

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

Canadian Cookery For Canadian Women

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

MARY MOORE'S QUESTION BOX

NOTE: Mrs. Moore would be glad if readers who request private replies would enclose stamped, self-addressed envelopes with their queries.

Please note that unless special requests are made otherwise, replies to all questions will be published in the enquiry column.

Consider Mrs. Moore as your friendly adviser and write to her any time you have difficulties with baking, planning menus, etc.

Letters may be addressed to Mary Moore, Cookery Editor, in care of this paper. Correspondents will kindly give name and address, besides selecting pen name for publication.

QUESTION: Would you please publish a recipe for butterscotch filling for pie? I cannot find a recipe as good as the pies sold at —. I have had good luck with all the recipes you have published and thank you in anticipation of this one—Tuesday Club.

ANSWER: We are familiar with the pies you mention, and although we do not have the same recipe we think you will find ours makes a delicious pie. This pie can of course, be made with whole milk, but if top milk is used the pie is just that much "scotchier."

Butterscotch Pie

Six tablespoons butter, 2-1/2 cups scalded top milk, 3 tablespoons cornstarch, 1-1/2 cups brown sugar, 2 eggs, separated, 1-2 teaspoon vanilla. Melt the butter and brown sugar together and cook as you would for making a caramel, until a rich brown. Then add the scalded milk, and let heat, stirring constantly, until the sugar is dissolved. Beat the egg yolks slightly, add the cornstarch and pour the milk mixture over it gradually, stirring constantly, as it will thicken rather quickly. Add the vanilla. Pour into pie plate lined with raw pastry and bake in moderate oven. Make a meringue of the egg whites by beating them until stiff, and adding 4 tablespoons of sugar. Arrange over filling and return all to slow oven so that meringue may bake through and become a delicate golden brown. I hope you find this delicious, and that you will come again.

QUESTION: Will you please publish in the paper a recipe for Corn Bread? This is a necessity for my diet. C. K.

ANSWER—CORNBREAD

Two cups white or yellow corn meal, 1-1/2 cups soda, 1-1/2 teaspoons salt, 2 cups sour milk, 2 eggs, beaten, 2 tablespoons melted fat, 3 tablespoons sugar. Sift dry ingredients together. Mix milk with beaten eggs and add to dry ingredients. Stir well together and add melted fat (butter is preferable). Pour into hot buttered baking pan or muffin tins.

For The Cook

FILLINGS FOR SANDWICHES

Good fillings for the tea-time sandwich, include such things as shredded salad greens, with a touch of dressing; cream cheese rubbed to a paste with mayonnaise or cream and combined with finely chopped nuts or beets or olives or green pickles or a little orange marmalade or shredded pineapple.

Thinest slices of tomato or cucumber, seasoned nicely, are liked. Any tiny bit of cold meat will be good, if chopped very fine, seasoned and combined with a suitable relish—not too much of it and spread sparingly. A spoonful of left-over cream sauce will be just the thing to moisten white meat or fowl.

The vogue for sweet fillings may be satisfied by dates or raisins, alone or combined with peanut butter or chopped nuts; honey and almond or just honey especially with brown bread; good jelly from your preserves shelves; sliced bananas with a dash of lemon juice; chopped candied fruits; figs or other dried fruits, cooked to a paste with water, sugar and a little lemon juice.

White, brown, rye or nut bread may be used for sandwiches, and in them one gets variety without much planning. Wafers are sometimes used for a change. And a very dainty morsel can be made by using some of the sweet fillings between lady fingers, which are first split open and spread with white of egg and sugar.

and bake in hot oven of 400 deg Fahr. for from 20 to 25 minutes. QUESTION:

We have been following your cookery page with much interest and are filling our cook books with your recipes but as there are several which we have missed we would greatly appreciate it if you would oblige us with recipes for the following: Angel Jelly, Spiced Grapes, Mustard Cauliflower, Mustard cucumber, Quaker Oat Date Bars.

The cucumber pickles we have in mind were wset, and the cucumbers were sliced in a sweet mustard sauce, very thin in texture, which contained very small tasty seeds.

We believe the mustard cauliflower pickle recipe is very similar. Is there any special way in which to prepare the cauliflower in order that it will retain its crispness. Some of these are out of season but we trust that these queries will not inconvenience you too much. Thanking you in anticipation. W. and R.

ANSWER—ANGEL JELLY:

Eight quinces, 6 large apples, 1 pound cranberries. Wash all fruit thoroughly. Cut up quinces and apples but do not core or pare them. Put all in preserving kettle and cover with water and bring to boiling point and boil until soft. Strain through jelly bag and measure juice, and boil 20 minutes, then add equal quantity of sugar which has been preheated in oven. Boil for 5 minutes when jelly should jell when tested on cold plate. Pour into sterile jelly glasses and cover immediately with coating of paraffin. Add second coating of paraffin when jelly is cold.

Spiced Grapes

Pick over, wash, drain and remove stems from grapes. Separate pulp from skins. Put pulp in preserving kettle and heat to boiling point, and cook slowly until seed separate from pulp; then run through fine sieve. Add skins to strained pulp and measure. Return to kettle and add one-half the amount of sugar, one quarter the amount of vinegar, and to each one half cup of vinegar add 1-2 teaspoon powdered cinnamon, and 1-4 teaspoon powdered cloves. Cook slowly, stirring often for 30 minutes, when mixture should be quite thick. If desired thicker cook longer, but watch carefully lest it burns. This will keep if poured into stone jars or tumblers and covered with paraffin.

Cucumber Mustard Pickle

Slice green cucumbers very thinly until you have one gallon. Sprinkle generously with salt and let stand over night. Then drain.

Mustard dressing: Mix together one ounce mustard seed, 1-1/2 teaspoons celery seed, 1-1/2 teaspoons curry powder, 1 tablespoon mustard, 1 tablespoon turmeric, 2 cups brown sugar, and enough vinegar to cover pickles. When this is well mixed add the cucumbers and simmer for 30 minutes, stirring often. Seal in sterile jars.

Cauliflower Mustard Pickle

Wash cauliflowers and pull apart into very small flowerets. From this point follow recipe for cucumber mustard pickle substituting the cauliflower for the cucumber.

To crisp cauliflower powdered alum may be added to the mustard dressing. Very little should be used, not more than 1-2 teaspoon. We do not recommend the addition of alum however.

Oatmeal Date Bars

One egg, 1-4 cup sugar, 1-4 cup thin cream, 1-4 cup milk, 1-2 cup fine oatmeal, 2 cups flour, 2 teaspoons baking powder, 1 teaspoon salt. Beat egg until light, add sugar, cream and milk; then add oatmeal, flour, baking powder and salt, mixed and sifted. Roll out on floured board into a large sheet and cut out in rectangles. Cover one half of each small cookie with date filling (see below) and fold over other half to cover it, pressing edges together with finger tips. Bake in moderate oven until very light brown. This mixture may be cut out into round cookies, and when baked two may be put together with date filling between.

Date Filling

One half pound dates, stoned and chopped, 1-2 cup sugar, 1-2 cup water, grated rind from one lemon, 1 teaspoon butter. Cook these all together until thick, stirring frequently to prevent burning. The quantity of dates may be increased if desired, other proportions need not be altered.

Dorothy Dix' Letter Box

Woman's Place Not in Home, But as Chum and Companion to Man, Declares Reader. Why do Girls Marry? — Poor Sport Expects Boy Friend to Pay Her Gambling Losses

Dear Miss Dix—I dispute strongly all that is said about women's place being in the home. I believe that the absolute tying-down of women to their own fireside has been their complete downfall and has made them morbid, irrational, narrow-minded and selfish. Man, the egotistical, becomes used to making the woman slave for him, and thus humanity in general is constantly changing for the worse by the woman taking for granted that her only place is at home. Personally, all of this about woman keeping the home fires burning is all blah. Woman should be a chum and companion to man and all of this heart-hoey stuff should be omitted completely.



AN INTERESTED READER.

Answer: Whether a woman's place is in the home or not depends on the woman and her individual talents and inclinations and circumstances and on the home. You cannot lay down any hard and fast rule on the subject.

There are women that nature never intended to be homemakers. Their place is behind a counter or in an office or on the stage or what-not that has nothing domestic in it. They can make bread every day for forty years without ever learning how to concoct a biscuit that is fit for human consumption. They never learn how to pick out a tender steak or choose vegetables or balance a menu, and they are always bored and discontented.

There are other women to whom home is the realization of every ambition and dream. It is their little kingdom in which they reign supreme. They never look at their shining rows of pots and pans without getting a thrill out of them, and they experience the same ecstasy in concocting a new dish that a poet feels in composing a perfect sonnet. These domestic women are miserable when forced out into the commercial world and never know happiness until they are safe within the four walls of their homes.

So home isn't a prison to all women, as you may seem to think it is. Nor are all home-keeping women stupid and narrow and neurotic. To vast numbers of women homemaking is the most interesting and exciting and satisfying occupation on earth. They find joy in expressing their artistic taste by making their homes beautiful. They make of cookery a fine art. Because house work is not the exacting grind that office work or factory work is, they have more time to read and improve their minds than their sisters who have to punch timeclocks and hold down jobs in stores and offices. And they have a sense of supreme satisfaction in knowing they are making a place of peace and rest and comfort for their husbands and giving their children an environment that will develop all that is good in their characters.

It just happens that in the division of labor in the domestic partnership, making the home is the woman's job just as supporting it is the man's, and there is no injustice in that that I can see nor any belittling of the woman. Of course, there are conditions of financial stress in which it becomes absolutely necessary for the woman to work outside of the home and help earn the bread as well as bake it. Also, under present economic conditions there are cases in which a young couple cannot marry unless the woman continues to follow some gainful occupation. "Needs must when the devil drives," as the old proverb puts it, and as long as there are only the man and woman to be considered this does not much matter.

But when there are children it is a tragedy for the mother not to be able to devote all of her time to making them a comfortable home and keeping them safe within it. Children need a home to return to, as birds to their nest, and a mother to hover them under her wings. They need home cooking to build up their little bodies. The walls of a peaceful home to make them feel safe and sheltered. They need home influences to form their characters. They need a mother who is not too busy or too tired to listen to their little problems and settle them for them. They need to learn the lessons of life at a mother's knee instead of on the street.

No school, no hired nurse or child specialist can give a child what its mother can. There is no synthetic motherhood that takes the place of a real mother in a real home.

So I think that the woman who keeps the home fires burning does the biggest work and the most important one in the world, and the one that pays the biggest percentage if she turns out a good job.

DOROTHY DIX.

Dear Miss Dix—I am a girl of 24. Recently mother and I have been discussing the problem of love. She claims that most girls would not marry if they knew beforehand all the obligations that the marriage relationship entails. Why, then, do they marry? Most women do not marry for children because they don't want them. They do not need to marry for companionship because they can enjoy the society of many interesting men without being married to them. Is it then, that they marry for a meal ticket or to avoid being classed as spinsters? I am to be married in a few months and my reason for marrying is that I love a man more than anything else in the world and want to belong to him. Am I so different from all the remainder of the girls?

WONDERING.

Answer: No. I think your reason for marrying is the one that actuates 75 per cent of the girls who enter into the holy estate. It is the desire to be one with some particular man on whom they have set their hearts, to "belong to him," as you say, to be part of his life, to work with him, to suffer with him, to share his anxieties, as the stately old words of the marriage ceremony put it.

No girl in this sophisticated day and age goes into marriage without knowing all that it entails. The modern girl is wise. She doesn't believe that babies are found under rosebushes. She has telephoned too many wives for too many bosses about "being in conference" not to know that husbands are not always faithful. She has earned her own living and knows exactly how far a dollar will go, and she is under no illusion that two can live as cheaply as one and that she can keep an automobile and have Paris frocks on the salary the boy friend makes.

But, nevertheless, when some lad with a way with him comes whistling down her alley, she gets up and follows him to the altar. I think very few girls get married nowadays for a meal ticket and still fewer for fear of being called old maids, because most girls can earn as good a living for themselves as the average man can offer them and at work they like better than housework and baby-tending. And the bachelor girl is oftener looked upon with envy than with pity.

DOROTHY DIX.

Dear Miss Dix—Should a man pay a girl's gambling losses when he takes her out on an evening? The other evening I escorted a girl to a party where she lost a sum of money at bridge and she bawled me out because I let her pay it. I would not let a girl that I took out pay any part of the expenses, but I believe that gambling should be governed by a different standard. Also, it seems to me that to offer to pay the debts of a woman who is not your wife is insulting.

G. A.

Answer: I think you are right, and that a girl who gambles should pay her own losses. If she had won, she would not have thought of divvying the spoils with you, so why should you make good when she loses? I think she is a poor sport.

DOROTHY DIX.

Happenings of the Week

Several hundred guests attended the state dinner held Monday evening at Government House, Ottawa, following a reception to which were invited the wives and unmarried daughters of the gentlemen attending the dinner. Among those receiving invitations were the Lieutenant Governor, Mrs. Dalton, Miss Dalton, Hon. J. A. McDonald and Mrs. MacDonald, Hon. J. E. and Mrs. Sinclair, Hon. Cyrus and Mrs. McMillan.

Mrs. Bickers, wife of the American Consul, entertained very delightfully at ten tables of Bridge last Saturday afternoon at the Canadian National Hotel, other friends coming in at the tea hour.

Dr. W. J. P. McMillan and Mrs. McMillan entertained at a delightful mixed Bridge at their home on Thursday evening.

Miss Betty Newson, who is the guest of her grandmother, Mrs. Andrew McNair, is greatly enjoying her visit. On Thursday evening Miss Virginia Scarth had a Bridge party in her honor at the Regent.

Mrs. R. H. Stewart entertained on Tuesday, asking her friends in for an afternoon Bridge which was much enjoyed.

Mrs. A. C. Duchemin gave a delightful at home to a number of friends on Wednesday afternoon at her home Richmond St. When a very enjoyable time was spent, Mrs. E. E. Clawson presided over the tea table, while ices were served by Miss Betty Newson, Vancouver, and Miss Joan McNeill. Guests were received by Mrs. Duchemin assisted by Mrs. L. E. Prowse and Mrs. George Rogers.

Mrs. (Dr.) I. J. Yeo's social duties this week included a luncheon Bridge of three tables at the Canadian National Hotel on Tuesday.

The many friends of Mrs. Arthur H. Mould will regret to learn that she is still indisposed, and leaves Monday for Montreal to undergo medical treatment.

Mrs. (Dr.) Dewar gave a luncheon Bridge at the Canadian National on Wednesday which was most enjoyable.

Mrs. Charles A. Beer gave a charming Bridge for her friends Wednesday evening at her pretty home on Hillsboro Street.

Mrs. B. Roy Holman and Mrs. Harry Brown were among those spending a very pleasant week-end in Boston.

The Hon. M. W. Wood has the sincere sympathy of his friends in his recent sad bereavement, the death of his mother.

Mrs. H. A. C. Scarth was hostess for the Monday night Bridge club this week.

The Thursday afternoon club met at the home of Miss DesBrisay and Mrs. G. D. DeBlais entertained for the younger people of the Thursday afternoon club.

Mrs. John M. Rattenbury had a two table Bridge for her friends on Wednesday evening.

Mrs. Ernest Bell entertained at a prettily arranged tea yesterday afternoon at her home on Prince St.

The many friends of Dr. McLean of Souris will regret his present illness in the P. E. Island Hospital.

Mr. J. P. Gordon left early in the week for Montreal to visit his mother who is quite ill.

Pale blue is the newest preference on the color chart of styles. A touch of this tint is worn by the smartest Parisiennes in hats, bodices and even gloves, while stylists predict a continued vogue for the color this spring. Each designer offers a new name for the new blue tone, which is lighter and softer than the turquoise launched two years ago. Forget-me-not, robin's egg, water-blue and skyblue are the names most often used. Pale blue velvet turban designed along lines, which cup close to the head is a favorite with smart continentals. It is used as a dashing accessory to black or dark brown costumes.

Mrs. A. E. Morrison, Mrs. Henry Compton, and Mrs. L. A. Hazard will be joint hostesses this afternoon at nine tables of Bridge at the Canadian National Hotel, with additional guests at the tea hour.

Mrs. A. E. McLean, Summerside, has gone to Ottawa with Mr. McLean for the parliamentary session.

Mrs. W. Arthur Millar had a party Bridge at her commodious home yesterday afternoon for her numerous friends.

"He has a marvellous grip," was one of the remarks heard about the Prince of Wales during the Mid-night Show at the Regal for Mrs. Cuthbert Headlam's fund for the unemployed. The Prince's handshake is proverbially sympathetic.

Princess Louise, Duchess of Argyll, who reaches the age of 85 next March, and is the oldest of Queen Victoria's three surviving children, is a magnificent example of the dignity, energy and hardihood of the Victorians. H. R. H. at her ripe age, still enjoys life to the full. She often gives tea parties at Kensington Palace, and, above all other entertainments, loves a musical party, for she is herself both a musician of skill and an artist.

"NERVOUSNESS"

To make excuses for ourselves is one of the things which we usually do very well. We say that a person is a good friend if he makes excuses for us. "He did his best," is a rather lame and half-hearted excuse, which we use to gloss over the failure of someone whom we like or for whom we have a feeling of sympathy.

Many people are provided with a satisfactory excuse or explanation for their actions by saying they are due to "nervousness" or "nerves." This satisfies them even if it does not satisfy their friends. The excuse is a commonly accepted one. How often are we told that we should excuse some one for his actions or peculiar behaviour because he is nervous or highly strung?

Nervousness to some people, means a breakdown, the so-called nervous prostration. To others, it means irritability or temper outbursts. To others still, it means fears, worries, or a feeling of depression—"the blues."

No matter how nervousness is defined, the generally accepted idea is that the type of person commonly described as "nervous" has something wrong with his nerves. This idea is not to be wondered at, because advertisements constantly suggest that our nerves are tired or worn-out, and that they need a rest or a tonic, usually the latter.

As a matter of fact, there is no change in the nerves of the nervous person. His nerves are perfectly sound and healthy in every way. It is not the nerves which are at fault; it is the person's behaviour which is abnormal and this abnormal behaviour is called nervousness, and the nerves are, without reason, blamed for it.

Abnormal behaviour arises in the mind, not in the nerves. It is the result of emotional conflict, due to failure, in making a satisfactory adjustment between the instincts or desires and the standards of society. Nervousness is not due to tired nerves or overwork. It comes from misdirected energy which results from emotional conflicts. It is commonly the carrying over of childhood behaviour into adult life; the adult bad temper is the same as the temper tantrum of the child.

The person who enjoys good mental health has been able to adapt himself to his work, and to the people with whom he works. He is able to do so because he has learned not to suppress his instincts but to control them in such a manner as to make him an acceptable person; moreover, he finds happiness in doing this.

Instincts are not undesirable in any way, but we must learn to adapt our instincts to our present civilization if we are to live happily. It is not desirable to suppress or ignore the instincts; they should be recognized and understood. Ignorance of ourselves and of our instincts is the usual beginning of mental ill health. Questions concerning Health, addressed to the Canadian Medical Association, 184 Colver Street, Toronto, will be answered personally by letter.

"Just temper!" his mother says...

... But is it "Temper"—or a warning of serious trouble?



DON'T be too hasty in attributing little flare-ups solely to temper. Often they may be due to childhood's commonest ailment, constipation—and chances are he needs a laxative. Not just any laxative—for those intended for grown-ups are too harsh and may do more harm than good.

At such times Castoria—the laxative specially made for children—is ideal. It is a pure vegetable preparation—contains no harmful drugs—no narcotics. It is not nauseating or habit-forming. Children love it, doctors recommend it, and wise mothers always keep a family-size bottle handy.

What the Fashionables are Wearing

By Annabelle Worthington

Paris decrees the hips must be snugly fitted to achieve smartness and slenderness, as in this charming model.

It is black, of course, because it leads the daytime mode in soft crinkly crepe silk. The round high collar adds an exceedingly smart becoming touch in white crepe.

Don't you think the new sleeve cut and the way the bodice buttons down the back interesting?

Style No. 442 is designed for sizes 14, 16, 18, 20 years, 36 and 38 inches bust.

Size 16 requires 3 1/4 yards 39-inch, with 1/2 yard 35-inch contrasting.

It is definitely chic in carrot-red crinkly crepe silk with self-trim.

The dull side of crinkly crepe satin is effective with the shiny surface used for the collar, the pointed bodice and hip section and the buttons.

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



No. 442. Size Name Street Address City State

A Morning Smile

Manager—"I hear you and the leading lady are on the outs."

Electrician—"Yeah. It was one of those quick change scenes with the stage all dark. She asked for her lights and I thought she said lights."

"Now, children," said the teacher who was trying to boost the sale of the class photographs, "just think how you'll enjoy looking at the

photographs when you grow up. As you look you'll say to yourself: 'There's Jennie, she's a nurse; there's Tom, he's a judge; and—' "And there's teacher, she's dead," came a voice from the back of the class.

The family was preparing the lesson for Sunday school.

Surely you remember what 'synonym' means? queried the mother. Sure, we remember, said one of the small boys, alertly. 'Synonym' is something you put in pies.—Christian Science Monitor.

HOME ECONOMIC SHORT COURSE

Beginning February 20th, the Women's Institute Branch of the Department of Agriculture will conduct a three weeks course in Home Economics.

Those wishing to take advantage of this course will please apply before February 16th and applications will be considered in the order received up to that date.

All particulars regarding the course may be had through communication with the Women's Institute Office, Box 123, Charlottetown.