of the "Murder", and the Yard men were at once called

MUTT AND JEFF-By BUD FISHER JEFF I FEEL LIKE HAVING FISH FOR HOW'S THE FISHIN, BOY? DINNER - GO OVER AND FIND OUT IF THAT NOTYET, MUTT, BUT DID YOU CATCH ANYTHING FAT ESKIMO CAUGHT ANYTHING YET! HE WILL IF I DON'T GET BACKTOTHE BOAT!