

For the Women Reader

Flavoured Biscuits

Family Good Times

Families miss much of the richness of life by not having more good times together. Father is occupied with business; Mother is in the kitchen or attending committee meetings; the boys have their athletics and the girls their "dates." Everybody is doing what he wants to but they give no time to getting acquainted with one another.

Members of a family usually have kindred tastes and would enjoy the same things. Father would get a thrill showing daughter a new trick in golf; Son would find it jolly to teach mother a few steps and the whole family would relish a camping trip or vacation journey together.

Family fun need not be expensive, nor elaborate. It might consist of gathering around the fireplace for a family meal, or listening to the radio or reading a book together, going to church together once in awhile, inviting in a few friends and entertaining them together, laughing together, playing together, talking together.

The trouble is, the parents are rushing doing something they think more important. We are all in too much of a hurry. It would do Dad good to lay off business a few nights a week; Mother would be spruced up if she shortened the hours in the kitchen; and what precious memories and character traits would be knit into the life of growing boys and girls if their home years were strewn with family good times.

Buying Hints

Good workmanship in ready-made garments adds to the length of service which they will give. Notice whether the seams are ample and well finished and whether the whole garment has the appearance of being well made. A well-fitted garment will wear longer as well as making a better appearance while doing it.

When purchasing light colored clothing, think of the dry-cleaning bill. Can you afford to purchase anything so dainty? Think also of how well that goods will clean or launder. Has it frills and fur-belows which will make cleaning difficult?

In cutting expenses, do not buy shoddy nor cheap business clothes, which should give much wear. Good quality is economy in service clothing. Save on party clothing which is only rarely worn and will endure as long as it is in style. Novelty shoes are an extravagance. Materials of excellence are usually made in simple patterns while hushness on cheap materials often hides defects. Conservative styles hold over from season to season while extremes are conspicuous and the wearers become known by them. When out of style, they are embarrassing.

Black kid gloves cost more, become rough readily, and show wear more than gloves of other colors. Wash kid gloves are economical and very fashionable just now.

Wall Paper

No matter how picturesque it may be, nor how much you fancy it for the moment, one is almost sure to tire of figured wall paper in time. Or, if you like it, it may not appeal to another member of the family or be positively offensive to one of delicate sensibilities.

In rare cases, a figured paper which you like very much may grow increasingly precious to you, for its association with your childhood, or the room of one you love, and the sight of this paper may always induce a happy frame of mind in you. But this is not the rule.

Wall paper with too obvious and too exactly placed figures tempts one to count and estimate and feel burdened with the mathematical precision. A more vaguely figured paper is less aggressive.

Plain walls are more restful than figured walls and they set off to better advantage the furniture, and decorations of a room. They "go" with everything better than walls which themselves are decorative. Walls are backgrounds. The less they assert themselves and confine the view and attention, the better. Neutral tints make the best coverings.

Hats

For several years hats have come low over the eyes and ears, casting a mysterious shadow about milady's face. Now she is to have an open and frank appearance, with the hat worn well back on the head. In the case of the younger set, the hat will be little more than a skull cap, a shrinking of the popular beret, and will show a generous amount of hair all around. Many brims fold tightly back on the crown and the hat appears to be slipping back off the head.

Double brims, each draping differently, are a feature of the new hats. The bonnet style, shirred in at the back of the neck, is another favorite.

Trimming is beginning to appear; bows, rosettes, feathers, and even flowers, usually under the brim. Instead of being plain utility articles of dress, hats are leaping into the decorative class again. They are becoming gay, colorful and ornamental. Blue,

Milady's Figure

Some physicians may call it a disease to be fat; as though we were not responsible for it; and that may cause our consciences a trifle; but when fat is laid and done, it is almost always due to overeating and indigestion.

It is the nibble between meals, the second helping of starchy foods, the rifting instead of walking a few blocks, the sleeping too late of a morning, the taking of naps, and the indulgence in sweets, rich gravies and mayonnaise—prolonged over a period of years—which add the pounds it is so hard to get rid of. The only remedy is to eat less and exercise more, but one should be very careful to eat a balanced ration and not those freak diets which call for only one or two foods.

Color and Vitamins

It is a strange freak of Nature that strong colored foods are often richer in vitamins. Thus, green lettuce is richer in vitamins than white, green asparagus than the bleached, green celery than white, yellow corn than white. Other green and yellow foods rich in vitamins are carrots, squash, butter, cheese, beans, greens, spinach, oranges, lemons, and grapefruit. The red tomato, either cooked or raw, is a storehouse of vitamins.

Removing Cake From Pan

The cook is sometimes disturbed because her cake will not slip easily from the pan. There is an art in removing the cake, as there is in every phase of housework. When you have taken the cake from the oven, turn it upside down, propped up slightly on some supports so that the air may pass under it. Leave it thus suspended until cool, then loosen the edges with a knife, tap it lightly on the edge of the table and it should slip out nicely.

Stuffed Mangoes

Remove the stem end and seeds of each mango, then boil them for five minutes. Drain and stuff with a mixture of one cup each of chopped meat, cooked rice or bread crumbs and tomatoes. Season the mixture with two tablespoons of chopped onion; salt and pepper. Put in a buttered baking dish with a cup of hot water or broth, and bake for a half hour.

Mrs. Solomon Says:

The woman makes the intellectual atmosphere of the home. An educated man is an individual, but an educated woman is an educated household.

Youth

I saw the long line of the vacant shore
The sea-weed and the shells upon the sand,
And the brown rocks left bare on every hand,
As if the ebbing tide would flow no more.
Then heard I, more distinctly than before,
The ocean breathe and its great breast expand,
And hurrying came on defenceless land
The insurgent waters with tumultuous roar,
All thought and feeling and desire, I said,
Love, laughter, and the exultant joy of song
Have ebbed from me forever! Suddenly o'er me
They swept again from their deep ocean bed
And in a tumult of delight and strong
As youth, and beautiful as youth, up-bore me.
Harry W. Longfellow.



Wearily—"What I believe in is kindness to dumb animals."
Tatters—"Yes, I have heard that some folks kin'ly a chicken off de roos' so gentle an' tender dat he won't have his sleep disturbed sk'asely none."
Hopping From Limb to Limb
First Flee on lady's knee—"I feel like a bird!"
Second Flee—"How come?"
First Flee—"Oh, hopping from limb to limb."
Third—"How do you like Winnie's dance?"
Liam—"Oh, he was all right when I was engaged to him!"



Why Worry? It's Unnecessary

"My, but I will be anxious until I get a letter from you telling me you are safe at home," said Mrs. Martin as she bid her sister and her two children good-bye at the station.

"Why worry?" exclaimed her sister. "I will telephone you from the Junction when we change trains, and again the minute we get home."

"Indeed, I forgot all about the telephone," Maggie said Mrs. Martin. "Instead of worrying, I will be listening for your call. It really takes the heartbreak out of saying good-bye, now that we can talk to one another so easily by telephone."

The telephone calls were made as promised, and Mrs. Martin's sister was so impressed with the courtesy of the Bell Telephone operator at the big city terminus that she wrote the station master, saying in part:

"I was passing through with my two children, and had occasion to use the telephone. The young lady on duty was so courteous and nice to me. Nothing seemed to be a trouble, and she not only took my message but directed me to the stores during my wait. Altogether, I had a most delightful journey, due largely to the kindly assistance of the telephone operator."



Intelligence Test Has Limited Scope

With Its Aid Generalizations Can Be Made Regarding Groups But Not Individuals

Dr. Goodwin Watson, Associate Professor of Education, Teachers College, Columbia, appraises the value of Intelligence Tests introduced into America twenty years ago. He discusses the relation of these tests to success in school and after-life.

How seriously should intelligence test scores be taken in guiding the life of a child? Does the IQ (Intelligence Quotient) give a fair and full index of the worth of an individual to society? Most of the harm that has arisen in connection with the use of intelligence tests seems to have grown out of misunderstandings of the answer to these questions. Even scientifically trained psychologists have not always been careful to emphasize the distinction between a relationship which holds with great masses of data, and that which exists in a particular case.

Only in extreme cases can individual predictions of a far-reaching nature safely be made. A child born feeble-minded can be recognized within the first year or two of life and it can be ventured that he will never pass college entrance examinations. He may, however, as the best institutions have shown, be trained to earn his own living at useful tasks.

Value of Generalizations

In answering the general question "What good are the intelligence tests?" we have so far only made a statement that they are not much good for sizing up a total personality. That is a far from adequate reply. If we turn from prediction about specific persons to generalizations about groups of human beings we come upon the major contributions of this movement in the last dozen years. We have learned that intelligence is distributed in much the same fashion that height is. There are a few very short persons, an equal number of very tall persons, with a completely continuous scale of heights in between. The largest number would be near the average.

We have learned, too, that while individual exceptions need to be made, certain vocations, in general, require more intelligence than others. In the army draft groups, the barbers had

more intelligence than the farm laborers, the bricklayers more than the barbers, the brakemen more than the bricklayers, the auto mechanics more than the brakemen, the shipping clerks more than the auto mechanics, the bookkeepers more than the shipping clerks, the dentists more than the bookkeepers, and the engineering of fitters and chaplains more than the dentists. Yet this hierarchy is not of course, absolute. There are certainly some happy and efficient farm laborers who excel in intelligence, some engineers and ministers who are likewise happy and getting along reasonably well. The more general statement would be that men of high intelligence can succeed at almost any occupation for which they have the taste and other specialized abilities, whereas men of low intelligence are much less likely to succeed in the more complex and higher-level jobs.

Everyone Can See In the Dark

If a clock is placed in a room so dimly illuminated that the face can just be seen, few people will be able to tell the time. But if you look a little to the other side of the dial itself the hands will probably become visible.

This effect is due to two scientific peculiarities possessed by the eye. The portion of the retina and its various layers which falls immediately behind the center of the iris is somewhat differently constructed from the remainder of the sensitive parts of the back of the eye. Behind the first layer of the retina is a vast assembly of small bodies called rods and cones placed side by side and looking, when magnified, like a number of pencils. The rods are the unsharpened pencils and the cones those which have been given a proper point.

The picture seen by the brain is built up by a mosaic, almost in the fashion of a half-tone block, because each one of the multitude of sensitive spots has its own communication with the mind.

When looking straight at any object, the light passes through the lens of the eye and falls upon the middle of the retina, where there are no rods, but simply a mass of these microscopic pointed cones. This part of the eye is more insensitive to light and probably more sensitive to color. By using a different piece of the retina, every advantage is taken of what light there may be to see any particular view, such as is represented by the hands of a clock.

The other point on the retina which is unusual is that immediately over the opening made for the optic nerve to enter. There are no rods and cones in this region, so that the spot is insensitive to light. The existence of this blind spot can be shown by making two dots on paper 2 1/2 in. apart. Move the spots slowly away from the face, when one will suddenly disappear if the left eye is closed and the left hand not regarded by the right eye.

Men and Women

One of the useful results of intelligence tests has been the undermining of a common superstition to the effect that men are intellectually superior to women. During childhood, at least, no such differences can be found. The slightly superior average test scores of boys in some tests given in the high school years is usually accounted for in terms of selection. Stupid boys are more likely to drop out and go to work than are stupid girls, who get on better in school as a rule than do boys of similar intelligence. The boys may also have some advantage on tests containing arithmetical and scientific elements.

Of extraordinary value is the aid given by intelligence testing to the abstracting of the popular notion that hard study of useless subjects is especially likely to develop the mind. Dr. E. L. Thorndike has given intelligence tests to some 12,000 high school

Standby Cake

One cup sugar, butter size of egg, 2 well-beaten eggs, 2 cups flour, salt, 2 1/2 teaspoons of baking powder. Flour, salt and baking powder sifted three times before adding alternating with one cup of milk. Beat all well and add 1 teaspoon vanilla.

"Is Balaide's father the kind of man who would go after you if you closed?"
"No, he's the kind of man who'd move so that you couldn't find him when you got back."

Sunday School Lesson

November 2, Lesson V—Simon Peter (From Wednesday to Strength)—Mark 8: 27-29; Luke 22: 31-34; John 18: 25-27; 21: 15-17. Galilee Test—Now when they saw the boldness of Peter and John, and perceived that they were unlearned and ignorant men, they marvelled; and they took knowledge of them, that they had been with Jesus.—Acts 4: 13.

ANALYSIS

I. A GREAT CONFESSION, Mark 8: 27-29.
II. A GREAT DENIAL, Luke 22: 31-34; John 18: 25-27.
III. A GREAT LOVE, John 21: 15-17.

INTRODUCTION—Simon Peter appears in the Gospel according to Mark first of all as a fisherman with his brother Andrew, at the sea of Galilee, casting a net in the sea. Jesus called them to follow him and they left the nets and followed. It is quite evident from this story that they had known Jesus before and had listened to his teaching. They were, therefore, in some measure prepared for the call to full discipleship. This harmonizes with the story told in the Gospel of John, according to which Andrew was a disciple of John the Baptist to whom John pointed out Jesus, calling him "the son of God." Andrew then followed Jesus and brought to him also his brother Peter, John 35-42. They had apparently been disciples of Jesus for a time during his early ministry, had then returned to their home in Capernaum, and were now called to be permanently with him. In Mark's list of disciples Peter is given first place (3: 13-19), as also on Matthew's list (10: 2-5) and Luke, 6: 12-16. He was one of the three, Peter, James and John, who seem to have formed an inner circle about the Master, and whom he brought into a closer intimacy with himself.

I. A GREAT CONFESSION, Mark 8: 27-29. It was well on in the second year of Jesus' ministry in Galilee that he came with his disciples "into the village of Caesarea Philippi," on the southern slopes of Mount Harmon. This is where the modern town of Baniyas now stands and is a place of great natural beauty situated more than a thousand feet above the level of the sea. Here Jesus appears to have sought retirement and opportunity for closer conversation with his disciples. A crisis in his ministry was approaching. Believing that he was the Messiah, the King, the Saviour, predicted by the prophets and long looked for by the people, he knew that the public announcement of this fact could not be much longer delayed. He had been preaching the coming of the kingdom of God. Now he must declare himself as King. Would the people accept him? Would the multitudes who had been thronging about him acknowledge him as King and Lord? Could he rely upon his little band of disciples to stand by him? Knowing now full well that the malice of his enemies would not stop short of his death, he must have desired to know how such an announcement would affect their minds. The announcement, he felt, must be made in order that the minds of his disciples might be prepared for such a tragedy and that they might be assured that this was not the end.

The answer of the disciples to Jesus' first question (v. 27) reveals to us something of what was being said in the towns and villages of Galilee about him by those who had listened to his teaching. One of the great prophets of a former age had come to life again, they said, or it was John the Baptist escaped from Herod's prison, and not really dead as had been reported. But the answer of Peter to his second question (v. 29) must have greatly pleased him. Peter, believing his beloved Master to be indeed the promised King and Saviour, the Messiah, the Christ, speaking for all the disciples, made his great confession—"Thou art the Christ." First of that great company of confessors, who would through the coming centuries believe and declare their faith in him, Jesus saw in Peter the living rock upon which his church would be built (compare Eph. 2: 20-22). So it has ever been. The strength of the church has always lain in the steadfast faith of believing souls instructed by the Spirit of God and confessing Christ before the world.

II. A GREAT DENIAL, Luke 22: 31-34; John 18: 25-27.

All four Gospels tell of Peter's denial. Like the other disciples he had fled from the scene of the arrest of Jesus in Gethsemane. But his flight was only for the moment. John tells us that Peter and another disciple followed Jesus, 18: 15-16. One can imagine the state of mind into which they had fallen. Peter was no coward. In the garden he had drawn his sword and had struck a blow in defence of his Master, in spite of the fearful odds which were against him. But Jesus had bidden him put up his sword. His whole being must have been aroused in flaming protest against what he saw—his Lord whom he had confessed now helpless in the power of his enemies. If Peter could have led the band of disciples in battle for Jesus to attempt his rescue there would have been no denial. But unable to do anything, for the moment, only his faith failed. He denied his Lord.

III. A GREAT LOVE, John 21: 15-17. The true disciple appears again in Peter's reconciliation and forgiveness. His deep and abiding love for Jesus prevails. His final commission from the Lord is to be a shepherd of the flock of Christ.

Chili Sauce

Take 15 large ripe tomatoes, 5 green bell peppers, 5 onions, 2 cups brown sugar, 3 tablespoons salt and 3 cups vinegar. Peel and chop tomatoes, peppers and onions. Mix all together and boil to reduce one third. We like it hot, so I add one red pepper. Put in any kind of bottle and cork tight.

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