

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

Canadian Cookery For Canadian Women

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

USE BRAN FOR HEALTH IN YOUR COOKERY

By Mary Moore. Bran muffins have achieved such general popularity that we know housewives now want to use bran for health's sake in more of their cooking.

Natural bran achieves best results in matter of texture, lightness in baking—it is uncooked and untreated and may be purchased in sanitary packages at your grocers. Try these recipes: Bran Bread. Two cups bran, 2 cups whole wheat flour, 2 teaspoons baking powder, 1 teaspoon salt, 1 teaspoon soda, 3-4 cup brown sugar, 1 egg, 1 3/4 cups sour milk. Beat egg, add sugar and sour milk then mix in the dry ingredients which have been well sifted together.

Wheat Bran Pancakes. Two cups sour milk, 1 teaspoon soda, 1 teaspoon salt, 1 egg, 1 cup bran, 1 cup whole wheat flour, and enough bread flour to make of right consistency to pour from spoon. Mix all well together and bake on hot griddle.

Luncheon and Supper Menus For Reader-Correspondents. By Mary Moore. A few weeks ago we offered to send luncheon and supper menus to anyone who cared to send a stamped and self-addressed envelope to us for the mailing of same. The demand was so great that we decided that the best place for anything that was so generally needed was in the paper so here they are:

For The Cook

Pork and Apple Pie

For two people, 1/2 lb. of lean pork is sufficient, as in addition, you have 1/2 lb. potatoes, a small onion, an apple, 1/2 cupful of stock—a dissolved meat cube may be used if more convenient—a pinch of powdered sage, and the usual seasoning of pepper and salt. Cut away any fat or skin from the pork, and cut it into small pieces. Season with pepper, salt and sage. Peel and slice the apples, potatoes, and onions. Butter a baking dish, and put the ingredients in it, in layers. Pour in the stock, finish with a layer of potatoes, and dot them all over with little pieces of dripping. Stand the dish in a baking tin half full of hot water, cover closely and bake in a moderate oven for from 1 1/2 to 2 hours—pork needs to be very well cooked.

A BIG BROTHER TO CHILDREN!



Barbour's PEANUT BUTTER

A Morning Smile

An aged couple had been sitting in front of the fire a long time without speaking. At length the husband inquired: "What were you thinking?" The wife replied: "I was just thinking how long we had lived together, and that it couldn't go on forever like this, and the time will come when one of us will have to go."

ANNOUNCEMENT

You have sampled Mrs. Moore's Nut Cake, her Bambyru Tarts, her Devil's Food—all special recipes, and countless others taken from the regular text of the Cookery Page for months, now she has another perfected recipe for you—Lemon Meringue Pie that melts in your mouth.

Advertisement for EDWARDSBURG CROWN BRAND CORN SYRUP. The economical and delicious table syrup. A nourishing sweet for the whole family.

Should Girls Do the Courting? Dorothy Dix Approves Professor's Advice to Young Men

Merely Picking Out Her Own Husband Won't Insure a Woman's Being Satisfied With Him When She Gets Him Home—But the Chances Are Infinitely Better Than When She is Forced to Take What She Can Get

A learned professor advises the young men in his class to let girls do the courting and pick their husbands because then "the woman can have no complaint to make of her own choice." This, in the main, is good advice, but it is no foolproof recipe for securing a contented wife.

And so the same way with husbands. Many a woman who is simply crazy about a man before marriage, and thinks she will die if she doesn't get him, is mad at him the balance of her life after she is married to him and spends her time wondering what on earth she ever saw in him that made her think she desired him.

Still, on the whole, there is no doubt that there would be more and later marriages and less divorce if women were able to select their mates instead of having to take whatever is offered them in the way of a husband. For husbands are purely a matter of taste, and no more to be argued about than whether one prefers green to red, or likes beefsteak with onions or not. It does not matter what a man is or does. The only thing that counts is whether he suits his wife or not.

You see plenty of happy and contented women married to men who neglect them and half starve them, and plenty of miserable and discontented women married to men who are models of all the virtues and who lap them in luxury, and the explanation of this strange feminine vagary is that one woman, for some strange occult reason that she couldn't account for herself, has got the man she wanted, and the other one hasn't.

Probably nine-tenths of the disgruntled, peevish, nagging wives are women who are married to their opportunities instead of their preferences, and who are taking out upon their unfortunate husbands their frustrated desires.

It is far more important for a woman to marry the man who is her heart's desire than it is for a man to marry the woman who is his ideal, because marriage is so much more important in the scheme of things to a woman than it is to a man. Every wife is twice as much married to her husband as he is to her. Every wife is dependent upon her husband for happiness as he never is dependent on her.

If a man's marriage does not come up to expectations, he has a thousand consolations. He has his career in which he can absorb himself and forget his disappointment. If his home is unpleasant, he can get away from it. He has always the alibi of business, which takes him to far places, or keeps him downtown of an evening. If his wife is dull or quarrelsome company, he can put on his hat and step out and find gay and more congenial companionship.

But if a woman's marriage is a failure she is sunk. Her great adventure has crashed. The speculation in which she has invested her all has gone blooey and she is bankrupt.

She has no absorbing occupation to take her mind off her troubles, because it is the curse of housework that you can do it with one lobe of your brain and have all the balance left to worry with and despair with and go round and round the same circle of vain regrets. If her husband makes the home a place of fear and torment with his temper and his grouches, her only avenue of escape from it is by way of the divorce court. If her husband is a boresome or a disagreeable companion, she cannot put on her prettiest frock and go places and do things without involving herself in a scandal.

It is because a woman's happiness and well-being are so inextricably bound up in her getting the kind of husband she wants that it is more important that she should get her choice in one that it is that a man should get his choice in a wife.

And it is more important that a woman should be madly, wildly, passionately in love with her husband than it is that she should be madly, wildly, passionately in love with her. And this for the man's sake as well as hers, because the more a woman loves her husband, the better wife and the happier home she makes him.

To Celebrate Our 40th Year We Introduce



Maritimers enjoy fine tea—Here is our very best effort to please you. Exquisite Flavour Economical Price 40c PER 1 lb

What the Fashionables are Wearing

By Annabelle Worthington

Just a glance at this lovely odel and matrons or the woman of heavier build will recognize its possibilities.

Its bias lines cut undue breadth in such a modish way. It affords an opportunity for contrasting colours or fabrics which Paris favours so much this season. And don't you think the sleeves are especially smart? The low puffed effect is a charming way of adding arm length.

Printed and plain silk combinations are chic for this model. It can also be carried out in one material.

Style No. 479 is designed for sizes 36, 38, 40, 42, 44 and 46 inches bust. Size 38 requires 2 3/4 yards 39-inch, with 1 1/4 yards 39-inch contrasting. Price of Pattern 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

Form for ordering: No. 479. Size, Name, Street Address, City, State.

WOOD PULP EXPORTS IN 1932

Wood pulp exports in 1932 totaled \$18,940,064, compared with \$30,056,643 in 1931, a decline of about eleven millions. Decreased buying by the United States of over eight and a half millions largely accounted for the decrease. There



was very little change in the export to Great Britain of \$1,349,243 but there were decreases to Belgium, France, Germany and Japan. There was a slight increase to Italy.

When all is said, marriage for a woman is inevitably bound to be full of disappointments and disillusion, of sacrifices and of dull, monotonous labor. These cannot be helped. They are simply part of the game. No woman may hope to avoid them and the only palliative is love. The only thing that makes them endurable is for a woman to be so much in love with her husband that she keeps her perpetually thrilled and interested and makes everything she does for him a joy and a delight.

The woman who is deeply in love with her husband is always on her tiptoes trying to please him, and that puts meaning into life. She never lets herself go slooohy. She gets a sacred thrill out of making herself a burnt offering on the cookstove preparing him a good dinner. His conversation never palls upon her, not even when he monologues about himself. His coming home of an evening hangs the sun in her heaven. It is love and love alone that gold-plates the wedding ring.

And so the professor is wise when he advises young men to marry the girls who are in love with them and who have selected them for mates. A woman may not always be satisfied with her choice, but the odds are that she will be more contented as the chooser than the choosee.

DOROTHY DIX.

NORTHERN SECTION BETHUNE LEAGUE

All reports of the standing of teams in this section published to date are unofficial and no official report will be published until all games are played and reported in writing to the Secretary. Any previous report sent in for publication has not been authorized by the undersigned. S. W. DANIEL, President. R. H. BARRETT, Secretary. 6183-2-17-11.

NOTICE

To make a success of fruit growing, you require varieties suitable to our climate, and well grown trees from a reliable nursery. Order now for spring delivery fruit and ornamental trees, shrubbery, etc. Hardy field grown Roses a specialty. P. L. SMALLWOOD Charlottetown. Rep. E. D. SMITH & SONS Write or phone appointments day or evening. 6140-2-15-31.

The Double Act

A Romance of the Theatre BY MARION TOMLINSON

"Why?" cried Anthony. "No! No! Don't tell me why. Is it possible that you do know what you are doing? How you are selling your beauty nightly?" Rosemary gasped and turned whiter than her dress. "What are you saying?" "The truth," returned Anthony as white as she. "I don't know what you mean to Grenoble and I don't want to know. But I do know that your name is tossed from table to table in clubs. That I have heard men betting on whether you can be persuaded to go out to dinner with one of them. Oh, I know you never do, but you are selling yourself nevertheless. Why else should people flock to see you? You give them no art—only your beauty. You sell yourself to your audiences every night."

CHAPTER XVII. THE MARGOLD BLOSSOMS

"Yes, I am saying it because I love you, and can't bear. . . ." "Love me! Of course you don't love me, or you'd never say such dreadful things to me!" cried Rosemary. "I don't need such love. I'm happy without it." There was a long pause, while Rosemary stood agast at what she had said. At last Anthony asked in a toneless voice, "Do you mean that?" "Yes," murmured Rosemary as tonelessly. "I'm very sorry," Anthony put out his hand blindly toward the handle of the door. When Rosemary looked up he was gone.

Children Suffered With Eczema Nine Months. Cuticura Healed.

"Two of my children suffered with eczema. It broke out in pimples on their faces and heads and was of a wet nature. It itched so badly that my baby could not sleep night or day, and was so cross and fretful that I got no rest. The trouble lasted about nine months. "I began using Cuticura Soap and Ointment and it helped them, and after using two boxes of the Ointment, together with the Cuticura Soap, they were completely healed." (Signed) Mrs. Wm. G. Jewers, Moser River, N.S. Soap 25c, Ointment 25 and 50c, Talcum 50c. Sold everywhere. Sample each free. Address Canadian Depot: Lyman Agencies, Limited, 256 St. Paul St., W., Montreal.

TENDERS

Sealed Tenders will be received up to March 9th by the undersigned, for a Manager for the Orwell Dairying Co. for coming season. Manager to find all supplies and ship butter. Tenders to state amount per lb. for manufacturing. Lowest or any tender not necessarily accepted. REGINALD MacLEAN, Orwell Cove, Secretary. 8177-2-17-ft-41.

IN BANKRUPTCY

In the matter of the Estate of Benedict McKinnon, Authorized Assignor. Sealed Tenders will be received by The Undersigned up to noon, Wednesday, 25th of February, 1933, for the Farm Property, belonging to this Estate, containing 39 acres of land and situated on the Point Road, Grand Tracadie, Prince Edward Island. Dated at 150 Richmond Street, Charlottetown, Prince Edward Island, this seventh day of February, 1933. C. M. WILLIAMS, Trustee Estate BENEDICT McKINNON, Bankrupt. 8103-2-14-16-18-20-22-51.