

Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

Canadian Cookery For Canadian Women

By Mari Moore. Specially contributed to the Guardian for Guardian Readers.

FISH OFFERS VARIETY FOR DINNER

By Mari Moore

Not long ago I had to leave my seat in the midst of an audience of women attending a food lecture and demonstration to present some prizes. When I returned the little old lady on my right engaged me in a whispered conversation on what meats and fish I considered were best for us. She said she clung almost entirely to chicken and white-fish because she knew they were safe I gathered that she limited herself so strictly less because she had vegetarian tendencies than that she was afraid to venture by using fish or meat she did not know much about.

Since she was so sincerely asking advice, I suggested that she might use a greater variety of fish. We need the elements provided by deep sea food, one of which is iodine. In this variety of fish is served only once in two weeks, enough iodine and other elements peculiar to deep sea fish, infinitesimal though they are assimilated to impart the protective iodine ration we require to prevent goitre. Especially those who live inland need to watch this.

We know how attractive the fillets of fish look on our dealers' counters—but they do come more expensive than the whole fish. We are none the less tempted by them for they are so easy to prepare. We can economize, however, by "filleting" the fish in our own kitchens—and I am giving you directions for this—so it may be that if you buy a whole fish your dealer will do this for you.

Fish Adaptable to Home Filleting

Catfish, flounders, haddock, salmon, and sole, may all be filleted at home very handily. Fillets of cod are so large usually that the average family would not be able to use them while they are still fresh. For economical fish buying, more should be purchased than is needed for one meal. Left over fish seems to be particularly adaptable to scalloped dishes, chowders, salads, etc.

Filleting Instructions for the Amateur. If the fish is in the same condition as it came from the water it should first be scaled and then split down the middle with a sharp knife and the viscera removed. Then place fish on its side, with the head towards you, and the back to your left hand. Start at the tail and cut loose the backbone, leaving the fins and bones along the middle line of

back with the bottom half. Remove the head. The fish is now in two halves. To bone the bottom half bend the tail slightly over the edge of the table and force the blade through the backbone near the tail; insert the knife underneath the severed end and split the backbone away from the flesh, taking with it the lower fins and bones. Then carefully slit away the remaining portion of bone. Feel carefully with fingers for any stray bones that may have broken off in the cleaning. Fish should be wiped with damp cloth, and then dried before proceeding. This drying of fish is considered of vast importance by many expert fish cooks.

Fish will maintain its maximum amount of nourishment and flavor when cooked "as is."

I am giving you several methods of preparing, cooking and serving the varieties of fish, most of which are available throughout the country.

Oven Poached Fillets of Flounder

Fillets of any fresh fish may be prepared in this way.

One and one half pounds fillets of flounder, 6 tablespoons butter, 2 tablespoons lemon juice, 1 tablespoon minced parsley, salt and pepper. Cut fillets in portions for serving. Grease baking dish and put in fillets. Sprinkle with salt and pepper, lemon juice, and place dots of butter on top. Put in moderate oven of 350 deg. Fahr. and allow to bake gently for about 20 minutes. This method of baking is really oven steaming and conserves all the fish juice. On account of the low temperature the juices flow out and form a dish gravy in which the fillet should be served.

If fillets are removed to platter they may be effectively garnished with little nests of head lettuce in which snuggle slices of tomato, or individual tomato jelly salads.

A long line of slices of hard cooked egg arranged along the whole length of the fish and sprinkled with paprika is attractive too. Always remember to serve extra portions of lemon for those who enjoy it.

Salt Fish

Salt fish such as cod, haddock, pollock and hake are produced in large quantities in our country, and may be procured all year round at low prices. Salt fish must always be freshened thoroughly before cooking, and it is because this step is not always carried through that salt fish does not enjoy enough popularity. Twenty four to forty eight hours may have to be allowed for freshening. The fish should be rinsed to remove the outer salt and then placed in plenty of water, flesh side down. It will expedite the freshening if the fish is placed in a strainer or colander and raised from the bottom of the vessel thus allowing the salt to drop away quickly.

The water should be changed of

Children's Colds Checked without "dosing." Rub on VICKS VapoRub

How to Catch a Husband Dorothy Dix Considers Holding Him Harder

Super-salesmanship Needed to Catch and Keep a Husband—A Girl has to Sell a Hard-Boiled Man the Idea That Two Can Live as Cheaply as One; A Wife has to Keep Her Husband Sold on the Idea That a Last-Year's Model is as Desirable as the Newest Thing in Girls

The chief thing, girls, in catching a husband and holding him after you get him is salesmanship.

It is an advantage, of course, to have had Nature provide you with an A1 line of attractions, but these avail you little if you do not know how to present them or call men's attention to them. The world is full of girls who are pretty and clever and look like a daily hint from Paris who spend their evenings sitting at home alone with Mamma and Papa and reading improving books, while other girls no better looking, no more entertaining, no better dressed are stepping out to places of amusement with eligible young men. And it is an axiom that the women who are best fitted to make good wives and mothers mostly arrive at the Spinster's Retreat instead of the altar.

It may be true, as a great philosopher has said, that if you manufacture a better mouse trap than any one else people will wear a path to your door to buy it, but this is not the case with women who manufacture husband-catchers. They cannot carry on their business without bringing it to the public's notice. They have to go after their customers. No man seeks them out in hidden places and insists on buying them wedding rings.

A girl may be as beautiful as Billie Dove, as witty as Helen Roland, as thrifty as Hetty Green, as good a cook as a domestic science teacher, but unless she knows how to advertise her wares no man ever discovers her. The flower that is born to blush unseen is the maiden who lacks salesmanship.

For men are singularly obtuse about women. They never see one unless she hits them in the eye, and that is why it is not enough for a girl to be pulchritudinous and an aggregation of all the virtues. She has to know how to dress her window and turn the spotlight on it in order to make men perceive her charms.

If a girl wants to be popular and have dates and have men take her about and show her a good time, she has to sell herself to them as being worth the price of the money they spend upon her. She must be sufficiently good looking and well dressed to make them proud of being seen out with her and to cause other men to rubber and ask who is the girl friend. Furthermore, she must throw in for good measure as much jolliness as the tariff will bear and a liberal amount of appreciation and a willingness to work like a coal-heaver to entertain her escort.

As a general thing men's taste runs to fancy goods in women, and this explains why little fluff-ruffies always has so much more attention than plain. Mary Jane whose character is all wool and a yard wide and guaranteed to stand the wear and tear of life without shrinking or running in the wash.

If a girl wants to marry, she has to begin by breaking down the man's sales resistance to matrimony in general, for most men think that somehow, by their own subtlety and the help of God, they are going to escape burdening themselves with a wife and family. Of course, very few succeed in this, but often it takes years of high-powered salesmanship to convince a man that he is lonely and needs a wife to take care of him and that two can live more cheaply than one. Often it is only after a man is enfeebled by age or weakened by sickness that he succumbs to "his line of sales talk." Perhaps that explains why flappers so often marry aged millionaires and trained nurses can always marry their patients if they want to.

Then every woman who marries has to sell some particular man the idea that she is his predestined mate and that she alone of all the women in the world understands him and perceives just how wonderful and great he is and how superior to all other men. No man knows how he happens to marry the particular woman he does marry, but she does. She knows just how she suggested to him the notion that he wanted her and

FROM YARDLEY~ Gifts for Everyone

Give some delightful toiletry by Yardley—that is the first thought that comes to the minds of thousands when the Christmas list is about to be made up.

And Yardley has prepared for your choice a range of lovely gift sets from which you can select perfect gifts for everyone.

Buy your Yardley gifts now at the nearest good drug or department store—while the stores still have full stocks to choose from. Yardley gift sets are priced from 85c to \$10.00.

YARDLEY LAVENDER

Send for free Yardley 1932 gift folder to Yardley—Yardley House, Toronto.

YARDLEY—LONDON—TORONTO—NEW YORK—PARIS

couldn't be happy until he got her.

But if it is necessary for a woman to be a good saleswoman to catch a husband, it is even more necessary for her to be a super-saleswoman to keep one. This is a more difficult task, for it requires keeping him content with his bargain after the novelty has worn off and his purchase begins to show the wear and tear of age and usage. And that is a good deal like keeping a man sold on the belief that his old automobile is a better machine than a this season's model that is glittering with new paint and has stream line effects and all the new gadgets.

Still, it can be done and is done by tens of thousands of astute wives who sell their husbands so completely on the belief that they are the only genuine blown-in-the-bottle helpmeets that their husbands never even take a look-see at any other woman or dream of trading in the old wife for a new.

There are many things that the wife who sells herself to her husband has to do. For one thing, she has to keep herself good to look at so that she continually justifies his taste in picking her out. She has to be easy to get along with and make herself as agreeable to him as the women he works with every day. In a word, she has to carry a line of attractions that enables her to meet all competition.

Then she has to take as much thought in studying her approach as if she was a supersalesman trying to sell him a block of bonds or a bill of goods. She has to wait for the psychological moment to tell him bad news and ask for money. She must have enough tact to know how to smooth down his fur until she has got him in a complacent mood when she can handle him and make him think that it is an economy to buy her a string of pearls or that her health requires a trip to Europe.

Some women are born saleswomen. They can talk a case-hardened old bachelor into believing that he prefers his own fireside to a club and would rather push a perambulator than play golf. They can convince any man that she is the one woman he has been looking for all his life. These are the women who always have dates from their school days up and who marry as often as the occasion requires. There are other women who have all the qualities that would make them ideal wives, but they lack the knack of selling themselves to men. These are old maids.

For The Cook

Canned Tomato Juice

The strained tomato juice has become so important that many people are now preserving their own, particularly if they have the tomatoes on hand. Tomato juice has many uses in cookery, is the base of our most modern popular cocktail and is so rich in vitamins that it can substitute a good deal for orange juice, even in the case of the very young child.

Soak the tomatoes in boiling water and cut them up without peeling. Put them in a large kettle, crush well, cover, and bring to the boiling point as rapidly as possible. Cook ten minutes. Strain through a jelly bag or through a colander with a piece of cheese cloth or muslin. Pour the strained juice into sterilized jars, and one teaspoon salt to quart or one-half teaspoon of salt to pint, particularly seal the jars and sterilize as directed. Tighten seal on jars as they cool.

A Morning Smile

Doctor: "I don't much like the look of your wife, Mr. Jones."

Jones: "Between ourselves, doctor, neither do I; but she's a good wife and looks after the children and one can't have everything."

"What I am to-day I owe to my wife," he said proudly.

"Well, what are you?" the other sneered.

"I'm the husband of the best bridge player in our neighborhood."

ST. PATRICKS ROAD SCHOOL

Honor Roll for November: Grade IX—1 Helen Grant, 2 Eugene Trainor.

Grade VIII—1 Viola Hughes, 1 Eileen Donnelly and Vincent Grant, 3 Nora Hughes.

Grade VI—1 Harold Birt, 2 Alfred Handrahan. Grade IV—1 Vernon Donnelly, 1 Rita Handrahan, 3 Alonzo Birt. Grade III—1 Richard Birt, 1 Norma Joan Donnelly.

Grade II—1 Michael Handrahan, 2 Blanche Hughes and Lucas Birt (equal). Grade I Sr—1 Charles Grant. Grade I Jr—1 Aeneas Brasel, 1 Helen Brasel. —Teacher, Georgie Macdonald.

It Will Do the Same for You

WHEN will the world come to realize that the food it eats is of transcending importance? If "higher civilization" means more denatured—more refined foods—sickness and disease will become rampant; disease of all the vital organs will continue their gruesome rate of increase.

We must overcome the state of acidity (excess acid) to which modern foods reduce the blood. The blood of civilized people must be turned back again to a normally alkaline state if we are to resist the attacks of disease.

People are commencing to realize this. This is why more and more people are turning to Roman Meal as the most important agent in restoring alkalinity to the blood. Roman Meal is one of the three alkali-forming grain foods known—Bekus Puddy and Lishus being the other two. These, with milk, fresh fruits and vegetables, overcome excess acid and, by making the blood normally alkaline, turn the human body into a fortress impregnable to the relentless attacks of disease.

What Roman Meal has done for others it will do for you

Disease does not simply "come to you"; wrong living invites disease. Right living banishes it

From our morning mail:— We receive scores of such letters daily.

Kingston, Sept. 5th, 1932.

"I began using Roman Meal immediately and in a short time was so much improved that my son and his children are now using it daily and has recommended it to several friends who also report much benefit from its use."

(Name on request)

Dr. Jackson Foods Limited

FREE

Write for samples of Roman Meal, Bekus Puddy, Lishus or Dr. Jackson's alkaline beverage, Kofy-Sub, and Dr. Jackson's Free Booklet "HOW TO KEEP WELL", to— Robt. C. Jackson, M.D. 555 Pine Avenue, Toronto, Ontario



(To be Continued.)

ASHES of ROSES A Romance of Today By Joanna Cannan

"What happens when one of you is ill?" asked Geoffrey. "Does the other one pine?"

"Miss Bennett was away for a fortnight one winter with 'flu', and a touch of bronchitis too, wasn't it, Fay? No, I didn't pine because I hadn't time to. I had all her work to do, and that was the time when Mr. Wilde was in America, Uncle Errans had pneumonia, and we had old Mossy after us. Gee! that was a fortnight. I don't know how Fay would get on if I was laid up, but I'm never ill. I haven't missed a single day through illness since I joined the firm."

"How splendid," said Geoffrey in sepulchral tones. "It is, isn't it?" agreed Miss Errans. "Come along, Fay. We're five minutes late back from lunch and Uncle Errans will be looking at his Ingersoll. I think it's a scream but way he never says anything, but

just stands there looking at his watch and puffing out his cheeks. He's got six children, would you believe it? I wonder if he can keep them in order. How I do run on, to be sure. Come along, Fay."

It was not until the week-end at Hemshot that John Gilmour saw his son. "Over a glass of port he said, 'I hear from Mr. Errans through Mr. Mossop that you have quite settled down. I don't know if Errans knows what he is talking about; I believe, generally, not.' 'Oh, I should think he would be pretty accurate,' said Geoffrey. 'He's a nice old fellow. We're all fond of him, which is more than we are of old Mossy-face.' John Gilmour frowned.

"You're in a very difficult position, Geoffrey, and one that calls for great tact. You must not forget that one day, if you show yourself to be fitted for it, you may take my place as managing director and even Chairman of the company. And then you will be called upon to exercise authority over the people with whom you are working in the office now. So I would recommend you not to be free with them. At the same time you must remember

that you are on exactly the same footing as any other junior clerk."

Seeing that his father was fairly started, Geoffrey helped himself to another peac.

"As long as you are in the building," continued John Gilmour, "I am nothing more nor less than chairman and managing director of the company by whom you are employed. At home, we want to forget that relationship. That is why I advise you to show a little reserve, well, if you must, even a little standoffishness, in your day round. The firm's annual outing is to take place next Thursday, and there is a case in point. I want you to be there. Your mother and I will be going down, as usual, to preside at the luncheon. I don't want you to come with us in the car, and I don't want you to go in the char-a-banc—the people get rather lively, your presence would be a drag on them, and though the office crowd rather stick together, I don't feel that it would be altogether suitable. So I suggest that you take the two-seater up with you to-morrow evening, garage her in London, and drive her down to Derham-on-Sea on Thursday. You can bring her back here next Saturday. But I don't want you to use her at all except for that special purpose."

He spoke one of his prejudices, and one that was most exasperating to Geoffrey. "London is no place for a private car."

(To be Continued.)

Dr. Wood's Her Five Children Had Heavy Colds

Mrs. M. Arsenault, Kensington, P.E.I., writes:—"I am the mother of five children, and last winter they all had heavy colds. I tried all kinds of medicine, but none seemed to do them much good. At last I got Dr. Wood's Norway Pine Syrup and their colds had soon disappeared. I consider it the best cough medicine I have ever bought."

Price 35c a bottle; large family size 65c; at all drug and general stores; put up only by The T. Millburn Co., Ltd., Toronto, Ont.

PURITY FLOUR BEST FOR ALL YOUR BAKING

FARM FOR SALE

100 acres of land, mostly clear. Well watered. Buildings in good repair. Within 1/2 mile of school, church, stores and R. R. Station. Inspection any time.

HERBERT BUCHANAN, Fredericton, P. E. I.

6943-12-10-3L

Legislative Assembly

Prince Edward Island

Rules Relating to Private Bills

58. All petitions for Private Bills must be presented within fourteen days after the commencement of the session exclusive of adjournment.

59. No Private Bill shall be brought into the House, but upon a petition first presented, truly stating the case at the peril of the suitors for such Bill and such petition must be signed by the said parties.

60. A committee shall be appointed at the commencement of every Session consisting of five members of whom three shall be a quorum, to be designated, The Private Bills Committee to whom shall be referred every Private Bill and no proceedings after the first reading shall be had upon such Bill until such Committee has reported thereon to the House.

61. So soon as the Committee has reported any Bill, such Bill together with any amendments that may be suggested by the Committee, shall be printed at the expense of the parties who are suitors for such

Administrators Notice

The undersigned administrators of the personal estate and effects of Eustace Heath Haviland late of Charlottetown in Queens County in Prince Edward Island, Barrister-at-Law, deceased, intestate, hereby notify all persons indebted to the said estate to make immediate payment to them at the office of Palmer & Farmer, Solicitors, Charlottetown, and all persons having any claims against the said estate are hereby required to present the same, duly attested, at the office aforesaid, within twelve months from this date.

Dated this 15th day of November, A. D., 1932. GEORGE D. DEBLOIS, H. JAMES PALMER, Administrators. 6745-11-25-fmw-1 month.

Bill and printed copies thereof delivered to the members before the second reading if deemed necessary by the Committee.

62. No Bill for the particular interests of any person or persons Corporation or Corporations or body or bodies of people shall be read a second time until all fees be paid for the same into the hands of the Clerk of the House.

63. No bill having for its object the vesting in or conferring upon any person or persons, Municipality or Body corporate the title to any tract of land shall be received or read in the House unless at least four weeks notice containing a full description of the land in question has been published in the Royal Gazette and one other newspaper in this province of the intention of such person or persons Municipality or body Corporate to apply for such Bill.

H. F. DAWSON, Clerk Legislative Assembly. November 21, 1932. 6793-11-29-tue-fri-8L