

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

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What Shall We Eat

By Barbara B. Brooks
Home Economic Department, Kellogg Company of Canada, Ltd., London, Ontario.
"What shall we eat" is a question asked by housekeepers all over the world.

The interest in food is shown by the many magazine and newspaper articles on the subject, and even by the advertisements. The last not only tell the good points about the product to be sold, but offer space to tested recipes. Housekeepers have found these recipes are to be trusted and that a collection of them makes a splendid recipe file.

In the spring especially a woman's thoughts turn to something new in cookery and although there is said to be "nothing new under the sun" there are recipes developed from time to time which are different. We are going to give some suggestions here which have come to us from some commercial sources and are worth passing on.

Let us start with Sunday breakfast. A typical recipe for this meal is for waffles. An interesting change is to use the following bran waffle recipe:

BRAN WAFFLES SUPREME
1 1/2 cups flour.
4 teaspoons baking powder.
1 teaspoon salt.
2 tablespoons sugar.
2 eggs (separated).
1 cup sweet milk.
1/2 cup melted shortening.
1/2 cup All-Brand.

Sift the dry ingredients. Beat the egg yolks and combine with the milk. Add to the dry ingredients and mix well. Add melted shortening and All-Brand. Add the stiffly beaten egg whites. Bake in a hot waffle iron until the mixture ceases to steam.

Luncheon desserts are often a problem. Many people prefer crackers and cheese to something sweet. An attractive and delicious service is prepared by placing a brick of cream cheese on a glass plate and pouring over it a glass of strawberry jam. Serve with crisp crackers.

Gelatin desserts are popular. Here are two recipes—one in which dried fruit and one in which fresh fruit are used.

APRICO WHEAT
Cook one half pound of dried ap-

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ricots and sweeten the same as for sauce. Drain juice, add enough water to make one pint, heat to boiling point and dissolve a package of orange read-to-use gelatine in it. When cool set in ice or very cold water and whip with egg beater to consistency of thick-whipped cream. Then add the drained apricots after they have been put through a colander. Serve with custards or whipped cream.
Strawberry Bavarian Cream

1/4 box gelatine.
1/4 cup cold water.
1 cup strawberry juice and pulp.
1 tablespoon lemon juice.
1/2 cup sugar.
1 1/2 cups heavy cream beaten stiff.

Soak gelatine in cold water five minutes and dissolve by standing cup containing mixture in hot water. Strain into strawberry juice mixed with lemon juice. Add sugar and when sugar is dissolved set bowl containing mixture in pan of ice water and stir until mixture begins to thicken; then fold in cream. Turn into wet mold lined with strawberries in halves and chill. Garnish with fruit, selected strawberries, and leaves. A delicious cream may also be made with canned strawberries.

Honey gives an unusual flavor which is a delightful change. Fresh fruit may be sweetened with honey and puddings both sweetened and flavored with it.
Daffodil Meringue

2 tablespoons granulated tapioca.
2 cups boiling water.
3 eggs.
1/2 cup honey.
2 tablespoons lemon juice.
1 tablespoon butter.

Pour the boiling water over the tapioca and cook until clear. When cool add beaten egg yolks, honey, lemon juice and butter, and cook in double boiler till custard coats the spoon. Pour in dish and make meringue from the egg whites and cover with it. Bake in slow oven for 25 minutes until delicate brown (225cF).
Honey Mouse

4 eggs.
1 cup hot delicately flavored honey.
1 pint cream (whipped).
Beat the eggs slightly. Pour over them the hot honey. Cook until the mixture thickens. When it is cool add the whipped cream. Put the mixture into a mold. Put in freezing compartment or refrigerator for 8 hours. Or pack in three parts ice to one part salt.

Enormous World Trade In Wheat

STANFORD UNIVERSITY, California, June 13 — International wheat prices remained at lowest level since 1923-24, between the months of December 1928 and April 1929, according to a study recently issued by the Food Research Institute of Stanford University, California. The prevailing wide margin between exportable wheat surpluses and import requirements changed only a little. Nevertheless there were fairly wide fluctuations in prices. An extraordinarily cold winter throughout the Northern Hemisphere seemed likely at the time to have damaged winter wheat sowings, and this situation led to an increase of prices from early January to mid-February. The advance was considerably greater in Chicago and Winnipeg than in Liverpool and Buenos Aires. After mid-February a sharp decline occurred and continued through the first third of May. It was nearly as great in Liverpool as in Chicago, but was smaller in Winnipeg. The decline seems to have been due not to a change in conditions of demand and supply for the present crop year, but rather to accumulation of evidence tending to show that winter wheat had not suffered unusual damage from the cold winter. Other factors were important in the decline; the most notable

Milady Beautiful
By Lee Leach



UNDERSTANDING YOUR SKIN
Every girl and woman wants a clear, smooth complexion, and the tremendous sales of cosmetics in recent years shows that she is willing to pay for it. It is not always possible to buy beauty with money, however; one must pay for it with time and thoughtful analysis of the cause of beauty blemishes.

One must know, in the first place, something of the nature of the skin. Some girls think of it merely as a covering for protection, like the veneer on a table or the cover of a chair. As a consequence, they give it only superficial care locally. They use the best cosmetics that money can buy and are surprised when they cannot get rid of their pimples, sallowness and wrinkles.

The trouble lies in not understanding the skin and its functions. The skin is not only a covering for the underlying tissues, but it is one of the organs for elimination. It also helps to regulate body temperature through the evaporation of sweat. People who perspire less freely than normal suffer from heat much more than others. The beauty of the skin reflects the health and soundness of the body as a whole.

This is why diet and personal hygiene must be included in the modern girl's beauty program. I have no doubt that in future years manufacturers of cosmetics will include in their packages a few health hints as well as directions for applying their creams and lotions. Those who sell obesity cures already do so; they sell a reducing application or cream and then suggest that diet and exercise would also help. The beauty creams of the future will probably be sold in conjunction with advices on diet and constipation. Laxatives and health foods are now being featured as aids to beauty.

Excessive oiliness of the skin is often due to wrong diet. Excessive dryness may be due in part to lack of sufficient fats in the diet. A deficiency in vitamin A, which is found in milk, eggs, cream, butter, cheese, calves' livers, spinach, carrots, etc. makes the skin dry and harsh. These points must be considered as well as the choice of cosmetic preparations.

Of course the local care of the skin should not be neglected. Harsh soaps and inferior make-up may cause dryness and blotches of the skin. Lack of thoroughness in cleansing results in blackheads and pimples. Begin each day's beauty program with setting-up exercises vigorous enough to cause sweating and bring a glow to the cheeks. Take a quick shower and rubdown. Cleanse the face with cold cream, wipe it off and bathe the face in cold water. Dry and apply powder base and make-up. At bedtime clean the face with cold cream before washing it with soap and water. Apply an astringent lotion afterward if the skin is oily; use a food cream if the skin is too dry.
Tomorrow — Beauty Questions Answered.



Belfast, Ireland, has taken over 70 private bus lines to operate in connection with the present city transportation system.

Because "the harsh notes of the pipes clashing with motor traffic noise make jarring sounds," Larga, England, has banned bagpipe playing on the beach.

An hour after the last match of the season had been played, the grandstand of the Dell, England, football grounds was recently destroyed by fire.

The entire Nibelung Drama of Friedrich Hebbels was recently given in Dresden, Germany, the production requiring two consecutive nights.

Bibles in 618 languages are now issued by the British and Foreign Bible Society, 10 having been added in the last 12 months.

Cotton sent from the United States to Canada in a recent month was valued at \$5,877,017, or 31 per cent more than in the corresponding period of 1928.

Tokio, Japan, has 19 authorized dance halls, employing nearly 200 professionals who are teaching the tango and fox trot.

Antal Kosarek, Hungary's new

Praised Both Sides of the Border



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