

# Woman's Realm / Social and Personal / Fashions / Literature

## For Women who hold their heads high

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## THE COOK'S CORNER

### BASIC WHITE CAKE

1-2 cup butter or shortening  
1 cup fine granulated sugar  
2 eggs, separated  
2 cups sifted cake flour  
3 1-2 teaspoons baking powder  
1-2 teaspoon salt  
1-2 teaspoon flavoring  
Method: Whether you are using butter or shortening, you will find it a great deal easier to cream, if you let it stand at room temperature for some time so that it will be soft when you are ready to use it.

Cream the softened butter or shortening until it is light and creamy, then gradually cream in the sugar, and if you make a practice of always using a finely granulated sugar in your cakes they will have a much nicer texture. Separate the eggs and beat the yolks well and add to the creamed mixture.

Sift the flour once, then measure it and sift it again with the baking powder and salt. The amount of flour will depend on whether you use butter or shortening. A 1-2 teaspoon will be sufficient if you are using butter, but you will need to use 1 teaspoon salt if shortening is used.

As you will notice, the recipe calls for cake flour, but if you haven't this in the house, you can substitute bread flour by using 1-3-4 cups of bread flour and 1-2 tablespoons cornstarch in place of the 2 cups cake flour.

Add a small amount of the sifted dry ingredients and then a small amount of the milk alternately to the creamed mixture. It is not necessary, or desirable, to beat in the dry ingredients or the milk, if the shortening or butter has been well-creamed in the first place — you just have to mix them in until they are well blended into the batter.

When all the dry ingredients and milk have been used, add the flavoring.

Then beat the egg whites until they are stiff, but not dry, and fold them into the cake batter.

Four the batter into a square loaf pan, into layer cake pans, or into cup cake pans. The square pan or layer cake pans may be either greased or lined with wax paper, but the cup cake pans should be merely greased.

Place the cake or cakes in a moderate oven (375 deg. F.) and bake. The square loaf cake will take about 40 to 45 minutes, the layer cakes about 25 minutes, and the cup cakes will require about 15 to 20 minutes baking.

Remove cake or cakes from the oven and allow to cool on a cake rack before icing or filling.

### SALMON ROLL

1 cup flour  
2 teaspoon baking powder  
1-4 teaspoon salt  
3 tablespoons shortening  
1-3 cup milk  
1 can (1 lb.) salmon  
2 eggs  
1 tablespoon melted butter  
Method: Sift the flour, then measure and sift again with the baking powder and salt. Add the shortening and cut this in until the mixture is in fine crumbs. Now add the milk, mix well, and turn out onto a lightly floured board. Knead lightly for a few minutes and then roll out to about 1-4-inch thickness in a rectangular shape. Brush the dough with the melted butter. Re-

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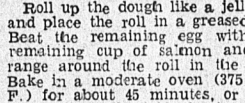
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move the skin and bones from the salmon and break into flakes. Mix 1 cup of the prepared fish with 1 egg, well-beaten, and spread this over the buttered dough.

Roll up the dough like a jelly roll and place the roll in a greased pan. Beat the remaining egg with the remaining cup of salmon and arrange around the roll in the pan. Bake in a moderate oven (375 deg. F.) for about 45 minutes, or until done. This will yield about 6 servings. Serve hot with egg sauce.

### BAKED STUFFED FISH STEAKS

1 cup cooked rice  
1 cup soft bread crumbs  
1 No. 2 can crushed pineapple  
1 small onion, minced  
1-2 teaspoon paprika  
1-2 teaspoon salt  
1-2 teaspoon sage  
1-8 teaspoon pepper  
2 1/2 lbs. fish steaks

Method: Combine the rice, bread crumbs, the well-drained crushed pineapple, onion and seasonings. Spread this dressing on one of the steaks and cover with the other steak. Place in a buttered baking dish and pour the juice drained from the pineapple around the fish. Bake in hot oven (450 deg. F.) until the fish is tender, 10-15 minutes for each inch thickness of fish.

## DAILY Sugar-Saving MENUS

(FOR THURSDAY, MARCH 19)

**BREAKFAST**  
Bananas Cereal  
Melba Toast Honey  
Coffee Tea

**LUNCH**  
Spaghetti and Tomatoes  
Brown Rolls  
Canned Raspberries  
\*Coconut Tapioca  
Tea C-oca

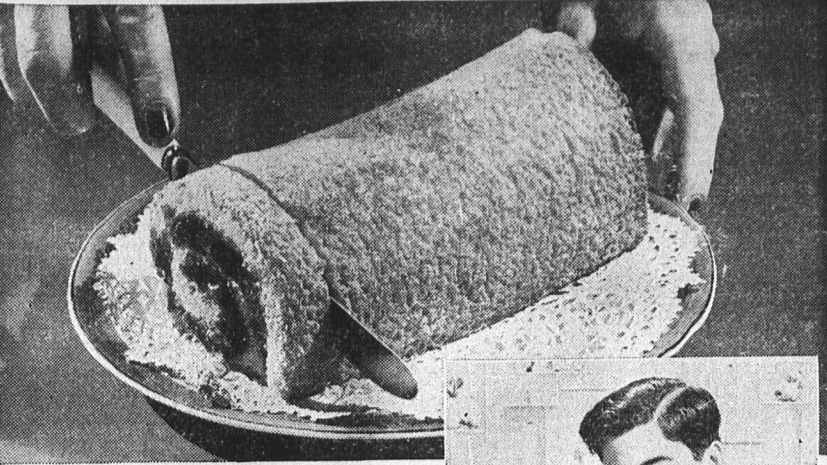
**DINNER**  
Hot Boiled Tongue Mustard Sauce  
Browned Potatoes  
Shredded Boiled Cabbage  
\*Eggless Spice Pudding  
Tea Coffee

**COCONUT DAINTIES**  
1-4 cup butter  
1-4 cup shortening  
1-4 cup brown sugar  
1 egg yolk  
1 cup flour—pinch salt  
Cream butter and sugar. Add beaten egg yolk and blend in the flour. Roll into small balls and dip into the slightly beaten egg white. Roll each in desiccated coconut. Arrange on cookie sheet and press down centre of each. Cook in a slow oven for five minutes. Remove from oven and press again in centre. Return to oven and cook slowly for 10 to 15 minutes more. Fill top with a spot of jelly white warm. Temperature about 300 F.

**EGGLESS SPICE PUDDING**  
1 tablespoon butter  
2 tablespoons brown sugar  
1 cup seedless raisins  
2 tablespoons corn syrup  
2-3 cup pastry flour  
1 1/2 teaspoon baking powder  
1-2 teaspoon cinnamon  
1-2 teaspoon nutmeg  
1-4 teaspoon clove  
1 pinch salt  
1 1/4 cups bread crumbs  
1 cup sour milk  
1 teaspoon baking soda  
Cream butter and sugar, add corn syrup and raisins. Combine the sifted dry ingredients with the bread crumbs and add alternately with the milk in which soda has been dissolved. Turn into greased mould. Cover and steam one hour. Unmould and serve with slightly warmed corn syrup.

**NEW HANKERCHIEFS**  
Hankies display a hankering for 19th Century designs and colorings, and a nostalgic, sentimental urge for bowknots and blooms. It's all very pleasant and very ladylike. New suit pockets and pocketbooks will hide an imaginary whiff of pot pourri and lavender with one of the new handkerchiefs tucked inside. There is also a trend toward circle design of tiny buds and even birds, framing more lush centre designs of full bloom splendor. Whether your fancy runs to plaids, stripes or just plain white—you will need some of these romantic handkerchiefs to match a tender mood, and make your story-book life come true.

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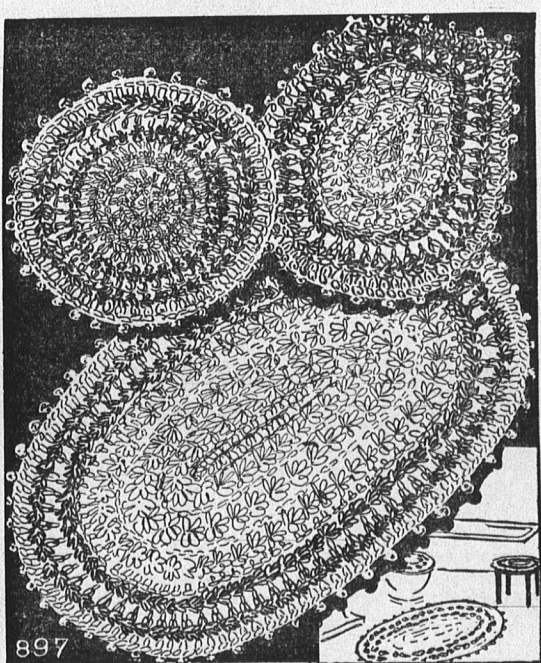
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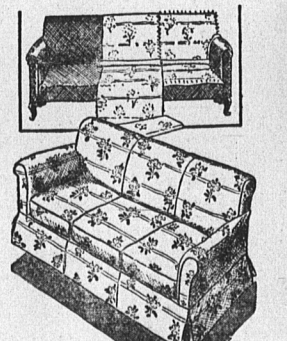
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### New Slip Cover Revives Old Sofa

Sofa



### Spring Style Made Pin-On Way

Like a humble bud bursting into bloom—your plain sofa in its flowery spring and summer dress.

It's easy to make, because you just pin on the goods without cutting a pattern. And it's thrilling to see out-dated lines, such as curlicue legs, disappear under a crispy modern flounce!

The pin-on way of making slip covers is explained in our booklet. You first remove all cushions, then work section by section.

Pin the fabric—chintz and cretonne are practical and lovely—to top-back of one section of sofa; now pin down inside-back and seat and cut 1 1/2 inches around pins. Allow a 4-inch tuck-in at back of seat.

In the same way, pin fabric to other sofa sections and to arms, sides, back and cushions.

Finally pin, then baste, ALL the pieces together. When cutting flounce, add 5 inches on each side for the pleats and another inch on each side for seams.

Our 32-page booklet explains and diagrams every step of making a slip cover—from estimating material to finishing. Shows how to cover chairs, too, and auto seats. Illustrates making different kinds of seams, flounces.

Send 20c in coins for your copy of "How To Make Slip Covers" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

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## Living And Leisure

(Continued from page 6)

article of cellulose fibre obtained from Canadian spruce trees. Although spruce sounds an oddly scratchy thing to clean the face with, it is, after all, no stranger than the natural sponge which is the sundried skeleton of a dead marine creature.

she said sadly, "and it is just a few pages."

"When did you find the time?" "During air raids," she said. "I was so mad at the Japanese, so boiling mad that I thought I had better do something. I could at least keep my mind occupied. I go out to our atelier and sit on a stone in front of the door, and work there with my English dictionary and the thesaurus until the planes are right over us."

### PREPARE HAIR BEFORE WAVE

Nobody expects you to know the technical side of permanent waving—the customer simply puts herself in the hands of a good, thoroughly experienced operator, and lets him make all the decisions.

However, the smart customer does insist that a test curl be made and so does the trustworthy operator. No matter how many permanentists you've had in the same shop, you go ahead only after the results of the test curl have been carefully examined.

It's a mistake, of course, to tell the operator that your hair has not been bleached or tinted when you know very well that it has. His method of winding and the amount of heat he gives can be correct only if you co-operate—don't expect him to do his best work if he has to guess as to what had been used on your hair and how long ago it was used. He must be guided by the texture and also the condition of your hair.

Hair should be conditioned for a new permanent. An oil shampoo or two, conscientiously additional brushing and massage will add to the return of your investment.

Remember, of course, that post-permanent brushing is just as important as pre-curling routines. And brushing won't harm a good finger wave—it will keep the hair and scalp in fine condition.

### MME CHIANG KAI-SHEK

"Sometimes I am working at my desk," remarked Mme. Chiang Kai-Shek at her home in Chungking, "and I do not know how I can get through the day, and then the generalissimo comes in and wants to talk to me or take a walk. So I leave everything. It is not easy to arrange my day. But I think my first duty is to him, and if I can help him, I am making the greatest contribution to China." May-ling Soong Chiang is a very human person, writes Martha Gellhorn. She likes to write, and she worries over the quality of her writing, as do all other writers. She had been translating an extract from Chinese history. The extract, a parable almost, was very timely, though it was written 3,000 years ago. "Think of it," she said. "When people in Europe were still running around in skins and eating each other, there was political thought in China." That Chinese have a huge, constant pride in their race and their history, and sooner or later it always comes out that they have been existing in a state of civilization longer than any one else. "I worked twenty hours over it!"

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