

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

## Canadian Cookery For Canadian Women

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

### Beans for Meatless Day

(By Mary Moore)

Beans are so inexpensive that even the humblest budget can afford them, and their food value is so high that they may be used as a meat substitute. It seemed to us that many of our friends would be interested in some of the delightful and different ways we have found of serving them, for while they may appear on the humblest table they are quite delicious enough for the epicurean appetite. Take our Lima Bean Succotash, for example:

### Lima Bean Succotash

Using equal quantities of canned corn and cooked lima beans, season with plenty of melted butter and salt and heat in baking dish, sprinkled with buttered crumbs. This makes a splendid plate vegetable for a vegetable dinner.

### Lima Beans With Pimento

Two cups dried lima beans, 1-2 tablespoons pimentos finely cut, four slices bacon, 2 tablespoons onion fat, 1 tablespoon chopped onion, 1-4 teaspoon paprika, 2 teaspoons molasses, 1-2 teaspoons salt. Soak the lima beans in water overnight. Drain and cook them in two cups or more of boiling salted water until almost tender. Cook bacon until crisp. Add the bacon and remaining ingredients to the beans and pour into baking pan. Bake in moderate oven until beans are tender and brown. This amount will serve eight people.

### Lima Beans and Tomato Scallop

Soak beans overnight in cold water. In the morning drain and cook slowly in salted water. When the beans are tender, butter a baking dish and put in alternate layers of beans and well seasoned canned tomatoes. Dot over with butter and put in the oven to heat through. A sprinkling of grated cheese may be put over the top.

### Bean Sausages

2 cups bean pulp, 2 tablespoons butter, 1 egg, 1-2 teaspoons salt, 1-2 teaspoon summer savory, 1-3 cup soft bread crumbs, 2 tablespoons tomato ketchup. Soak navy beans overnight. Drain and cook until tender. Press through sieve to make pulp. Add the beaten egg, crumbs, ketchup, butter and seasonings. There must be the mixture stiff enough to handle. Shape like small sausages, roll in fine crumbs and then in beaten egg and in crumbs again. Fry in bacon fat and serve with scalloped tomatoes.

### Lima Bean Salad

To two cups of cold cooked lima beans, add one half a pimento chopped very finely, and marinate with French dressing. Arrange on lettuce or endive in a small mound, add a small mound of chopped cooked beets, and cold string beans, all well mixed with French dressing first.

With a Chocolate Blanc Manger for dessert, this comprises a very nourishing and satisfying meal.

### Baked Beans

Four cups white beans, one quarter pound of fat salt pork or sliced bacon, 2-3 tablespoon salt, 1 tablespoon molasses, 2 tablespoons brown sugar, 1-4 teaspoon pepper, 1-2 teaspoon mustard. Pick over and wash the beans, soak overnight in cold water. Drain, add fresh water and cook until the skins curl and break. Drain, scald and scrape rind out in a pussy-cat bowl. Short scarves are also used to fill in the necks of coats which button almost to the throat but not quite. These are bright and are spread out as much as possible to show the color, while being wound tightly round the neck to give an appearance of fit. Long bias scarves are put on backwards and the ends brought to the front and tied there or at the side. The wearer of a scarf can do a good deal of experimenting before she finds just the right method.

### Cream of Lima Beans

Soak one cup of dried lima beans overnight. Drain and cook in boiling salted water until tender.

Drain again and add 3-4 cup cream and season with butter and salt. Reheat before serving.

### Lima Beans Fennel

Soak two cups of dried lima beans in cold water overnight to cover. Drain, put in casserole dish and sprinkle with one half teaspoon salt and 1-8 teaspoon pepper. Cut a 2 inch cube of fat pork in small pieces. Fry out and strain. To fat, add one small onion (thinly sliced), one half cup of very small cubed carrots and stir constantly until vegetables are browned. Add to beans, dot over with two tablespoons butter and add water to half the height of the beans. Cover and cook in a slow oven until beans are soft.

### Black Bean Soup

One pint black beans, 2 quarts cold water, 1 small onion, 2 stalks celery or 1-4 teaspoon celery salt, 1-2 teaspoon salt, 1-8 teaspoon pepper, 1-4 teaspoon mustard, few grains cayenne, 3 tablespoons butter, 1-2-2 tablespoons flour, 2 hard cooked eggs. Soak beans overnight in the morning drain and add cold water. Slice onion and cook five minutes with half the butter, adding to beans with celery stalks broken in pieces. Simmer 3 or 4 hours until beans are tender; add more water as it boils away. Rub through a sieve. Reheat to the boiling point and add salt, pepper, mustard and cayenne. Bind with remaining butter and flour cooked together. Cut eggs in thin slices and use as garnish.

### Baked Bean Soup

Three cups cold baked beans, 3 pints water, 2 slices onion, 2 stalks celery, 1-2 cups stewed and strained tomatoes, 2 tablespoons butter, 2 tablespoons flour, 1 tablespoon chili sauce, salt and pepper. Put beans, water, onions and celery in saucepan; bring to boiling point and simmer 30 minutes. Rub through sieve, add tomato and chili sauce, season to taste with salt and pepper and bind with the butter and flour cooked together.

## Right And Wrong Way Of Wearing A Scarf

Some people seem able to wear scarves, while others merely look their worst in them. The whole secret is the arrangement, which, with the bias scarf of today, can to some extent be adopted by everyone. Bias scarves may be single or double, or they may be a triangle, which needs more arrangement at the neck. Two ways not to wear a scarf are to hang it round the neck like a stole or to cross it over meekly too low in front. This makes any scarf look elderly and tasteless. A triangular scarf, especially in the thin wools now used, can be tied in front under the chin, the ends being flattened out so that they hang straight down from the knot. This gives a smart stock effect, especially to the many striped and checked ties.

### KNITTED CRAVATS

Many scarves are being made of knitting on bias lines and in several colors. The knitting is as airy and lacy as possible. This also can be tied once under the chin and the ends allowed to hang straight down from the upper edge of the scarf. If this arrangement does not suit the particular wearer the scarf can be shifted round to the side of the neck. Sometimes one end hangs down in front and the other at the back. Short little scarves with bias ends are tied once under the chin and the ends are allowed to stick out in a pussy-cat bow. Short scarves are also used to fill in the necks of coats which button almost to the throat but not quite. These are bright and are spread out as much as possible to show the color, while being wound tightly round the neck to give an appearance of fit. Long bias scarves are put on backwards and the ends brought to the front and tied there or at the side. The wearer of a scarf can do a good deal of experimenting before she finds just the right method.

This tariff business is all bad business, and some day the world is going to see it.—Roger W. Babson.

It is not money that is scarce; it is confidence in money.—Bernard M. Baruch.

## Dorothy Dix' Letter Box

### Has Father Right to Choose Daughter's Husband? Successful Young Business Woman Apt to Make Independence a Fetish—Wandering Husband

Dear Miss Dix—My complaint is that: I can't make my daughter marry the man I have picked out for her. I have a young girl who is inclined to run around and stay out late, and I think she would be better off married. Now, Miss Dix, I have picked out a promising young business man as a suitable match for this wayward young daughter of mine. He is in the plumbing business, which is a legitimate and honest profession, and I can't see her objections to him, as he is old enough to be level-headed and keep her in line. But she will not consent and I want your advice on how to make her see that marrying this man is the best thing to do. MR. S. W.



Answer: I am afraid I cannot help you in this matter, Mr. S. W., because I don't believe in parents as match-makers. If your daughter was thinking of marrying a man whom you knew to be immoral or drunken or lazy and good for nothing, you would be justified in moving heaven and earth to break it off and save her from the wretchedness that would be sure to be her portion if she had for a husband a sot or a roue or a man who wouldn't support her.

But making a match is an entirely different proposition, for, while you can tell with mathematical exactness the kind of husband that will make her happy.

You see, Mr. S. W., the fact that a man is moral and upright and sober and industrious and a good provider doesn't necessarily make him a desirable husband in a woman's eyes. It doesn't make her love him or enjoy being with him. It doesn't fill her days with contentment and make her feel that just being his wife is the finest thing in the world. There has to be something in the man that appeals personally to a woman.

Perhaps she doesn't even know what it is herself, but it is there, and it is something that is stronger than life or death or poverty or riches, and that makes her willing to work for him and sacrifice for him and stick by him through thick and thin just because he is her man.

That is why no father, no matter how wise and clever he is or how good a judge of man he is, can pick out a husband for his daughter. It is purely a matter of individual taste and the fathers and daughters' taste seldom run along the same line. The very qualities that would lead you to choose a particular candidate are the ones that would have no weight with her.

You have practicality on your side. She has romance on hers. You want her to marry a settled, sober man, who will boss her. She wants a playmate, somebody of her own age, who will dance with her and run around with her and who will perhaps fight with her, but who will not dream of trying to control her. To ask her to change her demands in a man for yours is as unreasonable as to offer mush and milk to one who craves caviar.

Undoubtedly, your man is the safer chance. But if the girl doesn't want him and doesn't like him, if he does not come up to her ideal nor fire her fancy, and if she has no taste for him, how could you expect her to be happy with him?

And, after all, isn't it better for the girl to marry the man she wants and the man who pleases her than the one who pleases you? It seems to me that he one who has to live with a husband or a wife has the right to pick him or her out. DOROTHY DIX.

Dear Miss Dix—I am past 30, considered good-looking, have never been in love and have never had a real proposal. I am in the business world, but lead the kind of life so many girls of my type do, socially manless. But dancing is the one thing we miss out on, as our salaries amply provide us with all other amusements. My life is full of interests and really quite satisfactory. But I sometimes wonder if I have become old and cynical, and if I am making my independence a fetish. Is there a danger of that? BACHELOR GIRL.

Answer: Yes, I think there is a very real danger of the woman who enjoys her independence making a god of it and sacrificing too much to it. We women are likely to run to extremes, you know, and we are a bit crazy now with the joy of having broken the fetters that have bound our sex so long and with our first experience at freedom.

It seems so wonderful to us to know that we are standing on our own feet and are independent human beings free to come and go as we please without asking any man's permission; with our own money that we have earned with our own hands and that we can spend as we like without giving an account to any one, that we feel that independence is the greatest thing in the world, that it is better than love, better than husbands or children, better than anything.

I know more than one woman who has refused to marry the man she really cared for because she loved her liberty better and preferred to go a lonely way through life rather than submit to the shackles that family life would put upon her.

This, I think, is a mistake, for while the wife and mother is the most bound of all women, her bones are silken fetters. It is true that the woman whose arms are full of babies cannot go where she will as can a single woman, but she finds at home interests and joys that more than compensate her for any pleasure she would find in society or globe-trotting. Sacrifice becomes sweet when made for those we love, and the woman who gives her life to her family does not lose it, but finds it.

That is one side of the question. The other is that freedom is a compensation for many of the things that a woman who does not marry loses, and it is good to hear from one woman who has intelligence enough and philosophy enough to realize that no lot is without its drawbacks.

The successful business woman has much to be thankful for and little to grouch over. She is one of the darlings of the gods and has drawn one of the prize packages in life. DOROTHY DIX.

Dear Dorothy Dix—I have been married six years and have a daughter 2 years old. My husband is good to me and gives me plenty of money, but he stays out two or three nights each week all night. I feel that I cannot go on staying alone nights, as I am very nervous, and the doctor warns me that I am on the verge of a nervous breakdown.

My husband declares he loves me and is always saying what a sweet disposition I have, and he does not want me to get a divorce, but he will not stay at home. Can you suggest something for me to do? DESPERATE.

Answer: I do not know of any other one thing in the world that would be such a benefaction to my sex and turn so much sorrow into rejoicing as a good, reliable recipe for keeping wandering husbands at home. But so far no Solomon has yet arisen who has had wisdom enough to turn the trick

The housewife sells herself BROWN BETTY TEA

SURPRISINGLY GOOD AT THE PRICE 35¢ PER POUND

Brown Betty Tea SILVERBRIGHT METAL PACKAGE From the House of KING COLE

## For The Cook If You've A Sweet Tooth Use Molasses

**PINEAPPLE PUNCH**  
One qt. cold water, 2 cups sugar, 1 cup orange juice, 1/2 cup lemon juice, 2 cups chopped pineapple. Boil water and sugar and pineapple 20 minutes; add fruit juice; cool, strain and dilute with ice water.

**GRAPE PUNCH**  
One-quarter cup grape juice, 1 teaspoon lemon juice, 1/2 cup cold water, sugar to taste. Mix sugar with grape juice, add lemon juice and water. A slice of orange may also be added.

**GINGER PUNCH**  
One quart cold water, 1 cup sugar, 1/2 cup lemon juice, 1/2 pound Canton ginger, 1/2 cup orange juice, chopped ice. Chop ginger, add to water and sugar and boil 15 minutes. Add orange and lemon juice, cool, strain and add chopped ice to dilute.

**FRUIT PUNCH 1**  
One cup water, 2 cups sugar, 1 cup tea infusion, 1 qt. plain soda, 2 cups strawberry syrup, juice 5 lemons, juice 5 oranges, 1 can grated pineapple, 1 cup maraschino cherries. Make syrup by boiling water and sugar ten minutes; add tea, strawberry syrup, lemon juice, orange juice, and pineapple. Let stand thirty minutes, strain and add ice water to make one and one half gallons of liquid. Add cherries and plain soda. Serve in punch bowl with large piece of ice.

**FRUIT PUNCH 2**  
One cup sugar, 1 cup hot tea infusion, 1/2 cup orange juice, 1-3 cup lemon juice, 1 pint ginger ale, 1 pint plain soda, few slices orange. Pour tea over sugar and as soon as sugar is dissolved, add fruit juices. Strain into punch-bowl, over large piece of ice, and just before serving add ginger ale, plain soda and slices of orange.

**FRUIT CUP**  
One grapefruit, 1 apple, 1 orange, 1 banana, 1/2 lb. pineapple, juice of 2 lemons, 1/2 pint pineapple juice, 1/2 lb. sugar, 1/4 lb. grapes. Boil pineapple juice and sugar together for 10 minutes. Cut up fruit into small pieces, pour over hot syrup and allow to stand for 12 hours. Use one part fruit juice to three parts soda water oriced water.

**LIME PUNCH**  
Eight cubes sugar, 2 oranges, 2 limes, 1 1/2 cups water, cracked ice, slice of pineapple, few crystallized cherries. Rub cubes of sugar over rind of oranges and limes. Then put sugar in bowl and pour juices of limes and oranges over it. Add water and serve when sugar is melted, chilling with plenty of cracked ice. Put in pineapple and cherries at moment of serving. Serves 4.

The old wisecracker used to say: "Make everything pleasant for your husband at home. Give him the pleasures at home that he seeks abroad," but all such advice is just bunkum.

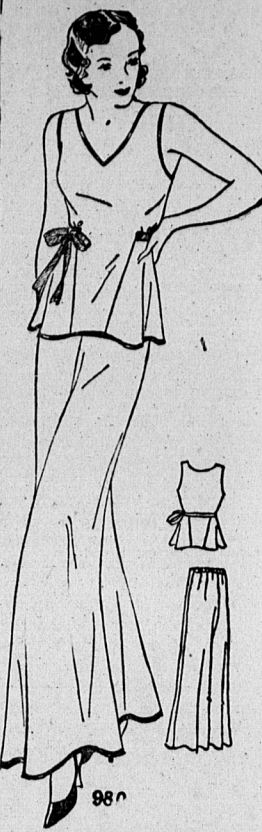
Undoubtedly, a man who has a nice, pleasant, cheerful home, with a jolly little wife who sets a good table in it, is less likely to leave his own fireside than one who has a nagging wife. But the husband who has an itching foot will go, no matter what his home environment, and no wifely arts will stop him.

In your particular case I should say that the only thing to do would be to break up the home in which he will not stay and go to live in some pleasant boarding house or hotel, where you will at least have protection and good company, so that you will not have lonely evenings in which to brood over your wrongs. DOROTHY DIX.

## What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern. By Annabelle Worthington

And you'll love it too! When you find out how really inexpensive it is to carry it out as the original in peach coloured crepe satin, you'll be amazed. Choose the binds and sash in deeper blending tone satin crepe. The pleplum effect gives it such a dainty young air. Style No. 980 is designed in sizes 14, 16, 18, 20 years, 36, 38, 40, 42 and 44 inches bust. Pale blue crepe de chine with Alencon lace trim is unusually effective. Flowered batiste or ninon are also suitable. Useful gifts will truly be appreciated this Xmas. Size 36 requires 5 1/2 yards 39-inch with 1 1/4 yards ribbon and 7 yards binding. Price of Pattern 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.



No. 980. Size ..... Name ..... Street Address ..... City ..... State .....

**BELFAST**  
At St. John's Presbyterian Church in the morning the pastor, Rev. D. L. Griffiths preached a very strong sermon taken from the book of Ephesians. At the evening service it was equally as good, being taken from Zachariah. The choir was not large at either service but quality counted rather than quantity. The music has been of such a high order of late under the capable direction of the pastor that although Christmas Day will be come and gone when this appears in print the congregation are looking forward to the music of that day with great expectation. Miss MacRae presided at the organ for both morning and evening services. The pastor announced that joint week of prayer services will be held alternately in both churches the first week in the new year. We hope there will be a good representation from both churches each night as true prayer both public and private is much needed at all times. We hope the boys and girls who have worked so hard preparing for their school concerts will be rewarded by having something real interesting for their audience and that Santa Claus will remember each one.

**A Morning Smile**  
Above on holiday after fishing on the pier for three hours at last got a bite. An old lady near by loudly stated that it was a shame to catch such dear little fish. The boy was quick with his retort: "Well, he wouldn't have got into trouble if he had kept his mouth shut."

The haughty English lord was endeavoring to impress the importance of his family upon his guide in the Scottish Highlands. "Why," he exclaimed, with an eloquent gesture, "my ancestors have had the right to bear arms for the last two hundred years!" "Hoot, mon," cried the Scot, "my ancestors have had the right to pursue our own just and lawful arms!"

**Household Hints**  
Fishy-smelling utensils can be cleaned successfully by rubbing them over with some dry mustard. Leave this on for a few minutes, then clean off with a rag wrung out of boiling water. Wash afterwards in very hot water.

Many people find it irksome to wear gloves when gardening. To protect the nails in this case fill them with soap. This keeps out the dirt and comes away easily when the hands are washed.

It is a wise precaution to shrink flannel before making it up by soaking it for a night in cold water. Then wring out of warm water in which soap has been dissolved.

Sweet cucumber pickles shrivel if the brine is too strong or if too much sugar is used.

Paper towels are useful to drain foods fried in deep fat or to grease cake tins and molds.

Pots and pans wash more easily if they are put to soak immediately after use.

**A WEEK IN JAIL FOR TAKING A PENNY**

LONDON, Dec. 21.—(C. P.)—For stealing one penny from a shop counter, John Foster, a native of Dublin who had been in custody on remand for a week, was sentenced to seven days' hard labor by the Evesham magistrates. Foster, who recently came to this country from Ireland, left the dock in tears.

**BOVRIL** ADDS RICH GOODNESS TO SOUPS AND GRAVIES