

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

Canadian Cookery For Canadian Women

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

Chocolate Flavor Has a Strong Appeal

By Mary More. When you read this note you will be glad that you have the personal supervision of your own children regardless of how flat your pocket-book may be.

"Dear Mrs. Moore: I have a little girl three and one half years old who weighs only 30 pounds. As I am in service and have to pay for her board in a friend's home I cannot know everything she gets to eat. She does not want milk unless it is some shade of brown. The people who look after her are sometimes careless about making cocoa, or using some of the canned chocolate drinks, and they color her milk with coffee, which I feel she is too young to drink.

"Now I would like to know if I could prepare something or buy something in liquid form like a concentrated cocoa that they could use by the spoonful, to conveniently color and flavor her milk. I shall be obliged for any suggestions you can give me to make her fatter. A. F. R."

We did work out a formula for this perplexed mother. It is a cocoa syrup which may be used for flavoring milk drinks and puddings, or as a sauce for ice cream—in fact, wherever you may wish to use chocolate or cocoa in liquid form.

Cocoa Syrup

Six tablespoons good brand cocoa, 3-4 cup sugar, 2-3 cup water, 1-2 teaspoon salt, 1 teaspoon vanilla. Mix cocoa and sugar and salt together thoroughly, add water, stirring until the dry mixture is dissolved. Place over heat, bring to boiling point and boil 5 minutes. Add vanilla. If this syrup is sealed it will keep indefinitely. If it is kept in a cool place it has been known to keep for two weeks, without fermenting.

To flavor a milk drink for a child who objects to drinking milk in its natural state, add 1 teaspoon of this mixture to 1 cup milk and stir until blended.

Use the syrup in its concentrated form as a sauce for ice creams or puddings.

We have been discovering all kinds of interesting uses for chocolate and cocoa in addition to some old favorites, and when we turned out chocolate tapoca, it met with that kind of a welcome which makes cooking so worth while.

Do try it for a company dinner served in tall stemmed glasses. It looks so attractive and costs so little.

Chocolate Tapioca Cream

One and one half squares unsweetened chocolate broken or shaved, 1-2 cup quick cooking tapioca or 1-4 cup pearl tapioca, 1-3 cup sugar, 1-8 teaspoon salt, 3 cups milk, 1 egg, 1 teaspoon vanilla, shredded coconut for garnishing. Melt chocolate over hot water. Scald milk in double boiler and add chocolate, tapioca, sugar and salt. Cook until tapioca is clear, stirring frequently. Pour small amount of cooked mixture over beaten egg yolk, stirring constantly. Return to heat and cook for one more minute. Remove from heat and add vanilla and fold in stiffly beaten egg white. Chill in glasses in which it is to be served, sprinkled with shredded coconut.

Maybe you have wondered why bulk cocoa is so cheap compared to the packaged variety. The answer is that in grading cocoa the chief factor considered is its fat content. When you buy this cheaper grade probably you get value for your money, but, the cocoa will be mixed

with a large quantity of "filler" in the form of starch and finely ground cocoa shell. Cocoa sold in bulk has an average fat content of about 14 per cent while the standard for canned and labelled brands is 22 per cent fat content.

It is the "cocoa butter" or the fat of cocoa which is the highly nourishing element. It is desirable then to use a brand with a high fat content.

Cocoa contains a stimulating property known as theobromine, just as tea and coffee contain their caffeine respectively and should not be given to very young children. However, this stimulating property is very slight and cocoa is considered by experts as an important item in the diet of children over two years of age.

Before being shipped to us the cacao pods are broken and the seeds sorted, fermented and dried.

Roasting, which is the next step in its preparation, is done in Canadian factories. Care is essential in order to toast the cocoa beans evenly and at just the right degree to develop the full flavor yet to avoid the bitter taste which results from overheating. The shell is removed, the beans crushed, and the small hard germs discarded. In this form it is known as "cracked cocoa" and from this our powdered cocoa is made.

These nibs are thoroughly crushed and pressed to remove excess fat known after extraction as "cocoa butter." The remaining mass is pulverized and made into a fine powder, the greatest care being taken to preserve the characteristic color, aroma and flavor.

DV's Food (With Fluffy Frosting and Bitter Chocolate)

Prepare first four ingredients first—1 cup grated chocolate, 1 cup brown sugar, 1-2 cup milk, yolk 1 egg—melt chocolate in top of double boiler; then add other ingredients stirring until thick, then set aside to cool. One-half cup butter, 1 cup sugar, 4 eggs, 3 cups cake flour, 1 teaspoon soda, 1-2 teaspoon salt, 1 cup sour milk, 1 teaspoon vanilla, 1 teaspoon baking powder. Cream the shortening, and add sugar creaming well, then add eggs one at a time, beating well between each addition. Sift flour with baking powder, salt and soda and sift in alternately with the milk. Then add the chocolate mixture and vanilla and beat again. Bake in square cake tin in oven of 325 deg. Fahr. (never higher) for one hour. Frost with

Fluffy White Frosting

Two cups sugar, 2-3 cup hot water, 1 teaspoon vanilla, whites 2 eggs. Dissolve sugar in water and boil syrup until it will thread from top of spoon (244 deg. Fahr.). Beat slowly into stiffly beaten whites, add vanilla and beat until it will hold its shape softly. Spread on cake working quickly, then immediately spread it with four squares of melted bitter chocolate to give a bitter sweet effect.

(To Be Continued)

MILLVALE SCHOOL

Standing for Millvale School for month of November: Grade X—1 Cletus Murphy and Cecil Macdonald equal, 2 Oswald Murphy. Grade IX—1 Edna Trainor. Grade VIII—1 Ella Murphy, 2 Reta Murphy, 3 Ruth Murphy. Grade V—1 Reta Trainor, 2 Leonard Murphy, 3 Francis Hill. Grade III—1 Bernice Murphy, 2 Verline Parsons, 3 Vernon Murphy, 4 James Murphy, 5 Lillian McInnis. Grade II—1 Nelson Hill, and Leslie McInnis equal. Grade I—1 John Parsons, 2 Patrick Murphy, 3 Helen Murphy. Perfect attendance—Bernice Murphy, Ella Murphy, Leona Murphy, Ruth Murphy, Eunice Murphy, Helen Murphy, Cletus Murphy, Aeneas Murphy, Oswald Murphy, Verline Parsons, Lillian McInnis, Reta Trainor, Cecil McDonald. Highest average, Bernice Murphy.

NORTH TRYON SCHOOL

The following is the report of the North Tryon School for October and November. Grade IX—1 Bernice Dixon, 2 Helen Lord, 3 Cicely Leard. Grade VIII—1 Mu'iel Dawson, 2 Jessie Leard, 3 Helen Chisholm. Grade VI—1 Jean Delaney, 2 Lillian Thompson, 3 Lella LePurgey. Grade IV—1 Ruth Delaney, 2

MICMAC TRIPLE SEALED TEA Quality-Strength-and Freshness. Brown Label 40c lb. Red Label 50c lb.

A Morning Smile

During a spirited political campaign in London a candidate was prevented from keeping one of his speaking appointments and sent a substitute. The proxy turned out to be lacking in lung power as well as strongly partisan. A hearer on the floor rose and cried, "Speak louder, I can't hear." That brought to his feet a malcontent in the balcony who shouted, "Did you say you can't hear?" "Yes, that is what I said." "Then answered the balcony listener, "thank Heaven and sit down."

"Can any of you," the teacher asked, "tell me what 'ambitious' means, and give a sentence to illustrate?" A bright little Negro held up his hand. "know, sah! It's fibbing. Mos' fish stories am ambitious!"

GLEN VALLEY INSTITUTE

The annual meeting of Glen Valley Women's Institute was held at the home of Mrs. H. P. Abbott on Nov. 9. Meeting opened by singing O Canada and repeating creed after which roll call was responded to with patriotic verse and paying annual dues. Minutes of October meeting were read and adopted. Minutes of last annual meeting were then read and approved. The secretary then read an itemized account of the business done during year showing that the Institute had purchased a book case for school library, also had financed the material for a fence around school, (the men of district doing the work) as well as a number of smaller items. Committees brought in reports of some small needs for school and sick visited. The following officers were then elected for coming year: President, Mrs. H. P. Abbott; vice president, Mrs. Stirling McLean (re-elected); secretary, Mrs. W. A. McDowell (re-elected); auditors, Mrs. H. Nicholson, Mrs. Spurgeon McLean; Directors, Mrs. C. Higgins, Mrs. H. McPherson, Mrs. M. Gillis. A vote of thanks was tendered the retiring president, Mrs. McKenzie, after which a short programme was carried out. Next meeting to be held at Mrs. Spurgeon McLean's roll call to be answered with a Christmas Suggestion. Meeting closed with the National Anthem, after which lunch was served by the hostess and a social half hour followed.

Alex Dawson, 3 Bertram Thompson. Grade II Sr.—1 Martha Dawson, 2 Mildred Thompson, 3 Doris Delaney. Grade II Jr.—1 Earl Mayhew. Grade I (a)—1 Warren Delaney. Grade I (b)—1 Marion Leard, 2 Gertrude Inman, 3 Vessie Dawson. Grade I (c)—1 Ralph Cobb, 2 Carl Mayhew, 3 Heath Cobb. Perfect attendance—Bernice Dixon, Helen Chisholm, Marjorie Muirhead, Jessie Leard, Ruby Delaney, Vessie Dawson, Gertrude Inman. —Margaret E. Waller, Teacher.

Stubborn Colds are Dangerous. Take SCOTT'S EMULSION of Norwegian Cod Liver Oil. To Build Resistance Easy to Digest.

Dorothy Dix Letter Box

Call Monopolizing Mother's Bluff and Marry, Dorothy Dix Advises Broken-Hearted Couples. Superstitious Wife Needs Head Examined

Dear Miss Dix—A fine young man, 32 years old, at last found the right girl, won her heart, became engaged and then broke the engagement because his mother is violently opposed to his marrying, not this girl, but any girl. Both the girl and the young man are broken-hearted. What can be done? What do you think of him? Of his mother? ENRAGED AND WORRIED.



Answer: The thing to be done is to say no more to the mother, but for the young man to take his girl by the hand and step around to the parson and get married forthwith.

Of course there will be a pretty scene. The mother will rage and have hysterics. She will accuse her son of ingratitude and tell him how much she had done for him and that he has rewarded her by breaking her heart and so on and on. Probably she will tell him that he has killed her and that she is going to die, but she won't. In a little while the storm will blow over. She will dry her eyes and accept the situation, since she cannot change it, and by the time there are grandchildren she will be thinking she made the match.

There is really no other more despicable figure in the world than the woman who is so utterly selfish that she is willing to ruin her children's lives in order to gratify her morbid mother passion. Her love for her children is not a beautiful, wholesome, natural affection. It is a neurotic emotion, something dark and sinister, that curses instead of blesses.

A real mother is a woman who is filled with tenderness and devotion to her children. She gives herself without stint to them. She watches over them night and day during their infancy, but she realizes that they must grow up and become men and women and fulfil the destinies of men and women, and when the time comes for them to go into the world, she does not seek to hamper or hinder them. Instead she sends them forth gladly and proudly with her godspeed ringing in their ears.

The real mother does not try to stunt her children and keep them perpetual babies, dependent upon her. Instead she teaches them to stand upon their own feet, and she develops them into intelligent men and women, capable of using their own brains and intelligence and judgment. Her love does not cause her to make morons of them. Nor does the real mother makes herself an old woman of the sea around her children's necks. She tries to be as little of a burden to them as possible and to leave them free to do their own life work.

But, unfortunately, there are a large number of mothers who do not take this big, broad view of motherhood. They make of motherhood a graft. They enslave their children to them. They bind their sons and daughters so tightly to them with the bonds of filial duty that the poor bewildered youngsters are afraid to break them lest they commit a mortal sin. These mothers use any weapon, however unfair, with which to beat their children into submission.

With tears, with reproaches, with all health, with age, with threats of dying they cow the poor, wretched son or daughter, who assets some right to his or her own life, into submission. I have known families who have been waiting for forty years for mother to die, so they could do what they wanted to do and have a little liberty. I know a man who shut the door of opportunity in his life because his mother, who was barely 40, implored him not to go and leave his poor old mother who wouldn't be here long, anyway.

You see these selfish mothers and their victims around everywhere. Mothers who have kept their children tied to their apron strings and refused to let them go where fortune called them because they could not bear to be parted from them. Mothers who refused to let their children marry because they could not endure the thought of their sons and daughters loving any one else better than they did them.

We all know crochety old women with withered, dried-up daughters who have never had as much personal freedom as a dog on a leash, who have done nothing but be maids to their mothers all their lives. We all see old women with old bachelor sons dancing attendance upon them, always fetching and carrying for mother, taking mother around to the theatres or on trips or to concerts until they get to be nothing but old women themselves.

It is nothing uncommon to hear a woman boast that she has made her son or daughter promise not to marry as long as she lives, and you wonder that any one can be such a monster of egotism and selfishness. For these mothers are deliberately cutting their children off from the fullness of life. They are denying them the happiness they had. For they know love and marriage and had the happiness of building their own homes and the joy of having little children's arms around their necks. They had the happiness of that parental love that in its distorted form makes them willing to sacrifice their children to it.

Every grown man and woman must recognize the utter self-centeredness that makes a mother unwilling for her children to marry. They must recognize the injustice it does them, and they are weak and foolish to sacrifice their own lives and that of the men and women who love them to an old woman's whim.

So I say to all such: Don't debate the question with mother another time. Don't let her bamboozle you with her threats of death. Your marrying isn't going to kill her nor even make her permanently unhappy, so call her bluff and lie away to the parson with the girl or man of your choice. DOROTHY DIX.

Dear Miss Dix—My wife has gone to a fortune-teller and has accepted everything that she has been told as the truth. This fortune-teller told my wife that I will die in a short time and she will marry an old sweetheart. Now we have been married twenty years and have been perfectly happy together, but this has completely upset my wife. She accepts it all as gospel truth and thinks she should save herself and her good looks for this other man. I feel that I cannot face the future with this trouble. C. C. R.

Answer: Any woman who takes what a fortune-teller says to her seriously should have her head operated on for the sillies. There is something the matter with her mind. She simply isn't all there, or else she would have sense enough to know that these women who pretend to forecast the future know no more about what is going to happen than we do.

Call your wife's attention to the fact that these seeresses are invariably poor, shabby women, who live in squalid, frowsy rooms that always reek of the corned beef and cabbage of the last meal. Ask her why, if these women can foresee the future, they are so poor? Why, if they could 'only look' as far ahead as day after tomorrow and see what the stock market is going to do, they could make millions and live in palaces and ride around in limousines. They wouldn't have to be telling fortunes for 50 cents or \$1 per fortune.

As for telling your wife that she is going to lose her husband and that she is going to marry an old sweetheart, that is simply a stock-in-

For The Cook

NUTS FOR FLAVOR

For their very, special flavor and for additional nourishment in any dish, pecans, walnuts, almonds, pistachios and peanuts belong in seasonal dishes at this time of the year. Homemakers will welcome the following recipes to their files, for they are designed to use nuts in dishes where the flavor combination has been carefully worked out.

Honey Cake

4 cups flour. 1 pound honey. 1 1/2 cups sugar. 1 cup triple strength coffee infusion. 1/2 pound almonds. 1 teaspoon soda. 2 teaspoons baking powder. 4 eggs. Let honey, coffee and sugar come to a boil. Scald almonds. Peel, drop into flour, sifted with soda and baking powder and mix well. When the honey mixture is cooled, take half the amount and mix with flour. Add the egg yolks. Beat the whites of the eggs until stiff and fold into the above mixture. Bake in slow oven (325 degrees F.) for one hour. This makes a medium sized cake.

Coffee Delight

1/2 cup hot coffee, triple strength. 1/2 pound marshmallows. 1/2 pint cream. 1/2 cup finely chopped orange peel. 1 cup chopped black walnut. Cut marshmallows into quarters and pour over them the hot coffee. Stir until dissolved and allow to cool. Whip cream and fold into the first mixture along with nuts and orange peel. Chill well before serving. This serves four to six.

CUMBERLAND HILL W. I.

The first regular meeting following the Annual meeting for 1932, of Cumberland Hill W. I. met at the home of Mrs. J. J. Campbell, with seven members present. The meeting was conducted in the usual order, the new President, Mrs. Malcolm Livingstone, capably filling her office.

ALBANY VILLAGE SCHOOL

Following is the report of Albany Village School for the months of October and November: Grade X—1 Mary Garland, 2 Marjorie Cameron, 3 Mabel Noonan 4 Olive Buchanan. Grade IX—1 Layton Green, 2 Bernice Buchanan, 3 Kathleen Bassett 4 Olga Green. Grade VII—1 Hilda Nuttall, 2 Clara Noonan, 3 Jeannetta Noonan, 4 Annie Cameron. Grade III Sr.—1 Florence Cameron, 2 Geo. Noonan, 3 Ralph Francis. Grade III Jr.—1 Helen Trainor, 2 Sheldon Cameron, 3 Ralph Walsh, 4 Betty Green and Doris Trainor. Grade II—1 Dorothy Walsh and Eldon Green, 2 Lorraine Noonan, 3 Wm. Arsenault. Grade I Sr.—1 Mildred Dawson, 2 Jennie Dawson, 3 Harry Noonan. —Principal, Raymond Shreanan, Assistant, Hazel Green.

GIRL DEBATORS ARE TO VISIT DALHOUSIE

HALIFAX, Dec. 14—Under the auspices of the National Federation of University Students, a Dalhousie girls' team will meet a team composed of a girl from McMaster University, Hamilton and one from the University of Toronto in a debate early in the New Year. They will discuss a question which is growing controversy today "Resolved: That Radio Broadcasting Does More Harm Than Good." The trials for the Dalhousie team, which will uphold the affirmative, will take place immediately after the Christmas holidays.

Study Your Beauty..

How lovely you will be in his eyes—thanks to the velvet-smooth, clinging texture of Pompeian Beauty Powder. And how comforting to be assured of retaining your fresh, radiant loveliness throughout even the most strenuous day. You may pay more for beauty preparations, but you cannot buy better than...

trade prophecy.

They tell every single solitary middle-aged married woman who comes to them the same thing, and if you had gone they would have reversed the genders and told you that your wife was going to die and that you would marry your old schoolgirl sweetheart. Nothing to it. Not even originality. And there is no need for you to go and take out any extra insurance or for her to save herself for the old sweetheart. Likely as not he is married, and if he isn't that your wife wouldn't want him if she should see him again.

The most merciful provision of Providence is that the future is hidden from us, and that we have no way of knowing what is going to be our fate. Otherwise few of us would have the courage to go on living. We would die a thousand deaths anticipating the death of those we love. We could not endure thinking of the sorrow that we somehow find the courage to bear when it really comes to us.

And to no one has God given the power to look through this curtain with which He cloaks tomorrow. Sometimes a fortune-teller makes a lucky guess, but it is only a guess, no better than you can make for yourself. But the harm they do is in upsetting foolish and superstitious women like your wife. That is why in most States fortune-telling is prohibited by law. DOROTHY DIX.

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

By Annabelle Worthington

It's a darling dress for the college girls and debutantes. It has a slim-line skirt with a wrapped effect. And don't you think the collar is really charming? It's so easy to make, and so fascinating when finished. Rough crepe silk and lightweight woollens are especially lovely for this model.

The original chose dark hycacith blue rough crepe silk with the collar in light hycacith shade, accented by dark blue hycacith bone buttons. Style No. 967 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 39-inch contrasting. Price of Pattern 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

Name \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

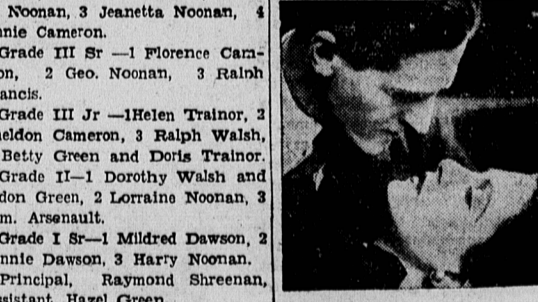
CHERRY HILL INSTITUTE

The December meeting of the Cherry Hill Women's Institute was held at the home of Mrs. Henry Coffin on Monday evening, December 5th, with an attendance of ten members and three visitors. The meeting opened by singing 'Institute Creed' and roll call was answered with Christmas Recipes. Minutes of last meeting were read and approved and reports of committees given. The following committees were appointed: School, Mrs. Henry Coffin and Miss Edith Warren. Sick, Mrs. David Macdonald and Mrs. Wm. Crawford. Three members were appointed to clean the school.

It was decided to make two large fruit cakes, one to be sent to each Orphanage before Christmas. A demonstration by Mrs. Harold Coffin on "Making Crepe Paper Flowers" was greatly enjoyed. A dainty lunch was served and after the tendering of a hearty vote of thanks to the hostesses the meeting closed by singing the National Anthem.

MAPLEWOOD SCHOOL

Standing of Maplewood School for month of November: Grade X—1 Margaret McManus, 2 Ethel Duffy. Grade IX—1 Reta McManus, 1 Johnnie Nantes, 3 Reta Nantes. Grade VIII—1 Mary Creamer, 1 Josephine McManus, 3 James McManus, 4 Russell Nantes. Grade VI—1 Faustina Trainor, 1 Beatrice McManus. Grade IV—1 Linus McManus. Grade II—1 Ester Trainor and Theresia Trainor equal. Perfect attendance: Reta Nantes, Mary Creamer, Faustina Trainor, Beatrice McManus, Linus McManus, Ester Trainor, Theresia Trainor



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