

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 Pie De Luxe

Four squares chocolate, 2 cups granulated sugar, 7 tablespoons cornstarch, 2 tablespoons butter, 1/2 cup cold milk, 2 cups scalded milk, 2 cup cold milk, 3 eggs, 1/2 teaspoon salt. Melt the chocolate in top of double boiler. Scald the milk, add sugar and butter, and cornstarch which has been mixed with the cold milk. Cook in double boiler stirring all the time. When it begins to thicken add the chocolate, then the beaten egg yolks and salt. Beat well with Dover beater, and cook until the mixture will hold its shape when stirred in ridges. Beat egg and add vanilla and pour into baked crust. Make meringue by beating egg whites until very stiff, add 8 tablespoons sugar and fill high on top of chocolate filling. Bake meringue in very slow oven of not more than 250 deg. Fahr. for about 3-4 hour, and serve cold.

Chocolate Souffle

Two tablespoons butter, 2 tablespoons flour, 3/4 cup milk, 1-2 squares chocolate, 1-3 cup sugar, 3 eggs, 1/2 teaspoon vanilla. Melt butter, add the flour, and stir until smooth. Add the milk, stirring constantly, and when it reaches boiling point add the melted chocolate, then the sugar. Add this mixture to the beaten egg yolks, cool it slightly and fold in the beaten whites. Flavor, pour into greased glass baking dish, set in pan of hot water and bake in oven of 325 deg. Fahr. for about 25 minutes. Serve at once or it will fall.

Chocolate Jelly

One tablespoon gelatine, 1-2 cups whole milk, 4 tablespoons sugar, 1/4 cup cream, 1-2 teaspoon vanilla shake salt, 1-4 cup cocoa. Soak the gelatine in 3 tablespoons cold milk. Scald the remaining milk, and add the sugar and cocoa which have been mixed together and cook for one minute, then add salt, cream and soaked gelatine. Stir well, then cool, add flavoring and pour into tall glasses for serving or wet mould. Chill and serve with cream, whipped or not.

Chocolate Blanc Manger Pudding

Use recipe for filling for Chocolate Pie de Luxe.

MARSHMALLOW FUDGE: See recipe under Christmas gifts from your own kitchen elsewhere on this page.

Chocolate Rice Whip

One and one half squares shaved butter chocolate, 4 tablespoons rice

1/2 teaspoon salt, 3 cups cold milk, 2-2 teaspoons gelatine, 1-2 cup sugar, 1-3 cup broken nut meats, 1-2 teaspoon vanilla, 1-2 cup heavy cream whipped. Add chocolate, rice and salt to 2-3 4 cups milk and cook in double boiler 15 minutes, stirring frequently, then cover and cook until rice is tender. Soak gelatin in remaining milk for 5 minutes and add sugar to it. Add gelatin to hot mixture and stir until dissolved. Chill until slightly thickened when add nuts and vanilla and fold in whipped cream. Chill and serve in tall glasses garnished with whipped cream and chopped maraschino cherries.

If readers wish other chocolate recipes Mrs. Moore will be glad to supply them.

Economical Supper Menu

Baked stuffed beef heart; baked parsnips; cold slaw; jam roly poly.

To prepare this meal in one house hold required an initial outlay of 32 cents. The heart weighed three pounds and cost 18 cents; 6 medium sized parsnips were 5 cents; one half of a large cabbage which cost 5 cents was used for the cold slaw; 2 1/2 cents; 1 cup milk was used in the biscuit mixture for the roly poly, 2 1/2 cents; 5 cents were allowed for the cost of the shortening for the roly poly and for the butter for the dressing in the heart and for flavoring the parsnips.

In some households these costs will vary—where you have both cabbage and parsnips on hand which are products of your own garden. At the same time the beef heart might cost more than 18 cents in some communities. However, it will be a very cheap supper regardless of the slight variation of cost.

Baked Beef Heart

Soak heart in cold water for an hour, then wash in fresh water, removing all clotted blood. Make a stuffing by browning one cup bread crumbs in one tablespoon butter, add pepper, salt, paprika, one finely chopped onion, pinch of sage, and gash the opening of the heart to widen it before filling it with the prepared crumbs. Secure opening with string of skewers. Brush heart with melted butter, then sprinkle with salt, pepper and flour and place in covered roasting pan, adding one cup boiling water mixed with a little butter or drippings, and bake slowly for one and one half

For The Cook

Curried Chicken With Rice

Saute young chicken in butter until part cooked (include onions with saute); remove chicken and add pepper salt, flour, curry powder, 1 cup tomato juice and white sauce to desired thickness; replace chicken; add chopped green apple and lemon juice; cook till tender; serve with Indian chutney and boiled rice. (Courtesy C. P. R. Dining Car Service.)

Chicken Or Turkey Hash

Cut left-overs of chicken or turkey into small pieces; add brown butter gravy to any left-over gravy, making it rich and seasoning to taste; heat meat in the gravy; serve on toast. (Courtesy, Quebec Hotel Service.)

Fricassee of Chicken A L'Americaine

Boil 2 chickens; cut into 12 pieces; put in saucpan with 8 minced mushrooms, 1 oz. cooked salt pork diced, and 1/2 pint German sauce. Warm thoroughly, without boiling; garnish and serve. (Courtesy, C.N.R. Dining Car Service.)

hours at least, until tender, basting frequently. The gravy may be seasoned with Worcestershire Sauce and thickened slightly, and poured over the heart before serving.

Baked Parsnips

Scrub parsnips thoroughly clean. Place in oven and bake as you would whole potatoes, with the skins on. When tender split lengthwise without breaking in two, and put piece of butter in each opening and sprinkle with salt and paprika. Many people eat the skins of baked parsnips, and I for one, enjoy them very much.

Jam Roly Poly

Make tea biscuit dough and when it is rolled out on board spread it with jam—my favorite for this dessert is black currant. Roll up as you would a jelly roll and cut it into slices crosswise, about one inch thick. Lay on generously buttered baking dish and bake in hot oven for about 12 minutes. Serve with lemon sauce.

A Morning Smile

One of John D. Rockefeller's favorite stories is about the Virginia Negro who named his first-born Weatherstrip because the boy was born "Jes befo' de war an' he sho' done keep me outa de draft."

A small boy, leading a donkey, passed by an army camp. A couple of soldiers wanted to tease him.

"What are you holding on to your brother so tightly for, my boy?" said one of them.

"So he won't enlist in the army," the young fellow answered without blinking an eye.

MRS. AVARD JOHNSON

The death of Marion, wife of Avard Johnson occurred Monday at the residence of her sister-in-law, Mrs. Geo. L. Kingborne, 183 Canterbury street. She had been in failing health about three years.

Mrs. Johnson was a daughter of Mrs. Sadie and the late George McLeod of Murray River, P.E.I. She was a member of the congregation of German Street Baptist Church.

Besides her husband she leaves to mourn one daughter, a brother and six sisters. The daughter is four-year-old Sally and brother Lester McLeod of P.E.I. Miss Barbara McLeod, Mrs. William Gundlach and Mrs. Charles McDonald of this city, Mrs. Ryland Moore, Mrs. Harman McKinnon and Mrs. George McLeod all of P.E.I. are the sisters.

The funeral will be held Wednesday from the Kingborne residence, 183 Canterbury street with service at 2.30 p.m. Interment will be made in Fernhill cemetery—Saint John Telegraph Journal.

IN MEMORIAM

FUNK PICKS TEN BEAUTIFUL WORDS

NEW YORK, Dec. 14—Wilfred J. Funk, poet and dictionary publisher, lists what he considers the 10 most beautiful words in the English language — "beautiful in meaning and in the musical arrangement of their letters." His list compiled after a "thorough sifting of thousands of words," follows: Dawn, Hush, Lullaby, Murmuring, Tranquil, Mist, Luminous, Chimes, Golden, Melody.

"The long vowel sounds and the soft consonants make these words flow smoothly," Mr. Funk said.

Applauds New Colles Course Dorothy Dix

A New "Charm School" to Teach Pupils How to Acquire That Most Potent of Woman's Weapons Has Been Established—Prime Ingredients of Charm Are Appearance, Personality, Adaptability

It is announced that one of our leading educational institutions has established a "charm" course in which young women will be taught how to make themselves agreeable to their fellow creatures.

Fine and dandy. A long step forward in education. In imagination I can hear the graduates of this university emitting cheers for their dear old alma mater as they go down the years. For this is the higher education for women that really means something and will get them somewhere. It will give them a staff and a prop to lean on, and a weapon with which to carve out their fortunes. For a smattering of Greek and Latin and higher mathematics and a dab of philosophy are of small value to a girl after she gets out of the school-room. But every day in every way as long as she lives she is going to need to know how to put her best foot foremost and sell herself to her public.

And that is what the possession of charm does for a woman. It is a magic with which she conjures, and, if she has that, she lays her spell upon us, and she leads us where she will and makes us eat out of her hand.

More potent than beauty, more effective than brains is that mysterious quality that Barrie described as "that damn charm" when he explained how his homely little heroine had everybody she knew under her thumb, and all the eligible men in the community trying to marry her. And the consoling thing about it is that while pulchritude and cleverness have to come by Nature and are a gift of the gods, charm is an attraction that may be acquired.

Now in its sublimated form the charm that makes, say, a Ninon de L'Enclos, who at 90 still has an irresistible way with her, is composed of a thousand subtle elements. But in its lower brackets the charm that enables a woman to catch a good husband and be elected president of her club and to be always the first person you think of when you are giving a dinner party is, roughly speaking, composed of three things—appearance, personality and adaptability.

All of these can be taught. Begin with appearance, which is the first impression we get of an individual and which attracts or repulses us. It is luck, of course, for a girl's fairy godmother to have endowed her with a willowy figure and a peaches-and-cream complexion and naturally wavy hair, but no woman is under the compulsion nowadays of staying as God made her if He made her ugly. She can get a synthetic complexion in any drug store that beats Nature's best efforts. She can change hay-colored hair to any hue she desires, and by taking thought to her calories put on or take off curves at will and acquire the figure that is the answer to every maiden's prayer.

And she can be taught how to dress. More than half of every woman's looks are her clothes. When we think of a woman's beauty often than not we are thinking of the pink chiffon she wore, or a trig tallor-made, or a snappy little sport suit. And just as often some woman who has the reputation of being homely is merely frumpy and only the victim of a lack of taste that makes her pick out hats that swear at her and colors that libel her.

So the first lesson in the charm course should be to teach a girl how to pick out her clothes and to put on her make-up. The second should be to develop her own personality instead of being a copycat and trying to imitate some girl who is popular. Many girls make this mistake. A naturally quiet girl yells and shrieks and jumps around until she is a perpetual headache to all who are thrown in contact with her, because some naturally vivacious girl with quicksilver in her veins and laughter bub-

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

By Annabelle Worthington

One of them is the deep inset vest with brief bolero effect that narrows the bodice breadth. The paneled skirt is smart and slimming. The puffed sleeves, just moderately full, with snug fit about the wrists, give the arm graceful length.

Carry it out as the original in black rough crepe with the vest and rolled collar of geranium-red crepe—you'll adore it.

Crinkly crepe satin can be used to smart advantage, using the reverse surface for contrast.

Sheer woollens and velvet are also suitable.

Style No. 963 is designed for sizes 16, 18, 20 years, 36, 38, 40, 42 and 44 inches bust.

Size 36 requires 3 3/4 yards 39-inch with 1/2 yard 35-inch contrasting.

Price of Pattern 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

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963

bling over her lips is in the spotlight in every crowd. Or a big lumbering girl makes herself as ridiculous as a performing elephant trying to do the cute antics some little two-by-four flapper pulls off.

Surely the charm schools will teach their pupils to put the loud pedal on their own good points, instead of trying to steal another girl's bag of tricks. Surely they will teach the big girl how to be a goddess, stately and dignified, instead of trying to be a monkey on a stick. Surely they will teach the girl who is short on conversation how to be an inspired listener, instead of a boring chatter. Surely they will teach the domestic girl how to show herself off to the best advantage against the background of home, and cash in on her chafing dish and angel's food, instead of being a misfit as a wild woman in night clubs.

And thirdly, and lastly, and most importantly in the repertoire of a woman's charms is adaptability. This, too, is an art that can be acquired, and Heaven send that the charm school teaches its scholars how to fit themselves into any situation, and not to argue, or have grudges and animosities and prejudices around which their friends and acquaintances and family have to gunshoe.

Every girl above the grade of moron can be taught how to meet people graciously; how to think before she speaks and not be a bull in the conversational china shop; to lend her ears when people talk to her; to show appreciation of courtesies extended her. And she can be taught not to talk about herself or her symptoms. She can be taught the gentle art of approach to people. And when she has acquired skill in these things she will have charm.

And that's the most important thing a woman can have, because it lasts as long as life does. DOROTHY DIX.

Her Heart Was Weak Nerves Shaky, Nights Restless

Mrs. A. Black, Wallaceburg, Ont., writes—"I suffered from heart weakness, shaky nerves, and restless nights."

I saw your advertisement for Milburn's Heart and Nerve Pills and decided to try them although I did not have much faith, but now I am very thankful I did as they have proved of wonderful help to me.

I am now strong and well again, but am never without a box in the house."



For sale at all drug and general stores; put up only by The T. Milburn Co., Ltd., Toronto, Ont.

ASHES OF ROSES A Romance of Today

By Joanna Cannan

"You behave like one," said his father. "What knowledge of the world can you have to behave as you did yesterday? Let us have no more of it. Do your work in the office and be civil to these girls, and let it end there. Outside the office you're to have nothing to do with them. I won't have any talking or laughing or innocent friendships—nothing. Do you understand?"

Geoffrey said, "Umm."

"Very well, then. I'll leave you to make your own peace with your mother and Patricia. That's all now. As you go back to the office, send Miss Harrison to me . . ."

Geoffrey left the room without another word, but so immersed in the rush of his own thoughts that he forgot his message for Miss Harrison and only remembered it when some moments later, he heard the furious ringing of his father's bell. He went to his table in the main office without looking at Fay, and continued the work which Mr. Mossop had interrupted. But he could not concentrate. He was angry with his father, all the more because he was not very pleased with himself. He was an honest boy and he hated lying, and he was a brave boy and, as a rule, felt no inclination to lie. But whenever there was any trouble between him and his father, he found that he did lie, if not directly, then by taking up some false attitude, or leaving to much unsaid. And once or twice his father had found him out, and was always ready to refer back to those occasions when it suited his purpose to doubt the veracity of his son. This morning the same thing had happened. Asked why he had disappeared with Fay, he had taken up an attitude of injured innocence, which had neither convinced his father nor passed the censorship of his own conscience. For he had not strolled off with Fay because everyone else seemed to be strolling off in twos and threes; he had escaped with her through the back door of a

the dining-room, and the truth was that sooner or later on that walk he had meant to make love to her.

But he could not tell that to his father, to one of those remote, inhuman elders who might be living in another world, so different were their hopes and fears, their passions and pleasures, their standards and their values and ideals. If, by some superhuman effort, he had managed to blurt out to his father that he was in love with Fay, what would have happened? His father, himself probably never a lover, would still have degraded a pure and sacred passion by giving it the name of a foolish and unsuitable flirtation, or, persuaded to regard it seriously, would have summarily forbidden him seeing Fay again.

Geoffrey glowered at the invoices before him. He asked himself how sons could help lying to their fathers, and whether his father had never lied to his father; probably not, he decided, for his father could never have loved anyone; even for Geoffrey's mother he could never have felt more than the affection and respect which, as far as their son knew, were all that he gave her now.

The luncheon hour came. Geoffrey missed Fay on the stairs. He had scarcely had a word with her that morning, for rapturous retrospection had kept him awake half the night he had slept through Miss Bligh's calling, and when he had reached the office, Fay had already settled down to work. Tea time, which, in the absence of the sales manager, easy-going Mr. Errans had allowed to develop into a sociable few moments' break in the work of the afternoon, only brought a smile from her. Because of yesterday's holiday, the mail was twice as heavy as usual. Both she and Connie Evers were typing for Miss Harrison.

They stayed at the office, therefore, a little late. Geoffrey stayed too. Not for a single moment had he even considered obeying his father's orders; he would as soon have thought of obeying an order to cut off his own right hand. Like most normal young persons, he became almost to be strolling off in twos and threes; he had escaped with her through the back door of a

found seats at the front of the bus. Geoffrey looked at Fay. Yesterday, in blue, with the sun on her hair, she had looked like a Dresden china shepherdess. To-day, in black she seemed by contrast more fragile and delicate and youthful than ever before.

"Tired after yesterday?" he asked tenderly.

"Not very. I expect that's because I came home in the car. Connie was awfully tired. She said the char-a-bancs came home very fast and shook like anything. I'm glad I missed them. But it seems odd Mossy-Face missed me!" She laughed.

"Yes," said Geoffrey.

"Connie had a job to calm him down when the char-a-bancs were starting. And late that night he got hold of her father's telephone number and rang them up for news of me. Wasn't that Uncle-ly?"

"Positively fatherly," said Geoffrey with some bitterness. "Why can't he mind his own business instead of nosing round counting up people in char-a-bancs?"

"I suppose he must count something. Still, it didn't do us any harm."

"Not at all," stated Geoffrey. "I say, did you enjoy yesterday?"

"Awfully, thanks to you."

"And when am I going to see you again?"

"Tomorrow morning at nine sharp," she said laughing. (To be Continued.)

Legislative Assembly

Prince Edward Island Rules Relating to Private Bills

58. All petitions for Private Bills must be presented within fourteen days after the commencement of the session exclusive of adjournment.

59. No Private Bill shall be brought into the House, but upon a petition first presented, truly stating the case at the peril of the sutors for such Bill and such petition must be signed by the said parties.

60. A committee shall be appointed at the commencement of every Session consisting of five members of whom three shall be a quorum, to be denominated, The Private Bills Committee to whom shall be referred every Private Bill and no proceedings after the first reading shall be had upon such Bill until such Committee has reported thereon to the House.

61. So soon as the Committee has reported any Bill, such Bill together with any amendments that may be suggested by the Committee, shall be printed at the expense of the parties who are sutors for such Bill and printed copies thereof delivered to the members before the second reading if deemed necessary by the Committee.

62. No Bill for the particular interests of any person or persons Corporation or Corporations or body or bodies of people shall be read a second time until all fees be paid for the same into the hands of the Clerk of the House.

63. No bill having for its object the vesting in or conferring upon any person or persons, Municipality or Body corporate the title to any tract of land shall be received or read in the House unless at least four weeks notice containing a full description of the land in question has been published in the Royal Gazette and one other newspaper in this province of the intention of such person or persons Municipality or body Corporate to apply for such Bill.

H. F. DAWSON, Clerk Legislative Assembly, November 21, 1932. 6793-11-29-Tue-Fri-81.

THREE WAYS TO LOWER COSTS These are three principal methods of reducing the cost of producing crops. Field Husbandry experts of the Dominion Experimental Farms observe. These methods include the economical production of

Parents!

A Word to You About Your Child's Eyes

Your child may be able to see perfectly, and yet may suffer severely from EYE-TRAIN.

ORDINARY PUBLIC SCHOOL TESTS do not discover this condition, as there is nothing wrong with the child's ability to see; it strains however, may seriously affect the physical and mental development of your child, and it is most important that it be removed by the use of properly fitted glasses.

Have your child's eyes scientifically examined.

G. F. HUTCHESON OPTOMETRIST

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