

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

Canadian Cookery For Canadian Women

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

TEMPTING LENTEN DISHES

By Mary Moore

Lima Beans and Mushrooms

On most of our markets mushrooms are cheap just now and this combination is a pleasing way of serving them.

Two cups cooked lima beans, 2 cups fresh mushrooms, 1 teaspoon butter, 1-4 cup cream, 1-4 teaspoon salt. Use beans that have been cooked and seasoned with salt, pepper and butter. Put some butter in a saucepan, add beans, and mushrooms, and cream; allow to simmer for about ten minutes and serve very hot garnished with parsley.

Kidney Beans with Spaghetti

One pint canned kidney beans, 2 cups spaghetti (after it is cooked,) 1 pint strained tomato juice, 2-3 cup grated cheese. Arrange beans and spaghetti in alternate layers in buttered baking dish, pour tomato juice, over all and cover with crust of grated cheese. Bake in oven until cheese melts and is golden brown.

Devilled Scallops

One and one half pints scallops, 1-3 cup butter, 1-3 teaspoon prepared mustard, 1 teaspoon salt, few grains cayenne, 2-3 cup buttered cracker crumbs. Clean scallops, drain, and heat to cooling point; drain again and save liquor. Cream the butter, add the mustard, salt, cayenne, 2-3 cup reserved liquor, and chopped scallops. Let stand one-half hour before putting in baking dish, then cover with crumbs and bake for 25 minutes in moderate oven.

ECONOMICAL SUPPER MENU

By Mary Moore

Hungarian pork hock stew; raw carrot strips, steamed ginger pudding. Some of you may begin to wonder where we are getting all the Hungarian recipes but it is no secret that we have the most industrial little Hungarian widow working in our kitchen.

Since we are all experimenting with cheap dishes I set her on the trail too and her best contribution was

Hungarian Pork Hock Stew

Gently fry about 4 medium sized onions in a little butter in the bottom of an iron kettle if you have one—if not a Dutch oven, and again if not in an iron frying pan. After about five minutes add the scrubbed and washed pork hocks and about 2 cups water and cover very tightly and allow to simmer gently until meat will fall away from bones. If the lid is not very tight you may have to add more water. When meat is within one-half hour of being done add whole medium sized potatoes, salt and plenty of paprika.

The top of the steamer in our kitchen fits both our iron frying

MOTHER KNEW IT WOULD HELP

Gave Her Daughter Lydia E. Pinkham's Vegetable Compound with Good Results



"Before I was married my mother gave me Lydia E. Pinkham's Vegetable Compound to regulate me. Before and after my baby was born I took it too and it helped to make me strong. The baby is now ten months old, big and fat. I am willing to answer letters asking about the medicine for I do recommend it for weak women."—Mrs. FRED PIGEON, R. R. No. 2, c/o Wm. Seguin, Marville, Ontario.

This must be a good medicine when 98 out of 100 women say, "It helps me." Let it help you, too. Get a bottle today.

pan and Dutch oven, so the steamed pudding was made over the stew. If you can contrive some such arrangement all the more fuel saved.

Steamed Ginger Pudding

Mix 1-3 cup melted drippings, 1-2 cup molasses, 1-2 cup hot water, with 1 tablespoon vinegar or 1-2 cup sour milk. Sift together twice 2 cups flour, 1 teaspoon each soda and baking powder, ginger, cinnamon, and 1-2 teaspoon salt. Beat together the wet and dry mixtures, steam one hour (in buttered tube cake pan or individual moulds) in colander over kettle (or stew as above) or use a steamer. This may be served with top milk or lemon sauce.

MARY MOORE'S QUESTION BOX

Conducted by Mrs. Mary Moore

NOTE: Mrs. Moore is always glad to hear from readers of the Cookery Page. If you have favorite recipes that you would like to share with other readers, write them out giving amounts in level measurements and send them to Mrs. Moore and she will be glad to print them.

Send letters to Mary Moore, Cookery Editor, in care of this paper. Kindly select pen name besides giving name and address.

QUESTION: Will you kindly give me through your page instructions regarding making coffee, cocoa, tea for a number of people, say fifty or one hundred. Also recipe for molasses taffy and chocolate taffy, which I missed cutting out of the paper when it was in before.—K.L.

Answer: Coffe For Fifty People

Mix 1 1-2 pounds medium ground coffee with 2 slightly beaten eggs and enough cold water to moisten. Pack loosely into one or two cheese cloth bags and drop into 2 1-2 gallons freshly boiling water. Keep just below boiling point 25 minutes, then boil 5 minutes. Remove bags, add a pinch of salt, and 1 pint of cold water, and serve. This will give 60 cups.

Cocoa For Fifty People

One half pound good brand of packaged cocoa, 3 cups sugar, pinch of salt, 3 quarts water. Stir cocoa and sugar together, then add salt and water and bring to boiling point and boil 5 minutes and simmer 10 minutes. Add six quarts whole milk, reheat but do not boil and if possible whip it to break scum. Add 1 teaspoon vanilla just before serving.

Tea For Large Number of People

One quarter pound of tea will serve 75 people. The water should be freshly boiled—water that has been boiled a long time has lost all its "air." Do not make up the whole 1-4 pound of tea at once. Using large enamel or earthenware vessel which can be tightly covered put in the tea allowing 2 tablespoons tea to 4 measuring cups boiling water and this will make 6 tea cups of tea. Brew for not more than 3 minutes and remove leaves and serve immediately. Then rinse out pot with hot water and make a new batch. Because tea needs so much careful attention in the making it is seldom served to such large numbers.

Molasses Taffy

Four tablespoons molasses, 4 tablespoons water, 1 tablespoon vinegar, 1 cup sugar (brown or white), 2 tablespoons butter. Boil slowly without stirring till it forms a hard ball in cold water. Pour on greased pan. Pull over greased hook when cool enough. Add a few drops of flavoring as you pull.

Chocolate Taffy

Add 1 square melted chocolate to the above recipe when you first put it on t cook and proceed as for Molasses Taffy.

The pale-faced man was having a consultation with his doctor. After the medical man had diagnosed the trouble he turned a smiling face to his client.

"Don't worry, sir," he said. "Two years ago I was just in your condition, but I recovered."

The client brightened. "What doctor did you have?" he asked.

Nearly 100 motion picture theaters in Central America are equipped to reproduce sound films.

Dorothy Dix' Letter Box

Flirtation With Married Man May Be Innocent, But Neighbors Won't Think So, Warns Dorothy Dix—Shall Henpecked Husband Leave Home?

Dear Miss Dix—What is your opinion of the young woman who plays around with married men just for the fun of it? An attractive young friend of mine sees no harm in going out with married men for good times, dining, dancing, driving around in a car until late hours in the night, provided their intentions are not serious and she does not become involved in a love affair. She may be right, but will the single men nearer her own age have the same regard for her? Will her own reputation remain intact?



Answer:

There is just one type of girl who is justified in playing around with married men, and that is the professional gold-digger. It pays her because the married man is a better prospect than the young man who has still his fortune to make. He has more money to spend. He can take her to more expensive night clubs. Open champagne for her instead of gingerale. Buy her Paris finery and real jewels and, as Anita Loos sagely remarks in "Gentlemen Prefer Blondes," "a kiss is a kiss, but an emerald bracelet is something you can keep."

But the girl who is not on the make and who simply goes out with a man for a good time is just goofy when she picks out a married man for her little playfellow. She is short on good, hard horse sense. True, she may blow her to more expensive amusements than a poor boy can, but she has to pay too high a price for them.

To begin with, she pays with her good name. She may be as chaste as ice and as pure as snow, but nobody will believe it. When a young man takes a girl out and spends his money on giving her a good time, it is a part of the technique of courtship. It is the natural and conventional thing for him to do, and the world looks on with approval at a boy and a girl playing together and testing out each other's sportsmanship and trying to find out whether they want to make it a twosome for life or not.

But the married man is different. He has already made his choice of a mate. He is bound to another woman and when he takes a girl out to dinners and dances instead of his wife, and when she is out with him until late at night a cynical world sees nothing innocent in the companionship, and it shrugs a shoulder and lifts an eyebrow whenever the girl's name is mentioned. For married men are seldom altruists who give something for nothing.

Then the girl who runs around with married men greatly lessens her chance of marrying. She wastes her beauty and her youth on the men who can't marry her and cuts herself off from the men who could marry her. Boys do not like to compete with a married man, not only because he has more to offer a girl in the way of money than they have, but because he is more sophisticated than they are. Nor do many men care to marry a girl who is some married man's leavings when he falls in love with another girl or returns to his lawfully wedded wife. So the girl whose boy friends are married men generally ends up by being an old maid.

Still another danger that a girl runs who goes about with married men is that of falling in love with them. She cannot possibly guard herself against this, and when it happens it is a catastrophe that almost invariably wrecks her life. No woman on earth is more to be pitied than the one who is confronted with the awful dilemma of taking her own happiness at the expense of another woman's whose home she breaks up and whose children she half-orphan, or else of eating out her heart in hopeless hunger for forbidden fruit. No jealousy is so fierce and so torturing as that of the woman who sees another woman bearing the name of the man she loves, occupying the place in society he gives her, presiding over his house and mothering his children.

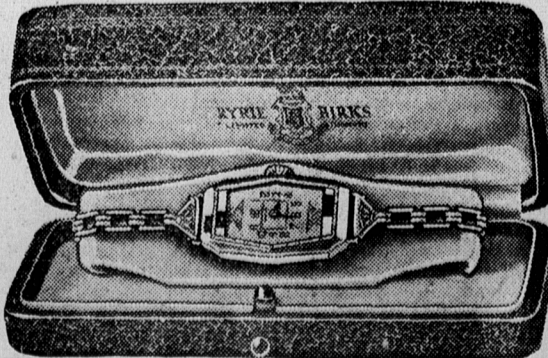
And still another reason why it is wrong for a girl to play around with married men is because of the suffering it inflicts on a sister woman. No girl would want the tables turned on her and to spend her evenings alone at home while her husband was showing some pretty young girl a good time.

So let the married men alone, girls. Don't poach on another woman's preserves. It doesn't pay. DOROTHY DIX.

Dear Dorothy Dix—I am a man of 45. Have been married for twenty years and have three children. I love my children, but my wife has continually driven them from me by disputing my authority in their presence and by always interfering and trying to prevent my correcting or punishing them. I have tried to change these things by kindness, tact and every known method and, having failed, I am a nervous wreck because my family is such a disappointment to me. I feel that if I go on living with them I simply won't be here long, so I have decided to separate from my family and never live with them again, but, of course, I will provide for them. Do you think I have a right to seek some happiness in the future? And do I not owe it to myself to salvage the remainder of my life and reason by taking this step? Would it be wronging anybody to obtain a legal freedom in the near future? XAVIER.

Answer: I think you would be wise to separate yourself at once from your family because your wife and children have got on your nerves to such an

TRY FOR IT



This handsome watch will be presented through The Guardian to some lucky female reader of this paper.

It is to be awarded to the girl or woman who writes the best examination paper on Maple Leaf Cookery School Lessons—offered to users of Maple Leaf Flour.

The watch is a 15 jewel, small size, new model, with silver dial and gold raised letters and fitted with a smart open-link bracelet. The watch is from Ryrie-Birks. It is a watch which in any representative jewellery store would cost from \$20 to \$25.

What the Fashionables are Wearing

By Annabelle Worthington

Navy blue woolen made the original. The guimpe is blue dimity spotted in red.

Don't you adore the way the bodice of the dress fastens at the sides? The bone buttons are vivid red shade. Inverted plaits provide the necessary width to the skirt.

It's so simple to make it and so decidedly individual. It will cost you next to nothing.

Style No. 440 is designed for sizes 8, 10, 12 and 14 years. Size 10 requires 1 1/2 yards of 39-inch material for dress with 1 3/4 yards of 35-inch material for blouse.

It's very smart in tweedy-linen in yellow and brown with the guimpe of plain yellow.

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

No. 440. Size

Name

Street Address

City

State



extent that it is literally killing you. But do not take any steps toward legally freeing yourself from them until after you have lived apart from them for at least two years.

For the chances are that when you are removed from the scene of conflict, you will see it with a different eye from that with which you now behold it. Things that loom big to you now will seem trivial to you then. You will get a different perspective on your home and see that while there was much in it that hurt and annoyed you, there was also much in it that made for happiness.

Now your wife seems a yokemate who always pulled against you, but by and by you will begin to remember the times when she strained on the yoke at your side and helped drag the wagon to the top of the hill. Now you think of your children as ungrateful little brats, but after a while you will realize that they are just children without thought, without realization of what you have done for them and how you are trying to help them, and the father love and forgiveness, that is like the love of God for all of us poor, weak, stumbling sinners, will flood your heart again.

You will find that old ties hold, that old loves call you back and that just the habit of family life is stronger than any sense of the wrongs you have endured, and then you will be glad you have not rushed into a divorce.

There would be very few divorces if husbands and wives had only sense enough to separate for a while and try living without each other when they think they cannot live with each other.

But go away and leave your family for a time. It will do you both good and perhaps bring your wife to her senses. DOROTHY DIX.

Dear Miss Dix—My wife and I feel that we should get a divorce, as we can no longer get along together. The only thing that keeps us from separating is having to break the news to our 14-year-old boy. We know that it will be very difficult to reason with him, as he will not understand. TROUBLED.

I don't envy you your job. I should think parents would find it extremely difficult to explain to a child why they were breaking up his home and depriving him of the sense of security that gave him and taking away from him the love and guidance of a father or mother. You will need a pretty good alibi to convince him that because you and your wife won't control your tempers, he should be thrown out on the world to be a miserable little half-orphan. DOROTHY DIX.

For The Cook

ENGLISH CREAM

One pint of hot milk, 1/2 cup flour, 1/2 cup sugar, 2 eggs or 4 yolks of eggs, 1/4 cup sugar, 1/2 teaspoon vanilla, 1/4 teaspoon salt.

Mix or sift together the flour, salt and half cup sugar, dilute with the hot milk, then cook and stir over hot water until the mixture thickens; then cook, stirring occasionally, 15 minutes; beat the egg, add the rest of the sugar and stir into the hot mixture; stir until the egg looks cooked, then cool and flavor.

One-fourth cup of clear black coffee may be substituted for the same quantity of milk, or an ounce of chocolate, cooked with two tablespoons each of sugar and water may be added to the milk.

Confectioner's Frosting: Into four tablespoons of boiling water stir enough sifted confectioner's sugar to make a paste that will not run from the cake. Flavor with half a teaspoon of vanilla, orange or lemon extract.

A Morning Smile

THOUGHTLESS

"You are charged with throwing your mother-in-law out of the window."

"I did it without thinking, sir."

"We can't have that going on. Suppose someone had been passing, underneath at the time?"

ST. BUM'S DAY

Tramp: Could you spare a piece of cake, lady? Lady: Cake? Isn't bread and butter good enough for you? Tramp (blushing): Well, you see, lady, it's my birthday to-day!

Furious Dame (to editor of local newspaper): "How dare you put the announcement of my daughter's wedding under 'Angling Notes!'"

CORNWALL

A large number of excited children and grown-ups enjoyed the sports in Cornwall Rink on Monday evening. The following were the winners in the different events. W. R. Shaw and Gordon MacMillan called off the races.

- Boys eight to ten years. 1. Lloyd Darrach; 2. Maynard Shaw 3. Stanley Crosby. Boys to twelve years. 1. Calvin McDonald; 2. Hector Scott; 3. Charles Darrach. Girls ten years. 1. Lillian Scott; Eileen Shaw. Girls fourteen years. 1. Irma Bain; 2. Hilda Crosby; 3. Dorothy Darrach. Girls sixteen years. 1. Helen Scott; 2. Jean Frizzell; 3. Doris Crosby. Boys backward race under 16.

Nervous and Weak

ALL women at some period of their lives need a strengthening tonic like Dr. Pierce's Favorite Prescription. Read what Mrs. Evelyn Abel of 80 Muir Ave., Niagara Falls, Ont., says: "My stomach bothered me terribly and everything I ate seemed to nauseate me. I suffered from heartburn also and my appetite was poor. I was very nervous and never had any strength. Headaches and dizzy spells also made me miserable. But Dr. Pierce's Favorite Prescription put me right on my feet again, rid me of the stomach complaint, also that nervous feeling and the headaches and dizzy spells."



Write Dr. Pierce's Clinic, Buffalo, N. Y.

A FEW CENTS FOR THIS FAMOUS HOT BREAKFAST

Here's all the nourishment you need to fight winter's cold—100% whole wheat. And you can hardly serve a breakfast that wins higher praise than oven-crisped Shredded Wheat, with hot milk or that quickest of hot breakfasts—porridge made from these same tempting biscuits.



A few cents buys a box of 12 big biscuits.

SHREDDED WHEAT

MADE IN CANADA BY CANADIANS OF CANADIAN WHEAT

- 1. Allison McPhail; 2. Calvin McDonald; 3. Lorne Hurry. Free for all girls. 1. Jean Frizzell; 2. Irma Bain; 3. Lillian Hurry. Relay race C. C. C. boys and Lindys. 1. C. C. C. boys; 2. Lindys. Sleigh race. 1. Elmer Frizzell and Louis McDonald; 2. Jack Scott and Norman Hyde; 3. Reggie McEwen and Chalmers Newson. Tire race. 1. Louis McDonald; 2. Herbert Scott; 3. Norman Hyde. Potato race. 1. Jean Frizzell and Max Thompson; 2. Ruby McLean and William Ross; 3. Doris Crosby and Norman Hyde. Boy and girl team race. 1. Jean Frizzell and Louis McDonald; 2. Lillian Newson and Earl Lowther; 3. Edna Frizzell and Max Thompson. Candle race. 1. Lillian Newson and Chalmers Newson; 2. Alma Newson and Dan Jewell; 3. Doris Crosby and Max Thompson. Suit case race. 1. Louis McDonald and Edna Frizzell; 2. Jean Frizzell and Gordon McEwen; 3. Alma Newson and Dan Jewell; 4. Lillian Newson and Chalmers Newson. Free for all boys. 1. Elmer Frizzell; 2. Clayton Stevenson; 3. Dan Jewell. 1. Reggie McEwen; 2. Louis McDonald; 3. Chalmers Newson. Finals: 1. Reggie McEwen; 2. Elmer Frizzell; 3. Louis McDonald.

YORK SCHOOL

The honor roll for York School for month of February: IX Sr—1 Ruth Christie. IX Jr—1 Miriam Vessey, 2 Allan Crockett, 3 Howard Christie.

VIII—1 Raymond Vessey, 2 Perci Hunter, 3 Stanley Crockett. VII—1 Ince Macdonald, 2 Rubi Watts, 3 Allison West, 4 Lloyd Vessey, 5 Grace Watts.

V Sr—1 Dickie Vessey, 2 Babe Strickland, 3 Adele Watts, 4 Violet Jay, 5 Arnold Vessey. V Jr—1 Freddy Keizer, 2 Walter Mallett, 3 Lorna Watts, 4 Dorothy Watts, 5 Nelson Watts.

III—1 Ruth Watts, 2 Lillian Crockett. II Sr—1 Clarence Christie, Lillian Watts, 3 Harvey Brown, 4 Lorne Keizer. II Jr—1 Mabel Keizer, 1—1 Howard Watts.

The following pupils have done extra good work: Ruth Christie, Raymond Vessey, Stanley Crockett, Ina Macdonald, Lloyd Vessey, Dickie Vessey, Babe Strickland, Adele Watts, Lorna Watts, Harvey Brown.

Total enrollment \$6 Average attendance 32.3. —Roy E. Vessey, Teacher.

DROMORE SCHOOL

Honor roll of Dromore School for the month of February: Grade IX—1, Warren McGuirk; 2, Margaret Callaghan. Grade VI—1, Mary Callaghan; 1 Grace Callaghan; 3, Rita Callaghan.

Grade V—1, Patrick McGuirk; 2, Mary McCarthy; 3, Sybil Callaghan. Grade IV—1, Ambrose Coyle; 1, Mary C. Callaghan; 3, Bertha McGuirk.

Grade III—1, Theodore Hayes; Gertrude Callaghan; 3, Gerald McGuirk. Grade II—1, Tena McGuirk; 1, Mary McGuirk; 3, Olive Callaghan. Grade I—1, Augustine Callaghan; 2, William Callaghan.

Perfect attendance — Gertrude Callaghan, Tena McGuirk, Augustine Callaghan. Mary J. Mullally—Teacher.

FREETOWN SCHOOL

The following is the report of Freetown School for the month of February: Grade X—1, Edith Soby; 2, Carman Lowther.

Grade IX—1, Arthur Affleck; 2, Preston Soby; 3, George Runcie. Grade VI—1, George Affleck; 2, Marjorie Hooper; 3, Vernon Soby. Grade V—1, John Runcie; 2, Lorne Soby; 3, Georgie Noonan.

Grade IV—1, Albert DesRoche; 2, Albert Elliot; 3, Billy Nicholson. Grade III—1, Alex Nicholson; 2, Claire Soby; 3, Robert Noonan. Grade II Sr—1, Muriel Hooper; 2, Jean Runcie.

Grade II Jr—1, Doris Soby.

There is no substitute for Christie's Arrowroots

Advertisement for Christie's Arrowroots. Contains text: "Contain pure arrowroot; always fresh; their quality is rigidly maintained." and "FOR LITTLE BABIES Roll two Christie's Arrowroots very fine, pour enough boiling water over them: make a paste; thin down with milk. Sugar may be added if desired." Includes images of a woman and a child, and a box of Arrowroots.