

In the Realm of Women---Some Interesting Features

Raisin Toast

—Is a delicacy that you should try with tea. Get a loaf of real, full-fruited raisin bread, and see how good it is.

Get the bread at grocers or neighborhood bake shop—they have it now.

It is a tempting innovation to serve to guests or friends. Bakers everywhere are making it for you, using

Sun-Maid Seeded Raisins

the best raisins for bread, and all home cooking uses.

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Any man who appreciates the niceties of dress prefers a thin model watch to a bulky time-piece.

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—\$20.00—

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Shine out, there only reach their proper use. Man in society is like a flower Blown in its native bud. 'Tis there alone His faculties expanded in full bloom

Efficient Housekeeping

Supper From a Can of Corn. Corn is a versatile vegetable. A can of corn will make many delicious luncheon or supper dishes. Try the following supper menus:

Corn Mash on Toast.
Wholewheat Gems Preserves
Gingerbread
Cocoa

Corn Mash: Drain liquor from one can of corn, then put the corn through your food chopper. Put into a saucepan, over a hot fire, three green peppers with water to cover; boil peppers (seeds and stems removed) till soft, then drain them from the water and put them through the food chopper, also. Put one small, peeled onion through the chopper, then cook the chopped onion in a little butter till soft. Now put all three vegetables—the corn, the green peppers and the onion—into a medium-sized saucepan together; season them with one teaspoon of salt, a pinch of cayenne, add one-half cup of cream, and heat thoroughly, then add one well-beaten egg and let cook almost to the boiling point. Serve at once on slices of buttered toast. This is delicious on a cold night.

Corn Fritters Quick Biscuits
Cocoa Preserves
Iced Cup Cakes.

Corn Fritters: Sift together one cup of bread flour, one and one-half teaspoon of salt, one-fourth teaspoon of paprika and one heaping teaspoon of baking powder. Stir this mixture into one can of corn (which has been turned out into a mixing bowl.) Mix

to a stiff batter. A little more flour may have to be added if the canned corn is too liquid. Stir in two well-beaten eggs and fry, by tablespoons, in a frying pan till a light brown. Bacon fat is especially good to use in frying them.

Creamed Corn au Gratin Muffins.
Cocoa Spice Cakes.

Creamed Corn au Gratin: Rub one cup of bread flour into one-fourth cup of butter which you have melted, then add one and one-half cups of sweet milk, gradually, and stir till smooth. Let boil up once or twice and season with one teaspoon of salt and a dash of black pepper. Now add to this sauce one pint of canned corn. Let boil up for a few minutes, then turn all into a medium-sized baking dish. Cover with three-fourth cup of fine cracker crumbs mixed with one-third cup of melted butter. Bake fifteen minutes in a hot oven, and serve very hot.

Notice: The following readers have written me personal letters, but failed to put their full addresses on their returned, self-addressed and stamped envelope (they merely wrote "City" on these return envelopes—and of course I receive readers' letters from many cities): C. B. Mrs. L. S., M. K., Mrs. C. Q., P. E., Mrs. B. H., Mrs. B. T., Mrs. M. W., Mrs. J. C. and M. S. Drop me a postal, giving full address and mentioning what the subject was about which you wrote, and I will forward my answers to your letters.

Tomorrow—The Care of China.

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received, so if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question—The Editor.

HEROINES OF HISTORY.

Why Catherine of Siena is Remembered as a Peacemaker. (By Mark Stuyvesant.)

In Italy, in the fourteenth century, girls were considered marriageable at the age of twelve. And golden hair was the fashion. So little Catherine Benincasa, the daughter of a dyer of Siena, was forced to have her dark hair colored a brilliant yellow.

This almost broke her heart, because she was deeply religious and had dreams of becoming a nun. She did not want to get married. She wanted to be a sister and she knew that the dyeing of her hair was the first step toward an arranged marriage.

Terrified, but spurred on by her religious fervor, Catherine did something which, in the eyes of her family, was a terrible sin. She cut off her lovely blonde hair and thus removed any chance of marriage. For girls with short hair were not permitted to marry in the early renaissance days of Siena.

As a punishment, little Catherine was obliged to do all the work in the kitchen. And hard work it was for this child of twelve. But she thought she was doing the work for the glory of God. She performed her menial



She Helped Many Unfortunates.

duties with such grace and so noble a spirit that the kitchen became a sanctuary. Already she was beginning to influence people by her sweetness.

This disposition toward her duties caused her family to repent of their rigorous discipline. They finally decided to allow the child to become a nun.

Catherine joined the Order of St. Dominic. This was not a cloistered order. The nuns lived at home. So Catherine lived practically as a recluse in her father's house.

But soon she felt called to service and began to work among the lepers, for there was much disease in Siena in those days.

She also devoted much of her time to prisoners. She was the spiritual comfort of many criminals. This was her sweet, smiling face that was the solace of many a convict, not

only sick in body but suffering anguish of remorse and fear of death. It became a custom for Catherine to go to the scaffold with the condemned, often holding their hands and whispering words of hope for their peace in death, as their heads were cut from their quivering bodies.

This unusually magnetic and beautiful woman, full of life and glowing with love for her fellow-man, was a remarkable peacemaker.

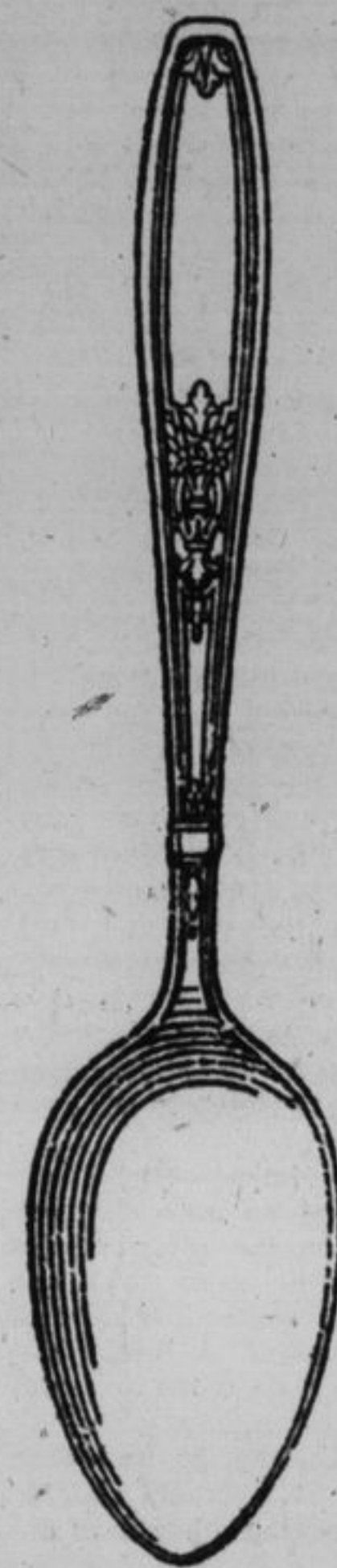
Foibles were common among the royal families then. Men became obsessed with what was termed "hate" for another. These cases were often brought to Catherine. In a short time, through her religious instruction and her natural psychological instincts, she would adjust matters peaceably.

This gift made her a natural diplomat. So great were her powers as an adjuster that she was sent as a delegate to a convention to decide whether the Pope should reside in France or in Rome. This was a remarkable thing for a woman to be

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Canadian Justice. An Ontario farmer caught a young woman doing a "September Morning" on his property and had her haled before the county magistrate. "What is the charge?" asked his honor. "Tain' a bath in the spring, your wushup," said the constable.

The aged dispenser of justice consulted a dogeared copy of the statutes and buried himself in its book.

Catherine stands head and shoulders above the women of her time, most of whom lived lives of indolence or viciousness. She gave so much of her strength and emotions that she died at the age of thirty-three, leaving the world much better for her having lived in it.

This splendid woman was a heroine of the renaissance and was honored by the Catholic church, who canonized her as St. Catherine of Siena.