

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

Suggesting Good Sauces

Nothing so dresses up a simple dish of meat, fish or vegetables, as does a good sauce. The trouble is that so many otherwise good cooks have never had the time or perhaps the opportunity to develop "a hand with a sauce" and think that sauce-making, if it departs at all from a few well-tried paths, is a mystic business.

This need not be. There are sauces, of course, that are difficult to make, but there are a great many very helpful sauces that are as easy as the old standbys, the simple white or brown sauce, the simple white or brown sauce. We have more of them for you—but this group will demonstrate our point and get you interested so that when they appear you will wish to try them.

Egg Sauce for Fish.

4 tablespoons melted butter
3 tablespoons flour
1-4 teaspoon salt
2 cups milk
2 hard-cooked eggs
1 tablespoon lemon juice
Pepper
Blend the fat, flour, and salt. Add the milk and stir constantly until thickened. Chop the eggs and add to the sauce with the lemon juice and pepper to season. A well beaten yolk stirred into the mixture after it is taken from the fire makes it richer.

Hollandaise Sauce

1-2 cup butter
4 egg yolks
2 tablespoons lemon juice
1-4 teaspoon salt
Dash of cayenne
1-4 cup boiling water
Divide the butter into three portions. Beat the egg yolks and lemon juice together, add one piece of butter, and cook in a double boiler, stirring constantly until the mixture begins to thicken. Remove from the stove, add a second piece of butter, and stir rapidly. Then add the remaining butter, and continue to stir until the mixture is completely blended. Add the salt, cayenne, and boiling water. Return to the double boiler, and stir until the sauce thickens.

Tomato Sauce

2 cups canned tomatoes
2 slices onion
1 teaspoon sugar
1 bay leaf
2 whole allspice
2 whole cloves
Flour
Butter or other fat
Salt and pepper
Simmer the tomato, onion, sugar and spices for 10 minutes. Strain through a fine sieve, and measure the liquid. For each cup of liquid blend two tablespoons flour and 2 tablespoons melted fat, add to the tomato juice with salt and pepper to season, and stir until thickened. Continue to cook over hot water for 5 to 10 minutes. Serve hot with croquettes or meat loaf.

White Sauce

Thin—
1 tablespoon butter
1 tablespoon flour
1 cup milk or other liquid
1-4 teaspoon salt
Medium—
2 tablespoons butter
2 tablespoons flour
1 cup milk or other liquid
1-4 teaspoon salt
Thick—
3 tablespoons butter
3 or 4 tablespoons flour
1 cup milk or other liquid
1-4 teaspoon salt
Blend the melted fat and flour thoroughly, add the cold milk or other liquid and salt. Heat and stir constantly until thickened. Cook over steam for 10 minutes longer.

Horseradish Sauce

1-2 cup thick, sweet or sour cream
1-2 teaspoon salt
1 teaspoon sugar
3 or 4 tablespoons fresh grated horseradish
Whip the cream, salt, and sugar, and gradually add the horseradish. Serve with meat or fish.

Cranberry Sauce

1 quart (1 pound) cranberries
1-2 cup water
2 cups sugar
Pick over the cranberries and discard all that are withered or

Etiquette

By Roberta Lee

Q. What is the proper thing to do if a woman receives a letter of introduction?

A. She should immediately call on the visitor and entertain her at bridge, luncheon, or theater party.

Q. Is any entertainment provided for a stag dinner?

A. The men usually provide their own entertainment, but cards may be played after the dinner.

Q. How should the bride acknowledge her wedding gifts?

A. By means of personal notes, and without delay.

Strange Dishes

The Briton is certainly not adventurous where the table is concerned. His habit of scepticism towards the unknown is too strong. Yet the famous naturalist, Frank Buckland, a former curator at the London Zoo, who was moved a little more actively than the rest of his compatriots by curiosity, is said to have eaten his way through the whole menagerie, sampling all the animals from jaguars to crocodiles with no serious consequences.

More recently an American has suggested that greater use might be made of the hippopotamus as an article of diet, contending that chewing gum has prepared the way for it by spreading through the world a habit of patient mastication.

Mr. E. G. Boulenger, another London Zoo curator, has also lately provided some useful guidance to the food reformer.

The dinner held recently in the Jardin d'Acclimation in Paris, where fried locusts and grilled whale stake figured in the menu, should remind us, he says, that so far as the animal kingdom is concerned, few of its members are positively unfit for human consumption.

He recalls that during the siege of Paris in the Franco-Prussian War Parisians enjoyed such dishes "as ragout de rat and civet de chat, while even today, in times of peace and plenty, the common grass snake is eaten in France under the name of "hedge-eel."

He recalls that during the siege of Paris in the Franco-Prussian War prejudice, says Mr. Boulenger, stands between us and many a succulent animal. For example there is a very recent campaign afoot in England to keep the grey squirrel in check. Large numbers are killed daily, and yet nobody eats them.

In the United States the Central American Iguana Lard, various species of freshwater tortoises, the large bull frog and the big newt known as Axolotl are welcomed as table delicacies. In most hot countries different forms of reptiles and amphibians are in general favor with gourmets. Boa and python steaks are said to be excellent, and the giant Salamander is extremely popular in Japan. But Mr. Boulenger considers it doubtful whether the most ardent devotee of turtle soup in this country would face any of these dishes without a shudder.

And then there is the remarkable marine worm, Paludo viridis, which surpasses all other delicacies in the South Pacific Islands and has never received its just measure of attention in Great Britain.

"These worms appear mysteriously during two months in the year—October and November—and then for only twelve hours, when the moon is in the last quarter. As a general rule they are eaten cooked, but they are also devoured raw, a taste which event resident Europeans are said to acquire in time.—Overseas.

"Officer, I'm lookin' for a parkin' place," said the slew on foot. "But you've got no car." "Oh, yes I have; it's in the parkin' place I'm lookin' for."

specked. Bring the sugar and water to the boil, add the berries, and cook quickly for about 10 minutes, or until the skins break. Turn into a dampened mold, chill, and let stand until jellied.

For a strained sauce, cook the berries and water rapidly in a covered saucepan for about 15 minutes, or until the berries are soft. Strain through a fine sieve, add the sugar, stir, and cook for about three minutes, or until the juice gives the 2-drop test from a spoon. Pour into a wet mold, chill, and let stand until set.

For a sauce with the berries whole, use only three-fourths cup of water and 1-4 cups sugar. Bring the sugar and water to the boil, pour in the berries and stir until the berries are coated with the syrup. Boil for five minutes and stir lightly. Cover and let stand until cool. Chill before serving.

Dorothy Dix Letter Box

Should a Loving Husband Show His Affection By Improving His Personal Habits? — Must Girls Believe in Free Love to Hold Boy Friends? — Man Who Won't Bury Dead

Dear Miss Dix—I have been married several years and my husband keeps telling me all the time how he loves me, and I reply that if he really Why isn't he that way?

as having terrible table manners and offensive personal habits, walking and sitting in an awkward way, using poor grammar, etc. If he would overcome some of these things I would enjoy it much more than his constantly telling me of his love. I think that if people love each other they should do things to please each other. If I knew that my husband was annoyed at the way I acted in company or by the slang I used or the way I cooked steak, I would immediately set out to learn how to do these things in the way that would please him. Why isn't he that way? FIFTY-FIFTY.

I am glad you signed your letter "Fifty-Fifty," because that indicates that you may be willing to give your husband a run for the money he spends on supporting a home. Which means in this case that you will recognize that what is sauce for the goose is sauce for the gander and if you want your husband to prove his love by correcting his faults in order to please you, you will do the same thing for him.

Apparently it hasn't occurred to you that your nagging him about his faults may get on your husband's nerves as much as the way he eats gets on yours. Nor have you considered that continual fault-finding is just as poor a way for a wife to show her love as lack of conventional demeanor is for a husband to prove his affection.

Of course, you are right in thinking that talk is cheap and that actions speak louder than words and that husbands and wives should prove their love by doing the things that make each other happy. It has always seemed to me that it was absurd for a man to swear his devotion to a woman when he wasn't willing to prove it by working for her or when he was so stingy he begrudged her a nickel or when he would do things that hurt and humiliated her or when he would speak to her as he would not have dared to speak to any other woman on earth.

And it has always seemed equally ridiculous to me for a woman to tell a man she loved him when she was too lazy to keep house and make him comfortable or when she nagged the very life out of him or made him a slave to her petty tyrannies or when she flew into rages and said every insulting thing that she could lay her tongue to.

Real love is long suffering and patient and kind and forgiving and it does not willingly hurt the one it loves. So I should take with a grain of salt the professions of affection of those who do nothing to prove their love.

But uncouth personal habits are hard to overcome. They are even more hopeless than vices because the one who has them doesn't recognize his faults. He might lay down his life for you, but he will never pick up the right fork. He might stand up for you in a fight, but he will never sit up properly in a chair. But he will resent your perpetual criticism because it hurts his vanity and if you keep on correcting his grammar and his table manners you will end up by killing his love.

So my advice to you is, in the slang of the day, to lay off your husband. Turn your thoughts on how good and kind he is instead of dwelling on the way he gorges his soup and sits on the back of his neck. After all he must have had these same faults before you married him. Why do you object to them more now than you did then? DOROTHY DIX.

Dear Miss Dix—What is your opinion of free love? Men don't want girls nowadays unless they are firm believers in free love. What are we to do, lose our boy friends or hold them by believing in free love? BEBE AND B.

Answer: There isn't any such thing as free love. All real love is bound because it carries with it obligations and duties and responsibilities. When a boy tells you that he believes in free love he is warning you, if you have sense enough to take the tip, that the feeling he has for you is just a passing fancy, and that when he tires of you he wants to be at liberty just to fade out of the picture without so much as a by your leave.

When a man really loves a woman he wants to marry her. He wants the certainty that they will be together as long as life lasts. He wants to take care of her and protect her and provide for her. He wants to set up a home. He wants her children in his arms.

Of course, married love does not always last. Many husbands and wives become disillusioned with each other. Many find out that they were misnamed. Many discover that their love isn't strong enough to stand the strain of daily companionship.

But, at least, the man who has married a woman went into matrimony in good faith. He may have been mistaken in his feelings, but it was an honest mistake and he does what is in his power to atone for it by giving her alimony. He doesn't just leave her flat, whereas the free lover never even makes a pretense that his love is going to endure, and when he tires of a woman he does not feel it incumbent to continue supporting her, even though she may have given the best years of her life to him. He leaves her without money and without reputation.

So, my dear girl, look the situation squarely in the face and realize what a bad bargain the boys offer you who proffer you only free love. It is one in which you are bound to be the loser, because if the man had the faint idea of being faithful to you he would offer you a legal binding contract instead of a mere casual understanding that he can get out of whenever he chooses.

There are many marriages that last for thirty or forty or fifty years, but you never hear of a liaison that lasts longer than a few years. Generally it is only a few months. For the free lovers are free with their affections and scatter them around. DOROTHY DIX.

Dear Dorothy Dix—Before I married my husband he was engaged to a girl who died. We have been married two years now, but he seems never to have got over this girl's death. He carries her picture in his pocket and is always talking about how he loved her and how he would have been a real man if she had lived and how he dreams about her. This is beginning to make me very miserable. What shall I do? WORRIED WIFE.

Answer: I don't know, unless you do as a second wife once did. Her husband was always throwing up his first wife to her and telling how she loved her and missed her. One day the second wife burst into tears and exclaimed: "Say no more. You can't possibly regret her death as much as I do." And that waked the man up and made him realize how silly and wrong he was in torturing a perfect good wife by making her feel that his heart was buried in another woman's grave.

That is what your husband is doing and he needs somebody to give him a good shake that will bring him to his senses. He needs somebody to make him tear up the dead girl's photograph and to quit in-

Household Time Savers

VARYING THE SOUP COURSE

Canned soups are becoming more and more popular in the Canadian home. If you are one of the housewives who have learned to make generous use of canned soups,—you probably have your own favorite seasonings which you add to the different soups in order to give your own distinctive touch, but if you have only recently learned the value of these ready-prepared foods, we suggest that you experiment with different seasonings and soup combinations. In this way you may achieve variety with little effort.

Perhaps a mere dash of paprika or celery salt may be added; finely minced fresh parsley, celery or onion,—or a combination of all three,—if fried in a little butter,—then added to your diluted canned soup will add a delightful flavour. Macaroni letters—a tablespoonful sprinkled into the soup while cooking—will add to the nutriment of the soup. Catsup, Worcestershire sauce, Mushroom catsup, or other table sauces,—if added sparingly—will add zest to the pot of soup. Bay leaves and curry are two seasonings which are liked by many.

For variety, you can combine soups of different flavours,—as pea and ox-tail, chicken and celery, ox-tail and tomato, etc. A last minute substantial soup can be produced from left-over meat, vegetables, rice or macaroni by adding them to a tin of the thickened type of soup,—as ox-tail, beef, vegetable-beef, etc.

IT IS WISE TO MAKE THE HOME ATTRACTIVE TO THE YOUNG

When I hear parents complain that their high-school children are not content to stay at home in the evening—that they do not enjoy simple home pleasures—I wonder whether these parents have learned to "keep open house" for the young people. It is quite true that a household of young people may leave muddy tracks on the rugs, may untidy the living room,—may make the kitchen look as though a cyclone had struck it—but who would not accept these minor irritations in exchange for the worry of having one's children hunting their recreation in down-town restaurant and suburban road-houses.

Winter hiking, snow-shoeing, skating and ski-ing are simple, healthful pleasures; the winter outing becomes a regular "spreed" to these young people when they are permitted to return home, take charge of the kitchen, prepare a supper of nourishing hot food and finally to carry it to the living room and eat it, picnic fashion, about a blazing fire. If they have brought along with them their dancing shoes, and when supper is finished, roll up the rugs, tune in on the radio, and finish with a dance or two,—the evening becomes a very great success. It is quite easy to make these young people understand that they must put everything back in its place when they are through with their evening's enjoyment,—and the boys will be as willing to work as the girls.

Furnishing Trend Is Away From Bizarre Colorings

We are passing out of the stage where modernism felt it necessary to blaze and shout with loud colors and extravagant patterns. Every new development in art or decoration apparently has to justify and vindicate itself by swaggering a little, but once that period is past the real contribution which has been made may be studied and appreciated. Thus a calmer modernism is now to be seen in the various articles of house decoration—furniture, wall papers, rugs and draperies—and even in the particular realm of the hostess this interesting evolution may be noted.

The new table linens are quite symphonies of soft pastels, as compared with the sharper colors that were presented on the market two or three years ago. In satiny damask these lovely tones achieve great elegance, and for the formal autumn dinner table there could be few color schemes more impressive than service plates of green and gold against such a background. With pale amber glass and a bowl of yellow-bronze chrysanthemums in the center, no woman can handle such linens without immediately conjuring up a picture of the ideal table—and this is probably their greatest recommendation, viz., that their usefulness and adaptability are immediately indicated.

vegetables and garnishes which we keep on hand, and our usual supply of breadstuffs as can make up a luncheon, full-course dinner or an appetizing "late supper" wholly from the cans and packages which grace our cupboard shelves.

Indulging in a morbid grief and to make him realize how lucky he is in having a live woman to love him and take care of him and make him a home that would be happy if only he would lay his ghost instead of encouraging it to stalk around the house and fill it with its clammy presence. DOROTHY DIX.

For The Cook

APPLE GINGERBREAD

Wash, pare and slice about 6 large tart apples, and place in a buttered baking dish; sprinkle with 1 cup light brown sugar which has been mixed with 1 teaspoon grated nutmeg and 2 tablespoons fresh butter. Place in a hot oven for 12 minutes. While these are being cooked, make a batter by mixing together ½ cup sour milk, ¼ cup light brown cooking syrup and 1 well-beaten egg. Add this mixture to 1 cup bread flour, sifted with 3 teaspoons ginger, ¼ cup sugar, ½ teaspoon cinnamon, ½ teaspoon soda and pinch of salt. Then beat in 4 dessertspoons melted butter. Pour this over the hot apples, return to the oven and cook in a moderate oven about three-quarters hour. Serve it once with whipped cream to which has been added a little finely shredded preserved ginger.

A BALLADE OF ROAST DUCK

I sing of food, O fragrant smell Of piquant savours ne'er forgot; Of smoking curries, hot as hell, Of porridge sacred to the Scot. At Christmas, turkey crowns our lot, With fiery pudding, brown and old; In Spring we like our chicken hot— But duck it better eaten cold.

In Italy I've suffered—Well They call it Milanese risott— 'O, of a buttered richness fell And saffron, like the jaundice got From eating it. Rice puddings' what Is suited to the Briton bold, Wholesome and warm when Summer's not— But duck is better eaten cold.

As guest I've heard the dinner bell In many an icy, draughty spot; Shivered at oysters from the shell, Found salmon mayonnaise a blot, In cold asparagus no lot Of comfort—not in cornflower mould, And longed for Lancashire hot-pot— But duck is better eaten cold.

Host, glutton, epicure or sot, Good food is worthy of your god; Serve if you will ice-pudding hot— But duck is better eaten cold.

M. R. Williamson. —In the Saturday Review.

A Morning Smile

His Lordship—"I wish you would quit driving from the back seat." Her Ladyship—"I will when you quit cooking from the dining-room table."

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



No. 415—Darling Costume Slip. This style is designed in sizes 4, 6, 8, 10, 12 and 14 years. Size 8 requires 3 1/2 yards of 39-inch material with 3/4 yard of 39-inch contrasting.

No. 467—Youthful Pajamas. This style is designed in sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust measure. Size 16 requires 4 1/2 yards of 39-inch material with 1/2 yard of 35-inch contrasting and 6 1/2 yards of binding. The separate jacket takes 3/4 yard of 35-inch material.

No. 501—Making Dad a Shirt. This style is designed in sizes 12 1/2, 13, 13 1/2, 14, 14 1/2, 15, 15 1/2, 16, 16 1/2, 17, 17 1/2, 18, 18 1/2 and 19 inches neck. Size 15 1/2 requires 3 1/2 yards of 36-inch material.

No. 664—Complete Outfit. This style is designed in sizes 2, 4 and 6 years. Size 4 requires 3 yards of 36-inch material.

No. 145—For Smart Matrons. This style is designed in sizes 16, 18, 20 years, 36, 38, 40, 42 and 44 inches bust measure. Size 36 requires 3 1/2 yards of 39-inch material with 3/4 yard of 39-inch contrasting. This style is designed in sizes 11, 13, 15 and 17 years. Size 15 requires 2 1/2 yards of 39-inch material with 1 yard of 39-inch contrasting and 3/4 yard of 1-inch ribbon.

Be sure to fill in the size of the pattern. Send stamps or coin (color preferred.)

White linens, in spite of the growing popularity of the colored varieties, still hold a high place in general favor and when decorated with hand-painted designs, are even more attractive. Many kinds of flower motifs are being used, with the idea that the hostess may match her damask with her centrepiece. One particularly interesting damask shows fine green reeds and softly colored iris; another has palest pink carnations wreath in formally in the border; still another shows feathery blue cornflowers against a gleaming eggshell ground.

For the formal occasion fine Irish and Scottish damask is without equal. For the more informal affairs, such as bridge luncheons, or for the tea-table, there are many possible selections. Brightly colored embroidery, applied in a manner to stimulate quaint old needlepoint, enlivens luncheon sets of fine white linen. The Basque linens, which are the work of weavers in that little-known district north of the Pyrenees, will continue popular by reason of their amazing variety of pattern and colors.

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Head Lettuce A la Greens Do you ever turn a head of lettuce to the less usual role of cooked vegetable? It can be a very delicious one, a new version of the

Advertisement for Cuticura Soap, featuring the text 'Cuticura Your Best Assurance of Continued Health for Skin and Scalp' and 'SOAP'.

Advertisement for Vicks VapoRub, featuring the text 'Chest Colds Rub well over throat and chest VICKS VAPORUB'.