



Woman's World

By Mair M. Morgan

HOT LUNCHEON DISHES MAKE WINTER EASIER

Making left-overs into a main course that is appetizing and not too fat-producing, is the daily miracle the housewife is expected to accomplish. All sorts of tid-bits can be creamed and served on toast, of course, but that combination will emphasize "bumps" if not packed on too much weight.

An omelet that keeps its shape is an inspiration to everyone and dozens of clever main courses evolve from a fluffy omelet. This recipe makes an omelet that holds its shape even when cooling. The secret is, of course, that a small amount of minute tapioca is used to bind the ingredients.

Fluffy Omelet

2 tablespoons quick-cooking tapioca.
3-4 teaspoon salt.
1-8 teaspoon pepper.
3-4 cup milk.

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

Combine quick-cooking 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 the egg yolks and mix well. Fold in egg whites. Pour into hot buttered 10-in. frying pan. Cook over low flame for 8 minutes. Then bake in moderate oven (350 degrees F.) 15 minutes. Omelet is sufficiently cooked when knife inserted comes out clean. Fold carefully and serve on hot platter. It serves 6.

A delicious vegetable omelet is made by using the fluffy omelet and placing the following vegetable mixture between the folded layers.
1/2 cup diced celery.
1/2 cup diced carrots.
2-3 tablespoons sliced onions.
2 tablespoons butter.
Dash of salt.
Dash of pepper.

Cook peas, celery, and carrots in a small amount of briskly boiling salted water 20 to 30 minutes or until tender. Drain. Sauté onion in butter until tender; add to other vegetables. Season with salt and pepper. Serves 6.

Ramekin of Salmon
3 tablespoons quick-cooking tapioca.
1/2 teaspoon salt.
Dash of Cayenne.
2 cups flaked salmon.
1/2 tablespoon minced parsley.
1 cup milk.
1/2 cup fine bread crumbs, buttered.

Combine tapioca, salt, Cayenne, salmon, parsley, and milk. Turn in to greased ramekins or custard cups. Cover with crumbs. Bake in moderate oven (350 degrees F.) 35 minutes, or until done. Garnish with parsley. Serves 6.

TRY THESE
A tasty chowder or a plate of dainty croquettes — what could be better? Here are two recipes that will please — for two extremely healthful and very economical dishes:
Lima Chowder
2 cups cooked, dried limas.
2 cups diced potatoes.
2 slices fat salt-pork.
1 small onion, sliced.
1 cup boiling water.
4 tablespoons butter.
4 tablespoons flour.
8 cups hot milk.
1 teaspoon salt.
1/2 teaspoon pepper.

Cut salt pork into dice. Place in a saucepan and cook 5 minutes; add onion and cook until just turning yellow, then add potatoes and boiling water. Cook until potatoes are tender, then add limas. Melt butter, add flour, stir until smooth, then add hot milk; cook, stirring constantly, until slightly thickened, then add lima mixture and seasonings.

Lima Croquettes
2 cups cooked, dried limas.
1/2 cup cream.
1/2 teaspoon salt.
1/4 teaspoon poultry seasoning.
1 tablespoon tomato catsup.
1/4 teaspoon pepper.
1/4 teaspoon powdered sage.
1 egg, slightly beaten.
1 cup fine dry bread crumbs.

Rub limas through a coarse strainer. Add crumbs, cream, salt, pepper, sage and egg. Shape in the form of small cylinders. Roll in crumbs, dip in 1 egg beaten with 2 tablespoons cold water and again roll in crumbs. Fry in deep hot fat (390 degrees F.) until brown, then drain on soft paper. Place on serving plate and garnish with rings of fried apple.

The cozy fireside season is here. Sandwiches, cake and coffee are in order. Afternoon tea, bridge parties, lunches at night — all call for these indispensables.

Here are some excellent recipes for the home baker who likes to try new ideas to please family or guests. Serve these cakes and brownies and your guests will assure you that your luncheon is "different" — and oh, how delicious!
Honey Cake
1/2 cup butter.
1/2 cup strained honey.
1/2 cup sugar.
3 eggs, separated.
1 teaspoon vanilla.
1/2 cup walnut meats (chopped).
1/2 cup cold coffee.
1 1/2 cups flour.
1/2 teaspoon soda.
1/2 teaspoon salt.
1/2 teaspoon cinnamon.
1/2 cup cocoa.

Cream butter, add honey, sugar, and egg yolks and beat until mixture is light. Stir in nut meats and vanilla. Sift dry ingredients together and beat egg whites. To the creamed mixture add the dry ingredients alternately with the coffee, stirring until batter is smooth. Fold in egg whites and turn into buttered cake tins. Bake at 375 degrees F. for 20 minutes, then turn down to 350 degrees F. for 15 minutes. Yield: 2 layers, 9-inch diameter.

Brownies
1 egg.
1/2 cup melted butter.
1 cup granulated sugar or 1 1/2 cups brown sugar.
2 tablespoons water.
2 squares chocolate.
Salt.
1/2 cup pastry flour.
1/2 teaspoon baking powder.
1 cup cut brazil nuts.

Beat egg slightly and stir in melted butter. Stir in sugar and add water. Beat half a minute; add melted chocolate. Add nuts, flour, salt and baking powder which have been mixed together and add to first mixture. Bake in greased cake pan 25 to 30 minutes in a moderate oven, 325 degrees F. Remove from oven, cool slightly and cut into squares.
Delicious and Easy
Take a can of salmon from your emergency shelf and try the following:
Salmon Rarebit
In a pan or chafing dish blend two tablespoons of flour with two teaspoons of butter. Do not allow to brown. Add 1 pint of milk, stirring constantly. Cook for a few minutes. Add 1/2 pound cheese, grated, and season with salt, pepper, paprika and a generous pinch of dry mustard. Stir until cheese is thoroughly melted and blended. Drain and flake 1 can of salmon and add to the rarebit. Stir as little as possible and serve piping hot on rounds of buttered whole-wheat toast.

Return For A Rest



Smiling broadly at the prospect of a month vacation from the film studios, Edward G. Robinson, his wife and their son, Manny, pictured as they arrived in New York City.

SUNDAY SCHOOL LESSON

JESUS DECLARES HIS PURPOSE LESSON IV. Luke 4:16-30. GOLDEN TEXT.

The Spirit of the Lord is upon me, because he anointed me to preach good tidings to the poor: He hath sent me, to proclaim release to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.

To proclaim the acceptable year of the Lord. Luke 4:18, 19. THE LESSON IN ITS SETTING TIME — April and May, A.D. 28. PLACE — Nazareth in Galilee and Capernaum on the Sea of Galilee, both in the northern part of Palestine.

"And he came to Nazareth, where he had been brought up." The town of Nazareth, now known by the name of en-Nasirah, was situated in Lower Galilee about five and one-half miles west of Mount Tabor. "And he entered, as his custom was, into the synagogue on the sabbath day." The synagogue was a Jewish institution, founded after the Captivity, and never mentioned in the Old Testament. A synagogue could not be erected in a place, unless it contained ten men of leisure who could devote their time to the synagogue worship and administration. "And stood up to read." Standing to read was the usual practice excepting when the book of Esther was read at the visit of Purim, then the reader might sit.

"And there was delivered unto him the book of the prophet Isaiah. And he opened the book, and found the place where it was written." The first lesson read was from the Law and known as the Parasha, while the second lesson was from the prophets and was known as the Haphtarah. Probably the first lesson had previously been read by another.

"The Spirit of the Lord is upon me, because he anointed me." The name Christ is the Greek translation of the Hebrew word Messiah, both meaning anointed. God anointed Jesus of Nazareth with the Holy Ghost, and with power (Acts 10:38). "To preach good tidings to the poor." From the Greek word here translated good tidings derives our English word evangel. Often in the New Testament it is translated by the better-known word gospel. "He hath sent me to proclaim

release to the captives." Sinners are literally prisoners, in more ways than one. "And recovering of sight to the blind." For the blinding power of sin, see, e.g. John 12:40; 2 Cor. 3:14; 4:4; Eph. 4:18; 1 John 2:11. "To set at liberty them that are bruised." Thus, does the coming of Christ assume at once that sin impoverishes, imprisons, blinds, and bruises. "To proclaim the acceptable year of the Lord." A year that is acceptable to the Lord is a year in which the Lord accepts sinners on the basis of the salvation which he has provided in Jesus Christ.

"And he closed the book, and gave it back to the attendant, and sat down." The minister or chazzan, who had handed the book of Jesus, was the one who received it back again. It was his duty to take the Scriptures from the ark and to put them back again in the ark after they had been used. "And the eyes of all in the synagogue were fastened on him." There was something in the look of Jesus here that held the people spellbound for the moment, apart from the great reputation with which he came to them.

"And he began to say unto them." The reader, interpreter, and preacher might be one, two or three persons. Here Christ was both reader and preacher; and possibly he interpreted as well. Any member might discharge these duties. Hence it was always easy for Jesus to address the congregation. When he became famous as a teacher, he would often be invited to do so. "Today hath this Scripture been fulfilled in your ears." This was a most astonishing assertion. The prophecy of Isaiah had been uttered almost seven hundred and fifty years before this.

"And all bare him witness, and wondered at the words of grace which proceeded out of his mouth." "And they said, Is not this Joseph's son?"

Two courses were open to the inhabitants of Nazareth: either to surrender themselves to the divine instinct which, while they listened to this call, was drawing them to Jesus as the anointed; or to give place to an intellectual suggestion, allow it to suppress the emotion of the heart, and cause faith to evaporate in criticism.

"And he said unto them, Doubtless ye will say unto me this parable, Physician, heal thyself: whatsoever

we have heard done at Capernaum, do also here in thine own country." Godet paraphrases Christ's words as follows: The question which you have just put to me is only the first symptom of unbelief. From surprise you will pass to derision. Thus you will quickly arrive at the end of the path in which you have just taken the first step.

"But of a truth I say unto you." There were many windows in Israel in the days of Elijah, when the heaven was shut up three years and six months, when there came a great famine over all the land. 26. And unto none of them was Elijah sent, but only to Zarephath, in the land of Sidon, unto a woman that was a widow." In this verse we have the fulfillment of the statement in the preceding verse. The reference here is to 1 Kings 17: 1; 18: 1. (see also James 5: 17.)

"And there were many lepers in Israel in the time of Elisha the prophet; and none of them was cleansed, but only Naaman the Syrian." The reference here is to 2 Kings 5: 1-14. It is to be observed that, in both of the incidents which the Lord gives from the O.T. Testament, the mercy of God to Gentiles outside of Israel is illustrated.

"And they were all filled with wrath in the synagogue, as they heard these things." This whole occurrence, whenever it happened in our Lord's ministry, was but a foreshadowing of his treatment afterwards from the whole nation of the Jews.

"And they rose up, and cast him forth out of the city, and led him unto the brow of the hill whereon their city was built, that they might throw him down headlong." We have a similar attempt upon St. Paul's life (Acts 21: 31, 32).

"But he passing through the midst of them went his way." The passing of Jesus through this mob without any harm was undoubtedly a miracle. It cannot be understood in any other way. "They had asked for a miracle, and this was the miracle granted to them."

A "Head Office" Staff of 18,000

(Woodstock Sentinel-Review)

When Queen Victoria placed her plump forefinger on a map of Canada and designated Bytown as the capital, her late majesty no doubt regarded it as a central location — which it is if you count the Arctic regions. But if it had not been chosen a seat of government, Ottawa today would likely be a lumber town in a class with Hawkesbury or Blind River, perhaps overshadowed by Pembroke. The fact is that designation as the capital conferred the equivalent of an impressive array of industrial concerns, so far as employment goes. What city would not covet factories giving work to 1,000, 2,000 or 5,000 hands, even if the plants were tax-exempt? That is the enrollment of personnel in certain departments of government at Ottawa. The statistics, as found in a booklet issued by Ottawa Journal, include the following particulars:

Agriculture Department staff of 675; Department of National Revenue, 726; Department of Health, 628; House of Commons staff, 750; Department of the Interior, 521; Department of Marine and Fisheries, Department of Mines, 450 each; Department of National Defence, 675; Post Office Department, 1,200; Public Printing, 1,050; Public Works, 2,550; Department of Trade and Commerce, 802. There are many smaller totals in the list, and by way of summary the article states:

"Ottawa today is the home of an army of at least 18,000 men and women engaged in the mass of detail that makes up the actual business of government — the biggest single business in Canada. . . . To this large figure we must add the extra population represented by the Members of Parliament, men of business with the government, the observers, the tourists who make up a constant stream of visitors to the Capital. . . . Ottawa today ranks among the leading capitals of the world.

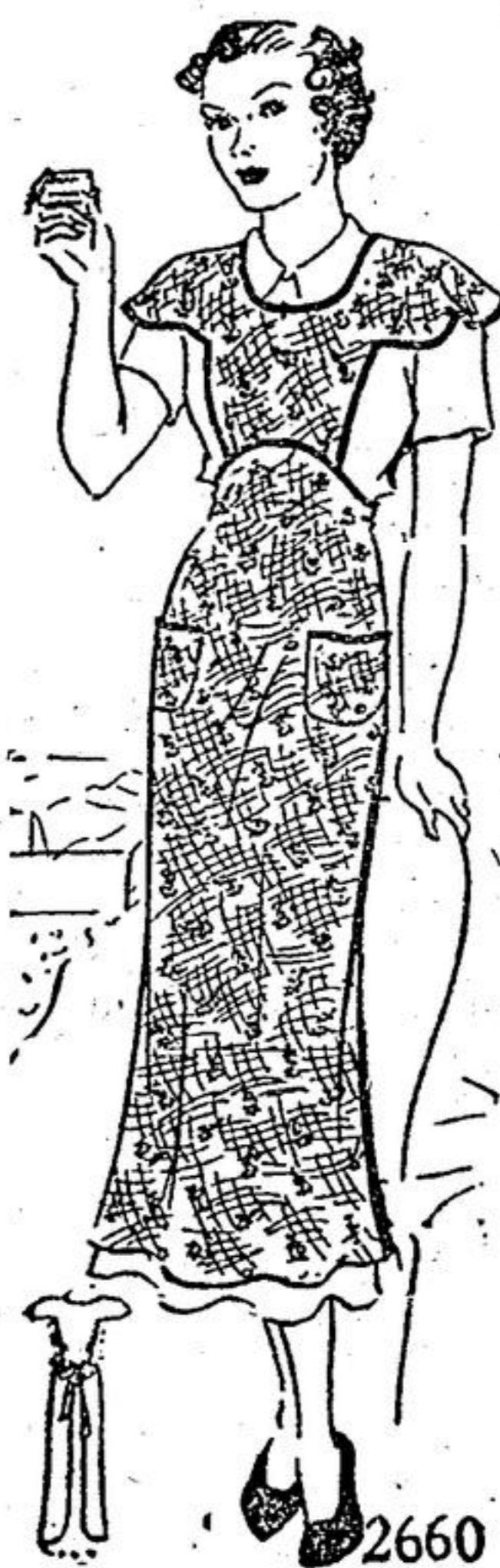
Haggis Is Not Scotch

Haggis is generally regarded as a delicacy only among the Scots. Most Englishmen have but a vague idea what the fearsome thing is, yet in the Middle Ages it figured largely in the dietary of the workers. It originated, however, not in England, nor in Provencal France, where a very similar concoction known as "pieds et paquets" is still considered a delicacy, but from classic Greece. These refined, artistic, fastidious ancients not only ate it and enjoyed it, but immortalized it in verse. Brought to England by Roman legionaries, it narrowly escaped becoming the national dish of England. The concoction is made of oatmeal, pepper, salt, the liver, lights, and heart of a sheep; the whole being sewn into the stomach bag of the sheep and boiled. Equally favoured by rich as well as poor, physicians have pronounced it extremely nutritious, and all who have partaken of it declare that it richly deserves its place of honour on any discerning gastronomic list.

Ratio of Divorce 1 to 12 in B.C.

Victoria, Jan. 15. — British Columbia divorce courts issued 350 decrees in 1935, 15 per cent more than in 1934 and believed the largest number on record. The figures averaged one divorce for every 12 marriages solemnized during the year.

Gay and Pretty



Such a darling and practical little affair is this "coverall" apron. Grand for busy housekeepers, who like to look attractive at their kitchen chores. And a life saver for your "best" frock, while preparing dinner.

All you need for Medium size is 2 1/2 yards of 39-inch gay cotton and 12 1/2 yards of bias binding you buy already cut and pressed. Cut it out and hey, presto! It's finished! Style No. 2660 is designed for sizes small, medium and large.

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.

Clara: Don't you think I'm assuming a big risk in taking Mr. Gayport for better or for worse?
Jane: Not at all. He might easily be a whole lot better and, really he can never be any worse than he is now.

Winter Months Dangerous To Very Young Children

Respiratory Diseases Frequently Attack Infants and Toddlers With Serious Results

Canada has been making remarkable progress in a reduction of her infant mortality rate in the last twenty years. In the last eight to nine years alone the efforts of the Health Department of our provinces and municipalities have resulted in a decrease of 29 per cent in the death rate of children dying in the first year of life and an actual saving of over 6,000 lives annually. Marked progress has been effected in the prevention of deaths due to certain of the diseases and conditions prevalent in the summer weather but now a special analysis made by the Dominion Bureau of Statistics in collaboration with Dr. Lloyd P. MacIntyre, Staff Consultant in Pediatrics of the Canadian Welfare Council, indicates that the problem of death and sickness in the infant and preschool age group, due to respiratory diseases and to diseases which are related, must be attacked at once and vigorously.

These diseases include inflamed conditions of nose, throat, larynx and wind pipe, bronchitis and bronchopneumonia. Bronchopneumonia, which so frequently is secondary to or complicates bronchitis, coughs, colds and sore throats, accounts for nearly half of the respiratory diseases which strike childhood, and it has now been established that in 1933, the last year for which final figures are now available, bronchopneumonia was the second greatest cause of death by acquired causes among all children in their first year of life in the whole of Canada, while broncho-pneumonia and bronchitis took first place in the cause of deaths in the whole group from one to four years.

Broncho-pneumonia is also a frequent occurrence in such conditions as measles, whooping-cough and influenza; especially is this so in infants and toddlers, the younger the child the greater the danger. It is said to be the most frequent cause of death in young children who die from these three diseases, so that the death rate resulting from broncho-pneumonia, due to all causes as affecting this young age group is indeed alarming.

The preliminary vital statistics for available and they show a disturbing increase in the number of infant deaths due to influenza, parumonia and bronchitis, and to two diseases, measles and whooping cough, which only too frequently end up in broncho-pneumonia, especially when these two diseases have been regarded with an undue degree of complacency. The months of January, February and March in this year were particularly deadly to child life in this group of diseases.

Therefore, a special effort is being made to reach parents throughout Canada in these next few weeks, urging on them the necessity of special precautions and protection of the baby and young child in the next three to four months against the dangers of the group of respiratory diseases and these primary diseases which contribute to a high death rate usually from a complicating pneumonia. The Provincial and Municipal Departments of Health are always ready to provide parents with educational literature and advice as to clinical services and other provisions for the protection of child health. A special folder, written by Dr. MacIntyre, is also available, free of cost, upon application to your Department of Health or to the Canadian Welfare Council at Ottawa.

The Little Things

I have been a lover of the little things in life—
The soft still hours of twilight,
Old brass and curtains red,
Thin wreaths of smoke, and leaves
Lying curled and brown and dead:
A fireside just with smouldering logs
Half burnt, and seagulls' cries,
And books well bound in leather,
Perfume and butterfies:
The crimson touch of ananum, rose-buds of deepest red,
Frisled curtains and the moonlight,
Clean sheets and golden thread,
The gentle splash of rain, lilacs,
Deep mauve and creamy white,
A chesterfield, my old red tam,
Blue dishes and sunlight,
The feel of silk and stormy seas,
A soft breeze on my face,
Red string, spike heels, and sunset's glow,
And yards of silver lace:
The sound of falling water;
In Spring's green willow trees,
Warmth, buttered toast and silver-ware,
And charming symphonies:
Old friends and laughter and rough tweed,
And my finger tips,
Soft dreamy music, algebra,
Black cats and babies' lips,
All these to me I hold as dear.
For I have been a lover of the little things in life.
—By C. Oakley, in The National Home Monthly.

FU MANCHU

By Sax Rohmer

THE SEVERED FINGERS—Green Eyes of Horror.



Fu Manchu sat at a table above which an oil-lamp swung by a brass chain. His face was dominated by the most uncanny eyes that ever reflected a human soul, for they were narrow and long, and of a brilliant green. But their unique horror lay in a certain firmness, which seemed to lift as I passed the threshold, revealing the eyes in all their weird indescence. . . .



Fu Manchu rose as I stopped dead, for the malignant force of the man was paralyzing. Fu Manchu was surprised, yes, but no fear showed upon that evil face—only pitying contempt. . . .



"It's Fu Manchu!" screamed Smith from behind me. "It's Fu Manchu! Cover him! Shoot him dead. . . ." The end of that sentence I never heard. . . .



For Fu Manchu reached down beside the table, and the floor slipped from under me. My pistol went off. . . . One last glimpse I had of the fixed green eyes, and with a shriek I was unable to repress I dropped, dropped, dropped. . . .