

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

Canadian Cookery For Canadian Women

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

Raisin & Rhubarb Jam

Five cups diced rhubarb, 2 cups raisins, 5 cups sugar, 1 lemon, grated rind and juice. Cover rhubarb with sugar and let stand several hours. Bring to boiling point and cook slowly for 20 minutes. Add raisins and lemon and cook ten minutes. Seal in sterilized jars.

ECONOMICAL SUPPER MENU

By Mary Moore

Deep beef pie; shredded cabbage salad; baked apples.

Deep Beef Pie

We purchased 1 pound of stewing beef for 6 cents and cut it into 1 inch cubes and rolled the pieces in a little flour. In the frying pan put 2 tablespoons bacon drippings and slice 4 large onions into it and fry gently for 5 minutes, then add floured beef cubes and fry them gently for a few minutes and add 3 cups of boiling hot water and cover and simmer gently for 1 1/2 hours. Peel 4 large potatoes and cut into 1 inch cubes and add them to the meat. Pour into deep baking dish and cover with crust made as follows: To 1-2 cups flour add 3 teaspoons baking powder and 1/2 teaspoon salt. Into it rub 4 tablespoons lard with the finger tips and add enough water (or milk) to make a soft dough. Roll out on floured board to about 3-8 inch in thickness. Cut incision in centre and place over meat. Bake in oven of about 350 deg. Fahr. for 25 minutes or until potatoes are tender and crust is golden.

The above pie could be made from left over roast beef or pork—in which case it need not be stewed so long.

Since the oven is to be heated to make the pie it will be a small matter to core some apples and put a little brown sugar and cinnamon in the centre and put them in a pan with a little water and baste them occasionally until tender.

The shredded cabbage salad was particularly good because we shredded it and crispened it in salted water for an hour before serving. Drain it well and dry on towels.

LENTEN RECIPES

By Mary Moore

The following recipes are interesting because of their use of nuts in savory dishes.

Pecan Nut Loaf

One cup hot boiled rice, 1 cup pecan nut meals, finely chopped, 1 cup cracker crumbs, 1 egg, 1 cup milk, 1-2 teaspoons salt, 1-4 cup teaspoon pepper, 1 tablespoon melted butter. Mix nuts, rice and cracker crumbs; then add egg which has been well beaten, milk, salt and pepper. Turn into buttered small

bread pan; pour over butter, cover and bake in a moderate oven one hour. Turn onto hot platter and pour around the following sauce:

Cook 3 tablespoons butter with two slices onion, 3 minutes, stirring constantly. Add 3 tablespoons flour and stir until well blended, then pour on gradually while stirring constantly, 1 1/2 cups milk. Bring to boiling point and add 1-2 teaspoon salt and a few grains of pepper and strain.

Almond Omelette, Caramel Sauce

Three eggs, 3 tablespoons caramel sauce, few grains salt, 1-2 teaspoon vanilla. Beat yolks of eggs until thick and lemon colored, add caramel, salt and vanilla and cut and fold in whites of eggs beaten until stiff and dry. Put 3-4 tablespoon butter in hot omelette pan, cover bottom with shredded almonds, turn in mixture, and cook mixture over very low heat until well puffed and delicately browned underneath, then place pan in warm oven to finish cooking the top.

Caramel Sauce

Pour 1-2 cup sugar in small frying pan, and stir constantly over heat until melted to a light brown syrup. Add 1-3 cup boiling hot water and stir until blended and let simmer 5 minutes. Pour over omelette just before serving.

Nut and Potato Croquettes

Two cups hot rice potatoes, 3 tablespoons cream, 1-2 teaspoon salt, 1-8 teaspoon pepper, few grains cayenne, few drops onion juice, yolk 1 egg; 1-4 cup bread crumbs, 1-4 cup cream, 1-2 egg yolk, 1-2 teaspoon salt, 1-3 cup chopped walnut meats. Mix first 7 ingredients and beat thoroughly. Cook bread crumbs with cream to make a thick paste and cool, then add remaining ingredients. Shape potato mixture into nests, fill with nut mixture, cover with potato mixture, roll until of the desired length, and flatten ends. Dip in crumbs, egg and crumbs fry in deep fat, and drain on brown paper. Stand in circular form on serving dish and fill centre with a bunch of parsley.

MARY MOORE'S QUESTION BOX

Conducted by Mrs. Mary Moore

QUESTION: Kindly send me recipe for making candied sweet potatoes and how to candy fruits Mrs. T. C. B.

Candied Sweet Potatoes

Six medium sized sweet potatoes, 1-3 cup melted butter, 1-2 teaspoon salt, 1 cup brown sugar, 1-4 cup water. Wash and cook the potatoes with the skins on until tender. Drain, peel and cut in halves lengthwise and arrange in shallow greas-



Spread on bread, all boys and girls love Barbour's peanut butter

Ask your Grocer

General Rules For Candying Fruits

Prepare fruits by washing, peeling, pitting etc, according to which fruits you are candying: pineapples would be pared, cored and sliced; cherries, washed and pitted; etc. cherries, washed and pitted; etc. boiling together one pound of sugar for each pound of fruit to be candied with one cup of water. Boil rapidly together for 15 minutes remove from the fire and allow to stand overnight. The next morning boil for 10 minutes again, and repeat the heating and cooling for 4 days, another day if the water is not being evaporated quickly enough and the syrup absorbed by the fruit. The fruit plumps slowly, and the gradual increase in the density of the syrup caused by the many cookings insures tender fruit which is filled with syrup. After the fruit is transparent and bright lift it from the syrup and arrange on waxed paper and dry in the sun or in oven of not more than 120 deg. Fahr. which is very slow.

For The Cook

SNOWBALL

Take half pound of any dried fruit, such as prunes, figs, dates, and so on, and 1/4 pound of rice. If prunes or figs are used they should be soaked overnight.

Boil rice in plenty of water till tender, then drain. Grease a basin thickly with butter, and press the rice to the sides and bottom till basin is covered. It is easiest to do this if rice is allowed to cool a little first. If too hot it will melt the butter. Put in the fruit, with just a little water to help it to swell. Cover with rice. Tie a greased paper over the top and steam for one hour. Let basin stand five minutes to set the rice. Turn "the snowball" out on a hot dish, and serve with custard or sweet sauce.

PRUNE WHIP

Cook one cup of prunes, stone these and chop them. Whip four egg whites very stiffly, and add half cup of sugar. Whip continually and add to the chopped prunes. If almonds are liked, add some blanched chopped almonds.

Bake this mixture in a pudding dish for about ten minutes in moderate oven. Serve hot with luted custard made of the yolks, or cold with whipped cream.

SPRING TREE PLANTING

Deciduous, that is, broad-leaved, trees should not be planted when in leaf. The planting should be done either in the spring before the leaf buds begin to open or in the autumn after the leaves begin to fall or have been completely shed, says the Tree Planting Division, Dominion Department of Agriculture. The best time is early in the spring as soon as the ground has thawed out. Trees are then quick with new life and if moved can readily provide new feeding rootlets and adapt themselves to changed conditions. The actual planting will vary with the locality and season, but in general it should be done in April or early May.

Tells of Earthquake Experience



PORT CREDIT WOMAN DESCRIBES TERRORS OF QUAKE

Graphic description of the pandemonium and terror which reigned in the midst of the California earthquake has come from Mrs. L. J. Sheather of Port Credit, Ont., who was driving her car on Hollywood Blvd., Hollywood, when the first tremor came. Mrs. Sheather tells of her experiences and the experiences of her daughters, Muriel (1) and Janet (2) when there was terrible "shaking and heaving" accompanied by "a groaning, grumbling noise," and buildings began to crack and crumble.

Baby Moore thrived on Eagle Brand



"WE have a ten months' old baby boy," writes Mrs. D. Moore. "After the first week, we put him on the bottle but he did not seem to thrive. We were advised to try Eagle Brand Milk and for the last two months he has been gaining tremendously. He gained 22 ounces in the first twelve days and is still increasing. I cannot speak too highly of Eagle Brand."



What the Fashionables are Wearing

By Annabelle Worthington



It's the sort of stunning little dress you can wear and wear, and feel smart in.

It slips easily under a coat and is as smart as paint without one when the warm Spring days arrive.

You'll have guessed that the original was in beige rough crepe with quite daring navy crepe for the collar, button and tie girdle.

If navy blue crepe is your choice, it's just as snappy with coral-red trim.

Grey checked woolen weave is chic, with plain toning grey crinkly. Style No. 558 is designed for sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust.

Size 16 requires 3 1/2 yards 54-inch, with 1/4 yard 39-inch contrasting. Price of Pattern 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

Form with fields for No. 558, Size, Name, Street Address, City, State.

"I want a ticket for Virginia," Mose said to the ticket agent. "What part of Virginia?" "All of her," Mose came back. "Dat's her watching my suitcase."

How to Make the Boys Like You Dorothy Dix Gives Ten Rules for Popularity

Be Able to Take 'Em or Leave 'Em if You Want to be Popular With the Boys — Be Easy to Entertain and Adept at Flattery, and Never Tell a Man About the One Before Him

A group of girls ask me how they can make themselves popular with boys. Alas, my children, I know of no sure way of making medicine with which to conjure the fickle masculine fancy, but here are a few hints that, faithfully followed, will be even as a rabbit's foot in your vanity case for bringing you luck in getting dates.

First. Dress your show-window and make it as attractive as you can, because a woman always has to hit a man in the eye to make him see her. You can't be beautiful unless Nature turned you out that kind of a job, but you can look different and interesting and as if you were made to order instead of being one of the mass production of girls. Don't be a copy-cat. Be yourself. Be original. Do something that will make you stand out in the picture instead of just being merely one of a group.

Second. Adopt the I-can-take-'em-or-leave-'em attitude with boys. Be neither a boy-chaser nor Lady Disdain. If a youth shows you any attention, register pleasure in his society and make him feel that you are having the time of your life, but don't throw fits of gratitude because he has noticed you. Boys are not altruists and they never ask a poor little neglected wallflower to dance because they are sorry for her, or spend their money on a lemon, nor do they date up the deatless.

Third. Be easy to entertain. Learn to talk. Don't sit up dull and silent as a dummy and make a boy work his head off to keep a conversation going with you.

If you can't do anything else ask him questions about himself. They are good feed lines, as they say on the stage, and will start your escort off on a congenial topic. If you can't do anything else, at least acquire the art of listening attentively with an absorbed expression on your face. Go easy on a boy's pocketbook. Suggest going on the street cars or walking instead of hiring taxis. Pick out cheap places to go to instead of expensive ones. Eat enough to last you until you get back before you leave home. Feed the boy friend instead of expecting him to feed you and he will be eternally grateful to you.

Above all, never draw invidious comparisons between the entertainment a boy is offering you and the kind some other man gave you. Don't tell the boy who is taking you out in his flivver about your young Gotrocks. Tell Royce or remark when one lad is offering you sandwiches and a soft drink about young Croesus' champagne and lobster newberg. The boy who is taking you out to repay the boy who is giving her the best he has is to appear to enjoy it.

Fourth. But when you talk, don't talk about yourself. Women like to explore a man's mind and hear all the details of his life and to tell what he thinks, but no man in the world wants to hear a woman talk about herself. The only women spellbinders are those who talk to men about themselves. And never tell a man about the other men you have known nor boast of your conquests. He regards that as bad sportsmanship and is afraid that he will be Exhibit 35 in your display of scalp.

Fifth. Don't be clever except indirectly. The really smart women are the ones who never let a man find out how smart they are. They never correct a man when he makes a mistake or set him right on any point on which he is ignorant and they never NEVER let him even suspect that they know more than he does, unless they have made up their minds to be old maids.

If heaven cursed you with the gift of wit, suppress it when you are with boys. Never wisecrack with one or he will leave you flat for fear he may be the next victim you stab with your cutting speech. Many a girl slays her popularity with her tongue.

Sixth. Learn how to be an expert flatterer. Some men you can apply soft soap to with a trowel. Others have to be given it in homopathic doses sugar-coated with an appearance of grudgingly won admiration. Some men want to be told how big and wonderful and handsome they are and have their accomplishments celebrated with a brass band. Others are flattered by being praised for the thing they are not, as, for instance, a homely man desires to be told how fascinating he is to the ladies, or a successful business man yearns to hear that his doggerel is great poetry and that he should have given his life to writing verse instead of selling groceries.

Seventh. Never tell a man everything you know or turn out for his benefit your whole little bag of tricks. Always keep a surprise up your sleeve and have him guessing as to what you will do next. The reason men tire of women is because they get to know them too well and there is no novelty left.

Eighth. Ask a man's advice. Make him feel that you are dependent upon him. After all, the clinging vine is still man's ideal of womanhood and it still gets in its work. Only the wise vine drapes herself just enough about a man to make him feel that a sturdy oak he is. She doesn't make the mistake of hanging around his neck so tightly that she chokes him and gets to be a burden.

Ninth. Study your man and vary your technique to suit your subject. Some men like to be chased. Others are born chasers themselves. It gets some men to know a woman is in love with them. Others it repulses. So change your method as the occasion requires.

And finally, children, remember that selling anything is hard work, and that if you want to be popular with boys you will first have to break down their sales resistance and then convince them that you are exactly the article they want and they can't be happy until they get you.

DOROTHY DIX.

Children's Colds Checked without "dosing." Rub on VICKS VAPORUB OVER 21 MILLION JARS USED YEAR

Housekeeping Hints That Will Help You

1—A teaspoonful of cornstarch added to the scrambled eggs will make them go twice as far. Three eggs, one and a half cups of milk, a teaspoonful of cornstarch and a half teaspoonful of salt will make a breakfast for six.

2—When measuring a half cup of fat it is much easier if you first fill the cup half full of water and then add sufficient fat to bring the water up to the one cup line.

3—A piece of waxed paper is the best thing to use when sifting flour several times, as it is much easier to get the flour back into the sieve from it than from a bowl.

4—To mix flour, sugar and baking powder, put them all in a paper bag and shake them well back and forth.

5—In opening a bag of sugar or flour, if you place the bag so that the looked stitch of the string is towards you, it will unravel quite easily.

6—When brown sugar becomes lumpy, if it is put in a covered pan in which there is standing a cup of water, and then placed in the oven a few minutes, it will soften and can be rolled quite easily. It is best to keep it in a covered jar.

7—Water that rice is boiled in is excellent for starching muslins.

8—Onions baked in their jacket like potatoes are very delicious.

9—The easiest and quickest way to clean silver is to put two quarts of boiling water in an aluminum pan. Then add a teaspoonful of soda and one of salt. Put in the silver and leave about ten minutes, and then scald and polish. You will be surprised at the difference.

10—Fruit or vegetable stains on the hands can be removed with a crust of bread soaked in vinegar.

Hicks: "I hear that Mrs. Skinnem, our old landlady, is dead."

Wicks: "Yes, and as you used to be considered our boarding house poet, the duty devolves on you of writing her epitaph."

Hicks: "Oh, I have it—'ashes to ashes.'"

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