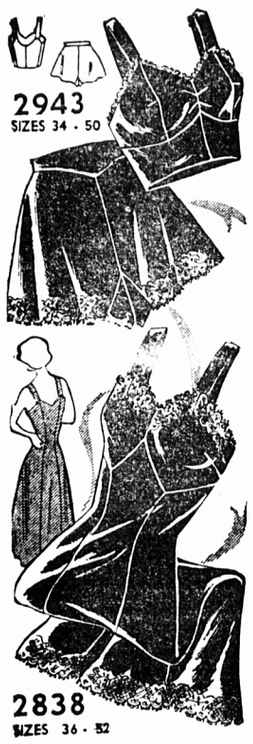
# Woman's Realm / Social and Personal / Fashions / Literature

## Needlecraft

— FOR THE HOME —

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## Cook's Corner

Going to have a party.
Something very swish?
Then you must serve fruit cake,
It's your very dish.

**CHRISTMAS CAKE**

**(An old English Recipe)**

P. S.—Use proportionately if a smaller cake is desired).

One lb. of butter (or good shortening, ¾ lb.), 1 lb. of flour, 2 teaspoons baking powder, 1 teaspoon salt, 1 lb. seeded raisins, 1 lb. seedless raisins, 1 lb. currants, 1 lb. dates (pitted), ½ lb. candied pineapple, ½ lb. candied citron, ½ lb. candied cherries, ½ lb. mixed cut peel, ½ lb. mixed glazed fruits, 1 lb. chopped almonds, 1 lb. chopped walnuts, ½ lb. filberts, 1 lb. brown sugar (4 cups of flour, 1 lb.), ½ teaspoon soda, 3 teaspoons cinnamon or pastry spice, 1 teaspoon mace, 9 eggs, a little milk to help it mix. Method: Cream butter with the sugar, add eggs, beat one in at a time. Then add the spices, stir all dry ingredients in gradually, add the fruit, cut peel and chopped nuts. Mix together well with large wooden spoon, when well mixed, have two well-greased large and two smaller tins lined with 3 thicknesses of brown paper and bake in slow oven (3½ hours to bake the large size cakes, 2½ hours for the smaller cakes). This makes about 20 pounds of cake. (Some cooks add ½ cup of brandy to the mixture). It will improve with age. Bake at least a month before Christmas. (Can be used as a wedding cake 3 or 4 story high.)

## How Can I ! ! !

By Anne Ashley

Q. How can I get better results when baking with yeast?

A. Put the yeast into a little warm water and add a teaspoon of sugar and let develop a while in the water before adding to the dough mixture. This will cause the dough to rise more quickly and easily, and give the bread a better texture.

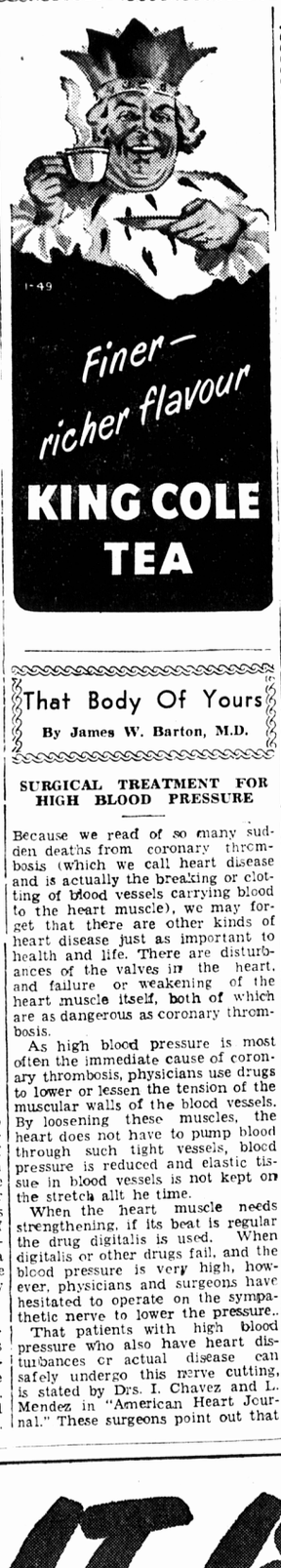
Q. How can I make it easier to take medicine?

A. Try placing a bit of alum in the mouth for a moment before taking the medicine, and it will usually overcome any unpleasantness.

Q. How can I clean the soiled leaves of house plants?

A. By applying equal parts of milk and warm water. Use a sponge, and rub gently to prevent breaking the leaves.

Poached fish fillets are improved if mixed pickling spices are used in the cooking water — about one tablespoon of the spice for about two pounds of fillets. Tie the mixed spices into a small cheese cloth bag for easy removal.




## That Body Of Yours

By James W. Barton, M.D.

**SURGICAL TREATMENT FOR HIGH BLOOD PRESSURE**

Because we read of so many sudden deaths from coronary thrombosis (which we call heart disease and is actually the breaking or clotting of blood vessels carrying blood to the heart muscle), we may forget that there are other kinds of heart disease just as important to health and life. There are disturbances of the valves in the heart, and failure or weakening of the heart muscle itself, both of which are as dangerous as coronary thrombosis.

As high blood pressure is most often the immediate cause of coronary thrombosis, physicians use drugs to lower or lessen the tension of the muscular walls of the blood vessels. By loosening these muscles, the heart does not have to pump blood through such tight vessels, blood pressure is reduced and elastic tissue in blood vessels is not kept on the stretch allt he time.

When the heart muscle needs strengthening, if its beat is regular the drug digitalis is used. When digitalis or other drugs fail, and the blood pressure is very high, however, physicians and surgeons have hesitated to operate on the sympathetic nerve to lower the pressure.

That patients with high blood pressure who also have heart disturbances or actual disease can safely undergo this nerve cutting, is stated by Drs. I. Chavez and L. Mendez in "American Heart Journal." These surgeons point out that in the treatment of high blood pressure by surgery, it has been assumed that in high blood pressure heart disease and heart failure, surgery should not be used. But they believe that patients with these heart diseases are the very ones who most urgently need the lowering of their blood pressure.

At the National Institute of Heart Disease, Mexico, operations have been performed on a number of patients with high blood pressure, all of whom were in heart failure which in some was of extreme degree. Of 11 patients who were operated on for high blood pressure, three died; one because of meningitis, one from brain hemorrhage 11 days after operation. The other 8 patients were still alive after one and a half to three years and had shown no evidence of heart failure.

## DOROTHY DIX SAYS-

### Wife's Complaint

#### Man Is Good Husband But Hopelessly Dull

DEAR MISS DIX: I am 30 years of age, married and have a little girl of 7. My husband is a good husband, a good father, faithful, honest and terribly boring. I am sociable, talkative, love people. We live in a small town, where outside interests are few and I feel that looking forward to a lifetime of such silence and deadly monotony is more than I can endure. I am still young and would like to have some life of my own. What do other women do in such cases? Grin and bear it? My husband knows I am unhappy, but can't see what any woman can want outside of a home and a good husband. And I can't see anything worse than two people living together and not speaking the same language. Is there any way out for either one of us, or both?

PEGGY.

ANSWER: One of the things that makes unhappy marriages so hard to bear is that its miseries are such sordid little affairs. They lack the dignity of tragedy. They make none of the appeal to sympathy that broken hearts and wrecked lives do.

**HARD TO ENDURE**

For we can condone a big sin, but how can we endure having our lives made one long yawn? A philanderer or one who drinks too much occasionally may be a thrilling and interesting companion in the intervals between his lapses from grace, but there are no good days for the dullard. So, in reality, no husband or wife is called upon to endure a worse martyrdom in marriage than the one who is tied to a life partner who bores him or her to tears.

And the worst of it is that these tiresome and uncongenial husbands and wives are so often the very salt of the earth, so far as their virtues go.

What a woman is to do about it when she finds herself in this case, Heaven only knows. If she has no children, perhaps she is justified in saving her own life at the expense of her good, tiresome husband, but when she has a child, as you have, what can she do but grin and bear it and pray God for patience? Psychologists all agree that their parents' divorces inflict all sorts of neuroses on children that wreck their nerves and warp their characters, and it

(Continued on Page 12)

## Morning Smile

**SURE CURE**

Salesman: "Your wife used to be so nervous. Now she seems quite cured."

Feed Dealer: "She is. The doctor told her her nervousness was a sign of old age."

## Modern Etiquette

By Roberta Lee

Q. Is there any further obligation upon a person who has just introduced two other persons to each other?

A. Yes; a person who is experienced in making introductions will lead the two strangers into smooth, pleasant conversation, as, "Mr. Morgan has just moved to our city from Detroit." It is only when awkward pauses follow an introduction that embarrassment is felt.

Q. Should the wedding gift be mailed to the bride, even if you know only the bridegroom and have never met her?

A. Yes, always. The wedding presents are always considered the personal property of the bride.

Q. Isn't it a man's responsibility at a dance to see that his partner is not left alone while he is dancing with someone else?

A. Yes, indeed; this is his first duty.

## Household Scrapbook

By Roberta Lee

**Scorch**

If the fibers of cotton or linen goods have not actually been burned, the scorch stains can often be removed by washing with soap and water, or wetting the spot with water, and exposing to the sun for a day, or longer if necessary. The scorch will be removed more rapidly if the material is moistened first.

**Cleaning Piano Keys**

The piano keys can be cleaned by moistening a cloth with lemon juice and dipping in whiting. A cloth moistened with vinegar will whiten the keys. Alcohol is also good for whitening piano keys.

**Prizes**

It is difficult to select prizes for games at children's parties as the youngsters are usually of all ages. Half-pound boxes of hard candies or striped bags with homemade cookies will please all of them.

## The Stars Say - -

By Genevieve Kemble

**For Friday, December 9**

IT is advised that a steady and far-seeing reach for readjustments, and rebuilding of broken fences be fervently, practically and skillfully undertaken. There is splendid hope for sound tactics, fresh techniques, put over with diligence and common sense. At the same time it would be well to keep an eye on hidden factors, sinister or sordid undercurrents. Be not found napping in this readjustment period.

**For the Birthday**

Those whose birthday it is, have much promise for reconstructing complicated or difficult situations on sound foundations where basic efforts and far-seeing vision may lead to unexpected denouement, as well as revamping wobbly structures. Enduring and long range objectives should be the goal and incite to practical, diligent and skillful attack. At the same time it is suggested that a "weather eye" be kept on some possible crafty, scheming, suspicious contacts, probably subtle, alluring, intriguing, but deeply dangerous, demolishing.

A child born on this day while having sound, practical and dependable talents and character, yet may be duped easily by its own trend toward expediency rather than principle.

## ELLEN'S DIARY

By An Island Farmer's Wife

December, well beloved - month of Holly and Narcissi and Mistletoe, wearing a Turquoise for a jewel, and replete with many a delight and anticipation for young and older was beautiful along the hills of today. Honoring this first day of it, the sun chary of scattering his beams in November unfurled lovely banners above the countryside, and the wind which meandered down happily from up the creek to the west, set bewitching wavelets to dancing on the bosom of the pond. At dusk, the sound of the water dropping from the gates on the dam, reached us in a melody so soothing and tranquil, it reminded us of a Summer evening. Hearing it one could fancy for a moment that clovery meadows lay beneath the moonlight instead of the drab fields, which help now to toll out the year.

• • •

At supper with James and granddaughter, we searched back through the files of our years in vain to find a December that had come in so pleasantly. And if James could recall one "You remember, Ellen — it was that Fall we bought our first cream-separator?" when "I was able to get a piece of new land plowed early in the month" this having awaited the close of the other plowing, there were as well those recorded in mind because of a sudden blizzard or snowfall or so cold and frozen that the landscape was drear, and vehicles rumbled along the roads with echoing tread.

• • •

"Today was remakable, Ellen — that's what it was!" James commented, breaking open a roll of this morning's baking as an accompaniment for the pieces of mackerel, our main dish at the meal. Salted these had been, bought from the fishman, along with parcels of cod, on his final round. But freshened to make tasteful fare though James, himself, professed to prefer herring to those. By way of a sweet dessert we opened a tin of the strawberries we had canned, using various methods, while we holidayed last Summer at the old home by the Strait. Now it is that we learn the results, and it is amusing and sometimes embarassig to see what the opener reveals. If we are dining alone, or as this evening with one of the family, a delicious syrupy mixture of berries pours out, ruby-red and holding the distilled essence of those perfect days of the year within—daisies and birdsong; clovers and bees; fragrance and beauty and bloom.

• • •

But let us be entertaining company at tea! Ah then, we are likely to select a tin, which is a sad disappointment to us, and a sorry reflection on our culinary skill. Tasteful to a point, and yet to those who "eat with their eyes" spiritless and faded. And we naturally make excuse, and "wonder what happened to that one—the last one was perfect wasn't it, James?" However from our trial and error methods we have learned that those berries we preserved in a heavy syrup are the ones we set down proudly on the table. "Yes", James repeated. "Today was remarkable—indeed the weather was exceptional for this day of the year. No frost, no snow and quite as warm as in early Autumn. You know, Ellen we may get a few more days like this!" "It's easier to get the choring done when there's no snow" we offered "and this will shorten the winter."

• • •

Yet within our heart we hoped that eventually we might have a White Christmas. Not one with a depth of snow to disappoint those who plan to travel a distance to be with their own folk on that day, but a gentle fall of it, to wrap the fields softly again, to powder the evergreens, to cap fence-posts and heap rails and cover roofs. To sprinkle the backs of the ewes in the yard, kindly, quiet creatures, similar to those we think, that the shepherds on the hills watched on a night in the long ago—and knew not that a prophesy was soon to be fulfilled. Yes, if we might have our wish, it would be just such a White Christmas.

And what, with granddaughter our sweetest of all companions, did we engage in, on this pleasant first day of the month?

Until tomorrow—Diary— Goodnight . . .

## Better English

By D. C. Williams

1. What is wrong with this sentence? "You didn't used to go there."

2. What is the correct pronunciation of "chiropodist"?

3. Which one of these words is misspelled? Au revoir, audacity, audatorium, audacious.

4. What does the word "auroral" mean?

5. What is a word beginning with pro that means "reproducing freely"?

**ANSWERS**

1. Say, "You didn't go there formerly." 2. Pronounce ki-rop-o-dist, first i as in kite, first o as in of, second o as in obey, accent second syllable. 3. Auditorium. 4. Pertaining to or like the dawn; roseate. "Her cheeks suffused with an auroral blush." — Longfellow. 5. Prolific.

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**BOSTON BAKED BEANS**

1 quart pea beans
¾ pound fat salt pork
1 tablespoon salt
1 cup Bema Molasses
Boiling water
3 tablespoons sugar

Pick over beans, cover with cold water, and soak over night. Drain, cover with fresh water, heat slowly (keeping water below boiling point), and cook until skins will burst—which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Drain beans. Scald pork and scrape, remove ¼ inch slice and put in bottom of bean-pot. Cut through rind of remaining pork every half-inch, making cuts 1 inch deep. Put beans in pot and bury pork in beans, leaving rind exposed. Mix salt, molasses and sugar, add 1 cup boiling water and pour over beans; then add enough more boiling water to cover beans. Cover bean pot and bake 6 to 8 hours in slow oven (250°F.) uncovering the last hour of cooking, that rind may become brown and crisp. Add water as needed. If pork mixed with lean is preferred, use less salt.

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