

Woman's World

By Mair M. Morgan

SCIENCE OF BAKING

Modern inventions have made an exact science of baking and there is little reason for failure with even a delicate custard. Every stove manufacturer realizes the importance of dependable oven structure and builds his range on scientific principles. The oven of today has its regular thermostat which automatically controls the flow of gas, oil or electricity. It is almost impossible to maintain consistent results in baking without the use of an oven thermometer of some sort. If your oven hasn't a regulator, but a thermometer, it will pay for itself many times over.

Of course, a knowledge of the heat requirements demanded in the cooking of each type of food is essential. Women who learned from experience that 12 cornbreads would do the trick for a cake and that 2 couple steaks would keep the oven hot enough for a pie were the pioneers of the heat requirement. Today's manufacturer does for the present day homemaker.

Starting Cakes Off

Every baker enters different ovens at different temperatures. The temperature should be low when the cake is put in and gradually increased until the required temperature is reached to complete the baking. Three hundred and fifty to 375 degrees Fahrenheit are good temperatures for most butter cakes.

An important point regarding cake baking is the position of the pan in the oven. The cake should be placed in the center of the oven so that the distribution of the heat may be even. Top, bottom and sides. Layer cakes, because they bake more quickly, are less apt to rise unevenly. Crisp cookies should be baked in a hot oven. Molasses cookies, which burn easily, require a cool oven of not more than 350 degrees Fahrenheit.

Cakes with fruit in them require a moderate oven, but they must be thoroughly baked because this type of cake improves as it stands after baking. Prune honey cake will stay fresh for a full week. It must be baked thoroughly in the beginning.

Pure Honey Cake

One cup cooked prunes, 2 table spoons finely shredded orange peel, 1 cup granulated sugar, 1/2 cup strained honey, 5/8 cup butter or other shortening, 3 eggs, 1/2 cup milk, 3/4 cup flour, 3 teaspoons baking powder, 1 teaspoon salt, 1/2 teaspoon soda, 3 prunes pits.

The prunes pits may be omitted and you may use nut meats. The prunes are mashed to a pulp. Crack pits, remove kernels, peel off the brown skin and slice kernels fine. Cream milk, honey and shortening. Beat in 1/2 cup sifted flour. Add eggs, well beaten, and mix thoroughly. Add prunes, orange rind and prune kernels. Mix and sift remaining flour, salt, soda and baking powder. Add alternately with milk to first mixture. Pour into three layer cake pans which have been well oiled and dusted with flour. Bake thirty minutes in a moderate oven. 350 degrees Fahrenheit. Put layers together and cover top and sides with hot frosting.

HOUSEHOLD HINTS

There will be no lump in the centre of the tablecloth when it is put on the table after laundering. If it is folded three times lengthwise before it is folded across.

A pretty, clear skin comes with good health, cleanliness, and plenty of oil to lubricate and stimulate circulation under the skin, according to one health authority.

When preparing turnips, peel them.

then cut just as if there were a core in the centre. Discard this part, and the turnips will not have that strong unpleasant taste.

Salt has hygienic as well as culinary uses and is as much in place in a bathroom as in a kitchen. As a disinfectant it is known to keep teeth white and sound and gums firm and healthy. As a mouthwash a half teaspoon of salt in a glass of water is a pleasant and refreshing. Heat colds may be relieved by using a half teaspoonful of salt to a glass of water as a nasal treatment.

KITCHEN CONVENIENCES

If the kitchen is small, this takes care of itself, but in large kitchens, it requires some study and experience to know just where it is best for a certain object to stand. Housekeepers there are who place the woodbox at the end of the stove farthest from the stove. Five or six steps must be taken to replenish the fire when, if the wood could be placed in the stove without a single step. Then there are other housekeepers who bend over a stove, sink or table that is too low for their height. The stove can be built upon blocks to bring it to the right height, and a way should be devised to make the table height satisfactory. It is a more difficult matter to remedy a low sink, but here one can put the dishes on a table, and wash the dishes there. In order to prevent backache, do anything to avoid bending the back at an angle. Keep a high stool in the kitchen, for it is possible to do much more work while sitting down, than one would believe who had not tried it.

Another most convenient article for the kitchen is a box or bench on which the mopping job may be placed when mopping the floor or washpan. This bench saves one bending to the floor, each time the mop must be wrung out, as it is in this stopping which makes the work so very tiresome. An well arranged, the box or bench, many women even in these enlighten days, do not mop, but do all their floor on their knees. They thus spend an hour when the floor could be done in half the time. But as they would rather die than change their old fashioned methods, nothing can be done about it. The bench used when mopping can also be placed in the yard to elevate the clothes basket when hanging out the wash. This will save the trouble of stooping to the ground each time to get a clean piece of linen.

A convenience when one is cooking, is a wooden chest, nailed to the wall just above the cooking table. A strip of elastic may be adjusted to hold the cook book open, and here may hang all the implements used in the process of preparing various articles of food, right within easy reach of the hand of the cook. Above the chest a close containing apron, salt, baking powder, and other things used in cooking, is a convenience.

COFFEE FACTS

This is the best cup of coffee I've had for weeks," said the man guest at a dinner — and that started an argument with his wife that went on far into the night. Yet he was right — she was a careless coffee-maker.

Serving consistently good coffee is no mere matter of luck. The blend, choice of coffee, accuracy of measuring and last but not least, care of the coffee pot are all points that determine the quality of the cup your husband drinks.

When buying coffee, the blend is of first importance. Our mothers worked out blends to please the family.

"Fame is a spotlight one minute and a bull's eye the next" — Babe Ruth.

FU MANCHU

By Sax Rohmer

A form parted the curtain of a study door. From the sprang a slender figure. He was dressed in a yellow robe with black trimmings. The newcomer was slight and hunched, with a thin nose and a small, pointed beard. There was something unusual, inhuman, about the man's face.

"Who are you?" he asked. "I am Fu Manchu, the yellow god of the East. I have seen your photograph in the papers. I am interested in you because of your eyes. They are like those of a demon."

Through barely-opened lid I watched the old face looking lower and lower, and finally, when they all continued and the general experience on this Continent is that commercial

No Chance of Receiving a Cold Reception



Dorothy Lee, dainty film charmer, tests the water with a thermometer before taking a dip in Hollywood pool. Southern California climate being what it is, she tossed it away and splashed.

English Women's Strife In Trianon Garden Brings Unique Story

Extraordinary Human Experience Recounted by Former Principal of St. Hugh's College, Oxford

In the spring of 1901, two English ladies, the Misses Anne Berkeley and Eleanor Jordan, were the principal characters of a unique story in the garden of Versailles. "We had very few ideas," they wrote, "as to what was in store for us when we went to the garden of Versailles."

Build A Town

(By Douglas Malloch)
Men build their houses, and sit down And quite forget about the town. As though a man could build a dwelling Without foreseeing and foretelling What sort of place his house shall stand.

Depends upon the world around him A house, however grand or new, Depends upon the larger view. And he who makes a garden pretty Must also make as fair a city. A better house has little worth Unless upon a better earth. A town will never grow about him Well governed and well built until him. And he who seeks to save a town

Two Aprons—One Pattern



SOMEWHERE in the United Kingdom is a beautiful young woman with personality plus charm, a golden voice and photogenic features. If she can be found, and the British Broadcasting Corporation hopes she can, she will be engaged to take a leading part in the forthcoming campaign to popularize television.

Reader Offers Her 'Hate List'

"I've been reading your column," says Marion Miles of Pennsylvania, and I notice that once in a while you give some of us our just deserts. I have a number of people who annoy me, or some contributor.

Mother Who Read To Me

I had a mother who read to me I Sages of proverbs who accused the sea, Cutlives held in their yellowed teeth "Blackbirds" stowed in the hold beneath.

Velvet and Steel

THE REMARKABLE ROMANCE OF AN INDUSTRIAL DICTATOR
By PEARL BELLAIRS

CHAPTER XV WEARING DOWN HIS RESISTANCE

Next day was spent in taking a long car drive out of Tangiers into the desert, and on the day following, at dawn, the Corsair started for home. Happier now that her confinement in Hannan had been strengthened by his behavior on the night when they were stranded ashore. Joan began to enjoy the holiday. The boys were full of high spirits. Many of the men and women in some of the districts are themselves to blame because of their desire to procure cheap teachers. This is unquestionably a very short-sighted policy, inasmuch as the boys and girls in the country, because of their meagre opportunity, desire to have the very best education. It is greater in the remedy for this state of affairs is the establishment of consoling schools, but owing to the fact that these individual schools, with only a small number of pupils, should be maintained at the expense of the state, it is not a sufficient answer to say that many of the brightest students in the universities started in these isolated schools.

Seek 2,400 Planes Fr U.S. Air Force

Washington.—Decision to seek funds to give the United States an air force "second to none" was announced recently from a conference between General Main Craig, army chief of staff, and Chairman McSwain, Joint Committee on Appropriations, House of Representatives. The committee is to be provided with \$800,000,000 for the purchase of 2,400 planes in the next fiscal year.

'Streamline Girl' Title is Awarded

Chicago.—Nov. 17's "streamline girl of 1935" and "streamline matron" were the winners of the titles awarded by the Ladies' Aid of the Laid Bells, suburban Winnetka, Mrs. James Getz, daughter-in-law of the late Mrs. Helen Hughes, was chosen from scores of entries.

The Royal Bank of Canada Presents Strong Statement

Total Assets Have Crossed the Eight Hundred Million Mark. Deposits Increased Over \$50,000,000. Liquid Assets at \$423,675,881 Are Up From \$382,172,287 And Are Equal to 58 Per Cent. of Total Liabilities to the Public.

Reflecting the definite improvement in financial conditions throughout the large field it serves, the Royal Bank of Canada, in a statement to its shareholders, shows a substantial growth during the year.

Rural Schools

In an address recently delivered at Queen's University, Dr. Duncan MacArthur, deputy minister of education for Ontario, openly deplored the fact that the boys and girls of the country had not the opportunities of receiving a good education as those in urban centers.

Air Hostess Picked Like Actresses

She must be attractive, she must be young, she must be slender. She must be able to turn down proposals without offending — and she must think only of her career.

DOCTOR TELLS HOW PEOPLE ARE FOOLED

Dr. Rabinowitch Debunks Some "Pure Olive Oil" As Cotton Seed Oil
MONTREAL.—"So-called pure olive oil, packed in Italy and in Spain are in many cases adulterated with cotton seed oil," declared Dr. L. M. Rabinowitch, M. D. C. M. D. S., F.R.C.P., director of the department of metabolism at the Montreal General Hospital, and assistant professor of medicine and lecturer in Pathological Chemistry at McGill University, in a recent address here.

If You Want Your Family To Like Vegetables

Change the Ways in Which They Are Served and Add Variety
Upon the sales ability of the cook and her ingenuity hangs the problem of whether or not her family gets the proper amount and variety of vegetables. There are tricks in all trades, and the cook must resort to many. When the doctor prescribes disagreeable medicine, he knows his way out.

ADD CELERY AND NUTS

Shred and mix with celery, carrots, turnips, cauliflower hearts, kidney beans, etc. Put in a pan of soup that contained from 25 to 51 per cent. of soap, but suppose only 1.5 per cent. contained 15 per cent. water, 2 per cent. sand and 80 per cent. sawdust with a little coloring.

WHERE PAIN TORTURES

Don't stop your internal to stop pain. Authorities say, "Use Omega Oil to break up the congestion that causes it." Omega Oil works quickly and safely to relieve the most distressing cases of all drug stores. 35c.

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How To Be Happy Though Married

Denver, Colo.—For a long and happy marriage, F. E. Bush, 85, and Mrs. Bush, 70, celebrating their 60th wedding anniversary advise: "Don't argue with your husband — or wife. Use liquor or tobacco. Stay out of doors as much as possible. Lead a simple life. Do some physical labor every day."

SCRAMBLED SENTENCE CONTEST

The Most Unique Profit-Sharing Prize Contest in History
There are five Classic Sentences in the following group of words. Find these five sentences, then write them correctly, and legibly. "Trust men, and they will be true to you, a good word is an easy ally, and a bad word is a dangerous enemy."

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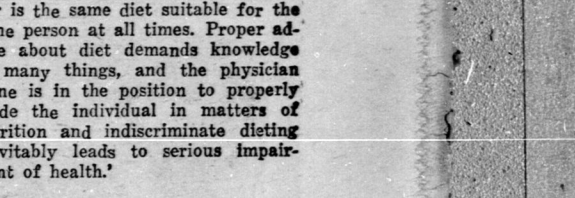
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"Some people are naturally fat and some are naturally thin," declared the speaker, "and it is a tragedy to see people who are naturally overweight and who are not taking any steps to correct it, when they are healthy in every other respect. They may lose weight, but they are not losing it in a sanitarium. These are not accidents or rare occasions but quite the common thing. It is important to recognize that the standard which we use in determining whether a person is normal or abnormal is not the same for height as it is for weight. The average based on large groups of people. The mere fact that you are not average may not be necessary in other words the physician does not deal with averages but the individual, and that alone points out the harmful effects of indiscriminate diet."

"The problems of food and nutrition are not simple. There is no one diet which is suitable for all people nor is the same diet suitable for the same person at all times. Proper advice about diet demands knowledge of many things, and the physician alone is in the position to properly guide the individual in matters of nutrition and indiscriminate dieting inevitably leads to serious impairment of health."

"Advancing years can have no terror for the person whose mind is occupied." — Frank H. Vitellio.



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