



## Woman's World

By Mair M. Morgan

### Variety The Spice of Life

Ever get tired of cooking and serving the same old way? An easy way of stepping out of that rut and still staying inside the budget, is to switch over occasionally to something out of the list of "meat surpluses."

These "surpluses" happen not only to be tender and appetizing, but are actually ranked as "delicacies" by gourmets and those who regard cooking as a fine art. They are also economical to use because there is so little waste and most of them are highly nutritious. For example:

- (1) Livers — whether from beef, lamb, pork, veal, or chicken, are rich in vitamins "A," "B" and "C," and contain essential minerals as well. Prepare by sautéing; braising; creaming; baking; in croquettes; in loaf; or in casserole.
- (2) Hearts — from beef, pork, veal or lamb. Prepare either smothered; with bacon, preferably, if smothered; stuffed and baked; braised; or in casserole.
- (3) Kidneys — of beef and pork, so valuable they are often used in treat-ments of ailments. You must exercise fastidious care in preparing them because their texture is delicate and it ruins them to overcook them. Boil, steam when broiled, sautéed; fried; stewed; or in casserole.

(4) Sweetbreads — the thymus gland of veal and lamb. Fry to cook; broil; cream; or fry.

(5) Brains — of beef, pork, and lamb. Cook to cook and good. Broil; fry; scramble; or braise.

(6) Tongues — of beef and lamb. Boil; cream; braise; pickle; or smoke and cook at moderate temperature.

(7) Lamb Fries — boil first, then fry.

(8) Tripe — Comes from the stomach of cattle. This is one of the varieties of which honeycomb is the preferred. Pickle it, steam, cream or sauté breaded.

### Stuffed Baked Heart

Buy either beef, lamb or pork hearts to the amount of four pounds. Wash thoroughly. Cut out the arteries and veins and wash again to free from blood. Stuff with a bread or rice dressing seasoned with onion, salt, sage, or a fruit dressing with raisins, prunes or apples. The stuffing not only adds flavor, but also helps to retain the shape of heart. Rub with salt and pepper and roll in flour and brown in hot fat. Place in baking pan, pour water and allow to bake slowly. When tender, remove to serving platter in a nest of steaming rice. Make a gravy of liquid in pan, pour over the rice and garnish with strips of pimiento.

### Broiled Lamb Kidneys

Be sure to select fresh kidneys. Wash in cold water; scrub, remove skin and fat. Cut in half. Wrap each kidney in a slice of bacon. Broil until bacon is crisp and kidneys are tender — 12 to 15 minutes. Lay on cold buttered toast, garnish with sliced tomatoes, and serve at once. If no broiler is available, bake in hot oven of 425 degrees F. uncovered about 25 minutes.

### Liver Sandwiches

Grind one cup of cooked liver with two slices of crisp bacon. Moisten with mayonnaise spread, not too thick, on slice of buttered bread; arrange thin slices of sweet onion and leaf of lettuce over it. Cover with second slice of bread. Cut in triangles. Garnish with pieces of mustard pickle.

### Creamed Sweetbreads

Soak in cold water for one hour. Cover with boiling water to which 1 tablespoon of vinegar and ½ teaspoon of salt have been added to each quart of water. Cook 20 minutes. Then

plunge into cold water. Remove membrane. Separate cooked sweetbreads into pieces and reheat in a medium thick white sauce. Season with salt, pepper and a little finely minced parsley.

### Kidney Pie

1 medium sized beef kidney, 1 quart water, 2 tablespoons vinegar, 2 medium onions, 2 carrots, peeled, and 2 medium sized potatoes, 2 tablespoons fat, 2 tablespoons flour, 2 teaspoons salt, pepper, parsley.

Method: Skin the kidney, cut in small pieces, and cook in two cups of water with the vinegar for two minutes. Slice onion, carrot and potatoes and cook them in remaining 2 cups of water until tender. Melt fat in flour, add water in which kidney was cooked and stir until thickened. Combine all ingredients except parsley. Turn into casserole and cover with rich pastry. Bake in moderately hot oven, until pastry is nicely browned.

### Lamb's Fry

1 pound lamb's fry; 3 pipe water, egg and breadcrumbs, 1 teaspoon of chopped parsley, salt and pepper to taste.

Boil fry for 14 hours in the above proportion of water, take it out dry in a cloth; mix some breadcrumbs with a teaspoon ground parsley and a high seasoning of pepper and salt. Brush fry lightly over with the yolk of an egg, sprinkle over breadcrumbs and fry hot for five minutes. Serve very hot.

### Calf's Brains

Soak calf's brains in cold water for cook one hour. Remove membrane and parboil for 20 minutes in boiling salted water with 1 tablespoon of vinegar. Drain, put in cold water as soon as cold, drain and separate in small pieces. Cream same as sweetbreads.

### Stewed Tripe

Wash 1 lb. tripe and cut into inch squares. Put into a stew pan with prepared mustard, with water enough to cover about 1 point. Boil up and skim carefully, then set back to simmer for 3 hours, watching closely. Let it stick to the bottom of the pan and skim if necessary. Mix a tablespoon flour with a little cold water, stir in, simmer ½ hour longer, and serve with more seasoning desired.

Tripe is also good with tomato sauce. Wash tripe and cut in small strips. Heat 3 tablespoons fat, add a little chopped onion or garlic. When brown add two tablespoons flour, pour water and stir in enough boiling water to cover tripe. Let simmer slowly for 3 hours or until tender. Serve with tomato sauce.

### Tongue A La Jardiniere

Boil beef's tongue one hour; skin and lay in your roaster upon a layer of vegetables cut into dice: carrots, turnips, celery, potatoes, peas, beans, onions and fresh tomatoes. Pour about the tongue some of the water in which it was boiled; cover and cook slowly for two hours if the tongue be large. Then remove the skin.

Remove tongue, keep it closely covered and hot while you take out the vegetables with a skimmer. Thicken gravy with browned flour. Dish the tongue; arrange vegetables in sorted line about it and pour some of the gravy over all, sending the rest to table in a sauceboat.

### USEFUL ITEM

There are many different ways of using the cotton flour bags. Where there is a large family, there is generally a large quantity of flour used. Add it doesn't take long to save a number of the flour bags. And I find they are very useful for making dishcloths.



Bonus bond design is inspected by officials of the U.S. Bureau of Engraving and Printing at Washington, D.C. Studying the design for the special run of baby bonds which will be issued by the U.S. Treasury, the officials are (left to right): J. C. Bennett, superintendent of engraving division; Alvin R. Meisner, chief engraver. On their shoulders falls the tremendous task of directing the issuance of the millions of bonds necessary.

## SUNDAY SCHOOL LESSON

LESSON VII.—February 16.  
JESUS HELPS A BOYSTER.  
LUKE 7.

GOLDEN TEXT.—I believe, help thou mine unbelief. Mark 9:24.  
THIS LESSON IN ITS SETTING.—All the events of this lesson occurred in the summer of A.D. 28.

PLACE.—The healing of the Capernaum's servant took place in Capernaum; the raising of the widow's son at Nain, John was surprised when the shore of the Dead Sea, where Christ's words concerning John the Baptist and the events which immediately follow, occurred somewhere in Galilee.

"And John calling unto him two of his disciples sent them to the Lord, saying, Art thou he that comest, or look we for another?" Little or look we for another? Literally the question which John asked was: Art thou the Coming One? And then he said, "I am not." And then he said, "I am not." And then he said, "I am not."

### GINGERBREAD FAVORITES

Easy to make and bake, and taste is gingerbread. Try these:

1 cup granulated sugar, ½ cup butter, ½ cup molasses, 2 eggs, 2 heaping cups flour, 2 teaspoons soda, 1 teaspoon each of cloves, ginger and cinnamon, 1 cup boiling water. Cream sugar and shortening, add well-beaten eggs, next add dry ingredients which have been sifted together three times. Add boiling water, which will make batter thin, but is just as it should be. Cook in greased 9x5x3 inch square pan at 400 degrees for 25 minutes. Cut in squares and top with hipped cream and cherry.

### Sour Cream Gingerbread

1 ½ cups soda, ½ teaspoon salt, 1 cup sour cream, 2 cups flour, 1 cup molasses, 1 ½ cups milk, 2 eggs, 2 heaping cups flour, 2 teaspoons soda. Method: Mix soda and sour cream and molasses. Sift flour, salt and ginger and add to first mixture; then add

shortening and beat well. Pour into greased and floured pan and bake in moderate oven, 350 degrees F. 1 hr. 30 min.

## Any Time is Tea Time

THE REMARKABLE ROMANCE OF AN INDUSTRIAL DICTATOR

## Velvet and Steel

PEARL BELLAIRS



She waited to see Lydia become more comfortable and sink into the stupor under the influence of the narcotic the surgeon had given her, and then she went back to her work.

At the Salon Celeste she told Madame Celeste that Lydia had had an accident; she realized that the fact that Lydia had attempted suicide must be concealed, for the girl's sake; though if she died, concealment would no longer be possible.

But Lydia, little as she wished to live, yet clung to life. Next day she was holding her own; the day after that the nurse told Joan that there was a bigger chance for her now.

At the end of a week she was able to whisper a few hoarse words to Joan. "Rather so on living," she whispered, "than make a mess like this!" "Darling, you must go on living," said Joan. "God reward us to go on living!"

Lydia clung to her hand, and Joan thought that she saw in her eyes some impulse towards life, a newly acquired bravery. Joan spoke to the sister before she left, and the sister told her that she believed that Lydia would pull through.

That morning when she went to Lydia was not at the Salon Celeste. Joan was afraid she might be ill, and had just made up her mind that she would ring Lydia in the next hour to make sure that there was nothing wrong, when a message came through for her from one of the nurses asking her to call in a patient. A woman, who was asking for her.

Joan's heart sank; something terrible must have happened—she was sure of it. She asked leave from Madame Celeste, and hurried to the hospital, hoping against hope; only to find the worst fears realized, and Lydia had drunk half the contents of a bottle of disinfectant early that morning, and had been rushed to hospital in a critical condition.

Lydia was little hope for her, the doctor said. Lydia, before taking her to the bed in which Lydia lay screened from the rest of the ward. She had drunk half the contents of a bottle of disinfectant early that morning, and had been rushed to hospital in a critical condition.

She had been careless and cruel, she had not given thought to the pain she was inflicting which had made him behave as he did. And though she would still refuse him if he asked her again, all that she had seen lately of the dark side of life had taught her to be more kind.

The spring went on and it was summer; Joan went to see Lydia regularly. It was ten weeks before she came out of the hospital, and she came to the Salon Celeste the day after, to see Joan and the others who had been her friends there.

## Suit Your Type

Select Becoming Colors — Plenty To Choose From

What color will you choose for your new outfit? Time and again this vexing question crops up. But you'll have plenty to select from this season as shades are particularly varied.

Many have borrowed the rich, deep colorings of a bygone century. Reds, blues and olives, on to subdued tones that give an autumnal, late appearance.

Greens vary from a bright Robin Hood, lime and olive, on to subdued tones that give an autumnal, late appearance.

Lots of black is shown in Paris, with brilliant colors introduced as yokes, belt or scarf. Royal blue, steel grey and purple are also featured, with tangerine and green, red and blue, orange and turquoise, effectively combine in day and afternoon frocks.

A famous dressmaker once gave a word of advice: "Always keep the color of your eyes and hair in mind when choosing fabrics." This is a very sound, as there are certain shades that absolutely overshadow your own coloring.

Women are broadly divided into four types. Those with soft, rather delicate coloring, the florid, dark complexioned, and those whose coloring is indefinite.

The fair complexioned (by this blondes also are not referred to, but also the fair skinned) can afford to wear bright shades, as the fairness of their skin shades, as the fairness of their skin shades, as the fairness of their skin shades.

As to the "in-between" type, who are neither dark nor fair, select bright shades. You can wear shades that are colorful without being too brilliant.

## Quints Set The Fashion

It is human nature for the mass to fix its attention on and follow the examples of the chosen few. This is the passing of time those examples, however, have been labeled "fashion" and Canada has no more important leaders of fashion than the Quints.

It is no exaggeration to say that the bulk of the recent arrivals in this country and others — have been the Quints, their daily routine, their diets, in fact their very lives, determined by the Quints.

And, taken by and large, it seems a very sensible practice for that time, at least, that the Callander ladies remain under the supervision of their "common sense" physician, Dr. A. R. Duff.

Latest fashion set by the Quints is that of being immunized to diphtheria. The result of the press story announcing this precaution was a 60 per cent increase in the "first dose" of toxoid given to Toronto children over the average for the year. According to figures supplied by the city's clinic 911 first doses were given at 11 clinics over the two days immediately following the story.

## Woman Kept Silence For Twenty-Five Years

Miss Eloise Reinzi, former teacher of seven languages, who in American Journalism, Eleanor Medill Patterson, editor-in-chief of the Washington Herald, told the convention of the American Association of Teachers of Journalism here recently.

"Fifty to 75 per cent of newspaper readers today are women," she said. "And if they are not, they should be, because at least 50 per cent of the buyers today are women."

## The Buying Sex

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## The Book Shelf

BY MAIR M. MORGAN

"Down The Ice" by Foster Hewitt (Reginald Saunders, Toronto), \$1.50 is a volume long-needed. Canada's national sport. Hockey players and hockey fans will want a copy of this book by Foster Hewitt, who with his close contact with players, coaches and hockey authorities, is probably better qualified to write on these subjects than any other person today.

How many know the year this national sport came into action in Canada. For that matter how many know the origin of hockey? These questions and many more are answered in this fascinating book. As a matter of fact every hockey fan should have a copy—then when visitors arrive who have never seen this game on the ice — just hand them the "book of words" rather than a lengthy discourse on the subject.

"High Speed Skiing" by Peter Lunn (Reginald Saunders, Toronto), \$1.25 is a handy-sized, well-printed handbook, on skiing written by so great an authority as the Captain (for the third year in succession) of the British Ski team.

Skiing in Canada, year by year is gaining its enthusiastic followers. The Toronto Ski Club, starting in 1922 with a handful of enthusiasts, now has 1,500 members with a commendable average of skill. It is recommended to these members, that they all should have a copy of Peter Lunn's book. Unlike a great many experts he knows how to put technical ideas in clear and lucid language. What more could you ask as a recommendation?

## Waiting To Be Told

Something is wrong with you young people who are always waiting for some one to tell you how to do things. You are always waiting for some one to tell you how to do things. You are always waiting for some one to tell you how to do things.

## ARE YOU TROUBLED WITH NERVES?

Do you find it hard to go to sleep at night? Do you feel poorly rested in the morning? "Jumpy" all day, and "ragged" by evening?

Then take Winocin. Here's a delicious, palatable, and effective remedy for nervousness. It is a natural product, and it helps you quickly to sleep and floods your whole being with vibrant new energy.

Winocin brings you all the valuable elements of grapes combined with the highest grade beef and guaranteed malt extract. Almost as soon as you begin taking Winocin, you feel wonderfully better. This is because Winocin enriches your blood, soothes your nerves and creates lasting reserves of strength and energy.

Over 20,000 medical men have proved in practice the value of Winocin in cases of nervousness, insomnia, anemia, debility and general indigestion. Get Winocin from your drug store. — Sales Agents: H. H. Ritchie & Co. Ltd., Toronto.

## Those Leisure Hours

Why the popular Press constantly specializes training courses, increased efficiency means increased productivity. Overcome inferiority complex. Develop mental power and gain victory in life. Study for particulars of fascinating correspondence courses.

## The Institute of Practical and Applied Psychology

510 Confederation Building, MONTREAL, QUEBEC

## For Baby's Bath

More than that of any other member of the family, baby's tender, delicate skin needs the greatest care and attention. The soft, soothing oil in Baby's Own Soap makes it especially suitable for babies, and its clinging fragrance reminds one of the roses of France which help to inspire it.

## INSTANTLY YOU CATCH COLD DO THESE 2 THINGS

1. Take two "Aspirin" Tablets. Make sure you get "Aspirin."

Instead of using fancy priced "cold remedies" try the new-day cold treatment pictured here. Your own doctor will approve it. It will start easing the average cold or sore throat almost as fast as you caught it. The "Aspirin" you take will start combating your cold internally at once; if throat is sore, crush and stir 3 "Aspirin" Tablets in a third

## DEMAND AND GET "ASPIRIN"

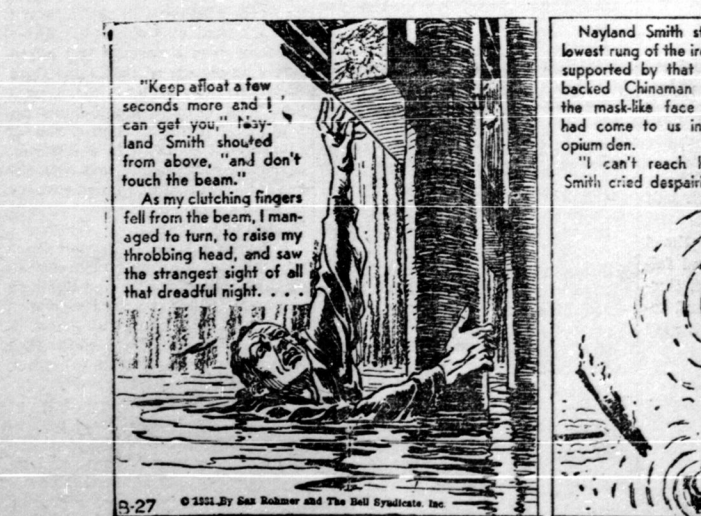
of a glass of water; gargle twice. Do not reuse mouth.

"Aspirin" Tablets are made in Canada. "Aspirin" is the registered trademark of the Bayer Company, Limited. Look for the name Bayer in the form of a cross on every tablet.

GIFF BAKER, 39 LEE AVE., TORONTO

## FU MANCHU

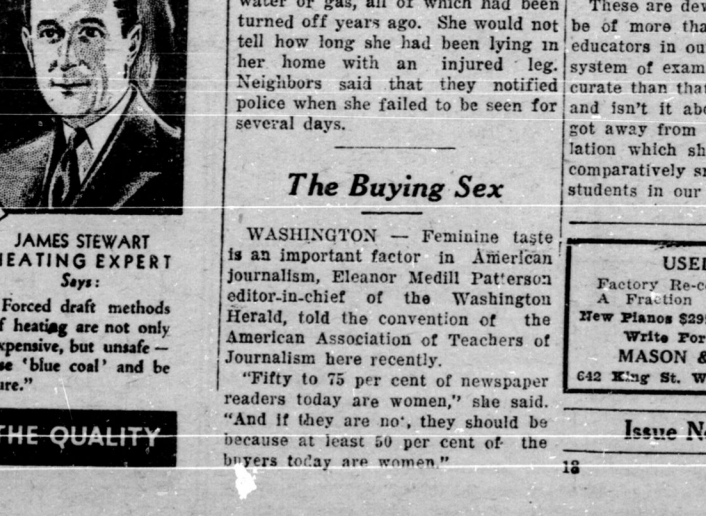
By Sax Rohmer



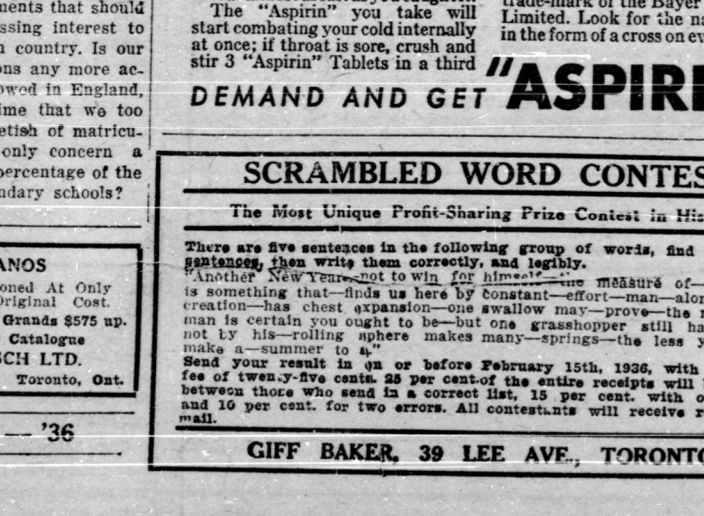
## A False Pigtail



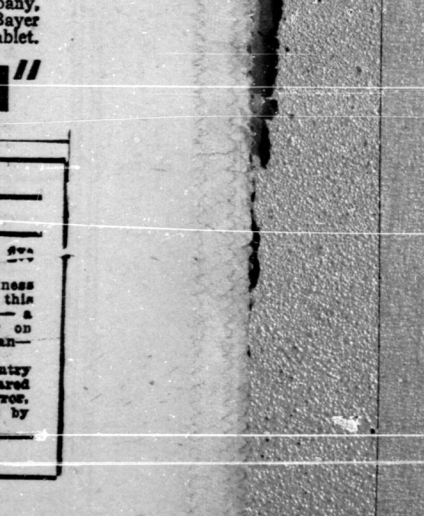
## When you buy from 'blue coal' dealer you get more than just ordinary coal.



## trade - marked fuel and free advice on how to operate your furnace economically.



## blue coal



HE COLOUR GUARANTEES THE QUALITY