

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: Please send me recipes in which one could use vegetables. I would like to preserve them in a form of pickles or chowchow which could be used in making sandwiches for students lunches. Mrs. S. W. 33 St.

ANSWER: There is a scarcity of recipes for preserving vegetables for sandwich fillings. The vegetables most commonly used for sandwich fillings being sweet peppers and pimientos, mushrooms, tomatoes, cucumbers, lettuce and celery, we have selected recipes which contain these chiefly.

Chow Chow

Two quarts small green tomatoes, 12 small cucumbers, 3 red pepper, 1 cauliflower (medium size), 2 heads celery, 1 pint very small onions, 2 quarts yellow beans, 1-3 cup mustard seed, 1 ounce turmeric, 1-2 ounce allspice, 1-4 ounce pepper, 1-4 ounce ground cloves, salt, 1 gallon vinegar. Wash vegetables and chop and cut in small pieces, cover with salt, let stand 24 hours and drain. Heat vinegar and spices to boiling point, add vegetables, and cook until tender. Bottle in sterile jars and seal.

Mushroom Sauce

Force fresh mushrooms through food chopper. To two quarts of the mushrooms add one cup salt and let stand three days. To them add (after they have stood in the brine) 1-4 ounce each of black pepper, ginger, and cloves; 1 ounce pimiento, 1 ounce mustard seed and more salt if desired. Boil until mushrooms are tender, not more than 20 minutes and seal. This may be strained and used as mushroom catsup.

Uncooked Chili Sauce

One-half peck ripe tomatoes, 2 cups celery, 2 cups onions, 2 red peppers, 1-2 cup salt, 1 cup sugar, 1 cup white mustard seed, 1 tablespoon black ground pepper, 1 tablespoon cinnamon, 1 quart cider vinegar. Chop tomatoes. Chop celery, onions and red peppers finely. Mix all ingredients together and pack in sterile jars and seal.

Corn Relish

(We have some corn relish on hand made from this recipe—so for your sake I made a little of it up into sandwiches and asked the family to taste them and give their honest opinion of it as a sandwich filling—the Big Boss said "It would be right good if you were hungry," I liked it too.

One and one half dozen ears of corn, 1 small cabbage, 1 bunch celery, 4 onions, 2 green peppers, 2 quarts vinegar, 2 cups sugar, 1 cup flour 1-2 cup salt, 1-4 teaspoon mustard, 1-4 teaspoon cayenne, 1-4 teaspoon turmeric. Cut corn from cobs. Force cabbage through food chopper. Separate celery stalks, remove leaves and chop finely. Put vegetables in preserving kettle and pour over one-half of the vinegar. Combine mixtures, bring to boiling point, and let simmer 40 minutes. Fill sterilized jars and seal. (This relish is delightful with roast lamb.) I hope you will find some of the above recipes will suit your purpose.

Money is scarce yet she has pretty clothes

"You always look as if you had just stepped out of a fashion sheet. Yet money is none too plentiful with you. How do you do it?" the neighbors were always asking Mrs. Burnette. One day she told them, "My secret of pretty clothes is simple. When my dresses, blouses and underthings become faded with much washing, I renew their color beauty by a simple rinsing in Diamond Tints. These wonderful tints are made by the makers of Diamond Dyes which you know are the best dyes made for dark colors. Diamond Tints are for light shades. They need no boiling and they last through repeated launderings. All you need to do is to rinse your things in Diamond Tints. You can get such lovely shades by using them. So you see," said Mrs. Burnette, "pretty clothes are as easy for you to have as for me."



A Morning Smile

The village doctor was taking a friend for a trip in his car. "I say, look out!" cautioned the passenger. "You're doing over sixty miles an hour!" "Don't worry about that," chuckled the doctor, "I've got the village policeman in bed with rheumatism."

Happenings of the Week

The Prince of Wales has decided to hunt with the quorn this season, and his horses are now being exercised at Melton Mowbray, Leicestershire. He is hoping to attend the opening meet on November 7.

The Lieut. Governor and Mrs. Dalton are holding a reception on Tuesday afternoon in honor of the delegates and members of the Maritime Board of Trade which convenes here next week.

The Commander, officers and men of H. M. S. Saguenay are being cordially welcomed to Charlottetown and quite a lot of private entertaining is being given in their honor. The hospitality of the ship is also being generously extended.

Arch-bishop Worrell of Halifax, Primate of the Anglican Church of Canada, celebrated the twenty-eighth anniversary of his consecration to the Bishopric and the assumption of his duties in the diocese of Nova Scotia on Tuesday.

Mrs. George Buntain entertained at Bridge this week in honor of Miss Katherine Brown of New York.

Miss Janetia MacPhail of Saint John is being cordially welcomed by her many friends. She is the guest of Dr. and Mrs. Dewar.

A cordial welcome awaits Mr. and Mrs. Robert T. Holman of Summerside who are to take up their residence at 12 Brighton Avenue.

The tea hostesses at the Golf Links this afternoon will be Mrs. E. D. Nicholson, Mrs. F. E. Smallwood, Miss M. Wilson, Mrs. E. T. Higgs, Mrs. H. S. Henderson.

Mrs. Harold L. Pickard entertained at a series of bridge parties this week at her pretty home on Bayfield Street.

Mrs. A. E. Duff left Tuesday on a visit to Halifax where her daughter Miss Betty is attending Ladies College.

The regrettable illness of Miss Bertie Profit is deeply regretted by her wide circle of friends.

Mrs. W. T. Osborne, of Wolfville, N. S. was hostess Saturday afternoon at a tea in honor of Mrs. Fred Kelly, formerly of Charlottetown, who was given an opportunity to meet the other wives of members of the faculty of Acadia University, as well as the lady members of the faculty. Mrs. C. E. A. deWitt and Mrs. M. F. Bancroft poured, and those who served were Dr. Muriel Roscoe, Miss Clara Chisholm, Misses Maile, Betty and Edmond deWitt and Miss Ruth Ingraham.

Relatives in this Province will be interested to hear that Miss Dora Duchemin, was the soloist in the First United Church in Sydney, on Sunday evening when her sweet voice delighted her hearers. Miss Duchemin, says the Sydney Post, who since her early childhood, has been singing, has developed an experience.

Pineapple Upside Down Cake. Four slices pineapple, 5 egg yolks, 1 cup sugar, 1 tablespoon lemon juice, grated rind one half lemon, four maraschino cherries, 5 egg whites, 1 cup flour, 1-4 teaspoon salt, 3 tablespoons butter, 3-4 cup brown sugar, 1 teaspoon vanilla. Beat the egg yolks until thick and lemon colored, add sugar gradually and continue beating. Add lemon juice, grated lemon rind and egg whites beaten stiff. When the egg whites are partially mixed with the yolks, carefully fold in the flour which has been sifted with the salt. Add vanilla. Melt butter in frying pan, add the brown sugar, and when melted, place pineapple rings in the pan. Pour the cake batter over the pineapple and bake the cake in a moderate oven 30 to 40 minutes at 350 deg. Fahr. When cake is baked turn it out on cake plate and fill centres of pineapple rings with cherries and garnish with unsweetened whipped cream.

Either stewed or canned apricots or canned fresh peaches may be used in place of pineapple in this recipe.

Good restful sleep, improved digestion and freedom from headaches will soon convince you that this treatment is restoring your health and happiness.

Nervous Headaches

No medical treatment can be of much real help to you which does not enrich the blood. Because it does positively make the blood rich and red, Dr. Chase's Nerve Food restores the vigor of the nervous system and removes the cause of these symptoms from which you are suffering.

Good restful sleep, improved digestion and freedom from headaches will soon convince you that this treatment is restoring your health and happiness.

Dr. Chase's Nerve Food. Restores tired, Sleepless Nerves.

Dorothy Dix Letter Box

Love in a Cottage a Failure, Cries Young Wife Who Wishes She Had Married Wealthy Suitor — Must Intelligent Wife Give up Reading and Study to Please Husband?

Dear Miss Dix—At the time I married, a little more than two years ago, I had two proposals. One was from a man much older than myself but who was wealthy and would have been able to give me clothes, money and pleasure. The other was from a poor young man but who was making a fairly comfortable salary. I was ecstatically, thrillingly in love with him, and a love nest of two or three rooms sounded like heaven. So we were married. But our marriage is a failure. If we had more money and I could have had better clothes and gone out more, perhaps we would not have got upon each other's nerves so badly and I would not so much regret not having married the richer man. My husband has not as good a job as he had when we were married. Love in a cottage is not as it is depicted.

Answer: Whichever one of your two suitors you had married, June, you would have wished that you had married the other. You married the young man you loved and you are disgruntled because he cannot give you pretty frocks and fine cars and take you to expensive places of amusement, but if you had married the old man who could give you all these things you would be eating your heart out in your hunger for love and romance and youth.

The trouble with you is that you ask too much of life. You want everything. You want love and riches and pleasures, and it is mighty seldom that Fate hands out that sort of prize package to a woman. Mostly we have to take the bitter with the sweet, the drawbacks with the advantages.

Of course, every woman would like to marry a Fairy Prince and have a husband who was equally good at raising thrills in her breast and making money, but there are very few Fairy Princes in these prosaic days, and mostly a girl has to choose between the poor man who is young enough for her to love and the old man who can give her the luxuries she wants.

And I contend that she has a far better chance for happiness with a poor young man than with a rich old one and that it is better to have love than it is to have imported Paris frocks. Anyway, happiness is a state of mind and it depends on one's attitude toward life, not on what one has. Money will not buy it nor will material things insure it. Some of the most miserable people I have ever known were the richest and many of the happiest were the poorest.

In your case you have all the raw materials for happiness in your hands and you are willfully throwing them away. You have a good husband, a good home; enough to live on comfortably. If you would make the best of these they would fill your life so completely that you would not pine for unobtainable luxuries.

If you would honestly try to be a real helpmeet to your husband and to help him build up his fortune, if you would interest yourself in his work and try to be an inspiration to him, you would not get upon each other's nerves. You would be chums and companions who would never talk out. Perhaps the reason why your husband hasn't as good a position now as he had when you married is because you have taken the heart out of him by your discontent and repining over his not being able to give you all that a rich husband could have given you.

My advice to you is to brace up and do your part toward making a happy home. You will find your happiness on your own doorstep if you look hard enough for it. DOROTHY DIX.

Dear Miss Dix—I have been married about a year to a husband who dislikes intensely my love for good literature and studying, but until last week there has been no great discussion about it. I do all of my housework and cooking and help him in his business for a few hours every day, but my evenings are left alone, as he does not return from work until 11 P. M. So I decided to take up a small college course of two hours on Tuesday and Thursday nights. This angered my husband so much that he refuses even to speak to me.

What must I do? This is not the fifty-fifty marriage of which I dreamed. Am I to be this man's slave? May I not have for my own, to use innocently, four hours out of the 163 in a week, My husband's conduct is killing my love and making me hate him.

Answer: Your husband's conduct is inspired by jealousy. His egotism makes him desire to be superior to you in every way, to pose before you as an oracle, and so he cannot bear for you to study and read and make yourself his intellectual superior. Very many men take this attitude toward their wives. It is really the explanation of why so many clever men marry fools. A man always wants to look down on his wife instead of up to her.

So, in judging your husband, bear this in mind and realize that it is his distorted love for you that makes him want to keep you in his own intellectual class. He feels that the only way he can keep you is to fetter your mind and he is not wise enough to know that the very method he is taking defeats its own end and that nothing he could possibly do would drive you away from him so surely as this unreasoning and petty tyranny.

If your taking the college course angers your husband so much, possibly you will be wise to give it up in the interest of peace and harmony. But don't give up your reading and studying, for the world of books is going to be the place of refuge to which you will have to flee when you find life with a small-minded husband almost impossible. The woman who loves to read and who can say "my mind to me a kingdom is" can never be wholly miserable under any conditions.

But why did you marry a man whose tastes are so uncongenial and sympathetic? How was it possible not to find out before marriage your fiancé's attitude toward the things that meant so much to you?

Office Adds to Weight. LONDON, Oct. 21.—(C. P.)—Mrs. S. A. Ward, Conservative M. P. for Cannock (Staffs) has put on a stone in weight since she was in an interview: "I know of no other elected a year ago. She specially a woman member who has put on blimes all night sittings and said weight. Personally, I never touch that the usual meals were: 7 p. m. anything except hot orangeade Dinner, 10 p. m. a sandwich and a during an all night sitting."

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Two-tone idea is much favoured for afternoons. In today's model, pale blue rough crepe silk tops the black skirt. The black is repeated in the lower sleeves. It's decidedly youthful and flattering. It's a model you'll find very simple to fashion. Style No. 913 is designed for sizes 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100. Size 36 requires 3 yards 39-inch with 2 yards 39-inch contrasting. Then again, you may prefer a dress of one tone. Exquisitely lovely is wine red or black blistered crepe satin. The reverse side of the crepe creates a very charming effect used for the upper bodice. Price of Pattern 15 cents in stamps or coin (coin preferred.) Wrap coin carefully. No. 913. Size. Name. Street Address. City. State.

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