

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

Canadian Cookery For Canadian Women

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

QUESTION: I am one of your readers and I want to ask you an important question. Please tell me why my cakes split in the middle. I have tried everything. Also oblige me by sending some good recipes on making puff crust pastry and flaky pastry. Enclosed stamped addressed envelope for personal reply.—D. M.

ANSWER: Since you evidently forgot to enclose the return envelope I must put your letter in the enquiry column and hope you look for it.

Why Cakes Split

Cakes will split if they contain too much flour. Always be sure to sift your flour before measuring. They will also split if the oven is too hot, making the top of the cake form a hard crust before the inside of the cake has raised, and when it does raise it has to split the top of the cake to make room.

Puff Paste

This is a simple recipe, and less complicated than most recipes for puff paste.

Two cups flour, 1-4 cup lard, 3-4 cup butter, ice water. Put flour in bowl, add lard, and cut it in with knife. When finely chopped, add water to make a very stiff dough, using as little as possible. Cut the butter into the dough, leaving it in rather coarse pieces. Chill in ice box for several hours or over night. Place ball of paste on floured cloth, pat, and roll out. Fold so as to make 3 layers, turn half way round, pat, and roll out. Pat, roll and fold 4 times, shape and chill thoroughly then bake in oven of 450 deg. Fahr.

Flaky Plain Paste

One and one half cups flour, 1-4 cup lard, 1-4 cup butter, 1-2 teaspoon salt, cold water. Wash butter, pat, and form in circular piece. Add salt to flour, and work in lard with tips of fingers. Moisten with dough with cold water; ice water is not an essential but is desirable in summer. Toss on board dredged sparingly with flour, pat, and roll out; fold in butter as for puff paste, pat, and roll out. Fold so as to make 3 layers, turn one-fourth way round, pat and roll out; repeat. The pastry may be used at once; if not, fold in cheesecloth, put in covered tin, and keep in cold place but not in direct contact with ice. Use moderate oven.

QUESTION: Would you kindly give me a few recipes in your column for cooking scallops other than deep fat frying as I find this way of cooking difficult in an apartment?

ANSWER: We are very fond of scallops and I should particularly like a few recipes for entrees in ramekins or in individual moulds. Thanking you in anticipation.—A. M.

ANSWER: DEVILLED SCALLOPS: This amount will serve three people.

One pint scallops, 2 tablespoons butter, 1-8 teaspoon made mustard, 1-2 teaspoon salt, few grains cayenne, 1-3 cup buttered cracker crumbs. Clean scallops, drain and heat to boiling point; drain again and reserve liquor. Cream the butter, add mustard, salt, cayenne, 1-3 cup of the reserved liquor, and scallops, chopped. Let stand one half hour. Put in baking dish or in individual ramekins, cover with crumbs, and bake 20 minutes.

Scallops En Brochette Clean scallops, put in saucpan and cook until they begin to shrivel. Drain and dry on a towel. Alternate scallops and pieces of thinly sliced bacon on skewers, allowing four scallops and five pieces of bacon to each skewer. Balance skewers in upright position by pitting through cubes of bread placed on rack in dripping pan and take in a hot oven until bacon is crisp. Arrange on serving dish and garnish with lemon and parsley.

Scallops Ala Newburg One pint scallops, 3 tablespoons butter, 1-2 teaspoon salt, few grains cayenne.

NO MORE SICK HEADACHES Fruit-a-ties and years of pain

"I suffered exceedingly with influenza and sick headaches for years. I could hardly eat anything and was badly constipated. I realize now, of course, that I was in a very run-down condition. Fortunately for me a neighbor recommended Fruit-a-ties. I began taking them. I am certainly glad I did. They regulated my system and I am generally so that now I am the best of health. I would not hesitate to recommend them to anyone."

Fruit-a-ties . . . all drug stores

QUESTION: Would you kindly send me recipes for the different boiled frostings, meringue, lemon pie made with cornstarch, Devil's Food cake with foamy frosting, and

ANSWER: Such splendid suggestions are certainly in tune with our economy program. Your suggestion to have a special can for melting chocolate appeals to me particularly—I always lament having to wash so much when washing the top of the double boiler after meeting it. The chocolate frosting is very speedy too. Thank you kindly.

QUESTION: Being a constant reader of your columns I am sending you a recipe for tomato soup cake. Maybe you have had this recipe before.

ANSWER: We shall certainly try this cake as soon as possible—it sounds most unusual and thank you very much for sending the recipe.

QUESTION: I have bran, shorts and middlings. In what proportion would I mix them with white flour to obtain "Graham flour" or "whole wheat flour"? I enjoy your page very much. E. F. M.

ANSWER: To three cups of white flour, add 1-3 cup each of bran, shorts and middlings. This does not give you the exact proportions as they would be in Graham flour, but most of the essential elements are present and it makes a very good whole wheat flour for household baking purposes.

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For The Cook

SALMON FRITTERS

One large can salmon drained and chopped fine, four eggs well beaten, pinch of salt and pepper. Mix together, fry in hot fat by tablespoonfuls and serve on lettuce leaves, hot or cold.

SALMON LOAF

Two cups canned salmon, 1 cup soft breadcrumbs, 2 eggs, 3/4 cup milk, 1 teaspoon salt, pepper, 1 tablespoon lemon juice and 1 tablespoon melted butter.

Remove bones and skin from fish and drain, saving liquor for sauce. Mix all ingredients together, mold in loaf and pack into well greased shallow mould. Bake 40 minutes in moderate oven. Serve with egg sauce, or plain white sauce, or creamed oyster sauce.

MOULDED SALMON

Remove skin and bones from one can salmon and separate fish in pieces. Mix together 1/2 teaspoon each of mustard and salt, 2 tablespoons sugar, and yolks of three eggs, 1 cup thin cream and 1/4 cup vinegar. Cook over water until thickened like custard. Remove from fire, and add 1/4 teaspoon granulated gelatine which has been soaked in 1/4 cup cold water and strain over salmon. Mix thoroughly, turn into mould which has been dipped in cold water, and set away in cold place. Turn mould on bed of lettuce and serve with mayonnaise.

plain rolls made with one yeast cake. Also meat loaf made with cooked beef. Thanking you in advance.—"Dep."

ANSWER: Recipes for Lemon Meringue Pie and Devils Food Cake have been sent by private letter. You no doubt have seen our special article referring to meringues by this time. Recipe for one type of boiled frosting is included with the Devils' Food Recipe.

Fudge Frosting (boiled)

Two squares unsweetened chocolate, 2 cups sugar, 2-3 cup milk, 2 tablespoons light corn syrup, 2 tablespoons butter, 1 teaspoon vanilla. Cut chocolate in small pieces. Combine with sugar, milk, and corn syrup, and cook slowly, stirring often, to 238 deg. Fahr. or soft ball stage. Then remove from fire, cook until lukewarm or 110 deg. Fahr. and add butter and vanilla and beat until creamy and thick enough to just hold its shape when dropped from spoon. Spread on cake quickly. Makes enough to fill and frost one cake.

Creole Frosting

One and two thirds cups brown sugar, 1-2 cup water, 1-2 cup egg whites, 1-2 cup finely chopped nut meats, 1-8 teaspoon cream of tartar. Combine water, sugar and cream of tartar and stir until smooth. Cook without stirring to 260 deg. Fahr. or to the hard ball stage. If crystals appears on inside of pan, wipe down with damp cloth. When cooked pour slowly over stiffly beaten egg whites. Beat until mixture leaves spoon almost clean or pulls away from side of bowl.—this is important. Add nuts and spread. This frosting is very easy to work with.

Plain Rolls

One tablespoon sugar, 1 cake yeast, 1 cup scalded milk, lukewarm, 3 cups sifted bread flour, white 1 egg, 2 tablespoons melted butter, 1-2 teaspoon salt. Dissolve sugar and yeast in lukewarm milk. Add 1-2 cups flour and beat until smooth, then add white of egg well beaten, butter and remainder of flour and the salt. Knead lightly, using as little extra flour as possible, then place in well-greased bowl, cover and set to rise in temperature of about 76 deg. Fahr. until double in bulk. Mould into any desired size of roll, place in well greased pan, cover and let rise again until double in bulk. Brush with beaten egg to glaze and bake quickly in hot oven of 400 deg. Fahr.

Electrification of the Central of Brazil Railway, in Brazil, will be started within a few weeks.

for BURNS Mix equal parts of Mineral and sweet oil, castor oil, or cream. Spread on burn or scald. Apply to burn or scald. Before long the painful smarting stops.

MINARD'S "KING OF PAIN" LINIMENT

Dorothy Dix' Letter Box

Why Not Plan Children's Characters Eugenically Instead of by Guess and by Gracious, Asks Reader—Loving Wife of Lean Years Whose Head Was Turned by Riches

Dear Miss Dix—We know the pedigrees of our horses, our cows, our sheep and pigs and chickens for many generations and we know within narrow limits what the next generation of them will be. We have learned to produce, with reasonable certainty, almost any characteristic we want in plants and animals. Only humans are bred by guess and by gracious. Why should not people plan deliberately and carefully for the kind of children they want? There is one and only one way to get them, and that is by selecting the right sort of mates. There is no good reason why mature men and women should not plan their families on that basis. The principle is correct. It works. D. E. L.



Answer: Of course it works, but the trouble is that men and women marry for themselves and not for their children, and then they expect Providence to step in and work a miracle and save them from the effects of their own folly.

This is the more strange because virtually all young people nowadays are taught biology at school and so they are not ignorant of the effects of heredity. They know about germ cells and the mendelian law and the passing on of hereditary traits, but apparently this abstract knowledge has not a feather's weight of influence with them when a boy falls in love with a girl with a pretty face or a girl becomes enamored of a boy with a taking way with him.

It is an incredible thing that happens every day that a girl who would scorn a Pekinese pup that wasn't a thoroughbred will marry a mongre boy, and a man who would not pay \$50 for an animal without investigating its ancestry and assuring himself that it came of sound stock never even tries to find out whether a girl he marries comes of a diseased family or not.

People don't seem to think of their children when they marry, yet all of their happiness and hopes and welfare are bound up in them. No other sorrow can tear a man's and woman's heart to pieces as can that inflicted upon them by their children. No tears are so bitter as those they shed over a little coffin. No anxiety is so acute as that which keeps them paralyzed with fear as they watch a frail and sickly child whose feeble thread of life may snap at any moment. No shame that bows the head so low as that of the disgrace brought on worthy parents by wayward sons and daughters.

And, on the contrary, there is nothing that brings to people such happiness as fine children do. They are literally a crown of glory, and the realization of no personal ambition can fill a father and mother with such pride as they feel when they look upon a beautiful young daughter or a son who is winning honor in the world.

Yet probably not one person in ten thousand even considers this potentiality of weal or woe that he or she is laying up for himself or herself when he or she marries. An intelligent man does not say to himself that he will marry Mary because she is strong and healthy and comes of a family that is not only sturdy in body but sturdy in soul, and who have those qualities of physical strength and honor and uprightness that he would like his children to have. No. He deliberately picks out Julia, undeterred by the fact that she is sickly and neurotic as was her mother before her and that her grandmother died in an insane asylum and most of her relatives are "queer."

Nor does Amanda turn down handsome Percy, who has a family history of drunkenness and tuberculosis and whose ancestral trees is adorned with gamblers and spendthrifts and philanderers and ne'er-do-wells, in favor of plain Peter who is strong and healthy and whose people for generations have all been pillars in the community and noted for their thrift and ability to get along. And John and Amanda beat upon their breasts and can't understand how it happened when they bring into the world a lot of sickly little degenerates who "take after" grandpa or grandma and follow in the footsteps of their forbears.

But John and Amanda never would have been as heedless in selecting the grandparents of their horses or dogs as they are in picking out their children's. Perhaps when we learn to be as careful about breeding human beings as we are animals, we will get a better race.

DOROTHY DIX.

Dear Dorothy Dix—More than twenty years ago I married a girl who came of poor but nice people. We began life together humbly and while we were poor and the children young we were happy, but since I have been fortunate in business and we have become rich all this has changed and I, at least, am miserable. My wife has not been able to stand prosperity. She will not stay at home night or day. She doesn't even want me to go out with her. She goes about with men who flatter her and tell her how young and beautiful she is. She humiliates me by criticizing me to strangers and calls me a poor fool to my face. My daughter is developing the same attitude toward me. I am considering a divorce as my home is an empty house and my children grown.—I could provide for my wife and children, but they could not be so extravagant as they are at present. I am only 47. What is your advice? J. G.

Answer: Your wife is afflicted with a disease that was much more prevalent a few years ago than it is now. It is "new richitis." Their money goes to many women's heads and swells them out of all reason. It paralyzes whatever little brains they have and affects the nerves of the heart. It also robs them of all sense of proportion and causes them to see themselves as glamorous creatures, gold-plated and far superior to the husband who supplied the gliding.

Many women have suffered with this complaint and, in fact, it may be said that it takes one with an unusually strong mind to stand sudden prosperity. Take away from her the work which has kept her hands busy and her mind occupied and plunge her into idleness and she is sure to get into mischief. Make one who has been unimportant suddenly worth the attentions of the parasitic horde who batten on rich people and she becomes the victim of every flattering gold-digger.

Every wealthy woman is besieged by an army of impecunious young men who find it easier to work a woman than to labor for a living and who pay her for feeding them and riding them about in her cars and taking them to places of amusement and lending them money that they never repay by telling her how young and beautiful and fascinating she is. And the poor simpletons believe it.

In your case your wife is the victim of her own suppressed desires. She was a poor girl who craved pretty clothes and couldn't have them, so now is dress-mad. She married before she had any play time and now she cannot get enough of making whoopee. She married her first beau and now she is avid for flirtations and love-making.

Maybe after she gets her fill of all the things she has wanted so long she will settle down. Maybe she won't. The only cure for her would be for her to lose her money and have to go back to doing her own cooking and making her own clothes again.

Undoubtedly a separation, with a drastic cutting down of her allowance, would be a good remedy to apply to the situation. It might defuse her ego to find out that her popularity was in direct ratio to her income. Likewise, it might raise you in her esteem to be made to realize that you are the Providence from whom all her blessing flow.

But I don't believe that breaking up your home and separating yourself from your children would make you any happier than you are. Often it is better to endure the ills we have than to fly to those we know not of. DOROTHY DIX. MRS. H. E.

Dear Miss Dix—We have an adopted child and we have determined never to tell him that he is not our own. Are we right or wrong? Answer: Wrong. The child is bound to find it out sooner or later and he will bitterly resent having been deceived. Tell him while he is so young that he will take it as a matter of course. When a child grows up believing its adopted parents are its own parents and then finds out this is not true, it gives it a shock from which it never recovers. DOROTHY DIX.

Happenings of the Week

They who love best need friendship most; Hearts only thrive on varied good; And he who gathers from a host Of friendly hearts his daily food Is the best friend that we can boast.

Her Excellency the Countess of Bessborough and Lady Moyra Ponsonby, who have been spending some time in England and France, are expected to return to Ottawa the middle of April.

A jolly party comprising Mrs. George J. Rogers, Mrs. George DeBlais, Miss Rosa Longworth, Miss Norah Longworth are leaving this morning for Halifax from which port they sail on their annual holiday trip to Bermuda.

Mrs. Roy D. Quigley was hostess for her Thursday afternoon Bridge Club this week at her home 32 Frighton Road.

Mrs. W. A. Weeks, Miss Lorna Weeks and Mr. Maurice Weeks, left yesterday morning on an extended visit to Montreal.

Mrs. Le Roy Holman of Summerside is the guest this week of her son Mr. Robert Holman and Mrs. Holman, Brighton.

Mrs. Alan Cosh entertained at the Canadian National Hotel on Monday afternoon in honor of Mrs. LeRoy Holman of Summerside.

Mrs. Murdock McKinnon honored Mrs. Holman in a similar manner on Tuesday.

Mrs. L. D. Murray also entertained for Mrs. Holman at her lovely home West Street on Wednesday afternoon.

Continuing her social activities Mrs. Charles Beer entertained most delightfully at four tables of bridge last Monday afternoon.

Mrs. (Dr.) John Howie, who is being cordially welcomed home on a visit from India, was invited to an afternoon tea Wednesday to meet a number of former intimate friends at Mrs. W. E. Massey's pretty home on Hillsboro Street.

Mrs. (Dr.) Dewar and family, will have the sympathy of a wide circle of friends on the death of her sister Miss Catherine McLeod whose kindly interest and active assistance in social and church work will be greatly missed.

A charming little party was given by the nurses of the Prince County Hospital on Tuesday evening at the Nurses Home for Miss Mabel Woolner, who left on Thursday for her home in North Rustico, having finished her course at the hospital. She was one of last year's graduates.

Mrs. R. Moorhead Legate left yesterday morning on a visit to her sons in Montreal.

Colonel Chester McLure, M. P., and Mrs. McLure of Ottawa, (says the Ottawa Journal) spent the week-end in Toronto with their daughter, Miss Lena McLure.

Miss Alberta Stewart and sister Miss Marion Stewart left Thursday morning on a short visit to Toronto. On Saturday last the Misses Stewart were hostesses at seven tables of Bridge very pleasantly arranged at Old Spain.

Mrs. Gregory, of Fredericton, is the guest of Mrs. H. A. Richardson of Toronto, and will go to Ottawa this week-end to visit Mrs. Murray MacLaren and the Hon. Murray MacLaren.

Miss Dorothy Pond has returned to Summerside after a delightful visit to Charlottetown where she was the guest respectively of Miss Burnett and Mrs. Roop. Miss Pond sails on April 8th from Halifax for England where she will undergo a four years course in Hospital Nursing.

Miss Margaret Wood has gone over to Truro to spend a few weeks with her aunt, Mrs. Arthur Stevens. Miss Wood is convalescing after an operation for appendicitis.

Mrs. S. H. Henderson entertained for her friends at a luncheon bridge at the Canadian National on Thursday.

Dr. J. A. Nicholson, former Registrar of McGill University, Montreal, who has a host of friends here, celebrated his 73rd birthday on Monday last. Dr. Nicholson and family are expected to spend the summer months in this city.

Big artificial flower posies are worn on evening coats.

A Morning Smile

He was an enthusiastic but unsuccessful dancer, and at one period during the carnival dance a really clever dancer had the misfortune to have him for a partner.

"I wish I were in your shoes," he said, admiringly, as he blundered round the ballroom with the girl. "Perhaps so!" she retorted lily. "But I wish you would refrain from attempting to get into them now."

The old gentleman was paying a visit to a distant relation. For the whole of the afternoon he had submitted to the attentions of his hostess young son, but at last he began to grow tired of having his whiskers pulled and his toes trodden on.

"Madame," he said, as he was about to depart, "there is one thing about your charming young son which especially pleases me."

"And what is that?" asked the smiling mother. "That he isn't a twin," replied the old gentleman.

held by detectives seeking the person who set off a black powder bomb before dawn today in the home of the Rev. Fr. Charles E. Coughlin. The bomb, lowered into the basement, caused only slight damage and no injuries.

Father Coughlin, a principal figure in the controversy over Detroit's banking situation, said he did not regard the bombing as an attempt on his life, but rather as an intimidation. He was shaken by the explosion, which came as he slept, but was unhurt. Father Coughlin was born in Hamilton and lived most of his life in Ontario.

Slight Damage As Bomb Explodes

DETROIT, March 30—A piece of string—the slenderest of clues—tonight was the sole tangible object

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.

What the Fashionables are Wearing

By Annabelle Worthington

Soft crinkly crepe silk, a spring favourite, lends itself excellently to this model.

The original combined two shades of grey, the pale shade being used for the sleeves and collar.

Carried out in crepe silk print, it's very smart with crisp white organdie collar.

Black crepe is also distinctive with white organdie collar.

Style No. 577 is designed for sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust.

Size 16 requires 2 1/2 yards 39-inch, with 1 1/2 yards 39-inch contrasting.

The deep front scalloped yoke of the skirt gives a flat modish effect. This model is exceptionally easy to make.

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

No. 577. Size Name

Street Address

City State

By adding artificial dyes to their food chickens are beautifully colored plumage are being reared in England.



Advertisement for Castoria for constipation in children, featuring the name 'Chas. H. Fletcher' and 'CASTORIA for constipation in children'. It includes an illustration of children and text describing the product's benefits.