

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

Canadian Cookery For Canadian Women

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

MILK—THE FOUNDATION OF HEALTH FOR CHILDREN AND GROWN-UPS

By Mari Moore

"What, more about milk?" . . . Yes, because it is of such primary importance that we should have plenty of good rich milk every day, and besides, I have a story to tell. The doctor had finally succeeded in persuading a little self-effacing mother that she must have milk to drink too—she had been providing her kiddies with their quari-a-day, but had been drinking none herself, until the doctor was obliged to threaten her with banishment to a sanatorium and complete isolation from her children. This brought her around to conscientiously drinking one pint of milk every day.

In six months' time the dentist who was working in collaboration with the doctor, said cavities had ceased to appear (she had needed constant dental attention before this) and the mother herself tells us that her finger nails did not break nearly so easily. Then the summer came with its quota of welcome guests but its quota of unwelcome added work and expense. To save money she stopped drinking milk, and shortly, from her own observation she discovered her nails becoming soft and breaking easily again. We think she is permanently cured now of her "take economy."

Most of you know that milk contains our most valuable source of lime. Lime (or calcium) is the substance that gives hardness and resistance to bones, teeth, and finger nails. Children need milk because amongst other things, they need lime to keep fast-growing bones hard, and to keep their teeth sound. Almost every time you see a little 4 or 6 year old youngster with that ugly decay on the edges of his front teeth, it is an indication that his diet has been deficient in milk.

Milk is the source of many other body building and energy-producing elements, and to try economizing on this is comparable to deciding to cut down expenses by not eating at all—ultimate death, would be sure in the latter case—and the only difference in the two is merely a matter of degree—ultimate sickness or a state of poor health is sure if we do not have a regular milk ration. By logical and simple figuring then, one quart of milk per day per child, and one pint per day per adult, is really economical food buying for: (1) Milk builds a healthy normal body. (2) Milk will maintain that health. (3) Milk helps prevent illness, with its attendant and inevitable expense. Hence, money spent on milk should be considered as buying one of the fundamental necessities of life.

The simplest way to take milk,



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of course, is to drink it. But this may become monotonous and as we all enjoy variety, cooks should be milk-pudding, milk soup, milk-drink, etc. conscious.

General Rules For Preparing Cream Soups

For flavoring cream of vegetable soups, onion, salt and pepper are almost invariably good. First you need vegetable pulp and the liquor in which the vegetable was cooked. Heat the milk in top of double boiler and blend equal quantities of butter and flour together in saucepan. Pour heated milk on blended butter and flour and stir constantly until it thickens. Add vegetable pulp and juice which have been flavored, and bring all to boiling point again before serving.

Cream of Celery Soup

Two cups diced celery, 1 tablespoon finely chopped onion, 1 teaspoon salt, 2 cups water, 4 tablespoons butter, 4 tablespoons flour, 2 cups milk. (Plain water in which celery is cooked may be replaced by vegetable stock saved from previous meals.) Cook celery in water with onion and salt until tender. Then force all through fine sieve. Pre-heat milk. Mix flour and butter together in top of double boiler and slowly add heated milk, stirring constantly until it thickens. Add vegetable puree and reheat before serving.

The above method may be used for making Cream of Carrot, Mushroom, Asparagus, Mixed Vegetable, Corn, Peas, Beans, Potato, Cauliflower, and Tomato Soup. (In making Potato, Pea and Bean Soups.) The amount of flour should be reduced as the vegetables themselves contain starch which will thicken the mixture. Bacon flavoring may be added to pea and bean purees.)

New Milk Desserts

Pineapple Cream Pudding
One third cup instant tapioca, 4 tablespoons sugar, 1-4 teaspoon salt, 1 quart scalded milk, 1 slightly beaten egg yolk, 1-2 cup brown sugar, 1-4 cup melted butter, 1 cup crushed and drained pineapple, 1-3 cup finely chopped nut meats, 1 egg white beaten stiff. Combine tapioca, sugar, salt and milk, and cook over double boiler until tapioca is clear, stirring frequently. Pour small amount of tapoca mixture over egg yolk, stirring vigorously. Return all to double boiler stirring constantly until thickened. Cool. Add brown sugar and butter and stir until both are melted, then add pineapple and nuts. Fold in beaten egg white and pour all into bowl or mold and chill. Garnish with whipped cream. This is the type of dessert you will often want to serve for a "company" supper.

Chocolate Souffle
This is a delicious chocolate dessert and extremely simple to make too. The combination of milk and eggs makes a really nourishing dish. Two tablespoons butter, 2 tablespoons flour, 1 cup milk, 1-2 squares chocolate, 1-3 cup sugar, 3 eggs, 1-2 teaspoon vanilla. Melt butter and stir in flour, then add milk, stirring constantly until mixture thickens. Melt chocolate in saucepan over hot water, then add sugar and 2 tablespoons boiling water to it, stirring until smooth. Combine both mixtures, pour a little of the mixture over the beaten egg yolks. Then mix egg yolks back into bulk of mixture and set to cool. When cool fold in stiffly beaten egg whites, add vanilla, and pour all into greased baking dish and bake in moderate oven for 25 minutes. This is delicious served with hard sauce.

Banana Pudding
Here is a pudding so good it will surprise you. One cup stale cake crumbs, 2 cups milk, 1-2 cup banana pulp, 1-4 cup sugar, 1-4 teaspoon salt, 1-2 tablespoon lemon juice, 1 teaspoon vanilla, 3 eggs. Scald milk, pour over cake crumbs, cover let stand one half hour, and rub through strainer. Add banana which has been rubbed through sieve, sugar, salt, lemon juice, vanilla and slightly beaten eggs. Turn into buttered mold (individual moulds may be used if preferred) set in pan of hot water, and bake until firm. Remove from oven, let stand five minutes before turning out, then serve with hot pudding sauce.

The good old Blanc Mange is too often abused by hurried preparation—Blanc Mange can be very good or very bad. If you want the

For The Cook

Macaroni Rarebit

1/2 pound macaroni.
1/2 pound grated cheese.
1 teaspoon salt.
2 tablespoons butter or substitute.
1 cup milk.
2 eggs.
1/2 teaspoon Worcestershire sauce.
Boil the macaroni until tender. Melt butter, add cheese and cook over hot water until the cheese is melted. Beat eggs and add the milk, then stir into the cheese mixture with the salt and Worcestershire. Cook, stirring constantly until the mixture thickens. Pour over the macaroni and serve at once. Garnish with pimientos, parsley or stuffed olives.

Welsh Rarebit

1 tablespoon butter.
1 teaspoon cornstarch.
1/2 cup milk or thin cream.
1/2 pound cheese, grated or cut fine.
1/2 teaspoon salt.
1/2 teaspoon dry mustard.
1/2 teaspoon Worcestershire sauce.
Few grains cayenne.

Melt the butter. Mix cornstarch with the milk and stir into melted butter. Stir until the mixture is hot and slightly thickened. Then add the cheese and stir until the cheese is melted and the mixture perfectly smooth. Add seasonings and serve at once on crackers or thin pieces of toast.

Cheese Toast With Bacon

1/2 pound bacon.
4 tablespoons flour.
2-3 cup grated cheese.
1/2 to 1 teaspoon salt.
4 tablespoons butter.
2 cups milk.
1/2 teaspoon paprika.
1/2 teaspoon Worcestershire sauce.
6 slices toast.
Broil the bacon or cook in a hot oven until delicately browned. Make a sauce of the butter, flour and milk. Season with salt, paprika and Worcestershire and stir in the grated cheese. Cook about two minutes, or until the cheese is melted. Pour over the toast and arrange two or three slices of bacon on each side of toast.

recipe assuring good results at every attempt, write to me. Please do not make a "leathery" Blanc Mange and sicken your family of it forever after.

Hot Milk Drinks

Superior Hot Cocoa
Four tablespoons cocoa, 1 cup water, 1-2 teaspoon salt, 3 cups scalded milk, 6 tablespoons sugar, 1-2 teaspoon vanilla. Mix cocoa, sugar, salt and water and boil together over direct heat in top of double boiler for 2 minutes, add the scalded milk and put over bottom of double boiler and heat through. Beat a few moments with rotary egg beater and add vanilla just before serving. This amount will serve 6. Flavor is improved if cocoa is allowed to cook over hot water for at least 10 minutes after milk is added.

Pineapple Egg Nog

One egg, speck of salt, 1 teaspoon sugar, 3-4 cup milk, 2 tablespoons pineapple juice. Blend all ingredients well together. This may be served either hot or cold. Stir constantly over double boiler if heating, to prevent egg from thickening unevenly.

Chocolate Egg Nog

Make same as pineapple egg nog, replacing pineapple syrup with chocolate syrup.

Coffee Egg Nog

Make same as pineapple egg nog, replacing pineapple syrup with coffee, and add 1 teaspoon more of sugar for each serving.

Grape Egg Nog

One egg, 1-2 cup rich milk, 1 table spoon sugar, 1-4 cup grape juice. Beat egg thoroughly, add milk and sugar and heat to just below point where egg will thicken. Add grape juice, whip again and serve. If this is to be served cold, beat yolk and white of egg separately, mix milk, sugar and grape juice with yolk and pour into glass. Flavor white with a little powdered sugar and a taste of grape juice, and pile on top of egg nog. This is attractive to one whose appetite is lacking.

This is the first of a series of articles on milk and dairy products. Later articles will discuss the virtues of fresh cream, butter, cheese, evaporated, condensed and dried milk, and uses to which they may be put most effectively. Next week, look for "How, Why and When to Use Cream."

Dorothy Dix Letter Box

Must This Wife Give Up Her Job to Assuage Relatives' Outraged Pride? — Tired Business Man is too Exhausted to Notice Wife When He Gets Home

Dear Miss Dix—My husband is getting along well in his profession, but has not yet reached the goal he has set for himself. I have a very pleasant position, doing just the sort of work I love and we are both wonderfully happy, but the fly in the ointment is this: My relatives feel that I am disgracing myself and reflecting on my husband's ability to support me because I go to business every day. They consider me an object of pity and they claim that I am keeping some girl out of a position who needs it more than I. I claim that my husband comes first, and that it is my duty as well as my privilege to help him all I can. Also, that the more money we earn, the more we can save and the sooner we can afford a family. Am I right or do the relatives win? MRS. S. T. G.

Answer: I consider that you are perfectly right and that the way a wife helps her husband is entirely her own affair. If she can help him more by earning money than she can by doing his cooking and washing and ironing, then by all means she should keep on with her job. It is the result that counts, not the means.

The idea that every woman should retire to the kitchen on her wedding day and that it is a reflection upon her husband for her to work outside of her own household is simply archaic. It has no place in these days, when virtually every girl follows some gainful occupation before marriage and when we have come to see the economic waste of putting a \$30 or \$40 or \$50 a week woman to do the menial work that a \$5 or \$10 woman could do better. It is as foolish as it would be to put a hundred horsepower engine to do a five-horsepower job.

It used to be that men had a false pride about their wives working outside of the home and many a husband who boasted that his wife "stopped work" when she got married made of her a veritable drudge at home.

But husbands have come to take the broad, modern viewpoint of this situation and to realize that there is no more shame in a woman making money to buy the bread for her family than there is in her making the bread itself for it. So long as she is helping her husband she has a right to do it in the way that is easiest and most pleasant for her.

Also, husbands have come to see that there are many women who are born with some special talent for some particular line of work, that they get a kick out of doing it that men get out of doing the sort of work that nature intended them for, and that it is not fair to ask such women to give up the careers in which they are successful to do labor for which they have no turn, which they will always find distasteful and which they will always do badly.

There are many reasons why a woman should keep on with her work after marriage if she desires to and her husband is willing for it. The main one is, of course, that it enables many young couples to marry while they are still young and ardent who would otherwise have to wait until all the bloom and freshness had worn off their romance. For under the economic conditions that prevail the average young man can no more afford the luxury of a wife than he can a yacht, but with both working together they can marry and not only live comfortably but save something toward buying a home, or starting them in business for themselves.

As for the contention that a woman should give up her job when she marries because some other girl would like to have it, that is as silly as saying that every man should stop work as soon as he is assured of an income that would provide him with bread and butter. Business isn't run along these altruistic lines. Besides which, the woman who continues to work after marriage either needs the money herself just as badly as the problematical girl does, or else she has some special aptitude for the work that makes it a joy to her.

Tell your relatives, Mrs. S. T. G., that they had better come up to date, for they may rest assured that in another generation women will no more think of retiring from business when they get married than men will. DOROTHY DIX.

Dear Miss Dix—You speak of the failure of American husbands to give their wives romance. Do you believe a man should stop working entirely and go home and put his arms around his wife and spend his time kissing her? Perhaps you can tell how long a wife would stand perpetual petting from any man, even her husband. You seem to overlook the fact that a man who works hard all day hasn't time to think of soft things to say to his wife when he gets home. It seems to me that if a wife attends to her work properly she will not notice whether her husband is indifferent or not, so why blame a husband's indifference and inattention when the real cause is the wife's idleness and a selfish desire to be waited on? MERE MAN.

Answer: You got me wrong, Mr. Man, if you think that I advocated a man knocking off work and spending his time sighing at his wife's feet. I think that the love which doesn't express itself in deeds hasn't much substance, and that a man can say it with beefsteaks just as much as he can with violets.

I have known too many men who took their love all out in talk and who would tell their wives how they adored them and how they couldn't live without them and what wonderful wives they were, while they let the poor, flattered ladies take in boarders to support them.

Nor do I advise any man to turn himself into a kissing bug. Any normal woman gets fed up on that kind of thing in a very short order. Sentiment and caresses are like chocolate candy—delicious to nibble on (and every woman has a sweet tooth), but cloying as a steady diet.

But there is a difference, isn't there, Mr. Man, between a man neglecting his wife and his paying her a few little well-deserved attentions? And it seems to me that even the Tired Business Man is not so utterly exhausted but that he could notice what his wife has on and some of the things she has done during the day to make him happy and comfortable, and mention them to her if he really sensed that the poor creature would consider this adequate pay for her labor, and that it would turn her world from gray to gold.

A man doesn't work any harder after marriage than he did before marriage. While he was courting his wife he found strength enough to spend from three to four hours an evening telling her how wonderful and wonderful and different from all other women she was, and how much he admired her. So I think he might pep up enough to mention it now and then after marriage. And, believe me, Mr. Man, no woman ever works so hard that she ceases to notice whether her husband is indifferent to her or not. When she does that, it is because she doesn't care. DOROTHY DIX.

Dear Miss Dix—I was spanking my 8-year-old daughter the other day when an "unmannerly" neighbor came into the room unannounced. She said that she was afraid that the other mothers in the neighborhood



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A Morning Smile

It was the first time Mr. and Mrs. Bloggs had entered the big super-cinema, and the magnificence of everything made them stare. Above their heads the whirring of an electric propeller—for freshening the air in the building—caught their ears. "Wonder what this is?" whispered Mrs. Bloggs, looking up. "Oh, that—" replied her husband, feeling for his pipe, "that'll be one of them 'film fans' we've read so much about!"

What do you think of corporal punishment? ANXIOUS AND WORRIED MOTHER.

Answer: I have to often seen a peevish, fretful child who was making life a torment for everybody about it turned into a sweet and smiling little angel by ar judicious use of the hairbrush, not to subscribe to the spanking theory when it is put in operation at the psychological moment by the humane mother.

Before a child is old enough to reason it has to be controlled by force, but there should be some way of appealing to a girl of 9 by other means than a beating. In the end you must rule your children through love and respect.

There is only a short time in which they will be afraid of you, and if your hold upon them is fear, when that is gone you can do nothing with them. DOROTHY DIX.

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