

Woman's Realm / Social and Personal / Fashions / Literature

Week Of Prayer

By Rev. John Baillie, D. D.
SIXTH DAY
Morning
O God, who has proven Thy love for mankind by sending us Jesus Christ our Lord, and hast illumined our human life by the radiance of His presence, I give Thee thanks for this Thy greatest gift.

THE COOK'S CORNER

FLANK STEAK EN CASSEROLE

2 lbs. flank steak
4 tablespoons vinegar
2 tablespoons water
1-2 teaspoons salt
1-4 teaspoon pepper
2 tablespoons flour
2 tablespoons melted fat or beef dripping

SWISS STEAK

1 1-2 lbs. round steak (2 inches thick)
Flour to dredge
Salt and pepper to taste
1 onion, thinly sliced
2 tablespoons beef dripping or melted fat
2 cups tomatoes
1 carrot, sliced
1-2 cup corn (optional)
1 small green pepper sliced
1-2 cup water

Mix flour, salt and pepper; pound into steak using the edge of a heavy saucer. Cut steak in individual servings, brown in hot fat in heavy kettle or dutch oven; add vegetables and water. Cover pan tightly and cook in a slow oven (300 F.) for 2 1-2 hours. Add more water during cooking, if needed. Serve with vegetables poured over the steak.

SAVOURY BEEF STEW
2 cups cold cooked meat, cubed
Flour and paprika for dredging
3 tablespoons melted fat or suet
3 to 4 cups water and left-over gravy

1-2 cups raw carrot cubes
1 cup cooked green peas
1-2 to 1 teaspoon salt
1 teaspoon Worcestershire Sauce
Cut meat in 1-inch cubes. Cut onions in quarters and roll with the meat in flour and paprika. Brown in hot fat and then add the water and left-over gravy. Cover and simmer gently for a few minutes. Add the carrots and simmer until done (about 1-2 hour). Add the peas and seasonings.

More thickening is required. Use a smooth paste of about 1-2 tablespoons flour to 3 tablespoons cold water.

Serve stew in a border of either creamy mashed potatoes or boiled noodles.

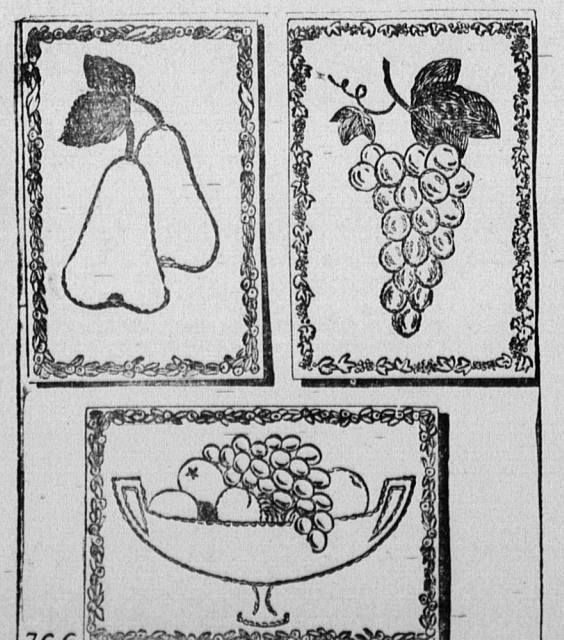
A Morning Smile

"The Lincoln Highway has signs all along warning the motorists. 'What do the signs say?' 'Beware of soft shoulders.'"

"The Utterly-Utters are just wild about society, aren't they?" "Why, my dear, they're such climbers that they're even named their youngest daughter Ivy!"

Use Minard's for dandruff.

LITTLE PICTURES ARE INEXPENSIVE GIFTS



Three little pictures are embroidered with different fruits to make the breakfast nook, kitchen or dining room cheerful. Hot iron transfer pattern No. 765 contains 3 motifs, each one measuring 4 by 6 inches each with complete instructions.

It Happened Twice

BY T. C. BRIDGES

CHAPTER X

OUT OF THE TEMPEST, LOVE
Peggy was a little breathless but quite composed when Arkwright set her down at the top of the stoop.

"I'm not a cripple," she remarked with gentle sarcasm. "In fact I can probably run as fast as you. The journey back was something Peggy never forgot. The centre of the storm passed right over them and Peggy had never seen such lightning or heard such thunder.

Twice flash and crash came practically at the same moment, and the second stroke was so close it felt as if a bomb had burst immediately above their heads.

"That hit something," said Arkwright as he lifted a dripping branch for Peggy to get past. "Here we are at the gate. Can't say I'm sorry. This is the worst I've seen since I was on the West Coast of Africa. He opened the gate and they went through. The storm was passing as swiftly as it had come and, though it was still raining hard, they could see the house. Peggy stopped short.

"Oh, look!" The great cedar of Lebanon under which she had been sitting on the night of Chesham's death had been riven to fragments which were scattered all over the upper lawn. Nothing was left but a shattered spike of the trunk which was actually smouldering in spite of the rain. Arkwright slackened his pace.

But Peggy was running hard. "Hurry!" she urged. "Mrs. Trelawney will be scared to death by this." Water was pouring off both of them in rills as they entered the house. Peggy ran straight upstairs. Rose met her at the door of Mrs. Trelawney's room. Her face was white and frightened.

"She's fainted, miss!" the girl said and she spoke. Arkwright came up. He went straight in, to find Mrs. Trelawney fully dressed, lying on her bed. Her eyes were closed, and she was unconscious.

"Give me the nitrite, Peggy," he said, and until afterwards that this was the first time he had called her by her Christian name.

Back at his home, and changed, Arkwright sat down to a very late lunch. Like some men who live much alone he had acquired a habit of talking to himself and presently he spoke.

"That man, you're falling for that girl," he muttered, and helped himself to junket, but instead of eating it stared vaguely out the window.

Peggy, too, was eating a solitary lunch. She was playing golf with Mrs. Jardine, Mr. Meakin had gone to Taverton, and Mrs. Trelawney was safely tucked up in bed. But Peggy was much happier than John Arkwright. She knew her own mind and knew it for sometime past. Now she realized that her man was beginning to know his.

The two gardeners were busy cleaning up the debris of the storm. Vincent was driving Mr. Meakin, so Rose volunteered to cycle to Nethercombe and get Mrs. Trelawney's medicine from Perkins the young chemist. Peggy saw her sister and thought how smart she looked.

"Poor Perkins will be quite overcome," thought Peggy with a smile. She and all the staff at Coombe Royal knew that the chemist cherisher nice passion eyes; pretty, Fowler, but was too shy to declare it.

Rose knew it, too, but at the same time she was very conscious of being a farm labourer's daughter and to her mind, Charles Perkins belonged to a quite different class. It flattered her greatly that he should take notice of her.

Nethercombe was a typical Devonshire village with one broad street, two public houses and half a dozen shops. Rose got off at the door of Perkins' shop, propped her machine against the wall and went in. The place was small, but beautifully neat.

Hearing the bell Charles Perkins came out from behind the screen. He was a tall, narrow-chested young man who stooped slightly. Spectacles concealed his large rather nice grey eyes; his black hair was carefully parted and his dark suit had been made by a Plymouth tailor. At sight of Rose he stopped short and reddened.

"Good afternoon, Miss Weller," he stammered. He thrust out his hand, then drew it back again. "Good afternoon, Mr. Perkins," replied Rose demurely. She put out her hand and Perkins grasped it as if it had been a life line and held on to it.

Try This Old Home-Mixed Cough Relief. Surprising!

Anyone Can Make It. No Cooking. Big Saving. You may not know what Pinex is, but you can easily prepare a really surprising relief for coughs due to colds. It's old-fashioned—your mother probably used it—but for real results, it is hard to beat.

Dorothy Dix Says—

LOVE ONCE KILLED HAS LITTLE CHANCE OF REVIVAL

When A Woman's Trust Is Killed By Waywardness Of Husband It Can Never Be Fully Restored

Dear Dorothy Dix—I married early in life a man whom I dearly loved and in whose hands I gladly placed my life and happiness. After about four years of married life and at the time when I was expecting my second child my husband was unfaithful to me and bluntly told me that the companionship of other women was necessary to his happiness. No words can express the agony of body and soul that this caused me.

ANSWER—I have always thought that at the bottom of a lot of the philandering of husbands was the man's artless belief that when once a woman loved a man nothing he could do, no matter how badly he treated her, could ever kill her love. She would go on loving him because she was built that way and couldn't help herself. Her heart was just a sort of self-winding clock.

MEN HAVE WRONG IDEAS
Such being the case, according to this cheerful theory, a husband with a wandering foot could step out as often as he liked, and when he got fed up on fancy dishes and desired good, plain home cooking without so much sauce in it, or when he got too old and rheumatic to roam any longer, all he had to do was to return to his own fireside and find his faithful Maria waiting for him with open arms and the fatted calf all slain and ready.

Apparently it never crossed his mind that Maria's affection might perish of anemia when it had nothing to feed on, or that she might come to the place where she would look at him with cold, dispassionate eyes and decide that he wasn't worth worrying over and that any woman who wanted him was welcome to him, or that his return to the fold was more of a nuisance than otherwise.

I get many letters from repentant husbands who express surprise and indignation at finding that their wives do not get out a brass band to welcome home the prodigal. They simply cannot understand why their wives have ever loved them and do not have the faith in them they had when they were trusting brides. These letters often make me wonder if men would not be more careful of their wives' love if they realized that instead of its being a hardy weed that no mistreatment will kill, it is a fragile flower that cannot be touched without bruising.

TRUST NEVER RETURNS
Surely if men knew that no wife ever trusts again the husband who has betrayed her, that while she may forgive his unfaithfulness, the memory of it always rankles in her heart and stands between them, and that there is no more warmth left in her affection for him than there is in yesterday's stale feast, they would consider whether the kick they got out of an affair with a strange woman was worth the price of losing the wife who, in their hearts, they honored and respected.

NO CURE FOR JEALOUSY
Dear Miss Dix—Can you tell me how to cure myself of jealousy? I have been married a year to a very handsome, outstanding young man. He is very attractive to other women. He is not flirtatious and nothing to arouse my jealousy, but whenever he looks at another woman I see red, and every minute he is away from me I am wild with suspicions of what he is doing and what woman he is with. He is associated in business with very attractive girls and I do not see how I can stand it, although I know there is nothing to justify my fears. Is there any cure for jealousy?

ANSWER—None that I know of, because the only possible antidote for it is common sense and that seems to be a quality that the jealous

of making themselves pleasant was to grab a girl round the waist and try to kiss her. Rose saw sadly that there was no hope of an invitation to tea, and she decided to get on with the job. She took the prescription from her bag. "Miss Garland wants this made up for Mrs. Trelawney," Perkins studied it.

"It will take a minute or two," he said, "P—please sit down."

The Danger of Coughs Among the Children

In young children a cold or cough is not a thing to be disregarded, as it is often of a grave matter, and unless attended to immediately may, eventually, cause serious trouble. On the first sign of a cough or cold the mother will find in Dr. Wood's Norway Pine Syrup a remedy to help get rid of the trouble. Its promptness and effectiveness in loosening the phlegm, and stimulating the bronchial organs is such that the cough may be checked before anything of a serious nature sets in. Price 35c a bottle; the large family size, about 3 times as much, 60c, at all drug counters. The T. Milburn Co., Limited, Toronto, Ont.

HEALTH Living & Leisure

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES OF CANADA

In an article in the United Church Observer Dr. Gordon Bates, general director of the Health League of Canada, has called upon the federal government to assume leadership in a national health education campaign, to call regular conferences with the Provinces, and to plan carefully specific health programs on a national scale.

Dr. Bates, in this article, argues that neglect of the problem of national health costs the Dominion Government nothing. He points out that costs of sickness are borne by the Provinces, not by the federal government. He states that Ottawa would be swifter to act if the Provinces dumped the cost of sickness on to the federal government to pay. But provincial institutions, hospitals, sanitariums, etc. for the care of the sick are kept up by provincial governments.

The present system under which we have nine different health plans, with little or no attempt to deal with any health program on a national scale, is far from satisfactory," he points out. "One Province, for instance, has achieved something remarkable in the setting up of a physical fitness program for youth. But little is done in the other provinces along this line. One Province has passed a law making it compulsory to pasteurize all milk but nothing happens in the other provinces, where unsafe milk continues to be sold. The infant and maternal mortality rate in some Canadian provinces is good. In others it is disgraceful. Some Canadian cities have managed completely to eliminate diphtheria. But in other centres this dread disease continues to take its toll in children's lives.

"In our democratic system, the public has in their power the ability to see that the idea of national health is achieved," Dr. Bates Public opinion can determine the policy of a government. The time to act for a national health program is NOW.

POLISH PUNISHERS

LONDON (CP) — A Polish note of the R. A. F. says 225 enemy planes over Britain and enemy countries.

Low-Calorie Foods Reduce Poundage

LOSE AND GAIN CHICKEN (3 SUCKLES) 100 CALS CHICKEN CREAM 435 CALS APPLE SNOW 125 CALS CHOCOLATE BLANG MANGE 431 CALS

Fat Girl Left Alone at Parties "Ruthie's fat but awfully nice," the hostess said. But the men prefer the slender girls somehow! If you're a "Ruthie" you needn't accept such a fate. You can lose two pounds a week, choosing foods that cut you down to 1,200 calories a day, instead of the high quantity—maybe 4,000—you get now.

WATCH FOR NAVY BLUE
Some women are superstitious about wearing black in wartime—especially those with relatives in the service. Black has been dropping in volume for some time and some stylists expect its use in fashions to drop further. Navy blue is different. Women feel patriotic in navy. Watch its use increase.

These friendly bears make soft crib carriage companions for tiny babies, but they're equally welcomed by older children. You'll enjoy making this gay family, too, for the pattern is easy to follow and their cunning clothes are simple to sew. Terry cloth, fur fabrics and velveteen are a few of the many appropriate fabrics for the bears. For their clothes, use gay scraps from your work-basket or remnants from the bargain counter.

Pattern No. 3320. Each bear (11 1/2 high) requires 5-8 yard of 36-inch fabric for body; 1-2 yard for dress; 3-8 yard for overalls. Send twenty cents (20 cent preferred for pattern. Write plainly your Name, Address and style number. Be sure to state size you wish. Style No. 3320.

Needlecraft For The Home

Name \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

The Woman's Realm

AIN'T IT SO?
Of wrinkles on men's faces that's by no means important styles—The ones that's made from worries, an' the ones that's made from smiles. The first won't get you anywhar; the other kind inpart. Good cheer to folks around you, an' keep youth within your heart.

IMPORTANT MINERALS MUST BE INCLUDED
There are thirteen minerals essential to an adequate diet. Fortunately, only three of them require particular attention. These are calcium, iron and iodine. Most of the others are found in a well-balanced diet. Lack of the three mentioned induce serious ailments.

A GENERAL CLEAN-UP
At the end of your day's cleaning, run the vacuum cleaner over the dry dust mop and remove the extra dirt that would not shake out. Then it is all ready for the next day's work.

ELECTRIC FISH USED BY ROMANS
Health is one of the most important pillars upon which civilization stands. A fish started it a thousand years ago, near the Roman shore. It was an electrician fish and it stung a bathing Roman with its tiny electric current. Soon, Roman doctors were treating patients with this fish. To-day, electricity plays an important part in the field of medicine.

PARENTS SHOULD LEAD CHILDREN TO CHURCH
Parents who really care can afford to discipline themselves, even though they suppose they do not need the spiritual values from church attendance. They should go regularly in order to make it easier for their children to give their newly acquired religious obligations. Anyway in these trying times religious efforts will be good for all of us. As with the beautiful literature, art, music, we tend to cultivate and keep alive our spiritual tastes as we exercise them and mingle with others who gain values from them.

COCOA IS VALUABLE FOR HEALTH GIVING
In cocoa we have an almost perfect food—in fact, with the combined milk and sugar there are few articles of diet that can excel it. One dietetic authority said that a cocoa bean is a kind of vegetable which contains almost everything needed to build up a living body.

ARRID Cream Deodorant Stops Perspiration
Does not rot dresses or men's shirts. Does not irritate skin. No waiting to dry. Can be used right after shaving. Instantly stops perspiration for 1 to 3 days. Removes odor from perspiration. A pure, white, greaseless, stainless vanishing cream. Arrid has been awarded the Approval Seal of the American Institute of Laundering for being harmless to fabrics. Arrid is the LARGEST SELLING DEODORANT. Try a jar today!

ARRID 39¢ jar (also in 15¢ and 59¢ jars)

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By Westover
BUFFALO, N.Y., Jan. 4 (AP)—Buffalo Bison's evened their week end series with Cleveland 1-1ish by defeating the Barons 5-2 in an American Hockey League game before 7,674 fans.

TILLIE THE TOILER—A TROUBLESOME LIKENESS!
WELL, I'M RID OF THAT SERVANT WHO WAS WILLING TO ME... THERE'S THE BELL—IT MUST BE THAT NEW CHAP YOU'VE A DATE WITH... GOOD EVENING, MR. BLEND... CALL ME CHAD AND WHAT SAY, WE GO OUT FOR A BIT OF RUG-CUTTING?... THE PINK TURKEY'S THE SPOT FOR TWO SWELL YOUNG FOLKS LIKE US... IT'S ONLY FORTY MILES... I'D LOVE IT... YOUNG MAN, YOU LOOK LIKE A DRAFT-EVADER I'M LOOKING FOR... ER, ER, YOU MUST BE MISTAKEN... Baby Bear 3320