

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

## Canadian Cookery For Canadian Women

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

**Cheese—And Something More. These Cheese Recipes Make You Sorry Lenten Season is so Short**  
By Mary Moore

Do you want to read a short lesson on cheese—just a few things about it that everybody wants to know but that nobody ever puts in a cook book?

The factor of primary importance to the housewife today is that cheese should not be considered a supplementary protein. By that we mean that if meat or fish or fowl or eggs are served as the main protein at a meal, a dish of cheese should not be included. If cheese is used it should be provided in large enough portions to take the place of meat. The lamentable fact about cheese is that it is usually served in such small portions that they are insufficient as the protein constituent of a meal.

Learn to use cheese generously—it is cheap and has no waste.

The second point I wish to emphasize is that cheese is an animal product and consequently must be cooked slowly. Extreme heat toughens proteins; cheese is a concentrated protein.

With these few remarks I make my bow and retire in favor of some very delicious cheese recipes.

### A Morning Smile

TRUTH STRONGER THAN FICTION

A political candidate was incensed at certain remarks which had been made about him in the leading paper of the town. He burst into the editorial room and exclaimed: "You are telling lies about me in your paper, and you know it!" Said the editor coolly, "What would you do if we told the truth?"

The farmer marched into the little grocery shop with a firm step.

Farmer—"I want that tub of butter and that barrel of sugar and all the other stuff you have in the shop."

Widow (who kept the shop)—"Good gracious, what do you want with all the goods?"

Farmer—"I dunno. But you see I'm the executor of your husband's will, and the lawyer told me to carry out the provisions."

joint love of Roquefort. His wife and my husband avenge themselves by playing golf together about once a year! Unfortunately, I am not as frivolous as that sounds.

**Grandma's Cheese Dish**  
Four cups milk, 3 cups bread crumbs or 1-2 inch cubes, 3 eggs 1-2 pound grated Canadian cheese, 2 tablespoons butter, 1 teaspoon salt. Scald the milk and pour it over the bread crumbs and add the grated cheese, and stir until cheese is melted. Beat the eggs together and pour the milk mixture over them, stirring all the time, and add the salt and melted butter. A teaspoon of Worcestershire sauce gives an added sharpness, and a sprinkling of paprika improves the appearance of the surface. Bake in oven of never more than 300 deg. Fahr. set in larger shallow pan containing a little water, for about 1 hour.

**Cheese Pastry**  
This is merely plain paste with lots and lots of grated Canadian cheese rolled into it before it is baked. We like it so well to serve with salads and sweet desserts, that we deliberately make too much paste every time we make a pie so that here is an excuse for some little straws or stars.

Roll out plain paste very thin, then sprinkle it thickly (until you are sure you have too much) with grated cheese and fold the paste so that all the edges are enclosed, four times. Then roll out flat again in about 1-4 inch in thickness and cut out in any desired shapes and bake in oven of about 450 deg. Fahr. This makes the pastry puff so fast that the cheese does not seem to have time to become indigestible.

**To Melt And Grate Cheese**  
About eight or ten years ago I used to dislike grating cheese so much that I thought the peak of luxury would be reached when I could afford to use cream cheese in my cooking—it merely has to be melted—does not require the laborious grating. Now all those silly wishes are laughed at, because cream cheese may be had for 25 cents a pound, and graters are being made that nobody need grate their kuckles on, and that will grate the cheese in no time—you will recognize the set of triple shredders that I refer to.

When making such dishes as Grandma's Cheese Dish, Cheese Souffle, Cheese Fondue, Welsh Rabbit, etc., cream cheese may be cut in slices and put into the milk which is being scalded in the top of the double boiler, where it will melt gently and completely.

**Potatoes Au Gratin**  
There are my second to favorite ways of serving potatoes.

Boil potatoes with their skins on 1-2 inch cubes. Make a cheese sauce: (To 4 cups cubed potatoes.) Drain and peel and cut into exact

Why Not A Course In Theoretical Matrimony? **Dorothy Dix** Thinks Forewarned Is Forearmed

### Much Grief Would be Saved if Girls Went Into Marriage as Accomplished in Performing on the Cook Stove as They Are on the Typewriter, and if Men Regarded Their Families in the Same Light That They do High-Priced Cars

One of our great universities of learning has established a chair of matrimony and is going to instruct its students in how to be happy though married. This is a long step in the right direction, for there is no subject concerning which the average man and woman are so densely ignorant as they are about how to make a success of marriage, and there is nothing about which they need to know so much.

It is of far more importance to a woman to know the boundaries of her husband's disposition than it is to be familiar with the geography of the whole world, and it profits her more to know the catch word by which she can manage him and make him eat out of her hand than it does to speak all the dead and modern languages. Likewise, it makes more for a man's happiness and well being for him to be able to forecast what his wife will do and which way generally the cat will jump under any given circumstances than for him to be able to calculate the distance to the stars.

Heretofore we have left marriage to Lady Luck, and the result hasn't been so hot, so it is encouraging to hear that now it is to be laid in the lap of the professors. This is well, for marriage is an art and a science and when it comes to be regarded as one of the learned professions perhaps it will last longer than it does now when it is looked upon as a sort of a jockey job that anybody can turn out in their idle moments.

At any rate we have reason to hope and believe that the students who have taken a course in theoretical matrimony and come out with their diplomas and their M. A. and P. A. degrees will be better Mas and Pans than the boys and girls who marry on a bet and whose idea of marriage is derived from romantic novels with fairy-book endings.

So I am strong for including a course in the study of matrimony as a part of the higher education of our youths and maidens. I would even make it compulsory. I would even go farther than that and compel all young people to attend a matrimonial kindergarten in which they would be taught how to pick out a husband or a wife, as tiny tots in pre-school schools are taught to distinguish between different colors and to tell the difference between red beads and blue beads and purple beads, etc.

For in marriage, more than anything else in the world, an ounce of prevention is worth a pound of cure. Most marriages are wrecked before they even begin. They are predestined failures from the start, because two people have got together who are temperamentally antagonistic and who have not a thought nor a taste in common. They can no more mix than oil and water. They are as inevitably bound to fight as a cat and a dog together.

Yet otherwise intelligent people marry without seemingly taking this matter of congeniality into consideration at all. College professors marry Dumb Doras. Tight-fisted men marry spenders. Ambitious men marry lazy loafers. Puritanical girls marry rouders. Clothes-mad girls marry poor men on little salaries. And they live scrappily ever afterward.

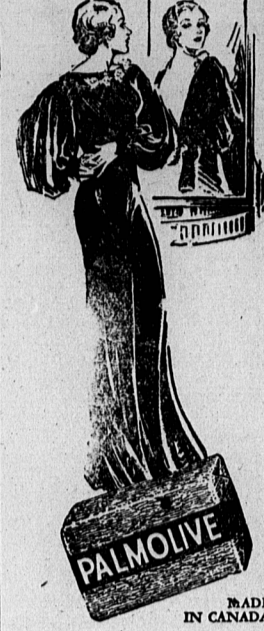
So the first lesson in the matrimonial primer should be: Marry in your own class. Pick out for a husband or wife some one who likes to do the things you like to do and who has the tastes you have. You can have a perfectly grand time pinching pennies or throwing dollars at the birds or stepping out or staying at home or going on a diet or eating like a pig, if you can do it together. It is when the husband wants to do one thing and the wife wants to do another that the trouble begins. Back of practically all the philandering husbands and the "misunderstood" wives is the stark fact that these men and women are bored by having to live with mates who do not speak their language nor enjoy the pleasures they do.

Then I should teach every girl how to cook and run a home and engrave on the plastic mind of every little boy that marriage, like every other good thing in life, has to be paid for, and that it costs a plenty. Then later on he wouldn't throw fits when he found out that you can't support a family on air. These two things, the bad cooking and the incompetence in housekeeping on the wife's part and the man's fury and amazement over seeing all of his hard-earned money go for rent and pota-

Boil potatoes with their skins on 1-2 inch cubes. Make a cheese sauce: (To 4 cups cubed potatoes.) Drain and peel and cut into exact

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toes and butchers' meat, have killed more love and broken up more homes than all of the major sins.

Nothing blasts a man's dream of wedded bliss like coming home tired and hungry to a messy house and a dinner that would kill an ostrich, and nothing scrapes a woman's illusion about being married to a great, strong, noble hero like having him raise Ned over the bills on the first of every month. So if girls went into marriage as accomplished in performing on the cookstove as they are on the piano or the typewriter, and men could be taught to regard their families in the same light they do a high-priced car, it would do as much as any one thing to stop divorce.

And when in the kindergarten of matrimony boys and girls should be taught to play the game, not to give up because it is going against them or because the pace is hard and fast, not to whine and cry or throw up their hands and quit if they can't boss it. They should be taught to play fairly, not to cheat or take advantage and to do teamwork because it is only by working together that they can hope to win out.

And if you could teach boys and girls these elementary things about marriage you would save them a lot of grief later on.

DOROTHY DIX.

## "This is My Secret for Keeping My Family Well"

Mrs. Russell Ward, Hilton Beach, Ontario, writes: "This is my secret for keeping my family of six well. For all my children I have used Baby's Own Tablets, and I cannot praise them too much. If my baby is fretful, I give her a Baby's Own Tablet, and in a short time she is happy. If there is sign of a cold, I give the tablets, and she is soon all better. If she is constipated, I find the tablets a wonderful regulator. The tablets are fine during teething. I wouldn't think of being without a box in the house."

Baby's Own Tablets, writes Mrs. Roy Holland, Dunville, Ontario. "They have saved my children from many a sick spell."

Hundreds of other mothers have written their heartfelt thanks for Baby's Own Tablets, the absolutely SAFE remedy for the common illnesses of babies and children—teething troubles, simple fevers, colds, summer complaint, colic, upset stomach and the peevishness that indicates something wrong.

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DR. WILLIAMS' BABY'S OWN TABLETS Make and Keep Children Well—As Mothers Know

## What the Fashionables are Wearing

By Annabelle Worthington



The waistline indicated in a draped movement is interesting and showing new vogue. It rather suggests princess lines. The wrapped arrangement is all ways flattering and slenderizing. It carries out the popular black and white theme in crinkly crepe silk.

Printed crepe silk is exquisite lovely in this model. Style No. 945 is designed for sizes 16, 18, 20 years, 36, 38, 40, 42 and 2 inches bust. Size 36 requires 3 1/2 yards of 36 inch material with 1/2 yard of 36 inch contrasting. Price of Pattern 15 cents by stamps or coin (coin is preferred). Wrap coin carefully.

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## For The Cook

**Luscious Mince-meat**  
One pound best currants, one pound seeded raisins, one pound seedless raisins, one-half pound citron peel (shredded fine), one cup cherry juice (from canned cherries) one pint sweet apple cider, one-half cup orange juice, one-quarter cup lemon juice, three cups of sugar, one teaspoon each of grated orange and lemon rind, two pounds cooked meat (chopped very fine). (This should be cooked in the liquor in which it is cooked and then drained.) One pound ground kidney suet, one teaspoon each of cloves and allspice, one tablespoon cinnamon, two teaspoons mace, two tablespoons salt, six pounds apples (peeled, cored and diced). To the currants, raisins and citron add fruit juices and cider, and let stand overnight. Heat fruit mixture to boiling point, add remaining ingredients except apples. Let simmer one hour, then add apples, cook fifteen minutes longer. Seal in sterilized jars. This makes six quarts. It may be necessary to add water or stock of meat during cooking.

A magnet weighing a ton and a half, supplied with electric current by a 50 horsepower dynamo, has been installed in the St. Louis University Medical School to extract bits of metal from persons' throats, chests or abdomens.

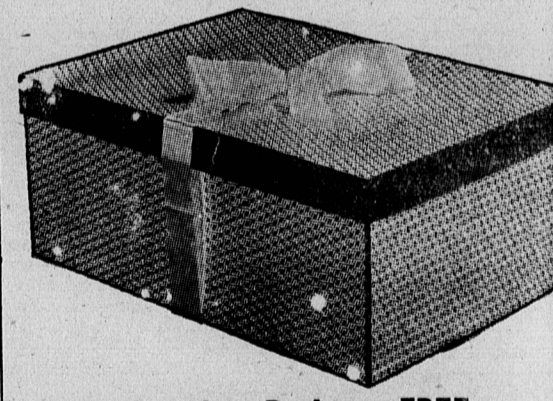
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Follow the advice of thousands of mothers and try Eagle Brand. Fill in coupon below for free literature.

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## The Double Act

A Romance of the Theatre BY MARION TOMLINSON

"This boy come down and tap on the door. He say my mistress wish me to come, I go at once to her, and the boy remains behind. When I come back my mistress has come down by another way. She say to me, 'Where are my jewels, Francois? Have you them with you? I say no. We look. They are gone!'"

"You haven't looked thoroughly," said Anthony. "Go back and give the room a thorough turn-out. The necklace must have fallen down behind something. Go look for it, and let us get on with this rehearsal."

"Your manner is very abrupt, Mr. Carson," said Dolores angrily. "I mean it to be so," returned Anthony shortly. "Your leaving a valuable necklace about in a dressing room was inexcusable in the first place, and I cannot tell you the contempt I feel for your seizing upon its disappearance as an opportunity to accuse this boy of theft. He is incapable of theft, or of anything underhanded."

"Oh, is he?" cried Dolores defiantly. "We shall see." "Yes, we shall see. Send your maid down to make a proper search of your room. This rehearsal has been too long held up with this malicious trifling."

"It's no trifle to lose a thousand pound necklace," said Dolores. "As this ragamuffin here shall see. I insist that his dressing room be searched as well." Anthony looked down at the slight figure beside him. Rosemary was

## CHAPTER XXIV. A SHOCK FOR DOLORES

Rosemary stood paralysed with horror. The other actors, who had been inclined to resent Dolores's high-handed accusations of one of their number, now moved uneasily away, reflecting that after all the youngster was only a waif from the streets and might very well be a thief.

Anthony, however, who had left Rosemary to talk with Atkinson, now left the director and walked meaningfully toward the seeming newsboy. Dolores saw the movement and spoke harshly. "I suppose it is clear now that we have a thief among us?"

"No!" returned Dolores, quickly "I don't want to do the poor boy any harm. Once he is dismissed from the company we shall all feel quite easy again. We can't be expected to work with a thief."

"You mean police investigations might result in unpleasantness," remarked Anthony, coldly. "Well, perhaps you are right." He turned sternly on Nell Forrest, who had never taken her eyes from him, and who stood hands folded, the picture of black and white implacability.

"We'll just hear what you have to say now, Mrs. Forrest," he said. "How did you come to discover this necklace in Leslie Gail's make-up box? We'll have the story right from the beginning, if you please."

"Certainly not," said Dolores. "I demand that the boy be dismissed at once. Mr. Atkinson knows an actor who can be trusted to take his place." Atkinson murmured something under his breath. He knew Dolores's object in suggesting Gardiner. He felt thoroughly uncomfortable. If this was a plot, the woman had gone altogether too far.

"I found this in Leslie's make-up box," she said to the stupefied company. "Nell!" cried Rosemary in an agony. Nell Forrest merely glanced at her, and crossed over to Dolores Monclair, to whom, in full sight of everyone, she handed the necklace. "It was hidden under a lot of odds and ends at the bottom," she explained.

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Her Heart Was Weak Nerves Shaky, Nights Restless Mrs. A. Black, Wallaceburg, Ont., writes: "I suffered from heart weakness, shaky nerves, and restless nights. I saw your advertisement for Milburn's Heart and Nerve Pills and decided to try them although I did not have much faith, but now I am very thankful I did as they have proved of wonderful help to me."

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