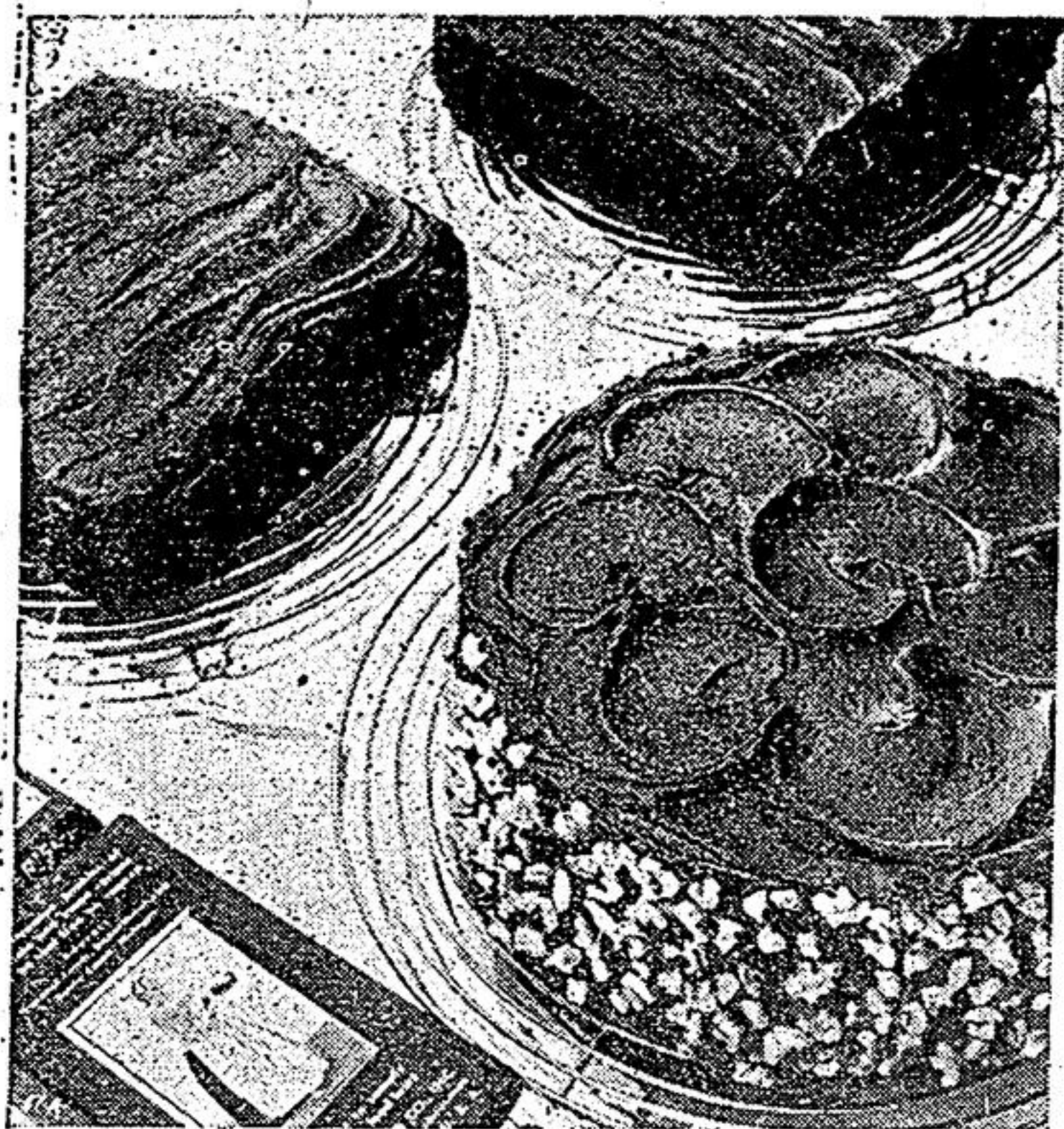




# Woman's World

By Mair M. Morgan



### Cake as a Desert

How often has a perfect dinner or luncheon been almost too much because a luscious cake has been served along with a fruit or cream dessert? The cake in itself was so good, so nourishing and such a perfect ending to the meal that it would have been quite enough and one could have appreciated its flavour more than mixing it with other foods.

mixture boils. Continue cooking, without stirring, until a small amount of mixture forms a very soft ball in cold water (232 deg. F.). Remove from fire. Add butter and vanilla. Cool to lukewarm (110 deg. F.). Beat until of right consistency to spread. Makes enough frosting to cover tops and sides of two 9-inch layers.

### THIS WEEK'S WINNER

#### Banana Salad

Chocolate Fudge Cake spells perfection for the lone dessert. It has all the elements of sweetness, flavour and nourishment and it can be made as decorative as you please. Serve it on a crystal plate or platter, add chopped walnuts or chopped white almonds, put the fudge icing on in swirls as shown in the illustration and the high light of the meal is ready.

Line a glass dish with crisp lettuce leaves, slices of ripe tomato, then fill dish with bananas sliced very thin over which pour a mild salad dressing, then sprinkle with chopped walnuts and chill.

#### Summer Drink

Make a pot of cocoa in the usual way only with half the amount of sugar, adding 1/2 cup of strong coffee to one quart of cocoa. Pour white hot into tall glasses, each containing 2 cubes of ice and one marshmallow.

### HOW TO ENTER CONTEST

Plainly write or print out the ingredients and method and send it together with name and address to Household Science, Room 421, 73 West Adelaide Street, Toronto.

### Preserved Vegetables

There were 177,677 lb. of canned vegetables imported in June valued at \$20,284 compared with 174,048 at \$16,074 in the same month last year. The amount from the United States was \$8,994 lb. and from other countries 88,683 lb. Pickles and sauces were imported to the value of \$31,301, of which \$20,409 came from the United Kingdom and \$7,547 from the United States.

Most of Canada's exports of canned vegetables went to the United Kingdom during June. The total was 4,324,895 lb. valued at \$182,119 and the amount to the United Kingdom 3,959,957 at \$163,512. Pickles, sauces and catsups exported were valued at \$323,119, of which the United Kingdom took \$322,747.

In 1935 coffee drinkers in the United States consumed an average of 60.5 cups of coffee each.

The average Harvard student spends \$5,000 to get his degree; 125 years ago the average cost was less than \$3,000.

### Chocolate Fudge Cake

- 2 cups sifted cake flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup butter or other shortening
- 3/4 cup milk
- 1 cup sugar
- 2 squares unsweetened chocolate
- 1 egg, well beaten
- 1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt and sift together three times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add chocolate and blend, then add egg and vanilla. Add flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in a greased pan 8 x 8 x 2 inches in moderate oven (350 deg. F.) 1 hr. Cover top and sides with fudge frosting.

### Fudge Frosting

- 2 squares unsweetened chocolate cut in pieces
  - Dash of salt
  - 2 3/4 cup milk
  - 2 cups sugar
  - 1 teaspoon vanilla
  - 2 tablespoons light corn syrup
  - 2 tablespoons butter
- Add chocolate to milk and place over low flame. Cook until mixture is smooth and blended, stirring constantly. Add sugar, salt, and corn syrup, and stir until sugar is dissolved and



Going back to his home town, Independence, Kan., for first time since his nomination, Governor Alfred M. Landon is enthusiastically greeted by his women neighbors at luncheon in his honor.

# SUNDAY SCHOOL LESSON

LESSON VIII.—August 23. THE GOSPEL FOR ALL MEN.—Acts 10 : 1—11 : 18; Romans 1 : 13-17. GOLDEN TEXT.—For God so loved the world, that he gave his only begotten Son, that whosoever believeth on him should not perish, but have eternal life. John 3 : 16. THE LESSON AND ITS SETTING. Time.—The conversion of Cornelius and the defense of Peter before the church at Jerusalem of his activities at this time all occurred in A.D. 41.

Place.—The Conversion of Cornelius took place in Caesarea about seventy miles from Jerusalem, the defense of Peter took place in Jerusalem. The Epistle to the Romans was written by Paul from Corinth, while on his third missionary journey.

"I was in the city of Joppa praying; and in a trance I saw a vision, a certain vessel descending, as it were a great sheet let down from heaven by four corners; and it came even unto me: Upon which when I had fastened mine eyes, I considered, and saw the fourfooted beast of the earth and wild beast and creeping things and birds of the heaven. And I heard also a voice saying unto me, Rise, Peter; kill and eat. But I said, Not so, Lord; for nothing common or unclean hath ever entered into my mouth. But a voice answered the second time out of heaven, What God hath cleansed, make not thou common. And this was done thrice: and I were drawn up again into heaven." These verses have been fully commented upon in the preceding sections.

"And behold, forthwith three men stood before the house in which we were, having been sent from Caesarea unto me. And the Spirit bade me go with them, making no distinction. An these six brethren also accompanied me; and we entered into the man's house. And he told us how he had seen the angel standing in his house, and saying, Send to Joppa, and fetch Simon, whose surname is Peter; who shall speak unto thee words, whereby thou shalt be saved, thou and all thy house." There is a remarkable difference between verse 14 here and the account of the angel's message to Cornelius in 10 : 5, and in the account Cornelius gives to Peter in 10 : 31, 32. The significant phrase that is added here is, "whereby thou shalt be saved, thou and all thy house."

God. Yet all the pomp, glory, and magnificence of Rome, its military power, its power to rule, could never save men. "To every one that believeth; to the Jew first, and also to the Greek." This power was available to men, not if they should be able to attain a certain righteousness, if they were born of a certain race, or had reached a certain degree of prominence, or were worthy of it, but simply if they would believe, i.e., accept the Lord Jesus Christ in his person, his death, his resurrection, as their Saviour.

"For therein is revealed a righteousness of God." Righteousness is simply a condition of being right, of being found blameless, completely conforming to the law, and, in the Biblical sense, "is a condition of rightness, the standard of which is God." "From faith unto faith." "Faith has absolutely nothing to do with earning the gift of God, the water and bread of God; it has all to do with taking it." "As it is written, But the righteous shall live by faith." (The quotation is from Hab. 2 : 4.) The life spoken of here is the life which Christ give, spiritual life, everlasting life, and this life is obtainable only through the channel of faith in Jesus Christ (Rom. 5 : 17; 8 : 13; 10 : 3).

### To Study Caring of Mentally Deficient

### Special Committee To Give Attention To Prevention of Spread of Many Mental Ailments

TORONTO.—Early appointment of a special committee to study methods of caring for the increasing number of mentally ill in the province and preventive methods to curb the alarming increase was announced by Hon. Dr. J. A. Faulkner, minister of health.

Reporting the situation was becoming more serious daily, Dr. Faulkner said every mental hospital had a long waiting list. At Orillia alone, he said, there were 3,000 patients on the list unable to gain admission. The committee will consider plans for enlarging existing institutions to accommodate patients. At the same time preventive methods will be studied and chief among these will be sterilization.

Dr. Faulkner declared himself to be heartily in favor of carefully regulated sterilization of the mentally deficient.

### Handling Eggs

Eggs should be gathered in a wire basket and held in a cool place in the basket, or on wire trays, overnight, to permit all heat to escape from the eggs. Eggs in a wire basket or tray will cool more rapidly than in a bucket or case. They should not be placed in cases until the temperature of the eggs has been reduced. Germ development continues for several hours when warm eggs are placed in warm cases. Use of cool cases aids in keeping eggs cool. Flats or duffers also carry considerable heat which should be removed by cooling them before eggs are cased. Circulating air in the egg room will speed cooling. If the air is dry, the humidity in the cooling room may be kept high by keeping the floor damp and by hanging pieces of wet burlap in the room. This will also tend to reduce the temperature of the room. When eggs are cooled on the farm in the dealer's plant and later exposed to high temperatures in transit, they should be protected by shade and insulation. The farmer will find that wrapping the case in a piece of canvas or blanket and keeping the sun from shining on the case will keep the eggs cool while they are being taken to market.

### Live Long

### Restricted Diet in Youth Leads to Old Age — With Water Fleas

At Brown University Dr. Lester Ingle and Professor Arthur M. Banta are studying the mystery of life and especially the process of growing old. The objects of their critical study are cladocera, so-called water fleas, which are not insects at all, but minute animals related to the lobster. Ingle and Banta cut down the food supply in the younger stages of the "fleas," then increased it after maturity. Result: The duration of vigor was increased by 50 per cent.

In four years nearly 2,000 cladocera were tested at Brown. Animals that were normally fed at all stages of growth had an average life of only 25 days. Their fellows on half rations for fourteen days and full rations thereafter lived to the hale and hearty age of 42 days. Similar experiments with partial diets until the cladocera were 20 and 28 days old resulted in life spans of 44 and 51 days.

Apparently the most favorable period of the abundant life is not early youth, but maturity, when possibly the body is better able to withstand the effects of a fairly rapid dissipation of energy. This is not exactly a revolutionary discovery. For at least a generation it has been known that either by lowering the body temperature or by reducing the food supply it is possible to prolong the life of very low organisms.

### Process of Metabolism

Evidently we are confronted here with a modification of the metabolic process whereby food is converted into tissue and energy, a process that obviously put a mechanical and chemical strain on the organism. If the strain is great, as when large quantities of food are devoured, the wear and tear also are great. Meals that are heartier than the organism needs mean a burning up of youth. Give the body what it wants — no more — and life is prolonged.

Neither Ingle nor Banta cares to draw any analogy between water fleas and humans. Still, they do permit themselves to say that "if human life could be prolonged to a proportionate extent, the average expectation of life at birth would be close to 100 years and humans would be growing and reproducing at 80 and 90 years of age."

### Sale of Sweet Feed Is On The Increase

That livestock feeders and poultry raisers are using an increased amount of sweet feeds is an established fact. In periods of low prices feed costs must be carefully watched. Practices that are not economical must be discarded and true values must be established. The feed that produces the most meat, milk or eggs, for the money expended is the most practical and economical.

In the highly developed dairy sections pure cane molasses has long been considered a necessity. These dairymen have spent years producing and marketing milk and butterfat. They know from actual experience the practices that are most profitable for them to follow. Likewise, in cattle feeding sections the use of pure cane molasses has become more and more important.

These actual feed lot tests, carried on by the most successful class of live stock men, pave the way for others who have not developed their industry to that high degree of efficiency. It is only natural, therefore, that more communities are taking up this modern method of feeding which has been proven most economical by the leaders of the industry.

### Keeping Harness Out of the Stable

### Extremely Important Yet Very Often Sadly Neglected

Every farmer should provide a special room for his harness, separated from the main part of the horse stable. Most harness rooms, so-called, are immediately behind the animals or at some place in the barn where they absorb a large portion of the ammonia fumes which arise. It would be difficult to estimate the loss in harness leather due to the conditions just described. The ammonia fumes eat the life out of the leather, causing it to crack, break, and eventually go to pieces. Overcome this condition by all means, and supplement it with the practice of thoroughly washing the harness twice yearly, allowing it to dry, after which it is thoroughly greased with some dependable harness oil. This, in reality, is not a minor problem; it is one of extreme importance, and yet often sadly neglected by a great number of farmers.

### FU MANCHU

By Sax Rohmer



Etham joined us, uttered one short, dry sob, and dropped upon his knees. Donby had not been there just a little while before. How he came to be there now we dared not guess. Fu Manchou I felt my flesh creep.



Smith leaped to his feet. "We are fools," he shouted. "Loose the dog!" Then in a lower tone to me: "I know Caesar is crippled, but if anything human lurks there, the dog will lead us to it, and if a man is there he will try to escape."



As the gardener approached with the limping man, Smith called to him: "Keep him on the leash, Edwards. He will lead us."



The plan worked! One of the alarm bells connected with points along the fence began ringing madly inside the house. "Wait!" commanded Etham, and dashed inside.