

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

Canadian Cookery For Canadian Women

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

TESTED FAVORITE RECIPES

Jelly Puddings

Scald one cup rich milk and pour over two cups of very fine stale biscuit or bread crumbs. Beat until it is cool, then stir in the beaten yolks of three eggs, and fold in the stiffly beaten whites. Add one-half teaspoon soda dissolved in boiling water. Fill large custard cups with the batter to about half their depth. Place in a moderate oven and bake until set and firm—about one hour to three quarters of an hour. When done, turn out quickly, and with a sharp knife make an incision in the side of each pudding, pull partly open, and put a liberal spoonful of my sweet jelly, jam or marmalade within. Close the slit by pinching the edges with your fingers. Eat warm with sweetened cream.

Cider Jelly

One half package granulated gelatine, 1-2 cup cold water—soaked together 15 minutes. Add to this 1-2 cups sugar, the juice of 1-2 lemons and the grated rind of one lemon. Pour over the mixture 2 cups boiling water and stir until dissolved, then add 1 cup sweet cider. Strain, pour into moulds and chill.

An interesting variation of this jelly may be made by pouring some of it into the mould, allowing it to stiffen slightly, then placing on top a layer of any fresh fruit in season—or canned pineapple, pour in jelly to set them and after they have set adding another layer of fruit and jelly. When unmoulded serve with custard sauce.

MARY MOORES QUESTION BOX

Conducted by Mrs. (Dr.) Mary Moore

NOTE: What is it about your cooking you find most troublesome? Are your dumplings light and fluffy or do they sometimes turn out heavy and soggy? Is your pastry flaky enough to "melt in your mouth," or is it tough and "chewy"? Do your custards come from the oven firmly set and perfectly smooth, or do they separate out leaving a watery residue?

In cookery there is no such thing as luck. Proper methods of cooking insure perfect results every time. If you find results are not uniformly good and you want sure-fire good dumplings and pastry and custards or what-have-you, tell Mrs. Moore your desires and let her give you step by step detailed instructions for cooking.

Write of your entertaining, cookery and household problems to Mary Moore, in care of this paper, using a pen name for publication purposes, as well as your own name and address, which of course will not be published.

QUESTION: My husband is very fond of all kinds of cheese, and one evening when we were out to dinner he was served a salad with Roquefort Cheese dressing. I have tried to find a recipe for just such a dressing but so far have been unsuccessful. Can you help me out—Amy T.

ANSWER: Your husband would seem to be a man after my own heart. And I hope he will enjoy as much as I do the following recipe for Roquefort Cheese Dressing

Use a fork to break as finely as possible a quarter-pound slice of Roquefort cheese into a soup plate. Drop in one half cup olive oil, or any salad oil, stirring constantly until smooth. Add a half teaspoon pepper and a half teaspoon of salt, and a little paprika. Continuing to stir, add 2 tablespoons vinegar. Pour over lettuce just before serving and marinate well. This makes a delicious dressing for an asparagus salad, and will serve eight people.

NEW COOKERY COURSE

BY ANNA LEE SCOTT

Offered Free to Prince Edward Island Girls and Women 12 Fascinating Lessons in Domestic Science as Taught by Modern Colleges HANDSOME DIPLOMA AWARDED 25 Piece Kitchen Shower Also Given Away

Anna Lee Scott, Domestic Science Authority, author of Cookery Arts and Kitchen Management and other widely read books on dietetics and household economies, whose books are used in both schools and colleges because of their soundness and compactness and because they are so easily understood, again offers to girls and women in the Maritime Provinces a new and more extensive course in cookery through the Maple Leaf Cooking School sponsored by the Maple Leaf Milling Company.

Her previous course on Cookery Arts and Kitchen Management met with a tremendous response from Maritime women and her new correspondence course just announced by the Maple Leaf Milling Company will undoubtedly be given an even more enthusiastic reception.

In a special interview to the Guardian Miss Scott emphasized the importance to the modern girl or woman of having an up-to-date knowledge of the fine art of cooking and household economies.

"What accomplishment can a girl or woman have which can in any way compare with that of being a good cook?" said Miss Scott. Especially if we remember that the knowledge of a good cook does not end—but only starts—with the ability to bake, fry or stew. A good cook knows how and where to buy and how to make the most delightful things from the most inexpensive material—and she never wastes a crumb. What will go on her table tomorrow and the next day is influenced by what she served today and yesterday. There is sound reason for this and she knows the reason. There is not much dyspepsia in her family, consequently there is better efficiency for the daily task among all those who sit at her table.

"This is straight from the shoulder gospel truth. A good cook in the true sense of the word has a tremendous influence on the health, wealth and happiness of the family."

Speaking of her new course being offered through "The Maple Leaf Cooking School," Miss Scott said: "We are bringing to your community what is, I believe, the most generous offer ever made by any manufacturer. A costly correspondence course which offers unselfish assistance to every housekeeper and to every girl, from eight years up, who may at any future time be responsible for the food for the family whether she expects eventually to do her own work or be surrounded by a staff of servants, the importance of this is equal in either instance."

"The new Maple Leaf Cooking School brings to any girl or woman the real worth while fundamentals of cooking as taught in the domestic science departments of our modern schools and colleges. What the students are taught there is of precisely the same character as that which we furnish to the student, in the form of 12 thoroughly practical, strictly modern, easily understood lessons, which any bright little girl of 8 years can understand and immediately step into the kitchen and put into practice, yet which is intensely interesting, consequently informative, to the most experienced cook. This course is not in any sense a recipe book any more than the domestic science department of a school or college is a recipe book. It is a sound, practical course in household economies, which should be taken seriously by every girl or woman in Canada, if she does not already enjoy these advantages which are derived from a cookery course in a recognized educational institution, yet it is free to all users of Maple Leaf, Cream of the West flour.

"The course is spread over a term of about 90 days and is followed by examination papers on which are asked 19 major questions, with some sub-divisions. Every one of these questions are of importance. There is not any one question in

the lot which every woman should not be able to answer but it is doubtful if there is a woman in the land who, without having studied this course, can pass this examination, unless she is a domestic science graduate or a teacher, or one who has made a most serious study of the subject.

"When the papers are returned to me at the Maple Leaf Cooking School, they will be turned over to a corps of domestic science teachers, associated with Toronto schools, for marking and they will mark them the same as they would mark papers for their own students and these marks will be final.

"A handsome Diploma will be awarded to all who write satisfactory papers and the awarding of Diplomas will be based on a strictly fair age handicap. 100 Points will be considered perfect. Points required will be based on age handicap as follows:—

- Age 8 yrs. standing of 50 or better. Age 9 yrs. standing of 55 or better. Age 10 yrs. standing of 60 or better. Age 10-12 yrs. standing of 65 or better. Age 12-15 yrs. standing of 70 or better. Age 16 yrs. standing of 75 or better."

"In addition to all of these things," said Miss Scott, "The Maple Leaf Milling Company commissioned me to select twenty-five kitchen utensils that I would choose myself if I wanted to give a kitchen shower as a gift to someone.

"I had a real afternoon's fun shopping for these items. They include a fine oven thermometer and other things that a good cook loves to have. They then advised me that three hundred of these kitchen showers—each one containing the twenty-five unusual, but highly useful kitchen articles—are to be given free to the three hundred best students in the Maritime Provinces. All students who write satisfactory examinations will be awarded diplomas, but three hundred of the students with the highest standings in their respective communities, will also be given this kitchen shower. But I guess I had not better say any more or I will be giving away the whole story that the advertising will be telling about soon."

Best Remedy for Cough Is Easily Mixed at Home

Saves \$2. So Easy! No Cooking!

You'll never know how quickly a stubborn cough can be conquered, until you try this famous recipe. It is used in more homes than any other cough remedy, because it gives more prompt, positive relief. It's no trouble at all to mix and costs but a trifle.

Into a 16 oz. bottle, pour 2 1/2 ounces of Elixer then add granulated sugar syrup to make 16 ounces. Syrup is easily made with 2 cups of sugar and one cup of water, stirred a few moments until dissolved. No cooking needed. This saves two-thirds of the money usually spent for cough medicine, and gives you a purer, better remedy. It never spoils, and tastes fine.

Instantly you feel its penetrating effect. It loosens the germ-laden phlegm, clears the air passages, and soothes and heals the inflamed membrane. This three-fold action explains why it brings such quick relief in severe coughs.

Pine-x is a highly concentrated compound of Norway Pine, used for generations for its healing effect on throat membranes. It is guaranteed to give prompt relief or money refunded.

For The Cook

SAILORS' DUFF PUDDING

Two tablespoons melted butter, 2 tablespoons brown sugar, 1 egg, 1/2 cup molasses, 1 1/2 cups flour, pinch salt, 1 teaspoon baking powder, 1/2 teaspoon baking soda dissolved in 1 tablespoon boiling water. Beat all together, then add 1/2 cup boiling water. Steam one hour. Serve with creamy sauce.

Creamy Sauce

One egg, 1/2 cup fruit sugar, 1/4 pint cream (whipped). Beat egg yolk and gradually add to it 1/4 cup of the sugar. Beat again. Beat egg-white and add to it the balance of sugar. Beat again, then fold the white into the yolk; then add whipped cream. Flavor with vanilla. Delicious.

IMPROVING

Mrs. Black's cook had taken ill in the middle of the preparations for the Christmas festivities.

"I hope your cook is recovering from her sickness," said Mrs. White when she called upon Mrs. Black a few days later.

"Oh, yes, indeed," replied Mrs. Black. "Yesterday she was able to sit up and give notice

Dorothy Dix' Letter Box

Woman Who Won't Make Friends Handicaps Her Husband—Marrying for a Home all Right for Domestic Woman; Unthinkable for One-Man Woman. Wise Wife Who Ignores Anonymous Letters

Dear Miss Dix—I am a man of 33 and have been married ten years. Only knew my wife three months before we married. She has the sweetest and most jovial disposition I ever saw, never frets or worries about anything. But she is perfectly satisfied to stay at home and never go anywhere and to have no companionship except her mother's and sister's. She will not even attempt to make new friends or even return calls. It would be greatly to my advantage for her to make social contacts, but she refuses to do so, and when I want to entertain my friends I have to always take them to a restaurant. She is never willing for me to bring them to our home. If I want to go to see my friends or even to a show I have to go alone. Do you think that it is good for a young couple to live just to themselves, with no outside interests or friends?



One other thing. I have never been able to carry on an intelligent conversation with my wife.

Answer:

Well, Mr. X, if you are married to a woman with whom you cannot carry on an intelligent conversation, you must admit that the fault is yours. Even if you knew your wife for only three months before you married her, that certainly should have given you ample time to get a line on her intellectual range and find out approximately, at least, how much brains and culture she had.

Evidently you did not think it worth while to try to find out what was inside the head whose pretty outside you were admiring. In that you are like thousands of other men who are so enamored of a girl's looks or so swept off their feet by her physical appeal that they never stop to consider whether she will make an entertaining life companion or not. If when a man is courting a young woman he would spend more time in talking to her about topics of world interest and less in telling her what soulful eyes she had and how wonderful and beautiful she is, there would never be bored husbands forced to hunt up some other woman with whom to change a few intelligent thoughts.

Of course, your wife's mental limitations explain why she does not want to meet strangers or go out into society. She feels her inferiority and it humiliates her. Also, she is doubtless self-indulgent and lazy and doesn't want to make the effort required in trying to entertain people.

It is certainly a great handicap to a man who is married to a woman who is not socially minded and who will not do her part in making friends. For many a woman does as much to push her husband's fortunes by being a good press agent for him as he does by his own good work.

Half the time in choosing our dentist or our doctor or the shops we patronize we are influenced more by liking that nice little Mrs. Jones or that agreeable Mrs. Smith or that Mrs. Brown we are on a committee with than we are by the service their husbands can give.

Also, it is a good thing for married people to make friends and to go about because it broadens them, gives them a wider outlook and a fresh interest in life. People who live just to themselves and who have few contacts with other people grow narrow and opinionated.

And husbands and wives who pass their whole lives in the narrow limits of the home circle get on each other's nerves. They set too much of each other and they take to quarreling just to put some pep and interest in life. Generally you will find such a couple sitting up at an evening in a silence that you can cut with a knife because they have talked out and have nothing to say to each other.

Better far for a couple to step out too much than not to step out at all. They, at least, bring something fresh and vital back into the home. They keep alive, with their interests always fresh and alert. They have been to places and done things and they have amusing incidents to discuss and things to laugh over and are not the Gloomy Guses whose world is bounded by their homes inhabited only by their own families and whose most thrilling news is that Aunt Sarah's rheumatism is worse.

DOROTHY DIX.

Dear Miss Dix—I have been keeping company with a man for several years, have given up almost everything for him, but did it willingly because I love him. But he will not get married until his mother passes away. There is another man who is continually asking me to marry him. He has everything to offer me, but I have nothing to give him, not even love, but he is willing to take that chance. Is it my duty to sacrifice my life for the man I love or take the man I don't love and learn to love him? I would like to be married and have children.

ANXIOUS.

Answer:

There isn't any question of duty in your case. It is entirely a matter of preference. There is certainly no reason on earth why you should sacrifice your youth and your chance to marry and settle yourself comfortably and have the family you desire for a man who loves his mother better than he does you.

For that is what it comes to. Either his affection for his mother or his sense of duty to her outweighs any feeling he has for you. Perhaps he cannot afford to support both a mother and a wife. Perhaps his mother is one of those possessive mothers who cannot bear to share their sons with another woman and has made him promise never to marry as long as she lives. You do not state why he cannot marry until his mother passes on, but in either case your prospects are enough to chill the stoutest heart. You have nothing to look forward to but the hope deferred that maketh the heart sick, endless waiting, ghostly waiting for a woman to die.

Certainly any practical common sense would suggest to you to give up your faint-hearted and lukewarm lover, who might not after all find you attractive enough to want to marry you when the long years of waiting have taken their toll of your good looks and to take the good chance that is offered you. But before you do so look well into your own heart, which is an unruly member, and try to decide whether you can coerce it into bestowing its affections where it should.

There are women who are of such an affectionate nature that they could love any man who was kind and good to them and be happy with him. There are other women—one-man women—who give all the love that is in them to some one particular man and who never have anything to give another man. It is their curse never to cease loving the one on whom they have set their hearts, and they are happier waiting for him or even loving him without any hope of ever marrying him than they would be as the wife of the best man on earth.

So decide to which of these types you belong before you take the fatal step.

DOROTHY DIX.

Dear Miss Dix—How far should a woman trust her intuitions? I have received a number of anonymous letters, most of them written by the same person, warning me that my husband was philandering, but somehow or other I have a strong feeling of trust in him. He has plenty of chances to lead a double life if he chose to, but I have faith that he doesn't do it. Despite the realization that I can't compete with youth,

Happenings of the Week

Their Excellencies the Governor-General and the Countess of Bessborough have issued invitations to a reception on Saturday afternoon, January 28, and also to a reception on the afternoon of Saturday, February 4.

Miss Helen Hopkirk was hostess at a prettily arranged Bridge Wednesday afternoon for her friends.

Miss Mildred Harrington is enjoying a pleasant week-end in Montreal and Quebec City.

The young people have organized a Thursday afternoon Bridge Club for the winter months, opening their social gatherings on Thursday at Mrs. George DeBlo's lovely home.

The well-shod woman is going to have a lively assortment of colors in her stock of shoes next spring and summer. In addition to black white and brown she'll probably have a pair of navy blue. And there'll be beige, cabana green, hi-lil red, Biscay blue, tropic yellow and orange glow. That's the advance word from the annual convention of the national shoe retailers which opened this week.

Miss Mary White one of the foremost and beloved workers in Trinity Church is today celebrating her 80th birthday. At a meeting of the Ladies Aid and the W. M. S. of the Church the members honored Miss White by presenting her with a beautiful bouquet of carnations and served afternoon tea while they extended good wishes to her for many more years of active service.

Mrs. A. B. Warburton was hostess at a delightful tea at Cavendish Apartments on Wednesday afternoon honoring Miss Audrey DeBlois.

Mrs. Blanchard was hostess this week for the Friday afternoon and Monday evening Bridge clubs at her pretty home on the Esplanade.

Miss Helen McDonald, Hillsboro St. had the misfortune to fall while skating in rink a few days ago breaking her collar bone.

The Hon. W. D. Herridge, Canadian Minister at Washington and Mrs. Herridge, who have been spending the holiday season at their country residence at Lake Mousseau, Que., and lately in Ottawa with the latter's brother the Rt. Hon. R. B. Bennett, the Prime Minister, have returned to Washington.

charm or physical beauty, I have an inward conviction that he is playing the game fair and square. Am I a perfect fool? Am I living in a fool's paradise and storing up trouble for myself? BARBARA JEANNE.

Answer:

I think you are a wise woman to play your hunch about your husband and pay no attention to the anonymous letters.

People who write anonymous letters are cowards and sneaks who are afraid to sign their names lest they might be called upon to prove their charges. They are mostly liars and slanderers, and any one who would deliberately destroy a wife's faith in her husband is an enemy who would stab her in the back in the dark.

As for your husband having chances to be unfaithful to you, every man in the world has that, and when he is true to his wife it is not because she watches him, but because of his love for her and his sense of honor.

So disregard the anonymous letters and be happy.

DOROTHY DIX.

What the Fashionables are Wearing

By Annabelle Worthington

Look at its darling caped neckline modish sleeves. The deep V of the jumper bodice is exceedingly becoming and lovely and as you can well imagine, very slimming. The skirt has an inverted plait at the front. It is slim to a lowish point, secured by stitching, and then is left free to give a smart flare to the hem.

Originally this model was in soft brown rough crepe silk in combination with gray crepe. Soft rabbit's-hair woolen in medium-blue is attractive with the gumpe of pale blue fine wale plique.

Style No. 446 is designed for sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100.

Size 16 requires 2 1/2 yards 54-inch, with 2 1/4 yards 39-inch for blouse. Tweed-like woolens, wool jersey and tweed-like cottons are also suitable mediums.

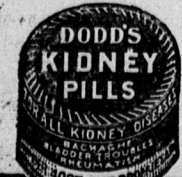
Price of Pattern 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

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