

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

TESTED RECIPES OF TEMPTING INTEREST

HAM IN HADES



Such a tasty Flavour

Ham in Hades, is truly appetizing. Easy to prepare too and so very economical, if you follow this simple recipe.

Take 6 slices of cooked ham, 1 teaspoon of Colman's Mustard, 1 tablespoon each of vinegar, salt and paprika, 1 teaspoon Worcester sauce, 2 tablespoons of fat. Mix the mustard, vinegar, salt and seasonings. Coat each slice of ham with mixture. Place fat in frying pan and when smoking hot put in the ham slices. Brown quickly to a delicate shade on either side.

A lot depends on that teaspoon of mustard. Be sure to include it and be equally sure the mustard is Colman's. Then your "Ham in Hades" will have a tasty flavour and the savoury, appetizing appeal that rightly belongs to it.

Colman's D.S.F. Mustard AIDS DIGESTION

Canadian Cookery For Canadian Women

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

Cheese Sauce

See recipe for Casserole of rice and macaroni for method of making cheese sauce. It may be embellished for serving over fish, or croquette or on fresh tomatoes on toast by adding a little chopped parsley, chopped olives, etc.

Cheese Salad Mould

Two teaspoons gelatine, 1-4 cup cold water, 1-2 cup boiling water, 1-4 cup diluted vinegar, (2 tablespoons vinegar, 2 tablespoons water.) 1-2 teaspoon salt, 1-2 cups cheese, 1-2 cup finely chopped celery, 1-2 cup chopped olives, 1-4 cup chopped green pepper, 1-3 cup cream, whipped. Soak gelatine in cold water for 5 minutes, then dissolve it in the boiling water, and

add salt and vinegar. Allow this to cool and begin to congeal when beat it with a rotary beater until frothy. Then fold in remaining ingredients adding the whipped cream last, and let chill in fancy mould or individual moulds. Turn out on bed of lettuce, and serve with crisp crackers and mayonnaise.

Scotch Woodcock

Cream together 1-4 pound of cream cheese, 1-2 tablespoon Worcester sauce, and 2 tablespoons mashed anchovies or sardines. Add a little paprika and one egg slightly beaten. Mix thoroughly and spread generously on 1-2 inch slices of white bread. Cover the top of each slice with a slice of back bacon and brown in hot oven for

about 10 minutes. Serve very hot. A delicious and quick luncheon dish.

I have not mentioned cheese biscuits, puffs, macaroni and cheese, cheese omelette and soufflé, nor the various uses to which foreign cheeses may be put, but you know they are yours for the asking. See Economical Supper Menu for Cheese Roast.

DEVELOPING INTO WOMANHOOD

THE young woman who suffers from monthly pains, or weakening drains and nervousness, or the woman of middle age who is distressed with heat flashes, should take Dr. Pierce's Favorite Prescription. Mrs. H. Sargent of Steele St., St. Thomas, Ont., says: "When I was a young girl developing into womanhood I was run down, and awfully nervous, I had no appetite and lost several pounds in weight. Frequent headaches also made me miserable. I used about three bottles of Dr. Pierce's Favorite Prescription and it strengthened my entire system. I gained weight, the headaches disappeared, my appetite returned."

While the wardrobe mistress and I were talking in the corridor, we both saw Leslie go into his room for a second. It was a moment afterward that we heard Francoise go upstairs. A couple of minutes later we were surprised to see Miss Monclair slip into Leslie's door after cautiously looking through to see that no one was there. She stayed inside perhaps half a minute, and then came out. We both saw her, but she is not likely to have seen us, since the corridor makes an abrupt bend there and we were all most out of her sight.

The Double Act

A Romance of the Theatre BY MARION TOMLINSON

"When did you learn that the necklace was missing?" asked Anthony.

"I heard excited voices in the next room, and Francoise saying, 'But it was here, Madame, in the folds of your cloak. I only leave it for one second when you call me.' 'You are certain it was there all right when the boy came to call you?' asked Miss Monclair. 'Je vous assure, Madame. Je le jure!' and Francoise began to weep and say it should never have been brought to the theatre. 'We'll have the boy's dressing room searched,' said Miss Monclair, then, and so I decided to forestall her and do a little searching on my own. It was in a perfectly obvious place—the bottom of his make-up box, with a lot of powder puffs and grease sticks thrown in on top of it."

Rosemary suddenly sagged against Anthony's arm. He put his other arm about her, and carried her over to a chair in which he placed her gently.

"It's all right, old man," he murmured. "There's something rotten here, but you're not mixed up in it. We'll discover who is, before we're through."

"Everyone looked at Dolores Monclair. She showed no signs of perturbation, save in a slight hardening about the mouth and a narrowing of her eyes.

"This is all nonsense," she said hardily. "Is the word of a couple of old women to be taken against mine? But I've no time to discuss the matter further. I shall be late to dinner as it is and the Countess will be furious. But I grant there may be some mistake in the matter, and I withdraw my accusation."

Anthony looked at her contemptuously. "You'll apologise before the entire company who heard your accusation?" he said. "I only wish I could ask you to leave the cast, but it is too late to get anyone to take your place, and the postponement of the opening night would mean hardship for everyone."

Dorothy Dix' Letter Box

Shall Foster-Child be Told That it is Adopted? Hurrying Man Into Marriage Won't Make for Happiness, so Let Impatient Girl Beware

Dear Miss Dix—We are adopting a little boy and girl, both under 5 years of age. These children are not related to one another and were both born out of wedlock. Now is it vital that these children shall be told the truth about their parents as they grow older? Will it make them bitter about their birth? Why should they not grow up believing us to be their own father and mother? They love us and we love them as dearly as if they were our own, but we want to do what is best for them to build their lives into happy ones. That is why we are worrying over this problem. P. E. W.



Answer:

I do not think that any man and woman can do a finer or a nobler thing than to take nameless and homeless and loveless little children and give them the blessings that Fate has so cruelly denied them. For nothing is more tragic or more pitiful than these hapless little creatures who must pay the price of their parents' sin.

It is a great thing for an illegitimate child when it is adopted because, for one thing, it throws a veil, to a large extent, over the shame of its birth. People may know vaguely that it was born out of wedlock, but it takes on the name and status of its foster-parents, and it is not the object of scorn that it is when it grows up in the shadow of its unmarried mother. Of course, all of this is terribly cruel and unjust. An innocent child should not be punished for the wrong that those who brought it into the world committed. But all the same, it happens. It is life.

Another reason that such a child is fortunate in being adopted is that its foster-parents can nearly always give it better living conditions than its mother could, for it is virtually impossible for a poor girl to support herself and the child. Also, the child is likely to be better loved, because only a woman with a strong maternal complex and a deep heart hunger for children would burden herself with the care of a child. And certainly the child adopted by such a woman would stand a chance of being better reared than it would be by its weak and unstable mother.

And very often these adopted children repay their foster-parents in love and tenderness for all they have done for them. Sometimes, of course, they turn out badly, but so do often one's own children, so the risk is worth taking.

But whenever people adopt children the one thing they should surely do without fail is to tell them that they are adopted as soon as they are old enough to understand, and before they are old enough to get a shock from the revelation.

It is not necessary to tell them the circumstances of their birth, but if the mother is still alive the child should be told that she gave it to the foster mother and father. And I think the foster-mother is wise if, when she does this, she impresses on the child's mind that its own mother didn't love it and didn't want it and that she loved it and wanted it.

The reason for this is that the child tends to build up a romantic idea about its mother, and especially to think whenever it is denied anything or corrected that its own mother would have indulged it in everything, and nothing will do more to dissipate this illusion than for it to grow up thinking that its foster-mother is its one best friend.

Sooner or later every adopted child is bound to find out the truth about itself, and if this revelation comes to it after it is grown it seems to shatter it. It makes it feel that it has been tricked, deceived, and it can't forgive the foster-parents for lying to it. Somehow, it appears to wipe out all the love it has felt for its parents, all the gratitude for years of kindness it has received. Perhaps this is because children trust their parents as they do God and when they discover that those they believed were their fathers and mothers are not their fathers and mothers it takes away their faith in everything.

I get many letters from perfectly frantic youngsters who have suddenly found out that they were adopted children and their resultant feeling is one of great bitterness against their foster-parents. They will speak in one breath of how devoted their foster-parents have been to them and of all they have done for them, and in the next they will say: "I am going to leave 'these people' and find my own mother, I don't care what she is," which is perhaps a natural reaction of a childish mind smarting under the blow of a blighting revelation that has shaken its little world to its foundations.

But, however it is, the child should be told the truth while it is young enough to accept the situation as perfectly normal.

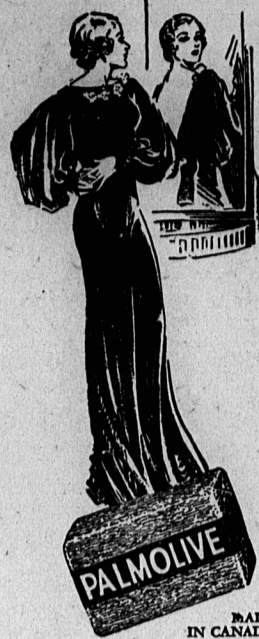
DOROTHY DIX.

Dear Miss Dix—For the last four years I have been engaged to a

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THOSE fine lines... that dry, drawn look... they betray age! You can keep cheeks firm, forehead smooth, chin free of disfiguring blackheads. Beauty experts tell you how to defy the years by a daily method of skin care based on the use of olive oil.

Olive oil beautifies Olive oil enriches, tones, conditions the skin. It is a complexion "corrective," beauty specialists say. And over 20,000 specialists recommend Palmolive because it is the one leading soap rich in olive oil.

Use Palmolive faithfully for ten days. Work its fine lather well into the skin—of face and body. Feel that fresh, youthful skin texture. See how your mirror reflects that charm, that something which makes you, keeps you desirable.

Keep that Schoolgirl Complexion

young man. I have given up good times and have scripped and save, so that we could be married, and now when we are all set and have a good start and our wedding day announced the Boy friend says that he doesn't want to take upon himself the responsibility of marriage for a couple of years yet. He has a good job and we could easily get along and I want a home of my own. He won't save and I am tired of waiting. Isn't there anything I can do to encourage those wedding bells a little ANXIOUS.

Anxious:

Well, daughter, I think that unless a man is enthusiastic about ringing the wedding bells, a girl is mighty wise to leave them silent. Men get tired enough of marriage even when they go into it all pepped up and bubbling over with enthusiasm, so it is a poor lookout for one making a good husband when he is dragged into it against his will and is tired of it before he ever starts in.

You know how it is when one of these supersalesmen just simply forces you into buying something against your will. It doesn't appeal to you. It doesn't hit your fancy. It doesn't suit your taste and you don't want it, anyway, and are not ready to buy, anyhow, but he or she talks you into taking it, and you hate it ever afterward and spend your time picking flaws in it and thinking what a fool you were to let yourself be outsmarted.

Well, that is just about what happens to a girl when she forces a man into marrying her before he is ready to settle down and before he wants to marry. A lot of girls do it. They cry and they wheedle and they bug and they jockey a chap into the place where it takes more courage and nerve than he has to call the wedding off. So he is led to the altar like a lamb to the slaughter, but once he gets past the altar he is a lamb no longer. He is a snapping, snarling dog that tugs at the rope his wife has tied him with until he breaks it and then he runs away.

So, if you are so anxious to marry that you can't wait any longer, hunt up a youth who is more marrying-minded than the one you are engaged to.

DOROTHY DIX.

Dear Miss Dix—One boy left me because I wouldn't let him kiss me and pet me and paw me. Another boy has left me because I did. What can a girl do when one fellow gives her the air for not doing something and another gives her the air for doing it? ELLEN.

Answer:

Adapt your technique to the man, I suppose is the answer. But a better way is to live up to your own ideals and force the boys to meet them instead of lowering yourself to suit the taste of every Tom, Dick and Harry.

For The Cook

Introducing S. Short Cake A savory shortcake is a treat that everyone has not met. Make the same dough as for the more familiar fruit shortcake, but omit the sugar. Bake the same way.

Split the baked cakes, spread with butter, and add generously filling such as creamed chicken or chicken a la king; tuna fish, salmon, or lobster, treated the same way; or use a nippy Welsh rarebit mixture; or a Newburg that is a favorite with you. Try a curry, too—it's good.

Or instead of a hot mixture like any of these make your shortcake smaller and fill with a good salad mixture well moistened with mayonnaise. They are then a little suggestive of the choux paste salad bouchee.

Butterfly Hors d'Oeuvres

On a salad plate arrange 2 crisp leaves from a lettuce heart to represent the wings of the butterfly and fashion the body from finely sliced celery moistened with mayonnaise. Outline the body with sardines rubbed to a paste. Over the body sprinkle egg yolk through a sieve, and make a band of the yellow on each wing, with similar bands of mayonnaise and chopped white of egg. Sprinkle the edges of the wings with finely chopped parsley.



Thrilled!..

How you thrilled in the certainty of your lasting loveliness—heightened by the clinging, velvet-texture of Pompeian Beauty Powder.

As his eyes creased you, how thrilling to know that a touch of Pompeian Rouge had kept for you the girlish flush he loved. Be sure always! Use Pompeian. You may pay more for beauty preparations but you cannot buy better than : : :

THE NEW Pompeian BLOOM POWDER CREAMS LIPSTICK LONDON PARIS NEW YORK TORONTO Sales agents: Harold F. Ritchie & Co. Ltd. 10-18 McCaul St., Toronto 16-22

A Morning Smile

Me-ow! Soprano—"Did you notice how my voice filled the hall last night?" Contralto—"Yes, dear; in fact, I noticed several people left to make room for it."

Head Librarian—Young man, we are about to close the desk; is there anything you would like to take out? Shiek—Well, yes; how about the tall one in the tan dress?

for NEURITIS One thing that helps is to warm a disk, pour in Minard's. Then rub the liniment gently in. Pain eases off! MINARD'S "KING OF PAIN" LINIMENT

OUR THREE SPECIALTIES WATCHES, RINGS EYE GLASSES Established 1870 E. W. TAYLOR 142 Richmond Street



She Nearly died--Eagle Brand saved her

"MY baby daughter did not progress on the food we were giving her," writes Mrs. George R. Morrill, Asbestos, Que. "My mother recommended Eagle Brand and from the first we noticed an improvement. She would sleep between feedings, which she could not do before. Now she is fourteen and a half months old, walks and talks, and weighs twenty-four pounds—all due to Eagle Brand Condensed Milk."

Eagle Brand CONDENSED Milk

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Dainty in shape for guest and table. Crispness and quality sealed in the package. Good value, count 56 biscuits to the package. Breaks snappy and clean without crumbling. MARVEN'S WAXTITE CREAM SODAS Your Guarantee of Purity and Quality for Twenty-five Years

Nell, "I haven't got the same high-falutin' notions of art as you and he seems to be agreed on. But of one thing I was sure, if Anthony Carson was the sort that keeps himself pure by letting down his friends the moment they are blown upon, then the sooner you knew it, the better. So when I saw you in this difficulty, I just thought I'd wait and see how he behaved."

"And you saw him stand by me in the face of t' hewhole company!" cried Rosemary. "Not even knowing who I was, but just because he was sure I was honest!"

CHAPTER XXX

THE FIRST NIGHT In her dressing room on the first night Rosemary put on her familiar make-up with trembling fingers. She had known stage fright before, but never such paralysis as now.

Anthony looked in at her dressing room door and grinned at her cheerfully, though his own hands were not quite steady as they pulled at his tie.

"How do you feel, old man?" he queried jocularly. "Going to knock 'em?" For answer Rosemary hummed a bar or two from the "Old Kent Road," but said nothing, only giving him a twisted grin over her shoulder. Nell, for her part, tapped surreptitiously on wood.



after Baby's Bath

Doctors recommend a body rub with 'Vaseline' Petroleum Jelly after the daily bath, to keep the tender skin smooth, free from dryness, chafing and chapping. Use it, too, when you change his diaper, to soothe inflamed buttocks; on his scalp to correct "cradle cap"; in his nostrils to ward off cold weather sniffles.

BE SURE YOU GET THE GENUINE LOOK FOR THE TRADEMARK VASILINE WHEN YOU BUY. If you don't see it you are not getting the genuine product of Chesebrough Mfg. Co., Cons'd., 5520 Chabot Avenue, Montreal.

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(To be Continued.)