

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

## Canadian Cookery For Canadian Women

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

(Continued) as her lips and wrinkles her brow. Note on Steaming Fruit Cakes. We recommend that all fruit cakes be steamed. This produces a moist cake and prevents fruit in cakes from caramelizing. If you have a large oblong roaster, four regulation size bread pans will fit into it. If set crosswise on trivet, with small wire cake rack to support the upper two pans, if steamed on oven a low temperature must be maintained. If steamed on surface burner in standard steamer, water will have to be added occasionally. After steaming period is complete, same low temperature must be kept in oven for time specified in recipes.

Everybody knows how well shortbread will keep, (it has to be under lock and key in our house,) and the little almond cakes will keep well too, so may be made as soon as you have the ingredients on hand and a spare hour or two.

### Genuine Scotch Shortbread

Three quarters pound butter, 6 ounces powdered sugar, 1 pound bread flour. Cream the butter until it is almost white, and gradually add sugar, then work in the flour with the hands. For large typical Scotch shortbread, press mixture into buttered pan to one-half inch in thickness, prick at even intervals with fork and bake in very slow oven until crisp when scraped with finger nail.

We seldom make our shortbread in large cakes, however, as they cut out of such nice advantage with a fancy cutter. The mixture is rolled out on the board and as the edges have a tendency to break the inexperienced shortbread maker will think the dough is too dry. This is not so. It must be patted and turned and packed with the edges of the hands, and coaxed into a firm cake the same depth through at the edges as in the middle and then cut out in any desired shapes. Always bake shortbread slowly and turn pan occasionally. Never allow it to brown.

### Almond Cakes

Cream one half cup of butter (or one half butter and one-half other shortening) with 1-2 cup sugar, then add 5 well-beaten egg yolks and 3 whites, 1-2 pound flour, pinch each of cinnamon and ground ginger, 3 ground cloves and 10 ounces of almonds either shredded, chopped or whole. Mix well and place in little heaps on greased cookie sheet and bake to a golden brown in a hot oven.

One of my favorite aunts is a real character and has taught me many a little saving stunt—whenever she sits me before she leaves she purrs:



## Seize the Moment

How you thrill... knowing how alluring you are! The smooth beauty of your skin enhanced by the clinging, velvet texture of Pompeian Beauty Powder... your natural colour heightened by a touch of Pompeian Rouge... how could he help loving you? Today, as always, you may pay more for beauty preparations, but you cannot buy better than...

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## Dorothy Dix Letter Box

Do Riches Insure Happiness? — How Can Man Teach His Wife to be Tidy? — Drunken Proposal of Marriage is Worse Than None at all

Dear Miss Dix—If a girl marries a rich man who can give her all sorts of luxuries is she assured of happiness? What, if any, are the trials of the rich wife? I. P. S.

Answer: Nobody can deny that money is a comfortable thing in the house and that it brings many indulgences which a woman enjoys and saves her from many of the anxieties that vex her soul, but just the possession of money does not make a man a desirable husband, nor does money insure a successful marriage.

Indeed, quite the contrary. More millionaires than poor people get divorced, and it is far rarer to see a rich middle-aged couple who are still lovers than it is to see poor people who are still sweethearts on their golden wedding days.

A woman can be just as lonely in a palace as she can in a two-by-four flat or a bungalow. She can be just as much bored by a dull millionaire as she can by a dull \$18-a-week clerk. She can find a rich husband just as un congenial and hard to live with as a poor one. She can have her heart broken by a millionaire that she loves if he is unfaithful to her just as much as she can be hurt by the philandering of a poor one.

So when it comes to the very essence of marriage, which is the happiness that a husband and wife get from being together, the rich wife has no advantage over the poor one. Each is made happy or miserable by the character of the one he or she is married to, not by what he or she possesses. It is only the gold-digger wife who is made happy by her husband's money.

As a matter of fact, the woman who is married to a very successful man has far less chance of happiness than the one who is married to just the common, or garden, variety of husband. A man pays for his success by giving himself to it body and soul so completely that it almost excludes his wife. He must give his first thought, his time, his energy, all that is best in him to his career.

Many a woman married to a big business man is virtually widowed. Often she hardly sees him except for a few hurried minutes a day, and when he comes home he is too tired, too absorbed in gigantic projects to give her more than a perfunctory attention. He may be truly fond of her at bottom and lavish on her everything that money will buy, but he does not give her himself, and that is what a woman wants most if she loves her husband.

More than that, he lives a life apart filled with plans and interests that she cannot share and there is no such comradeship between her and him as there is between the poor husband and wife who must consult over buying the baby a pair of new shoes and what they will have for dinner. I have heard many very rich women say that the happiest time of their lives was when they were poor young wives helping their husbands get a start in the world.

Then another trial of the poor rich wife is that she lives in constant fear of her husband being taken away from her. Every rich man is a shining mark for every predatory woman he meets. He is set upon by beautiful young creatures who tempt him with every lure of the flesh and the devil, and it takes a strong and resolute Joseph to turn his back upon them and remain faithful to his old wife.

A poor man or even a moderately well-to-do man is virtually safe from this danger. He hasn't enough money to make him interesting to the vamps and so his wife is saved from the ceaseless and agonizing and often hopeless fight of trying to hold her husband.

In marriage a woman might well pray, as did the psalmist of old, to give her her neither riches nor poverty. The happiest couples are those in which neither the wolf nor the gold-digger are trying to break into the home. Nothing binds a man and woman together as does the common interest of working together and saving together and building up a home together and being dependent upon each other for their pleasure and interest in life.

Dear Miss Dix—I have been married for three years and have a sweet baby girl. Even before the baby came my wife and I quarreled over her slovenly housekeeping and untidiness. Still, then she would make an effort to clean up for a while, but now she just lets everything go and uses the baby for an alibi. I am able to afford one servant for her. What can I do? SALEMAN.

Answer: If a woman is just naturally trifling and lazy and slovenly, she is incurable. She will always love her ease better than anything else on earth and no conscientiousness of her family's comfort will galvanize her into action. The only thing that a man cursed with that kind of wife can do is to make enough money to hire a good maid who will make him a comfortable home in which to live.

There are some faults in a wife that a husband can correct if he goes about it with tact and firmness, but he wastes his time trying to reform a lazy cure. There is nothing in her to which he can appeal. She has no sense of duty, or else she would realize that she isn't playing fair in not being a good housekeeper. She has no sense of pride, or else she would be ashamed to go sloppy and untidily dressed and to keep a house that looks like a pigsty. Hence the man with such a wife must either get rid of her or make up his mind to endure her as she is. He can never change her.

As for your wife making an alibi of the baby, that's a common feminine practice. Thousands of women use their children as a standing excuse for everything they do and leave undone.

Plenty of women simply slump after the first baby is born. They let themselves go untidy. They don't even comb their hair or put on a decent dress for dinner. They never read any more. They give up their music or their painting or whatever accomplishments they had. They drop out of their old clubs and associations and get dull and unattractive and lose all their old graces and charms.

And the excuse they offer for it is the baby. They make a smoke screen of the poor little mite in the cradle, behind which they hide their indolence and general lack of pep and ambition. Also this supermother devotion saves their faces because it sounds grand and noble for them to be devoting themselves to their children.

But in reality it is only a subterfuge. It is a lazy woman hiding behind the baby's pinafore, because any woman who wants to find time to take care of her children and do everything else she desires to do. As is witnessed by the myriads of women who are model mothers and housewives and yet who frequent beauty shops and belong to clubs and play golf and help run the communities in which they live.

But as a standing excuse there is nothing equal to a baby.

Dear Dorothy Dix—I am a girl of 18 very much in love with a boy,

## When you're HEALTHY you're HAPPY

HAPPY days are usually healthy days. Why not add to these sunshiny days!

Poor health and constipation go hand in hand. Get rid of common constipation by eating a delicious cereal.

Tests show that Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to tone the intestinal tract. ALL-BRAN is also twice as rich in iron as an equal weight of beef liver.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. How much better than taking pills and drugs—so often harmful.

Two tablespoonfuls daily are usually sufficient. If not relieved this way, see your doctor.

At all grocers. In the red-and-green package. Made by Kellogg in London, Ont.



servicing an occasional cup of hot beverage. In the office there is a can of powdered coffee, a can of tea, a can of powdered milk, a can of sugar (all at right angles.) A cup of course, is on hand, and a spoon, and there are always facilities for heating water.

Many of you who read this may find the idea adaptable in a small business office to afford a respite about four o'clock in the afternoon. The idea may be welcomed by boarding students or by lone restaurant eaters who occasionally want a snack in their rooms, but cannot bother with the fuss of ordering supplies.

Put yourself in the shoes of the sister of a nursing mother, her baby only 1 week old, and all ready she has an aversion to drinking milk. The sister is at her wits' end. The mother must have milk if the precious infant is to be well nourished. To select other beverages for her is not a problem, what with fresh apple cider, grape juice, tomato juice etc. and water to choose from, but the nourishment from cows milk is irreplaceable. So to the meals of this convalescent mother powdered milk is added, but she doesn't know it to this day. A tablespoon is in her mashed potatoes, an extra portion in her cream soups, and other milk mixtures for which she still has an appetite. An extra tablespoon of powdered milk is added to every conceivable dish that goes on the invalid tray. Such an ingenious nurse is a godsend.

Preparation and Content of Powdered Milk

Powdered milk is easy to digest is of specified quality and purity, is easy to store, and if skimmmed in the process of manufacture, this fact must be stated on the label.

Powdered milk is prepared by the spray or roller method. In either case the milk is partially condensed and evaporated, leaving the fine powder. The powder is then vacuum sealed. This final product is a fluffy powder the color of rich cream, containing all the milk solids, butter fat, minerals, proteins and vitamins.

To Relieve Powdered Milk

Put four tablespoons powdered milk on top of one cup of water and beat with Dover beater to dissolve the powder, then use as you would fresh milk.

Scientists in Brazil are trying to develop a satisfactory motor fuel from alcohol to provide a profitable outlet for the by-products of the sugar industry.

Easy Teething

"Baby cut all his teeth with no trouble, thanks to BABY'S OWN TABLETS," writes Mrs. Thomas Shaw, Hamilton, Ont. Scores of other Mothers have written in similar vein.

Give YOUR child BABY'S OWN TABLETS for teething troubles, upset stomach, simple fevers, colic, colds, constipation, sleeplessness, or whenever he is cross, restless and fretful. Easy to take as candy, and absolutely SAFE—see analyst's certificate in each 25-cent package. Over 1,250,000 packages sold in 1931.

Dr. Williams' BABY'S OWN TABLETS

TRIPLE SEALED  
**MIE-MAC TEA**  
it's fresh  
Brown Label ..... 46c lb.  
Red Label ..... 50c lb.

## For The Cook

### PORK CAKE

One lb. finely chopped fat salt pork, 1 pt. (2 cups) strong hot coffee, one tablespoon baking soda dissolved in a little hot water, 1 cup light molasses, two cups dark brown sugar, one teaspoon each: Cinnamon, allspice or nutmeg, ginger and mace, 1 lb. chopped seeded raisins, 1 lb. currants, half pound chopped nuts, ¼ lb. shredded or sliced candied peels, about 9 cups pastry flour.

Four boiling water over chopped pork, let stand to melt. Add the soda, then molasses, sugar and spices and beat together. Stir in flour alternately with fruit and again beat well. Bake 2½ hours in slow oven. Makes 2 large loaves of cake. Put away when cool, well wrapped in tin box or crock.

### QUICK POUND CAKE

Cream 2-3 cup shortening with 2 cups sifted flour. Add 1 teaspoon baking powder and ½ teaspoon salt to 1 cup eggs (beats about 5) before beating; then beat eggs very light, gradually add to them 1½ cups sugar, beat well together, then combine with the flour paste, mixing well. Add flavoring and 1 tablespoon water, and beat whole mixture well. Turn into a greased bread pan and bake in a slow moderate oven (325 deg.) for at least an hour.

### PECAN CAKE

One lb. seeded raisins, 1 lb. shell-ed pecans, ½ cup cut candied orange peel, 2 cups pastry flour, 1 teaspoon nutmeg, 1-2 teaspoon baking powder, ¾ cup shortening, 1 cup sugar, ½ cup molasses, ½ cup grape juice or orange juice, 3 eggs. Combine as for regular fruit cake. Pour into greased and papered baking pan, bake 3 hours at 275 deg. Makes a four pound cake.

## A Morning Smile

Maggie, aged eight, was caught stealing sugar and sent to bed. Her father, a minister, was away, and returned late in the evening.

"Mamma, I want to see daddy."

"There was no response from below."

"Mamma, please let daddy bring me a drink of water."

When this failed, a small girl in a white nightgown stood at the head of the stairs and said, with dignity: "Mamma, I am a very sick woman, and I must see the minister at once."

That brought daddy.

## HELP FOR TIRED WIVES

### Take Lydia E. Pinkham's Vegetable Compound

Wives get tired during these hard times. They are the ones who must bear the burden of the family. When the husband comes home with less money in his pay envelope... it is the wife who must struggle along and make the best of things.

If you are tired... worn out... nervous, try Lydia E. Pinkham's Vegetable Compound. What you need is a tonic that will give you the strength to carry on.

98 out of every 100 women who report to us say that they are benefited by this medicine. Buy a bottle from your druggist today... and watch the results.

We go on parties, and every time he gets drunk he asks me to marry him, but when he is sober he doesn't mention it. What would you advise me to do about it? KINDA PUZZLED.

### Answer:

There is nothing to be "kinda puzzled" about this boy's intentions. He has none, matrimonially speaking. Never take a man seriously until he proposes to you when he is cold sober, and asks you to marry him at 11 o'clock in the morning instead of 3 in the night in the light of the moon.

The man who is in love with you only when he is drunk doesn't love you at all. He is merely on a sentimental jag. He's in a frame of mind when he wants to kiss his grandmother, and when he gets over it and comes to his senses he expects the girl to whom he has sworn undying devotion to forget it as he does.

But why do you bother your head about a boy who only makes maudlin love to you when he is soured? Fate could wish no worse curse on you than the kind of husband such a man makes. Don't even be "kinda puzzled" about him. Turn your thoughts toward some lad who is better husband material.

DOROTHY DIX.

## What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern By Annabelle Worthington



Isn't this one fetching? It's very gay too! The dress is brown woolen. The low and brown plaided woolen used for the separate gump. Note how it buttons down the back. It can also be worn with a white fine wale plique, tomato red woolen or yellow cotton batiste gump, offering many changes to the wardrobe. It's very simple to fashion it. And it requires the minimum of material.

Style No. 853 is designed for size 4, 6, 8 and 10 years. Size 8 requires 1½ yards of 39-inch material with 1½ yards of 35-inch contrasting.

A cunning idea that is exceedingly smart is a tweed mixture in crepe tones with plain toning wool crepe gump.

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

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## Kayser's Frills... Men and Women Work Together at Geneva Conference

WASHINGTON, Nov. 30.—Praising the Hoover plan for disarmament as "the President's great gift to the world," Miss Mary Woolley, only woman representing the United States at the Geneva disarmament conference, today expressed confidence the plan would lose none of its prestige through the change of American presidents and governmental control.

Miss Woolley, whose work for peace was highly complimented by the president in campaign speeches visited Mr. Hoover. When she emerged from his office she said she had "talked Geneva," which she termed her "one big interest now." Five countries, she said, Canada, Great Britain, Uruguay, Poland and the United States each had one woman delegate at Geneva.

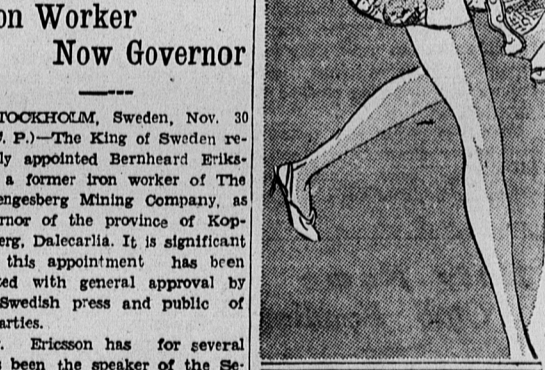
"Men and women work together to great advantage in a general cause," she said. "And there can be no question about the competence of women to grasp international questions. My most intelligent letters and cables came from women."

## Iron Worker Now Governor

STOCKHOLM, Sweden, Nov. 30.—(C. P.)—The King of Sweden recently appointed Bernhard Eriksson, a former iron worker of The Grangeberg Mining Company, as governor of the province of Kopparberg, Dalecarlia. It is significant that this appointment has been greeted with general approval by the Swedish press and public of all parties.

Mr. Eriksson has for several years been the speaker of the Second Chamber of the Riksdag and twice member of the Cabinet. He is now 54 years of age and during the earlier part of his life has been an ironworker and later a foreman in The Grangeberg Company. He is the first Social Democrat to be appointed governor and enjoys a high reputation and popularity for his ability, integrity and kindness.

There are times when every girl worries for fear some man may commit suicide on her account.



## Christmas Thrills!

For pert young things: Sleek, frivolous-looking undies with pert young names—Fluffs\*, Holidays\*, Odditys\*. In Vests, Bandeaux, Panties. All lacy, shimmery and enchanting... For grown-up sisters: Dainty styles and charming colors... For mother and lots of jolly aunts: Lovely, long-wearing Italian\* Silk Vests and Bloomers.

Here's a cheery piece of Christmas news: Kayser's holiday prices are sweet and low!

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