

# 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

Conducted by Mary Moore  
NOTE: Write to Mrs. Moore for recipes to help you plan and cook better meals. Allow about three weeks to elapse before expecting answers to be published.

Letters may be addressed to Mary Moore, Cookery Editor, in care of this paper. Kindly give name and address and select pen name for publication.

QUESTION: I see you offer a number of suggestions for diet on home nursing. I would be pleased to receive them. Also how and what to serve at an informal wedding dinner for a family of eight or ten.—Peggy.

ANSWER: Some delicate dishes for invalids.

**Ramekin of Creamed Fish**  
One half cup cooked, flaked fish, salt, pepper, lemon juice, 1-2 cup medium white sauce buttered bread crumbs. Season fish with salt, pepper and lemon juice, and fold into white sauce, pour into individual custard cups, sprinkle with buttered crumbs and bake until heated through and crumbs are brown.

**Continental Tomato Soup**  
Gently fry finely minced onion (1 tablespoon) in 2 tablespoons butter for a moment or two, then add 2 tablespoons flour, and blend. Add 1-2 cups stewed or canned tomatoes, pulp, seeds and all and 1-2 cups milk, and continue stirring until soup thickens slightly. Pulp of the tomatoes breaks up during the stirring.

**Cream Jelly**  
(Individual rule)—One teaspoon granulated gelatine, 1 tablespoon cold water, 3 tablespoons scalded milk, 4 tablespoons thick cream, 1 tablespoon sugar, speck salt, vanilla to taste. Soak gelatine in the cold water 5 minutes; add the scalded milk to dissolve it. Add the sugar, salt cream and vanilla. Stir occasionally until the mixture thickens; pour into cold, wet after dinner coffee cups, or egg cups and chill. Serve with a soft custard or cream and sugar.

**Informal Wedding Dinner**  
Clear tomato soup; casserole of creamed sweetbreads and mushrooms; celery; fruit salad with cheese dressing; orange ice; devil's food cake; mints; wedding cake, coffee.

The above menu could be served buffet style.

**Menu No. 2**  
Fruit cocktail, rolled porterhouse roast of beef, broiled mushrooms, corn fritters, Parkehouse rolls, head lettuce salad with Russian dressing, vanilla ice cream with chocolate sauce, angel food, salted almonds, coffee.

Thank you for your letter. We hope you will find suggestions from these menus that will please you. I hope the wedding party is a huge success.

QUESTION: I read your recipes every week in the paper and find them very helpful and write them down in a recipe book with titles in large letters.

Do you send out a large cookery book for all your readers and if so at what cost?

Kindly write and tell me what to serve and how to serve it at a party and any other hints that would help me.

I am chief cook in our house and dearly love it. Is there a place I can study the art of cooking without having a grade "B" certificate? I think I am fitted for an occupation of this kind.

Kindly advise me at your earliest convenience. Here's wishing you success in 1933. Mona L. Mc.

ANSWER: It is kind of you to let us know that the Cookery Page is helpful. We do not have a large cook book in print at this time, but hope to have one in the future.

You will no doubt have seen our article entitled "Interesting Food Plays a Star Role in Winter's Social Functions" which appeared in a recent issue, which will help you with your parties.

I am not acquainted with the technical school training system in your community but do know that the Boston Cooking School, with Miss Anne Bradley as Principal gives excellent practical training; practical training in cooking is also given at the Central Technical School in Toronto; a course in cookery is also conducted in Montreal. If you wish to follow up any of these suggestions write to me again.

QUESTION: I am a reader of your Canadian Cookery Page and find it very interesting.

We are a family of seven and my husband is on short time and has had a cut in his pay which makes it hard to "spread the dollars out." Would you be so kind as to send me your recipes for winter vegetables—carrots, turnips, etc. I have just bought a half bag of turnips and my mother the other half as it was much cheaper than getting them two for five cents.

I would also like your new recipe for Devil's Food with foamy frosting.

Could you tell me how to use the fat from a boiled ham? I bought a ham last week and it was fatter than I expected and if I could use it in anything I would be glad to know. Also some ways to use brisket and chuck roast—what I mean would I find a chuck roast tender done in the oven, or should I boil it? I am going to try your recipe for stuffed spare ribs one day.

If you have any more cheap meat recipes on hand I should be glad to have them. I have one child—a girl of 10 year who will not touch vegetables. It is a puzzle to know what to feed her. She takes tea half milk, but no milk alone. She eats lots of bread and butter at meals. Can you help with something that you get thing might tempt her? I have tried getting her to make little things herself, thinking she would take an interest but with no luck.

Hoping I have not taken too much of your time and thanking you—Mrs. S. W. B.

ANSWER: Thank you for your kind letter.

### WINTER VEGETABLE RECIPES

**Carrots A La King**  
Four cups diced carrots, 2 cups hot medium white sauce, 1 tablespoon minced pimientos, 1 tablespoon minced celery, 1 tablespoon minced parsley, 1 teaspoon grated onion. Cook the diced carrots until they are tender, then drain, saving the vegetable water for the soup pot of course. Add the finely chopped vegetables to the hot sauce and pour the sauce over the carrots.

**Baked Turnips**  
Wash turnips, pare and cut in fancy small shapes—there should be 4 cups. Put in casserole with 2 teaspoons salt, 2 teaspoon sugar, 1-3 cup butter, and 1-2 cup water of meat stock. Cover closely and bake in moderate oven until soft.

**Turnip Croquettes**  
Boil pared and cut up turnip until tender. Drain well and mash. Season with salt and pepper, beat in one whole egg and allow to cool. Shape into small croquettes, dip in crumbs, egg and crumbs again, fry in deep fat and drain on brown paper.

**Baked Squash Savory**  
Squash may be prepared in the same way as baked turnip above, but is improved if a few slices of bacon are placed over the top during the last 10 minutes of cooking. This is our favorite way of serving squash.

Recipe for Devil's Food with Foamy Frosting has been sent by private letter.

The fat from the boiled ham may be used in place of lard in such flour mixtures as tea biscuits, dumplings, pastry for unsweetened pies, but first must be reheated with a sliced potato to take up excess salt, and strained through double thickness of cheese cloth. It may also be used for making soap of course.

Chuck roast may be done in the oven if it is placed in closely covered roaster and baked in very slow oven for at least 4 hours. The most satisfactory way we find is to boil it gently for 3 hours, then remove to roasting pan, and put it in the oven to brown, thus giving it the roasted flavor. Thicken the liquor in which it was boiled, flavor it with salt and pepper, and boil turnips, carrots and onions in it until tender, watching carefully as the thickened liquid might stick. Serve these with fluffy mashed potatoes and you will have a delicious dinner.

Watch our economical supper menus each week for other cheap meat recipes.

Since your 10 year old girl is all ready fond of bread and butter take advantage of this and give her all the butter she will take, and change from white bread to 100 per cent whole wheat bread—this is vitally important.

As for feeding her vegetables—serve them as soup. Cook vegetables until tender—carrots, turnips, onions, celery, cabbage, spinach—any one of these alone or two or three of them in combination. Force the vegetables through strainer, return

## Happenings of the Week

The Prince of Wales spent a busy hour Tuesday in the London subway, where he drove a train himself for a thrill. He had tried to keep his purpose secret but throngs assembled to watch when he entered the vast Piccadilly Circus station accompanied by Lord Ashfield, chairman of the Underground. Unaccustomed to the warren-like passages, the Prince studied the direction signs, tapped Lord Ashfield on the shoulder and said: "This is the way down." He escorted his companion to an escalator and they found themselves going up, instead of down. Finally they got to their special train for Amos Grove and the Prince handed the controls for nearly two miles.

Her Excellency the Countess of Bessborough and her daughter, Lady Moyra Ponsonby are sailing today from Halifax by the Duchess of York for a visit to England accompanied by Capt. A. F. Lascelles, private secretary to the Governor-General, and Mrs. Gordon Ives.

The outstanding event of a busy week was the formal opening of the Prince of Wales College, the inspiring addresses at which were much enjoyed.

One of the most delightful social events of the week was the Bridge on Tuesday afternoon given by Mrs. T. W. L. Prowse for her numerous friends at the Canadian National Hotel.

The deepest sympathy of many friends goes out to Mr. J. P. Gordon and family in their double bereavement, the death of Rev. Dr. J. A. and Mrs. Gordon of Montreal.

Mrs. J. A. Webster entertained at an attractive luncheon bridge at her home yesterday.

Mrs. A. E. Ings was among the Bridge hostesses entertaining for her friends on Wednesday afternoon.

Agrettes are being worn again by some of the smartest women in Paris. Senora Alvarez Munoz wears a black velvet hat designed with a slight brim over the eyes, the crown of which is covered with black agrettes and another chic continental wears a little black horsehair turban with two pale blue agrettes poised on the crown.

Mrs. J. Rowland Paton dispensed hospitality for her friends yesterday afternoon when she entertained at Bridge.

The many friends of Mrs. Arthur H. Mould will be glad to hear that she suffered no ill-effect from the trip up to Montreal and is now resting comfortably in the Royal Victoria Hospital where she is under medical observation.

Mrs. Blanchard entertained the Monday night Bridge club at her pretty home on Walter Street.

Mrs. (Dr.) Tidmarsh was hostess for her afternoon Bridge Club on Thursday.

Mrs. A. A. Bartlett was hostess at her apartments in the Canadian National Hotel for the Thursday Afternoon Bridge Club of which she is a member.

Many of the best dressed men in London are a law unto themselves in the matter of clothes. They pay fashions and stylists say, they evolve their own fashions. Outstanding examples are Earl Beatty, the Marquis of Londonderry, the Earl of Chesterfield, Sir Jock Buchanan-Jardine, and Sir Walter Gilbey, with the most shining light of all—the Earl of Lonsdale.

them to their liquor, add the same amount of milk as there is vegetable juice and pulp and reheat. These soups may be thickened by adding blended butter and flour in equal parts. In this way you serve her both vegetables and milk, foods most valuable to children. If she will not eat an egg a day, mix an uncooked egg with her mashed potatoes and whip them up light. The tea must be stopped. Will she not take cocoa? A child of ten years should be amenable to reasoning—could you not explain that she needs milk to keep her teeth hard and to make strong bones? Serve her oranges and apples and bananas for breakfast every morning, and do not forget the value of prunes.

I forgot to mention in describing the soups that small navy beans may be boiled until tender, and treated in the same way as the other vegetables, but would not need thickening of course. A little bacon might be boiled with the beans for flavoring.

We try to keep child feeding in mind when writing our articles so watch the Page for suggestions for feeding your daughter.

I hope you will have better success with her meals, and that our recipes and advice are helpful.

Mrs. Arthur Brennan of Summerside is visiting friends in New York.

Miss Ruth Hearts was among the younger social hostesses this week asking her friends in for Bridge on Wednesday and Thursday afternoon.

Mrs. (Dr.) Heath McIntyre entertained at her home 165 Prince Street yesterday afternoon at a most enjoyable Bridge, also on the previous day.

The return of the King and Queen to Buckingham Palace from Sandringham was fixed for February 18. The return was postponed from February 6 on the advice of the King's physicians owing to the prevalence of influenza in London. It can therefore be inferred that the King's physicians considered the risk of influenza now has decreased.

Miss Marjory Reddin, young daughter of Mr. and Mrs. Ivan Reddin, is convalescing in the City Hospital after an operation for appendicitis earlier in the week.

Mrs. W. E. Cotton's three table Bridge was much enjoyed by her guests on Monday. Mrs. Cotton also entertained on Wednesday afternoon.

Mrs. Wm. Wright of Westmount, P. Q., is spending a few months at St. Petersburg, Florida.

Mr. Benjamin Brenner, who is now enjoying himself in St. Petersburg, Fla., reports meeting numerous Islanders there, including Mr. and Mrs. Grady.

Mrs. Alfred Pickard is being welcomed back from Montreal where she was undergoing medical treatment for sometime, and is convalescing nicely at her home.

Mrs. (Dr.) I. J. Yeo entertained at three tables of Bridge on Saturday afternoon at the Canadian National and again on Thursday at four tables for her friends.

A Daytona, Florida paper says: Deserving a home famous for its private airport, race track, water sports, and rolling acres of farm. Lieut.-Col. J. S. Jenkins, D. S. O., his famous wife, Louise Jenkins—the Amelia Earhart of Jenkins—and their three children have come to Daytona Beach to spend the season. Poor health brought Dr. Jenkins here. He is recovered now, but the family likes Daytona Beach so well, that the Jenkinses continue to live at 822 North Wild Olive avenue. They are the fourth generation to occupy Upton Farm, on Prince Edward Island, Canada. Colonel Jenkins, is the public spirited citizen who built the only airport on the island, then contributed it as an airmail and passenger terminal. Prince Edward Island is bound to become a terminal for the giant flying boat in trans-Atlantic service along the "great circle" route, Jenkins declares. Although the colonel is not a pilot, his wife is. She has flown all over the dominion and has established several records. She is a song writer and author, too.

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## LOWER PRICE

The price of MORSE'S STANDARD TEA, the good old family tea of the Maritimes, is now

**40 Cents PER POUND PACKAGE**



Your grocer will sell it to you at this price—or 20 cents per half pound package.

DELICIOUS—THICK LIQUORING—SATISFYING REMARKABLE VALUE

## Dorothy Dix' Letter Box

Beauty More Help in Getting a Job Than Ability or Experience, Reports Plain Jane—Young Son Who Yearns to be Pals With Father

Dear Miss Dix—One of our local stores requires girls to pass a beauty test to obtain a position even as elevator operator. I have applied for numerous positions and have been informed that no one more than 25 years of age was being employed. It seems that experience and ability count for less than nothing. All of us are not bathing beauties and we can't remain a perpetual 25, so what are we to do?



ANSWER:

You must live in a community that is peculiarly addicted to the worship of feminine puichitude, or else the men in your business establishments who do the hiring and firing must be Sugar Pappas who rate a girl's complexion above her ability to spell and type and are more concerned about the curves of her finger than they are about the way her fingers are added up on a sales slip.

Not everywhere is beauty made a requisite for holding down a job. Nor is extreme youth a requirement. Indeed, with serious-minded employers beauty is more likely to be a handicap to a girl in getting a situation than an advantage. They want their female employees to look like competent business women and not like something that has strayed in from the Follies.

Of course, no business man wants to have to spend his days looking at a woman who is repulsively ugly, and he can't stand one who is trowsy and slovenly in appearance and careless about her hair and her hands. But if she is fairly easy on the eyes it suffices, and he prefers one who has passed the fapper state and can give one lobe of her brain to work instead of having all of her thoughts and interest centered on her dates.

There are many reasons why being a living picture is not an advantage to a girl when she goes out seeking work. Employers are loath to hire her because breaking in a new employe is both expensive and irritating and experience has shown them that the beauty knows that her face is her fortune and her ambition is not to rise in her occupation but to make a good marriage. She doesn't expect to make a life work of stenography or bookkeeping or selling goods and so she doesn't bother ever to try to learn her trade well.

Also the beauty distracts the attention of every man about the place and makes them waste time hanging around her desk and doing her work for her, as they would never dream of doing with a homely girl.

And also likewise, the beauty spends far more time in gazing upon her reflection in the little mirror of her compact and making up her face and rouging her lips than the plain Jane does.

Another reason why men, unless they are philanderers, are loath to hire the beauty for an office position is that she does not enhance their reputations as solid and dependable business and professional men.

There is no reason, of course, why a girl who is as beautiful as a motion-picture star may not also be as discreet and virtuous as a mother in Israel. Nor does it follow that every man has an eye for beauty and cannot resist a peaches-and-cream complexion. And it is perfectly true that an employer can take a good-looker secretary out to lunch to discuss the details of the Brown sales and the Smith shipment of pig iron. But this is a suspicious world and it never gives them the benefit of the doubt.

I once asked a man why he had let an exceedingly pretty and competent secretary go and he replied: "Because she was too good looking. Every man who came into the office nudged me and asked: 'Who is the little queen?' and got funny about it, and that didn't do me or the business any good. There never was a nicer girl than Miss A. and she was a whiz at business, but she was too spectacularly beautiful for an office."

And then, of course, there are the wives to be considered, and with one accord they put the taboo on beauty, so far as their husband's employes are concerned, and are all strong for the middle-aged woman who presents no invidious comparison to themselves.

So cheer up, Plain Jane. The beauties haven't got all the good places pre-empted.

Dear Dorothy Dix—My father and I are perfect strangers. No familiarity exists between us. We never talk frankly. I never ask of him any counsel or any money, neither does he make any advances to me. I am a boy 21 years old and still live at home. I would rather have him for a friend than any one else in the world. What would you suggest?

ANSWER:

I haven't a doubt in the world that your father feels toward you exactly as you feel toward him, and that he would rather have your friendship than any other blessing that could be bestowed upon him. He would rather know that you look up to him and respect and admire him than to have the plaudits of the world. He would rather have you come to him for advice and guidance than to be called in conference by the Government to settle the national debt question.

And the pity of it is that you two, who love each other so much and need each other so much and who would enjoy each other so much, have this wall of reserve between you that keeps you apart. But you will have to break it down. Your father will never do it. He hasn't the courage. He is too much afraid of you. He is afraid you might repulse him or think him ridiculous and he couldn't stand that, so you will have to take the initiative. All you need is just to go to him and tell him what you have written me in this letter and the trick will be done. And great will be your reward, for there can be no relationship in

## What the Fashionables are Wearing

By Annabelle Worthington

There is usually something exceedingly smart about a dress with coat-like lines for spring—especially if it is carried out in woolen.

This season, navy blue promises to be a leader. Can't you imagine how youthful this model would be in one of the new soft crinkly crepe worsteds in navy blue? Make the rever collar of red plaided taffeta. The buttons are self-covered.

Of course, you can choose other schemes, if you will. Black crinkly crepe silk with white crepe trim, for instance, is most suitable for such a model.

Style No. 504 is designed for sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust.

Size 36 requires 2 1/4 yards 54-inch, with 1/2 yard 35-inch contrasting, and 3/4 yard 35-inch lining.

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

Wrap coin carefully.



No. 504. Size .....  
Name .....  
Street Address .....  
City ..... State .....

## For The Cook

### HONEY CREAM DRESSING

This is a very delicious dressing to serve with a fruit salad—one that fills the main course role at luncheon, let us say, or the sweet salad which takes the usual places of both salad and dessert in the dinner menu.

1/2 lb. white cream cheese (about 1/2 cup)  
2 egg yolks.  
4 tablespoons honey.  
1/2 lemon  
1-3 cup salad oil  
1 tablespoon milk or cream  
Salt and paprika to taste

Beat the egg yolks until light colored, add the honey heated, and cook in a double boiler over hot water for a couple of minutes, stirring steadily. Remove from the fire, add the oil and seasonings and lemon juice. Cool and beat in the cream cheese, mashed and thinned with the milk or cream. Beat until very light and thin further if desired with fruit juice or cream. For

### TOMATO RABBIT

Two tablespoons each of butter and flour, 1/2 cup each of strained, stewed tomatoes and evaporated milk, speck soda, 1 slightly beaten egg, 1 1/2 cups nippy, grated cheese, 1/2 teaspoon mustard, salt, speck cayenne pepper. Make a white sauce of butter flour and milk; mix tomatoes and soda, and add. Then add the cheese, and heat and stir until cheese melts. Add egg and seasoning, and keep hot for a few minutes, but do not let it boil.

Pour this over squares of hot buttered toast, and garnish with bits of choice celery.

Johnnie and his mother were on a visit to Johnnie's grandmother Grandmother, knowing how well he liked cake, decided to see that he had as much as he wanted.

Mother watched him a long time and then asked, "Johnnie can you still swallow cake?"  
"The reply came in a weak voice: "No'm, but I can still chew."

the world more beautiful and satisfying than a friendship between a father and son. They have both got so much to give each other. They can both be such a rock of sustaining to each other.

But what a tragical mistake a father makes when he does not make friends of his children! He throws away the only possible reward he can get for the sacrifices he makes for them and for the toll he goes through in rearing and educating them. His only pay for all his labor must come to him through their love and intimacy, through their being closer to him than to any other human being save their mother, through their coming to him with all their hopes and plans and dreams and ambitions.

And he loses all of this heart-satisfying treasure when he holds himself aloof from them, when he keeps himself a stranger to them, when he never speaks to them except to reprove them when they are little children and jeer at them and call them fools when they are adolescent, when he makes of himself nothing but a billpayer and a critic on the hearth.

When fathers complain that their children never confides in them, they have only themselves to blame. It is because they never took the trouble to get acquainted with them when they were little.

If you want to be friends with your children, you have to begin winning their friendship in the cradle. DOROTHY DIX.

Dear Miss Dix—We have a boy of 4. My wife had her heart set on a girl baby, so she has kept him dressed as a girl and gives him dolls to play with and treats him as if he were a little girl. I am afraid this will have a bad effect on him. Am I right? AN ANXIOUS FATHER.

ANSWER: You certainly are. She will make him into a sissy, and if there is anything more pitiful than an effeminate man, I don't know what it is. If your wife is so set on a girl baby, adopt something she can tie blue ribbons on, and let your little son be a regular boy if you want to save him.

DOROTHY DIX.



The only laxative especially prepared for children from babyhood to 12 years

Chas. H. Fletcher  
**CASTORIA**  
for  
**constipation**  
in children