

Woman's World

By Mair M. Morgan



Pointers On Pies

with fork. Handle as little as possible. Wrap in waxed paper, chill thoroughly. Roll out on slightly floured board. Bake pastry in hot oven (450 degrees F.). Makes enough pastry for one 9-inch two-crust pie, or fifteen 3½ inch tart shells.

CHOCOLATE MERINGUE PIE

3 squares unsweetened chocolate cut in pieces
2½ cups milk
½ cup sifted cake flour
½ teaspoon salt
2 egg yolks, slightly beaten
2 tablespoons butter
2 teaspoons vanilla
1 baked 9-inch pie shell
2 egg whites
4 tablespoons sugar

Add chocolate to milk and heat in double boiler. When chocolate is melted beat with rotary egg beater until blended. Combine sugar, flour and salt; and gradually to chocolate mixture and cook until thickened, stirring constantly; then continue cooking 10 minutes, stirring occasionally. Pour small amount of mixture over egg yolks, stirring vigorously; return to double boiler and cook 2 minutes longer. Remove from boiling water; add butter and vanilla. Cool. Turn into pie shell. Beat egg whites until foamy throughout; add sugar, 1 tablespoon at a time, beating after each addition until sugar is blended. The continue beating until mixture will stand in peaks. Pile lightly on filling. Bake in moderate oven (350 degrees F.) 15 minutes, or until delicately browned.

Winter Diet

In the old days of sailingships when men were at sea for months at a time, barrels of sauerkraut were usually part of the ship's stores as a safeguard against scurvy—that wasting disease caused only by lack of fresh vegetables and eating no fresh meat, says Jessie Marie De Both. The ship's cooks, even in those days, knew that a varied diet, with a proper balance between foods, was vital to health.

The modern home-maker, with facilities and a range of vegetables, fruits, meat, fish, and fowl, at her command even in mid-winter, which a queen could not have bought with the crown jewels a hundred years ago, is still no differently situated from the queen's chef or the ship's cook when it comes to providing her family with a balanced diet.

The modern home-maker must pay even more attention to the subject, because today her family are leading mostly an indoor life. It takes real thought and planning to provide the correct diet for that.

The best way is to plan meals for the entire week, building each day progressively from breakfast through dinner, and then linking each day to the next day's meals. There must be some bulk and roughage.

A BALANCED OVEN MEAL MENU

Stuffed Pork Chops
Candied Sweet Potatoes
Creamed Cabbage
Tomato Salad

Date Meringue Pudding
STUFFED PORK CHOPS

4 thick pork chops (cut for stuffing), 1 cup cooked rice, 1 tablespoon butter, 2 chopped pimientos, salt and pepper to taste.

Method: Wipe chops, stuff with rice to which the butter, pimiento, and seasoning have been added. Place in a hot skillet and brown on both sides. Cover and reduce heat. Cook an hour.

CANDIED SWEET POTATOES

Method: Peel the boiled or steamed sweet potatoes and cut them in thick, lengthwise slices. Lay them in a pan which has been rubbed lightly with fat. Dot potatoes with butter, season with salt, pepper and sprinkle thickly with brown sugar. Bake until a rich brown. Stew over

On Exhibition at Fair



Paintings regarded as the most important and representative of contemporary American art are being displayed at the Palace of Fine Arts at the San Diego, Cal., Fair. Above is a photographic reproduction of Gari Melcher's "The Pot Hunters".

a little cinnamon before baking, if desired.

CREAMED CABBAGE

2 level cups cooked cabbage (cut fine), ½ cup melted butter, 2 tablespoons flour, ½ teaspoon salt, 1-8 teaspoon pepper, 1½ cups milk.

Method: Add the seasoning to the flour and then all to melted butter. Blend well before adding milk. Cook over low fire stirring constantly until thick—stir in cabbage and reheat. Serve.

Note: For a hearty luncheon dish melt a level cup of cheese in the sauce before adding the cabbage. Serve with poached eggs on toast.

DATE MERINGUE PUDDING

2 cups cooked cereal, ½ cup chopped dates, 1 teaspoon vanilla, 2 cups milk, 1 cup sugar, 2 eggs.

Method: Mix all ingredients except egg white. Pour into buttered baking dish, bake ½ hour. Cover with meringue of beaten white to which 4 tablespoons sugar have been added and brown in oven.

THREE-HOUR OVEN DINNER

Oven Baked Rice Carrots a la King Show-me-Dessert COTTAGE HAM

Method: Rub a Cottage Ham (3-4½ lbs.) with one-fourth cup brown sugar, 1 teaspoon mustard; stick surface well with cloves. Place in a baking pan and bake at 300 deg. F., 35 minutes to the pound. Serve with horseradish sauce.

HORSERADISH SAUCE

Method: Pare, dice and cook cup horseradish and ¼ teaspoon salt to 1 cup cream, whipped.

OVEN BAKED RICE

½ cup raw rice, 2 cups boiling water, ½ teaspoon salt.

Method: Add the washed rice and salt to boiling water. Pour into a casserole or baking dish, bake in oven until flakes of rice are tender and water absorbed. Use cover on dish.

CARROTS A LA KING

Method: Pare, dice and cook carrots until tender. Drain. Prepare 1 cup medium thick white sauce to which has been added 1 teaspoon grated onion, 1 tablespoon each finely diced celery, minced parsley and pimiento. Pour sauce over carrots.

"SHOW-ME-DESSERT"

½ cup butter, ¼ cup sugar, 2 beaten egg yolks, ½ cup flour, 1 teaspoon salt, ½ teaspoon baking powder, 3 tablespoons milk.

Method: Mix all ingredients as for cake. Spread in a pie pan. Whip the whites of two eggs—add ¼ cup extra of sugar and beat well. Spread on top of pie, sprinkle some chopped nuts on top. Bake in slow oven 25 minutes. Serve with whipped cream, if desired.

From January to March is the best time to plant carnation cuttings for the reason that at this period the plants are strong and vigorous. Later on the plants will be weakened by flower production. A great deal of information on the subject may be gleaned from the circular on carnation culture issued by the Dominion Department of Agriculture, Ottawa.

Swagger Shirtmaker



3487

Don't you love this little rig? It's the new shirtmaker frock with shoulder yoke and soft bodice fullness.

Simple to sew! The sleeves cut in one with the bodice.

This model is stunning in cravat print silk crepe. It will look so gay 'neath your winter coat, and you can wear it right through the spring.

Cotton, linen and tub pastel silks are nice to fashion it for later season wear.

Style No. 3487 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inch bust. Size 16 requires 3½ 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.

The Duke of Connaught is wintering at Bath, England, and was prevented by failing health from making the trip to London to participate in the strenuous activities of the royal funeral. The Duke, 85-year-old uncle of King George, attended a commemorative service at Bath Abbey.

SUNDAY SCHOOL LESSON

LESSON X — MARCH 8

Jesus Teaches Neighborliness Luke 10 Golden Text — "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself — Luke 10:27.

THE LESSON IN ITS SETTING
Time — November and December, A.D. 29.

Place — All the events of this chapter occurred in Peraea, the territory east of the Jordan River, extending from the city of Pella southward half way down the eastern coast of the Dead Sea; the last five verses of this chapter are located in the city of Bethany on the east slope of the Mt. of Olives.

"And behold, a certain lawyer." We should not allow this word to bring before our minds the typical "lawyer" of today. In the New Testament "lawyer" means "teacher of the law" and is a synonym for the more frequently used word "scribe." "Stood up and made trial of him." The fame of Jesus as a teacher, had reached this scholar's ears, and he now undertakes to prove Jesus' skill, to discover if he really is the Teacher of divine truth as others claimed he was. "Saying, Teacher, what shall I do?" The tense supplies that, by the performance of one thing, eternal life can be secured. What heroic act must be performed or what great sacrifice made? "To inherit eternal life?" This man was a legalist, a man who conceives of eternal life as an inheritance.

"And he said unto him, What is written in the law? how readest thou?" The very business of this man questioning Jesus was to know the law.

"And he answering said, Thou shalt love the Lord thy God with all thy heart." The quotation beginning here is from Deut. 6:5 and 10:12. "And with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself." The last phrase is quoted from Lev. 19:18. These words need no exposition.

"And he said unto him, Thou hast answered right; this do, and thou shalt live." The verb here translated "do" is a present imperative and could be literally translated "continually do," i.e. not merely do it once for all.

"But he, desiring to justify himself said unto Jesus, And who is my neighbor?" The lawyer saw at once that he had convicted himself of asking a question that he really knew. In his embarrassment, he asks another question to show that he did have a point at first.

"Jesus made answer and said, A certain man was going down from Jerusalem to Jericho, and he fell among robbers. Who both stripped him." An exceptional act of violence and brutality (cf. Matt. 27:28, 31; and Mark 15:20). "And beat him." It was because he tried to keep his clothes and also to disable him, that they added blows to robbery. "And departed, leaving him half dead." One must be reminded of our Lord's words concerning the destructive work of Satan in the lives of his subjects in John 10, 12, 13.

"And by chance a certain priest was going down that way." By coincidence we might say, by that wonderful falling-in of one event with another, which often seems chance to us, being indeed the mysterious weaving-in by a higher hand, of the thread of different men's lives into the one common woof. "And when he saw him, he passed by on the other side." I am quite sure that, if any one had asked this priest in the temple, What shall I do to inherit eternal life? he would have answered him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind, and thy neighbor as thyself.

But the trouble with this priest was that, as soon as he got his temple duties over, he forgot all that about his neighbor.

"And in like manner a Levite also, when he came to the place, and saw him, passed by on the other side." The Levites were appointed to assist the priests, but were not themselves, like Aaron and his sons, to approach the most holy things.

"But a certain Samaritan." A Samaritan was one absolutely despised by the Jews, and it was to the Jewish people that Jesus was speaking. "As he journeyed, came where he was; and when he saw him, he was moved with compassion." The feeling that one would expect from the heart of a Samaritan was one of actual and powerful hatred. Instead of that, he was touched with the man's suffering.

"And came to him, and bound up his wounds." Possibly with strips torn from his own garments. "Pouring on them oil and wine." Oil and wine were recognized household remedies. "And he set him on his own beast, and he brought him to an inn, and took care of him."

"And on the morrow he took out two shillings." Literally "two denarii equivalent to a sum of between thirty and forty cents." "And gave them to the host, and said, Take care of him; and whatsoever thou spendest more, I when I come back again will repay thee. The expression of the "I" and its emphatic position, show that it is meant to imply "Come exclusively to me for money and payment."

"Which of these three, thinkest thou, proved neighbour unto him that fell among the robbers?" Behind this question, our Lord rebukes the lawyer's previous question.

"And he said, He that showed the mercy on him." And Jesus said unto him, Go, and do thou likewise." The command of Jesus is in the present imperative and might be literally translated "Thou also habitually do likewise." It was not to be a single act, but life-long conduct.

Slim Ankles

Every woman wants a slim ankle. A large ankle may be thick, fat or swollen—thickness may be by reason of the formation of the bone and sometimes is the result of special conditions of exercise.

Stretching the toes, standing on the toes, moving the foot in a circular motion, brisk rubbing with eau-de-Cologne are beneficial.

For fat ankles do the same exercises and massage as for thick ones, and rest with compressed cotton wool soaked in warm water and eau-de-Cologne, followed by steady massage. This helps to reduce the tissue.

Feet and ankles often reflect diet errors more quickly than any other part of the body.

Unless specially forbidden, any one who suffers from puffy ankles should drink more water.

Lastly, see that your shoes fit and your heels are well balanced.

Wealthy Young People Should Have to Work

"The day will come when young people who have incomes from estates will be required to work, because, unless they do, their indolence causes unsatisfactory mental vibrations."

"This is shown when the young people commit suicide or indulge in excesses which are detrimental to themselves and those around them."

This opinion was expressed by T. W. Read, in a paper on "The Psychology of the Human in Industry," which he delivered to members of the Industrial Transport Association in London.

MORE BOOKS MORE READING

Having regard to the pulling power of the movies, bridge, church and social attractions, it is interesting to learn from the annual report of the St. Thomas Public Library that about 44 per cent. of the population in the city are ticket holders, or an average of two persons in every household. The total number of books, etc., issued during last year was 188,111, which shows how much the Library is appreciated and how great a service it renders to the community. There never was a time when it was so efficiently managed and conveniently arranged, and as it is to some extent below standard owing to financial conditions, the extent of the patronage should be a reminder to the city fathers that they should be willing to stretch a point to still further improve a service which is so much needed and so much taken advantage of. There are few ways in which money could be as well spent.

It is also interesting to learn that 16,000 new books were published in Old London last year, the highest total on record. Many people have the urge to write a book about something or other, even if they are not writers by instinct or profession, and a great number of books are published mainly at the expense of the writers themselves, which would otherwise never get beyond the dream stage. Large as the growth of British publishing figures are it is surprising to know that the book reading public is two and a half times the size it was 10 years ago. The output of books has risen an average of two per cent. annually; readers at 15 per cent., so that in spite of other attractions there are not only more books but a great many more readers.

Perhaps quality is sacrificed to quantity, but on the whole it is a healthy thing that the public is patronizing the libraries, private and municipal, more and more, and these services deserve every support.

Mistaken Kindness

Pay Attention to Doctor's Orders and Keep Convalescent Child in Bed

No one knows better than the doctor how futile it is to tell an invalid not to go out too soon.

The adult skeptic learns to his sorrow that his lowered resistance after gripe, or flu or a hard cold, is doubly ready to pick up another germ, and it's all to do over again. Perhaps he won't be sick the same way; most likely not, because there are literally dozens of so-called "low-grade" germs, and symptoms are rarely the same.

This should teach us something about children. When a boy or girl has been ill and the doctor says, "Stay there for a few more days," he means exactly what he says. The child may feel all right, and fever may be gone, so he wants to get up and about. "Please, mother, can't I put my bath robe on and go downstairs?"

Perhaps it is warm down there and perhaps not. Who notices the draught under the living room door that teases bare ankles? Who sees him slip to the door and call across the street to his friend.

Later his mother cannot imagine where he got another spig of gripe. Not the same kind, mind you, but something that isn't even a collateral cousin of the first that laid him low.

This time he stays sick longer, in all probability, because he has already used up much of his "resistance" on the first attack. Now he has to defend himself with what is left.

There is, furthermore, another reason why children should be careful for awhile after an illness, especially after a high temperature siege.

Tissues are depleted, naturally; blood chemistry is not up to normal; muscles and bone material are not at par; nerves have suffered in the fight.

WEAKNESS AGGRAVATES STRAIN

When he is better he feels well, but is just a bit weak. His eyes are bright. He eats like a hungry wolf. His spirits mount. He insists on action. Denied this, he reads. If not denied, he, perhaps, goes out with his sled or skates and makes up for lost time.

Who suspects that eye muscles and nerves are weak? Or that heart muscles are tired? Or that foot muscles are flabby?

In later years he will, remark in all perplexity to the specialist looking after his eyes or his heart, or the orthopedist trying to relieve the pain in his flat-arched foot, "What has caused all this trouble, doctor?"

"Strain of some sort or other when you were run down, very likely," he may answer. "Sometime when you were sick you may have gotten up too soon. These things often start in childhood when vitality is low and spirits too high."

"Why didn't mother watch me then?" sighs the sufferer. Mothers are always too kind.

FU MANCHU

By Sax Rohmer

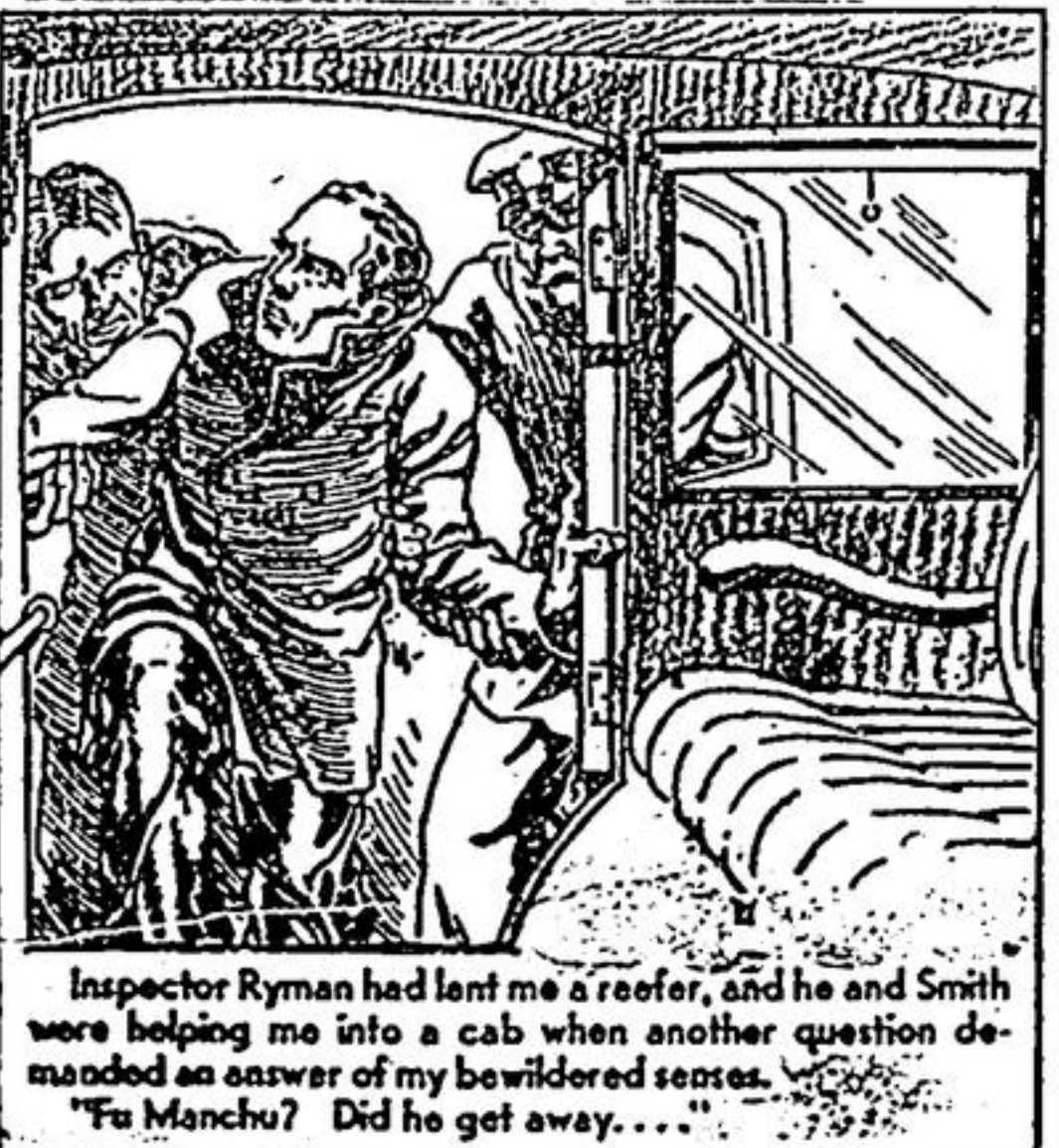
Fate of Fu Manchu?



My next recollection was of sitting up, Nayland Smith's arm about me, and Inspector Ryman holding a glass to my lips. My first confused thoughts were of the girl. "Smith," I asked, "did you bring the pigtail with you that we found on Cadby?" "Yes, Petrie. I hoped to meet the owner — and I did...."



"I handed it back to her after we got up the ladder and you fainted. Disguised, she managed to slip away in the excitement. I owed her your life. I had to square the account...."



Inspector Ryman had lent me a rooster, and he and Smith were helping me into a cab when another question demanded an answer of my bewildered senses. "Fu Manchu? Did he get away...."



"There was some door at the back...." Smith replied slowly. "No one has seen him...." "Do you think he may...." "No," Smith replied. "Not until I see him lying dead before me shall I believe it!"