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# For the Woman Reader

Flora Kiddick Boyd

### A Homebody

The wife and mother is a big part of the picture of life in the home. She is about morning, noon and night, when the family are at home, and is an inseparable feature of their memories of home life. How will they think of you when they look back upon other years?

Were you a sweet, kindly, interested person, with a funny bone as well as a back bone? Were you too absorbed in your cooking or business to give them much attention? Did you seem to them cold or were you a comfy fire which warmed their hearts? More than you think, you made the atmosphere of that home. What sort of an atmosphere did you make, warm or chilly, anxious or serene, loving or hateful, sweet and confident or nervous and sour?

The type of atmosphere you are diffusing in that home makes not only for temporary comfort, while your dear ones are in the home, but it is being woven into the background of their lives and will set their characters and largely determine the kind of atmosphere they will carry on into their own homes and into life. It's a dreadful—but a sweet—responsibility to be a homebody and determine the tenor of a home.

### Basketball For Girls

Medical authorities agree that girls under the high school age should not play basketball. It is too strenuous. Girls should play with "girls' rules" and not as boys play the game; and those who indulge should have a physician examine their heart and lungs before they undertake to play.

It is better for girls to hold inter-class games, where there is not much at stake as to the results. If girls compete with other towns; and if the high school, as well as the town, reputation, depends upon their success in gaining the highest score, they are likely to play too hard, and to injure their health.

The ideal school athletics would include all students who could be coaxed to take part in them, and not select a group of star athletes who would win the games and bring big reputation to the coach. These latter need the athletic training least of all because they are already physically fit. The timid, bookish girl should be induced to take part in athletics, for the fun of the thing and the health reward, not to bring home scalps to her school. Those who are not good in athletics will not take part in them, if the glory of victory is too important and these are the very ones who most need this training.

### Buying Clothing

When purchasing new clothing, consider your costume as a whole and select only such things as will go well with the rest. Think of quality of material. Will it wear well; will it show spots easily; will it dry clean without going to pieces; will it require frequent cleaning; will it fade easily; will it shrink in being cleaned? Think of the lines. Are they becoming to you; are they such as will remain in style for some time, or are they so extreme as to soon become passe? One can perhaps afford to buy inexpensive things for the season, only; but then, she should wear them on every possible occasion and get the good of them while they are in style.

Consider accessories. They do much to brighten a costume. One might well have several collars, cuffs, ties and belts for one dress; one set dainty, one more severe and business like, one dark, and one bright and gay.

### Salads

Many delicious salads are made with gelatin as a base. Fruits or vegetables are added when the dissolved gelatin is beginning to thicken. When molded, these salads are sliced and served on a lettuce leaf, with or without salad dressing.

For tomato salad, heat two cups of canned tomato and one tablespoon of vinegar and add to the gelatin. Season with salt and pepper and when it begins to thicken add a diced cucumber or pickles.

Ground carrots and raisins; carrots and pineapple; pineapple, pimentos and pickles; red peppers, cabbage and celery are some pleasing combinations of filler. The juice from a can of fruit is added to the liquid which dissolves the gelatin, and the chopped, solid portions are added later. A tablespoon of vinegar or lemon juice or a little sugar often add to the flavor.

### Liver Health

This largest organ in our bodies, which accounts for much biliousness and ill health, may be kept in good working order, if from youth up, one observes the following rules:

1. Avoid alcoholic beverages.
2. Avoid condiments, as mustard, horseradish, pepper, cloves, cinnamon and bottled sauces.
3. Eat no heavy meals.
4. Eat a light evening meal or none at all.
5. Avoid fats, greases and meat.
6. Take enough exercise.
7. Maintain sufficient intestinal activity.
8. If bilious, skip a few meals.

or play some outdoor game, but do not take laxatives. 9. Drink plenty of water.

### Wire Loops

How often the housewife will struggle to get the small eye on the end of her dust mop or cleaning brush over the hook in the closet where it is supposed to hang. All this annoyance could easily be eliminated if she would run a piece of picture wire through the tiny eye and make an ample loop by which she might hang up the utensils easily. Picture wire is also better than string for hanging up other things, such as the chopping bowl or the broom. It not only wears longer but, being stiff, it catches more easily on the hook and so saves nervous effort.

### Cookie Hint

Cookies are better when the dough has been stirred up the day before and been set in the ice-box to ripen and grow firm. Try an ice cream carton, such as is used in the molding of brick ice cream, for shaping your cookies. Press the dough firmly in this and set it in the coldest compartment of the ice box. When ready to use it, simply tear away the cardboard, slice the cookies from the sliced dough and bake. If you use pound butter cartons, you may make the same batch of dough do for cookies on several different days.

### Lamps

Lamp shades vary in material from georgette to metal, with mica in the lead, and parchment, chintz, cretonne and silk holding their own. Lamp bases are of wrought iron, or glass to resemble the old fashioned kerosene lamp, or jar or vase effects, or of figurines. A novelty lamp takes the form of a statuette, a flower, a swan, or what-not, with the inside bulb shining through dimly and giving a beautiful, subdued light.

### Stuffed Leg 'o Lamb

Have the leg or shoulder of lamb or mutton boned; fill the cavity with seasoned bread stuffings; the firmly dredge with salt and flour; brown in hot oven; and add two cups of boiling water; cover closely and bake in a slow oven two or three hours, until tender. To give piquancy to the gravy, add to it a half glass of currant or other tart jelly.

### Mrs. Solomon Says:

Back means being trained.

### Beebe Returns With New Fish Specimens

New York.—Dr. William Beebe, director of tropical research for the New York Zoological Society, returned recently from his second consecutive year of studying fish in the ocean depths of Nonsuch Island, near Bermuda. He brought 94 cases containing about 150,000 specimens of fish and crustaceans, many of them new to science and some trawled at a depth of two miles. He intends to name and catalogue them during the winter in his studio here.

"I am proud to say that my work is of no practical value," he said, "although, of course, there is always the chance that something practical may be stumbled upon in the course of my research. There are, roughly, three fish-depth zones. First, the surface zone of only a few fathoms populated by blue and transparent fish, then the silver zone going down to 1,500 feet and then the red and black colors exist at a 'frigidaire' temperature."

When he has catalogued his specimens, he said, they will be taken to the Museum of Natural History.

### Economizing on Furniture Polish

All housewives know how soon a large bottle of furniture polish will disappear when used in the usual way. I have found a way of making it last much longer. Instead of putting the polish directly onto a soft cloth, try preparing a number of them at once, any way. Cut enough pieces of cheese-cloth of the desired size—I prefer eighteen inches square to fill a two-quart fruit jar when folded closely. Then pour enough polish in the jar to fill it to the depth of half an inch. Roll the jar on its sides so as to get the inside well coated with the polish. Then pack the cloths in, put on the lid, and leave it a few days before using the cloths. When ready to use you will find the dust cloths well saturated with the polish, and when treated this way, one cloth will last a long time, and the others will be just as good as the first, when you bring them out, even though they have been left in the closed jar for months.

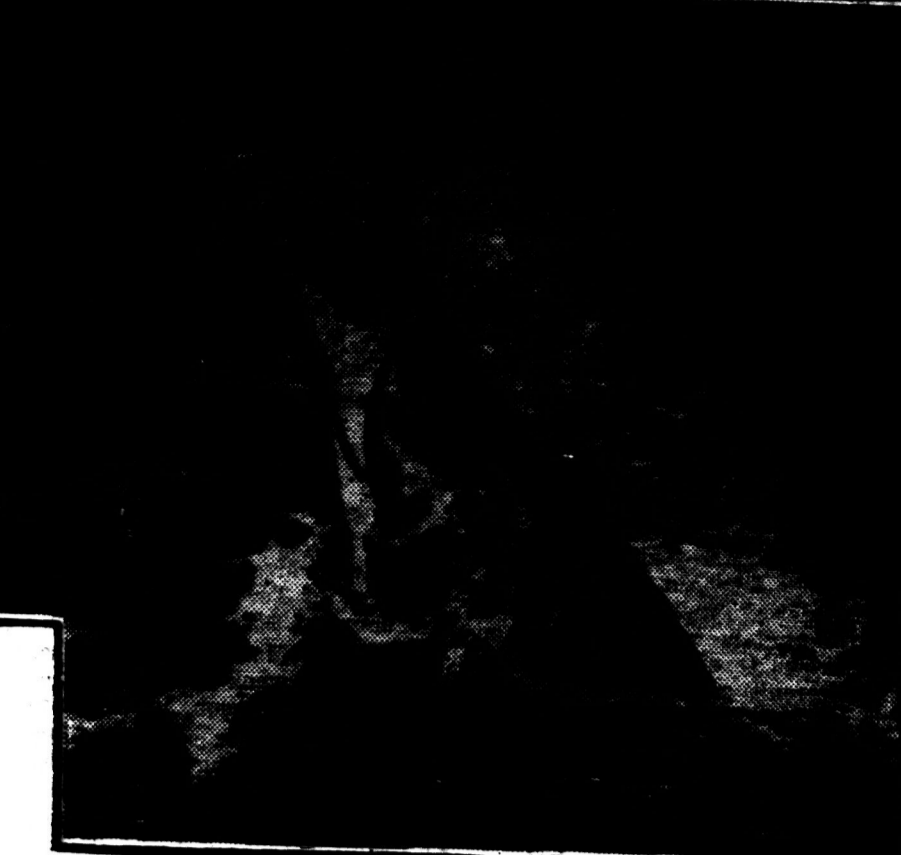
—Mrs. P.

### "Don't Die of Love"

Cases of suicide through disappointed love are becoming so numerous in Japan that the authorities are issuing propaganda films and posters, warning the people not to "die of love!"

Condensed milk has been found to be quite fresh after twenty-five years.

## Come To The Last



Swordfish, off New Zealand, "breaching" in an endeavor to shake himself loose from the fisherman's hook. These fish give spectacular displays in their efforts to win their freedom.

## Dame Fashion's Mannequin Parade

This article will have special appeal to the feminine contingent of our readers. Dame Fashion holds more allure this year than she has for over a decade and the word "mannequin" immediately conjures gorgeously-gowned figures of Parisian chic yet it was an English woman's inspiration and in the following article by Marie Beynon Ray taken from "The Reader's Digest" we get a brief resume of the origin of this most fascinating of ideas.

Shower of lights, dazzle of jewels. In the grande salons are hundreds of little gold chairs. At the far end, a miniature stage, hung with silvery curtains. To music, the curtains slowly part, and one after another the most exquisite girls to be found in all Paris emerge, pirouette, descend the steps and walk out among us, wheeling gayly this way and that the better to be admired. In velvet and satin, in tweed and jersey, in chiffon and lace, the fashion history of 1930 is written down before us as the mannequins sweep in and out.

Such an "opening" is now a commonplace. But the first human mannequins were unexciting creatures, clad in rigid black satin sheaths, coarse cotton stockings, high tan walking boots, often the worse for wear. There was no coquetry about those girls! A face guileless of powder, framed in an untidy coiffure, called heaven to witness to the honesty of the working girl.

The black satin sheath was to the mannequin as her own skin. Indigent. That it should have been worn beneath evening gowns passeth human understanding. None the less that was the way it was done. What was obviously a black satin body stepped forth clad in the most diaphanous of evening gowns, the black satin arms and neck protruding from the flower-like bodice. Above the subtly cut décolleté towered the ominous neck and face shining with honest effort.

Then in the Mauve Decade came a great innovator: Lucille, Lady Duff-Gordon. She was one of those rare

women who were bored with being a peevish and sufficiently energetic to do something about it. There was talent in that gay little red head of hers and artistry in those restless, slim fingers. So she set up a dress-making shop in London and began turning out those magnificent creations that helped to make so many women famous: Ellen Terry, the Duchess of Sutherland, Lillie Langtry, young Margot Asquith, the Queen of Spain and, much later, Irene Castle. But to make and sell these gorgeous clothes was not enough for her enterprising ladyship. She had a dramatic instinct. She had had some experience with the stage, and she knew the value of a setting, of a pose; above all, of an entrance.

So her ladyship decided to bring as much of Drury Lane into the dress-making business as was possible—and in good taste. At one magnificent leap her imagination envisioned a fine old mansion, a resplendent salon clad in one end a little stage such as peeresses maintain for their private theatricals. In almost no time the first grande maison de couture was initiated—and in London not in Paris!

Now came the question of the figures that were to be shown against this background, and this was a poser even for the indomitable Lucille. Lady Duff-Gordon was not one to be satisfied with mere prettiness. Somewhere, she argued, there must be young women, unknown, but as beautiful as Lillie Langtry and Lillian Russell.

So, quietly, she began her search for the most beautiful woman in the world. And she found—not one of her, but six. Six—each more beautiful than the other. Not that they looked like beauties when Lucille discovered them Cinderellas, every one of them, awkward of gait, round-shouldered, their beauty hidden beneath ill-fitting garments, their hair and hands ill-kept.

Lady Duff-Gordon set to work. She knew how a peeress should (but usually doesn't) walk and use her hands and hold her head. For months she trained her six gawky Galateas until—

Until one day she gave her now his-

### How the Telephone Helped



"Great stuff!" exclaimed Jack Wright, former captain of the local football squad. "Next best thing to being with the boys is to hear from you regularly and to know how the team is shaping up." Jack's team mates thought a lot of their captain and when the doctor ordered him right at the very beginning of the season to go to the mountain sanitarium for a complete rest, they arranged amongst themselves to call him on the long distance telephone two or three times a week. The calls cost very little and as coach Hennessy said "those telephone talks not only cheered Jack but they kept the team members right on their toes for naturally, they didn't want to talk about anything but you when that calls to Jack's."

## Sunday School Lesson

November 30. Lesson IX—Zacchaeus the Publican (A Business Man Converted) Luke 19: 1-10. Golden Text—The Son of man is come to seek and to save that which was lost.—Luke 19: 10.

### ANALYSIS

I. JESUS ON THE ROAD, vs. 1-4.  
II. JESUS THE GUEST, vs. 5-10.

**INTRODUCTION**—Jesus and his disciples were going up to Jerusalem for the last time. He was calmly and courageously facing what he now knew to be unavoidable—the deadly hostility of the Jewish rulers and their purpose to destroy him, Luke 18: 31-34. Nevertheless, he was not so preoccupied with his own enterprise and its dangers as to be insensible to the needs of those about him. Here, as always during his ministry, human affection appealed to him. He could not pass by unheeded the cry of the blind man, "Jesus, thou son of David, have mercy on me." Nor could he pass unnoticed the chief publican driven by a still greater need which his wealth could not supply to seek a vantage point from which he could see the Master of whom he had heard.

The sub-heading of our lesson, "A Business Man Converted," may possibly convey a wrong impression, suggesting that Zacchaeus is a typical business man, or that a man so engaged is a sinner. No doubt the business man needs the transforming and renewing grace of Christ as much as any other, but he is not exceptional. Jesus finds the lost whom he has come to seek in every rank and circumstance of life, in the self-righteous Pharisee, the rich ruler, the Galilean fisherman, the brother and sisters of Bethany, the lawyer tempting him with hard questions. There is, one may well believe, as much integrity and honor in business as in any other walk or occupation.

### I. JESUS ON THE ROAD, vs. 1-4.

"And he entered and was passing through Jericho." Here at Jericho in the Jordan valley, about five miles west of the river, three roads meet, two from the east Jordan country and one from the north. Other roads lead westward into the villages of Ephraim and to Jerusalem. By one of these Jesus and his disciples came from the north or east on their way to Jerusalem, having probably joined a company of pilgrims from Galilee going to the celebration of the feast of the Passover. For other incidents of this journey see Luke 17: 11-18, 43; Mark 10: 2-52; Matthew 19: 3 to 20: 34. See also Luke 19: 11-28.

The publican or tax-gatherer was not held in high esteem by the Jewish people. He gathered taxes for the Roman government which they detested. No doubt he had opportunities of extortion which he may have used, or may have been suspected of using, for his own enrichment. A rich and fertile district like that about Jericho would offer many temptations. But there was something in the heart of Zacchaeus which his wealth did not satisfy. "He sought to see Jesus, who he was," and in seeking he found a great Friend and Saviour.

### II. JESUS THE GUEST, vs. 5-10.

It is quite evident that Zacchaeus, the public, was honored, and felt himself to be honored, by the announcement of Jesus, "Today I must abide at thy house." He must have felt the contempt and hatred of his neighbors who regarded him as a sinner against God and against his own people. And now, to his great surprise, he has been chosen out of the crowd for this signal honor. A great Jewish teacher of whom he has heard so much that is good will enter his house as his guest. No wonder that "he received him joyfully." The coming in of Jesus as his guest, in contrast with the murmuring of the crowd, must have touched him deeply and must have stirred his conscience to awakening, as no contempt or censure could possibly have done. One can imagine the scene. Evil cannot abide in that gracious presence. Jesus speaks no word of condemnation, but his very entrance is a judgment. Zacchaeus stood and made confession and promise of restitution. Not until he had done that could he be the perfect host to his divine guest. Thus Ederheim writes of what happened: "In that moment, Zacchaeus saw it all: what his past had been, what his present was, what his future must be. Standing forth, not so much before the crowd as before the Lord, and not ashamed, nay, scarcely conscious of the confession it implied—so much is the sorrow of the past in true repentance swallowed up by the joy of the present—Zacchaeus vowed fourfold restoration of what had become his through false accusation, as well as the half of all his goods to the poor. And so the whole current of his life had been turned in those few moments through his joyous reception of Christ, the Saviour of sinners; and Zacchaeus, the public robber, the rich chief of the publicans, had become an almsgiver."

That which Jesus came to do, "to seek and to save that which was lost," is what those who profess to be his followers must endeavor to do today, and it can best be done by friendliness. The open door, the offered hand, the kindly remembrance, the friendly visit, will win where cold condemnation and harsh censure fail. Jesus' way with such a man as the publican is still the best way.

Arthur Kingsland, even more of a millionaire, Florence married a Scotch aristocrat and was presented at court—and so on. And these were the girls who once lived in hall bedrooms, wore long-sleeved calico nightgowns and got up at 4.30 a.m. to do their own housework.