

HOUSEHOLD HINTS

Unless the housekeeper has a memory above average, she will often find it necessary while cooking, to refer to a table of measurements. Even the abbreviations used in recipes are somewhat puzzling to the inexperienced cook. I have always found it an excellent plan to keep a list of these useful items close at hand.

Abbreviations

1 teaspoon	1	tsp.
1 tablespoon	1	tb.
1 cup	1	c.
1 ounce	1	oz.
1 nound	. 1	10.
1 nint	1	pt.
1 apart	1	dr.
Few grains	••	f.g.
Weights and Measures		

Weights and Measures 2 c. 1 pt.

2 tb. butter 1 oz. 31/2 tb. flour 1 oz. 3½ c. flour 1 lb. 2 tb. granulated sugar 1 oz. 2 tb. fruit sugar 1 oz. 3 th. brown sugar 1 oz. 2 c. granulated sugar 1 lb. 2 c. fruit sugar 1 lb. 2% c. icing sugar 1 lb. 314 c. brown sugar 1 lb. highly with salt, pepper, mustard and 2½ c. cornmeal 1 lb. lemon juice. 3½ c. graham. flour 1 lb. 1% c. rice 1 lb. | coanut. 514 c. rolled oats 1 lb. 41/2 c. ground coffee 1 lb. 434 c. tea 1 lb. 3½ c. cocoa 1 lb. 2 c. chopped meat 1 lb. 4 c. grated cheese 1 lb. 8 or 9 eggs 1 lb. 1 egg about 2 tb. 1 square chocolate 1 oz. 4 tb. grated chocolate 1 oz.

4-th. granulated gelatine 1 oz. Notes on Measuring

1. When measuring liquids, the cup should be as full as it will hold. 2. Fine dry materials, as flour, should be sifted before measuring. The material should not be packed

SANDWICHES

Whether you are giving a party on one of these mid-winter days, or getting the children's lunch, or it's a light "snack" after cards with the neighbours, please do not be guilty of serving makeshift sandwiches, because it is a sure sign of a makeshift home-maker, says Jessie Marie De Both. The smarter and tastier your sandwiches, the smarter is your reputation both with your children, and your friends-and honestly, it is actnally cheaper to make that kind of sandwiches, even with the common-'est materials including left-overs out of the refrigerator.

Ordinary, commercial sliced bread neighbor sandwiches; but get unsliced | der. 1 teapsoon salt. bread and cut it thinner, for party use. There are many kinds of suitable bread you can buy at the stores, such as sandwich bread, raisin, cinnamon, whole wheat, nut, rye, Boston brown, Graham, bran, and certain kinds of coffee cake also make a good sandwich slice.

The fillings for sandwiches are legion. Many of them can be purchased quite reasonably, so that you can keep a supply on hand. These include meat fillings, cheese blends in a wide variety, prepared sandwich spread in a number of combinations, and the like. Frequently you have a reserve of meat, or sea foods, in the refrigererator that combined with a salad dressing of the creamy type will make a delicious filling. Your energy and imagination are about the only limits on what you can work up as a delicions filling.

You may also give interesting varlety and added zest to your sandwich fillings, if you take thought about the color schemes that are possible for sandwich spreads. For a party, let us say, you could have the following colored fillings, all delic-

1. Cream cheese with enough mayonnaise to moisten, then chopped chives, parsley, green peppers, or cherries added.

2. Cream 6 tablespoons butter with 4. tablespoons grated horseradish, 1 small bunch of finely minced water cress or parsley, season with salt, pepper, lemon juice and paprika, 3. Sliced cucumber and mayonn-

Pink, Red Rose Fillings

1. Chopped cooked ham or flaked

salmon mixed with mayonnaise. 2. Minced chicken tuna or salmon moistened with mayonnaise and mixed as desired with peas or celery or gratins, to say nothing of salads and chopped hard cooked egg with pim- sandwiches, and hashes and ragouts.

3. Red caviar.

Yellow Or Gold Fillings

1. Drained, well grated pineapple black coffee. and honey worked into soft butter. 2. Mashed hard cooked egg yolks, worked into soft butter and seasoned

3. Orange marmalade with moist co-

Lavender Fillings 1. Cream cheese mixed with grape

jam or jelly. 2. Grape butter. 3. Finely chopped red cabbage and

mayonnaise. 4. Mashed beets with cream or cottage cheese.

Orange Fillings

1. Any kind of yellow cheese. 2. Creamed cheese or banana pulp with candied orange peel or orange marmalade.

3. Grated raw carrots, seasoned with chopped onions, worked into cream cheese or moistened with mayonnaise. 4. Cream cheese with chopped dried uncooked apricots.

Apricot Nut Bread

114 cups dried apricots, 2 tablespoons shortening, 1/2 cup sugar, 1 egg, 1 cup sweet milk, 21/2 cups flour, 5 teaspoons baking powder, 1/2 teaspoon salt, 1/2 cup nuts chopped.

Method: Cook apricots five minutes. Drain, cool and cut in fourths. Cream shortening and sugar, add well beaten egg. Add apricots and milk, then gradually sifted dry ingredients and nuts. Bake in a greased loaf pan for one hour in a 350 deg. F. oven.

Ouick Nut Bread

2 eggs, 1 cup sugar, 1 cup of milk, 1 cup chopped nuts, 2 tablespoons of

Method: Beat eggs and sugar until light; add milk and nuts and well. Fold in flour which has been sifted with the baking powder and salt. Turn into bread pan and bake in a moderate oven 350 deg. F. over 45 minutes or until done. Add any desired color of fruit coloring, depending on the color scheme desired for the

LEFT-OVERS

It's a standing joke in many families about the Sunday roast and fowl that appear in so many disguises before they finally make their final bow. The way to do with left-overs of course, is to make them so attractive

to serve left-overs whether they be ed parsley. poultry, fish, meat or vegetables made.

Spanish Tennis Star Marries French Count



The former Senorita Lili de Alvarez, Spanish tennis star, and her husband, Count Jean de Gaillar de la Valdene, member of an old French family and a flying ace during the war, pictured at St. Moritz, Switzerland, on their honeymoon.

Then there are croquettes and ramekins and loaves and pastries and au Creamed fowl in rice ring makes a delicious main dish for a company luncheon. Serve it with asparagus salad, frozen plum pudding, cookies and

Rice Ring

Three cups cooked rice, 1 onion, thin slices bacon, 2 cups tomatoes, 1/2 teaspoon salt, 1-4 teaspoon pepper

Peel and slice onion and cook with bacon until brown. Add rice, sai and pepper and tomatoes. Mix thoroughly and cook thirty minutes. Pacl in a well oiled mold and bake thirty minutes in a moderate oven. Remove from oven and let stand five minutes. This steams the ring loose from the mold. Run a spatula around the edge and invert on a serving platter. Fill centre with creamed fowl and garnish with tender tips of celery leaves.

If the fowl needs stretching, add mushrooms and blanched almonds, and this delicious combination carries no suggestion of left-overs.

Frozen Plum Pudding

cream, 11/2 cups granulated sugar, 6 eggs (yolks) 1/2 teaspoon salt, 4 sqs. bitter chocolate, 1 cup seedless raisins, 16 cup candied cherries cut in halves, 1/2 cup candied pineapple, 4 tablespoons shredded citron, 1 cup of blanched almonds.

cup sugar and salt until thoroughly into the mountain to pray." The blended. Gradually beat in scalded milk. Put over hot water and cook Mermon, ten thousand feet high, and until mixture thickens and coats metal spoon. Remove at once from sarea Philippi, where we find the heat. Melt chocolate over hot water with 16 cup sugar and enough boiling preceding this paragraph. water to make a smooth paste. Add a and drained. Freeze until firm and serve with a garnish of whipped cream and candied cherries.

ing in six parts ice to one part ice cream salt. Freeze without stirring. One more recipe this time for Cornish pastries which are different and very effective on a luncheon plate with a creamed vegetable.

Cornish Pasties

tablespoons butter, 3 tenspoons bak-

make a soft dough. Roll on a floured oven.

Sunday School

LESSON IX - MARCH 1st OLDEN TEXT - "He that abideth in me, and I in him, the same beareth much fruit." - John 15:5b.

THE LESSON IN ITS SETTING Time - The last six verses of our chapter fall in the late autumn of A.D. 28; the events in the first seventeen verses of the chapter occurred in the winter of A.D. 28 and 29. wrong in the request which they ex-The confession of Peter and the pressed.

ber or December A.D. 29. Samaria; and the concluding portion and the divine. of the chapter is to be located at the sea of Galilee.

"The transfiguration," Luke 9: 28. 36. 28 "And it came to pass about eight days after these sayings." There One quart milk. 1 pint whipping is no record in any of the Gospels as to what Jesus and his disciples were doing during these intervening days.

"That he took with him Peter and John and James." His three most intimate disciples, whom he allowed to accompany him in some of most sacred, intimate, and epochal Scald milk. Beat egg yolks with 1 hours of his ministry. "And went up mountain here referred to is Mount easily within six days' reach of Cae-Lord with his disciples in the verses

"And as he was praying." We canlittle hot custard to chocolate and not doubt that the subject on which stir until perfectly smooth. Then he drew near to the Father was his add this to the rest of the custard approaching death. "The fashion of and turn into a cold dish. Let stand his countenance was altered." Luke,. day, when they were come down from melted shortening, food coloring, 31/2 until well chilled. Fold in cream that for some reason avoids the word used the mountain, a great multitude met bear with you? bring hither thy son." will save you time on family or the cups flour, 6 teaspoons baking pow- is whipped until firm. Turn into freez- by Matthew and Mark, 'transfigured.' him." Those who permanently remain It is the contrast, not between one ing trays and freeze until firm around "And his raiment became white and in the mount of religious exaltation the edges. Beat in fruit which was dazzling." The radiance here identif- are not of great benefit to broken,

soaked over night in syrup to cover | ied with Christ is not the result of re- | impoverished and lost humanity. flection from a great light shining upon him, but the manifestation of such a condition of purity and glory This pudding can be frozen by pack. within him as to be seen breaking through the very flesh and form of his body.

"And behold, there talked with him

board into a sheet about 3-8 inch thick. Cut into six squares with a sharp floured knife. Combine meat One and one-half cups flour, two oysters, crumbs and cream sauce. Season with salt and pepper and also ing powder, 1/2 teaspoon salt, water. minced parsley and add enough milk One and one-half cups minced fowl, to make the mixture quite moist. that nobody will care what their ori- 1/2 cup chopped oysters, 2-3 cup of Place a spoonful of this mixture just cream sauce, 1/2 cup rolled cracker to one side of the centre of each One of the most appetizing ways crumbs, milk, salt and pepper, minc- square of dough, and fold over to make a triangle. Make a gash across Mix and sift flour, salt and powder the top and pinch edges firmly togein a rice ring, decorative and easily and rub in butter. Cut in water to ther. Bake thirty minutes in a hot

with him were heavy with sleep." That heavy sleep was probably the

ing away."

reaction from the six days of mental strain and possibly induced by the long climb up the mountain that day or the preceding day. "But when they were fully awake." Literally suddenly starting into full wakefulness. "They saw his glory and the two men that stood with him." We miss undetected and unimagined things because

two men, who were Moses and Elljah."

Moses had received the law and given

it to the people. Elijah had called the

the whole of the Mosaic economy.

people back to the law. They were the two most remarkable figures in

"Who appeared in glory, and spake

of his decease which he was about to

accomplish at Jerusalem." The word

here translated "decease" is the

Greek word exodos, similar to our

English word decease meaning a go-

"Now Peter and they that were

we are not awake. "And it came to pass, as they were

parting from him." It was because Peter realized that the visit of these two great Old Testament characters was about to be terminated in their departure that he made the following request. "Peter said unto Jesus, Master it is good for us to be here; and let us make three tabernacles." These were little booths or huts made out of branches of trees or bushes, such as were constructed for the feast of tabernacles. "One for thee, and one for Moses, and one for Elijah.." There is certainly nothing darkly selfish in this request as some have claimed. It is a time of joy, worship, and exaltation, and Peter longs for this experience to continue and for him to behold the Lord Jesus and these two great men of old. Of course Peter knew what words he said, but he did not know their significance, nor the

transfiguration took place in the aut- "And while he said these things. umn of A.D. 29, and Christ's journey there came a cloud, and overshadowthrough Samaria occurred in Novem- ed them." A cloud is the constant symbol, or, if not always this, the Place - The events in vs. 1-6 oc- accompaniment, of the divine prescurred in Galilee; those in vs. 7-10a ence (Ex. 14:19, 19:16; 33:9; 40:34; in Capernaum; the feeding of the five 1 Kings 8:10; Psalm 104:3; Isa 19:1; thousand vs. 10b-17 in Bethsaida; the Dan. 7:13). "And they feared as they confession of Peter and the teachings entered into the cloud." Fear is the that followed in Caesarae Philippi, natural emotion when one is in the the transfiguration on Mt. Hermon. presence of the mysterious, awful,

"And a voice came out of the cloud saying, This is my Son, my chosen bear ye him." Three times in the ministry of our Lord is a voice heard from heaven; at the beginning of his shadow his preaching, here at transfiguration; before his final rejection and crucifixion in the temple court (John 12:28).

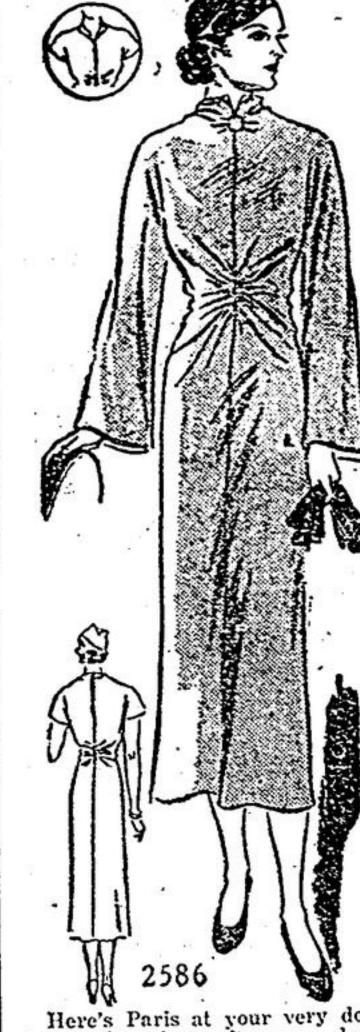
"And when the voice came, Jesus was found alone. And they held their peace, and told no man in those days any of the things which they had seen ience to themselves until after they had seen and heard at this time.

"And it came to pass, on the next

"And behold a man from the multitude cried, saying, Teacher, I beseech thee to look upon my son; for he is mine only child." Here alone are we informed that this was the only child of this man, reminding us of two him grievously." The word here transimilar pathetic touches in preceding slated "dashed him down" is from a Tracks in angles and tiny parallels. passages in the Gospel (7:12; 8:42). Greek word used by boxers knocking

We have quite thoroughly considered throwing an opponent. "But Jesus rein the preceding lessons, but this par- the boy, and gave him back to his ticular verse is especially vivid in its father." When Christ redeems young description of the awful condition re- men from the bondage of sin, he gives sulting from such possession. "And these men back again to their par- Over and over them and bends them he suddenly crieth out." The adverb ents in more ways than one. here translated 'suddenly' is used by | "And they were all astonished medical writers of sudden attacks of the majesty of God." Majesty here diseases such as epilepsy. "And it means the visible splendor of God's teareth him." Or it convulsed him. glory and is the word Peter uses three "That he foameth.". "And it hardly years later, in referring to this same departeth from him, bruising him experience (2 Pet. 1:16).

Easy To Copy



Here's Paris at your very door in a charming afternoon dress which one could very well wear for less dressy evening affairs. The smartly severe high neck-

line, may also be worn in open V. In a gay printed crepe or in plain crepe, this model is equally lovely. It's so simple to sew. The long

loose sleeves cut in one with fronts and back of dress. Style No. 2586 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires

41/2 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.

ministry; at the time of his baptism sorely." The verb here translated material of the Netherlands industry (Mark 1:11); at the chief crisis of his bruising means literally "to tread is probably imported. There is also three years of public ministry, when down under foot" or "to-break in pie- ; canning industry in Switzerland. the work of suffering begins to over- ces," "to shiver" (Matt. 12:20; Rom. the 16:20) and, in its passive form "to processed including strawberries, and a crushed."

cast it out; and they could not." ples. Supplies of home-grown fruit There is nothing more tragic in the are sometimes insufficient for the world than for one who has a won- needs of the industry and imported derful reputation for helping others fruit is used. to come face to face with a situation The disciples kept this great exper- in which that one finds himself or herself utterly helpless, especially if resurrection (Mark 9:9; Matt. 17:9), he or she knows that there would be because they probably did not realize ability to do what has been found imthe full significance of that which possible to do, if the now helpless one were living near enough to God.

"And Jesus answered and said, O faithless and perverse generation, how long shall I be with you, and man and another, but between this entire humanity alienated from God, Their seeds before, and come to in the midst of which he finds himself, and the inhabitants of heaven. whom he has just left, which wrings from him this mournful exclamation.

"And as he was yet a coming, the demon dashed him down, and tare Or dropping on the snow to leave

The Terrible Beam

Canning Fruit The World Over

Fruit is canned in a large number of countries, although there are unfortunately no statistics for the majority, says the Imperial Economic Committee's report on Fruit. The United States and Hawaii (pineapples only) undoubtedly provide the bulk of the world aggregate, and these two countries probably account for more than the remainder of the world put (the latter producing canned pineapples exclusively) are the most important Empire producers, but the output of Canada and South Africa is of growing importance. Canning is also carried out in India, and fruit canning industries have been stated in Jamalca, Mauritius, Fiji and Palestine. In Formosa pineapple canning is assuming considerable proportions, although most of the output is shipped to Japan for consumption in that country. A certain amount of fruit is also canned in Argentina, Brazil and Chile, while Japan has recently developed an important orange canning industry.

Taking these countries as a whole, the principal fruits canned are apricots, peaches, pears, pineapples and grapefruit, although many of them can important quantities of other fruits. including raspberries, strawberries, loganberries, apples (mostly canned in water), plums and cherries. These fruits however, are the principal products of the industries of the United Kingdom and Continental Europe. A further distinction may be made in that the products of the European canning industries do not play an important part in interational trade; fruits are generally canned or bottled for home consumption, and exports are small.

An important industry is being built up in Russia, where apples, apricots, peaches, pears and cherries are canned. In Germany strawberries are an important item, while the chief Italian product is cherries, with certain quantities of peaches and apricots. Apricots, peaches, plums, and cherries are canned in small quantities in France, also in Spain, with the addition of strawberries and pears. Belgium produces canned cherries, plums and pears, and the output of the Netherlands also comprises these fruits with the addition of peaches. However in the Netherlands, very little fruit is canned, production consisting mainly of bottled fruit. As in the case of other European countries, some of the raw there small quantities of fruits, are raspberries, currants, cherries and "And I besought thy disciples to plums, with apricots, pears and ap-

Winter Afternoon

(Fred Lape in the New York Sun.)

Earth plans her beauty well, nothing is wasted.

These withered stalks of goldenrod and asters

Serve now to call the sparrows that have tasted

show what masters -

They are of standing on their heads and eating,

And at the same time spilling notes

like bells.

their fleeting

"And behold, a spirit taketh him." one another down, and of wrestlers And farther on the weeds give way

the subject of demoniacal possession buked the unclean spirit, and healed In gold waves leaning over the cool Rustling and whispering when a

They kindle in the sun like golden

This moment's light on them transmutes the earth. How shall I face such magic and

not wear, Its mark forever like a mark of

Hog Health Insurance

Hogs always are healthy on the farm of Mrs. R. D. Pence, of Indiana. One reason for this is that two fields are rotated every two years between alfalfa pasture for pigs and grain crops. The field begins with corn, follows with oats with which an alfalfa seeding is made, and is then returned to pasture while the other field takes a turn at the cropping. In the pasture Mrs. Pence keeps portable houses with floor sun pens attached. The house and pen combination, mounted on skids, can be moved easily from a worn place, or from one field to another. A portable waterer is moved the same way.

"We never had any trouble with the pigs," said Mrs. Pence, "but for safety we vaccinate them against the

FU MANCHU

By Sax Rohmer





lmost accounted for you, Petrie, as it did for Cadbe;

Mason, the decoit and heaven knows how many more."



deadly keen, were riveted, edges up, along the top of the beam which only just now I had striven to grasp! "The Severed Fingers!" I cried.



"Smith!" I gasped. "She's gone!"