

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

## Dorothy Dix' Letter Box

### How Can a Grown Man Keep His Mother From Bossing Him?—Can Husband Who Twice Broke His Promise be Trusted Again?

Dear Miss Dix—I am a man of 28. My father has been out of work and I have gladly kept up the home because I feel that it is my duty. But here is my trouble: My mother absolutely enslaves me and tries to take away from me every vestige of personal liberty. Why do mothers feel that it is their God-given right to boss their children even to the extent of telling them where to go, what to do, what to eat, what to wear, whom to associate with and when to blow their noses? Isn't there some way of making mothers mind their own business after their children are grown-up men and women and perfectly able to run their own affairs?

ROBERT.



Answer:

I'm afraid not, Robert, because you see mothers never find out that their children grow up and get to be intelligent men and women, capable of shaping their own lives. To mother her sons and daughters are always toddling infants who have to be held by the hand and told to eat their spinach, and not to sit up later than 8 o'clock.

And because mother knew best when her children were 3 years old she continues to think best for them as long as they live. That is why she meddles in all of their affairs and thrusts unsought advice upon them and tries to impose her own opinions and habits upon them. It never occurs to her that her children have any minds or personality of their own, or that their tastes and inclinations and talents may be different from hers. Nor does she ever realize that her children are living in a different world from hers, and that she can no more steer them along the course they must travel than a landsman could furnish a chart to a pilot to cross the ocean.

I do not know of any other one thing that brings about more unhappiness than this obsession that mothers have about their children remaining perpetual feeble-minded infants, even after they have attained manhood and womanhood. It drives more girls and boys away from home than anything else in the world. Tom and Sally get so worn out with mother's perpetual questioning about where they are going and where they have been and whom they see and where they meet that girl or boy and who was his or her father and mother and where they came from, and so on and so on, that they flee from it at the first possible moment.

Thousands of girls have got married and other thousands have got jobs in distant cities just to get away from mother's incessant henpecking. Better, they think, to put up with a grouchy husband, or live in a hall bedroom and cook over the gas jet than to listen to mother continually telling you what to eat and what to wear and to be sure to put on your rubbers and cover up your throat and watch out for automobiles and to come home early and not to stay out after 12 o'clock when you go to a party, and so on and so on.

Isn't that the young people want to do anything wrong. It is just that they want to have a little liberty and the right to do what they want to do without having to explain it, or account for it, or to be nagged about it.

And mother simply can't understand this, and she can't comprehend why her children resent it, nor why her married daughters think they have a right to keep house in their own way, and manage their husbands after their own fashion and bring up their babies according to the latest theories. Mother is so sure that her way is best and that she still has a perfect right to live their lives for them and manage their affairs for them, no matter how old they are.

It is mother's tyranny that is at the bottom of nine-tenths of the friction between children and their parents, and especially between in-laws. Mother is trying to make her children live the life she lived thirty or forty years ago. She is trying to make them conform to the customs and conventions and mode of dress of her day and the youngsters are bound to do what the young people of today are doing and wear the clothes that are the fashion now, and so there are the never-ending family ructions that make so many homes a perpetual battleground.

And it is because mother is determined to boss her daughter-in-law and son-in-law as she does her own children that makes mother's presence in the house like a charge of INT under the doorstep.

One of the wisest women I know says that her tongue is two inches shorter than it used to be, because she has chewed off that much of it keeping from asking her children where they were going and when were they coming back and telling them not to stay out too long. And that woman's children adore her and go to her continually for advice because she never tries to make them do her way. Would that more women would imitate her example.

DOROTHY DIX.

Dear Miss Dix—I was married to the best wife in the world and we were very happy, but somehow I got into an affair with another woman. God knows how or why, for I didn't care for this woman. My wife left me, but returned to me after I had promised to play square. She never mentioned the affair to me and we were happy for about two years when I got into another scrape. My wife again left me, but finally I persuaded her to return to me again. She warned me that if ever there was another affair of that kind there would be no more making up. I don't know why I did it, but I got into another mess and again my wife left this time getting a divorce.

Now I realize how much I love her and that life means nothing without her. We are both very young and I have learned my bitter lesson. She says she will never love me or want to live with me again. Don't you think that we could be happy again together? I promised to do anything and to give up everything for her if she will only return, and I mean everything I have promised.

K. S. D.

Answer:

I do not think a man who is as weak as you are is capable of keeping a promise, or of being faithful to any one woman. Evidently you are a born philanderer and you will never be able to resist the flutter of a petticoat. You will always get up and follow.

I think your wife would be foolish to come back to you unless she loves you so much that she can accept your infidelities, realizing that they are only surface attractions, that they really mean little and will they are only surface attractions, that they really mean little and will long to her.

I knew a case once in which a woman was capable of this deep understanding of her husband. He was a gay Lothario who could resist no pretty woman and he had a hundred love affairs, many of which came to his wife's notice, but she went serenely and apparently untroubled on her way.

"Oh, John can't help being flirtatious," she would say, "but he always comes home to mother. And he treats me as if I were a lady love, too."

But few women can achieve this philosophy, and if a wife's heart is torn with jealousy of her husband's affairs she is wise if she separates herself from him entirely after she has forgiven him twice. Three times is too much. It shows he can't be trusted.

DOROTHY DIX.

Dear Miss Dix—I am a young married woman. My health is poor

## Canadian Cookery For Canadian Women

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

### "PEASE PORRIDGE HOT"

By Mary Moore

"All the information available seems to warrant the conclusion that we may attribute in great measure the high incidence of malnutrition among children of preschool age, the faulty bone growth, bad teeth and faulty posture, to inadequacies in our national dietary, and to perverted appetites which result from pampering and the development of preference for sweet foods."

The foregoing is the closing sentence of a chapter entitled "The Dietary Habits of Man" in McCollum and Simmons book, "The Newer Knowledge of Nutrition." These famous nutrition experts discuss the value of the cereal grains in the human dietary and in view of the fact that they were so little used before the Nineteenth Century, when poor and decayed teeth were very common, recommend them now as a fundamental food in our national dietary.

I heard second-hand a story that left me a little shocked at the lack of knowledge of some of our poorer classes.

A charitable institution is conducting a "soup kitchen" in one of our large cities. A few weeks after its inception there was a note of discontent detected amongst its regular adherents. One of the women helpers who gave her services free, asked the reverend gentleman who was in charge what the matter was. He said, "They have decided to refuse to eat their porridge for breakfast."

She said "Do you know why?" "Yes," he replied, "They want bacon and eggs."

"Good gracious, do they want for nothing what we won't afford for our own tables?"

Then the gentleman asked "What do you serve for breakfast?" "Fruit and porridge."

"The same as we have."

And when I heard the story, I echoed, "That's what we eat almost every morning of the winter."

You will perceive that the point of my story is to demonstrate the value that people interested in nutrition put on the humble cereals, and I need hardly more than mention their particular virtue of being cheap.

In our own home we go in for cereals in a big way. At the beginning of November we bought a 20 pound bag of rolled oats (the doctor recommends rolled oats in preference to oatmeal) for 54 cents; a 10 pound bag of cracked wheat for 50 cents and 10 pounds of cracked rye for 50 cents. The cracked wheat and rye ran out just before Christmas, and we still have about 3 pounds of the oats. So that \$1.54 provided cereal for breakfast for five people over two months.

Our morning porridge is sometimes plain "porridge" as the Scotsmen know it—made entirely of rolled oats. Sometimes it is plain cracked wheat or rye. Very often it is a combination of two of these. In any case it is never cooked longer than one half hour. We have often been asked why we did not cook porridge longer. For very young children, we recommend well-cooked cereal, but for adults cereals that are cooked a short time are better because the grains are still whole and they are much more likely to be chewed when eaten. They need to be mixed with saliva for proper digestion. If cooked so long they are very soft they are often swallowed without any thought of mastication whatever.

The cereals are used in other forms than porridge, however. The cracked wheat and rye go into our home-made bread every week in varying proportions. Sometimes it is one part of whole grain to 3 parts of white flour, and sometimes one part of whole grain to 1 part of white flour.

Cookies made with rolled oats

and stuffed with date filling are popular, and are almost always to be found in our cookie crock.

A certain delicious nut bread containing whole grain cereals is often made in our kitchen (see recipe below). We slice this very thin and serve it with cheese and black currant jelly or plum jam as dessert after a full course dinner.

If the whole grain cereals need still further selling after all that, let me remind you of how Joseph stored cereals for the Egyptians in expectation of lean years, which sure enough came. Those folks long years ago lived on stored cereals—which does not mean they are adequate foods for the completely healthy diet, for they are not—but it does mean that, with the addition of certain other simple foods such as milk, eggs and fresh fruits and vegetables they will nourish the human body, keeping it normal and healthy.

### Ways of Incorporating Cereals Into the Diet

To make porridge of rolled oats, use 2 cups of boiling water, to 1 cup of rolled oats, and 1 teaspoon of salt. Add cereal and salt slowly to rapidly boiling water. Cook, stirring all the time, until the mixture thickens, and finish cooking over hot water, allowing 30 minutes for cooking time.

The same proportions of cereal and water are used for whole wheat or cracked rye porridge, but the cooking time may be reduced to 20 minutes.

As mentioned previously, any two of these cereals might be used in combination, using half rolled oats and half whole wheat, in place of all one kind of cereal.

### Gruel—For Invalids and Nursing Mothers

Gruels are thin porridges strained. They may be made with coarse cereals such as rolled oats or fine cereals as cream of wheat. Follow the general rules for cooking coarse cereals given above to make a gruel of rolled oats, then thin the porridge with hot milk or water. Flavor with salt or sugar and a little lemon juice. Strain—and re-heat—before serving.

For gruel from cream of wheat use 4 cups of boiling water to 1 cup of cream of wheat and 1 teaspoon of salt, and make a porridge the same as from rolled oats. Thin with milk, and flavor with sugar and a little nutmeg. Strain and re-heat.

### Roller Oats Cookies

Two cups rolled oats, 2 cups flour, 1-4 cup sugar, 1 teaspoon salt, 1-8 teaspoon soda, 1-4 cup shortening, 1-2 cup hot water. Mix first five ingredients. Melt the shortening in hot water and add to the mixture. Chill, roll out to thin sheet, cut with small cookie cutter, and bake on buttered sheet in a moderately slow oven (325 deg. F.) When cool put two cookies together with date filling.

### Entire Grain Nut Bread

Two cups scalded milk, one third cup molasses or 1-4 cup sugar, 2 teaspoons salt, 1 cake yeast dissolved in 1-4 cup lukewarm water, 4-2 cups coarse entire wheat flour. Add to the milk the sugar or molasses and salt. When cooled to lukewarm add dissolved yeast cake, then the flour. Mix well and cover. Let stand to rise until it doubles in bulk. Beat again and turn into greased bread pans, having pans half full. (If nuts are desired, 1-2 cups walnut or pecan nut meats may be added before the mixture is turned into pans.) Let rise again and bake in a hot oven 40 to 60 minutes. The last fifteen minutes heat in oven should be reduced to moderate. (Note: Entire wheat bread should not quite double its bulk during last rising.)

### Crushed Wheat Biscuits

Three cups crushed wheat flour, 2 cups white flour, 1 cup sugar, 2 tablespoons shortening, 1 teaspoon soda, 3 teaspoons baking powder, 1 teaspoon salt 1 quart buttermilk. Mix together flour, sugar, soda, baking powder and salt. Melt shortening and add to buttermilk. Stir into

**Baby's Colds**  
Best treated without dosing—just rub on  
**VICK'S**  
VAPORUB  
FOR COLDS OF ALL THE FAMILY

and I am quite disagreeable at times and I guess I don't make life any too pleasant for my husband and he is so sweet and good to me, never says a harsh word. How can I stop being so hateful?

MRS., T. C. T.

Answer:

Just snap out of it. Shut your teeth on the hateful thing you are about to say. Bite off your tongue rather than make the disagreeable speech that would hurt your husband's feelings. It is just a matter of self-control and you can do it if you wish.

DOROTHY DIX.

## What the Fashionables are Wearing

By Annabelle Worthington



954

It has such a pretty neckline. The snug hips give it smart sophistication the growing girl adores. At the center-front, there is an inverted plait to give the skirt ample fullness and still retain its slim line.

The original dress was carried out in dark hyacinth-blue wool crepe, the collar being of light hyacinth-blue crepe. Note how the collar terminates in a jabot.

The pattern also provides for long sleeves as in small back view.

Plaided woolsens, wool jersey, wool challis and tweed-like cottons are sturdy smart ideas.

For more "simpler best" make it of rough crepe silk in geranium red or of brown velvet.

Style No. 954 is designed for sizes 8, 10, 12 and 14 years.

Size 8 requires 1 1/2 yards 30-inch with 1/2 yard 35-inch contrasting.

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

No. 954. Size .....

Name .....

Street Address .....

City .....

State .....

the first mixture. Roll out to desired thickness, cut and bake in a hot oven.

### Scottish Delights

To 1 egg which has been beaten until light, add 1-2 cup sugar gradually and mix well. Then add 2-3 table spoon melted butter, 1 cup rolled oats, 1-3 teaspoon salt and 1-4 teaspoon vanilla. Drop by spoonfuls on greased baking sheet, about 1-1-2 inches apart. Spread into circular shape with a fork which has been dipped in cold water. Bake in a moderately slow oven (325 deg. F.) until delicately browned. These may be varied by replacing one third of the cup of rolled oats with 1-3 cup shredded coconut. While still warm these cookies may be rolled over the handle of a wooden spoon, and they will look most attractive for serving.

Plain, Unraised, Unsweetened Biscuits

One half pound of either cracked wheat or rye meal, 1-4 pound butter rubbed well into the meal. Make a hole in centre and add about one-half cup milk or enough to make mixture of consistency to knead. Knead well. Roll out on board on which a little whole meal has been dusted, and cut into squares of any desired shapes. Rolling and re-rolling a few times makes biscuits less breakable and more palatable, and also they may be rolled thinner. Bake them in moderate oven until they turn a deep cream color—about 20 minutes.

A little salt and cayenne may be added for variation. Baked quite plain they are delicious with jam or cheese. They will take the place of other breadstuffs.

### Bran Drops

1 cup bran, 1-1-2 cups white flour, 2 teaspoons baking powder, 1 egg, 3 tablespoons butter, 1 cup sugar, 1-2 cup milk. Mix all together, cutting the butter into the dry ingredients. Then add milk. Mixture should be about the consistency of fruit cake. Drop by spoonfuls on greased sheet and bake in a hot oven.

Here is a real old Southern mammy's recipe for hasty pudding, or corn meal mush, as it is commonly known in the south:

### Hasty Pudding

Put two quarts of water into a smooth saucepan, cover and let it become boiling hot over the fire; then add a tablespoonful of salt. Take off the light scum from the top. Have sweet, fresh yellow or white corn meal. Take a handful of the meal with the left hand and a pudding stick in the right, then with a stick stir the water around

and by degrees let fall the meal. When one handful is exhausted, refill it. Continue to stir and add meal until it is as thick as you can stir easily, or until the stick will stand in it stir awhile longer. Let the fire be gentle and cook for a half hour. Turn out into a deep basin. This is eaten with milk or with butter and syrup or sugar, or with meat and gravy, the same as potatoes and rice. It may be served hot or cold.

And speaking Southern mammy's, we just naturally think of Griddlecakes. Here is one using entire wheat flour:

### Whole Wheat Griddlecakes

One half cup entire wheat flour, 1 cup flour, 3 teaspoons baking powder, 1-2 teaspoon salt, 3 tablespoons sugar, 1 egg beaten until light, 1 cup sweet milk, 1 tablespoon butter melted. Mix and sift flour, baking powder, salt sugar; add milk, egg and melted butter. Heat the griddle or frying pan. Grease very lightly. Drop mixture on griddle from tip of spoon. Cook on one side. Serve with butter or maple syrup.

## For The Cook

### CELERY ROLL

Six stalks celery, 1/4 pound Roquefort cheese, 1 tablespoon butter, 1 tablespoon lemon juice, 1/4 teaspoon salt, paprika.

Wash the inner stalks of celery and curl the ends by cutting them down three-quarters of an inch. Allow to stand in cold water until cold and crisp.

Cream the Roquefort cheese and butter until a smooth paste is formed; add lemon juice, salt and paprika.

Place this mixture in the grooves of the celery.

## Are You Nervous?

St. Catharines, Ont.—I seemed to be all nerves—did not feel at all well; in fact, I could not do a day's housework without feeling tired to death," said Mrs. William Roy of 1021 Josephine St., "Constant headache in the region of my eyes and forehead also sapped my strength. I felt so much better after taking one bottle of Dr. Pierce's Favorite Prescription that I kept right on, and it strengthened me and rid me of that nervous condition. I advise any woman who is run down to try it."

If you want free medical advice write to Dr. Pierce's Clinic in Buffalo, N. Y.

An Englishman, an Irishman and a Scotsman were arguing as to which of their respective countries had the lightest men.

The Irishman led the argument by saying: "We have men of Cork."

"That may be," said the Scotsman, "but we have men of Ayr."

"Well," said the Cockney, "that is very light, but we have lighter-men on the Thames."

A freshman at Indiana University, taking out a permit to use his car while in residence, found himself confronted by the following question:

"Purpose for which car is to be used?" In the blank he wrote: "To ride in."

## The 7 uses for FRY'S

- Hot Cocoa Drink
- Children's Drink
- Cakes and Puddings
- Cake Icing
- Chocolate Fudge
- Iced Cocoa Drink
- Chocolate Sauce



## The Perfect FOOD-DRINK for growing children

The nourishment of milk, plus the strengthening, body-building value of purest cocoa make Fry's the finest food-drink for children you can possibly provide. Children drink milk with zest when it is combined with Fry's.

Give each child at least one big cup of Fry's Cocoa a day. See how your child reacts to this perfect food stimulus—see how the young face glows with health!

### To Make One Cup of Cocoa with Fry's

Mix one half a teaspoonful of Fry's Cocoa with sugar to taste. Add three teaspoonfuls of cold milk and mix into a smooth paste. Pour on boiling water or water and milk brought to the boil. Stir briskly while pouring.

### To Make "Hot Chocolate" with Fry's

Take one heaped teaspoonful of Fry's Cocoa with an equal quantity of sugar to each cup. Mix into a paste with 3 teaspoonfuls of milk. Pour on hot milk stirring all the time. Put mixture thus obtained into a pan and bring to boiling point.

# FRY'S COCOA

Other FRY Products—Fry's Premium Chocolate (unsweetened) and Fry's Chocolate Syrup  
Send for free Recipe Book to J. S. Fry and Sons (Canada) Limited, Montreal, Que. 322

### VERNON RIVER INSTITUTE

The members of Vernon River Women's Institute held their regular monthly meeting at the home of Mrs. Collum Bruce, on Tuesday Dec. 13 at 8 o'clock. Twelve members were present. Meeting opened by singing, Happy Are We Tonight, followed by repeating creed in unison.

Roll call was answered by Ways of Using Potatoes. The minutes of previous meeting were read and adopted. A discussion on holding an entertainment then took place. It was decided not to have an entertainment at present. Report was heard from sick committee.

Mrs. Frank Lea and Miss Birdie Stewart were appointed on sick committee for next month. The correspondence was read by the secretary.

It was decided by the Institute to treat the pupils to candy and oranges on day of school closing.

An excellent paper on music was

read by Miss Phoebe Richards and a demonstration on braiding mats was given by Mrs. William Carver. A contest put on by Miss G. MacMillan was won by Miss Richards. A delicious luncheon was served by the hostess. All joined in singing familiar songs.

Meeting closed by singing National Anthem.

(Patriot Please Copy)

### WAR LEVY DEDUCTED

LONDON, Jan. 10.—Refusing to pay tribute to war chests, Miss E. N. Kitching, a prominent Quaker worker, has sent the British inland Revenue authorities a cheque for about half the amount of income tax which she was assessed.

In an accompanying letter, she declined to pay the balance, alleging that "it goes for war purposes."

Miss Kitching said today: "I would fill become a missionary to the cause of peace to pay tribute to war chests."



## Keep Young with Your Children

Don't give them a cross nagging mother to remember. A happy home depends upon you. If your work is a burden—if the children annoy you—do something about it today. Start taking Lydia E. Pinkham's Vegetable Compound. It will steady your nerves—give you that extra strength and energy you need.

By actual record, 98 out of 100 women say, "It helps me." Give it a fair chance to help you too. Sold by all druggists.

Lydia E. Pinkham's Vegetable Compound

**All Children Benefit**  
From the body building and health promoting  
**SCOTT'S EMULSION**  
of Norwegian Cod Liver Oil  
Rich in Vitamins A and D