

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

Canadian Cookery For Canadian Women

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

Canadian cookery is a new feature that our page now offers to its women readers. Mrs. (Dr.) Mari Moore, who will conduct this Department, is a Canadian dietitian, who is well equipped for the work and has had considerable experience in making cooking more interesting.

Mrs. Moore will welcome and reply to inquiries from readers on cookery, household management, table arrangement, entertainment, invalid diets, etc., etc.

Letters may be addressed in care of this paper to Mari Moore, cookery editor. A pen name should be chosen, for publication purposes, in addition to the writer's name and address, which, of course will not be published.

It is our hope that this department will become a friendly guide to efficient household management. These contributions will appear on Thursday, Friday and Saturday each week.

Tested Favorite Recipe

NOTE—This fruit salad is one you would use for an individual service and as a main course at a salad meal. It is even quite satisfying to the most tenacious of "meat and potato" addicts.

Fruit Salad

Line an individual shallow service bowl with lettuce. Place cubed pineapple, pear and apple on bottom. Alternate on top of apple and pineapple, two sections of orange and two of grapefruit. Garnish with hot house grapes, fresh strawberries, or any small bright fruit in season. (Of course, maraschino cherries may be used too.)

Serve with Bar Le Duc dressing, which is merely a combination of equal parts of whipped cream, unsweetened, and red currant jelly, which has been turned out into a bowl and broken down with Dover beater. The cream is gently folded into the whipped jelly. (The following note is a little dietetic advice which is thrown in for good measure.)

A fruit salad can be made out of any combination of fruits and can be cubed, shredded, or sectioned: the cubes, or strips are preferred.

The fruits in the above salad, like all true fruits, are high in positive mineral elements, and very low in starches, protein, and fats. The sugar and mineral matter of fruit is quickly converted into assimilative matter and is the best of tonics.

The comments of a leading authority on digestive process are interesting. "Starchy foods should be avoided where the main dish of the luncheon is of an acid composition. In fact starchy foods should be avoided whenever acids are taken into the system."

"Acids of all kinds inhibit the normal degree of acidity of the gastric juice (digestive juice of the stomach). The astounding extent of this inhibition is that one part of acid to 4000 parts of stomach fluid is sufficient to completely inhibit the action of saliva, which assists in the digestion of starchy foods."

"The distinct action of acids of sour fruits in hindering the action of saliva upon bread and starchy foods explains why many persons with weak digestion are unable to take acid fruits at the same time as grain foods."

All of which bolled down, means do not eat bread of any kind when serving this salad.

For The Cook

RASPBERRY JELLY

Raspberry jelly used to be the most critical of all jellies to make. Now, even the most inexperienced cook can make a delightful, tender jelly by the following recipe.

4 cups (2 lbs.) Juice. 7 1/2 cups (3 1/4 lbs.) sugar. 1 bottle liquid pectin. Crush thoroughly or grind about 3 quarts (3 lbs.) fully ripe berries. Place in jelly cloth or bag and squeeze out juice. Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add liquid pectin, stirring constantly. Then bring to a full rolling boil and boil hard 1-2 minutes. Remove from fire, skim, pour quickly. Seal hot jelly at once with a thin layer of paraffin wax. When glasses are cold, add a second coating of paraffin wax. Roll glass to spread paraffin on sides. Makes about eleven eight ounce jars.

Velvet Favorite For Next Winter

PARIS, Aug. 4.—The trend towards velvet as the most popular material this coming season was emphasized again yesterday when Helen Hubert presented her new winter styles, second of the current openings.

Hubert shows sleeves trimmed to parallel with cartwheels and pan-cakes of fur and velvet crepe.

High de medici collars of braided ropes of velvet adorned evening coats, replacing the costly furs which are considered too expensive for this season. The coats resemble evening gowns, with the décolletage filled in with furs and fabrics.

Waistlines are medium and skirts medium and long. Black combined with all colors feature both day and evening wear. Few wools are used but much velvet crepe, chiffon and jersey.

this classification. "Romantic Nights" are rich deep tones reflecting a "high fashion" soiree, prunelle, blue night, black iris, casino brown and black coffee are names suggesting these nocturnal shades. Smart contrast notes are expressed in the combination of soft chalk tints with these dark evening hues, as for example prunelle, a deep bluish purple, complemented by chalk pink and rouge soiree, a dark wine red, accented with blue hyacinth.

Autumn Colors Defined

Rich Tones Selected for Costumes with Unusually Interesting Accents and Contrasts

Browns in the warm, rich shades and lighter hues are to be important for autumn, and the range will include the reddish, the darker African tones and a new group, those with a wine cast.

Sparkling Burgundy and clear Bordeaux reds; beetroot and vivid reds of orange, or yellowish undertone, especially a brilliant lacquer hue and a rich shade suggestive of the tomato juice cocktail, are on fashion's palette.

Blues are expected to be as popular as ever for early autumn in bright cornflower and sapphire versions, as well as a deep pervenche, swaggar navies in light and dark tones are also included in the color card issued by the Textile Color Card Association. The beige family is represented by such tones as dove and mastic, also cafe au lait, beige breast grey and French ochre are mentioned as "exclusive" colors.

New contrasts are introduced in several light shades. Praline pink, the deep hazy tone of French almond candy, is an accent note to Bordeaux reds or beetroot, while mustard gold is a lively complement to the browns of mahogany or wine cast. String beige and grege are light neutrals which achieve a smart effect with browns, blues, greens and other dark costume colors.

Three color groups are a feature of the new card, which contains 78 shades in all. "Dramatiques" are the gay vivacious hues, including new violet and magenta tones, light raspberry, sulphur and vivid parakeet greens, mandarin, brilliant purplish blue and clear yellowish red.

"Chalk Tints," presented for evening wear and accent notes, comprise soft squares and delicate off whites in their newest interpretations. Chalk pink, blue hyacinth, rose orchid, crayon yellow, bonbon green, magnolia white and lemon white represent smart nuances in

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Fall Fashion Show Is On

PARIS, Aug. 4.—The climax of months of toil by the world's greatest fashion designers was reached today when the first showings of the winter styles began, ushering in two weeks during which the secrets of what women will wear this fall and winter will be revealed to an expectant world.

Sweetering midsummer heat marked the first of the showings. The initial opening yesterday afternoon was by Redfern, in which May Gould who is Baroness de Grafenreid de Villars, daughter of Helen Kelly and Frank J. Gould, is hostess.

Few radical changes in styles were indicated, because dressmakers realize that under present economic conditions, women cannot afford to splurge. Thus greater emphasis is placed on accessories than on expensive materials and complicated handwork.

Sports clothes remain fairly short with little change. There are few very formal clothes and no trains since less entertaining is in prospect.

The next opening is that of Helen Hubert today, after which the big houses will be opening daily until well into August.

Numerous American buyers are on hand, seeking choice models for their United States clientele.

The Redfern showing leaned to directoire costumes with high waistlines and puffed sleeves favoring the imperial regime in history. Tons of velvet, fur, feathers, lace and brocade were called into play, giving no hint of the "depression."

Shoulders were padded and collars and sleeves cut in one piece. A sleek line was given to the hips. Skirts reached mid-calf for daytime wear and floor length for evening.

Predominating colors were purple-blue, henna brown, blood red, slate grey, various greens and black and white combinations. Diagonal weaves were featured in voiles, crepes, satin, broadcloth, velvet and faille. Furs were flat, with the exception of fox, chinchilla and squirrel.

Find Dull Life Thing of Past Dorothy Dix Great Advantage of Modern Women

The Woman of Today May Not Find Life All Cakes and Ale, But Whether She be an Old Maid, a Deserted Wife, a Household Drudge or an Ordinary Wife and Mother, One Thing is Certain: She Will not be Bored

H. G. Wells, lecturing not long ago before the London School of Economics, said to his audience: "You may starve by famine. You may be shot. You may be poisoned by gases, but one thing is certain—you will not be bored."

If that summary of modern life is true for men, it is doubly true for women. The woman of today may not find life all cakes and ale. She may be an old maid. She may be abandoned by a husband who gets fed up on domesticity. Or at middle age she may be divorced by a husband who has fallen for a flapper. She may have to earn her own bread and butter. She may even have to support a temperamental husband and a household of children, but one thing is certain—she will never be bored.

And that is such a tremendous gain that it outweighs all the other disadvantages that present day conditions have brought for the feminine sex. For the curse of eye has always been boredom. Deadly, dull monotony. Doing tasks that only required one lobe of their brains. Nothing stimulating to think about. Nothing exciting ever happening. Nowhere to go but the places they knew by heart. Nothing to look forward to but dying and the hope that they would find more pep in another world than they had ever found in this.

Whatta life! And yet until this modern era it was the only way that was permitted to women among even the most advanced peoples. A girl was born, and that was nothing to give three cheers about because a daughter was considered an affliction that called for condolences rather than congratulations. She was given a smattering of education. She played a little discreet tennis, and if she was very bold and daring she rode a bicycle. She went out heavily chaperoned by mamma to parties and received gentlemen callers in her drawing room with some member of the family always in earshot, and for the rest she sat up with her fingers crossed and waited for some man to marry her.

Only the blue stockings went to college, and a few of those who blot on their reputations than a scandal if they did. There were no athletics for girls. No swimming parties. No hikes. No golf tournaments. No clubs. No joyrides except behind old Dobbin. No going into business or professions.

All that a girl who was a perfect lady could do was to stay at home and read improving books and do fancy work. When you think of all the boredom, all the heart-breaking longings, all the frustrated desires, all the wasted energy that our grandmothers and great-grandmothers put into miles of crocheted lace and acres of cross-stitched embroidery, you could keep your eyes out for the poor things.

In those days the one great excitement of a girl's life was getting married, but even that was just a ripple on the stagnant pool of her existence. For as soon as the ceremony was over she was sunk deeper than ever in the dullness of domesticity. Just to be married was supposed to furnish any woman with all she needed in the way of recreation and amusement, and a virtuous wife was presumed never even to glance outside of her front windows at the outside world or to have any interest in anything whatever except her husband and children.

Worse still, marriage was the long drag for women in those days, with no alleviations in the way of outside diversions or occupations that took an unhappy wife's mind of her troubles, no slipping of the yoke that gave the galled places a chance to heal. For then disillusioned wives had not discovered that setting up tea rooms or going into interior decorating is a panacea for what ails you in matrimony and that trips to Europe compensate for having missed your soulmate.

Consider, then how much more interesting life is for the women of today than it was for the women of the past. To the girl the whole world is her oyster on which she may put as much pyrrhia as she chooses. Every avenue of occupation and adventure is open to her. She can go into any kind of business and achieve as much money and fame as her talents justify. She can fly across the seas and be elected to political office. She can set up her own home if she wants to and travel to the ends of the earth. She can fill her life with every possible variety of interests so that she need never have a dull moment in it.

Furthermore, she can get more kick out of her marriage than the woman of the past did because she is the first woman who has ever been able to marry just for love and not for a meal ticket or for a position in society or to fill in the time between her debut party and the grave. Nor is marriage for her the dull routine it was for her mother, who knew she had a life job she could not lose. The very fact that husbands now are hard to hold and divorce easy keeps wives upon their tiptoes and puts some zest into the marriage game.

Even motherhood, which has always been woman's chief interest in life, is more exciting now than it used to be when the formula for rearing a family was to feed the youngsters, kiss them when the yewer egged and spank them when they were bad and lay the results on Providence. For now when we have found out that children are a problem that not even a psychoanalyst can guess and when women have to keep not only as young as their husbands but as young as their youngsters, every mother has a cross-word puzzle of absorbing interest to work out.

And so whatever else women have to complain of they should be thankful that they no longer have to be bored.

DOROTHY DIX.

A Morning Smile

MACPHERSON TO MACTAVISH One Scotsman complained that he had a ringing in his head. "Do you ken the cause of that?" asked his worthy crony. "It's because its empty." "And have ye never a ringing in your head?" "No, never." "It's because it's crackit."

SUMMER CAKES

Here are two good loaf cakes—and some simple little drop cakes that will recommend themselves to the discerning cook.

Caramel Nut Loaf Cake

Cream one-fourth cup butter with one cup sugar, and add four egg yolks beaten until thick and lemon-colored. Mix one-fourth cup water, and add alternately with the following well-sifted dry ingredients: One and three-fourths cups cake flour, two and one-half teaspoons baking powder and one-half teaspoon salt. Add two tablespoons caramel flavoring and then one cup nuts mixed with two tablespoons flour. Pour into a well-greased loaf pan and bake in a moderate oven, 350 degrees, 45 to 60 minutes. This may be served plain or fed with the following:

Caramel Icing

Mix together two cups confectioner's sugar, two tablespoon evaporated milk, two tablespoons caramel flavoring and two teaspoons of melted butter. Stir until creamy. If too thick to spread well add more evaporated milk, drop by drop.

Cinnamon Coconut Drops

Boil without stirring, three cups sugar, one cup cream, one-half cup corn syrup and a stick of cinnamon to the soft ball stage, 238 degrees. Cool to lukewarm. Beat until creamy, add two cans of moist coconut and drop by spoonfuls on a greased sheet.

Applesauce Loaf Cake

The new green apples make excellent applesauce—very flavorful. And did you know, too, that medium and small tins of commercial-canned apple sauce are very, very cheap? (Fine to have on hand for serving with meats.) For this excellent-keeping summer loaf-cake:

Cream one-third cup butter and one cup sugar. Add one teaspoon soda to one and one fourth cup canned applesauce, and add to the creamed butter and sugar. Then add the following dry ingredients: Two cups flour, one teaspoon baking powder, a few grains of salt, one-half teaspoon cloves, one-half teaspoon all-spice and one-fourth teaspoon nutmeg. Add to this the grated rind of one lemon. Add one-half cup of raisins and one-half cup of nuts (reserve a little of the flour to sift over them). Bake in a loaf in a 350-degree oven for from 45 to 60 minutes.

Spanish Fried Potatoes

6 boiled potatoes. 1/2 green pepper. 2 tablespoons pimento. 1/2 onion. 1 teaspoonful salt. Dash of pepper. 4 tablespoonsful bacon drippings. Dice green pepper, pimento and onion. Cook slowly in the fat until onion is tender but not brown. Add sliced potatoes. Season with salt and pepper. Fry until crisp and brown, stirring occasionally.

WHITE RAINCOATS TO BE WORN

PARIS, Aug. 4.—A white raincoat in waterproof crepe would give anyone the courage—and to spare—to face the wettest day any country had to offer with a smile. And we do not mention idly, just white raincoats, waterproofed, in general. Ours is a specific Schiaparelli model that gives the impression of having a short round cape, stitched down the back and front and left open and flaring on the shoulders. A close fitting, turned down collar and comfortable pockets add to its smart usefulness. In addition, the crepe washes beautifully.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



No. 369—Simple Sports Frock. This style is designed in sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust measure. Size 36 requires 27-8 yards of 39-inch material. No. 375—French Blouse Type. This style is designed in sizes 14, 16, 18, 20 years, 36 and 38 inches bust measure. Size 16 requires 13-4 yards of 39-inch material. No. 389—Smart Simplicity. This style is designed in sizes 14, 16, 18, 20 years, 36, 38, 40 and 42 inches bust measure. Size 36 requires 33-8 yards of 39-inch material with 11-2 yards of edging. No. 410—Darling Dress. This style is designed in sizes 1, 2, 4 and 6 years. Size 4 requires 15-3 yards of 39-inch material with 1-4 yard of 38-inch contrasting. No. 393—Sunderland Model. This style is designed in sizes 36, 38, 40, 42, 44 and 46 inches bust measure. Size 36 requires 33-8 yards of 39-inch material with 5-8 yard of 38-inch contrasting. No. 434—Smart Gumpo Dress. This style is designed in sizes 6, 10 and 12 years. Size 10 requires 15-8 yards of 39-inch plain material. Size 12 requires 13-8 yards of 35-inch printed material. All patterns 15 cents in stamp or coin (coin preferred). Wrap carefully. No. Size Name Street Address City State

Why that must have been close on 40 years ago!

said this charming lady "My children were still babies. I know Wash Day meant a six o'clock rising and a sort of endurance contest between you and the soiled clothes. If the dirt was defeated, you were bedraggled. If the dirt won, both you and the clothes were bedraggled. "Surprise changed all that. It gave suds easily and spared a great deal of rubbing. Then besides, the clothes came out so clear that they were fragrant. They still do, of course, but the outstanding quality I like about Surprise is its safety. In spite of its effectiveness, Surprise has never injured any garment, no matter how frequently it was washed."

"Quality first" was the policy adopted when the first bar of Surprise Soap was made in St. Stephen, N.B. forty-six years ago. This policy has never been altered and the quality has improved with advancing knowledge, keeping pace with modern requirements.



SURPRISE SOAP The St. Croix Soap Manufacturing Co., St. Stephen, N.B.

Pimples Disfigured Face. Burned Badly. Healed by Cuticura.

"I had been troubled for about a month with pimples which were fairly large. They were scattered all over my face and disfigured it. The pimples festered and became very itchy, causing me to scratch, and when I did they would break and then burn badly. They made me feel very uncomfortable and kept me from sleeping many a night. "A friend told me about Cuticura Soap and Ointment so I sent for a free sample of each. I purchased more and after using two cakes of Soap and one box of Ointment I was completely healed." (Signed) Miss Katherine Shick, Oak Bank, Man.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold everywhere. Sample each free. Address Canadian Depot: Lyman Agencies, Limited, 286 St. Paul St., W., Montreal.

The VOGUE'S AUGUST CLEARING SALE Beginning Saturday and continuing for ten days All dresses including Spring and Summer in afternoon, evening and sport styles, to clear at ONE THIRD DISCOUNT Other lines clearing at \$2.98, \$3.98 and \$5.00 All Spring and Summer Coats to clear at ONE HALF PRICE Hats worth to \$6.75 clearing for \$1.00

BEAUTY IN THE MORNING How you thrilled as his eyes adored you at breakfast. How comforting to know that as you slept Pompeian Night Cream had restored the youthful smoothness of your skin. How wonderful to know that your fresh morning loveliness will be preserved throughout the day by the clinging velvet-textured Pompeian Beauty Powder. Now, as always, you may pay more for beauty preparations but you cannot buy better than the NEW POMPEIAN BEAUTY PRODUCTS LONDON-PARIS NEW YORK-TORONTO