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## Interest to Women

HOW THE YEARS BRING ON  
UNDERSTANDING WISDOMRuth Cameron Writes of the Apparent Futility of  
Existence Many Minds Ponder and How  
They Readjust Themselves to Reality

(By Ruth Cameron)

"Dreamless sleep that comes to  
children for their wisdom."—From a  
Chinese proverb.

A man who always seemed to me  
to have the happiest, most cheerful,  
most enthusiastic, make-the-best-of-  
everything disposition of anyone that  
I know, made a confession lately to me.

That underneath it all he had been  
going through some very bitter years.  
That he had been filled with a  
sense of resentment against life in  
general, a bitterness against the  
whole scheme of things, and a sense  
of emptiness.

It's not just because he has not got  
ten just what he wants out of life—  
as to that, he says, who has? No, he  
has been reasonably successful and  
though he feels he should have done  
more, who doesn't? It's more than  
that, it's a sense of emptiness even  
if you do get what you want, a sort  
of cui bono.

The years through which he has  
just passed are the late forties.

Is there, I wonder, anyone in the  
world who does not at some time,  
either then or a little earlier or lat-  
er, pass through the valley of disillusion,  
the flat plane or cui bono?

And believe, as he passes through  
it, that there is nothing beyond and  
wonders if life is worth the living.

Well, if one were to stay forever in  
that valley, it wouldn't be.

But I believe that all normal peo-  
ple come out of its shadows.

Not back to the same mood which  
they had before they entered it prob-  
ably. The mood of expectancy, of  
pushing forward, of trying to get  
somewhere, of feeling that something  
exciting is just around the corner.

But a mood of adjustment to life  
as it is.

On New Years a wise friend wrote  
me this message:

"I hope you have a nice New Year,  
a thoroughly happy one if such a  
thing is possible; the most we mort-  
als can hope for as we grow older is  
perspective and humor, serenity and  
content. The last word is a nice one,  
I think. Even better than happiness,  
which inevitably suggests transient  
excitement."

I wonder if that isn't a pretty good  
description of what lies beyond the  
valley of disillusionment for those  
with the courage to stick out their  
chins and go forward.

Years ago another friend much  
older than I put something the same  
thought in this way, "When we are  
older we don't know anything. As we  
grow older we are for a time unhappy  
because we do know a little more,  
and then as we grow older still we  
become happy again because we  
know and understand so much  
more."

## DISTINCTION IN BEING CALLED 'SMART'

It Means a Woman is Well Groomed and Carries  
Herself Well

(By Elsie Pierce)

If there any compliment the mod-  
ern woman prefers to "She's good  
looking," it's "She looks smart." The  
compliment implies that a woman  
has made the most of her good points  
that she knows how to look groomed  
and how to make herself as attrac-  
tive as it is possible for her to be.

When we say a woman is smart  
that covers more than mere beauty.  
It takes in poise and personality, her  
speech, her voice, her gestures, her  
manners, her command of every sit-  
uation with a certain suave gracious-  
ness. In other words, it takes in  
beauty and brains and charm.

But let's confine ourselves today to  
the "She looks smart"—which is  
enough food for thought for one ses-  
sion. To my mind that covers three  
very important factors.

Appropriate dress is one of these  
factors. No matter how beautiful the  
costume in itself, or how glamorous  
the individual looks in it, she cannot  
look really smart if the outfit is not  
appropriate to the occasion. The  
truly smart woman always wears the  
right thing at the right time.

Now there are those who manage  
to have a costume for sportswear and  
a costume for shopping, a different  
outfit—complete to every detail of  
accessories for informal dinner or  
tea, a dinner gown, a costume to wear  
for formal functions. Yet, because  
they slip up on the little details of  
good grooming their very appropriate  
costumes do not show off to best ad-  
vantage and they cannot be termed  
truly smart.

And there are those who have ap-  
propriate clothes and are meticulous  
in their grooming, but no one calls

them attractive or smart and the  
fault lies with carriage. Doubtless  
you've heard it said about some one  
in your set, "She can wear the most  
inexpensive clothes and carry them  
off like a queen." You don't have to  
be tall, necessarily, or regal to carry  
clothes off well. But you do have to  
carry yourself well. Posture is im-  
portant—important to health, beauty,  
and one's appearance. And, after all  
ones' appearance may be more im-  
portant to securing the job or hold-  
ing it, to winning the affection of the  
dear ones at home or the respect and  
regard of the husband's business as-  
sociates. It may open the door to  
social success and domestic happi-  
ness. When you think about your  
appearance in terms of the newest  
styles, when you are planning your  
spring wardrobe, give a thought to  
the three important factors men-  
tioned above.

FUNNY WINTER PUZZLES  
FISHERMEN AND FISH

FORT ERIE, Feb. 11.—Fish in the  
lower Lake Erie are puzzled over the  
strange iceless winter as are the fish-  
ermen unable to catch them, according  
to "Hickory Dick" Hardison. He  
ought to know, say fishermen, who  
call him the 'Dean'.

In ordinary winters, fishermen go  
out on the lake ice several miles,  
erect wind-breaks and fish through  
holes in the ice.

This winter the lower end of the  
lake is free of ice and changing  
winds have driven puzzled fish away  
from their usual haunts, 'Hickory  
Dick' explains.

Fishermen's catches are poor, the  
fish feeding on plentiful minnows.

## FIND VOICES RICHER IN WEST

EDMONTON, Feb. 23.—Western  
Canadians have better speaking  
than Eastern Canada, Major  
W. E. Gladstone Murray, General  
Manager of the Canadian Broad-  
casting Corporation, said in an interview  
here today.

"Western Canadian voices are richer,  
the peech rounder," he added.

THE KING OF INDOOR  
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It cultivates the mind, an  
enoble disposition, and im-  
proves the physical condition.  
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ment and Skill.

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IS AN IDEAL COMBINATION FOODMeat, Cheese, Tomatoes, Onions and Peppers All  
Fit Into Dishes That Can Supply Main Courses  
and Are Always Good for Luncheons

(By Edith M. Barber)

Rice has the distinction of provid-  
ing the staple food for many Orient-  
al countries. More rice is grown and  
consumed than any other grain. A  
plentiful rice crop actually means life  
for millions of people.

Because of the plentifulness of  
other grains we do not depend upon  
rice for the bread of life in this coun-  
try. We do, however, make use of  
our own native product in many ways.  
Although the flavor is bland, it has a  
delicate savor. Nothing is more deli-  
cious with meat or poultry than boil-  
ed rice cooked in such a way that  
each creamy grain stands out sepa-  
rately from the others. To produce  
this effect, several methods may be  
used. The rice may be boiled in a  
large quantity of salted water, until  
just tender, then well drained and  
put in the oven to dry out slightly.  
Instead the rice may be put in a ball  
of metal mesh which may be plunged  
into boiling water, and drained as it  
is taken out.

Rice may also be steamed in a  
double boiler. This process of course,  
takes a longer time. There are as  
well two combination methods, both  
of which are good. For what is some-  
times called the Chinese method, the  
rice with twice as much water and  
salt is put in the top of a double  
boiler, covered and boiled ten min-  
utes, after which it is set over hot  
water to finish cooking. By the Syr-  
ian method the rice is cooked over a  
low fire for a few moments in a  
little butter, after which the water  
is added and the cooking continued  
as in the Chinese method.

Because of its delicate, bland flav-  
or, rice lends itself to combinations  
with more highly flavored foods such  
as meat, cheese, tomatoes, onions,  
and peppers. Some of these dishes  
may be used during Lent to supply  
the main course, and of course are  
always appropriate for lunch. While  
we make a larger use of white rice  
than of brown, the latter has a more  
pronounced flavor and has a place in  
dishes of this sort and with meat.  
Bitter kind of rice may be used in  
combination with meat and savory  
vegetables which make up what we  
call a one dish meal. When rice is  
used to replace the vegetable, we  
usually like to have gravy to go with  
it, and what can be better than rice  
with chicken gravy? Abroad rice is  
often used as an ingredient of the  
type of salad which forms part of the  
hors d'oeuvres. Combined with meat  
a crisp vegetable and highly seasoned  
with salad dressing, it supplies a  
contrast in texture which is pleasing.

White rice steamed in milk fur-  
nishes the foundation for simple des-  
serts which most of us like so much,  
especially for lunch. With it may be  
served maple or brown sugar and  
cream, or crushed fruit. A chocolate  
or caramel sauce may be used instead.  
For a number of custard and cream  
desserts we use boiled rice of course.  
The other is old-fashioned rice pud-  
ding which all men and most wom-  
en place among their favorite des-  
serts. Its flavor depends upon long  
slow cooking and upon many stir-  
rings during the cooking. Well made,  
it is a masterpiece!

## Syrian Rice

2 tablespoons butter  
1 cup rice  
2 cups boiling water

1 teaspoon salt

Melt the butter and cook the wash-  
ed rice in it three minutes. Add wa-  
ter and salt, cover and cook over low  
flame ten minutes. Turn out heat and  
let rice steam fifteen minutes.

## Chinese Method of Cooking Rice

1 cup rice  
½ teaspoon salt  
2 cups cold water

Add rice and salt to the water,  
cover and bring to a boil in top part  
of double boiler. Let boil ten minutes.  
By that time the water should be  
absorbed. Then set the top part of  
the double boiler over hot water ten  
or fifteen minutes. Remove the cover  
a few minutes before serving to  
let out steam.

## Fried Rice, Chinese Style

½ cup dried cooked ham  
4 cups cooked rice  
1 large onion  
2 tablespoons fat or oil  
1 cup fresh cooked shrimps  
½ cup mushrooms, diced  
2 eggs, well beaten  
½ head lettuce  
Soy bean sauce  
Salt, pepper.

Fry ham, rice and onions in fat.

Add mushrooms and shrimps. Fry  
until the rice is nice and dry. Add  
more fat if needed. Add the beaten  
eggs and lettuce. Season to taste with  
soy sauce and salt and pepper. Stir  
the mixture well and cook for five  
minutes.

## Indian Pillau

3 pounds solid veal  
4 cups salted water  
1 pound small onions  
1½ cups rice  
¼ cup butter  
½ cup blanched almonds  
½ cup seeded raisins  
2 sliced onions  
1 one-inch stick cinnamon  
4 cloves  
2 tablespoons butter

Cook the veal in the water forty  
minutes. Add the onions to the veal  
the last twenty minutes. Cook rice  
with ¼ cup butter three minutes, add  
three cups of stock from the veal and  
cook fifteen minutes until tender. Fry  
almonds, raisins, sliced onions with  
cinnamon and cloves in the butter  
three minutes. Put meat on platter,  
heap rice around and over it. Sprin-  
kle with fried almonds, raisins and  
onions. Garnish with the boiled  
onions.

## Spanish Rice

2 cups cooked rice  
1-3 cup grated cheese  
½ green pepper, shredded  
1 pimento, cut into strips  
1 teaspoon salt  
Pepper  
¼ teaspoon mustard  
¼ teaspoon celery salt  
1 cup tomato juice

Arrange the rice and seasonings in  
layers in a buttered baking dish, pour  
in tomato juice and bake in a moder-  
ate oven, 375 degrees F., for thirty  
minutes. Add more liquid if the rice  
becomes dry.

## Rice Fritters

½ cup boiled rice  
1 cup milk  
3 eggs  
1 cup flour  
½ teaspoons baking powder  
½ teaspoon salt  
¼ teaspoon nutmeg

Mix salt with milk, add well beat-  
en eggs and the flour sifted with the  
dry ingredients. Beat until smooth.  
Drop by teaspoonsful into deep hot  
fat, 375 degrees F., and fry until  
light brown. Drain on soft paper.  
Serve with fowl or meat with gravy.

## Rice Pudding

½ cup rice  
4 cups milk  
½ teaspoon salt  
¼ cup sugar  
Nutmeg

Wash rice, mix it with other ingre-  
dients, and pour into a buttered bak-  
ing dish. Bake two hours in a very  
slow oven, 250 degrees F., stirring at  
least three times during the first  
hour to break the crust which will  
form. One-half cup of raisins may be  
added when the pudding is mixed.  
Chill well before serving.

## COMMODITIES IN JANUARY

The persistent rise in commodity  
prices received its first setback in  
over four months during the latter  
half of January. In the preceding  
advance the Dominion Bureau of  
Statistics wholesale price index rose  
from 75.5 to 81.9 or 8.4 p. c. before  
dropping back fractionally to 81.6 in  
the final week of January. The re-  
action was by no means general, be-  
ing confined mainly to grains, raw  
silk, cocoa and sugar, and most mar-  
kets including the majority of those  
which had declined, were firm as the  
month closed. In the last two weeks  
of January there was a disposition  
on the part of commodities to react  
more closely to news specifically af-  
fecting their particular position in  
contrast to the broader and more  
speculative rise in the past few  
months. This was true of the rub-  
ber market which construed as bul-  
lish the decision of the International  
Restriction Committee to increase  
1937 third-quarter quotas by only 5  
per cent. Wheat likewise responded  
to improved export buying in the  
closing days of January after being  
depressed earlier by very large Ar-  
gentine shipments. Copper prices  
closed firm after a mid-month reac-  
tion led by London. Livestock and  
meats were firm, although eggs mov-  
ed steadily lower. Farm products as  
a group were more than 30 per cent.  
higher at the end of January than a  
year earlier.

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