Woman's World

By Mair M. Morgan

HOUSEHOLD HINTS

Unless the housekeeper has a memory above average, she will often find it necessary while cooking, to refer to a table of measurements. Even the abbreviations used in recipes are somewhat puzzling to the inexperienced cook. I have always found it an excellent plan to keep a list of these useful items close at hand.

Abbreviations

1 teaspoon	1 tsp.
1 tablespoon	1 tb.
1 cup	1 c.
1 ounce	1 oz.
1 pound	1 lb.
1 pint	1 pt.
1 quart	1 qt.
Few grains	f.g.

Weights and Measures

2 c.	1 pt.
4 c.	1 qt.
2 tb. butter	1 oz.
2 c. butter	1 oz.
3½ tb. flour	1 oz.
3½ c. flour	1 lb.
2 tb. granulated sugar	1 oz.
2 tb. fruit sugar	1 oz.
3 tb. brown sugar	1 oz.
2 c. granulated sugar	1 lb.
2 c. fruit sugar	1 lb.
2¾ c. icing sugar	1 lb.
3¼ c. brown sugar	1 lb.
2½ c. cornmeal	1 lb.
3½ c. graham flour	1 lb.
1¾ c. rice	1 lb.
5½ c. rolled oats	1 lb.
4½ c. ground coffee	1 lb.
4¾ c. tea	1 lb.
3½ c. cocoa	1 lb.
2 c. chopped meat	1 lb.
4 c. grated cheese	1 lb.
8 or 9 eggs	1 lb.
1 egg	about 2 tb.
1 square chocolate	1 oz.
4 tb. grated chocolate	1 oz.
4 tb. granulated gelatine	1 oz.

Notes on Measuring

1. When measuring liquids, the cup should be as full as it will hold.

2. Fine dry materials, as flour, should be sifted before measuring. The material should not be packed down.

SANDWICHES

Whether you are giving a party on one of these mid-winter days, or getting the children's lunch, or it's a light "snack" after cards with the neighbours, please do not be guilty of serving makeshift sandwiches, because it is a sure sign of a makeshift home-maker, says Jessie Marie De Both. The smarter and tastier your sandwiches, the smarter is your reputation both with your children and your friends—and honestly, it is actually cheaper to make that kind of sandwiches, even with the commonest materials including left-overs out of the refrigerator.

Ordinary, commercial sliced bread will save you time on family or the neighbor sandwiches; but get unsliced bread and cut it thinner, for party use. There are many kinds of suitable bread you can buy at the stores, such as sandwich bread, raisin, cinnamon, whole wheat, nut, rye, Boston brown, Graham, bran, and certain kinds of coffee cake also make a good sandwich slice.

The fillings for sandwiches are legion. Many of them can be purchased quite reasonably, so that you can keep a supply on hand. These include meat fillings, cheese blends in a wide variety, prepared sandwich spread in a number of combinations, and the like. Frequently you have a reserve of meat, or sea foods, in the refrigerator that combined with a salad dressing of the creamy type will make a delicious filling. Your energy and imagination are about the only limits on what you can work up as a delicious filling.

You may also give interesting variety and added zest to your sandwich fillings, if you take thought about the color schemes that are possible for sandwich spreads. For a party, let us say, you could have the following colored fillings, all delicious:

1. Cream cheese with enough mayonnaise to moisten, then chopped chives, parsley, green peppers, or cherries added.

2. Cream 6 tablespoons butter with 4 tablespoons grated horseradish, 1 small bunch of finely minced water cress or parsley, season with salt, pepper, lemon juice and paprika.

3. Sliced cucumber and mayonnaise.

Pink, Red Rose Fillings

1. Chopped cooked ham or flaked salmon mixed with mayonnaise.

2. Minced chicken tuna or salmon moistened with mayonnaise and mixed as desired with peas or celery or chopped hard cooked egg with pimiento.

3. Red caviar.

Yellow Or Gold Fillings

1. Drained, well grated pineapple and honey worked into soft butter.

2. Mashed hard cooked egg yolks, worked into soft butter and seasoned highly with salt, pepper, mustard and lemon juice.

3. Orange marmalade with moist cocoanut.

Lavender Fillings

1. Cream cheese mixed with grape jam or jelly.

2. Grape butter.

3. Finely chopped red cabbage and mayonnaise.

4. Mashed beets with cream or cottage cheese.

Orange Fillings

1. Any kind of yellow cheese.

2. Creamed cheese or banana pulp with candied orange peel or orange marmalade.

3. Grated raw carrots, seasoned with chopped onions, worked into cream cheese or moistened with mayonnaise

4. Cream cheese with chopped dried uncooked apricots.

Apricot Nut Bread

1½ cups dried apricots, 2 tablespoons shortening, ½ cup sugar, 1 egg, 1 cup sweet milk, 2½ cups flour, 5 teaspoons baking powder, ½ teaspoon salt, ½ cup nuts chopped.

Method: Cook apricots five minutes. Drain, cool and cut in fourths. Cream shortening and sugar, add well beaten egg. Add apricots and milk, then gradually sifted dry ingredients and nuts. Bake in a greased loaf pan for one hour in a 350 deg. F. oven.

Quick Nut Bread

2 eggs, 1 cup sugar, 1 cup of milk, 1 cup chopped nuts, 2 tablespoons of melted shortening, food coloring, 3½ cups flour, 6 teaspoons baking powder, 1 teaspsoon salt.

Method: Beat eggs and sugar until light; add milk and nuts and mix well. Fold in flour which has been sifted with the baking powder and salt. Turn into bread pan and bake in a moderate oven 350 deg. F. over 45 minutes or until done. Add any desired color of fruit coloring, depending on the color scheme desired for the party.

LEFT-OVERS

It's a standing joke in many families about the Sunday roast and fowl that appear in so many disguises before they finally make their final bow. The way to do with left-overs of course, is to make them so attractive that nobody will care what their origin was.

One of the most appetizing ways to serve left-overs whether they be poultry, fish, meat or vegetables is in a rice ring, decorative and easily made.

Then there are croquettes and ramekins and loaves and pastries and au gratins, to say nothing of salads and sandwiches, and hashes and ragouts.

Creamed fowl in rice ring makes a delicious main dish for a company luncheon. Serve it with asparagus salad, frozen plum pudding, cookies and black coffee.

Rice Ring

Three cups cooked rice, 1 onion, 3 thin slices bacon, 2 cups tomatoes, ½ teaspoon salt, 1-4 teaspoon pepper.

Peel and slice onion and cook with bacon until brown. Add rice, salt and pepper and tomatoes. Mix thoroughly and cook thirty minutes. Pack in a well oiled mold and bake thirty minutes in a moderate oven. Remove from oven and let stand five minutes. This steams the ring loose from the mold. Run a spatula around the edge and invert on a serving platter. Fill centre with creamed fowl and garnish with tender tips of celery leaves.

If the fowl needs stretching, add mushrooms and blanched almonds, and this delicious combination carries no suggestion of left-overs.

Frozen Plum Pudding

One quart milk, 1 pint whipping cream, 1½ cups granulated sugar, 6 eggs (yolks) ½ teaspoon salt, 4 sqs. bitter chocolate, 1 cup seedless raisins, ½ cup candied cherries cut in halves, ½ cup candied pineapple, 4 tablespoons shredded citron, 1 cup of blanched almonds.

Scald milk. Beat egg yolks with 1 cup sugar and salt until thoroughly blended. Gradually beat in scalded milk. Put over hot water and cook until mixture thickens and coats a metal spoon. Remove at once from heat. Melt chocolate over hot water with ½ cup sugar and enough boiling water to make a smooth paste. Add a little hot custard to chocolate and stir until perfectly smooth. Then add this to the rest of the custard and turn into a cold dish. Let stand until well chilled. Fold in cream that is whipped until firm. Turn into freezing trays and freeze until firm around the edges. Beat in fruit which was soaked over night in syrup to cover and drained. Freeze until firm and serve with a garnish of whipped cream and candied cherries.

This pudding can be frozen by packing in six parts ice to one part ice cream salt. Freeze without stirring.

One more recipe this time for Cornish pastries which are different and very effective on a luncheon plate with a creamed vegetable.

Cornish Pasties

One and one-half cups flour, two tablespoons butter, 3 teaspoons baking powder, ½ teaspoon salt, water. One and one-half cups minced fowl, ½ cup chopped oysters, 2-3 cup of cream sauce, ½ cup rolled cracker crumbs, milk, salt and pepper, minced parsley.

Mix and sift flour, salt and powder and rub in butter. Cut in water to make a soft dough. Roll on a floured board into a sheet about 3-8 inch thick. Cut into six squares with a sharp floured knife. Combine meat, oysters, crumbs and cream sauce. Season with salt and pepper and also minced parsley and add enough milk to make the mixture quite moist. Place a spoonful of this mixture just to one side of the centre of each square of dough, and fold over to make a triangle. Make a gash across the top and pinch edges firmly together. Bake thirty minutes in a hot oven.

Spanish Tennis Star Marries French Count

The former Senorita Lili de Alvarez, Spanish tennis star, and her husband, Count Jean de Gaillar de la Valdene, member of an old French family and a flying ace during the war, pictured at St. Moritz, Switzerland, on their honeymoon.

Sunday School

LESSON IX — MARCH 1st

GOLDEN TEXT — "He that abideth in me, and I in him, the same beareth much fruit." — John 15:5b.

THE LESSON IN ITS SETTING

Time — The last six verses of our chapter fall in the late autumn of A.D. 28; the events in the first seventeen verses of the chapter occurred in the winter of A.D. 28 and 29. The confession of Peter and the transfiguration took place in the autumn of A.D. 29, and Christ's journey through Samaria occurred in November or December A.D. 29.

Place — The events in vs. 1-6 occurred in Galilee; those in vs. 7-10a in Capernaum; the feeding of the five thousand vs. 10b-17 in Bethsaida; the confession of Peter and the teachings that followed in Caesarae Philippi, the transfiguration on Mt. Hermon, Samaria; and the concluding portion of the chapter is to be located at the sea of Galilee.

"The transfiguration," Luke 9 : 28-36. 28 "And it came to pass about eight days after these sayings." There is no record in any of the Gospels as to what Jesus and his disciples were doing during these intervening days.

"That he took with him Peter and John and James." His three most intimate disciples, whom he allowed to accompany him in some of the most sacred, intimate, and epochal hours of his ministry. "And went up into the mountain to pray." The mountain here referred to is Mount Mermon, ten thousand feet high, and easily within six days' reach of Caesarea Philippi, where we find the Lord with his disciples in the verses preceding this paragraph.

"And as he was praying." We cannot doubt that the subject on which he drew near to the Father was his approaching death. "The fashion of his countenance was altered." Luke, for some reason avoids the word used by Matthew and Mark, 'transfigured.' "And his raiment became white and dazzling." The radiance here identified with Christ is not the result of reflection from a great light shining upon him, but the manifestation of such a condition of purity and glory within him as to be seen breaking through the very flesh and form of his body.

"And behold, there talked with him two men, who were Moses and Elijah." Moses had received the law and given it to the people. Elijah had called the people back to the law. They were the two most remarkable figures in the whole of the Mosaic economy.

"Who appeared in glory, and spake of his decease which he was about to accomplish at Jerusalem." The word here translated "decease" is the Greek word exodos, similar to our English word decease meaning a going away."

"Now Peter and they that were with him were heavy with sleep." That heavy sleep was probably the reaction from the six days of mental strain and possibly induced by the long climb up the mountain that day or the preceding day. "But when they were fully awake." Literally suddenly starting into full wakefulness. "They saw his glory and the two men that stood with him." We miss undetected and unimagined things because we are not awake.

"And it came to pass, as they were parting from him." It was because Peter realized that the visit of these two great Old Testament characters was about to be terminated in their departure that he made the following request. "Peter said unto Jesus, Master it is good for us to be here; and let us make three tabernacles." These were little booths or huts made out of branches of trees or bushes, such as were constructed for the feast of tabernacles. "One for thee, and one for Moses, and one for Elijah." There is certainly nothing darkly selfish in this request as some have claimed. It is a time of joy, worship, and exaltation, and Peter longs for this experience to continue and for him to behold the Lord Jesus and these two great men of old. Of course Petèr knew what words he said, but he did not know their significance, nor the wrong in the request which they expressed.

"And while he said these things, there came a cloud, and overshadowed them." A cloud is the constant symbol, or, if not always this, the accompaniment, of the divine presence (Ex. 14:19, 19:16; 33:9; 40:34; 1 Kings 8:10; Psalm 104:3; Isa 19:1; Dan. 7:13). "And they feared as they entered into the cloud." Fear is the natural emotion when one is in the presence of the mysterious, awful, and the divine.

"And a voice came out of the cloud saying, This is my Son, my chosen; hear ye him." Three times in the ministry of our Lord is a voice heard from heaven; at the beginning of his ministry; at the time of his baptism (Mark 1:11); at the chief crisis of his three years of public ministry, when the work of suffering begins to overshadow his preaching, here at the transfiguration; before his final rejection and crucifixion in the temple court (John 12:28).

"And when the voice came, Jesus was found alone. And they held their peace, and told no man in those days any of the things which they had seen The disciples kept this great experience to themselves until after the resurrection (Mark 9:9; Matt. 17:9), because they probably did not realize the full significance of that which they had seen and heard at this time.

"And it came to pass, on the next day, when they were come down from the mountain, a great multitude met him." Those who permanently remain in the mount of religious exaltation are not of great benefit to broken, impoverished and lost humanity.

"And behold a man from the multitude cried, saying, Teacher, I beseech thee to look upon my son; for he is mine only child." Here alone are we informed that this was the only child of this man, reminding us of two similar pathetic touches in preceding passages in the Gospel (7:12; 8:42).

"And behold, a spirit taketh him." We have quite thoroughly considered the subject of demoniacal possession in the preceding lessons, but this particular verse is especially vivid in its description of the awful condition resulting from such possession. "And he suddenly crieth out." The adverb here translated 'suddenly' is used by medical writers of sudden attacks of diseases such as epilepsy. "And it teareth him." Or it convulsed him. "That he foameth." "And it hardly departeth from him, bruising him sorely." The verb here tra[illegible] bruising means literally "to [illegible] down under foot" or "to break [illegible] ces," "to shiver" (Matt. 12:20; 16:20) and, in its passive fo[illegible] crushed."

"And I besought thy disciples [illegible] cast it out; and they could [illegible] There is nothing more tragic [illegible] world than for one who has [illegible] derful reputation for helping [illegible] to come face to face with a si[illegible] in which that one finds himself herself utterly helpless, espec[illegible] he or she knows that there wa[illegible] ability to do what has been fou[illegible] possible to do, if the now helpless were living near enough to God.

"And Jesus answered and s[illegible] faithless and perverse gene[illegible] how long shall I be with you [illegible] bear with you? bring hither thy [illegible] It is the contrast, not between [illegible] man and another, but between [illegible] entire humanity alienated from [illegible] in the midst of which he finds [illegible] self, and the inhabitants of [illegible] whom he has just left, which [illegible] from him this mournful exclam[illegible]

"And as he was yet a coming [illegible] demon dashed him down, and [illegible] him grievously." The word here [illegible] slated "dashed him down" is [illegible] Greek word used by boxers [illegible] one another down, and of wr[illegible] throwing an opponent. "But Jesus [illegible] buked the unclean spirit, and [illegible] the boy, and gave him back to [illegible] father." When Christ redeems [illegible] men from the bondage of sin, he [illegible] these men back again to the[illegible] ents in more ways than one.

"And they were all astonish[illegible] the majesty of God." Majesty [illegible] means the visible splendor of [illegible] glory and is the word Peter used [illegible] years later, in referring to this experience (2 Pet. 1:16).

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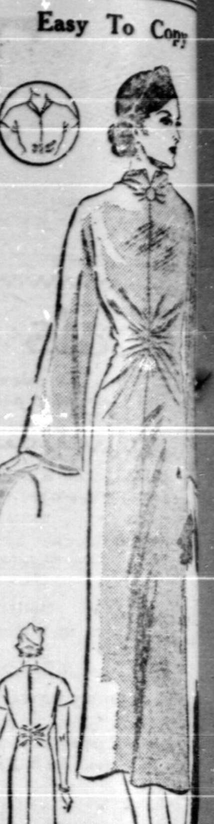

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301

EVERY DAY LIVING

A WEEKLY TONIC

By Dr. M. M. Lappin

SOME THINGS SHOULD NOT BE TOLD

How many men and women are there who would like to have their past recalled? Very few, I fancy. And yet, every now and then we come across someone who wants to rake up the past in somebody else's life. Human nature is indeed strange. I have a letter before me now from a young college girl, and it raises a problem which has all the marks of "the eternal triangle" about it. The sort of problem which provides good working capital for novelists and story writers.

Without actually quoting from the letter let me state briefly the problem. Apparently there is a young man from the same town as my correspondent who is a student at the same college. He comes from a very respectable family. He is keeping company with another girl student in the college who has confided to my correspondent an incident in her life which belongs to the past. The companionship between this other girl and the young man seems to rile (I think that is the most appropriate word) my correspondent. She writes me asking me if I would advise her to tell the young man what the other girl has confided to her and adds — "I somehow feel it is my duty to tell him."

I often wonder how many souls have been irreparably damaged by others who have excused their conduct and appeased their consciences by trying to persuade themselves and others that it was all done in the sacred name of duty. Again and again I have to try and get correspondents to see what duty really is. It seems to me to be summer up in those words of Malachi written so long ago—"What doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?" If that does not sum up one's duty, then what does?

But come back to my correspondent's problem. What is the true motive that is prompting her to tell? Has she herself got a boy friend? Has she an eye on this young man herself? These are items concerning which her letter is silent. It may be that if she will sit down quietly and consider this whole matter, she will discover that, perhaps unconsciously, the motive prompting her to tell emanates from this direction.

The trouble with us is that we so often confuse duty with a petty desire to gain some end of our own—and an essentially selfish end it so often happens to be. We need to carefully examine the inner motives which prompt us to do things before we act. We need to be sure that what we propose to do is right. If it is not right, then it cannot be our duty. And nothing can ever be right which inevitably works harm for another person.

I would like to put one or two questions to my correspondent. Would she like to have her own past recalled in detail? How would she feel if someone betrayed her confidences? Has she considered what the young man's reaction would be? If he is an honorable young man—and she seems to think that he is—then his reaction would probably be to regard her with scorn for having betrayed a confidence. Look squarely at this thing. One person regards another person as a friend. Because of the friendship a confidence is given, but the one to whom it is given betrays it. What is she or he? A traitor! I am quite sure no young lady would like to be known as such.

Take another point of view. Has the young lady with the past incident in her life nothing worth while in her make-up to commend her? Surely she has. Why, everybody has. There is good even in the worst if we try to find it. Then, if there are good points in a person's character, why talk as though one indiscretion—probably it was only a trifling matter after all—were all that there is to that person's life? Why not emphasise the good instead of the bad?

But then, folks who feel like my correspondent are likely to try and justify themselves and they usually come back with the question—"But mustn't I tell the truth?" Why, of course, we should all tell the truth, but we can at least wait until we are asked for information and even then we can be discreet, and use common sense and, at the same time, be truthful. Long ago the Wise Man wrote in his Proverbs, "There is a time to speak, and there is a time to keep silence." I think this young lady should keep silent.

You recall that poem 'Worth While' by Ella Wheeler Wilcox:

"It is easy enough to be prudent,
When nothing tempts you to stray,
When without or within no voice of sin
Is luring your soul away:
But it's only a negative virtue
Until it is tried by fire,
And the life that is worth the honor on earth,
Is the one that resists the desire."

For the one indiscretion that we know of in a person's life, we do not know how often they have struggled against temptation and resisted it to overcoming. If we did, we would be more prone to admire than to condemn. Let us try to keep that in our mind, and remember that the business of every man and woman is to discover the purpose behind his or her life, and by quiet, honest perserverance, to try to achieve that purpose. Only by so doing can we contribute our best to the good of the whole. Why waste time trying to run other peoples' lives? We have each our own life to live. Let us live it as well as we can.

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THE REMARKABLE ROMANCE OF AN INDUSTRIAL DICTATOR

Velvet and Steel

By

PEARL BELLAIRS

SYNOPSIS

Joan Denby of humble origin, is introduced as a social equal of Miss Georgina La Fontaine, rather than as her secretary. She meets Piers Hannen, millionaire, who forces his attentions on her. Lord Edwards proposes to Joan.

Joan leaves Miss La Fontaine to become a mannequin at the Salon Celeste. Piers Hannen takes Joan and her family for a cruise aboard his yacht.

"Indifference? It isn't indifference to dislike a person heartily. But now I feel that I've treated him badly; I hadn't really any justification for showing my dislike so much, because, after all, he isn't so bad, is he? He would never do anything wrong or ungenerous. I do feel that —and that I was unjust. And so the though of him worries me, and I can't help wishing that I'd never met him!"

"A very reasonable explanation!" said Miss la Fontaine, drily, and her remark concluded the conversation.

Joan had the Navy ball to look forward to when she went away; and she did look forward to it with genuine pleasure, for it was a long time since she had been to a dance.

She had a fortnight to wait; and more than once she wondered whether Piers Hannen might be there. She pictured herself explaining to him how he had misunderstood her about Al Brooks, and conveying by a few tactful words that she was sorry for her past treatment of him —up to a point. It was to be a very sisterly confession of regret and he was to take it as such; quietly, and with humiliation on both sides, they would part as friends, and as friends they would remain. Only he must not on any account renew his persecution, and then, she was sure, there might be kindness both sides.

But on the morning of the day preceding the Navy ball something happened which shattered all her moderate intentions. A note arrived for her at the Salon Celeste asking Miss Joan Denby "to be so good as to call at the head office of the Hannen Iron and Steel Manufactory Co., in Leadenhall Street, at one-thirty that day at the request of Mr. P. H. Hannen." The note was signed by a secretary.

Joan was astonished, disturbed and annoyed. All her kind intentions staggered under the shock of being coolly "requested" to go to see Piers Hannen at his office. It might be a mistake, perhaps; and yet it seemed very odd. When he had so often had difficulty in persuading her to allow him to take her anywhere — to order her to go and see him!

Half of her insisted that there was nothing unnatural in this proceeding; the other half was uneasy with a sense of ill-omen. The power of this curt invitation was too conscious to be ignored. What on earth did it mean?

She was worried, and so she went. At one o'clock she set off for Leadenhall Street.

CHAPTER XVII
CORNERED

When Joan arrived at the great entrance hall of the Hannen building the immensity and activity of the place did nothing to decrease her nervousness. He, Piers, was at the head of this tremendously powerful organization, whose ramifications extended far outside the iron and steel industry. She felt so lost and insignificant under the domed roof, standing on a sea of shining parquet, where clerks, typists, business men and porters hurried to and fro about their work.

She handed her note to one of the porters, who showed her into an ante-room. She sat there for ten minutes; after which the porter came back, told her that Mr. Hannen would see her now, and escorted her up three floors in a lift.

He showed her into a palatial office where three typists were tapping away on machines. A neatly dressed competent looking woman secretary took charge of her, and showed her into an inner room.

Joan went in; facing her behind a magnificent walnut desk sat Piers Hannen. The secretary closed the door behind her, while Hannen rose, and without a smile or a word of greeting said:

"Please sit down!"

Thoroughly ill at ease by now, Joan was glad to sink into the chair which he indicated, facing the desk. His unsmiling attitude, his formality here in this great office where his word was law, and where everything was silent and velvet footed with respect for his power overawed her. She wondered what he wanted, and it did not add to her confidence when he sat down again, and went on writing as though she had not been there. She gazed at the short, curling ruddy air on the top of his head, as he bent over his papers, with increasing discomfort and annoyance.

Suddenly he threw down his pen, sat back, and looked at her.

"Well?" said Joan, with a different smile.

And then she saw how changed he was. His face was paler, set in harder lines, and the cruelty which she had so often fancied in it was there in dreadful reality now. He did not smile. There was no smile in him, not even his eyes; and these had a tired, cynical look which made her think at once of Lydia — Lydia as she used to be when she believed that there was nothing worth while in the world.

Yet his look as he gazed at her was not indifferent. There was something cold and brutal in his regard. Joan knew by instinct when he was disliked and suddenly she knew it now —he disliked her.

(To be Continued)

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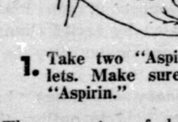

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DEMAND AND GET "ASPIRIN"

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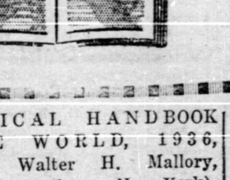

BY MAIR M. MORGAN

POLITICAL HANDBOOK OF THE WORLD, 1936, edited by Walter H. Mallory, (Harper and Brothers. New York). Do you know what were the results of the recent general election in Great Britain? What country returned to a monarchy in 1935? Last fall the Liberals won an overwhelming majority in the general election in Canada. How is this likely to affect Canadian tariff policy? How many Hearst newspapers and there in the United States and in how many cities are they published? Light is thrown on these and similar fundamental questions by referring to this handbook.

FORTHCOMING BOOKS

"Once We Had A Child" — by Hans Fallada (Mussons), March.

"Ladies of the Press" — by Ishbel Ross (Mussons), March.

"Paulina" — by L. H. Hyers, (Geo. J. MacLeod), March.

Issue No. 8 — '36

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Your Birthday Reveals Your Vocation

By ANN PENNINGTON

One problem of vital importance that confronts young people, is to determine the vocation, profession or trade for which he or she is best suited. The purpose of this column is to be of service to those who are now seeking help in this important matter. Your birthday can be used as a guide to a proper decision.

Let us suppose that you, or someone in whom you are interested, were born between February 19th and the 29th. Such a person should seek an occupation in which personality can find expression. The home will be linked up with the work in some way perhaps as business headquarters. The work of persons born in this period should involve contact with people and such will find a special satisfaction in social service work and will be happiest in those endeavours which call upon the emotions. Some of the most successful kindergarten teachers are born in this period. They have the faculty of teaching through love and understanding and appreciation of the needs of their young charges. A man in this category would be successful in horticulture, particularly in research, finding his greatest satisfaction in producing a new variety of vegetable or more beautiful flower. Fullest success will come through quiet persistence in the selected vocation.

A personal reply dealing with one important question will be mailed to anyone sending the day, month, and year of birth together with 25c and stamped and addressed envelope for reply. Address all correspondence to Ann Pennington, Room 421, 73 Adelaide St. W., Toronto, Ontario.

Bulletin

Mildred Weston in the New York Sun.

Of changing seasons
This is true:
The heart must have
Its Winter, too.
As well as stream
Or mountain lake,
Be frosted over
And opaque.
But though the mind
Tonight reports
Conditions right
For Winter sports,
Beware the heart!
The ice is thin
And he who ventures
May fall in.

It Pays To Advertise

The following ditty was read recently by the Lord Mayor of London:

The codfish lays ten thousand eggs,
The homely hen lays but one;
The codfish never cackles,
To tell what she has done;
And so we scorn the codfish,
And the homely hen we prize;
Which demonstrates to you and me,
That it pays to advertise.

"The pains of sense are salutary, if they wrench away false pleasurable beliefs and transplant the affections from sense to Soul, where the creations of God are good, rejoicing the heart."—Mary Baker Eddy.

"It is dangerous to abandon one's self to the luxury of grief; it deprives one of courage, and even of the wish for recovery."—Amiel.

Those Leisure Hours

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