

## HOME MAKERS' CORNER

BY LYNETTE

## "SWEET AND HOT."

There is a popular misconception that a meat meal is the best source of heat and energy. How often we hear the farmer's wife say that her husband must have his steak for breakfast. "All the hard work he has to do, you know." If he "must have" steak for breakfast it is only because he likes it, for one ounce of steak provides him with less than half the heat and energy provided by one ounce of oatmeal. Ham and bacon, on the other hand, by reason of their high proportion of rich fat, give about the same heat and energy value as porridge. To give the family a variety of hot, nourishing, breakfast dishes calls for some ingenuity, especially where some members of the household do not like porridge. Something sweet and hot makes a welcome change from the more usual breakfast dishes and sends the children out into the frosty morning with an extra fuel ration.

Hot fruit breakfasts of apple or banana fritters, or apples baked with a stuffing of dates and a dab of butter, are delicious, while waffles, fried scones, doughnuts, or French toast are a delight to the small fry especially. The most attractive doughnuts can be made from an ordinary scone mixture—rolled out and cut into rounds with a large biscuit cutter. Then the centres are cut out with a small cutter and both rings and centres fried in deep, smoking-hot fat. The little balls, as the centres have become, are served perched on top of the rings. French toast is made by dipping slices of bread into a mixture of one beaten egg, half a cup of milk, and a tablespoon of melted butter. Fry in shallow fat or toast in a waffle iron. Lemon sauce and golden syrup sauce are enjoyed by most people, while Karo sauces are perhaps not quite so well known. Karo is an American product made from maize (corn syrup, they call it), and grocers usually have some. It is not so sweet as golden syrup, as it is largely a glucose syrup, and for this reason it is seen in the chemists' shops when glucose is in short supply. Heated with a little water it adds a new flavour as a plain sauce, or by the addition of cocoa and butter, becomes a rich chocolate sauce.

## SOLUTION OF NO. 23

**Across.**—1, Spasm; 5, Maine; 9, Heaters; 11, On; 13, Treat; 14, Or; 15, Peg; 17, Can; 18, Bun; 19, Earth; 21, Tarts; 23, Ray; 24, Dub; 25, Beset; 27, Soni; 29, Asp; 30, Oat; 32, Odd; 33, It; 34, Apron; 36, S.A.; 37, Wrecker; 39, Sheer; 40, Large jugs.

**Down.**—1, Slope; 2, Ah; 3, Set; 4, March; 5, Meant; 6, Art; 7, Is; 8, Earns; 10, Tea; 12, Nearest; 14, Outbids; 16, Grasp; 18, Bruna; 20, Tye; 22, Ado; 25, Bails; 26, Toper; 27, Stoke; 28, Adams; 31, Arc; 34, Are; 35, New; 36, We; 39, Re.

## Uno Commission on the Status of Women

Very great interest has been aroused by the Findings of the Commission on the Status of Women, set up in connection with the Assembly of the United Nations, and composed of representatives of 15 countries. A fortnight of intensive work on every aspect of the life of women in the various countries resulted in a clearly stated report, which will, it is expected become available shortly.

Among the many points discussed was that of "Equal pay for equal work for men and women." This is a principle for which some men and women have stood for many years, but about which a good deal of loose thinking still persists. Many women are opposed to it because they say "A man has a wife and family to keep and should have more than a woman." It should be remembered that positions which were once filled by men almost exclusively are now filled by women. Why? For no other reason than that women cost less. The work is not necessarily better done by women. In some cases men handle it much more easily and efficiently, but they are cut out of it simply because they expect higher wages than women. On the other side, we have the story of women doing work better than men and receiving only a portion of what men receive for the same work. Under the Education authorities of some countries it is a common thing for a woman to have

full charge of a large school, and for her remuneration to be much less than that of a second assistant in a boys' school, his responsibility being only for his own class. This is only one among many similar anomalies.

There are not many working women who do not carry some burden of responsibility for the support of other members of their families. They receive no consideration in the matter of taxation because they are women. They pay the same train and tram fares as men, and I have yet to hear of a taxi-driver who charges women less than men. Hotel and restaurant charges show no discrimination. Why should women be handicapped then, by this obsolescent idea that it is unfair to pay them the same wages as men? It is time that all women really thought about it. It has been said that women themselves do not want the change, because they are afraid that under the "equal pay" regime, they will be found to be doing inferior work to that of men, and will not be employed as they are now. If this is true, it is merely an indication that many women are unsuitably employed, and would do better work in other spheres.

The ramifications of the subject are endless. All we ask is that as women we should think clearly about such a problem and not be content to cling to outworn lines of argument.

## "W.R. CROSSWORD"—24

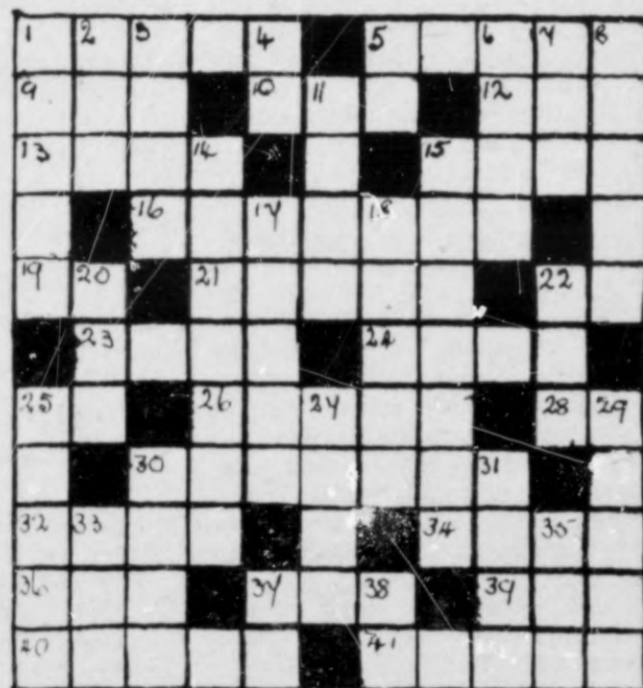
## CLUES

## Across

- 1—See 24.
- 5—Censure.
- 9—Unclose.
- 10—"O star of —"
- 12—"—, — shalt part."
- 13—Nuisance.
- 15—Close companion.
- 16—Alcohol is one.
- 19—Act.
- 21—Lubricated.
- 22—Because.
- 23—Soothe.
- 24—See 1.
- 25—Theological Degree.
- 26—Gives temporary possession.
- 28—Questioning exclamation.
- 30—Dress designer.
- 32—Hum.
- 34—Gape.
- 36—Age.
- 37—Serpent.
- 39—Inflamed.
- 40—Rampart.
- 41—Sac.

## Down.

- 1—Aspired.
- 2—Mimic.
- 3—Home.
- 4—Pronoun.
- 5—Exist.
- 6—Not 24.
- 7—Encountered.
- 8—Jugs.



- 11—Veil.
- 14—Sloven.
- 15—Maidenly virtue.
- 17—Was unwell.
- 18—Cares for.
- 20—Out of date.
- 22—Exist.
- 26—Marriage portion.

- 27—Bites.
- 29—Pointers.
- 30—Intellect.
- 31—Organs.
- 33—Tool.
- 35—Opposer of abolition.
- 37—Indefinite article.
- 38—Officer of the law.