

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

Canadian Cookery For Canadian Women

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

MONTHLY FOOD ALLOWANCE OF TWENTY FIVE DOLLARS

Many of our readers have appealed to Mrs. Moore for advice in buying nourishing and appetizing food with a very small income.

See her reply to "Depression Fighter" for detailed suggestions for one week's menus.

'They will be a revelation to many housewives who are puzzled to know how it is done.'

ANSWER: Yours is a man-sized problem indeed, but certainly not unobtainable.

To avoid running out of money before the end of the month allow yourself \$5.75 for each week, the \$2.00 which will be left over from \$25.00 will take care of the 2 or 3 days variability in the length of the month.

From \$5.75 take \$1 for 10 quarts of milk. Please let me convince you without further persuasion that 10 quarts are essential for 1 week for a family of 2 adults and 1 boy. Buy 1 quart one day and two the next and so on.

We have \$4.75 to work with now. Use cooked cereals for breakfast. If you can go to a flour and seed store these can be purchased at minimum cost. Buy 5 pounds rolled oats (not the quick cooking kind) one week, the next week 5 pounds cracked wheat, the next week corn meal or rye meal. These cereals do not need the long slow cooking that was formerly thought essential—one half hour cooking is long enough. Use top milk and brown sugar on them.

Buy 3 pounds of butter per week. If you do not use up that much on your bread use it up each week on vegetables.

Each week include in your grocery order: One large cabbage, 2 tins tomatoes, 1 dozen oranges, 1-2 dozen bananas, 1 dozen eggs, enough carrots for 1 meal cooked and 1 meal shredded raw in a salad, winter beats for one meal, turnip, parsnips, 1 large head celery, 1 pound pea-meal back bacon in the piece, 1 pound of either prunes or dried peaches or 1-2 pound dates or raisins.

Buy brown rice and macaroni in 5 pound lots. Buy Canadian cheese when it is on sale at very low prices for it will keep well. If you can possibly manage it buy 1 bag of potatoes, they are getting cheaper now, and a bushel of apples that can be used for both cooking and eating. Onions for both flavoring and vegetables must be stocked.

Always buy whole wheat bread instead of white as it is much more nourishing.

If you are very economical in your cooking and waste nothing such as celery outer stalks and leaves, vegetable waters, meat bones, stale bread, etc., you may be

able to buy 1 pound of freshly ground coffee every 2 weeks. Tea must be used sparingly of course.

Watch the advertisements for bargains in sugar, flour, and other dry staple groceries.

Now there is not much use me outlining a week's menus, for every household is subject to so many conditions, but I am going to do it because they will serve as a guide.

SUNDAY: Rolled oats porridge with honey and top milk, jelly or jam (if any on hand), toasted whole wheat bread, coffee.

DINNER: Roasted stuffed spare ribs, baked parsnips, cabbage and apple salad, caramel junket.

Frequently spare ribs may be had for 4 pounds for 25 cents. Buy 4 pounds and stu them all with bread crumb, sage and onion dressing and bake with very little water in tightly covered baking dish. Make mayonnaise or boiled dressing at home for your salads. You will need about 1-2 pint per week. Baked parsnips are scrubbed and baked as you would potatoes and served with butter.

Because most families rise late on Sunday morning and do not work as hard as on other days breakfast and dinner provide enough food.

MONDAY: Breakfast—Cornmeal with dates and top milk, whole wheat toast and butter.

LUNCH: Cream of tomato soup; stewed prunes (stew enough for Wednesday's dinner dessert), milk to drink.

DINNER: Spare ribs (to reheat those left from Sunday, steam), buttered cabbage, boiled brown rice, strained apple sauce. Save the vegetable waters.

TUESDAY: Breakfast—Cracked wheat porridge, raisins, whole wheat toast, milk to drink.

LUNCH: Vegetable soup (see below), cinnamon toast, cocoa.

To make soup save the water from both the rice, and cabbage, add 1 very finely minced onion 1 grated carrot, 2 tablespoons barley. When these are tender add salt pepper and butter and serve with the vegetables in the soup.

DINNER: Poached egg on toast, buttered diced beets, celery hearts, stewed peaches, milk.

WEDNESDAY: Breakfast—Porridge of half and half rolled oats and cracked rye, toast, jam, milk.

LUNCH: Bacon and lettuce salad, buttered macaroni, cocoa.

DINNER: Scalloped potatoes with bacon cooked on top, buttered carrots, prune custard, ea. Bake apples while oven is hot for Thursday's lunch.

THURSDAY: Breakfast—Orange juice, poached egg on toast, milk, baked apples.

LUNCH: Cream of bean soup.

DINNER: Vegetable plate, baked potatoes, creamed onions, carrots and peas buttered. Corn fritters if possible, fruit cup of oranges and bananas, milk.

FRIDAY: Cod fish soufflé, scalloped tomatoes, buttered turnip, bread and raisin pudding.

SATURDAY: Casserole of macaroni, with tomato sauce, and cheese, cole slaw with shredded carrot, baked custard with dates.

Another week end you might buy 4 pounds of stewing beef, and save enough from it to mince to make hamburger tails baked in tomato sauce for Monday, making the large part of the meat into a stew with onions, turnips, carrots, potatoes and topping all with your stuffed dumplings for Sunday dinner.

Watch our Economical Super Menus for further suggestions. We shall keep you in mind at all times, and shall be glad to hear from you again if you need more help.

Dorothy Dix' Letter Box

If Wife Did Her Part, Secretary Wouldn't Even be Asked to Step Out, Declares Distracted Girl in Response to Wives' Accusations. How Can Coed Learn to Vamp the Boys?

Dear Miss Dix—I was very much interested in the letter you published the other day from "A Distracted Wife", in which she sets forth her grievance against her husband's secretary and secretaries in general. Of course, the stenographer is one of the latter-day problems of wives because every married woman does come in competition, whether she knows it or not, with the pretty, alert young women in her husband's office, and she has got to be up and doing if she meets it.



And this isn't saying that every private secretary is a husband thief nor that every husband is a philanderer. It is just that the danger of promiscuity is always there, and the added danger that the secretary and the husband are working together, shoulder to shoulder, for the success of the business and have a common interest in putting things over, while only too often the wife is only interested in the result. And also that the secretary knows ten times as much about the topics that are really vital to a man and that he likes to talk about as his wife does.

Now I have been private secretary to several big business men, and my experience is that if the employer will only leave his secretary alone and not annoy her with his attentions, there will be no trouble for either the wife, the husband or the secretary.

By saying "NO" emphatically "NO" more than once after the day's work is done I have made my employer catch an earlier train than he otherwise would have done. Perhaps he wouldn't go home for dinner at all if I had said "YES" to the suggestion that we have a little bite together.

I don't know whether the wives realize how hard it is to continue saying "No." After years of working with a man of intelligence and charm, it is very difficult—and I talk from experience—to let your feelings end with respect. However, notwithstanding this, I again repeat that if the man leaves his secretary alone she won't throw her arms around him—at least the kind of a girl who is capable of holding and ably filling a responsible job won't. Of course, if a man picks out his secretary for her sex appeal instead of her brains, then it is his own affair. But he is to blame for getting in the mess. He asked for it.

THE DISTRACTED WIFE says: "A wife's morale breaks under years of joking about her husband's office wife." A secretary's morale is just as capable of breaking under years of flattery and being told "you understand me best." That is a compliment that always goes to every woman's head.

Now, if I were advising wives about an antidote to use against their husbands' secretaries' poison, I should hand them this:

Let the wife do her job and run her home as capably and efficiently as the secretary does her work and maybe Friend Husband won't mind going home. Let the wife keep the days' petty bickering with grocer, butcher, maid and children to herself and not continually whine about the "hard life she leads" to her husband, just as the secretary keeps the day's petty squabbles among employees, with the boring visitors and telephone callers away from her boss, and maybe he will be as happy in his home as he is in his office. One of the chief duties of a secretary is to sop up life as far as she can for her employer. Maybe that is the chief duty of wives, too. Only they seldom know it.

The secretary manages to live within her weekly salary. She doesn't carry her financial troubles to the boss. Nor is she continually asking for a raise in her pay envelope. Let the wife live within her weekly allowance—the husband usually does the best he can on this score. Let her learn the value of money. Let her realize that her husband works hard for the money she spends. Let her make the ends meet instead of constantly complaining that she can't do it.

Let her yes-yes her husband instead of disputing with him and quarrelling with him over everything. A secretary wouldn't last a week if she got on her ear every time she was criticized or started something every time she disagreed with the boss.

Let the wife realize that she is in a far better position than her husband's secretary. She can't be fired on a week's notice, and if she does lose her job, no matter if it is through her own incompetence or her bad disposition, she still can collect alimony. If the boss dies, the secretary is out of a job. If the husband dies, the wife has his insurance and his estate. Let the wives who are so resentful of their husbands' secretaries remember that these same secretaries work for them, too, and have something to do with earning the money that pays for their fine homes and cars and furs and jewels. And the secretaries generally live in rented rooms and ride on the street cars.

Recently, due to bad times, every one has been suffering. I have more than once waited for my overdue salary, but the wife got her allowance on time or Friend Husband was afraid to go home. I, of course, "understood"—and I did, too, but the wife couldn't or wouldn't.

THE DISTRACTED WIFE says: "Why do not these girls see the wife's side of the question?" I ask why don't the wives see the secretaries' side? A DISTRACTED SECRETARY.

Answer: I commend this letter to the prayerful consideration of every wife who gets green-eyed every time she thinks of her husband's secretary. There is food for thought in it and a tip to the wise. Pin it up over your dressing table where you can read it over every time you put on your complexion. DOROTHY DIX.

Dear Dorothy Dix—We are a group of girls attending a coeducational college. We came intending to do our work, but expecting to enjoy some social life, but after buying our own ice-cream sodas and theatre tickets and taxis for a couple of years, we are greatly disillusioned. We are charming and attractive. We aren't prudish. We have met boys at parties who seem to like us, but they never pursue the acquaintance. We consider it unfair to have to lose our youth and spend Saturday night in a dormitory. What can we do about it? LES MISERABLES.

Answer: Well, daughters, I should say that at the present moment the only thing you can do about being wall flowers in the college garden is simply to accept the situation and forget your dream of being clinging vines.

Perhaps your college is shy on men, as is the case with so many other coeducational institutions of learning. One California university has met this deficiency in sheiks by organizing a Gigolo Association, in which the girls who are dateless can hire escorts for anything from a dog fight to a prom.

And then, you know, of all sheep-like creatures in the world college students are the sheepest. They all follow the leader and is some boy, who is a sort of bell-wether, singles out some particular girl for his attention they give her a rush and leave other just as attractive girls by their lonesomes.

Because you are not popular with men at college is no sign whatever that you won't be a wow with men when you get out into the world. Often the boys pass over a girl because she is more intelligent than they are, better read and makes better grades. This hurts their vanity and they prefer the Dumb Dora to her. Sometimes the girl is more mature than the boys she is thrown with, and that makes them feel awkward at an age when they are striving to be thought sophisticated and blasé and world-worn.

So cheer up, college days will soon be over, and you will have a chance at real men. And, anyway, there is something more important to be learned at college than how to vamp the boys. DOROTHY DIX.

Happenings of the Week

The Prince of Wales took the place of His Majesty at the levee in London on Tuesday on account of the King's cold which is taking the normal course. Two Canadians were included in the list of those presented early in the day. Hon. Howard Ferguson, Canadian High Commissioner, presented Capt. Percy Nelles, of the Canadian navy; and Michael Ball, barrister and son of Perkins Bull, lawyer of Toronto. The Prince undertook the usual state drive from Buckingham Palace to St. James' Palace after having reached Buckingham Palace by motor.

Mrs. Herridge, wife of the Hon. W. D. Herridge, Canadian Minister to Washington, who attended the Inaugural Ball held in Washington last week, wore a gown of white satin with diamond and pearl ornaments and a diamond bandeau in her hair.

While in Ottawa visiting her parents, Col. W. Chester S. McLure, M. P., and Mrs. McLure, at the Chateau Laurier, Miss Lena McLure of Toronto, entertained at five tables of bridge, other guests coming in for supper and dancing.

A great deal of interest centered around the "At Home" given yesterday afternoon by the ladies of the Short Course in Home Economics in their convent and modern rooms in the new Prince of Wales College. From three to five, the rooms were pleasantly crowded with ladies and gentlemen interested in the work accomplished by the students and to partake of their hospitality. Miss Mary Owen introduced the visitors who were received by Mrs. G. Shelton Sharp, and the Supervisor of Institutes, Miss Louise Hazard and Miss McGuigan. Tea was dispensed by Mrs. (Dr.) W. J. P. MacMillan and Mrs. W. A. Stewart, who were assisted in serving by the different members who have greatly enjoyed their work and the holiday it afforded. Miss Elizabeth MacMillan assisted the members in ushering.

Miss Lois Miller was among the younger bridge hostesses this week, her mother Mrs. H. E. Miller entertaining for her on the occasion of her birthday.

Mrs. F. R. Newsom, Miss Margaret Newsom, Miss Isabella Cook, are spending a holiday in Moncton.

Mrs. Fred Nash was hostess for her Bridge Club on Thursday at her pretty home on Upper Prince Street.

Mrs. (Dr.) Yeo entertained at five tables of bridge at "Old Spain", last Saturday afternoon, the social gathering being greatly enjoyed.

Mrs. A. E. MacLean attended the luncheon given at the Chateau Laurier on Tuesday in honor of the Right Reverend Robert Johnston, M. A., D. D., Moderator, General Assembly of the Presbyterian Church in Canada.

Mrs. Earle Baker entertained delightfully on two occasions this week when she asked her friends in for bridge on Thursday and Friday evenings at her pretty home on Orlebar Street.

Mrs. A. E. Morrison, Prince Street, was hostess for the Thursday afternoon Club.

The marriage took place recently in England of the Hon. Bertie Brabazon Ponsonby, brother of the Earl of Bessborough, Governor-General of Canada, and Miss Constance Rollo Meyer. The ceremony took place at the parish church of Watton-at-Stone, Hertfordshire, England. The bride is the only daughter of the Rev. and Mrs. Rollo Meyer, of Watton-at-Stone, Hertfordshire, the bridegroom being third son of the late eighth Earl of Bessborough.

The Queen Mary Needlework Guild met for sewing yesterday with Mrs. A. A. Bartlett, at the Canadian National.

The Monday evening Bridge Club was entertained this week by Mrs. Bartlett at the Canadian National.

Mr. A. E. MacLean and Mrs. MacLean entertained a number of their friends in the Main Dining-Room of the House of Commons recently. Some former P. E. Islanders were among the guests.

Mrs. A. E. Duff, who is spending the winter in New Glasgow, N. S., was a week-end visitor to Halifax, going down to spend a few days with her daughter, Miss Betty Duff, student at Halifax Ladies College.

Mrs. Frank Johnston, Prince Street, has as her guest her sister, Mrs. Davison of Summerside. On Thursday afternoon Mrs. Johnston entertained at a charmingly arranged afternoon bridge.

Heartiest congratulations are being extended to Miss Constance MacFarlane, M. A., on winning the Scholarship of the Canadian Federation of University Women, for her work in marine biology.

So many persons want to be presented to the King and Queen this year that the Royal courts at Buckingham Palace have been increased from four to five. The King already has decided upon the dates of the five courts, which are expected to be announced soon by the Lord Chamberlain.

Lady Charles Cavendish, daughter-in-law of the Duke and Duchess of Devonshire, is to be chairman of the Debutantes' Ball, the opening ball of the London season, planned for May 2. Lady Charles, who before her marriage was Miss Adele Astaire, the American dancer, has had no experience in conducting meetings of committees, but as she is assuming her role of chairman much in earnest, she is taking lessons in "procedure," and there will be a private rehearsal, it is said, in the Duke of Devonshire's town house, 2 Carlton Gardens, when she returns from Lismore Castle, Ireland, in April. Determined to make the ball a success, Lady Charles is having a debutantes' committee composed of girls coming out this year, with last year's "debs" to guide them. They are to hold debutante parties in their mothers' houses to make one another's acquaintance in readiness for the ball.

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The Turkish government is fostering experiments in the production of jute with a view to establishing a native burlap industry.

Fourteen cylinders arranged in two circles, one behind the other, develop more than 700 horsepower in a new high speed airplane.

Azaleas require an acid, lime-free soil and although they will do well if placed in direct sunlight, they prefer scattered shade.

After the flowers are blooming do not spray the leaves, otherwise it will rot them. If the spring weather is at all favorable the azaleas can be placed outdoors when their indoors blooming period has ended.

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What the Fashionables are Wearing

By Annabelle Worthington

The smart jabot rever collar is slenderizing and charming. The applied band at the center of the bodice is accented by black crepe buttons.

The paneled effect is carried down into the skirt which gives height to the figure. There is an inset of plaits at the lower center-front of the skirt, which provides ample hemline width to this slim-line model.

It also adapts itself admirably to printed crepe silks. Make the jabot collar of plain toning creps. Wool crepe is also suitable.

Style No. 468 is designed for sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust.

Size 36 requires 3 1/2 yards 39-inch, with 1/2 yard 39-inch contrasting.

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

No. 468. Size
Name
Street Address
City State

Azalias Should Be Kept Cool, Light

How often have you been presented with a potted azalea, had it decorate your house for a time and then wither and die despite your efforts to keep it alive. Yet azaleas can be thriving in the home, and they may be brought in from the garden in the fall, kept indoors through the winter, and then placed outdoors when spring comes.

When azaleas are brought indoors in the fall they must be kept in a cool, light place with the temperature kept at about 50 degrees until February.

During this period azaleas must be watered very sparingly, just enough to keep them from drying out. Then about the beginning or middle of February they can be brought into a warm room with the temperature about 70 degrees. At this time water them freely, and spray the leaves with water every other day. This spraying is necessary if the buds are to appear in from two to three weeks after the buds have appeared they can be expected to bloom profusely. If the plants are kept at a temperature of from 60 to 65 degrees they will remain in bloom from seven to eight weeks.

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NOTRE DAME ACADEMY

The following pupils secured an average over 75 per cent for the month of February:

Grade X—Yvonne Gaudet, Jacqueline LaCourse, Rita MacLean, Jennie MacKay.

Grade IX (a)—Esther LaCourse.

Grade IX—Genevieve Monaghan, Commerce-Clothilde Cote.

Grade VIII—Marjorie MacInnis.

Grade VII—Marjorie Dwyer, Isabel Goodwin, Rita Doucette, Patricia Aisenault.

Grade VI—Norma Peppin, Margaret McKinnon, Betty Curran, Dorothy Peters, Mary Mitchell Genevieve Larter.

Grade V—Mary McCloskey, Betty Leightner, Philippa Bradley Evelyn Aisenault.

Grade IV—Rosalie Kiggins, Mary Doyle, Eileen McCabe, Isabel Macdonald, Doris Hughes, Helen Coyt, Nora Mooney.

Grade III—Julienne LaCourse, Marie Duncan, Catherine Doyle, Marion Mitchell, Imelda MacCuan, Rita Macdonald Monica LaCourse, Claire Griffith.

Grade II—Marjorie Murray, Lorraine Oatway, Marcia Murray.

WHITE OWL KILLED

CALGARY, March 7.—(C.P.)—A white owl with four-foot wing spread met death as it swooped away from the railway tracks between Field, B. C., and Calgary with its prey—a rabbit—in its claws.

Discovery of the double fatality was made by trainmen on reaching here. Glaring lights of the engine are believed to have blinded the owl and it became entangled just below the headlight.

SIMPLE TO GET RID OF ACID STOMACH NOW

What This Does

That's all you do. But you do it regularly, EVERY DAY, so long as you have any symptoms of distress. This acts to neutralize the stomach acids that foster your "upset" stomach, that invite headaches and that feeling of lassitude and lost energy.

Try it. Results will amaze you. Your head will be clear. You'll forget you have a stomach.

BUT—be careful that you get REAL milk of magnesia when you buy; genuine PHILLIPS' Milk of Magnesia. See that the name "Phillips" is stamped clearly on the label.

ALSO IN TABLET FORM: Phillips' Milk of Magnesia Tablets are now on sale at drug stores everywhere. Each tiny tablet is the equivalent of a teaspoonful of Genuine Phillips' Milk of Magnesia.

If you do have acid stomach, don't worry about it. You can correct it in a very simple manner. Just do this. It will alkalize your acid soaked stomach almost immediately. You will feel like another person. TAKE—2 teaspoonfuls of Phillips' Milk of Magnesia with a glass of water every morning when you get up. Take another teaspoonful thirty minutes after eating. And another before you go to bed.

Now Quickly and Easily Corrected

PHILLIPS' Milk of Magnesia

Neutralizes Food and Tobacco Acids a few minutes after taking. Made in Canada



A Morning Smile

MYES

"It must be very tempting to work in a shop where there are so many nice cakes," said the lady to the little girl behind the counter. "Don't you often feel like eating them?"

The little girl shook her head. "Oh, no, mum," she replied in a shocked voice. "That would be stealing. I only give them a lick now and again!"