

# Woman's World

By Mair M. Morgan

### EMERGENCY TASTIES

Here are two receipts for delightful dishes which require only a few leftovers and the ordinary staples of the pantry, ice box and emergency shelf. Try them when unexpected company arrives, or when you desire something "different":

#### Roast Boston

- 1 tablespoon onion, minced
- 2 tablespoons fat
- 2 cups baked beans, mashed
- 1 egg slightly beaten

Salt, pepper, paprika

- 2 cups cracker or dry bread crumbs
- ½ cup cooked tomatoes
- 3-4 cup mustard pickle, finely chopped

Cook onion in fat until tender. Add remaining ingredients. Season to taste. Blend thoroughly. Turn into greased loaf pan. Bake in moderate oven (350 degrees F.) 40 minutes.

#### Corned Beef Hash Puffs

- 2 cups corned beef hash
- 2 eggs
- 2 tablespoons chopped dill pickles
- ½ cup water

Parsley

- 1-3 cup catsup

Add well-beaten egg yolks to corned beef hash and mix thoroughly. Fold in stiffly beaten egg whites and drop hash mixture by spoonfuls onto buttered baking sheet. Place under broiler or in brown. Combine catsup, chopped pickles and water, and heat to make a sauce. Top puffs with hot sauce, garnish with parsley and serve immediately.

### AUTUMN BANANA DISHES

Now that bananas are plentiful and inexpensive, you may enjoy these delightful tasties as often as you wish. Try them, and you will immediately place both recipes in your permanent file.

#### Bananas en Casserole

- 6 small bananas
- 1 glass currant or grape jelly
- 1 cup boiling water
- 1 lemon

Peel the bananas. Remove the coarse threads and divide in quarters, cutting first crosswise and then lengthwise. Place in a greased casserole and pour over them a sauce made by melting the currant or grape jelly in the boiling water, and mixing with it the juice of a lemon. Cover the casserole and bake until the bananas are tender. The cover may be removed at the last moment and the bananas sprinkled with granulated sugar and allowed to brown slightly. Serve as an entree with game, mutton or beef.

#### Banana Fritters

- 6 bananas
- 2 tablespoons sugar
- 3 tablespoons orange juice

Fritter batter

Peel bananas, cut each in two and split each half. Place the pieces in a bowl with sugar and orange juice and let them stand for one hour. Drain the fruit, dip in batter and fry in deep fat.

### STILL MORE WAYS TO USE TOMATOES

When tomatoes are big and meaty and rich red, serve them every-day plain raw, in salads or cooked.

A grand combination is veal cutlets with grilled tomatoes. Of course, when you serve cooked tomatoes, you can't serve them as a salad, but cabbage is good now and then, and a cabbage salad with sour cream dressing adds just the right touch to this menu.

#### Grilled Tomatoes

Wash tomatoes and cut in slices about ½ inch thick. Sprinkle lightly with sugar, salt and pepper and dip in fine cracker crumbs. Brown quickly in butter in a frying pan on one side and then on the other. Serve at once.

#### Veal Cutlets

Veal steak cut ½ inch thick, 1 egg, 2 teaspoons melted butter, fine dried bread crumbs, 1 teaspoon salt, ¼ teaspoon pepper, 1 cup water.

Cut the steak in neat pieces about the size of a silver dollar. Season with salt and pepper and dip in melted butter. Roll in crumbs, dip in egg slightly beaten and roll again in crumbs. Sauté until well browned on both sides. Add water, cover closely and simmer slowly for forty-five minutes. If the oven is going for baking, cook the cutlets, closely covered in the oven. Serve with the gravy in the pan.

#### Baked Tomatoes and Cheese

This is a splendid luncheon dish, serve it with toasted rolls and a fresh fruit salad. Iced chocolate or iced tea may accompany it.

Four firm large tomatoes, 1 cup soft bread crumbs, ¼ pound Canadian or Swiss cheese, ½ teaspoon salt, ¼ teaspoon pepper, ¼ teaspoon mustard, ¼ teaspoon Worcestershire sauce, 4 thin slices bacon.

Wash tomatoes and scoop out seeds. Season bread crumbs with salt, pepper, mustard and Worcestershire sauce. Slice cheese in thin silvers. Put alternate layers of cheese and crumbs in scooped out tomatoes until filled to the top. Put a strip of bacon across each tomato. Put in a shallow pan with a little water in the bottom and bake thirty minutes in a moderate oven (75 degrees F.)

Another good tomato and cheese dish is in the form of a scallop.

#### Scalloped Tomatoes and Cheese

Four firm tomatoes, ½ cup bread crumbs, 4 tablespoons grated cheese, butter, salt and pepper, sugar.

Wash tomatoes and cut out stem end. Cut in thick slices and fry slowly in butter. Put them carefully in a shallow baking dish, sprinkle with salt, pepper and sugar and cover with cheese mixed with bread crumbs. Dot generously with butter and bake in a hot oven (400 degrees F.) until brown on top. Serve from baking dish.

This tomato dish is especially good with baked fish. It's also an excellent lent vegetable dish for when you plan to be out in the afternoon. You see the tomato slices can be cooked and arranged in the baking dish all ready to slip in the oven for browning the last few minutes while you are setting the table.

### CANDY FOR LUNCH?

Candy has a really valuable place in the school lunch. For sugar is quickly turned to energy and two or three pieces of candy for dessert are not only tempting but invigorating.

Here are some new candy recipes that need no cooking. The work is almost done before you start because the sweetened condensed milk is a blend of sugar and whole milk which has been cooked down until it is as rich and thick as cream. In five minutes' kitchen duty, you can turn out a batch of dainties that will delight the youngsters' sweet tooth.

#### Walnut Fruit Loaf

- 2 cups raisins
- 1 cup walnut meats
- ½ cup sweetened condensed milk

Put raisins and nut meats through food chopper. Add sweetened condensed milk, blending thoroughly. Scrape mixture into buttered pan which has been sprinkled with confectioners' sugar, smoothing out. Sprinkle top with confectioners' sugar. Chill. Cut into squares for serving.

#### Orange Coconut Balls

- 2½ cups confectioners' sugar
- ½ cup sweetened condensed milk
- 2 teaspoons orange juice
- 2 teaspoons grated orange rind
- 1 cup shredded coconut

Measure sugar after sifting; blend with sweetened condensed milk, orange juice and orange rind. Drop from teaspoon into shredded coconut; roll in small balls. Place in refrigerator or cool place for several hours.

### TOOTHsome!

With fresh peaches on the market, a good recipe for a dessert-cake dish is a boom to every housewife — and



Photographed during the wedding reception in the garden at "Fontenay," Topsail, the summer home in Newfoundland of the Hon. F. C. Alderice, former premier of the Island, the group is composed of Mr. and Mrs. Cyril Henry Carrington Harmer and the attendants at their wedding, which took place in St. Andrew's Presbyterian Church, St. John's, Nfld., recently. The bride, formerly Miss Elizabeth Boyd Baird, is a daughter of Mr. and Mrs. John Boyd Baird, of St. John's, and Mr. Harmer is a son of Mr. and Mrs. H. R. Harmer, of Surbiton, Surrey, England. In the group with the bride and groom are the bride's sister, Miss Phyllis Boyd Baird, and her cousins, Miss Kathleen Ayre, Miss Frances Aird, Miss Betty Ross and Miss Margaret Baird; Mr. Gordon A. Winter, who was best man, and Messrs. Stewart Ayre, Harold Alderice, Lewis Ayre and James McNab, ushers. Mr. and Mrs. Harmer sailed from Montreal for England.

## SUNDAY SCHOOL LESSON

JOHN (THE MINISTER AND HIS PEOPLE). — 3 John. GOLDEN TEXT — Beloved, imitate not that which is evil, but that which is good. He that doeth good is of God; he that doeth evil hath not seen God. 3 John 11.

### THE LESSON IN ITS SETTING

TIME — The Apostle John was born probably about the time of the Lord Jesus, 3 or 4 B.C., and lived until almost the close of the century, at least to 40 A.D.

PLACE — The Third Epistle of John does not tell from what city John was writing. It was probably from Ephesus.

"The elder unto Gaius the beloved, whom I love in truth." There are three men in the New Testament by the name of Gaius in addition to the one mentioned here — Gaius of Macedonia (Acts 19:29); Gaius of Corinth (Rom. 16:23); Gaius of Derbe (Acts 20:4).

"Beloved." This word the Apostle uses ten times in his three Epistles, but it is not found once in his Gospel. "I pray that in all things thou mayest prosper and be in health." This verse is good authority for pray-

ing for temporal blessings for our friends. "Even as thy soul prospereth." The one thing which makes a man's soul healthy is to get Jesus Christ into it.

"For I rejoiced greatly, when brethren came and bare witness unto my truth, even as thou walkest in truth." Truth covers every sphere of life, moral, intellectual, spiritual. "Greater joy have I none than this, to hear of my children walking in the truth." The children here are those Christians committed to John, members of the churches confided to his care and placed under his direction.

"Beloved, thou doest a faithful work in whatsoever thou doest toward them that are brethren and strangers withal." See Mat. 25:35. Gaius was, no doubt, famous for his hospitality to Christians who were traveling through the city of his residence.

"Who bare witness to thy love before the church; whom thou wilt do well to get forward on their journey worthily of God." The word here translated 'send on' is the term for the provident dismissal of a guest whom we provide with what is needful for his further journey (Ius 3:13; Rom. 15:24; I Cor. 16:6, 11).

"Because that for the sake of the Name they went forth." Neither the word 'Christ' or 'Jesus' appears in this Epistle, but certainly the Name here refers to the Lord Jesus Christ.

"Taking nothing of the Gentiles." They carried out as their rule of mission work the Pauline custom of refusing support from those amongst whom they were working as missionaries. They had, therefore, a special claim on the hospitality and help of the churches in places through which they had to pass.

"We therefore ought, to welcome such, that we may be fellow-workers for the truth." He who has almost no enthusiastic regard for missions has not the spirit of primitive Christianity within his breast.

"I wrote somewhat unto the church." The most natural interpretation of the words is that the elder wrote to the Church a letter of similar content to the private letter Gaius, but, knowing the power of Diotrophes to oppose his wishes, he wrote a private letter to Gaius, a member of the Church on whose loyalty he could thoroughly depend.

"But Diotrophes, who loveth to have the preeminence among them, receiveth us not." Cf. Matt. 20:28. Diotrophes was one who had obtained great power in the Church to

which John was addressing this third Epistle.

"Therefore, if I come, I will bring to remembrance his works which he doeth, prating against us with wicked words; and not content therewith, neither doth he himself receive the brethren; and them that would be forbidden, and casteth them out of the church." An elaboration of the charge made against this man in the preceding verse.

"Beloved, imitate not that which is evil, but that which is good." The real danger to the Church lay, not in this man's despotic ways, but in the infectious nature of his tyranny.

"He that doeth good is of God; he that doeth evil hath not seen God." He has God as the source of his moral and spiritual life; he is a child of God. In its highest sense, this is true only of him who 'went about doing good,' but it is true in a lower sense of every earnest Christian.

"Demetrius hath the witness of all men, and of the truth itself; yea, we also bear witness; and thou knowest that our witness is true." The truth of God, the divine rule for the walk of all believers, "was the mirror in which the walk of Demetrius was reflected, so that the mirror seemed to place in a clear light his Christian virtue and uprightness, and thus to bear witness to him.

"I had many things to write unto thee, but I am unwilling to write them to thee with ink and pen; but I hope shortly to see thee, and we shall speak face to face. Peace be unto thee. The friends salute thee. Salute the friends by name." The phrase 'by name' occurs only once again in the New Testament, he calleth his own sheep by name (John 10:3). St. John as shepherd of the churches of Asia would imitate the Good Shepherd and know all his sheep by name.

### Potato Standards To Be Improved

Fredericton, N.B. — Improved methods of gathering, packing and shipping New Brunswick's potato crop with the purpose of making a stronger appeal to outside markets is the object of an educational campaign launched by the Provincial Department of Agriculture under Hon. A. C. Taylor.

The department believes that New Brunswick potatoes have suffered needless deterioration before reaching the consumer. Full time duty of a department of agriculture official will be to promote educational work among growers and shippers, and to seek additional outlets for the disposal of table and seed stocks.

"Through the use of better methods of handling and shipping I am confident we can interest bigger and better markets in New Brunswick potatoes," said Mr. Taylor.

### She'll Love This

Delightful for those charmed years between 8 to 14, is this adorable little dress with smocking in deep warm red wool crepe. Again you can make it in a novelty woolen in checks or plaid, and it looks darling.

Style No. 3258 is designed for sizes 8, 10, 12 and 14 years. Size 12 requires 3 yards of 39-inch material with 1½ yards of 4-inch ribbon for belt.

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.

### Stoop To Conquer Poor Posture

That it will make your legs limber and supple, thereby giving you walk youthful ease and grace, is an important but by no means the most important reason for doing the following health exercise. If done correctly and slowly, it will improve your carriage and circulation, calm tired nerves and; unless it is caused by eyestrain, often will cure a headache.

Stand erect with the tip of the little finger of each hand held lightly against the top of a straight chair. No other part of your hands should touch the chair.

Raise your heels from the floor, putting all of your weight on your toes. Now, keeping the backbone perfectly straight and the chin up, bend your knees, lowering your body to a squatting position. Don't let the heels touch the floor and don't put any strain on your fingers. They are held on the chair merely to serve as a balance. Your legs must do the work. Incidentally, wear flat-heeled slippers when doing this exercise. Better still, wear no shoes.

Hold the squatting pose for three seconds and then, still maintaining good posture, make the legs force your body back up to a standing position. Repeat ten times night and morning. Be sure to do it slowly.

This exercise has been known to cure insomnia. Some night when you find that you can't sleep, get up and do it a few times. It doesn't require too much effort and certainly is worth trying.

### AGES OF FIVE SISTERS Total 343 Years

Lindsay, Ont. — Five sisters, whose combined ages total 343 years, met recently for the first time in 45 years at the home of Mrs. Mary Vokes. The sisters are Mrs. Thomas Carr, Toronto, 73; Mrs. John Vokes, Newmarket, 70; Mrs. Ada Lake, Sault Ste. Marie, 63; Mrs. Maude Rose, Toronto, 63; and Mrs. Mary Vokes, 76, Lindsay.

### FU MANCHU

By Sax Rohmer



### THE SEVERED FINGER—The Girl Again!