

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

Canadian Cookery For Canadian Women

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

Supper Menu No. 4

Casserole of fish and vegetables; Cole slaw; Rice and raisin pudding.

Casserole of Fish and Vegetables

Two cups flaked, cooked or canned fish (haddock, cod, salmon, white fish, etc.) 1-2 cup soft bread crumbs, 1-2 cup grated cheese, 1 cup cooked peas, 1 teaspoon salt, 1-8 teaspoon pepper, 1 tablespoon chopped pimiento, 1-2 cup cooked lima or string beans 1 tablespoon finely chopped parsley, 1 tablespoon finely chopped onion, 3 eggs, beaten, 1-2 cups milk. Combine all ingredients and turn into greased casserole. Set in a pan of warm water and bake in a slow oven of 350 deg. Fahr. for 1-1-4 hours or until silver knife when inserted in this custardy mixture comes out clean. This may be served with green pea sauce.

Cole Slaw

To be quite delicious and palatable cole slaw must be shredded very finely with very sharp knife and crispened in icy cold salted water. Add whatever dressing is preferred—and chopped sweet green pepper or chopped pimiento or chopped celery or whatever you have in other words.

Rice and Raisin Pudding

Four cups milk, 1-3 cup rice, 1-2 teaspoon salt, 1-3 cup sugar, grated rind 1-2 lemon 1 cup raisins (or dates or prunes). Wash rice, mix ingredients, pour into buttered pudding dish, set in pan of hot water and bake three hours in slow oven, stirring occasionally during first hour to prevent rice and fruit from settling.

I have so thoroughly warmed up to this subject of economical suppers that I cannot find a suitable place to stop.

However, let us compromise. In place of the Tested Favorite Recipe for the balance of this month and December, we will devote that space to an economical supper or luncheon menu, and I shall try to cram all my ideas into that time—if they still continue to beset me as they are right now—we shall carry them over into January too.

Each week too, we will suggest the most nourishing of foods that may be purchased at the very lowest prices.

Evaporated Milk Has Earned Its Welcome in Many Kitchens

In "our crowd" we have a friend who has to be cajoled into attending picnics, for the sake of his three kiddies, for he prefers eighteen holes of golf any day—so I have taken to promising him a whole tall can of evaporated milk for himself if he will come willingly. No fooling—he drinks it straight from the can instead of a glass, and drinks more than he might want, chiefly to shock us because we all watch him

SHE FOUND THE WAY



REGULARLY—once a month—many a girl decides to do something about it. Surely there must be something to help such pain, such weakness... some way to get relief.

Then the period passes. She forgets. But next month she suffers again.

No w—today—is the time to do something. Buy a bottle of this Vegetable Compound. Keep it ready. It has been a godsend to thousands. 98 out of 100 women who try it report benefit. Through its tonic action it built them up and relieved the pain. They depend on it. You can depend on it too.

Lidia E. Pugham's VEGETABLE COMPOUND

MIC-MAC TRIPLE SEALED TEA

A guarantee not only of quality and strength but of freshness! Brown Label 49c lb. Red Label 59c lb.

For The Cook

Molasses Doughnuts

One cup sour milk, 1 egg, 1 teaspoon ginger, 1/2 teaspoon salt, 1 cup molasses, 1 teaspoon melted butter, 1 teaspoon soda, flour. Mix the molasses and sour milk together and add the soda to it. Then stir in the beaten egg and the butter which has been melted. Sift the salt, ginger and just enough flour to roll and add it to batter. Molasses doughnuts are nearly always "twisted" in the State of Maine where this recipe comes from. Cut in long narrow strips with a knife, fold in the middle twist and fry.

Corn Meal Doughnuts

Three-quarters cup milk, 1 cup fine white corn meal, 2 eggs, 3/4 cup shortening, 1 1/2 cups (approximately) white flour, 3/4 cup sugar, 2 teaspoons baking powder, 1 teaspoon cinnamon.

Cook the corn meal with the milk which has been scalded, in the double boiler for ten minutes. Add the shortening and sugar. Sift together the flour, cinnamon and baking powder and add. Then stir in the well-beaten eggs.

Doughnuts, ex Tempore

One-half cup sugar, 1 cup sour milk, 1/2 teaspoon soda, 2 eggs, flour, 2 tablespoons shortening, 1 teaspoon grated lemon peel. Beat the eggs well, add the sugar, the milk in which the soda has been dissolved, the shortening, melted, and the lemon peel. Stir in enough flour to make a soft batter. Drop into the hot fat in teaspoonfuls. If you dip the spoon into the hot fat before taking up the batter each time, it will not stick to it.

Potato Doughnuts

One cup sugar, 2 eggs, 1 cup milk, 1 teaspoon vanilla, 4 tablespoons shortening, 1 cup mashed potatoes, 3 teaspoons baking powder, 1 teaspoon lemon extract, flour. Cream the shortening, add the sugar and mix well. Then add the eggs, well beaten, the potatoes, milk and the dry ingredients sifted together, using just enough flour to roll. Cut into oblongs about three inches long and a half inch wide, cut a short slit in the centre of each one and pull one end through the slit. Fry in deep fat. Some cooks add a few whole cloves to their doughnut fat to give a spicy tang to the crispy outside. The "holes" of any of these doughnuts may be fried and rolled in powdered sugar and nutmeg for afternoon tea. Or you may cut circles of the dough and stick a marshmallow or a bit of firm jelly in the centre before frying.

beater. Then add vinegar. Store in covered jar. This will keep. If too thick, thin with evaporated milk.

How To Whip Evaporated Milk

Place unopened can of evaporated milk in pan of cold water and bring to boiling point. Remove tin and chill thoroughly. Place in chilled bowl and whip. Sweeten and treat as fresh cream.

Other recipes for making delicious puddings and desserts from evaporated milk may be yours for the asking.

off your food? Act at once! A sluggish appetite implies a "sluggish system." You need Eno every morning. TAKE ENO'S FRUIT SALT

Dorothy Dix Letter Box

Run Your Marriage With as Much Care as You Would Your Business, and it Will be a Success. Shall Young Man Marry Despite Fact That His Mother Must Make Her Home With Him?

Dear Miss Dix—We are a bridal couple, very much in love with each other and blissfully happy and we want to stay that way. Will you please give us a plan whereby we may keep as much in love with each other as we are now. We are determined to make our marriage a success. TWO LOVERS.

Answer:

If you are really determined to make your marriage a success and have the strength and grit to hold to that resolution, you can do it. I am firmly convinced that any man and woman who will put as much intelligence and effort into trying to make a go of their marriage as they do into trying to make a success of their business will never fail.

You know what it takes to make a success in a business. It takes patience. It takes sticking to it. It takes self-control. It takes tact. Apply these to marriage and they will draw down just as good dividends as they would in any profession or any commercial enterprise.

So the first piece of advice that I give you is to look upon your marriage as a business in which you have invested everything you have and on whose prosperity your whole future depends. Don't get discouraged when you discover that it isn't a get-rich-quick concern, that it doesn't make you a millionaire in a day. Don't throw it up and run off to the divorce court when you find out that there are a thousand difficulties in it that you never foresaw.

Just dig in and make up your mind to see it through. Try to find out where you are making mistakes and correct them. Have patience with each other's little faults. Remember you are both starting in on a job at which you are amateurs and that you have got to learn by experience how to be a good husband and wife.

Use as much self-control in dealing with each other as you would with your bosses if you were employees or as you would with customers if you were running your own shop. If you had a good situation you would handle your boss with gloves. You wouldn't think of criticizing him or telling him of his faults or of talking back to him if you happened to feel peevish or nervous. Use the same tactics with each other and you will never have the little daily spats that kill love between so many husbands and wives.

Settle the money question once and for all so that it will not be a perpetual bone of contention in your household. Every wife should have a definite allowance given her on which to run the house and another for her own personal use. Otherwise she cannot manage her affairs intelligently and economically. There is nothing that burns a woman up with such a sense of humiliation and injustice as having to go like a beggar to her husband for the money she earns by her services in the home and nothing will slay her affection for a man quicker than for him to be a tightwad.

Be generous. Be thrifty. Make it a cast-iron rule to put away something every month for the rainy day that is sure to come, but do not deny yourself all pleasures. All that we get out of life is what we get as we go along.

Don't argue. A home in which all disputes are barred is a happy and a peaceful one. Be big enough and broad enough to grant each other the right to think and believe as each chooses. Do not try to make each other over. By the time people are old enough to marry they have settled into their own personal habits and you interfere with these at your peril.

Cultivate each other's society. Take an interest in each other's interests. It is fatally easy for husbands and wives to get out of step with each other unless they make a definite effort to keep chums. Play together. Work together. Go out together. Talk together. Or else you become like those couples who at middle age are such strangers that they haven't a word to say to each other.

Don't quarrel. You can keep from doing that if you really want to do so. Give the soft answer that turns away wrath. That is better than standing up for your rights and, incidentally, it is the best way to get them. Be tender and affectionate and considerate to each other and you will make your marriage a success and love each other better on your golden wedding day than you do now. DOROTHY DIX.

Dear Dorothy Dix—I am a young man of 26 in love with a girl of 23 and am my mother's only means of support. If I marry I would have to bring mother to live with us. If not, I will be depriving the girl and myself of the companionship and happiness that should be ours. Recognizing the problems which will confront us, should I decide in favor of the latter and the futurity and emptiness of life or should I decide in favor of the former, I am coming to you for advice. What shall I do? UNDECIDED.

Answer:

I think your decision should depend upon how broad-minded your mother and the girl are. If they are big, liberal, intelligent, just women who are capable of adjusting themselves to a difficult situation and making the best of it, there is no reason why your marriage should not be successful.

Not all mothers-in-law and daughters-in-law fight like the Kilkenny cats. I have known of many cases in which they have lived together in peace and amity and in which an affection has grown up between them as strong as the love of mother and daughter.

Even if only one of the women loves you well enough to be willing to sacrifice some of her own personal inclinations and desires for your sake and to make a genuine effort to get along with the other you might risk marriage.

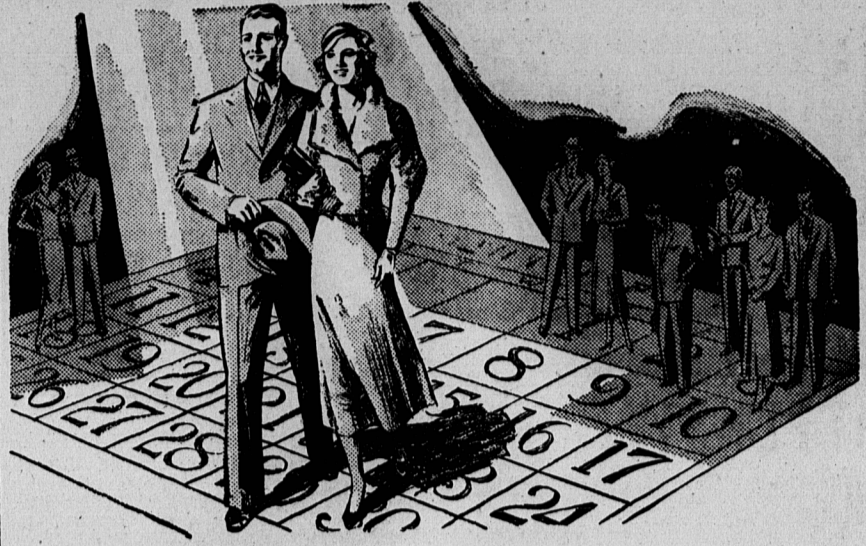
But if both your mother and the girl are narrow and jealous and selfish and particularly if they are of the possessive type of women, you had better endure the ills you have than fly to those you know not of. For a home can be a hell on earth in which there are two women battling over a man that they both love and that each is trying to take away from the other.

There is no stranger phenomenon in life than this, that two perfectly good women, women of the highest ideals and character and so tender-hearted they would not hurt even a fly, yet will torture each other with fiendish cruelty and do everything possible to make each other miserable when they are a mother-in-law and daughter-in-law who have to live in the same house, and they will make utterly miserable the man they both love. They would willingly die for him, but they will not sink their petty quarrels for his sake.

This is why, generally speaking, it is a fatal mistake for in-laws to try to live together, but there are exceptions to all rules, and I hope yours will be one of them and that your wife and mother will dwell together like turtles do.

Dear Miss Dix—What do you do with a husband when he simply states that he is tired of married life? We have one child, a little girl 2 years old. He seems to be crazy about her and makes a wonderful father and husband when he isn't drinking or isn't wanting a drink or isn't wanting to get away from married life. Also, he says that at times he is in love with me and that at times he isn't. What would you suggest? BABS.

I should think that the best thing to do would be to let him go, for that uncertain kind of husband would be small loss. The chances are that if he tried single life again he would find out that he had lost his taste for it and be glad to come back home. DOROTHY DIX.



Put more Sunshine Days on your calendar

HOW many days in the month do you feel your best? Two or three? A dozen? You can add to the "sunshine days" by simply obeying nature's laws.

Avoid common constipation by eating a delicious cereal. Laboratory tests show Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to aid regularity. The "bulk" in ALL-BRAN is similar to that in leafy vegetables. In addition, ALL-BRAN contains

twice as much blood-building iron as an equal weight of beef liver.

You will find it far more pleasant to enjoy a cereal than taking patent medicines. Much wiser too. Two tablespoonfuls of Kellogg's ALL-BRAN daily will overcome most types of constipation. If not relieved this way, see your doctor. In the red-and-green package. At all grocers. Made by Kellogg in London, Ontario.



"When you're healthy, you're happy" "How you feel—and how well you look—depends largely upon the food you eat. Be sure your diet is balanced—with sufficient 'bulk' to promote regularity."

W. K. Kellogg

A Morning Smile

A SERIOUS OFFENCE

A baseball coach took one of his best men aside after a practice game and said:

"George, you're going to pieces. You're pale and thin and flabby. What's happened to you? Are you drinking?"

"Drinking? Me?" said George. "I should say not!"

"You must be smoking then."

"I never smoke."

The coach looked at him hard. "George," he said, "it can't be that you're studying?"

George turned very red. "Well, you see—well, yes, I am studying a little. You see—"

The coach cut him short. "Any more of that, George," he said, "and you're off the team."

New Wonderful Face Powder

Prevents Large Pores—Stays on Longer

For a youthful complexion, use new wonderful MELLO-GLO Face Powder. Hides tiny lines, wrinkles and pores. New French process makes it spread more smoothly and stay on longer. No more shiny nose! Purest face powder known. Prevents large pores. Ask today for new, wonderful face powder, MELLO-GLO that suits every complexion.

"Who," asked the teacher, "was Joan of Arc?" "Please, teacher, Noah's wife!"

What the Fashionables are Wearing

By Annabelle Worthington

Isn't the bodice, reflecting the Victorian theme smart? Distinct individuality is given by the new shoulder and sleeve cut. The high collar is softened by a double plaited frill. And note the slimmness of the skirt how it snugs the hips. Here it is to copy at just the cost of the fabric.

You'll adore it in black rough crepe silk with black self covered buttons and white crepe collar and cuffs.

Style No. 936 is designed for sizes 14, 16, 18, 20 years, 36, 38, 40 and 42 inches bust.

It's a model that will adapt itself just perfectly to cashmere wool jersey, tweed woollens wool crepe and crinkly crepe satins.

Size 36 requires 3 3/4 yards 39-inch with 1/2 yard 39-inch contrasting.

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

No. 936. Size

Name

Street Address

City

State

Future Engagements

A famous film star says she is going to be married in October— and November.



LUX won't fade colours won't shrink woollens First, measure the sweater—then make lukewarm Lux suds and press them gently through—don't rub the least bit! Rinse in 3 lukewarm waters, pin flat on a board to dry, shaping to the measurements you made at first. This easy way preserves "elasticity"—leaves your sweaters soft, perfect-fitting—like new! Ordinary soaps—cakes, powders, chips—often contain harmful alkali which shrinks wool and fades colours, too. Lux has no harmful alkali. Anything safe in water alone is safe in Lux!