

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

Canadian Cookery For Canadian Women

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

THE MOST FOR YOUR MONEY

By Mary Moore

Probably housekeepers are planning their food budgets more carefully this year than ever before.

Every day we are receiving letters asking us how to economize on food without endangering health.

Sometimes I wonder if housewives believe that just because they are spending a lot on food they are necessarily buying health.

Many prominent food authorities have agreed on a general division of every dollar spent for food into five parts.

One fifth is spent for milk and cheese.

One fifth is spent for bread and cereals.

One fifth is spent for fruits and vegetables.

One fifth is spent for meat, eggs and fish.

One fifth is spent for fats, sugars and miscellaneous foods.

This plan may be applied to the food budget whether large or small, but make a mental note, please, of the order in which these foods are listed.

For a less limited purse, the following day rations will be found healthful and inexpensive:

One pint of milk daily for every adult and quart for every child.

Three vegetables daily, including one potato and one leafy vegetable, such as cabbage, lettuce, spinach, etc. (Use only vegetables in season.)

Use milk freely in cooking as well as for a beverage. Serve meat once a day only and learn to use the cheaper cuts.

Many of these cuts provide more nutriment than the costlier ones. Use meat substitutes, such as milk, cheese and nuts; eggs may be used too when not too expensive.

Use plenty of fresh fruits and vegetables. Tomatoes (fresh or canned) and cabbage are among what is known as "protective" foods and are always cheap.

Use bread and cereal foods freely. Serve fruit as often as possible, preferably raw fruit, especially when the diet is limited.

Do not make the mistake of purchasing foods which are out of season when you cannot afford them.

To start at the very bottom, which might be considered an emergency ration—to be resorted to only when the income for food is reduced to almost nothingness—would consist of milk and the grain products as the staple foods.

Milk will do more than any other food to maintain normal health. Grains are cheap foods and they supply heat and energy.

As mentioned in another section of this page, whole grains should be used in preference to the more refined cereals.

To this we should add a vegetable as often as possible—any vegetable no matter how cheap. In an emergency this may have to do the work of the whole group of fruits and vegetables.

Canned tomatoes could be used in place of a fresh vegetable. Such a diet may be monotonous and is far from ideal but it will protect bodies from "hidden hunger" so that when the lean days are past they may be built up again into vigorous health, and no lasting harm done as would be the case with a deficient diet.

For a more desirable diet, still at low cost, it may be necessary to spend as much as a third of the food allowance on milk, especially where children are concerned. In such a case the amount spent on meats, fats and sugars will be reduced.

Use the cheapest form of milk and grain and the cheapest vegetables. The family may complain that it is monotonous—that will not hurt anyone, but a wrong diet is positively dangerous.

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A Morning Smile

"Dear, dear," gushed a lady visitor to the sixteen-year-old son of the house, "and is this really Jim? Why, the last time I saw you, my dear, you were a little thing so high—in socks!"

Teacher (admonishing against stealing)—Now if I were to put my hand in someone's pocket and take his money, what would I be? Small boy—Please, miss, you'd be his wife.

In preserving the nutritive value of the foods cooked. Recipes which have not been included for any items mentioned may be obtained by writing to the paper.

Menu No. 1

Beef savory; rye bread; cabbage and raisin salad; tapioca pudding.

Menu No. 2

Corn fritters and bacon strips; stewed canned tomatoes; whole wheat muffins, orange trifle.

Menu No. 3

Cream of lima bean soup; bread, cooked beef salad, prune pudding with custard sauce.

Menu No. 4

Rice and meat loaf; creamed carrots, whole wheat bread, chocolate jelly.

Menu No. 5

Princess potatoes; creamed onions, sliced tomatoes, date and cheese salad, cinnamon toast.

Milk should be provided at every meal as a beverage for the children.

Beef Savory

Cut one pound round steak in pieces for serving. Season with salt and pepper and dredge with flour.

Brown in bacon fat. Put in a casserole. Add one cup canned tomatoes, one carrot, one turnip, two small onions, one half cup celery cut in small pieces.

Arrange slices of orange in serving dish, cover with layer of stale cake. Add another layer of sliced oranges and a layer of cake, and pour over this a soft custard. Chill. If desired the whole may be topped with a meringue.

Rice and Meat Loaf

Boil 3-4 cup rice in salted water. When cooked, mix with 3-4 cup gravy or meat stock and 1-4 teaspoon salt.

Arrange slices of orange in serving dish, cover with layer of stale cake. Add another layer of sliced oranges and a layer of cake, and pour over this a soft custard. Chill. If desired the whole may be topped with a meringue.

Unfortunately, in their disappointment they are too often like spoiled children, who when they find out that what they thought was cake is only bread and butter, throw it away.

And then because marriage isn't the perfect picnic they thought it was going to be they simply throw up their hands and quit cold.

Why Are the Successful Marriages so Rare? How is it That Fine, Upright Men and Women Marry Because They Love Each Other, and in a Few Years Find Life Together Intolerable?

One marriage in every six in this country ends in divorce. Probably 75 per cent of the remaining marriages are just endurance records.

with each other and in which they get a never-ending joy out of their companionship is so rare as to make them a marked couple in any community.

You can count on the fingers of one hand and have a finger or so to spare all the successful marriages that you know.

Why is this? For these men and women are not villains who have consciously sought to wreck each other's happiness.

When they were married they were so much in love with each other that they thought that life would be cinders, ashes and dust if they could not spend it together.

And here they are after three, five, ten years of marriage finding life together almost intolerable, something that they have to set their teeth to bear.

Perhaps the answer to their bewildered question is that they expected too much of themselves, too much of each other, too much of marriage.

These disappointed husbands and wives forget that we cannot live always at the high peak of emotion. There is bound to be a letdown when the ardor of the lover simmers down into the steady warmth of the friend.

And the trouble is that while we recognize our own necessity of getting back to normalcy we are not willing to concede it to the beloved one.

For The Cook

TOMATOES STUFFED WITH CHEESE

Select firm, ripe tomatoes. Cut a thin layer from the top, and remove the seeds and pulp. Fill the cavities with relish cheese thinned a little with whipped cream, to which has been added a little paprika.

POACHED EGG, SURPRISE

Four tablespoons butter, 1 pint milk, 4 tablespoons flour, 1/2 teaspoon salt, 2 tablespoons finely chopped green peppers, 6 eggs, 6 large slices of toasted bread, 1/2 pound of soft, sharp-flavored cheese.

Method: Prepare a cream sauce of the milk, butter, flour, salt, and add the green pepper. Cover the toast with thin slices of cheese, meanwhile poach the eggs in salted water until firm, place on the cheese, and pour the hot sauce over all.

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Why Marriages Fail Dorothy Dix

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What the Fashionables are Wearing

By Annabelle Worthington

A charmingly effective dress and one which is extremely simply to carry out and easy to wear constitutes today's pattern.

It is fashioned of sheer dull crepe in bright violet, a delightfully new and flattering scheme.

The skirt is cut to fit snugly about the hips, and flares softly at the hem.

And it's simplicity itself to make it. Think of the enormous saving. It's stunning too in black, pale blue or white crinkly crepe silk.

Style No. 347 is designed for sizes 14, 16, 18, 20 years, 36, 38, 40 and 42 inches bust.

Size 36 requires 5 yards 39-inch, with 1/4 yard 35-inch contrasting.

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

No. 347. Size Name Street Address City State

NOTRE DAME ACADEMY The following pupils secured an average of over 75% for the month of December:

Grade X—Jacqueline LaCourse, Yvonne Gaudet, Mary McKinnon, Rita McLean, Marion Mahar, Catherine Shama.

Grade IX—Esther LaCourse, Bonita Taylor.

Grade VIII—Blanche Griffith, Grace Lightizer, Marjorie Dwyer, Rita Doucette.

Grade VII—Norma Peppin, Margaret McKinnon, Dorothy Peters, Mary Lappin.

Grade VI—Betty Leightizer.

Grade IV—R. Kiggins, M. Doyle, D. Hughes, K. Gallant, P. Arsenault, J. Brown.

Grade III—K. Doyle, I. MacGulgan, M. Mitchell, R. MacDonald, M. LaCourse, J. LaCourse, F. Peters.

Grade II—Lorraine Oatway, Madeline Jay, Marjorie Murray.

Platform Speaker: "I am exceedingly pleased to see such a dense crowd gathered here tonight."

Voice: "Don't be too pleased. We ain't all dense."

So it is no wonder that so many marriages are failures. The wonder is that husbands and wives cannot see why their marriage is a failure and realize that they have deliberately brought their misery upon themselves.

for New Brunswick. About 100,000 would be cut in the Miramichi area, he thought, with the remaining 10,000 in other parts of the province.

The work will provide employment for 500 men in Northumberland County alone, Mr. McDade estimated, which, taking four to a family, would mean that 2,000 people would be taken off the list of those now receiving direct relief in that county.

Between \$50,000 and \$75,000 will be left in the province as a result of these contracts, Mr. McDade said. It is expected that the ties will be recreated as usual at Newcastle.

Yesterday's heavy snowstorm enabled lumber operators to proceed with the work of hauling, held up for a week by lack of snow.

PLAYS DEAD AS JOKE; DIES FEW HOURS LATER ESSEX, Mass., Jan. 12.—When William A. Bagwell, 58, got drunk at

OH, DEATH— Husband: "I met Bolton in town today, and the poor fellow was very despondent. He said he was perfectly willing to die."

Teacher Hunts Antique Glass WHITEWATER, Wis., Jan. 12.—Sardars H. Hoyum, grade school principal, believes he has one of the largest private collections of rare glass in the world.

AGRICULTURAL COURSE The Department of Agriculture will conduct a four weeks course in practical Agriculture in Prince of Wales College and at the Dominion Experimental Farm commencing February 14th for boys sixteen years of age and over.

Write at once for particulars regarding the nature of the course, the cost and the assistance provided by the Department.

J. W. BOULTER Deputy Minister of Agriculture.



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