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Simple Supper For An Epicure



A well-balanced meal, skillfully designed and artfully executed, is one of life's better pleasures. It needn't be a great meal — not a fancy menu prepared with a lot of foreign phrases. It's more often made from the humblest kind of food. But it has proportion. It has dignity. It has an air.

There must be a tart to offset the sweet. Something light and crisp to stand beside the richer fare. The colors should contrast pleasantly, the flavors blend, the textures have enough variety to please the tongue, the teeth, the palate.

Such a meal is pictured for you here. It's simple; it's savory; it's a snap to handle. But best of all, it's unique for balance. We start with beans, the truly oven-baked kind that come, ready-to-serve in a sauce of their own — a mellow sauce made of rich tomatoes seasoned skillfully with spice.

For contrast there is Boston brown bread, traditional for its affinity with beans. Part of this is due to similarity of textures, part the flavor contrast between the bean sauce and sweetness of the bread. To offset the two there is a serving of old-fashioned mustard pickles made of cross-cut gherkins, pearl onions and cauliflower.

Besides this is a salad, prepared according to the greens in season. When available, a mixture of lettuce shreds, watercress, and sliced cucumbers or radishes is good. This supplies the something light and crisp and, when marinated in French dressing, adds a pungency that's pleasant. For dessert, serve peaches freshly cooked, canned or frozen. An apple butter topping to the peaches gives a spicy sort of finish. Make it so:

Apple Butter Whip
2 egg whites
Pinch of salt
1 teaspoon lemon juice
1/2 cup apple butter
Beat egg whites and salt with rotary egg beater until stiff enough to form a peak. Fold in lemon juice and apple butter. Pour over peaches. Serves 4.

ELLEN'S DIARY

(Continued From Page 16)

Days are full now from "Jark's song" at morning until the dark comes in over the hills. By day, the cows browse on the new pasture in a near field, while the fat heifers and younger cattle dot a far meadow. Brood sows have the run of the paddock by the pigery and the weanlings regard one roguishly from pens indoors. "How many are we keeping for Summer feeding?" Is a question that has not yet been answered. But the milking may not easily be said; the separating too is now an established chore and loud and insistent lows are heard to remind us of the calves. "Ellen" James said sternly only this evening when I helped at this chore "if your mind had been on your work as it should be the calf wouldn't have gotten away with the pail on his head. You can just scale the fence and get it! Then the next time you'll remember to hold it." Laughing? I echo James curious question. I'm not laughing though something funny comes to mind. Again I'm hearing my American sister say: "Oh no Ellen doesn't work now. You see her family's grown and gone to themselves. She only has James to look after now — yes, her husband."

In the house across the lane, a round white arm is somewhat swollen from grand-daughter's second inoculation and I suppose her sleep tonight will be broken. "But come, Ellen" James says rising "it won't be too long till morning!"

Until tomorrow — Diary — Good-night.

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Islanders I Have Met
By "Islander Abroad"

Learning that Rev. John Murdock, son of the late Gavin Murdock of Murray River, P. E. I., was settled in the Presbyterian Charge in Waterloo, Ont., I contacted him by letter. I wrote requesting him, if he visited Toronto anytime during the week of May 24th-31st, to look me up at the address given. In reply, I received an invitation to visit Waterloo, which I did on Thursday, May 27th.

When I arrived at Kitchener, I phoned the manse from the station, and learned that Rev. Murdock had left that morning, by car, for Toronto to visit me. Not knowing the layout of the twin cities of Kitchener and Waterloo, not being able to return to Toronto until late evening, I waited for Rev. Murdock's return, and wandered into the main part of Kitchener, and gazed upon the passing folk, from the park in front of the City Hall.

I was indeed glad to have a few hours viewing the passers-by for this was the first time I saw any resemblances of P. E. I. When we were at College in Charlottetown, many times, when downtown, seeing the city visitors, we would say, "There are a lot of Islanders in town to-day." The same thought came to me in Kitchener.

Towards evening Rev. Murdock returned from Toronto, and I went with him to the manse, which is in a beautiful location and is one of the finest manses I ever saw.

After tea, we drove on a visit to a Mennonite colony, and to see their church. The church which is low in the past, is quite large on the floor plan, and bears the stern Calvinistic appearance. The layout, in the interior, is exactly the same as Churchill Church, P. E. I., with the pulpit on the side, and seats arranged about it. The praise of the sanctuary is led by a precentor without musical accompaniment. The church building is barren of any adornments or religious embellishments. The pews are the old-fashioned hardwood benches.

The cemetery, as well as the church building show the tastes of these people. They do not believe in expensive and large monuments. The cemetery contains the old-time white, flat slab as markers, and rows of these are seen, with inscriptions in German and Dutch.

After viewing about the church grounds, we contacted a member of the colony, who gave us some history. This particular colony is from Switzerland, hence the Calvinistic touch to their religion; the people are industrious, good farmers, and are law abiding. The religious life of this colony became divided about ten years ago and there are two groups of worshippers, worshipping in the same building at different hours. The split came over the use of cars and telephones. The group that seceded, use cars and telephones, believing, as we were informed, that such use mattered not to those saved by grace, as this was only a sin of the flesh.

Besides this colony of Mennonites in Ontario, there are colonies of Amish Mennonites, who are distinguished from the other groups by dress and in their outward appearances (as men wear beards). By many, the Amish Mennonites are called "hook and eye Dutchmen." Their language is Dutch or German, and they do not believe in the use of buttons of clothing besides this, the women wear instead of hats, black hoods, and the men usually wear black hats, and after marriage do not shave. There are other dress peculiarities, not unlike that of the Hutterites.

The main difference between the Amish Mennonites and the Hutterites is — the Mennonites are private owners, whereas the Hutterites are not private owners. Everything of the Hutterite colony is in a co-operation, or is jointly owned. If one member or jointly wishes to withdraw, he or they leave everything behind, cannot take share. This is colony owned. Though the Hutterites, in their colonies, have private sleeping quarters, there is a common dining hall for the whole colony, and each individual has his or her particular task.

I also learned that there are what might be termed Russian Mennonites. They went to Russia from Germany for freedom, and then they emigrated to Canada from Russia, to keep their freedom. A great many of those live in Manitoba, and by press reports, a number of these are leaving Canada, to take up land in Peru.

The Mennonites attend public schools, but largely do not seek higher education. The Hutterites are schooled among themselves in the colony.

All groups of Mennonites do not believe in war, will not fight, and do not use their franchise privileges. They believe in exalting their Lord, acknowledging Him alone as King. No one is able to hold these people to scorn or ridicule, as they are most peaceful, loving and law-abiding, kind and hospitable, and most progressive.

Shortly after our return from this visit, we were visited at the manse by an Islander, Ray Morrison, son of the late Peter Morrison, Granville, P. E. I., formerly of Borden, and later of Moncton, N. B. Roy holds an excellent

A Treat For The Sweet Tooth
DAILIES

Sugar was known and used in ancient China. It was brought to England from China centuries ago and was a precious commodity. Its popularity increased rapidly but for years the price was prohibitive for the average family. A hundred years ago sugar, which came in large lumps, was about \$2.75 a pound, granulated sugar as known today is a comparatively recent production.

Sweets are enjoyed by all ages from the child who jumps with joy at sight of an "all day sucker" to a grandfather who slyly slips a peppermint into his mouth from the supply in his vest pocket. To top off a meal, a sweet seems to be exactly right and nearly everyone looks forward to dessert.

The following sweet desserts come from the Consumer Section, Dominion Department of Agriculture.

MAPLE SPANISH CREAM
1 tablespoon gelatine.
1-4 cup cold water
1 cup milk.
3 egg yolks.
1 cup maple syrup.
1-3 teaspoon salt,
3 egg whites.

Soak gelatine in cold water. Heat milk in double boiler. Beat egg yolks until light. Pour hot milk over egg yolks, stirring constantly, and return to double boiler. Add maple syrup and salt. Stir until the custard coats the spoon. Add soaked gelatine. Stir until dissolved. Cool. Fold into stiffly-beaten egg whites. Pour into a greased mould. Chill thoroughly. Yield: six servings.

CARAMEL PUDDING
1-3 cup brown sugar.
1-3 cup boiling water.
4 tablespoons cornstarch.
1-4 teaspoon salt.
1-4 cup brown sugar.
3-4 cup cold milk.
2 1-4 cups scalded milk.
2 eggs
3-4 teaspoon vanilla.

Melt the 1-3 cup brown sugar in a heavy saucepan, stirring constantly until it turns a rich caramel shade. Slowly stir in the boiling water and simmer 3 minutes. Mix cornstarch, salt and the 1-4 cup sugar with the cold milk and add slowly to hot milk. Stir in the caramel mixture and cook in a double boiler 30 minutes. Add to well-beaten egg yolks, return to double boiler and cook 3 minutes longer. Remove from heat and add flavouring. Cool slightly before folding in stiffly-beaten egg whites. Pour into moulds, chill and serve with cream. Yield: six servings.

MINT BAVARIAN
4 teaspoons gelatine.
1-4 cup cold water.
2 cups milk.
1-2 cup sugar.
1-4 teaspoon salt.
1-2 drops oil of peppermint.
Few drops green vegetable colouring.
1-2 cup whipping cream.

Soak gelatine in cold water for 5 minutes. Scald milk, add sugar and salt. Add soaked gelatine and stir until dissolved. Cool slightly, add flavouring and green vegetable colouring. Chill mixture until partially set, then fold in cream, which has been whipped until stiff. Line slightly-greased mould with chocolate cookies or thinly sliced cacao-plate cake and pour in pudding mixture. Chill until firm. Yield: six servings.

position, in connection with the C.N.R.

In Toronto I met Wilton Gardner formerly of Cape Traverse, P. E. I., and a third daughter of Muncy Gardner of Cape Traverse. (Previous to this, I also met Mrs. Darrach, of Canoe Cove, P.E.I., who is now living in Toronto, and Mrs. (Dr.) Coles, the former "Lil" Richards of Seartown, sister of Mrs. Isaac Clarke of Charlottetown, and of Mrs. Willard Phillips of Summerside; and Mrs. Coles' daughter, Mrs. (Dr.) Norman Grace.

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LIVING & LEISURE
(Continued From Page 16)

Rumanian Gypsy, who was called the Golden Fiddler because he was always paid in golden coins which his hearers dropped through the slits in the fiddle when, after the recital, he laid it on the table.

Any baser metal than gold he held would destroy his fiddle's tone. But a day came when a young Russian noble, furious because Barleza refused to take the baser coins offered, smashed the violin to bits. Barleza never played again. But, as the tale is told in the Journal of the Gypsy Lore Society, the splinters were gathered up, and today the Rumanian Gypsy Tziganes, when they can, and such a fragment of the Golden Fiddle, inset it in the wood of their own violins. Some splinters are set in pendants surrounded with precious stones. In this way the names of Barleza and the Golden Fiddle live on together.

CONSIDER PROS AND CONS BEFORE DYEING GREY HAIR

To dye or not to dye grey hair—that is the question debated by many women who feel that silver streaking through their hair is an advertisement of age.

Before you dip your hair in dye, here are the points which Lura de Gez, expert, New York hairdresser, urges every woman to consider.

You will not be able to do the colouring job very well yourself, warns Miss de Gez who says that only an expert skilled in the use of hair-dye chemicals can do it. Hair unskillfully dyed may take on a greenish tinge and, worse still, have a harsh unnatural look which may emphasize facial lines and show your secret.

Expert dyeing is expensive. According to Miss de Gez, you can expect to spend between 25 and 35 dollars for the initial dye job. After that, hair will require touchups every three to six weeks depending on the rate of growth. Touch-ups are also costly. As an added expense, hair-colour may require an occasional toning and blending.

What are the alternatives to dyeing, if you want to keep up a youthful appearance, Miss de Gez lists three: use of illusion rinses to mask unwanted greys, meticulous care to revive youthful lustre and a stylized hair-do to make

coiffure interest more important than colour.

Rinses tinted chestnut, blue, purple, brown, blonde and so forth are designed to de-limeight a sprinkling of grey and bring it into a closer blend with natural hair colour. Rinses are temporary, are used after a shampoo and can be renewed each time hair is washed.

Grey hair tends to be dry and lustreless. To counteract this tendency, Miss de Gez suggests a nightly ritual of vigorous brushing to stir up circulation, followed by lubricating scalp massage with pomade. Supplementing this routine with cream shampoos and hot oil treatments will help to restore beautifying sheen.

A snappy coiffure which makes a woman's hair style more dominant than its colour must also look youthful. Therefore, says Miss de Gez, its line must be up, which spells youth, not down, which spells age.

Here is a style with which many de Gez customers gather up compliments. Hair is brushed up sleek-

ly from the ears, is shaped into slight waves which flank each side of a front parting, and is released near the crown of the head in back in a neat pouf of curls.

If rugs are given an annual beating during spring house-cleaning beat only on the wrong side with a wide flat beater to loosen deeply embedded soil. After beating, vacuum on both sides.

PENNIES BUY COW

Wesley, Mass.—For five months pupils in the First Baptist Church Sunday School dropped their pennies in a tin pail placed beside a cardboard cow. When filled, the pail contained \$175, which was used to buy a Hoistener heater to provide milk for children in some war-devastated village in Europe.

Mothers in ancient Greece pacified their crying babies by giving them a piece of sponge soaked in honey.

LILACS REMEMBER

A chimney like an obelisk Shows where an old house met disaster. The cellar yawns and squirrels frisk Among the bleaching stones and plaster. Gone are the inmates. It is moot If they be dead or living still. The grass has set its quick green foot Across the lonely sill. Only the lilacs, it would seem, Are faithful to the vanished people! They keep the pledge, the bond The dream, And bloom in many a cone and steeple. Of purple and of rain-washed blue Each year . . . O lilacs don't forget— Their fragrance, all of grief and rue, Is published by the wind's gaudy zettle . . . —Amanda Benjamin Hall in the New York Herald Tribune.

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