

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

Canadian Cookery For Canadian Women

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

Capitalizing On Melons MARY MOORE'S QUESTION BOX

Recently a very kind and generous friend brought me six honeydew melons that were notable for their size and freshness.

NOTE—Almost all of the following suggestions are applicable to watermelons and some of them to watermelons, too.

If you want to belong to the real pleasure class you should know that melons have more flavor, more rich mellowness if served at room temperature.

Melons For Breakfast

1—Long thin scythe like wedges, served with sections of lemon for those who enjoy a dash of the juice over it.

2—Melon balls in orange, lime or lemon juice—much less lime or lemon should be used than orange.

Melons For Luncheon or Supper 1—In fruit cup with diced peaches and pears in grape fruit juice.

2 Fruit Salads

Melon Fruit Salad No. 1

Cut melon into as many rings as are required for number of people to be served. Place each ring on faintly bed of pale lettuce.

In the centre of ring place macdoine of fruit: halved grapefruit sections, diced orange and green grape, topped with cherry. Serve with lemon juice, fruit sugar or mayonnaise.

Melon Fruit Salad No. 2

Cut melon in thin wedges one-half inch thick and four inches long. Arrange on bed of lettuce alternately with half moons of sliced pineapple. Garnish with finely-chopped maraschino cherries.

Melons For Dinner

First Course

1—In balls in assorted fruit cup. 2—Cut lengthwise and served in sections two or three inches wide, and passed with any citrus fruit juice, and salt for those who prefer it.

Dessert Course

Cut melon in halves crosswise, removing thin slices from round side so they will sit without rocking. Place on platter before hostess who will serve slices or half moons for each guest.

NOW SCIENCE TELLS WHY BRAN IS SO GOOD FOR HEALTH

Kellogg's ALL-BRAN Has "Bulk" and Vitamin B; Also Healthful Iron

By using Kellogg's ALL-BRAN, millions of people have overcome common constipation, and the headaches, loss of appetite and energy that so frequently result.

New laboratory tests show ALL-BRAN supplies two things needed to overcome temporary and recurring constipation: "Bulk" to exercise the intestines, Vitamin B to help tone the intestinal tract.

The "bulk" in ALL-BRAN is much like that of lettuce. Within the body, it forms a soft mass. Gently it clears the intestines of wastes.

Further experiments prove ALL-BRAN provides twice as much blood-building iron as an equal amount by weight of beef liver.

Eat this delicious cereal and avoid pills and drugs. They cause artificial action, and often lead to harmful habits.

Try two tablespoonfuls of Kellogg's ALL-BRAN daily—sufficient to overcome most types of constipation. If your intestinal trouble is not relieved this way, see your doctor.

ALL-BRAN has a delicious, nut-sweet flavor. Enjoy as a cereal with milk or cream, or use in making fluffy bran muffins, breads, omelets, etc. Recipes on the red and green package. Sold by all grocers. Made by Kellogg in London, Ontario.

Dorothy Dix Letter Box

Babies Kissed Into Sickbeds by Catarrhal Aunts and Cousins Should be Protected From Doting Relatives — Married Men in Triangle Has Tough Problem

Dear Miss Dix—How can one protect one's children from doting grandparents? How can one keep grandparents from actually killing their children by giving them food that upsets the children's digestions and makes them sick? Why do people who have disciplined their own children spoil their grandchildren to death?

On account of the economic depression my wife's parents have come to live with us and they are absolutely ruining an unusually fine child and we are helpless to do anything in the matter.



W. E. B.

Answer: I heard a famous baby doctor once say that the greatest curse that any child ever had was grandparents and maiden aunts and that these killed more children every year than disease did.

And perhaps that is not as exaggerated a statement as it sounds, because all of us have seen many a poor baby kissed into hysteria by a lot of doting old aunts with false teeth and catarrh, and we have seen grandma surreptitiously slipping candies and sweetmeats to anemic and dyspeptic little Mamie and Johnny that laid them low with stomach disorders a few hours later.

Also, it is a matter of common knowledge that all grandparents regard the modern method of child-rearing with scorn and contumely and look upon the baby book which is the young parent's Bible, as a heretical document that should be burned at the stake.

Didn't they raise up a big family without all of this tomfoolery? Well, of course, they lost three or four babies, but that was the Lord's will and had nothing to do with sterilized milk or tomato juice or being put to bed on the strike of the clock.

So there you are, and it is the old school of child-rearing against the new, with the old thinking, as they always do, that they know best, and the young keen for experimentation.

And in this matter I am with the young, for I am sure that the modern child with the modern, intelligent young parents is getting the best rearing that any child has ever had since the beginning of time and has the best chance that any child ever has had to have a sound body and a sound mind.

Teaching a child regular habits. Teaching it that screaming gets it nowhere. Teaching it that there are things that it cannot have because they are not good for it.

Why grandparents act like grandparents is perhaps because they regard their grandchildren as delightful playthings provided by Providence for their amusement and diversion.

Also, as we grow older we have an immense pity and tenderness for children as we realize all the stress and storm of life that they are bound to go through.

Dear Miss Dix—The people who constitute this triangle are around 3. They are my girl friend, my wife and myself.

Three large heads Swiss chard, 1 bunch celery, 6 green peppers, 1 quart button onions, 1 cauliflower, 2 cups salt, 3 quarts water, 1 cup flour, 8 tablespoons mustard, 1 tablespoon turmeric, 1 cup sugar, 5 cups vinegar.

Answer: I agree with you that there are things more important in life than love. There is duty. There is honor. There is the obligation that a man has to the child he has brought into the world, and if he has any sense of these he can find no happiness in a love that he has bought at the price of his conscience.

We can say all we please about the right of a man and a woman to live their own lives and to part if they find that they are mismatched or uncongenial or if they have ceased to care for each other and found somebody whom they really love.

They miss the peaceful home atmosphere in which alone a child can grow up normally. They lack either a mother or a father's guidance and love and almost invariably they develop warped and distorted personalities and neuroses that are a curse to them as long as they live.

Happenings of the Week

If all the good people were clever And the clever people were good. The world would be better than ever

We thought that it possibly could But alas it is seldom or never That the two hit it off as they should,

For the good are so harsh to the clever, The clever so rude to the good.

Prime Minister R. B. Bennett left Saturday for Calgary to attend the annual meeting of the Canadian Bar Association beginning on Wednesday.

Mrs. H. A. Richardson who has been summering here is now visiting in Wolfville, en route to her home in Toronto.

Rev. R. Moorhead Legate and Mrs. Legate are leaving Monday on a short holiday trip to Montreal.

At the Golf Links this afternoon tea will be served by Mrs. O. H. B. Longworth, Miss M. E. Hazard, Mrs. A. W. Hyndman, Miss M. Brown, Miss N. Longworth. The tea hostesses for Monday are Mrs. J. S. Jenkins, Mrs. E. W. McKinnon, Mrs. A. H. Mould, Miss B. Large.

The visitors to the Gyro Conventions this week thoroughly enjoyed their outing and left with many happy memories of the delightful social gatherings which so nicely balanced the business sessions.

The present indisposition of Mrs. Clark, wife of Dr. Artemas Clark of the Experimental Station is deeply regretted by her friends.

Mrs. Harry Lea entertained very pleasantly for friends at her home in Summerside this week.

Miss Lillian MacIntyre, of Framingham, Mass., who is visiting her mother, Mrs. P. McIntyre in the city, spent Thursday very pleasantly renewing old friendships in Summerside.

Miss Marjorie McQuarrie, daughter of Mr. and Mrs. George McQuarrie of Green Street, Summerside, has as her guest Miss Marlon Rogers, daughter of Col. and Mrs. Keith Rogers of Charlottetown.

Mr. and Mrs. J. D. Langton of New York have motored to the city and are the welcome guests of Mr. and Mrs. W. H. V. Dunbar at Keppoch.

Delegates at the convention of the American Society of Teachers of Dancing believe that "The Stumble" and "The 400," are to be the outstanding fox trots of 1933.

The tea hostesses at the Tennis Club this afternoon will be the Misses Mary MacDonald, Cecil Shannon Mrs. Arthur Duvar, Mrs. George Craig, Those serving for the special tea Thursday were Misses Edith Morson, Marion Whitehead, Edith Douce, Nellie Brenton.

Mrs. F. P. Taylor, Mrs. M. MacKinnon and son have returned to the City from Souris where they spend the past several weeks.

Mr. and Mrs. W. F. Tidmarsh are spending a week at the Cox Hotel, Souris.

General regret is felt over the departure from this city of Mr. and Mrs. Walter Amy and family who made a host of friends during their short residence in the city.

Mr. and Mrs. Bruce Marr and son Ian left yesterday on return to their home in Montreal. Mrs. Lambe

left on Wednesday morning after a pleasant holiday at Keppoch.

Rev. Wm. Orr Mulligan, Mrs. Mulligan and sons of Westmount, P. Q., are enjoying a holiday at Black Rock, Cape Breton.

Dr. George Robertson of Vancouver is the welcome guest of Mr. and Mrs. H. R. Hilson, The Birches, while renewing friendships in the city.

Colored sandals, revealing the toes, will be worn by men next summer, according to a shoe stylist who recently returned from abroad.

Miss Nellie Seaman who has been spending a month with her mother Mrs. J. D. Seaman left by car Monday on return to Glace Bay.

Mrs. Colin H. Campbell who left Calgary last February on an extended trip east returned this week. Mrs. Campbell spent three months of this time in Charlottetown the guest of her mother, Mrs. Peter Harrington.

One of the pleasant social events of the week was held at Beach Grove Inn on Wednesday evening when the Manager and Staff of the Bank of Montreal entertained at dinner in honor of two of their staff, Miss Donald whose engagement to Mr. Theodore Bayer was announced a few days ago, and Mr. V. A. Ferrand who is also to be married in the near future, at his home in Wolfville.

Mrs. B. C. Prowse has as her welcome guests Mrs. Edgar S. Tufts and her two daughters Miss Eileen and Allison Tufts of Halifax.

Mr. and Mrs. George Gardiner arrived this week by car from their home in Washington to spend a few days with Mr. Gardiner's parents, Mr. and Mrs. G. W. Gardiner, 222 Grafton Street.

Miss Nona McAulvey of London England, niece of Mr. R. B. Richardson of Summerside, was among the guests at a recent society wedding in St. Paul's Church, Rotherham, N. B., when Miss Frances Robinson, daughter of Mr. and Mrs. John M. Robinson of Rotherham was united in marriage to Mr. Donald McGregor Hope, son of Mr. and Mrs. Frank Hope of Halifax.

Mrs. Alec Scott and little daughter Janet of Halifax, have been spending a pleasant holiday in the city, the guest of Mr. and Mrs. W. G. Bruce, Harland Apartments.

Mrs. Fred Godfrey entertained at a mixed bridge on Tuesday evening in honor of Mrs. Alec Scott and her house guest Mr. Eismere MacKay of Halifax at her pretty bungalow in Suffolk.

Mrs. Carol Livingston and her three children are leaving this morning for their home in Plattsburg, after a delightful summer with Mrs. Livingstone's mother Mrs. C. Lyons.

Miss Keltie Holman of Summerside, who is visiting friends in Campbellton, was among the guests, who assisted in serving at an afternoon tea and bridge given in honour of Mrs. G. L. McRae of Montreal by Mrs. H. A. Carr at her lovely home in Campbellton, N. B. last week.

Mr. R. S. F. Jardine, manager of the Canadian Bank of Commerce, and Mrs. Jardine, accompanied by Mr. and Mrs. A. B. L. Horne, left

are the children of divorced parents recently stated that there was a marked difference between these youngsters and the children of happily married fathers and mothers. He said the children of divorced parents were almost invariably pessimistic and bitter in their outlook on life and made poorer marks in their studies than the others.

Feeling as you do, I doubt you will find much happiness if you divorce your wife and marry the other woman. Always I think the face of the child you had deserted would come between you and her.

DOROTHY DIX

Advertisement for FELLOWS' SYRUP. For Anemia, Fatigue, Nervousness, Malnutrition, Loss of Appetite, Bronchial Trouble, Retarded Convalescence. Take FELLOWS' SYRUP. Prescribed by physicians in 53 countries for over half a century.

A Morning Smile

At last the disgraceful rumor has been traced to its source, and the cook was confronted by a provoked mistress.

"I was only repeatin', mum, what I eard from your own lips," the cook asserted.

"Gracious!" shrieked the mistress "do you mean to say I told you my husband was in jail?"

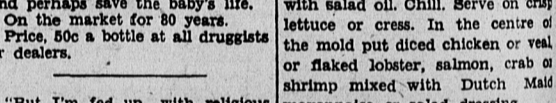
For The Cook

SCALLOPED VEGETABLE RING WITH CRAB AND BAKING POWDER BISCUITS

2 tablespoons, plus 2 teaspoon gelatine. 1/4 cup mild Empress vinegar. 1-3 cup sugar. 2-3 cup peas. 2 cups boiling water. 1/2 cup cold water. 2-3 tablespoons lemon juice. 2-3 cup cucumber diced. 2-3 cup celery diced. 1/2 teaspoon Regal salt. 2-3 cup carrot diced.

During Baby's Teething Time

The Bowels Become Loose Diarrhoea, Greenstools, colic, cramps, etc., manifest themselves; the gums become swollen, and cankers form in the mouth. This is the time when the mother should use



and perhaps save the baby's life. On the market for 80 years. Price, 50c a bottle at all druggists or dealers.

"But I'm fed up with religious subjects," said the cannibal on being informed that another mission-

The height of hard luck is having seasickness and lockjaw at the same time.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

Several are the schemes that will prove their smartness and practicality for this distinctive model. For if you can use a cool cotton voile print in a dark background.

White, pale blue or chalky pink tub silk is exceedingly lovely for its development.

Style No. 632 is designed for sizes 36, 38, 40, 42, 44 and 46 inches bust. Size 36 requires 4 1/2 yards 39-inch with 1/2 yard 35-inch contrasting.

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

No. 632. Size Name Street Address City State

Among the hold-overs from last season to reappear at the opening game were the peanuts we bought.

A girl must be in pretty bad shape to have to resort to dieting.



632