

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

Happenings of the Week

On March 7, Miss Clara Eleanor MacPhail, daughter of Mr. and Mrs. A. E. MacPhail, (nee A'freda Compton), 29 Livingstone Place, Halifax, reached the mature age of eleven years, and in honor of the day gave a party to a group of her little friends doing the honors with grace, and being "aided and abetted" in her efforts to make the evening delightful for them by one of those dear and highly competent mothers who never fail. The rooms were very prettily dressed in pale rose color and white, and the evening's "program" also included games and dancing, after which a delicious supper was served, a beauty of a birthday cake, with eleven candles, being the piece de resistance on the table. Features of the evening which had an enthusiastic reception by the little folk were dances, including a Highland fling, by Miss Gertrude MacPhail, daughter of Mr. and Mrs. J. D. MacPhail, and a cousin of the young hostess, and a piano duet by Clara Eleanor MacPhail and Miss Joyce Cameron, daughter of Mr. and Mrs. D. C. Cameron, Jr. These were received with loud applause from the whole group of children who enjoyed their party as only children can. Mrs. MacPhail was assisted in her maternal supervision by Mrs. George B. Hillis, and sister of Clara E. Miss Eva MacPhail, and by Miss Norma Calbeck, of Summerside, P. E. I. A number of gifts were presented to Clara Eleanor, among them a beauty of a little wrist watch, which it is superfluous to say, simply delighted her. Altogether it was pronounced by everybody present, "a lovely party." The guests, among whom were eight of the little girl's classmates at the Richmond School, were the Misses Ruth Chisholm, Joyce Cameron, Betty McGrath, Geraldine Martin, Jean Hillis, Gertrude MacPhail, Dorothy Yentham and Norma Calbeck. Mrs. R. C. Williams, Mrs. J. S. Hinton, of Summerside, P. E. I., Mrs. George B. Hillis, and Mrs. P. J. O'Neill. Each little girl carried home with her a handmade and very dainty "favor" together with an eminently satisfactory bag of sweets.

Col. W. Chester S. McLure, M. P. was receiving the congratulations of his friends, Thursday, on the occasion of his 58th birthday.

Mrs. John Gordon, Villa Avenue, entertained for her friends at Bridge last Saturday afternoon at the Canadian National.

Island relatives and friends will be glad to know that Mrs. (Rev.) E. S. Weeks, Salisbury, N. B., who had a paralytic stroke in July last, is gradually coming back to normal health and strength.

Mrs. Bell, who has been visiting her sister, Mrs. Stewart, wife of Mr. W. A. Stewart, M. L. A., left yesterday for her home in Cape Traverse. On Thursday evening Mrs. Stewart entertained at a prettily arranged four table Bridge which was much enjoyed. The tea table was emblematic of St. Patrick's, with a lovely centre of exquisite daffodils.

Miss Ruth Miller's many friends will be interested to know that she has received notice that the Art Association of Montreal have accepted and hung her line-cut prints, "St. Peter's Chapel," Charlottetown, and an interesting sub-

Canadian Cookery For Canadian Women

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

MARY MOORE'S QUESTION BOX
Conducted by Mrs. Mary Moore

QUESTION: Will you please send me your recipe for Devil's Food and mince meat—the one that calls for 4 pounds meat and 8 pounds apples, etc. Mrs. McL.

ANSWER: Recipe for Devil's Food has been sent by private letter.

MINCE MEAT: Four pounds cooked beef, 3 pounds suet, and 8 pounds apples are put through the mincer. To this add 3 pounds each seeded raisins and currants, 5 pounds sugar, 1 cup molasses, 2 pounds chopped citron, grated rind and juice of 1 orange, 1 ounce cinnamon, 4 nutmegs, grated, 1-4 ounce each cloves and mace, salt to taste, 1-2 pound butter (this is optional), 1 quart each hard cider, and the boiled down broth in which the meat was cooked. Mix all these ingredients and simmer gently, stirring frequently, for 1 hour. This mince meat will keep in covered crocks. The above amounts will give a large quantity of mince meat—half should be sufficient for the average family.

QUESTION: Will you kindly publish in your valuable space rules for canning beef and chicken in glass jars? X.Y.Z.

ANSWER: Canned Baked Beef
Remove the bones and rub the pieces of meat with a mixture of 5 parts of salt and 1 part of sugar. To improve the color a very small amount of saltpetre may be mixed with the salt. Repeat this rubbing 12 hours later. Tie the pieces together with twine and place in a pot, covering with salted water. Simmer for about 2 hours or until the meat is tender. Cooking before canning is necessary to prevent shrinkage in volume in the can. The flavor may be improved by placing a cotton bag containing a small quantity of mixed spices in the liquid while cooking. A suitable mixture is black pepper, 24 parts; bay leaves, 8 parts; mace 6 parts; and nutmeg 3 parts. A little vinegar may also be added.

QUESTION: Will you please send me these 3 recipes: Nut cake, Devil's Food and Lemon Meringue pie. I find your cookery page is helpful. Will you please give me a recipe for birthday cake, wishing you every success.—F. G. C.

ANSWER: First three recipes have been sent by private letter.

Birthday Cake
This is a genuine birthday cake recipe but I think my recipe for nut cake makes an exceptionally appropriate cake for this occasion.

One half cup butter, 1-4 cup brown sugar, yolks 2 eggs, 2-3 cup milk, 2-1-4 cups flour, 3-1-2 teaspoons baking powder, 1 teaspoon orange extract, 1 teaspoon vanilla, 2 tablespoons sherry, 1-2 cup raisins seeded and cut in pieces, 1-2 cup walnuts chopped, 1-3 cup currants, 2 tablespoons finely chopped orange peel, whites 2 eggs. Cream butter and sugar well then add egg yolks. Sift dry ingredients together, add milk to sherry and mix fruit and nuts together. Add dry ingredients to butter mixture

Canned Chicken
Boil in slightly salted water until tender and remove the bones or can with the bones in or it may be fried or roasted. Then pack in jars and cover with boiling liquor left over or if cooked in another way cover with sauce made of butter, flour, water and spices. Seal to within one quarter turn of tight in hot sterile jars and sterilize in boiling water for 2-1-2 hours, or in steam at 10 pounds pressure for 2 hours.

IMPORTANT NOTE: Meats are not easy to can, directions and particularly length of sterilizing time must be strictly observed. The above directions have been tried and used successfully by us for years. We shall be glad to hear

flect the elegance mode. Plain or printed crepe frocks worn with short capes are a prominent feature. Among outstanding ensembles is one which combines a black satin frock having touches of emerald green on the bodice with a short cape of emerald green wool.

Among the hostesses entertaining this week were Mrs. B. W. LePage on Tuesday afternoon and Mrs. P. W. Turner on Wednesday evening.

For The Cook

BAKED HAM
(parboiled)
1 cup brown sugar
2 cups pineapple juice
1 teaspoon allspice
Whole Cloves
Decorate surface of ham with cloves. Mix sugar and allspice and pineapple juice. Pour this mixture over ham. Bake in Hotpoint oven at 300 deg. basting frequently. Add pineapple slices and bake with ham for last half hour.

BANANA GRAHAM SHERBET
3 bananas
2 teaspoons lemon juice
One-third cup graham cracker crumbs
Juice of 2 oranges
1/2 cup water
1/4 cup sugar
1 cup whipped cream
St. Charles Evaporated Milk.
Boil sugar and water for three minutes. Cool. Peel and mash bananas to a pulp. Add fruit juices and cooked syrup. Turn into tray freeze to a mush, then add whipped cream and cracker crumbs. Freeze, stirring occasionally

What the Fashionables are Wearing

By Annabelle Worthington

Loveliness for daughter or for mother.
Jumper dresses are so smart! Of course you'll want this princess model, so youthfully charming.

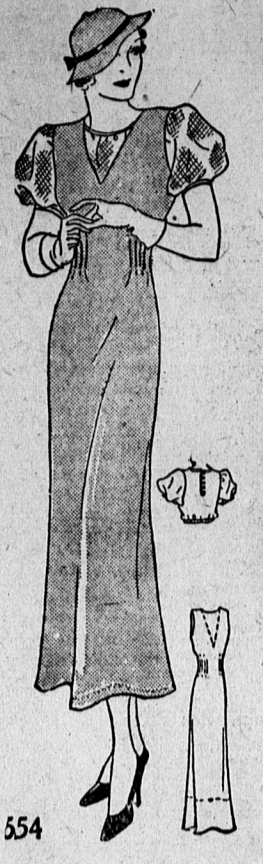
It's carried out in navy blue crinkly crepe silk. The guimpe is mainly plaid organdie. It's cunning the way it buttons down the back with tiny yellow ball buttons. Pink tucks make the waistline fitting of the jumper is a one-piece affair. Made in a jiffy!

A plumed crepe silk would be effective for the jumper with the guimpe of plain toning crepe.

Style No. 554 is designed in sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust.

Size 16 requires 2 1/2 yards 39 or 39-inch, with 1 1/4 yards 39-inch for blouse.

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



No. 554. Size

Name

Street Address

City

State

alternately with milk mixture, a little at a time. Then add fruit and nuts and flavoring. Fold in stiffly beaten egg whites and bake in buttered and lightly floured tube pan in slow oven for one and one quarter hours. Cover with ornamental frosting put on with pastry tube.

Brownies No. 1

One cup granulated sugar, 1-4 cup melted butter, 1 egg unbeaten, 2 squares bitter chocolate melted, 3-4 teaspoon vanilla, 1-2 cup flour, 1-2 cup chopped walnut meats. Mix ingredients in order given. Line a 7 inch square pan with waxed paper. Spread mixture evenly in a pan and bake in a slow oven. As soon as taken from oven turn from pan, remove paper, and cut cake in strips, using a sharp knife. If you do not do this paper will cling to cake.

A Morning Smile

A Padre was seated at the bedside of a Jock free Aberdeen.

"You want me to write home to your wife," he remarked.

"Aye," replied Jock.

"Well, what would you like to say?"

"I dinna ken," was Jock's answer.

"You don't know, then how do you expect me to write? Suppose I begin with, 'My Dear Wife'—"

"—Ay, that'll amuse her."

Dorothy Dix' Letter Box

Can Man Who is Prince Abroad and Pauper at Home be Changed? — Why Married Women Look Smug — Must Man Support His Sister-in-Law?

Dear Miss Dix—I am married to a man who is a prince abroad and a pauper at home. I have a handsome home, a good car, fine clothes, everything to make a show on and reflect credit on my husband, but never a cent in my pocketbook that I can do with as I will. I even have to turn over to him every month the income that I get on some property that I own myself. Worse than this, when we are in company my husband is everything that is gallant and courteous to me, but when we are in the privacy of the home he curses and abuses me, or else will not speak to me sometimes for three months at a time. He sends his children to college, but never gives them any money so that they may have the things that their schoolmates have. Both the children and myself live in terror of him. What can you do with a man like that?

MRS. X.



Answer
Nothing, I am afraid, because men like that do not change their natures. It is only in fairy tales that a miracle happens that alters a man's entire character so that the bully becomes gentle and kindly, the tightwad becomes open-handed and the grouchy and surly turns into a Pollyanna.

Only once have I known this transformation to take place in real life. I knew one man who had literally killed two gentle, delicate, refined women whose hearts he broke by his cruelty and tyrannical and abusive treatment. Then this brute married a third woman, a red-headed virago who could get so much madder than he could, and who could talk so much quicker and say so many more bitter and scathing things to him than he could think of, and who could make such tempestuous scenes that she simply cowed him and had him so frightened of her that he became as meek and mild as Mary's little lamb and treated her with the greatest courtesy and consideration.

Of course, either one of the first wives could have done that, too, for a bully, and particularly the yellow bully who rides roughshod over his own family, is always a coward and would give in to any woman who had spunk enough to really fight him. But not many women have the nerve, to do that, and the more of a lady a wife is, the less is she fitted to deal with the brutal type of husband. So there is nothing left for these poor souls but to endure their unhappy lots with what fortitude they can summon up, or else to get divorced. And divorce is out of the question when there are children whose welfare must be considered first.

What pleasure a man gets out of terrorizing his family and making his home unhappy, nobody knows. Perhaps he is taking a secret and subtle revenge on his wife and children for his suppressed desire for freedom, his chafing at the bonds of domesticity, his longing to have his money to spend on himself instead of its going to buy groceries and clothes and pay schooling and household bills.

Perhaps his family furnishes the escape vent for all the meanness in his nature and he blows off on them the temper and surliness that he dares not show the outside world. Perhaps his family furnishes him the only opportunity he has to exercise his tyrannical bent and ride roughshod over some one weaker than he is.

Anyhow it is, nothing could show up the littleness of a man's soul so vividly as for him to make his family the scapegoats on whom to wreck his ill nature. For it is so pitifully easy to tyrannize over women and children. It is so safe to insult them because they cannot strike back or defend themselves. They are so absolutely helpless in the hands of the man at the head of the house, and it is so dastardly a thing in him to use his power to grind them down and rob their lives of all happiness. — But in the end there is kismet. In the end justice is done and the man reaps as he has sown. He has killed his wife's affection for him. He has made his children fear him instead of love him. He has deprived himself of all the sweetness and tenderness that he might have had in home life, and at the last he is left a lonely, unloved old man. I have heard many old men complain of the ingratitude of their children and say that their children cared nothing for them, but I have never known a case in which the man was not himself to blame. He had done nothing to make his children love him and there was no reason why they should.

DOROTHY DIX.

Dear Dorothy Dix—What makes married women have that insufferable smugness, that sly look of the cat that has swallowed the canary that so many assume as soon as they get a Mrs. tacked on to their name? I marvel at it, for, after looking at many of their husbands, Go knows what they have to crow about. I was once complimented by being told that I did not seem like a married woman at all in that I had none of that obnoxious appearance of self-satisfaction that marks at sight the average married woman.

E. W. N.

Answer:
Well, considering that marriage is the chief objective of practically every woman's life, don't you think she has a right to wear an air of triumph when she has pulled it off? Don't you think that if you had just been elected She-Who-Must-Be-Obedy and Grand Exalted Ruler of the Universe that you would feel a little cheery about it?

And that's what has happened to the married woman. As long as she is single, no matter how clever and highly educated and successful she may be, she is still a person of no importance in the grand conclave of wives, and nobody is so poor as to do her reverence or respect her opinion. But let her get married and her status is immediately changed, no matter what sort of human shrimp she got as a husband.

She is given the high sign and password and admitted into the innermost secret circle of the matron. She is free to go and come as she pleases without criticism, for marriage seems to put some sort of an aureole of protection about a woman. And immediately she becomes an oracle, whose words are wisdom to whim even her own mother listens, although previously to the wedding ceremony mother considered her a dummy and paid not the slightest attention to her opinions.

All of these honors and emoluments are the sole perquisites of the married woman, so you need not wonder that wives exploit them for all they are worth. Nor should you begrudge them what pleasure they get out of putting it over the women who are unmarried and have no man to flaunt in their sisters' face. Every good hunter beams with delight when he displays the game he has bagged or the fish he has caught.

And Heaven knows marriage has enough drawbacks and disadvantages to it to dampen any woman's enthusiasm, so if she gets any moral support out of looking smug over it, let her have it.

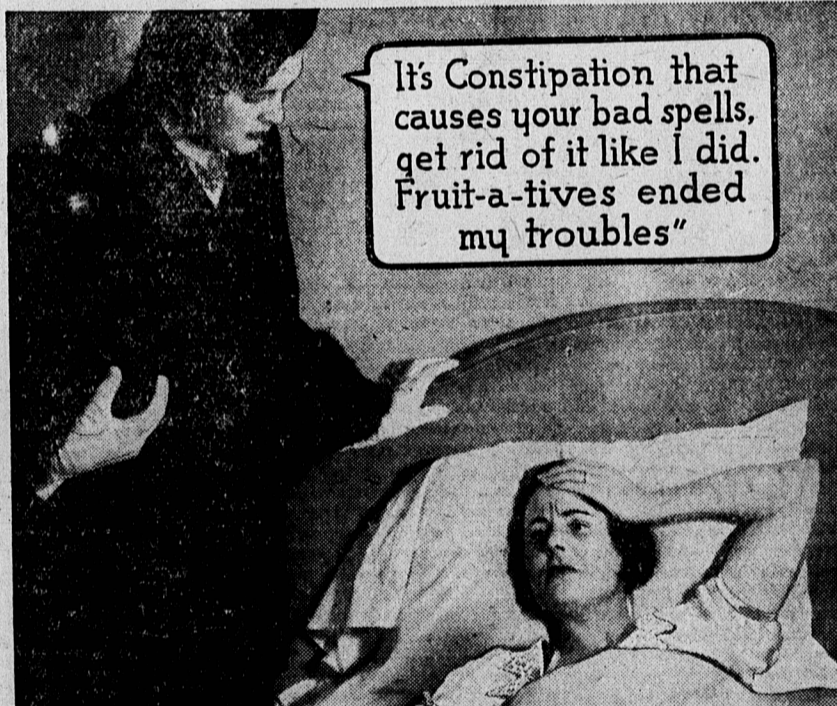
DOROTHY DIX.

Dear Miss Dix—I am the father for five children, with a salary under \$100 a month. Some time ago my wife's sister left her husband and came uninvited to live with us. Apparently she has settled down on us for life. Spends her time running around with men instead of looking for work. I cannot afford to support her in addition to my family. Should my wife tell her sister that she must leave, or should I tell her myself? I am so tired of fighting in-laws. She has been with us for seven months.

FED UP.

Answer:
You are the head of the house and you should tell her to leave. She is evidently a grifter because she knows well enough that she is taking the bread out of your children's mouths, and she will stay on until you force her to leave. There is no reason why you should deprive your family to support an able-bodied woman. If she cannot get work, let her go to some charity. It will be much more able to support her than you are.

DOROTHY DIX.



START FRUIT-A-TIVES AND YOU FEEL LIKE A DIFFERENT PERSON

So-called "food cures" — mineral oils — harsh laxatives — are habit-forming and sometimes injurious. You become dependent upon them. Larger and larger doses are required. But your basic trouble still remains.

FRUIT-A-TIVES are different . . .
Fruit-a-tives are natural . . . wholesome . . . harmless . . . and they strengthen your system. This picture could have been taken in almost any home in the land.

Men . . . women . . . children . . . all ages . . . all classes . . . rich and poor. And yet it is all so unnecessary! **FRUIT-A-TIVES** have been saving thousands of sufferers from Constipation and its chain of ills for 30 years. Do you realize that your system of digestion and elimination is a chain of five links? — (1) Stomach (2) Liver (3) Bowels (4) Kidneys (5) Skin. Each of these has its special function for the utilization of the foods we eat and the elimination of wastes. But they must work together. The system is a unit.

Fruit-a-tives
Thousands of people have attained perfect health by the use of Fruit-a-tives; serious illnesses of long standing have been completely relieved by this splendid remedy

"Young People have no monopoly on brilliant sound teeth"

Say many who started to protect their teeth properly years and years ago



Men and women, happy in the possession of sound teeth, will freely admit as a rule that they started to safeguard them years before.

It is known that half the adult teeth lost are due to pyorrhea. It is also known that four people out of five past the age of forty are likely to have this fearful trouble with their gums. Still more important is the fact that pyorrhea may be working five years, ten years, even longer, before it is ever seen or felt. The moral of this is: don't wait for danger signals.

Remember: you can't "fool around" with pyorrhea. You simply must have professional dental advice about twice a year and when you take up seriously the

home treatment of your teeth, it will pay to use a toothpaste invented by a dentist, Dr. R. J. Forhan devoted a lifetime to pyorrhea treatment. His professional formula is used by thousands of dentists and his home formula is embodied in *Forhan's Toothpaste*. It's the finest toothpaste money can buy, with an extra-protection feature in its special formula. Don't let pyorrhea get started. Use prevention. Use *Forhan's*. Use it twice a day—old and young. It's never too early to start the children on *Forhan's*, the double-duty toothpaste, at all drug stores.