

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

Canadian Cookery For Canadian Women

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

ANNOUNCEMENT

New Recipe For Devil's Food With Foamy Frosting

No other cake has the eye appeal of a rich brown Devil's Food piled high with snowy white frosting.

We have been experimenting with Devil's Food Cakes and have a recipe to offer you that pleased our most critical tasters. This tempting cake may be served as dessert with no other accompaniment and is easy to make. Just as you wrote for Nut Cake, Hungarian Coffee Cake and Banbury Tarts recipes, send a stamped self-addressed envelope to Mrs. Moore in care of this paper, and she will mail you a copy of recipes for Devil's Food and Foamy Frosting.

MARY MOORE'S QUESTION BOX

Conducted by Mrs. (Dr.) Mary Moore

NOTE: The next two months have many a cold day in store for us. The daily task of thinking up new and interesting menus begins to be monotonous. When we telephone the grocer and ask what fresh vegetables he has, it is the same answer as last week: "Carrots, cabbage, parsnips, turnips—". Now there are plenty of interesting ways of serving these homely vegetables and if you want to know some of Mrs. Moore's methods of serving them attractively she will be glad to hear from you.

New rhubarb has made its appearance on our markets. Notice our recipe for Jellied Rhubarb in the enquiry column under answer to G. V. R.

Letters may be addressed in care of this paper, to Mary Moore, Cookery Editor. A pen name should be chosen for publication purposes, in addition to the writer's name and address, which will not be published. All correspondence should be written on one side of page only.

QUESTION: I noticed in the paper of last week you kindly consented to publish a recipe for home made cottage cheese. I would be delighted to see this.

Your time from now on will no doubt be taken up with recipes for Christmas cooking. I wonder if you could manage one for a good meat loaf without veal. I presume the same mixture can be made into meat cakes. I never seem to be able to make real good fish cakes, but would be dollars against doughnuts we would smack our lips over yours. If you cannot get to these recipes just now, sometime later will suit as well. Yours faithfully, Mrs. H. R. R.

ANSWER: Your perception in realizing the volume of letters that had to be handled during the Christmas season was greatly appreciated. In taking advantage of your thoughtfulness I hope you will not think I have forgotten you.

The following recipe for meat loaf is positively the best one I have ever tasted. I hope you will find it so.

Meat Loaf

Purchase two pounds of chopped round, chuck or flank steak. To this add one half cup finely chopped suet, two very finely chopped small onions, 2 eggs slightly beaten, 2 cups soft bread crumbs, 3 tablespoons salt, 4 tablespoons Worcestershire sauce or some meat essence, 4 tablespoons prepared horse radish, 1 tablespoon dry mustard, 4 tablespoons minced green pepper. Mix all well and pack tightly in greased bread pan, and pour over it 3-4 cup tomato catsup. Bake one hour at 350 deg. Fahr. Yes, this may be made into meat cakes.

Fish Cakes (superior).

These fish cakes are indeed good enough to smack your lips over.

Two cups cold, cooked, flaked fish, 1 cup milk, 3 tablespoons flour, 3 tablespoons butter, salt, pepper, minced parsley, 1 teaspoon lemon juice, celery salt to taste. Melt butter in saucepan, add flour and blend well. Then stir in milk until it thickens over heat. Chill. When sauce is cold carefully fold the flaked fish into it and add remaining ingredients. Shape this mixture into croquettes or cakes, and dip in stale crumbs, then in egg to which 2 tablespoons cold water have been added, then roll in stale crumbs again. These may be fried in deep fat or in butter in frying pan. Fry until gold brown.

I hope these recipes come up to your expectations. A letter from you will always be welcome.

QUESTION: I am writing to ask you to help me with a few questions:

No. 1: Where can I get British Guiana Rice?

No. 2: How do you make Lemon Curd?

No. 3: How do you make Scotch Shortbread?

No. 4: How do you make Jellied Rhubarb?

No. 5: How do you make crumbly crust for Apple Crisp?

I shall be greatly pleased if you will publish the answers to these questions in the paper, G. V. R.

ANSWER: No. 1. British Guiana or Demarara rice may be purchased in the grocery store of the T. Eaton Co. Ltd. When ordering it ask for Demarara rice. No. 2. Recipe for Lemon Curd:

Lemon Curd

One quarter cup butter, 3 yolks of eggs well beaten, juice and grated rind 2 lemons, 1-2 pound icing sugar. Mix these all well together and put into a jar, and stand it in a saucepan of very hot water, and put over a slow fire that the water may barely simmer, and leave until the mixture is like thick cream. Put it into smaller sterile jars and seal, unless it is to be used within a day or two. This is used for filling open tarts, or as a spread between layer cakes. It is quite delicious.

No. 3. Scotch Shortbread.

Scotch Shortbread

Three quarters pound butter, 6 ounces icing sugar, 1 pound bread flour. Cream butter and add gradually while creaming constantly, the sugar; then work in the flour using the hands. Press into a shallow pan to one half inch in thickness, prick at frequent intervals with a fork and bake in slow oven until crisp but not browned in the slightest.

This mixture may be rolled out to 3-8 inch in thickness and cut into small cakes with cookie cutter. They must be watched closely when baking that they do not brown in the least. No. 4. Jellied Rhubarb.

Jellied Rhubarb

Wash rhubarb well and cut into one inch pieces, there should be four cups. Make a sugar syrup of one cup sugar and 2 cups water, and gently simmer the rhubarb in this until tender. The rhubarb is less apt to break up if baked in the syrup. Soak 2 tablespoons gelatine in 1-2 cup cold water for five minutes. When soft, pour 1 cup of the boiling hot rhubarb syrup over it to dissolve it and when dissolved gently stir this gelatine syrup into the cooked rhubarb. Add the juice and grated rind of one lemon, and pour into moistened mould or moulds and set away to congeal.

No. 5. Crumbly crust for apple crisp.

Crumbly Crust for Apple Crust

Mix well together one cup sugar and 1 cup flour. Cream one-half cup butter well, and into it gradually sift the sugar and flour mixture. When well blended spread over sliced apples in shallow dish and bake. Serve with cream. Come again, G. V. R.

A Morning Smile

"Arithmetic is a science of truth," said the professor earnestly. "Figures can't lie. For instance, if one man can build a house in 12 days, 12 men can build it in one."

"Yes," interrupted a quick-brained student. "Then 288 will build it in one hour, 7,280 in one minute and 1,036,800 in one second. And I don't believe they could lay one brick in that time!"

While the professor was still gasping, the smart "ready reckoner" went on:

"Again, if one ship can cross the Atlantic in six days, six ships can cross it in one day. I don't believe that, either; so where's the truth in arithmetic?"

LEFT BEHIND

Colonel (to soldier accused of being absent without leave): What have you got to say for yourself?

Private: Well, sir, it was like this. I got to Waterloo and I was about to open the carriage door when a band outside the station struck up the national anthem. I stood at attention until it was finished, and when I turned around the blinkin' train had gone!

Dorothy Dix' Letter Box

Sage Advice to Man Whose Fiance Won't Let Him Break Engagement—Is a Man Really in Love if He Still Enjoys Eating?—Can a Bad Temper Be Cured?

Dear Miss Dix—I have got engaged to a girl. I don't know how or why because I don't love her and don't want to marry her and I realize that she would not make me a companionable wife at all. Besides, I don't want to marry and I'm not in a position to marry if I did want to. I have told the girl this and she threatens to take some very drastic steps if I break the engagement. Can you suggest anything to do?

M. H. D.

Answer: A girl who is that determined to marry is certainly a formidable proposition and she will get you if you don't watch out.

However, I think the woman who threatens to sue a man for breach of promise if he doesn't

marry her isn't half as dangerous as the one who weeps over the lover who has lost his taste for her and tells him how it will break her heart if he leaves her. For the woman who holds the club of the law over a man's head rouses his fighting blood, whereas the one who turns on the weep simply melts down his back-bone and softens his sales resistance into a mush of pity, because no man can resist sympathizing with the lady who is about to lose him.

There are few things in the world more powerful than hydraulic pressure and when this is brought to bear on a man's resolution not to marry it nearly always gives way. Thousands of women have got their man in this way. Thousands of men, who in the sober light of the morning after permitting some crafty woman to inveigle them into proposing, have realized that they were not in love with these women and didn't want to marry them and have gone to the said women and told them so, have fallen victims to the water treatment.

Little Sally or Sadie or Sue began to sob out that their lives were ruined and they couldn't s-s-stand it and they would never l-l-love again and before they knew it the poor men were sunk and they married them and lived miserably ever after.

So, son, be thankful that your fiancee is merely going after you with a law suit or a shotgun and not tear ducts. But, anyway, stand firm. Don't let her bulldoze you into marrying her if you don't want to, because marrying is no picnic even at its best and it is a hell on earth at its worst.

And certainly its worst phase is when a man is shanghaied into it against his will by a woman who evidently regards him as merely a meal ticket. Because no woman of any delicacy of feeling would be willing to marry a man against his will or drag an unwilling bridegroom to the altar.

I should say in your case the best thing for you to do would be to play a waiting game and simply wear her out. You do not need formally to break the engagement, but you can make it so uninteresting to her and so hopeless of any results that you can make her break it. As long as you are not married to her she has no jurisdiction over you, so you can run around with other girls as much as you please. Nor has she any power by which she can compel you to make dates with her, so if you just quit cold and never go to see her any more, what can she do about it?

A READER.

Always you have the perfectly valid excuse that you are not financially able to marry and are in no position to support a family. The depression ought to be good for something. Perhaps it will be your salvation.

DOROTHY DIX.

Dear Miss Dix—Is the kind of love when one can't eat, sleep and so forth absolutely necessary to make marriage a success? In most marriages don't you think that love is stronger on one side than the other? Can a marriage be a success if the girl's love is stronger than that of the young man's? He loves her very much, but cannot say he loves her desperately. Would it be taking a chance for her to marry him?

A READER.

Answer: If no one got married except those whose appetites and ability to sleep were affected by the tender passion, there would be a terrific slump in the matrimonial market.

It is only in novels that people in love cease to take an interest in food and sit up all night star-gazing, thinking upon the beloved one and go hot and cold and have palpitations of the heart as the sound of a footstep. In real life men and women get just as hungry when they are in love as they do out of it and are just as much interested in going to places of amusement and in their business and getting pretty clothes and the ordinary affairs of life as they were before they discovered the Great and Only and become engaged.

But it is a pity that the poets and fictionists have set up these impossible and neurotic standards for young people to check their love by, because it makes many level-headed and common-sense young people doubt the state of their affections. They know that nothing has happened to their appetites or their ability to put in eight hours of sound sleep at night if they get the chance and that they are not just one prolonged thrill in the other's presence. They are perfectly aware that they would not die of a broken heart if they lost the other and so they doubt the good honest love that would take itself out in trying to be a good husband or wife.

Of course, in every love affair one cares more than the other, because one is capable of a deeper affection than the other. We have not all the same emotional capacity and we are no more to be blamed for that than we are not all being the same stature or having the same amount of intelligence. There is nothing truer than the old French saying that in love one kisses and permits oneself to be kissed.

But, fortunately, love is not a bargain. It is a gift and it is literally true that in love it is more blessed to give than to receive and we get more kick out of loving than we ever do out of being loved.

Especially is this true of women, and so it is rather fortunate than unfortunate when the wife is more romantically in love with her husband than he is with her. Because marriage is harder on a woman than it is on a man. She has to make more sacrifices than he does, and it can only be worth while to her if she cares so much for him that just to be near him suffices her and everything she does for him is a joy and a delight.

When wives care little for their husbands, they are invariably dissatisfied and fault-finding and find domesticity dull and a bore. But the wife who is wildly in love with her husband is always on her tiptoes trying to please him and marriage to her is a great adventure.

DOROTHY DIX.

Dear Miss Dix—Do you believe a man of 30 has any chance of curbing a bad temper? I have a friend who has every fine quality except that he has a violent temper and if any one crosses him he goes into rages and says and does the most terrible things. He is engaged to a sweet and gentle girl whom I fear he will make very unhappy just because of his temper. Is there any way he can be warned? BILL.

Answer: I have never known any one who had a high temper who ever learned

Happenings of the Week

The King and Queen are expected to return to Buckingham Palace from Sandringham, where they have been since Christmas, at the end of the month.

To her many honors and distinctions the Duchess of York has added the admittance to the freedom of the Shipwrights' Company. The ceremony, a private one, was conducted by the Duke of York, permanent Master of the company. It has always been the practice of this ancient city guild to admit a certain number of members' wives to the freedom of the company. The shipwrights have no hall so the ceremony was held in the hall of the Barbers' company in London, whose history began when barbers were the forerunners of surgeons and were authorized to let blood and draw teeth.

Mrs. Sharp, wife of Mr. G. Shelton Sharp, Minister of Public Works, entertained at a delightful afternoon tea on Thursday, the reception rooms being pleasantly crowded from four to six. Mrs. Sharp was assisted in receiving by Mrs. A. B. Fisher. Lovely tulips were arranged to enhance the beauty of the living room. The guests were ushered in by Miss Stella McKay and Miss Georgie Burleigh while Mrs. H. S. Stewart ushered to the dining-room, where the color scheme was artistically carried out with yellow daffodils and softly shaded tapers. The tea-table was presided over by Mrs. W. J. P. McMillan who poured and Mrs. W. A. Stewart, who cut the ices. Those assisting were Miss Margaret McMillan, Miss Margaret Sterns, Miss Helen McNeill.

Mrs. Leith Hodgson of Saint John is having a delightful visit here renewing friendships and is at present the guest of Mrs. W. McLaren, Longworth Avenue. On Tuesday afternoon, Mrs. R. H. Stewart, whose guest she has been for the past week, entertained in her honor.

The Monday evening Bridge Club met this week at Mrs. C. H. B. Longworth's lovely home, Hillhurst.

Mrs. H. W. Longworth was hostess for the Thursday afternoon Club.

The indisposition of Mrs. Arthur S. Mould is regretted by her many friends.

Mrs. Frank Hobbs was hostess at eight tables of Bridge Wednesday at her pretty home, 242 Kent Street.

Mrs. E. W. Cotton entertained at her pretty home 52 Brighton Road at the tea hour on Saturday and again on Monday in honor of Miss Audrey DeBlais.

Mrs. F. L. Haszard also entertained at the tea hour Wednesday in honor of Miss DeBlais.

Mrs. D. J. Riley was hostess at a two table Bridge, Monday at the Canadian National Hotel for her friends.

Mrs. (Dr.) Pethick was hostess at a most enjoyable dinner party on Thursday night.

Mrs. J. O. C. Campbell was hostess for the young peoples Bridge Club on Thursday afternoon.

Delightful new shades for spring millinery are: beauty rose, patty beige, apple red, mello-pink, lettuce, chicory and buccanear green, limonage sand spa blue, hyacinth, casino and Riviera gray, patio, brickrust, gipsy and mascara brown, iris, sea-tone, canary yellow and jungle gold.

Mr. W. Chester S. McLure, M. P., and Mrs. McLure have closed their home, Bonnahinley, and are leaving this morning for Ottawa for the opening of Parliament.

The many friends of Miss Amy Palmer are regretting her present illness which necessitated her entering the P. E. I. Hospital.

Senator Creelman McArthur left on Friday morning for Montreal. Miss Constance and Miss Mollie McArthur will leave on Monday for Ottawa for the opening of the

Rev. William Ryan of Auburn, Nova Scotia, celebrated his one hundredth birthday last Saturday and was the recipient of hosts of letters, telegrams and loving remembrances on his arriving at the century mark. Mr. Ryan, who is the father of Rev. Wafford Ryan, has visited and preached in Trinity Church on numerous occasions, and still maintains a physical force worthy of a much younger man.

Mrs. Matilda MacDonald entertained the Montague Bridge Club at her home on Tuesday evening. Five Tables were in play. Prizes were won by Mrs. L. H. Coffin, Mrs. H. J. Mabon, Mr. W. A. MacLagan and Mr. W. A. McLean. Refreshments were served by the hostesses assisted by Miss Mary Lamont, Mrs. J. H. McLean and Mrs. W. A. McLean. Mrs. MacDonald's mother, Mrs. John McLean, who is 85 years of age was present at the party and greatly enjoyed the evening.

Captain and Mrs. Colin H. Campbell who were guests of the latter's mother Mrs. Peter Harrington during the early summer are spending the winter in southern British Columbia where Captain Campbell is conducting cavalry schools at different points.

Mrs. Murray MacLaren, wife of the Hon. Murray MacLaren, was hostess at the Roxborough in honor of the wives of the visiting provincial premiers who were in Ottawa last week. The table was prettily decorated with spring flowers and covers were laid for eighteen.

DOROTHY DIX.

What the Fashionables are Wearing

By Annabelle Worthington

Don't you just adore this smart model with its cute neckline. And look at the ultra-smart sleeve cut. It is such an uncomplicated affair to make. And it is so inexpensive to copy it exactly.

Carried out as the original in brown wool crepe with the vest and collar of gray crepe it is very youthful.

Lightweight tweeds, soft diagonal woolsens, rough crepe silk and crepe satin used on the dull surface, with the shiny surface used for the vest and collar, are other nice mediums.

Style No. 757 is designed in sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust. Size 36 requires 3 1/2 yards of 39-inch material with 3/4 yard of 35-inch contrasting.

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

No. 757. Size

Name

Street Address

City

State

For The Cook

NUTMEAT DROPS

3 egg whites
2-3 cups fruit sugar.
1 tablespoon pastry flour
1 teaspoon corn starch
The merest pinch of salt
2 cups nutmeats (pecans, hickories, walnuts or peanuts.)

You can get quite a variety in these fluffy little trifles, according to the kind of nuts you use. Whatever kind you choose, chop them fine. Beat the egg whites stiff and gradually beat in the sugar, the flour and the cornstarch, sifted to make them very light. Fold in the nuts and drop the mixture by spoonfuls on a well-greased heavy paper spread on your bake-sheet or cake pans. Bake in a moderate oven until lightly browned.

It is quite a good plan, if you have occasion for several kinds of small cakes at once, to use another recipe which would call for the egg yolks which would be left when you make the nutmeat drops. We will give therefore a recipe calling for four egg yolks—and you could use the extra white in a frosting for these.

House. The Senator will join them there upon their arrival.

Gray and beige will make their appearance in spring hosiery colors. Neutrality is the keynote of practically all hosiery. Colors are being adopted on the basis of versatility—their ability to blend with costumes and shoes.

Woman's Right To Talk Made Clear

CHICAGO, Jan. 27—Mrs. Etta Rohr may speak over telephone to her husband, Joseph, if she wishes, and provided he will listen. Judge Joseph Sabath dissolved an injunction restraining her, ruling that a "woman's right to talk is her prerogative."

The injunction had been obtained by Rohr after the couple had become involved in a separate maintenance action.

"The right of free speech," Mrs. Rohr's attorney argued, "is especially important to this woman who has practised it 20 years of married life without restraint."

A youthful billiards marker was informed by his employer that he would have to be more careful in the matter of chalk.

"Can't help it, sir," replied the marker. "I know the fellows who pocket the chalk; but they're regular customers, and you wouldn't like me to offend them, would you, sir?"

"No," was the reply; "but you could give them a gentle hint, you know."

The marker promised to do so, and a few days later, observing a player pocket a piece of chalk, he approached the culprit and remarked, "You'll excuse me, sir, but are you connected in any way with the milk trade?"

"Well, yes," was the reply. "What of it?"

"I thought so," rejoined the marker, "by the amount of chalk you carry away. My boss likes enterprise, and he told me to give you a hint that if you wanted a bucket of water now and again you could have one with pleasure!"



Your Hair

If you pay enough attention to your hair, you will find that everyone else will, too. But it takes time. And attention. And patience.

First of all, shampoo your hair. Use warm water and a shampoo that makes a light fluffy lather. If you are using soap itself, never rub it into your hair or on to your scalp. Make a soapy suds and apply them. Work the suds into your hair, and against your scalp, over and over again. Rinse in clear, lukewarm water. Gradually let the water grow colder, until an icy trickle wakens even the most dormant hair cell.

Dry your hair by rubbing it in old mellowed bath towels that have your roughness but have enough weight to absorb water. If the sun is shining, and the day is warm, the odds are with you. Natural warmth is excellent for hair. Hair does not need to be shampooed as often as most people think. Once every three or four weeks is quite often enough unless you have some special hair or scalp complaint.

Once in a while someone decides that another shampoo is necessary to banish the particles of soap that cling to the scalp, following a shampoo. If you use a little lemon juice or a few drops of vinegar in your final rinse water, this will be avoided.

It isn't enough, however, to shampoo your hair and then expect the gods of beauty to keep the dust and grime away until three or four weeks have passed. If you rely entirely on soap and water for cleanliness continue in your usual fashion.

But if you are wise you will buy a strong, long bristled brush, lay in a supply of towels for dry shampoos, and learn just how many aids to hair cleanliness are really at your disposal.

A nifty young flapper named Jane While walking was caught in the rain. She ran—almost flew. Her complexion did, too. And she reached home exceedingly plain.

When Your Cough Hangs On, Mix This at Home

Seven¢. So Easy! No Cooking!

The best cough remedy that money could buy can easily be mixed at home. It costs very little, yet it's the most reliable, quick-acting medicine you ever used. The way it takes hold of stubborn coughs, giving immediate relief, is astonishing.

Any druggist can supply you with 2 1/2 ounces of Pinex. Pour this into a 16 oz. bottle, and add granulated sugar syrup to make 16 ounces. To make of water, and stir a few moments until dissolved. No cooking needed. It's no trouble at all, and saves two-thirds of the money a family usually spends on cough medicine. Keeps perfectly and tastes fine.

It is surprising how quickly this loosens the germ-laden phlegm, soothes and heals the inflamed membrane, clears the air passages, and thus ends a severe cough in a hurry.

Pinex is a compound of Norway Pine, in concentrated form, the most reliable healing agent for severe coughs. It is guaranteed to give prompt relief, or money refunded.