

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

What the Fashionables are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



Here's one of the smartest ideas of the moment. It is a grey tweed mixture, favored by youth and youthful women types. It affects jumper styling, which is one of the reasons for its popularity. The high neckline is another smart feature. And still another is the brief peplum, given prominence by the black leather belt. Black appears again in the buttons of the plain toning grey woven sleeves. Style No. 922 is designed for sizes 14, 16, 18, 20 years, 36 and 38 inches bust. Cashmere will jersey, wool crepe, novelty wool and silk crepe mixtures and rough crepe silk are also suitable. Size 16 requires 2 1/2 yards 54-inch with 1 1/2 yards 39-inch contrasting. Price of Pattern 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 922. Size Name Street Address City State

For The Cook

PLUM PUDDING

The molds for the pudding must be well greased so that the puddings will slip out easily. Serve while very hot. The cover of the steamer should not be flat, but rounded, so that moisture does not collect and drop into the puddings. Do not lift the cover until the end of the steaming period, as the puddings may fall and become soggy. Plum Pudding—Mix together 1 cup soft bread crumbs, 1 cup each finely chopped suet and apples, 3/4 cup brown sugar, 1 cup raisins, 1/2 cup each chopped dates and figs, 1/2 cup chopped walnuts, and 1/2 cup sliced citron. Mix and sift 1/2 cup flour, 1/2 teaspoon each nutmeg, cinnamon and salt, and two teaspoons baking powder. Combine the fruit and flour mixtures; add to this 2 eggs well beaten and 1 cup of milk. Pour into a well-greased mold and steam three hours. Serve with Hard or Supreme Sauce. Supreme Sauce—Boil 1 cup sugar with 1-3 cup water to 238 degrees F, or until the syrup spins a thread. Beat 2 egg-yolks until thick, add syrup gradually while hot, and beat until creamy; add 1 tablespoon vanilla. Just before serving, fold in 1 cup stiffly-beaten cream. Another Plum Pudding—To one cup finely chopped apples add 1 cup brown sugar, 1 cup fine, soft bread crumbs, 1/2 cup seedless raisins and 1/2 cup finely chopped citron. Mix 1/2 teaspoon soda, 1/2 teaspoon each grated nutmeg, cloves, salt and 1 teaspoon cinnamon. Add to the first mixture with 1-3 cup cider and 1 tablespoon melted fat. Last, fold in 3 stiffly-beaten egg whites. Pour into a well-greased mold and steam 3 hours. Serve with Lemon Sauce. Lemon Sauce—Cream 1 cup butter with 1/2 cup confectioners' sugar. Add 2 egg yolks and beat until very light. Add alternately, a drop at a time, two tablespoons lemon juice and 1-3 cup cream. Set the bowl over hot water and stir until smooth and creamy. Do not have the water boiling in the lower part of the double-boiler.

MORE WHEAT AND MORE PER ACRE

The latest official estimate of the acreage likely to be stripped for wheat is 3,320,000. The Director of Agriculture (Mr. G. L. Sutton) states that, owing to the copious rains in August, which is one of the critical months, he would not be surprised if the wheat yield averaged 15 bushels per acre, which would be a record, and return 49,800,000 bushels. The record is 13.6 bushels per acre, established in 1903-4, when the area under wheat was small. The next best average was 13.5 in 1930-31. Other factors contributing to the expected record average are a bigger percentage of fallow and better fallow than formerly, the use of the right varieties of wheat, and planting at the period most suited to each variety. The last harvest was 41,360,696 bushels. Land here is cheap.

PURITY FLOUR Best For All Your Baking

NEARLY ROUND THE CORNER

The Treasurer (Sir James Mitchell), in his Budget speech, estimated that the revenue for 1932-33 would be \$8,417,577 and the expenditure \$9,181,243, leaving a deficit of \$763,666, which is slightly below the Loan Council's allowance. The deficit last year was \$1,357,896. An unemployment relief tax of 4 1-2d in the \$1 which will be levied on all income, is estimated to raise \$300,000. Due to increased employment relief works, it is hoped to reduce the dole by \$342,257. Apart from the special tax, taxation receipts are expected to be \$90,266 less than last year, due in some measure to an anticipated fall of \$80,252 in income tax. State trading concerns may be disposed of; the losses on them are \$1,029,539. Despite the blackness of the past, the State can look for better things, and there are evidences of greater confidence on all sides, says the Treasurer.

Canadian Cookery For Canadian Women

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

Start Your Christmas Baking Early

By Mary Moore There were any number of new Christmas recipes to be tried in our kitchens so one of them has been tried every day for some time. We are ready now to tell you those that won the greatest favor.

I have the advantage over the others because I am doing the writing and can tell you my own personal preferences first. They are: Lincoln (or citron) cake and the little German Pepper Nuts (Pfeffer Nüsse). One of a fresh batch of the pepper nuts has just come to me from the ovens. They are rather hard, hence their name, but after being stored for a week or so in a tightly covered tin box they mellow considerably. On a tray of assorted small cakes they look very attractive.

The drain on the housekeeping budget is not felt so keenly if provisions for Christmas cakes, puddings and cookies are ordered over two or three weeks. The time for making them should be budgeted too. Wednesday afternoons are "open house" in our kitchens. Everyone is allowed to experiment in any way she may desire. Very often something totally forgotten or entirely new is the outcome of this freedom. Citron cake was the result of one such spree. I am very fond of citron. It is such a delicate green, and tends to keep moist this cake which bears a resemblance to pound cake. It will keep for weeks.

Citron Cake

Cream one cup butter with 1 1/2 cups sugar until it is so creamy it is nearly white; add 6 eggs one at a time beating thoroughly between each addition. Sift in one cup flour and the grated rind of 2 lemons and add the juice of 1 lemon—beat thoroughly again. Cut in 2-3 cup milk alternately with 1 1/2 cups more of flour which has been sifted with 1 teaspoon baking powder. When all is well beaten and blended and creamy add 1 1/2 cups finely sliced citron peel which has been very lightly floured. Bake in buttered and papered loaf pan in a slow oven. It will take at least 2 hours to bake it slowly. The top of the cake may be flattened with a spatula and thin slices of citron laid on, before it is put in the oven.

You can readily imagine this cake cut into lady finger strips and placed on a dainty cake plate ready to serve during the Christmas season with ginger ale, grape juice, punch tea or coffee to the unexpected caller, or for a company supper. Now for my little German pepper nuts.

Pepper Nuts

Two cups sugar, 4 cups flour, sifted, grated rind from 1 lemon, 1-2 cup citron peel, 5 eggs, 1 tablespoon cinnamon, 1-2 teaspoon cloves, 1-2 tablespoon mace, 2 teaspoon baking powder, 1-2 cup chopped and blanched almonds. Sift together the flour, sugar and spices and baking powder. Add the grated lemon rind and citron and nuts. Beat the eggs slightly and add to the dry mixture. Cover and let stand overnight. In the morning work into the dough just enough flour that it may be made into rolls one inch in diameter and 2 feet long. Cut these rolls into pieces 1 inch long. Roll these into balls in the palms of the hands and brush each one with white of egg, and bake on floured sheets in moderate oven of 350 deg. Fahr. until they become a delicate yellow. Store at least a week before using.

Such innovations as the above in our Christmas baking will be tried and welcomed by many of you, but whatever else we make everyone wants a dark fruit cake too and if I do not publish the recipe I will be beset for it "by return mail please" in a week or so.

Christmas Dark Fruit Cake

One pound citron peel, 1 1-2 pounds candied cherries, 1 pound candied pineapple, 3 pounds seeded raisins, 1 pound currants, 1-2 pound blanched almonds, 1-2 pound sifted flour, 1 teaspoon each baking powder, cinnamon and nutmeg, 1-2 teaspoon cloves, 1-2 pound butter, 1-2 pound brown sugar, 6 eggs, 1-2 cups cider. Slice the first three fruits to very fine shavings. Wash and dry currants and raisins. Chop the blanched almonds or leave whole as desired. Mix all together. Sift the flour, baking powder and spices together, and mix the fruit and flour mixtures together thoroughly. Cream the butter and add the sugar and

blend together well. Add the beaten egg yolks and beat again. Add the fruit and flour mixture alternately with the cider to the butter mixture. Beat the egg whites until stiff and dry and combine with mixture. This mixture will fill four bread pans, 4 1-2 by 8 1-2 inches. They should be lined with unglazed paper. Grease the paper and sides of the pans and fill the pans about 3-4 full. Place the pans on the rack in the steamer or roaster (see note below on steaming) and fill to depth of 3-4 inch with boiling water. Cover and steam for 2 1-2 hours. If steaming in oven, oven thermometer should register 275 deg. Fahr. Remove from steamer and bake for 1-2 hour longer at same temperature. This will make about 10 pounds of rich fruit cake.

To prove that I too cannot forget there is a Depression, here is a cheaper fruit cake:

Depression Christmas Fruit Cake

One pound seeded raisins, 1 1/2 cups water, 1 1/2 cups sugar 1/4 cup butter 2 1/2 cups flour, 1 teaspoon baking powder, 1 teaspoon soda, 1-2 teaspoon salt, 1 teaspoon cinnamon, 1-2 teaspoon cloves, 1-2 teaspoon allspice, 1 cup nut meats, 1-2 cup citron, 2 eggs. Wash the raisins and cook them with the water and sugar for 5 minutes. Add the butter and set aside to cool. Sift the flour, baking powder and salt, soda and spices together. Chop the nut meats and cut the citron peel into fine shavings. Then add them to the flour mixture. Beat the eggs until very light and fluffy, and add the raisin mixture, then the flour mixture, and stir for at least 10 minutes. Pour into well-greased tube pan and bake at 325 deg. Fahr for 1 1/2 hours. This will yield a 3 pound cake.

I have often been asked if a rich white fruit cake could not be made to remain as moist as some of the dark ones. It certainly can if steamed and just stuffed full of moist pale colored fruit such as sultana raisins, candied pineapple, cherries, citron peel ginger, etc.

Moist White Fruit Cake

One pound each flour, butter and sugar, 10 eggs, 1 pound nuts, 1-2 pound pale sultana raisins, 1-2 pound candied pineapple, 1-4 pound thinly shaved citron, 1-4 pound finely chopped preserved ginger, 1-4 pound drained maraschino cherries, 1 teaspoon baking powder, 1 grated nutmeg, 1-2 cup cider. Reserve 2 cups sifted flour and use it for dredging the fruit and nuts which have been thinly sliced and chopped. Cream together the butter and sugar and add the well beaten eggs. Add the remaining flour with which has been sifted the baking powder and nutmeg, and the dredged fruit, and cider and mix thoroughly.

This amount will fill 3 pans 4 1-2 by 8 1-2 by 3 inches, lined with unglazed paper and greased. Steam and bake same as Christmas Dark Fruit Cake above. This amount will make six pounds.

(To Be Continued)

Mr. C. C. Seeligson, financier, of Perth, who died in June at the age of 39 years, a martyr to asthma, left \$5000 the income of which is to accumulate until such time as a school of medicine is founded at the University of Western Australia, "to provide for research work in medical science, in particular for work directed towards the discovery of a cure for asthma."

RHEUMATISM

You'd never think he'd ever had it.



Mr. D. J. Beeton, Ont., writes: "I was almost completely knocked out by painful rheumatism, stiffness, headaches and bad stomach. I could scarcely work. Finally I tried Fruit-a-tives. In a short time all my pains and aches were gone. I call myself a new man." The superiority of Fruit-a-tives over ordinary remedies rests on the fact that it stimulates FIVE vital organs to work naturally. It is a complete, natural remedy, the discovery of a brilliant doctor. At all druggists, 35c and 50c. Fruit-a-tives MAKE AND KEEP YOU WELL.

Would Make Them Good Sports Dorothy Dix What Every Girl Should Know

Mothers, Teach Your Daughters Charm, Graciousness and Tact, for These Will be Her Best Weapons Against Life—Keep Her Innocent, But Not Ignorant, and Teach Her to Make Her Own Living

"If you had a little daughter, what would you teach her?" asks a mother.

Well, I think I should begin by trying to teach her the fine art of being a woman. This is a most neglected branch of study and one that is not taught in any of our institutions of higher learning. Most girls are so busy trying to dress like boys and talk like boys and smoke and drink like boys and play and work like boys and generally make imitation men of themselves that they overlook the fact that the only women who really succeed are the feminine shoemakers who stick to their lasts and turn out a really first-class job of woman.

So I would try to put into my daughter's hands a woman's weapons with which she can best fight

the battle of life. These are Charm, Graciousness and Tact. I should teach her from the cradle that no woman can afford to be ugly or uncouth or have bad manners. I should teach her to develop her body until it was lithe and strong, to take care of her hair and complexion and to make the most of such good looks as God had seen fit to bestow upon her.

I should teach her how to dress, because beauty is in the eye of the beholder and is just as often a chignon scarf as a peaches-and-cream complexion. I should see to it that in childhood she acquired the reading habit so that she would carry an interesting line of conversation and never be a Dumb Dora.

Then I should drill her from her infancy up in graciousness and good manners. I should teach her how to smile, how to be cordial, how to make the little gestures that make friends at sight, how to be appreciative, to show people the little attentions that they value so much beyond their worth.

Then I should begin in the kindergarten to teach her how to be tactful. To think before she spoke and never say the blundering things that would vanish or turn the searchlight on old shames. I should teach her how to walk around a stone wall instead of butting her brains out against it. I should teach her how to sidestep arguments. How to apply soft soap instead of wielding the hammer and how to handle people with gloves.

And when I had taught my daughter to be charming and sweet and gracious and tactful I would know that I had given her a magic that would work wherever she went and that nothing could prevail against it.

Then I would teach her some way of making a living, because I would know that that was the best way in which I could safeguard her future. In former days mothers only prepared their daughters for marriage, but now there is no certainty that a girl will get a husband, or if she does, that he will be able to support her. Nor even is there any assurance that he will not grow tired of her and leave her.

So I should see to it that my daughter had the protection that being able to stand on her own feet and make her own way in the world gives a woman. For thereby I should save her from the black despair that a woman feels when her husband dies or is taken sick or deserts her and she hears the wolf at the door and has no way of fighting it off.

Also, I should want to save my daughter from the degradation of having to live with a brute who mistreated her and abused her, because he was her only meal ticket. And I should want also to insure to my daughter the unending joy a woman has in knowing that she is free and independent and able to support herself.

I should teach my little girl what we call "the truths of life" and the sort of place the world is and make her wise to its dangers and temptations. I would see to it that she read the daily papers with their sordid stories of vice and crime so that she might know what is actually happening around her every day and what might befall her if she did not watch her step.

Ignorance is not innocence, and we do not make a road safe for inexperienced drivers by refusing to hang red lanterns at its hairpin turns where it is easy to skid and go over the precipice. No girl of mine would wander by accident down the primrose path. I would have shown her too often how many and how long and sharp are the thorns among its flowers and the feet of the women who have been crucified on them.

And, above all, I should teach my little girl that the greatest temptations she will ever have to resist will come from within, and that the one person who will be the most dangerous to her and whom she must be most on her guard against is herself.

I should teach my daughter to be a good sport. I should teach her how to win without bragging and to lose without whining. I should teach her how to play cricket and to give as well as take. I should teach her how to carry on with a smile when things are going against her, and that the harder the fight the more she must put her back in it. I should teach her that it is just as contemptible for a woman to be a quitter as it is for a man, and that this goes for marriage just as much as it does for business or a profession.

And I should try to teach my daughter to be a good woman. Clean in life. Broad-minded and generous and charitable in thought and deed. Sweet and gentle. Loving and sympathetic. For that is the kind of woman the world needs. DOROTHY DIX.

IN MEMORIAM

ELSIE JEAN MCNEILL

"Budded on earth, to bloom in bloom in Heaven." On September 7th, the Angel of Death visited the home of Mr. and Mrs. Frank McNeill, Cardigan, and claimed for its own their youngest daughter Elsie Jean. Not three years have passed since their eldest, son Windsor was taken thus, piercing again the wound which Time had scarcely healed. Elsie was the baby of the family and her death at the tender age of nineteen is especially sad and hard to understand. The deceased was born at New Perth but when only a few years old the family moved to Cardigan where she attended school, and later spent two years in Prince of Wales College but did not live to practice her chosen profession God having called her to a higher field of service. Elsie had never been very robust but for the past couple of years

had been in splendid health until February last when she contracted the "flu" which caused other complications. Several local doctors treated her but without result; she then entered the P. E. Island Hospital where different doctors tended her but all medical treatment and careful nursing were of no avail. After spending eight weeks in the hospital she returned home to prepare for a trip to Montreal for further treatment but she was home only a few days when it was learned with deep sorrow that her gallant fight was nearly over and in less than two weeks she had passed beyond the veil. Elsie although reserved in manner had a very sweet and gentle disposition, one whom to know was to love. She possessed many of the qualities which constitute a faithful friend. But above all she was ever a sincere and devoted Christian and during her illness was never known to complain but realized her suffering was part of the

Miss Jessie Marie De Both makes her delicious

Apple Dumplings

with Magic Baking Powder



"When a young housewife asks me what baking powder she should use," says Miss De Both, director of the famous De Both Home Makers' Cooking Schools, "this is my advice: Use the best—one that is pure, uniform and invariably dependable. You can't use second-rate baking powder and expect first-rate results."

"My experience with Magic has been particularly happy. I find that it never varies—that it is consistently reliable. And I know it is pure, and free from harmful ingredients."

Statements by other well-known cookery authorities give whole-hearted support to Miss De Both's judgment.

In fact, the majority of dietitians and cookery teachers throughout Canada use and recommend Magic exclusively.



Made in Canada

Apple Dumplings 1 quart flour 1 1/2 cups milk 2 teaspoons Magic Baking Powder 1/2 teaspoon salt 2 tablespoons butter

Sift into a bowl flour, baking powder and salt. Rub in the butter. Add cold milk to make soft dough. Turn out on to a floured board and roll into a sheet. Cut in squares. Peel and core the apples. Place an apple on each square of dough. Fill the core with a small piece of butter, sugar and a little cinnamon. Fold the dough over, taking care that there are no openings, as the steam inside dumplings cooks the apple while dough is baking. Brush dumplings with a little cream, and place in greased pans. Bake in moderate oven at 400° F. about 40 minutes. Serve with cream or hard sauce.



FREE COOK BOOK—When you bake at home, the new Magic Cook Book will give you dozens of recipes for delicious baked foods. Write to Standard Brands Ltd., Fraser Ave. & Liberty St., Toronto, Ont.

Divine plan. "Truly there's a new star up in Heaven."

During her illness she was visited by her pastor Rev. Mr. Gibson and by the different clergymen of Charlottetown while in the hospital.

The funeral which was largely attended was held on Friday at 2.30. After singing "Abide With Me," prayer and the reading of Elsie's favorite psalm the 48th, at the home, the remains were removed to the Presbyterian Church where service was conducted by Rev. Mr. Gibson and Dr. Genge. The service opened with the hymn "Jesus Lover of My Soul," followed by prayer and scripture reading by Mr. Gibson. After singing "Nearer My God to Thee," Dr. Genge, in his usual capable manner delivered a very impressive address taking as his text: "Blessed are the dead, who die in the Lord." The service closed with the Hymn, "Safe in the Arms of Jesus," and the Benediction. At the close of the service the casket covered with beautiful flowers was taken to the rear of the church where the large congregation took its last fond look at our dear departed sister. The remains were then taken to the cemetery adjoining the church where her body was committed to the keeping of Mother Earth until the day break and the shadows flee away.

Besides her sorrowing parents she leaves to mourn two brothers, Lynwood at home, and Harvey of the National Shawmut Bank, Boston, who was home for the funeral, also one sister Florence.

The pallbearers were mostly all school pals of Elsie's, viz: Earl Herbert and Charles McDonald, Leith Scrimgeour, Norman McKenzie, Percy Sullivan and Cyrus Shaw drove the hearse.

Elsie's grandmother McNeill, still living and smart at the advanced age of 89 years. Both have the same birthday Oct. 31st. Following are floral tributes:

Wreaths: The Douglas Family; The McDonald Family; Mr. and Mrs. Archie McPherson; Mr. and Mrs. Sam McPherson; Annie and Minnie McPherson; Bella Robertson; Mr. and Mrs. C. H. McNeill; Emma Lamont and Mrs. McPherson; Mr. and Mrs. Colin McEachern.

Sprays: The Brother's Family; Mr. and Mrs. W. Agnew and family; Mr. and Mrs. W. Buchanan and family; Mr. and Mrs. Arthur McNeill; Grace Lewis; Mrs. J. M. McKenzie and Mrs. A. R. McKenzie.

Crescent: The family; Mr. and Mrs. H. Gurney.

Pillow: Tena Hume and Hattie Donald; also several bouquets and messages of sympathy.



Get Rid of That SORE THROAT!

Any little soreness in the throat grows rapidly worse if neglected. Crush some tablets of Aspirin in some water, and gargle at once. This gives you instant relief, and reduces danger from infection. One good gargle and you can feel safe. If all soreness is not gone promptly, repeat. There's usually a cold with the sore throat, so take two tablets to throw off your cold, headache, stiffness or other cold symptoms. Aspirin relieves neuralgia, neuritis, too. Use it freely; it does not hurt the heart.

ASPIRIN

TRADE-MARK REG. IN CANADA

