



Woman's World

By Mair M. Morgan

THE JUNIOR MISS

The Junior Miss whose duty it is to make a lunch for the Junior Misses, is a very important person. Her suggestions for economical but tasty sandwiches, salads, and puddings, are the ones that the Junior Misses follow. It is her duty to make a lunch for the Junior Misses, and it is her duty to make a lunch for the Junior Misses.

- Meat:
1. Minced ham with salad dressing.
 2. Dried beef with thinly sliced cucumber.
 3. Ham and nuts put through a food chopper and mixed with salad dressing.
 4. Broiled bacon with lettuce.
 5. Cold tongue with cucumbers.

- Fish:
1. Salmon, shredded, mixed with salad dressing and olives and covered with crisp lettuce.
 2. Salmon and finely chopped celery.
 3. Sardines with lemon juice and lettuce.

- Eggs:
1. Scrambled egg mixed with bacon and lettuce.
 2. Hard cooked egg, mashed with a fork. Add salt, pepper, a little mustard (dry) and butter. Mix to a paste and spread on bread.
 3. Cottage cheese with onions and pimientos.
 4. Cottage cheese, chopped parsley, olives, sour pickle and salad dressing.

- Salads:
1. Ripe bananas made into a paste and mixed with nuts, add a little honey and spread.
 2. Dates, mix dates with a little sweet fruit juice and spread on whole wheat bread. A few chopped nuts added to this mixture gives it a delicious flavor.
 3. Prune, 1/2 cup prunes, pitted and mashed. 1 tablespoon of chopped nuts, 4 tablespoons cottage cheese, 2 tablespoons salad dressing. Mix together and spread.

TEA CAKES

Everyone likes cakes and tea breads enriched with fruit, but the economical housewife often hesitates to make these delicacies because they dry out quickly unless eaten soon after baking. Even the next day the fruits are likely to be dried into little bits. Thus the taste of the whole cake is ruined.

Lately I have made some exciting discoveries about this. Certain English bakers, I was told, have long used glycerine in various kinds of cakes—especially their luscious fruit loaves—to keep them moist and palatable to the last bite.

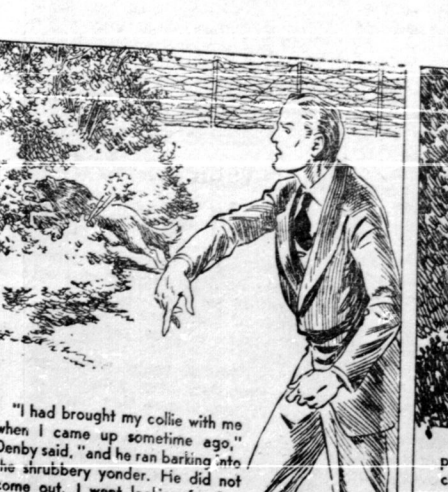
I tried it myself in some of my favorite fruit bread and cake recipes, with real success. Not only did the cakes remain fresh many days longer but the fruit was brighter, juicier, had a more appetizing appearance. All I did was rub the fruit with glycerine, allowing it to stand for half an hour. I made the cake as usual. Just a quarter teaspoonful of glycerine was enough for a standard small family recipe. The wholesome liquid acts like magic in keeping the fresh things fresh.

I know you will want to try this yourself, so here is a fruit tea bread recipe to experiment on. I'm sure you will be as pleased as I was.

HONEY FRUIT TEA BREAD
1/2 cup honey; 1/2 cup brown sugar; 2 tablespoons shortening; 1 teaspoon shortening; 1 teaspoon salt; 1/2 cup pitted dates, sliced; 1/2 cup dried apricots, chopped; 1/2 teaspoon glycerine; 1 cup milk; 1 tablespoon lemon.

FU MANCHU

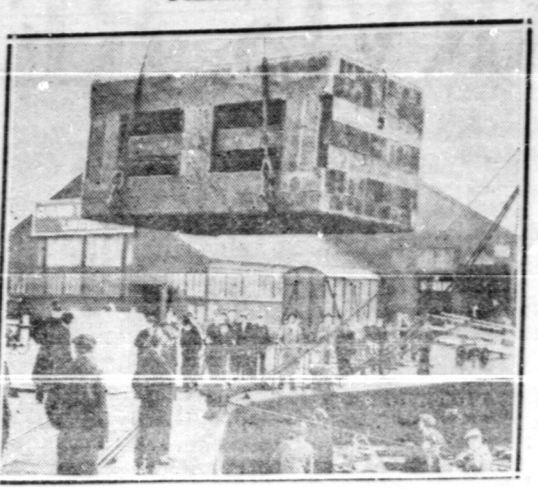
By Sax Rohmer



"I had brought my colic with me when I came up sometime ago," he said, and he ran his hand over his forehead. "I was looking for the bus, but I found it among the bushes, dead, dreadfully beaten."

"And the strongest part of it," he concluded, "was that I searched every corner. The grounds without a corner and someone to help him. But there was no sign of a living thing to be found. Who killed Rex, then?"

Fenders for Queen



One of the five 25-ton fenders placed in the "Queen Mary" berth at Southampton, England, pictured as it was lowered into place by a huge floating crane as dock was being prepared for her arrival.

Sleeping Habits Under Scrutiny

When a Sleeper Wakes: His Behavior Is Observed and Reported to Psychologists.

The American Physiological Society learned something about sleep. Sleeping normally, "watched" by half a dozen automatic recording instruments, is a complicated business. In the Chicago laboratory the bed-springs are connected with a system of weights and pulleys. As the sleeper rolls over or stretches or throws an arm this way and that the mechanism causes a stylus to write. The result is a graph which it is as easy to read as a straight type—as at least the Chicago physiologists think.

There are systematic ways of disturbing a sleeper and noting what happens. Deep in the still night, say at 2 a.m., the experimenter himself is aroused by an alarm clock—a signal to begin his work. He waits until 2:15 for a pronounced motion by the sleeper in another room—and then he goes in. He is armed with a light and a pen, and he begins to write. He then gradually turns on a road-runner dial. The experimenter makes a note of the loudness of the sound and the awakening and the time that elapsed between the motion of the sleeper and the response.

Time of Soundest Sleep
It turns out from all this that you do soundest sleeping in the first one or two hours after you go to bed, which is pretty well known already. This ought to be good news to you, because you are easily awakened soon after falling asleep, but not so easily after you have been asleep for a while. The time actually spent in moving is small—about half a minute out of an hour.

Research conducted in the University of Chicago in past years has shown that a cup of coffee taken before going to bed will bring about sleep with fewer changes of position than usual. This ought to be good news to you, because you are easily awakened soon after falling asleep, but not so easily after you have been asleep for a while. The time actually spent in moving is small—about half a minute out of an hour.

HOW TO ENTER COMET
Plainly write or print out the ingredients and method of your favorite main-course dish and send it to Household Science, Room 421, 72 West Adelaide Street, Toronto.

Use to Cross
Writes the Niagara Falls Review: "The number of divorces granted in Canada shows an increase, according to the latest figures; but, before falling into the trap of the divorcee, remember that, prior to establishment of the provincial courts, many Canadians went to the United States to get 'legal' divorces. Not only was this done, but the divorcees were given, it is better, particularly for any children concerned, that their status may be assured."

After a long period of wakefulness (sixty hours) the body tries to

SUNDAY SCHOOL LESSON

LESSON III—April 19. GOD, THE LOVING FATHER.

GOLDEN TEXT.—Like as a father pitieth his children, so the Lord pitieth them that fear him. Psalm 103:13.

THE LESSON IN ITS SETTING.—January, A.D. 30.

PLAQUE.—Persa. "And he said, a certain man had two sons. And the younger of them said to his father, Father, give me the portion of thy substance that is due to me." According to Jewish law (Deut. 21:17) each son would receive the same proportion of property and inheritance from the father, except the eldest son, who would receive an inheritance double that of any of his brothers.

The younger son here, then, asks for one-third of his father's estate. The request probably was not unusual, and yet it shows two things: the younger son chafed at the restraint that the home placed upon him, and he wanted to live a life which the environment of the home did not conveniently permit; moreover, he needed money with which to accomplish the selfish purposes that were in his heart. And he divided unto them the portion of his substance that was due to him. In the father's consent to the guilty wish of his son, a very solemn thought is expressed, that of the father's abandonment to the desires of his own heart (Rom. 1:24, 25, 26), the ceasing, on the part of the divine Spirit, to strive against the inclinations of a spoiled heart, which can only be cured by the bitter experiences of sin.

For many days after, the younger son gathered all together and took his journey into a far country; and there he wasted his substance with riotous living." The word riotous here means abandoned, dissolute, profligate.

"And when he had spent all, there came a mighty famine in that country. And he began to be in want. And he went and joined himself to one of the citizens of that country. And he was made a servant. And he was brought back to his father. And he said to his father, Father, I have sinned against heaven and thee, and I am no longer worthy to be called thy son. But the father said to him, My son, thou art with me again, and all that was mine is thine."

"For this my son was dead, and he is alive again. He was lost, and he is found. He was a stranger, and he is a son. He was a servant, and he is a master. He was a sinner, and he is a saint. He was a child, and he is a man. He was a fool, and he is a wise man. He was a weakling, and he is a strong man. He was a coward, and he is a brave man. He was a liar, and he is a truth-teller. He was a thief, and he is a honest man. He was a murderer, and he is a peaceful man. He was a drunkard, and he is a sober man. He was a glutton, and he is a temperate man. He was a lustful man, and he is a chaste man. He was a proud man, and he is a humble man. He was a contentious man, and he is a peace-loving man. He was a backslider, and he is a faithful man. He was a hypocrite, and he is a sincere man. He was a double-dealer, and he is a straightforward man. He was a schemer, and he is a plain man. He was a liar, and he is a truth-teller. He was a thief, and he is a honest man. 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