

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

Canadian Cookery For Canadian Women

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

ECONOMICAL SUPPER MENU

By Mary Moore

Roast of green peas, buttered beets, mashed turnips, fruit cup.

Roast of Green Peas

One and one half cups bread crumbs, finely grated, 1 cup canned green peas drained, 2 table-spoons sugar, 1-2 cup walnut meats, chopped finely, 2 eggs beaten slightly, 1 1-2 teaspoons salt, 1-4 tea-spoon pepper, 1-2 cup butter, 1 1-2 cups milk. Cook peas in saucepan, cover with cold water for 3 minutes. Drain and force through a sieve. Then mix pulp with bread crumbs, sugar, eggs, nut meats, salt, pepper, butter and milk. Put in baking dish lined with wax paper and let stand 15 to 20 minutes. Cover and bake in a moderate oven (350 deg. F.) for 40 minutes.

Buttered Beets

It should be remembered that the beets we are now purchasing on the markets are old and require much longer cooking than when they come to us fresh from the garden. Scrub the beets and place them in plenty of boiling water, cooking until tender, which will require three to four hours. The skins will slip off very easily with the slightest rubbing then, and the beets should be finely chopped, melted butter poured over them, and served piping hot.

Mashed Turnips

Pare one medium sized turnip, and cut up into one inch cubes or slightly larger. Place in boiling salted water and cook until tender—about 30 minutes. Drain off water (into soup kettle, for we hope you are saving all vegetable waters for soup), mash the turnips, add a cupful of hot mashed potatoes, season to taste and serve.

Fruit Cup

Many combinations of fruit can be used for a fruit cup, but in giving you the following one, we have kept in mind the fruits which are fresh and which will be economical to prepare. Chop finely two red apples (leaving the skins on) two oranges, 1 cupful malaga grapes with the seeds removed, 1-4 cup chopped dates. Mix all together and pour over a light syrup made of 2 tablespoons lemon juice, 1-4 cup sugar, and a half cup of water—or any fruit juice you may have on hand.

ENQUIRY COLUMN

By Mary Moore

NOTE: We have another superior recipe for you: Banbury Tarts. Not just because they are my favorite small cake, but because they seem to be popular with everyone, we used the best features from several good recipes and combined them all into one luscious filling for our tarts. Secre's ladies, I think it is the rich oiliness of the lemon rind that gives the zest in flavour of our tarts. Of course it goes without saying, that your pastry must be made according to rule, and we recommend a crumbly paste, rather than a flaky one for these tarts. Send a stamped, self-addressed envelope for your copy of this recipe, in care of this paper.

Remember that we are at your service when you feel the need for new recipes, or when you want to be reminded of quantities for old ones. We will be glad to help you solve household problems of any kind.

To End a Cough In a Hurry, Mix This at Home Saves \$2. No Cooking! So Easy!

Millions of housewives have found that, in making their own cough medicine, they get a purer, more effective remedy. They use a recipe which costs about one-fourth as much as ready-made medicine, but which really has no equal for breaking up obstinate coughs. From any drugist, get 2 1/2 ounces of Pinex. Pour this into a 16-oz. bottle, and add granulated sugar syrup to fill this big bottle. The syrup is easily made with 2 cups sugar and one cup water, stirred a few moments until dissolved. No cooking needed. It's no trouble at all, and makes the most effective remedy that money could buy. Keeps perfectly, and children love its taste. Its quick action in loosening the phlegm, clearing the air passages, and soothing away the inflammation, has caused it to be used in more homes than any other cough remedy. Pinex is a highly concentrated compound of Norway Pine, famous for its healing effect on throat membranes. It is guaranteed to give prompt relief or money refunded.

QUESTION: Will you kindly tell me if when making boiled icings, particularly the seven minute variety corn syrup may be used instead of cream of tartar with equal effect, as I do not care for the acid taste that cream of tartar imparts to the icings. I believe it was in one of your cookery pages that I read a recipe which called for cream of tartar or corn syrup. If this is true will you kindly give me the proportions of each or perhaps you would print a recipe which calls for either. Thanking you in anticipation of any help you may give me.—Experiment-er.

ANSWER: Yes corn syrup may replace the cream of tartar called for in seven minute frosting. Below I have outlined the recipe giving proportions for either corn syrup or cream of tartar. One-eighth teaspoon cream of tartar may be replaced by 1 teaspoon corn syrup in almost any candy or boiled frosting recipe.

Seven Minute Frosting

(Using either Cream of Tartar or Corn Syrup)

Two unbeaten egg whites, 1 1-2 cup sugar, 5 table-spoons cold water, 1 1-2 teaspoons corn syrup or 3-16 teaspoon cream of tartar, 1 teaspoon vanilla Put egg whites, sugar water and corn syrup or cream of tartar in upper part of double boiler. Beat with Dover beater until thoroughly mixed. Place over boiling water, beating constantly and cook 7 minutes or until frosting will stand in peaks. Remove from heat, add vanilla, and beat until of right consistency to spread.

QUESTION: Your very interesting page occupies a good bit of my time on Sunday and the recipes are all so interestingly written that I loathe to miss an issue. However, much to my disappointment one cookery page was used before I had finished reading it, and that page contained the recipe for cookies made with corn flakes. I have so wanted this recipe that I would be greatly pleased if you would be kind enough to send it to me.—Mrs. L. H. Brown Ave.

ANSWER: The following two recipes for Corn Flake Macaroons appeared in our Cookery Page for week of October 24.

Cocoanut Flake Macaroons

Five table-spoons sugar, 2 egg whites, stiffly beaten, 3-4 cup shredded cocoanut, 1-2 cup crisp corn flakes, 1-4 teaspoon almond extract. Beat sugar into egg whites and mixture will stand up in peaks. Fold in cocoanut and corn flakes and almond extract. Drop by table-spoons on heavy waxed paper on baking sheet and bake in slow oven of 325 deg. Fahr. for about 20 minutes. Cool slightly and by slipping the waxed paper onto a dampened cloth the macaroons may be easily removed.

Cocoanut and Corn Flake Macaroons

Two egg whites, 1 cup sugar, 1 cup grated cocoanut, 1 table-spoon flour, 1-2 cup chopped nuts (optional), 2 cups crisp corn flakes, 1 teaspoon vanilla. Beat eggs and add sugar, cocoanut, nuts, corn flakes and vanilla: mix well, then add flour. Drop by spoonfuls on buttered baking sheet and bake in slow oven until golden brown.

I hope these are the recipes to which you have reference.

QUESTION: Will you please send the recipe for home made cottage cheese, for which I thank you very much.—Betty.

ANSWER: Cottage Cheese No. 1 To quarts sour milk, 1 table-spoon salt, pepper, cream. Put the sour milk into a flat pan and set over hot water until it separates into curds and whey. Strain through a double cheese cloth over a dish. Put the curd in a bowl, mix well, season with salt and pepper and moisten with cream.

Cottage Cheese No. 2

Two quarts sweet milk, 2 3 cup thick sour milk. Stir the sour milk into the sweet milk, cover and keep at a temperature between 65 and 70 deg F. for about 18 hours. Set over hot water until it separates into curds and whey. Strain through double cheese cloth. Season dry curds with cream. It is important to remember that the milk should not be allowed to heat above lukewarm temperature or the curd will be tough.

Others Followed

The House of Morse, Canada's oldest tea firm, was the first in this country to put a package tea of Orange Pekoe grade on the



Canadian market. Their success with it was so conspicuous that others have followed suit. None, however, have quite caught the secret of MORSE'S SELECTED ORANGE PEKOE, which continues to be the finest tea sold in Canada at any price . . . the TEA DE LUXE.

Dorothy Dix' Letter Box

Don't Marry Unless You're Overwhelmingly in Love, Dorothy Dix's Advice to Bachelor Boy—Will Reformed Rake Make Good Husband?

Dear Miss Dix—I am indifferent toward men and have thought seriously of being a woman with a career and living a life of independence. Lately, however, things have come up that make me wonder if, as I grow older, I will tire of independence and envy my friends who are married, whether happily or not. What is your opinion on this subject?



ANSWER: I am old-fashioned and sentimental and hold fast to the belief that nothing but love makes marriage worth while. I believe that nothing but caring for some one so much that life is cinders, ashes and dust without him or her can repay any one for the sacrifices that marriage inevitably exacts.

Especially is this true for a woman, for marriage is much harder on her than it is on a man. She must give up her liberty far more than a man does. She must give up her job or else if she keeps it, she superimposes upon it the extra job of making a home. She must make the adjustments and adapt her tastes and pleasures to her husband's, for there are few men who ever take the trouble to be diplomatic with their wives. And she must bear and rear the children.

All of this is a glorious adventure. Every sacrifice is sweet. Every labor becomes a pleasure. Every one of the man's faults become amusing and endearing peculiarities if the wife loves her husband. But if she doesn't love him marriage becomes nothing but a feat of endurance. Making a home is the most dull, deadly grind of labor on earth. Every mannerism of the man gets on his wife's nerves. Every word is a fighting word, and instead of the home being a Paradise on earth it is a fore-taste of purgatory.

In former times there was a good argument for girls marrying without love and without attraction toward the holy estate, because there was no way for young women to make an adequate living for themselves. They had to marry their meal ticket. Also, a woman had nothing of interest to do and she had to marry for an occupation. Likewise an unmarried woman had no freedom of action, so she had to find emancipation through her wedding ring.

But that is not the case now. Any intelligent girl can support herself as well as the average husband supports his wife. Business affords her a never-failing source of interest, and any girl is free to set up her own home or go where fortune calls her. So marriage is no longer a necessity. It has become a matter of preference.

There are girls who are born for marriage. Wifehood and motherhood are the career to which they are instinctively driven. They are miserable without husband and children, and they are happier married to any sort of man than they would be single.

But there are other women like yourself who are really celibate by nature and to whom the domestic life does not make as much of an appeal as does the commercial or professional world. A mahogany desk always looks better to them than a kitchen range.

This type of woman should never marry unless she finds some man with whom she falls overwhelmingly in love. Some strong man whose fascination will be great enough to hold her and keep her from regretting all that she has given up for him. Such a woman should never marry for convenience or because other girls are doing it.

As for your fear that you will be lonely if you do not marry, marriage is not an unfailing safeguard against that. Some of the loneliest women in the world are the women married to uncongenial husbands. They are the more lonely because being married cuts them off from friends and companionship that they would have if they were single.

If a bachelor woman is lonely in these days it is her own fault and because she will not take the trouble to make friends. Among the most popular and sought-after women everywhere are jolly old maids.

DOROTHY DIX. Dear Miss Dix—All during my son's college course he was very attentive to a girl in a neighboring college, and there was every evidence of mutual affection. On graduation, because of money stringency he was unable to hold out any hope of marriage in the near future. She was unable to secure a position and has contracted marriage with another man. My son is very bitter about it. He says: "I did what I thought was the wise thing and now see where it has put me." He has lost his faith in girls and in life. How can I help to restore him to a healthy state of mind? DISTRESSED MOTHER.

ANSWER: You cannot do it. Only time that heals our hurts and softens our disappointments and teaches us philosophy can bring your boy back to normalcy and give him a saner view of the situation.

Every boy whose first love affair goes awry thinks that his heart is broken and his life ruined and rails out against fate and blasphemes against God and woman, but it is amazing how soon the hurt in a young heart heals and how very soon another girl cures his pessimism and restores his faith in the fair sex.

Don't take your son's attitude too seriously. Just recall your own youth when you found a bitter pleasure in a secret sorrow, an enjoyed poisoning around in a darkly romantic atmosphere of blighted affection when some boy you thought you had a crush on went with another girl.

Of course you might tell your son that badly off as he thinks he is at present, he is in nothing like the harrowing situation he would have been if he had gone on and married the girl with nothing to support her on. Lying awake at night thinking about a false love is not the agonizing experience it is to walk the floor wondering where the next meal is to come from. Nor is anything such a quick cure for love as for a man to marry a woman before he is ready for marriage and when he knows she blights his career.

Chief among the women who help men are the schoolboy sweethearts who marry other men. DOROTHY DIX. Dear Miss Dix—I am 30 years old, in love with a man ten years older

Happenings of the Week

Vells, feathers and trains will be optional at the Drawing Room which Their Excellencies the Governor General and Lady Bessborough will hold in the Senate Chamber here on Friday evening, February 10. The official announcement of the Drawing Room states that if trains are worn they "should be straight from the shoulders to the ground and should not exceed two yards in length nor extend more than 18 inches from the heel of the wearer." The white tulle veil attached to the feathers should not be longer than 45 inches. Full or evening dress will be worn by the men.

In the case of women wishing to be presented for the first time, the usual request is made that they make application in writing to the aide-de-camp-in-waiting at Government House, before February 5.

The Prince of Wales has consented to preside as Prior over the Chapter and investiture of the Priory for Wales, under the Order of St. John, to be held at Cardiff early in the New Year. During his visit he will also attend the annual dinner of the Cardiff and District branch of the Welsh Guards Comrades' Association.

There were numerous New Year's eve parties last Saturday night when young and old gathered to welcome in the Little New Year.

Mrs. Mathieson wife of Chief Justice Mathieson was hostess for the Thursday afternoon Bridge Club this week.

Mrs. John Richards entertained at a charmingly arranged luncheon on Wednesday afternoon at her spacious home 5 Grafton Street.

Mrs. E. H. Beer invited a number of friends in for a social hour on Wednesday evening.

Dr. and Mrs. J. D. McGuigan entertained for their son and daughter Wednesday evening at eight tables of Bridge followed by a jolly dance. On Thursday their pretty home at 196 Richmond Street was again the scene of a most enjoyable social gathering when Mrs. McGuigan entertained at ten tables of Bridge.

Mr. Barney Nelles of Regina who spent the holidays with Mr. and Mrs. E. R. Brow left Wednesday to resume his first year in Medicine at McGill.

The Duchess of York has appointed Mrs. Geoffrey Bowly to be a Lady-in-Waiting. Formerly the Duchess had only one Lady-in-Waiting—Lady Helen Graham—but the duties of this office are now too heavy for one person to fulfill. Mrs. Geoffrey Bowly is the fourth of six sisters of the 12th Lord Valentia. Her father, the 11th Viscount, was comptroller of the Household to Queen Victoria and to King Edward and a Lord-in-Waiting to King George. Mrs. Bowly, who was born in 1885, married in 1911, Captain Geoffrey Vaux Salvin Bowly, of the Household Cavalry, who was killed in action in 1915. She has two children.

Lady Patricia Ramsay and Mrs. Baldwin visited Admiralty House, London, last week, when some of

the work of the Disabled Men's Handicrafts, Limited, Birmingham, was on view. Interest centred in an all-wool rug which is believed to be the largest rug ever made by hand in one piece. It is 15 ft. in length and 9 ft. in width, and was made by four very badly disabled men in 60 days. No fewer than 217,218 pieces of wool were used.

Mrs. (Dr.) C. H. Beer entertained delightfully at a three table Bridge Thursday in honor of Miss Bessie Beer who is leaving next Monday to resume her duties in West Newton, Mass., after an enjoyable holiday with her parents, Mr. and Mrs. E. H. Beer.

Mr. and Mrs. Clifton Dingwell and little son, Huntley, have returned to the city having spent Christmas and New Years with Mrs. Dingwell's parents, Mr. and Mrs. Jas. Huntley at Halifax, N. S.

Mr. and Mrs. D. W. White, York Point, sailed from Halifax last week on the R. M. S. Rodney to Bermuda where they will spend the winter.

Miss Constance McArthur of Summerside is visiting with her sister, Mrs. B. Rogers, Jr.

The Tuesday evening Bridge Club was entertained this week by Mrs. Noel DeBlols at her pretty home on the Esplanade.

Mrs. Duff, Charlottetown, who is spending the winter in New Glasgow, stopping at the Norfolk Hotel, left Wednesday afternoon to spend a few days in Halifax. She was accompanied by her daughter, Miss Betty. She had been with her mother for the Christmas holidays and was returning to resume her studies at the Halifax Ladies' College.

Mrs. Ernest Mills entertained at three tables of Bridge on Wednesday afternoon for her friends at her home on Milton Avenue.

Mrs. D. F. McNeil entertained the social club of St. Paul's Church this week at a most enjoyable Bridge. Refreshments were served by the hostess at the conclusion of play.

Many friends in this city heard with deep regret of the death of Mr. J. Pope Barnes of Saint John which occurred at his home there last Tuesday.

Three decades of service to the sick have ended for Miss Jean Webster, for 32 years Night Superintendent of Nurses at the Montreal General Hospital. She has resigned to go to Winnipeg and devote herself to the care of two orphan nephews. Miss Webster's long term on night duty is believed to be unique in Canadian nursing history. She is known from Charlottetown to Victoria and from the border to the farthest north.

On Tuesday evening Mr. and Mrs. M. F. McDonald, Montague entertained a number of their friends at Bridge. Four tables were in play and pretty prizes were won by Miss Marie Coffin, Mr. W. A. McLaggan and Mr. Gaudet. After cards a very dainty lunch was served by the hostess.

The "Tango" the new skating dance, which has taken Europe by storm was executed for the first time in Ottawa on Monday evening at the Minto Skating Club. The dance, which comprises 20 different steps is most effective and in future will be included in the regular skating program of the club.

The Queen, prior to Christmas week, paid a visit to the headquarters in Grosvenor Place of the Personal Service League, which provides clothing and other necessities for distressed unemployed. Her Majesty brought with her great bales containing her own gifts of clothing as well as those of members of her staff.

What the Fashionables are Wearing

By Annabelle Worthington

The scheme chosen for today's model is particularly chic. It is hairy rabbit woolen in purple tones. The new pointed collar is violet shade in the same fabric. Against the purple, it is ever a lovely combination.



It's a dress that will attract admiration wherever it goes. You find it so inexpensive to carry it out exactly as the original model.

Geranium-red rough crepe silk is an adorable suggestion, so entirely youthful. Trim it with black bone buttons and wear a belt of black suede or a belt made of black upholstery braid.

Style No. 986 is designed for sizes 14, 16, 18, 20 years, 36 and 38-inch bust. Size 16 requires 2 1/2 yards 54-inch material with 3/4 yard 39-inch contrasting.

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

Form with fields for Name, Street Address, City, State.

A Christmas Goose

The following is a letter sent to a local dealer specializing in old and young geese:

Dear Sir,— I received my Christmas goose and sorry to say it was not up to my expectations—judging by the meat "Christopher Columbus" brought it to America on his first trip.

The only satisfaction I had in trying to eat my Christmas Goose was in knowing that Mr. A. E. McLean lost a vote the day that goose lost its head.

Yours Truly A Dissatisfied Customer. Below is the reply—which evidently the receiver would like the public to enjoy.

Dear Sir,— We are in receipt of yours of the 26th, and regret exceedingly that the goose was a lemon. We realize the difficulty these days when dresses are so much alike to tell a "Chicken" from an old "Hen" but we thought we would know an "old Goose" when we saw one.

It appears, however, that someone has blundered. I do not think we should worry about how it would affect A. E. I fancy there are still plenty of "Old Geese" to make his future not too tough.

Laying all jokes aside, however, you must know how hard it is to tell the age of a goose when you can't find its teeth, so we would ask you to let us know what you would like us to do to make everything satisfactory for you.

Yours truly

For The Cook

IMPERIAL SAUCE

1-3 cup butter, 1 table-spoon boiling water, 1 1/2 cups confectioners' sugar, 1 egg, 1/4 cup whipped cream or evaporated milk. Flavoring as desired. Work butter to a soft cream and then add boiling water. Add 1/2 cup sugar and beat until mixture is very light, then work in the rest of the sugar and the egg yolk. When smooth and creamy beat in the stiffly beaten egg white and the whipped cream or evaporated milk. Chill before serving. Serve on any steamed pudding. Brown Betty baked apples, fruit pies or hot gingerbread.

A Morning Smile

The lecturer was apologizing for having talked so long. "I'm sorry if I have wearied you," he said, "but I unfortunately left my watch behind and there is no clock in this room!"

A voice from the audience replied: "There's a calendar behind you, sir!"

Breezy Youth—Have you a good opening here for an unusually bright and energetic young man? Business Man—Yes, I believe we have—and please close it softly as you leave.



Get Rid of That SORE THROAT!

Any little soreness in the throat grows rapidly worse if neglected. Crush some tablets of Aspirin in some water, and gargle at once. This gives you instant relief, and reduces danger from infection. One good gargle and you can feel safe. If all soreness is not gone promptly, repeat. There's usually a cold with the sore throat, so take two tablets to throw off your cold, headache, stiffness or other cold symptoms. Aspirin relieves neuralgia, neuritis, too. Use it freely; it does not hurt the heart.

