

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

Canadian Cookery For Canadian Women

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

The Invalid Tray, Personal Experiences of a Happy Invalid—With Menus

By Mary Moore

Unless you have been sick and confined to bed for a certain length of time you do not know the vicissitudes of the invalid. At last I know—I have had personal experience but it was a very happy sickness for I had a wee new daughter to cheer the convalescing hours. There—its out! And I have been bursting to tell you ever since she came, and she is three months old now—don't you think I have done well not to spread the glad tidings sooner? But if I am given free rein on the subject of babies I never know when or where to stop.

Before she came I thought "now I'll be able to write reams about infants' diets from personal experience"—but there's nothing to tell—just feed them old-fashioned mothers' milk regularly (that regularly is important though) and let them sleep the rest of the time and they will gain anyway from 6 to 8 ounces per week.

Didn't I tell you I do not know where to stop? and this is an Invalid Tray article too!

The Nursing Care I enjoyed most: 1—Having my hands and face washed with warm soapy water before and after every meal.

Nurses, don't ever forget, in the bustle of keeping foods hot and setting your patients' tray to wash his face and hands.

2—Drinking a glass of lemon juice water before breakfast.

3—Not having the faintest idea of what I was going to have to eat as meal time approached.

Keep kitchen and food odors from the patient.

4—My bed table. I ate my meals from it; wrote "thank you" letters on it; and even articles for the paper.

5—My mid morning and mid afternoon glass of grape or grapefruit juice.

6—Beside my bed was a triple shelled table, containing such things as hand mirror, comb, nail file, tissue handkerchiefs, cosmetics including hand lotion; next shelf held writing paper, pen and pencil; next shelf books, magazines, jig-saw puzzle, etc. It was indeed a luxury not to have to ring the bell for any of these little necessities.

Eggs are an important item of food for invalids for they are among the most easily digested proteins and invalids and convalescent patients need protein food.

To Cook Eggs in the Shell Using only the freshest of new laid eggs; have water boiling in a small saucepan, the water being deep enough to completely submerge egg. Put in the egg while the water is bubbling, put on cover, note the time, and set egg off the heat, leaving it for five minutes to be soft cooked. If the eggs are not boiled in rapidly boiling water they are tender and much more easily digested: seven minutes for medium cooked; leave until water is cold for hard cooked.

To Poach Eggs Have water rapidly boiling in a small saucepan. Add a little salt if desired. Break strictly fresh egg on to saucer, and holding it in left hand stir boiling water with spoon in right hand, and when you have

a deep whirl pool, drop the egg in it, put on lid, and set saucepan off the heat. Press white gently with spoon to see if it has "set" before removing from water.

Menus For Convalescent Patients Or Invalids

Chicken broth, finely shredded braised celery, asparagus tips on toast (see note below); Spanish cream with Angel Food Cake.

NOTE: We all know that canned asparagus has a characteristic flavor that the fresh does not have. Canners in Niagara Peninsula have lately perfected a way of canning it so that it retains its original green color and fresh flavor. Delicious for salads, and hot luncheon dishes.

Chicken Broth

One boiling fowl, 5 pints cold water, 1-4 cup rice or barley, 2 teaspoons salt, sprig pepper, few slices of onion if desired. Thoroughly clean chicken and cut it up. Put it into the kettle and add cold water and let stand one-half hour. Heat very slowly, and simmer 3 hours or until flesh is tender. When half-cooked skim off fat and add the rice and seasonings. When meat is tender skim off fat and add the rice and seasonings. When meat is tender skim off fat, and strain, taste and season and serve hot. When possible make chicken broth the day before it is needed, that it may be thoroughly cooled, then the fat may be removed easily. Re-heat in double boiler before serving. The rice that is cooked with the chicken may be rubbed through the strainer and added to the broth for a variation.

Braised Celery

Do not use iron or pressed iron frying pan for preparing this.

Using either an aluminum or enamel sauce pan, put in it 2 tablespoons butter, and 3 cups finely sliced celery. Let simmer gently over slow heat stirring frequently until celery is transparent but not in the least brown. Then add 1-4 cup cream season with salt, pepper and paprika, and cover to reheat. Serve very hot.

Spanish Cream

NOTE: We have given the full rule for making this as this may be made for the family dessert too.

One tablespoon granulated gelatine, 1-4 cup cold milk, yolks 3 eggs, 2 1-2 cups hot milk, 1-2 cup sugar, 1-8 teaspoon salt, 1 teaspoon vanilla, whites of 3 eggs, stiffly beaten. Soak gelatine in the cold milk for 5 minutes. Beat the yolks in the top of the double boiler, add sugar and gradually the hot milk. Place boiler over hot water and stir until custard thickens; remove immediately and add the soaked gelatine, salt and flavoring, stirring until the gelatine dissolves. Fold in the stiffly beaten whites and pour into cold wet moulds (large or individual) to congeal. This may be served with soft custard, whipped cream, fruit juices, or just alone. When served with Angel Food cake we serve it as it is with no sauce.

Menu No. 2

Cream of potato soup; broiled lamb chop, finely shredded leaf lettuce saturated with lamb gravy; prune cream.

Cream of Potato Soup

Family rule. Peel and cut three medium sized potatoes into small dice, slice finely one onion and

Six Cups of Tea For One Cent

At the new low price for which it is now sold MORSE'S STANDARD TEA, making 240 cups to the pound, works out at one-sixth of a cent per cup. Much more than ever it will be "the good old family tea of the Maritimes."

Delicious—Thick Liquoring—Satisfying

ONLY 40 CENTS PER POUND PACKAGE



OR 20 CENTS PER HALF POUND PACKAGE

Remarkable Value!

For The Cook

BUTTERSCOTCH PUDDING

Four tablespoons cornstarch, one cup water, one cup evaporated milk, one tablespoon butter, one cup brown sugar, dash of salt, one teaspoon vanilla. Mix cornstarch with one-fourth cup water. Scald remaining milk and water. Melt butter, and sugar and cook until sugar melts, stirring constantly. Add slowly to hot milk, stirring until well blended. Add cornstarch mixture and stir until thickened. After that, stir only occasionally, while cooking 20 minutes. Add flavoring and pour into molds to cool.

HOT WATER GINGERBREAD

One-half cup boiling water, one cup molasses, two and one-fourth cups flour, one teaspoon soda, one teaspoon ginger, one teaspoon cinnamon, one-fourth teaspoon clove, four tablespoons melted shortening. Add water to molasses. Mix and sift dry ingredients together. Combine mixture, add melted shortening and beat vigorously. Pour into a buttered shallow pan or into greased muffin tins. Bake 25 minutes in a moderate oven.

cover them with boiling hot water, add 1 teaspoon salt and boil until tender. Force through strainer into 3 cups hot milk. Add 3 tablespoons butter, a little pepper if desired and reheat.

If the gravy from the chop is merely poured over the shredded lettuce drop by drop, it will favor it sufficiently. This is the continental way of eating salad.

Prune Cream

This is simply made by forcing stewed and stoned prunes through strainer with a little of their sweetened juice and adding to an equal quantity of whipped cream.

Menu No. 3

Egg a la Suisse, buttered spinach; apple rice pudding and cream. Hot cocoa.

Egg a la Suisse

One strictly fresh egg, 2 tablespoons cream, 1 teaspoon butter, salt, pepper, 1-2 tablespoons grated cheese. Heat individual frying pan or small sauce pan, put in butter, and when melted add cream. Slip in the egg, sprinkle with salt and pepper. When white is nearly firm (heat should be very low) sprinkle egg with cheese, leave another moment and then serve on buttered toast. Four cream remaining in pan over all.

Apple Rice Pudding

One and one third cups rice, 3 tablespoons sugar, 4 tablespoons corn syrup, 3 apples. Wash rice and

A Morning Smile

NO BABY

A kindly vicar saw a woman slowly pushing a pram up a very steep hill.

"Madam," he said, "walking up to her, 'can I help you with your burden?'"

"The offer was gratefully accepted and together they pushed the vehicle to the top of the hill.

"The woman was about to thank him when he said:—

"No thanks at all. I'm more than delighted. But as a little reward, may I kiss the baby?"

"Baby!" exclaimed the woman. "Lor' bless you, sir, that ain't a baby. That's the beer and things for our party."

cook in rapidly boiling salted water until tender and flaky. Drain, (saving water for the soup pot, of course) and add syrup and sugar. Butter a baking dish and put in layer of rice. Pare and slice the apples, and put a layer of them over the rice. Continue until dish is full, cover and bake in slow oven until apples are tender which will take about 30 minutes.

Caramel Junket is a delicate dessert for an invalid too.

Caramel Junket

Two cups milk, 1-3 cup sugar, 1-3 cup oiling water, 1 junket tablet, few grains salt, 1 teaspoon vanilla, sweetened whipped cream, chopped nut meats. Heat milk until lukewarm, caramelize sugar, add boiling water, and cook until syrup is reduced to one-third cup. Cool, and add milk slowly to syrup. Reduce junket tablet to powder, using small mallet, and add to mixture with salt and vanilla. Turn into a glass dish and stand in warm place until set, then chill. Cover with whipped cream and sprinkle with chopped nuts for serving.

A Few General Rules

If you keep the following suggestions in mind your amateur nursing will be a success:

1—Diets should be simple—only a few kinds of food at a meal and those plainly but delicately cooked and seasoned.

2—Meals should be served with strict regularity as they are one of the big events of the sick person's day; besides delay might destroy the appetite.

3—Attractive dishes neatly arranged, no food slopped over clean napkin every time, hot dishes hot, cold dishes cold when they reach the patient, pleasant surprise garnishes, or a flower, or an out of season food.

Here's hoping you have no sick people to nurse!

Dorothy Dix' Letter Box

Are Parents to Blame for Youth's Refusal to Live Plainly?—Wall Flower Whose Family Refuses to Accept Her Fate — Is 16 too Young to Marry?

Dear Miss Dix—People are always saying that the young people of today are not willing to start in life as their fathers and mothers started. Don't you think that this is often due to their parents? A REGULAR READER.

Answer:

It is due to their parents and life in general, for we are all products of our own age and slaves to the habits that have been bred in us.

It is, of course, true that young people are not willing to start where their parents did, and that if they were willing to live as plainly and simply as their fathers and mothers did we would not hear so many girls and boys wailing out that they cannot afford to marry.



When mother and father married they commenced housekeeping in a couple of rooms or a tiny cottage. Mother did all of the cooking and washing and scrubbing. They had kerosene lamps. She went to market with a basket on her arm and she thought she was lucky if she had a black silk dress for best that would last her three or four years.

And father mowed the lawn and swept the sidewalk and helped with the chores around the house and neither one ever any more thought of having a horse and buggy or going out to some place of amusement two or three times a week or of belonging to clubs or of giving cocktail parties than they thought of having diamond tiaras and going to Europe every summer.

And all of this was no hardship on mother and father because it was just continuing the simple manner of life in which they had been brought up and because they were doing just what every other young couple of their acquaintance was doing. For in those days when a man and woman got married they settled doing and didn't expect to have any livelier diversion than they found at their own fireside and in pushing the perambulator.

But the girl and boy of today who get married live in a different world, one in which "the young married set" is only too often the gayest and the most pleasure-loving set in the community. The bride nowadays doesn't retire to the kitchen. She hikes out to the beauty parlor and the little French shops. She has a dozen dresses where her mother had one and she generally is more adept in shaking up a drink than she is in performing on the gas range.

Same way with the man. He wants to step out just as much after marriage as he did before and he has no notion of getting his exercise by cutting the grass instead of playing golf. And no young couple would think that they could live without an automobile or going to the movies or any other of the diversions to which they have been accustomed.

We may say this is all foolish and wrong and the young people should start where their parents did, but it isn't easy to go backwards.

It isn't easy for a girl who has always had lots of pretty clothes to go shabby or for one who all of her life has ridden in an automobile to drag around in a street car. It isn't easy for the boy who has always had good clothes and been able to indulge himself in everything he wanted to have to wear hand-me-downs and count his pennies. It isn't easy for a shabby little house and eat plain meals.

And so it is no wonder that when so many young couples who have married on a shoestring and the proposition that love is enough, find themselves up against the hard realities of trying to scuffle along on an insufficient income, they declare that marriage is a failure and throw up their hands and quit. They are soft and spoiled and cannot stand the hardships that their parents made nothing of because they were used to them.

DOROTHY DIX.

Dear Miss Dix—I am one of those dateless girls and am so resigned to the situation that I wouldn't bother about it if it wasn't for my family. They have insisted upon my becoming a society debutante at which I am an utter misfit. I hate the social whirl. I don't speak the language of the girls whom I am thrown with and I can't enter into their conversation. I haven't the money to buy their interest by giving splendid entertainments. I wasn't cut out to be the life of the party, yet I am expected to keep up a gay, witty and entertaining conversation to amuse the man with whom I happen to be. Partners don't ask me to dance with them and when I rebel against all this my family say that I am silly and what a fine wholesome girl I am and, of course, people like me and admire me. What am I to do? E. T.

Answer: I don't think there is any more pathetic figure than the girl whose family try to force her into being a butterfly when she has none of the attributes of the butterfly and never feels at home in the rarified atmosphere in which they thrust her.

Perhaps mother was a belle in her day and she looks forward to living over her triumphs in poor little plain Mary Ann, who is shy and retiring with never a word to say for herself and who has no more sex appeal than a plate of oatmeal. Or perhaps mother is socially ambitious and depends on Mary Ann opening doors that she closed to her.

So she buys Mary Ann all sorts of pretty fluffy clothes that never for an instant disguise her Marry Ann-ness. And she makes Mary Ann go to every party to which she is invited, where she sits around on the sidelines suffering agonies of embarrassment and mortification because nobody ever dances with her except the unwilling youths whom a hostess drags up to her wearing the expressions of lambs being led to the slaughter.

And Mary Ann is a social fiop and mother reproaches her with it and wonders why the boys never pay her any attention and why she doesn't get married.

It is a cruel and inhuman punishment for any woman to force her daughter to go "out in society," as the phrase goes, unless she wants to. Moreover, it is of no use, because unless the Lord gave a girl dancing feet no man is going to cut in on her, and unless Nature supplied her with IT she can't manufacture it for herself.

Far wiser and kinder to let the girl find her own niche in the world. Let her go with the people who are congenial to her. Let her do the things she wants to do.

My advice to any girl who finds herself a misfit in society is to go to work. Get a job. Interest herself in that, and for her comfort—and also for mother's consolation—let her remember that a lot of the biggest fish swim around in business offices and rise to the bait of an intelligent quiet girl after they have fought shy of a dazzling, painted, vivacious one.

DOROTHY DIX.

Dear Miss Dix—We are two girls 16 years old and engaged to be married. Are we too young? We will abide by your decision.

TWO ANXIOUS ONES.

Answer:

At least four years too young. If you marry now you will be worn

The 7 uses for FRY'S

- Hot Cocoa Drink
- Children's Drink
- Cakes and Puddings
- Chocolate Sauce
- Cake Icing
- Chocolate Fudge
- Iced Cocoa Drink



FRY'S Chocolate Fudge is delicious—make some tonight with FRY'S Cocoa—

Make your own candy with pure sugar and Fry's pure Cocoa—it's fun!

A big pan of wholesome, delicious home-made chocolate fudge is easy to make and costs just a few cents. Fry's Cocoa, with its rich chocolaty flavour, makes the finest fudge you ever tasted. You'll be proud to pass it around.

Follow this recipe carefully:

RECIPE FOR FUDGE MADE WITH FRY'S COCOA

2 cups sugar, 2 level tablespoons Fry's Breakfast Cocoa, 1 tablespoonful butter, 1 cup fresh milk, pinch of salt, vanilla to taste. Mix sugar, cocoa and salt first; then add milk and butter and boil slowly (about 15 mins.), stirring the while, until it forms a soft ball when tried in cold water. Remove from fire, add vanilla, then cool for three minutes and add chopped nuts (if desired); beat until stiff and pour into buttered pan.

FRY'S COCOA

Other FRY Products:—Fry's Premium Chocolate (unsweetened) and Fry's Chocolate Syrup. Send for free Recipe Book to J. S. Fry and Sons (Canada) Limited, Montreal, Que. 323

out old women by the time you are 20. Don't throw away your youth. Don't miss out on a girl's playtime. It comes to her but once in life. DOROTHY DIX.

What the Fashionables are Wearing

By Annabelle Worthington

A length of material and you are ready to start.

The back is cut quite low and is in one piece.

The front is cut with the brassiere top. The slip, being fitted to follow the figure lines, opens at the side. It fastens with hooks and eyes, which by the way come already sewed to lawn. All you have to do is to sew the strips of lawn with the slip.

The upper and lower edges of the slip may be plain or finished with lace. The brassiere sections may also be made of lace.

Select crepe de chine or crepe satin. You'll find the slip you make will outwear dozens of inexpensive bought slips.

On the silk remnant counter, you'll probably find exactly what you're looking for at a very nominal price.

Style No. 498 is designed for sizes 14, 16, 18, 20 years, 36, 38, 40 and 42 inches bust.

Size 36 requires 2 1/2 yards 35 or 39-inch, with 1 1/2 yards lace banding.

Price of Pattern 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

No. 498. Size

Name

Street Address

City

State

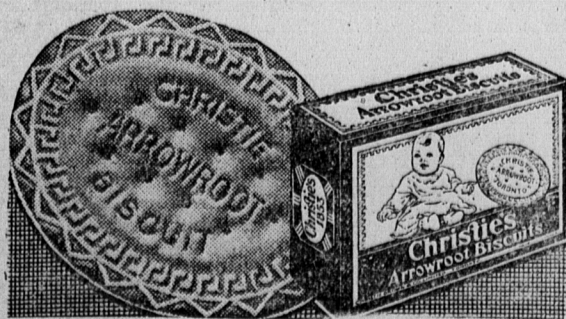


498

Only the best is good enough for Baby

Proved purity and quality upon which no imitation can possibly improve. For 80 years the favorite arrowroot biscuits in Canadian homes.

Christie's PURE Arrowroot Biscuits



Serve this BETTER WINTER BREAKFAST and save!

Save Money! There are 12 biscuits in every box of Shredded Wheat.

Save Trouble and Time! Shredded Wheat is such a quick hot breakfast, crisped in the oven and served with hot milk. Or turned into appetizing, flavorful porridge.

Today—buy Shredded Wheat!

It brings you all the warming, energy-building goodness of Nature's richest cereal—100% whole wheat.

SHREDDED WHEAT

MAD. IN CANADA • BY CANADIANS • OF CANADIAN WHEAT

