



Woman's World

By Mair M. Morgan

A NEW FISH DISH

If there's one thing the average housewife will give three cheers for, it's a new recipe for cooking fish—especially if some member of the family has to be coaxed to eat fish. Here is a choice European fish recipe with a modern touch.

- Casserole of Fish**
 1/2 pound (1 cup) mushrooms, washed and sliced
 1-3 cup diced celery
 1 medium onion finely chopped
 4 tablespoons butter
 3 tablespoons quick-cooking tapioca
 1 1/2 teaspoon salt
 1/2 teaspoon pepper
 2 teaspoons sugar
 2 cups flaked cooked haddock or cod
 3 cups canned tomatoes
 8 to 10 unbaked baking powder biscuits, rolled 1/2 inch thick
 Sauté mushrooms, celery, and onion in butter until tender. Combine with remaining ingredients in order given. Turn into greased casserole and bake in hot oven (425 degrees F.) 25 minutes, stirring mixture twice during first 10 minutes of baking. Place biscuits on top of fish mixture after it has baked 10 minutes; return to oven, and bake 12 to 15 minutes longer, or until biscuits are browned. Serves 8.

A GOOD RESOLUTION

One of the reasons why good resolutions are so frequently broken is that they are not adopted on practical subjects—or do not make the same allowance for human nature that an engineer makes as his "margin of safety" in building a bridge. Take the average cook, housewife, or home maker, for example. Every time she finds she has "just run out of" something when she is right in the middle of some dish that cannot be stopped at that point without ruining it, she makes a resolution to keep stocked up on that item hereafter. Does she? That's the right answer!

One good way to stop "running out of" things this year, is to form the "pad and pencil habit" in your kitchen. Buy a small package of pads and have a couple of short lead pencils handy. Keep these in the kitchen, and warn the family it's a shooting offence for any one except you to use them or remove them. Then, when you find your supply of any item on your cupboard or pantry shelves is running low, write it down on the pad and keep it in plain sight until next market time. Write your shopping list below it, and you simply cannot overlook it.

Economy almost demands that you buy your canned goods in quantities—they do not lose food value on your shelves, and by watching the market prices you can buy at times and rates that also keep the canned goods from losing money value. Furthermore, a good assortment tends to give more variety to your daily menus, and also prepares you to meet the emergencies of extra guests or lack of time, with ease and comfort of mind and soul. It is a good idea to keep a little "stock list" hanging on a hook or fastened with a thumb tack handy to your stock of canned goods and mark off each item as you take it out of stock. It's a handy record in many ways.

So as a New Year Resolution—"I am going to keep the pantry well stocked!"

Recommendations

1. Canned Vegetables—Corn, tomatoes, peas and baked beans, baby limas, green beans, asparagus, beets.
2. Canned Sea-Food—Salmon, tuna, shrimp, crabmeat, lobster.
3. Canned Fruits—Grapefruit, peaches, pears, cherries, blueberries, sliced and crushed pineapple.

4. Canned Garnishes—Pickles, stuffed and ripe olives, pimientos, cranberry jelly, maraschino cherries, Jellies.
5. Canned Soups—Tomato, vegetable, chicken, pea, consommé.
6. Dried Fruits—Apricots, figs, dates, raisins, currants.
7. Cereals—Rice, macaroni, spaghetti, noodles, tapioca.
8. Crackers—Salted and unsalted, graham wafers, cheese or whole wafers for soups.
9. Fresh Fruits—Depending, of course, upon the season, bananas, oranges, apples, grapefruit, cranberries.
10. Staples—Canned milk, gelatin—plain and flavored, syrup, molasses, sugars—granulated, brown, icing.
11. Baking Supplies—Bread and cake flour, baking powder, soda, cornstarch, cornmeal, extracts and spices.
12. Shortenings—Butter, lards, salad oil and your pet kind of substitute.

With the electric refrigerator becoming ever and ever more popular, it is now possible to have fresh, crisp salad greens on hand the year 'round. They are a great asset for the salad or sandwich that must be made in a hurry. And a recipe or two may also be helpful when that unexpected guest pops in.

Kidney Bean Salad

Eight hard cooked eggs, 2 cups kidney beans, 4 sweet pickles, 1 teaspoon chopped onion, 1/2 cup celery, salad dressing to moisten.
 Method: Cut eggs in half crosswise, chop up 4 of them. "Devil" the remaining ones—take out the yolks and season with salt, pepper, vinegar and mustard; refill the whites and flute the edges. Toss together all the other ingredients including the chopped eggs. Arrange in moulds on crisp lettuce and place a "devil" egg in the centre of each of the 4 salads. Sprinkle the yolk with paprika.

Last-Minute Sandwiches

Mix contents of one can Devilled Ham with an equal amount of chopped sweet pickle. Season with a little prepared mustard. Use for closed or open-faced sandwiches.

Broiled Crabmeat Sandwiches

One can crabmeat, 1/2 cup celery, finely chopped, 1 pimiento, chopped, 1/2 cup chopped nut meats, salt, pepper, parsley, bread, bacon slices.
 Method: Make a salad of flaked crabmeat, celery, pimiento, nut meats, seasonings and salad dressings. Spread between slices of white or cracked wheat bread.

Lay strips of bacon over the top and put under a broiler, cooking the bacon on both sides.

Tomato Rarebit

Two tablespoons butter, 1 tablespoon flour, 1 can tomato soup, 6 stuffed olives, chopped, 1 tablespoon minced onion, 1/2 cup grated cheese.
 Method: Melt butter, blend flour, add tomato soup and cook until thickened. Add olives, onion and cheese and stir over low heat until cheese is melted. Serve on toast.

CHILDREN AS COOKS

Can your son and daughter cook? They'd get lots of fun out of preparing and serving simple meals even before they've reached their teens.

Sunday night supper is a fine occasion to start with. And there's a menu that's appetizing and within a beginner's ability to prepare:

- Spaghetti with mushrooms, pineapple marshmallow charlotte, milk, tea.
- Make the dessert Saturday morning. Here is the recipe:
- Pineapple Marshmallow Charlotte
- One-half cup whipping cream, 1/2

Winter Sports Seems To Have Gone To The Heads Of The Chorus



The camera caught these chorus girls off balance as they enjoyed themselves between performances in the snow on the roof of the Radio City Music Hall, New York City.

SUNDAY SCHOOL LESSON

LESSON III. — January 19.
 JESUS PREPARES FOR HIS WORK. — Luke 3:1-4:15.

PRINTED TEXT Luke 3:21, 22; 4:1-13.

GOLDEN TEXT. — Thou shalt worship the Lord thy God, and Him only thou shalt serve. Luke 4:8.

THE LESSON IN ITS SETTING

TIME.—The ministry of John the Baptist has been thought to have been confined, or the most part, to the summer of A.D. 26, while the baptism and temptation of Jesus occurred in January or February, A.D. 27.

PLACE.—The ministry of John the Baptist, for the most part, was in the wilderness of Judea. The baptism of Jesus took place probably not far from the City of Jericho on the Jordan River. It was near this part of Palestine that Jesus was tempted in the wilderness.

"Now it came to pass, when all the people were baptized, that Jesus also having been baptized, and praying, the heaven was opened." The question will naturally arise as to why Jesus allowed himself to be baptized, and his own reason, thus it becometh us to fulfill all righteousness. (Matt. 3:15), is the only satisfying explanation.

"And the Holy Spirit descended in a bodily form, as a dove, upon him, and a voice came out of heaven, Thou art my beloved Son; in thee I am well pleased." The descent of the Holy Spirit, in the form of a dove, is veiled with mystery, yet with beauty.

"And Jesus, full of the Holy Spirit." Here Luke shows you God's Man, his adult Man, thirty years of age, his mature Man, anointed of the Spirit for Messianic work, but in the perfection of his humanity, going into the wilderness, full of the Holy Spirit. "Returned from the Jordan, and was led in the Spirit in the wilderness." The waste and desert places of the earth are, so to speak, the characters which sin has visibly employed on the outward creation; the echoes in the outward world of the desolation and wretchedness which sin has wrought in the inner life of men.

"During forty days." Forty is the signature of penalty, of affliction, of the confession or the punishment of sin. "Being tempted of the devil." It is assumed everywhere in the Scriptures that Satan is a real person. Here we have the story of hell's attempt to thwart heaven's purpose. This is not so much Satan attacking the person of our Lord as attacking the purpose of God Almighty as it was to be realized by our Lord. He was the Anointed One of high heaven, confronting the whole empire of evil and of darkness in the person of its over-lord, Satan. "And he did eat

nothing in those days; and when they were completed, he hungered." A fast of forty days, while a test of the greatest severity, has been experienced by a few men in modern times, especially by Dr. Henry S. Tanner, in New York City, in the summer of 1880, under the supervision of an accredited college, and without any opportunity for deception appearing in this case. No evil results were experienced by Dr. Tanner as a consequence of this extreme ordeal. He died in 1919, at the age of eighty-seven.

"And the devil said unto him, If thou art the Son of God." This is doubtless an allusion to the divine voice in his immediately preceding baptism (Luke 3:22). "Command this stone that it become bread." If Jesus could be persuaded to minister to his physical need by the supernatural power which he possessed, and thereby place himself outside of the will of God, he would be making a personal choice against the choice of God and thereby committing a profound sin.

"And Jesus answered unto him, It is written, Man shall not live by bread alone." Note the weapon which Jesus uses in defeating Satan is not one forged by his own genius, nor the result of philosophical argument, but simply the Word of God, which is the sword of the Spirit (Eph. 6:17).

"And he led him up, and showed him all the kingdoms of the world in a moment of time." It has often been remarked that Christ himself undoubtedly saw more of the kingdoms of the world at this moment than even Satan saw, as he offered them to the Saviour.

"And the devil said unto him, To thee will I give all this authority, and the glory of them: for it hath been delivered unto me; and to whomsoever I will I give it." Satan intimates that the enormous influence which he possesses over human affairs may have been obtained for the promotion of the Messianic Kingdom and that all bodily shame and suffering which otherwise lay before the Saviour of the world might be evaded.

"If thou therefore wilt worship before me, it shall all be thine." Notice the awful price the Lord would have to pay for unlawfully possessing the kingdoms of the world, nothing less than the worship of the devil.

"And Jesus answered and said unto him, It is written, Thou shalt worship the Lord thy God, and him only shalt thou serve." Again the Lord quotes from the book of Deuteronomy (6:13). Observe at once that here are two things about which the devil had said nothing. He had said nothing about God and he had said nothing about serving.

Kind Words

From the Hamilton Herald
SOME BACK - HANDED PRAISE
 Usually there is little of an intelligent nature that one newspaper can say of another's anniversary. It may be written and almost invariably it is written, that the newspaper whose anniversary is being celebrated is a better, larger and more influential journal than when it first started, that it has maintained a high standard of journalism; that it has retained its editorial integrity, that it should be congratulated and no doubt will keep up the good work. Such formal tributes are naturally written self-consciously.

Weight of Wedding Rings Restricted

BERLIN. — A marriage remains on a gold basis in Germany, but the weight of wedding rings will be strictly regulated henceforth. A decree published in the Government Gazette specifies the maximum weight in fineness permissible for wedding rings, and also restricts the trade in old gold.

It is part of a campaign to overcome the Reich's raw material shortage.

Beauty of a Leg Depends on Stockings

LONDON. — The beauty of a leg depends much on the shade of the stocking in which it is displayed, according to British theatrical producer Charles B. Cochran. Revealing plans for a "Cavalcade of Stockings" in his next show he said: "In black stockings you have the secret of lovely legs. They make the most uncomely ankle look trim."

Easy To Wear



2553

Although frocks are admittedly more elaborate these days, they can still be simple, if you know what I mean. Elaboration can be a matter of suggestion rather than fact. Today's charming crepe silk dress with soft bodice treatment, accents its interesting pointed yoke by jeweled clips, because modern jewelry plays such a fascinating part these days.

See small view other version—with pleum and open neck. Style No. 2553 is designed for sizes 14, 16, 18 years, 36, 38 and 40 inches bust. Size 16 requires 3 3/4 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.

For this reason, it affords us an enormous amount of pleasure to introduce our congratulations to The Ottawa Journal upon completion of its first half century with the statement that we find ourselves in relatively consistent agreement with its editorial point of view, in fact, we might add that The Journal has a faculty for irritating us not possessed by any other newspaper which comes to this office. It irritates us because we have to read it and sometimes feel almost convicted that in our own policies we have erred and strayed like lost sheep. In fact sometimes, to avert a sudden conversion of ourselves to the Conservative point of view, we hasten to dip into the editorial innuities of some other Canadian publication which uphold that point of view. Then we realize that we haven't erred.

Yet prejudices fasten upon one invidiously. One finds that after a while one reads the newspaper with which one is in political agreement, and ignores that to which one is politically opposed. But one reads The Ottawa Journal. And that, surely, is the essence of good journalism.

Much could be written about the excellence of The Journal's news columns, but it is perhaps unnecessary. The special anniversary edition lies before us and it presents the story of Ottawa's growth between December 10, 1855, when The Journal came into existence under the wing of Mr. A. S. Woodburn, to the present when it is published by Mr. P. D. Ross.

Looking at this record of civic advancement, we feel we can appreciate the particular flavor of The Journal, the characteristic quality which sets it apart. It is peculiarly the product of Ottawa. It could not have developed in Montreal or Toronto or a city like Hamilton. It is bright, but it is dignified; it is serene, but it is dynamic; it is sufficiently removed from the dust of the market place to provide it with more repose than is reflected in the pages of the big metropolitan dailies, yet it is by no means a small newspaper.

There may be some thing a little aloof about The Journal, but so is there about Ottawa. And that is perhaps partly the secret of its particular charm.

The Canadian Home

(Bureau of Statistics)

The six room house is more common in Canada than homes of any other size, but it is not typical in all parts of the country. Nearly 60 per cent. of Canadian households occupy from four to seven rooms and almost 20 per cent. live in three rooms or fewer. Only 3 1/2 per cent. live in homes of more than ten rooms.

Clear cut regional differences exist. In the Maritimes, urban homes such as in Halifax and St. John, centre around six rooms, while the rural homes are larger on the average than in any other part of Canada. Five room houses are the least numerous in urban Quebec but in rural Quebec there is no definite favor for any special size.

Both rural and urban Ontario homes characteristically include six rooms, the outstanding exception being Ottawa, where seven room houses are most numerous.

Over 60 per cent. of Prairie rural homes contain four rooms or fewer, while the number of such homes in Ontario is less than 23 per cent. In Alberta and Saskatchewan there are more rural households occupying homes of two rooms than any other. Prairie urban areas also contain proportionately more small homes and a lower percentage of large homes than is found in Eastern Canada, although the typical size is five rooms. Rural and urban home distributions in British Columbia are more similar than in any other province. Four room homes predominate in both areas.

Best Films

Among the best films shown during the year were:
 Mutiny on the Bounty (American).
 Escape Me Never (British).
 The New Gulliver (Russian).
 The Tunnel (British).
 Lives of a Bengal Lancer (American).
 David Copperfield (American).
 Marie Chapdelaine (French—made in 1934, released 1935).
 Top Hat (American).
 A Midsummer Night's Dream (American).
 The Man Who Knew Too Much (British).

FU MANCHU

By Sax Rohmer



Soon the impressive Chinaman came downstairs and left as the little bent man went to another bunk and conducted through the curtained doorway a man who looked like a lazzar.

"A doctur!" whispered Smith excitedly. "They come here to report and take orders, Patric. Fu Manchu is up there!"

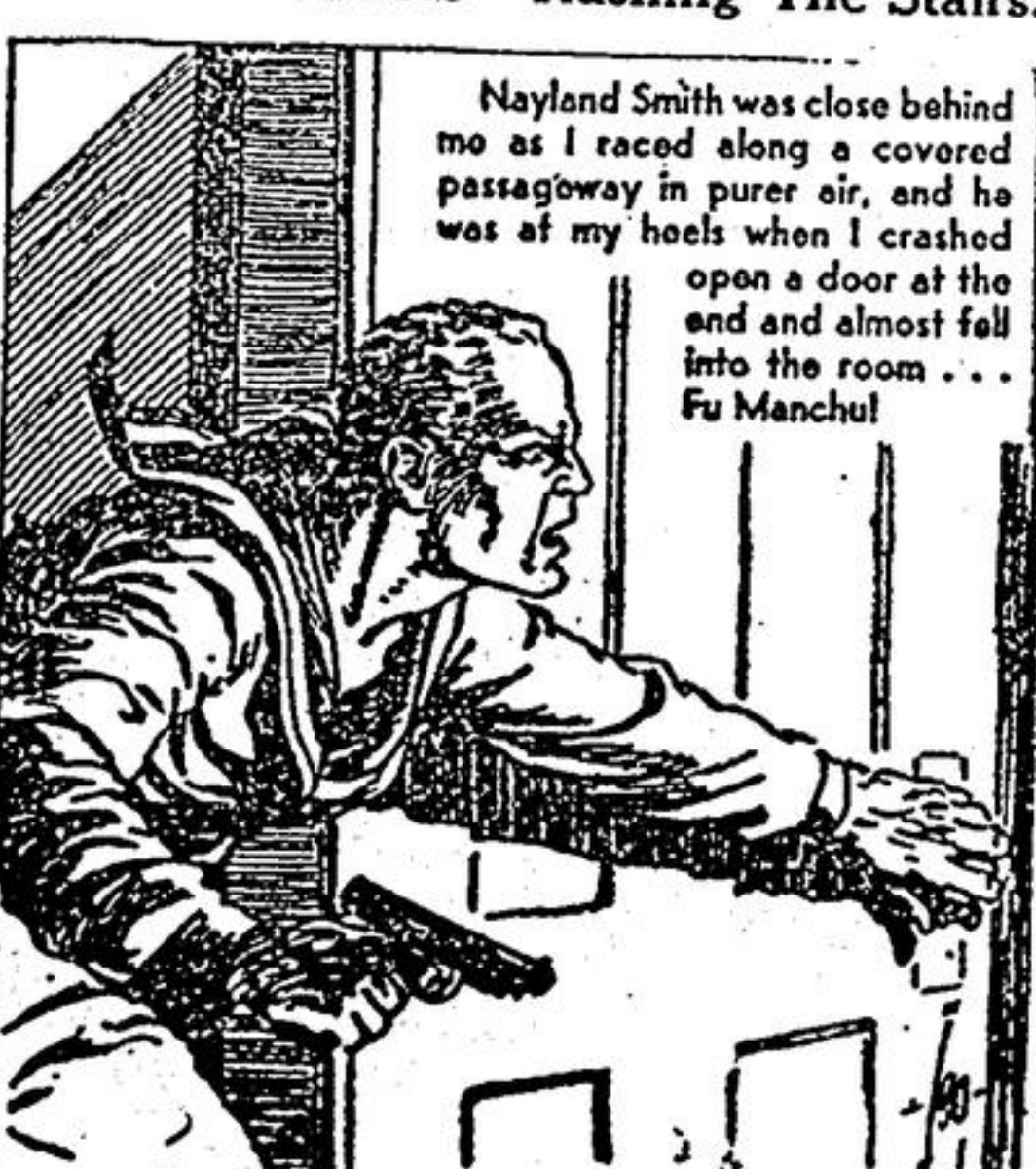


"What shall we do?"
 "Wait. We must try to rush the stairs. When that little yellow devil comes back for another man I'll give the word. You're nearer, and will have to go first, but I can deal with the hunch-back..."

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"Up you go, Petric!" cried Smith, seizing the hunchback. I leaped to my feet and made for the stairs..."



Nayland Smith was close behind me as I raced along a covered passageway in pure air, and he was at my heels when I crashed open a door at the end and almost fell into the room... Fu Manchu!

THE SEVERED FINGERS—Rushing The Stairs.