



Woman's World

By Mair M. Morgan

SANDWICHES FOR ALL OCCASIONS

Sandwiches are what we make them. They may be make-shift bites, with little to be said in their favor, or dainty morsels that bring bursts of praise to the hostess whenever they are placed before guests.

It is far too easy to put a piece of ham or cheese between two slices of bread and call it a sandwich. We are likely to get into this food rut if we do not watch ourselves.

But the woman who prepares her sandwiches as carefully as she bakes a cake will be repaid amply in respect and compliments. Sandwiches should be dainty—whether for the school or factory lunch box; a picnic; a bridge lunch or a buffet lunch.

Combination sandwich fillings should be cultivated. Instead of using plain cheese use a combination of cheese and mustard pickles. As a matter of fact the pickle shelf can be used the whole year round to build up attractive sandwiches for the lunch box. When you do not desire to include pickles of some kind in the actual filling, two or three pickles, wrapped in waxed paper, may be thrust into a corner of the lunch box and you may rest assured that they will seldom if ever come back to you at night—or for a buffet lunch, various kinds of pickles may be placed near the sandwich tray.

Here are several recipes showing how pickles of various kinds may be used in sandwiches.

2 large sweet pickles (1/4 cup, finely chopped)
1/4 cup celery, finely cut
1 tablespoon mayonnaise
2 teaspoons catsup

Combine chopped sweet pickles and celery. Blend with remaining ingredients. Spread this filling on slices of buttered bread.

Hot Ham Sandwich
Have ready hot buttered toast, two slices for each sandwich, and lightly broiled sliced ham cut very thin. Arrange a slice of the ham on a slice of the toast. Add a bit of prepared mustard and cover with minced sweet pickles. Put the top slice of toast in place. Serve at once.

Bacon and Pickle Sandwich
6 slices crisply broiled bacon, chopped
3 medium-sized dill pickles, chopped
1/4 cup mayonnaise

Combine bacon, pickles, and mayonnaise. Spread on buttered bread. Makes 6 sandwiches 4 x 4 inches.

Savory Minced Cheese Sandwich
1/2 pound American cheese
1 tablespoon butter
1 teaspoon mustard sauce from mustard pickles
1/4 cup mustard pickles, finely chopped
Salt
Paprika

Allow cheese to stand in a warm place to soften. Mash the cheese and blend with butter. Add remaining ingredients. Spread on thinly sliced whole wheat or rye bread, buttered.

FRENCH FRIED EGG PLANT
Peel the eggplant and slice it as thin as possible. File the slices on a plate, put a plate on top of the pile and a weight on top of that. Let stand for an hour, pouring off the water that drains out. Then dip each slice in egg, roll in cracker crumbs and fry in deep fat. Each slice should be brown and crisp.

VEGETABLE RELISHES
During the jelly-making and preserving season your bottle of fruit pectin is used regularly with fruits and berries. Remember that it lends itself to use in delicious vegetable relishes as well. Here are two that should be upon the shelves of every preserve closet.

Tomato Relish
3 cups (1 1/2 lbs.) prepared tomatoes
6 1/2 cups (2 3-4 lbs.) sugar
1 bottle fruit pectin

To prepare tomatoes, scald, peel and crush about 2 1/2 pounds ripe tomatoes, or use canned tomatoes. Boil 4 cups crushed tomatoes 10 minutes, uncovered, stirring occasionally. Add 1/4 cup lemon juice and grated rind of 1 lemon. (For use with meats, add 1/2 teaspoon each ground cloves, allspice, and cinnamon, or Worcestershire sauce to taste.) Measure sugar into large kettle. Add prepared tomato, filling up last cup with water if necessary. Mix well and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove kettle from fire and stir in bottled fruit pectin. Skim; pour quickly. Paraffin at once. Makes about 9 glasses (6 fluid ounces each).

Pepper Relish
2 cups (14 oz.) prepared peppers
7 cups (3 lbs.) sugar
1 1/2 cups apple vinegar
1 bottle fruit pectin

To prepare peppers, cut open about 1 dozen medium peppers and discard seeds. For best color, use equal amounts green and red sweet peppers. Put through food chopper twice, using finest knife. Drain pulp in sieve.

Measure sugar, vinegar, and prepared peppers into large kettle, packing each cup solidly until juice comes to top. Mix well and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from fire and stir in bottled fruit pectin. Then stir and skim by turns for just 5 minutes and cool slightly to prevent floating fruit. Pour quickly. Paraffin hot jam at once. Makes about 10 glasses (6 fluid ounces each).

JELLIES
Plan your jelly closet now. Next winter, when hungry palates yearn for fresh fruit and berry flavors, you will be thankful many times over that you stocked up with these jams and jellies:

Red Raspberry and Currant Jelly
4 1/2 cups (2 1/4 lbs.) juice
7 cups (3 lbs.) sugar
1 bottle fruit pectin

To prepare juice, crush thoroughly about 1 1/2 pounds fully ripe currants. Add 1/4 cup water, bring to a boil, and simmer, covered, for 10 minutes. Crush thoroughly 1 1/2 cups fully ripe raspberries. Combine fruits. Place fruits in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan; mix. Bring to a boil over hottest fire and at once add bottled fruit pectin, stirring constantly. The bring to a full rolling boil and boil hard 1/2 minute. Remove from fire, skim, pour quickly. Paraffin at once. Makes about 11 glasses (6 fluid ounces each).

Spiced Blueberry Jam
4 1/2 cups (2 1/4 lbs.) prepared fruit
7 cups (3 lbs.) sugar
1 bottle fruit pectin

To prepare fruit, crush or grind about 2 pounds fully ripe blueberries. Add 1 teaspoon each cinnamon, cloves, and all-spice or any desired combination of spices.

Measure sugar and prepared fruit into large kettle, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in bottled fruit pectin. Skim; pour quickly. Paraffin hot jam at once. Makes about 12 glasses (6 fluid ounces each).

Boon (?) To Motorists



M. Robinson, a Surrey, England motorist, is displaying a gadget, which ought to prove helpful to careful and abused motorists. It is an exposed speedometer, fitted to the front of his car. The instrument has three faces and shows the speed of the car at all times.

Blackberry Jam
4 cups (2 lbs.) prepared fruit
7 cups (3 lbs.) sugar
1/2 bottle fruit pectin

To prepare fruit, grind about 2 quarts fully ripe berries or crush completely one layer at a time so that each berry is reduced to a pulp. Measure sugar and prepared fruit into large kettle, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 3 minutes. Remove from fire and stir in bottled fruit pectin. Then stir and skim by turns for just 5 minutes and cool slightly to prevent floating fruit. Pour quickly. Paraffin hot jam at once. Makes about 10 glasses (6 fluid ounces each).

HOUSEHOLD HINTS
Add Lemon Juice
Before frying the fish, try adding a tablespoonful of lemon juice to the egg in which the fish is to be dipped. It imparts a delicious flavor.

To Clean Coral Beads
To clean coral beads, dip them in and out of a pint of lukewarm water into which a teaspoonful of borax has been dissolved. Rinse in clear water.

Sewing Silk
When sewing silk on the sewing machine, pin a Turkish towel over the end of the table on the machine and it will prevent the silk material from slipping.

Removing Mattress Stains
A stain on the mattress can usually be removed by applying a paste of raw starch water. After the paste has dried thoroughly, brush it off with a stiff brush.

Boiled Eggs
The dark ring often seen around the yolk of a hard boiled egg can be prevented if the egg is boiled no longer than fifteen minutes and then placed in cold water.

De-Stoning an Olive
To "turn" or remove the stone from an olive use a small, sharp knife, and, commencing at the stem end, peel round and round until the stone comes away, leaving the olive a rounded strip that can easily be fitted together.

"I have never met a successful man who isn't wrapped up in his work simply for the sake of the work, simply because he loves it."—Rudy Vallee.

"War may be hell, but its aftermath is one long and glorious Old Boy's Dinner."—A. A. Milne.

Sunday School Lesson

TIMOTHY (A CHRISTIAN WORKER IN TRAINING). — 2 Timothy, Chapter 1. **GOLDEN EXT.** — Give diligence to present thyself approved unto God, a workman that needeth not to be ashamed, handling aright the word of truth. — 2 Tim. 2:15.

THE LESSON IN ITS SETTING
TIME. — The second Epistle to Timothy was the last letter that Paul wrote, probably 66 A.D.

PLACE. — Timothy, at this time, it is supposed, was in the city of Ephesus.

"Paul, an apostle of Christ Jesus through the will of God." The second Epistle to Timothy is the last letter that Paul wrote, as far as our knowledge goes, and it is in many ways the tenderest of all his Epistles.

"To Timothy, my beloved child; Grace, mercy, peace, from God the Father and Christ our Lord." The first mention of Timothy, the friend for whom St. Paul's personal preference was the greatest (J. S. Howson), was near the beginning of Paul's second missionary journey, about A.D. 51, when Paul was traveling through Asia Minor.

"I thank God, whom I serve from my forefathers in a pure conscience, how unceasing is my remembrance of thee in my supplications, night and day. 4. Longing to see thee, remembering thy tears, that I may be filled with joy." As the cheerless days in the deep prison close and open upon him; as he lies waking in the night; as he sits thinking, alone or with Luke, when the pale light shines again; he is continually telling the Lord about Timothy, and asking for mercy and cheer and the drying of a tear, that Paul may see him once again in the perfect joy of his aging and yearning heart. With that instinct of retrospect which is frequently so strong in dying men, he reaches back to his "fathers" and feels their spiritual oneness with himself before their God. Thus, thinking of his "fathers," he expresses now a yet tenderer affection towards his "dear child."

"Having been reminded of the unfeigned faith that is in thee; which dwelt first in thy grandmother Lois, and thy mother Eunice; and, I am persuaded, in thee also." Timothy, like the writer, has a family religion behind him. This does not necessarily imply that Lois and Eunice had become Christians, though it is probable. The language might have been used by St. Paul of religious Jewesses, who had trained the young Timothy in the Jewish expectations of a Messiah (cf. 3:15).

"For which I put thee in remembrance." The older man felt himself a protector; the younger clung to his support. Paul realized that he had adopted this youth, become sponsor for him in the eyes of heaven.

"That thou stir up the gift of God, which is in thee through the laying on of my hands." The late Prof. Arthur S. Way translates this phrase, "and for this reason I do now remind you to kindle into a brighter flame the gracious gift of God."

"For God gave us not a spirit of fearfulness; but of power and love and discipline." The noun here translated "fearfulness" is used only here, the verb in John 14:27; the adjective in Matt. 8:26; Mark 4:40; Rev. 21:8. It means the drawing back from something to which God has truly called us; the refusal, it may be under the pretext of humility, to undertake a task or responsibility which is clearly our duty to undertake.

"Be not ashamed therefore of the testimony of our Lord." For, in behalf of the Cross, the Cross of Christ recalling the very words of Christ, when he first declared "the Cross," "whosoever shall be ashamed of me," "Nor of me his persecutor." He is a prisoner; he is also "in Christ" Eph. 1:13. The expression also suggests the thought that his earthly imprisonment is ordered by the Lord, not by man.

"But suffer hardship with the gospel according to the power of God." That is true not in any natural fortitude, but drawn on that divine strength which has been given you.

"Who saved us, and called us with a holy calling." That is, he called us to holiness.

"Not according to our works, but according to his own purpose and grace." He places beneath Timothy the eternal arms of God Almighty.

"Which was given us in Christ Jesus before time; eternal." Literally, before the ages of time, as in Titus 1:2; Rom. 16:25.

"But hath now been manifested." The word here translated manifested means to make visible, to make known, thus of Christ coming out of Galilee (John 7:4), of Christ manifesting himself after his resurrection (John 21:1), of Christ manifesting himself at his first Advent (1 Tim. 3:16; Heb. 9:26; 1 John 3:2).

"By the appearing of our Saviour Jesus Christ." This is a slightly different word from the preceding and from it comes our word epiphany. The original means primarily, "to bring light."

"Who abolished death." The word here translated abolished means "to render idle, inactive, inoperative, to deprive of strength," and is used in reference to death also in 1 Cor. 15:26. "Christ abolished death by introducing us to spiritual life, so that physical death is no longer a penalty, but is henceforth but the gate of life immortal" (John 11:26).

"And brought life and immortality to light through the gospel." The gospel first gave to a future world clearness and distinctness, shape and outline; the gospel first made it a positive district and region on which the spirit really reposes, and which stretches out on the other side the grave with the same solidity and extension with which the present world does on this side of it.

"Whereunto I was appointed a preacher, and an apostle, and a teacher." Cf. 1 Tim. 2:7; Gal. 2:9.

"For which cause I suffer also these things; yet I am not ashamed." Cf. v. 8 and Rom. 1:16. The suffering which he was enduring, was, of course, his imprisonment at Rome with the near prospect of death.

"For I know him whom I have believed, and I am persuaded that he is able to guard that which I have committed unto him against that day." The word here translated "committed" always implies the situation of one who has to take a long journey and who deposits his money and other valuables with a friend, trusting him to restore it on his return. The committing is always that of the depositor; the duty of the friend is to guard.

"Hold the pattern of sound words." The word translated "pattern" here means "outline."

"Which thou hast heard from me, in faith and love which is in Christ Jesus." Dogma, as such, often creates prejudice; but the remedy is not to do away with dogma, but to hold it in faith, i.e., personal surrender and Christian love.

Outknits 100 Women

Boston—Skill he learned at his mother's knee in Nova Scotia 47 years ago won the knitting title for John F. Cann.

John outknitted 10 perspiring women at the knitting and spinning contest here last week.

He arrived late—as a matter of fact the contest was half finished—but his dexterity with the long white needles won him a prize of a dozen skeins of yarn at the end of the race.

John paused long enough during his operations on a red stripe of the United States flag to explain that he was taught to knit in Yarmouth, N.S., when he was a lad of three.

"Someone had to help mother out," he explained, "because I had five other brothers who were very hard on their knitted stockings."

"I've knitted ever since, and I find it helpful in supporting my invalid wife in New Hampshire."

"No thoroughly occupied man was ever yet miserable."—Landon.

Strong, pure and happy thoughts build up the body in vigor and grace. However deceitful hope may be, yet she carries us on pleasantly to the end of life.—La Rochefoucauld.

"That good thing which was committed unto thee guard." The thought of his own deposit with God suggests that deposit which Christ has left with him, a far more precious and ideal thing.

"Through the Holy Spirit which dwelleth in us." God must cooperate with man if man's efforts are to be successful.

Daughter "Suited" For School



Daughter is never too young to be smart, just so long as she is also suitably clad.

Here's a darling little dress of wooly cotton weave, that just "pretends" a blouse and skirt. It has a cute "boy" collar. And the wee jacket doesn't hide it either, for it's collarless on purpose.

The wooly novelty crepes in plaids or checks, so smart, are also charming for it.

Style No. 2973 is designed for sizes 8, 10, 12 and 14 years. Size 12 requires 31/8 yards of 39-inch material with 11/8 yards of 35-inch contrasting and 3/4 yard of 1-inch for neck bow.

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.

SYNTHETIC MUSIC

"Acoustic Design" Applied To The Art Of Moving Film

Some two years ago Rudolf Pfenninger of Munich produced the necessary music for a sound film not by playing and recording it but by drawing it on paper with a pen and brush and then transferring it photographically to the sound track of a film. Here was abstract music, if ever there was anything abstract.

Undeterred by the fact that the musicians who heard some of Pfenninger's hand-drawn music thought it sounded like bad broadcasting rendered audible by the worst of obsolete loud-speakers, the Russians are captivated by the idea. Half a dozen scientists are experimenting in Soviet laboratories and producing synthetic music (usually well-known melodies) for motion picture cartoons.

Photographing Tones
That a musical tone can be photographed every high school student of physics knows. Jagged peaks and valleys appear on most pictures. Do, re, mi, fa as played on the piano look on a photograph like a saw or a comb. It takes more patience than skill to copy the teeth on paper, re-photograph the copy on a sound track and thus make a record, which when played sounds like the original melody.

Every musical tone consists of a fundamental and overtones or harmonics. The fundamentals of all tones are alike, but the overtones differ. It is the difference that accounts for the characteristic timbre of violin, piano, horn, flute and other instruments. By drawing a picture of a comb and giving the teeth fanciful shapes it is obviously possible to obtain something which, when photographed and played, may or may not sound like anything ever heard in heaven or on earth.

Sing's notes or a few bars of a song can be synthesized by this method. But when it comes to fast, complex melodies, like the allegro of a symphony, it is evident that the musical draftsman has his hands full. Pfenninger managed to make something of the broad, simple melody of Handel's familiar Largo, but seems not to have attempted anything more ambitious.

If this method of synthesizing music has any merit at all, it is clear that it must be simplified and mechanized, so that the labor of putting it down in black and white is not too arduous and costly. The Russians think so, too.

There is N. Voinov of Moscow, for example. He has been building up a library of musical cut-outs. Beginning with the piano, he drew a set of eighty semitones. These he can photograph in various combinations.

If he wants a given long note, he simply reproduces its picture over and over again. By this method and by arranging the available notes in the proper order he made a recognizable three-minute sound film of Rachmaninoff's much-played C sharp minor prelude and of the "White Monkey" fox trot.

Labor-Saving Device
But E. Sholpo of Leningrad finds this still too complicated and tedious. He cuts out geometric patterns in a disk, whirls the disk as he projects their images on a screen. Behold! Jagged comb, or saw teeth, which, when photographed on a film, can be converted into musical sounds. This saves a tremendous amount of tedious drawing.

Play a Sousa march on the phonograph at one speed of revolution and the notes well out at a certain pitch. Increase the speed and the march is played not only faster but at a higher pitch. So when Sholpo wants to make notes shriller he simply spins the disk faster. On the other hand, slower speeds give him lower notes.

With such disks he managed to piece together photographs of images which, on the sound track of film, played the largo of Dvorak's "New World Symphony" and the hackneyed Toreador's song from the opera "Carmen."

It may be that in what the Russians call "acoustic design" we have the beginning of a new art which supplements that of the animated cartoons. It is not likely that the richness of a Beethoven symphony or of a Wagnerian opera can ever be put down in black and white saw-tooth silhouettes. On the other hand it may be possible to create just the bizarre effects which a Walt Disney may want and which may lie beyond the scope of any instrument—even of the versatile electron tube.

"It is man himself who judges his own conduct and awards punishment in the form of remorse or reward in the form of inward peace."—J. S. Haldane.

"To be easily master of oneself in every situation is a fundamental requirement of every great lady or gentleman."—Emily Post.

If a man had his essential garments depending on the fragile straps the women do theirs, he would get nervous prostration worrying about them.

FU MANCHU

By Sax Rohmer



Inspector Weymouth handed Nayland Smith Cadby's keys and a card with the detective's address, after telling us who to find Cadby's case-book. "We haven't a second to waste, Patrie," Smith said. "Fu Manchu wants those records, too!"



"But we had ridden only a few hundred yards along Wapping High Street when Smith called to the driver: 'Stop! Stop!' He seized the door-handle as the cab slowed down. 'We must have it, Patrie,' he cried. 'I have left it behind. That pigtail!'"



"At the cab door Smith handed me Weymouth's card. 'Don't wait for me,' he directed hurriedly. 'Remember Weymouth said the book was in the cupboard. It's all we want. Meet me at Scotland Yard.'"

THE SEVERED FINGER—Too Late?



Cadby's case-book, with its damning evidence, was it already in Fu Manchu's hands? "Do you think Fu Manchu is going to leave dynamite like that lying around?" Smith had argued. "It's a thousand to one he has the book already, but there is just a bare chance..."

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