

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

Canadian Cookery For Canadian Women

By Mary Moore, Specially contributed to The Guardian for Guardian Readers.

DID YOU RECEIVE A SANDWICH TOASTER FOR CHRISTMAS

One of our readers wrote asking for genuine Shrove Tuesday pancakes—the "eggy" kind. We sent her a recipe filling her requirements but in the meantime have found one we like better. Maybe it was because it was cooked so perfectly on the new little grillette or sandwich toaster we are experimenting with just now.

Are you familiar with the grillette? It is primarily a sandwich toaster, and it does toast them deliciously. It is constructed with two heated surfaces with a wide variable hinge in the middle—each surface is 10 1/2 by 5 1/2 inches (I know because I just this minute measured it.)

For toasting sandwiches it should be preheated for seven or eight minutes. In this way the filling does not soak the bread before the bread is toasted. We have one member in our family who prefers the filling to soak the bread if it is cheese. A grated cheese sandwich put into a cold grillette and the heat turned on will toast and melt the cheese in about five minutes.

Grillette-Toasted Cheese Sandwich A delicious cheese sandwich may be made of 100 per cent whole wheat bread spread with butter and cream cheese and toasted when the grillette is well heated. If this sandwich is put first into a cold

toaster the cheese bubbles out and burns.

Grillette-Toasted Bacon Sandwich Very finely minced cooked bacon mixed with a very little finely chopped mustard pickle or a little catsup seems to make another favorite sandwich. This also is improved if started in a cold toaster as the bacon flavor saturates the bread.

You would have chuckled to peek in on our orgy of sandwich making and tasting—everybody stood around the grillette munching their samples and nodding and approving each sample; every one was pronounced "good" so that I would be encouraged to give them more to "sample."

The Grillette for Miniature House-keeping

For the dweller in a very small apartment with no cooking facilities the grillette is an ideal device on which to cook breakfast or prepare afternoon tea.

One little bachelor-girl I know has a grillette and a coffee percolator and she prepares her breakfast in and on these two utensils every day.

In the percolator coffee is made. When she wants to make tea to serve to her friends on Sunday afternoon the percolator is made scrupulously clean and tasteless by boiling water into which baking soda has been put for 10 minutes and then water may be boiled in it for making tea.

On the grillette she makes either toast to be eaten with marmalade and coffee to follow her first course of fruit. Or her alternative menu is breakfast bacon cooked on one "leaf" of the grillette and an egg cooked "as is" in butter or scrambled on the other.

Here is our "eggy" pancake recipe to try on your grillette if you were fortunate enough to have one given to you for Christmas. If not I assure you they are so cheap they are a practical utility piece for any household.

PANCAKES (Eggy: Country Style)

Two cups sifted flour, 1 tablespoon sugar, 2 teaspoons baking powder, 1 teaspoon salt, 2 eggs well beaten, 1 1/2 cups milk. Sift together the dry ingredients, then add a little of the milk which has been beaten with the eggs, until you have a smooth paste, then stir in the rest of the milk and eggs. Beat all together well, and bake on slightly buttered griddle or electric grillette which have been preheated. This makes about 15 medium sized pancakes.

We are going to try Crepes Suzette on your grillette one of these days. The idea sounds so good maybe you had better look for the recipe next week.

Two Economical Supper Menus

By Mary Moore

The prevailing market price of fresh shoulder of pork at the time



FOR PEP AND ENERGY! Good News For Girls! Reports Plan To Save Dateless

American Intercollegiate Association of Gigolos

Heralds New and Glorious Day of Feminine Emancipation - No Longer Will Dateless Girl Have to Take What She Can Get or Else Sit at Home

Here's good news for you, girls! According to a newspaper dispatch, the "American Intercollegiate Association of Gigolos" has been formed as the answer to the cry of the coeds for escorts to social events.

The sponsors dedicate themselves to specializing in supplying "the proper man in the proper attire" for any and every occasion, and say that they will organize chapters throughout the country.

This does modern efficiency answer the maiden's prayer for dates. No longer need a girl palpitate between hope and despair, wondering if any youth will ask her to go to the football game, or to some party to which she is invited. All that she will have to do will be just to order in something in the boy-friend line that will make the other girls' eyes bulge. No longer will the girl who lacks it have to sit at home and twiddle her thumbs of evenings, or paper the walls when she goes to a dance. She can have as many devoted swains and cut-ins as papa's purse will afford.

Moreover, this plan of renting her escorts, instead of having to take what chance and the mercy of Heaven sends her, will enable a girl to be choosy and indulge her taste in the sort of man she steps out with. She can look 'em over, instead of being the one who was looked over and passed up if she didn't hit the fickle masculine fancy, as has heretofore been the case.

If she has a preference for the tall, thin dapper fellow, wearing, passionate eyes, she need only telephone down to the gigolo agency: "Say, send me up a sheik for tonight for the prom, and see that he looks the part." Or, if she is of the petit type herself and knows that she looks her best when she has the foil of a big, husky, he-man beside her, she can demand a Western, and say: "I don't want another like that last one who looked like something the cat dragged in. If you can be more particular about neckties and the way trousers are creased and the right sort of sweaters, I will have to take my trade to another shop."

Sleeper or stout, athletic or pale and studious, blue eyes or brown, straight hair or curls, cavemen or poets—just think of the ecstasy of a girl being able to choose among them and take the thing she is mad about instead of having to take the thing she can get, and thank the Lord it is no worse.

In all the injustice of civilization there is no situation more cruel than that which makes a girl dependent for her good times upon having an escort and that has left this to the caprice of boys. An imported ball frock is nothing but a rag to cover her shame if no boy asks her to dance. For her to go to a ball game with mamma or papa or a group of other girls is to proclaim to the world that she is a flat tire in the eyes of men. Treasure hunts, swimming parties, gay dinners and roadhouses, night clubs, all require that a girl shall be "accompanied by a gentleman." Even hostesses fight shy of the girl who can't scare up a man to come along with her.

So it is no wonder that girls live in an agony of apprehension over their dates. Will Tom, Dick or Harry ask them to the game, or take them to the Blank ball, or cut in on their dances, or drop by for them for a spin in their car? Hence the announcement of the establishment of the Gigolo Association, where they can provide themselves with escorts, must come like tidings of great joy. It removes the ancient fear of being dateless that robs girlhood of half its happiness.

Of course, it may be said that hiring an escort is a sordid and unromantic way of getting one, but, in reality, it is only doing in a frank and businesslike way the thing that mothers and their daughters have been doing for years. Perhaps always. For what is all the entertaining that parents do for their daughters except bribes to men to show them attention? Doesn't mother pay for the tickets more than half the time when Archibald escorts Gwendolyn to the theatre? Doesn't father furnish the car and the gasoline in which daughter and her dates ride around? And don't young men, as a rule, have to be fed and week-ended and generally have some sort of a chromo thrown in with the girl before they give her a rush? Yea, verily.

For the modern youth realizes his value in the scheme of things. He knows he is indispensable, even if only for appearance's sake and to save the girl's face and keep her from being a social flop. Therefore, he demands for his attentions all that the tariff will bear. And the girls pay it.

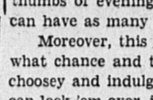
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Dorothy Dix

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YARDLEY LAVENDER



What the Fashionables are Wearing

By Annabelle Worthington

For this model which is adorable in navy blue woolen with the guimpe of violet blue crinkly crepe silk spotted in navy blue, there are numberless possibilities. It is also very smart carried out in mouse-grey crinkly crepe silk with the guimpe of light grey silk. It will take the very minimum of making. The two-piece skirt is finely tucked at the top and joined to the two-piece waist. You'll also find the separate blouse very easily put together. It can have short sleeves, if you prefer them.

Style No. 424 is designed for sizes 14, 16, 18, 20 years, 36 and 38 inches bust.

Size 16 requires 2 1/2 yards of 39-inch material for dress with 1 1/2 yards of 39-inch material for blouse.

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



Form for ordering the pattern, including fields for Name, Street Address, City, State, and Size.

Something Two sailors were shipwrecked. "Say, Bill," said one of them, "can you pray?" "No," said the other. "Well, can you sing a hymn?" "No." "The first sailor thought hard for a moment. "Well," he said at length, "we'd better do something religious. Let's have a collection."—Til-Bits.

Baby's Colds Best treated without dosing—Just rub on VICKS VAPORUB FOR COLDS OF ALL THE FAMILY

Distance Lends Enchantment Brown had brought his young son to London to see the sights, and towards the end of a long day was dragging his fourteen stone up the steps of the Monument. Long before they reached the top, the father was regretting that he had allowed his son to persuade him to undertake such a tiring climb. "Look, father!" exclaimed the boy when they had reached the top. "Isn't that a grand sight down there?" "Well," puffed Brown, "if it's so grand down there, what on earth did you drag me up here for?"

Put more SUNSHINE days on your calendar

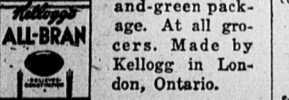
How many days in the month do you feel your best? You can add to these sunshine days by simply obeying nature's laws.

The first of these laws is regular elimination. Avoid common constipation by eating a delicious cereal.

Tests show Kellogg's ALL-BRAN furnishes "bulk" to exercise the intestines, and vitamin B to help aid regularly. ALL-BRAN also contains twice the iron of an equal weight of beef liver.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. How much more pleasant than pills and drugs—so often habit-forming.

Serve as a cereal or use in cooking. Directions on the red-and-green package. At all grocers. Made by Kellogg in London, Ontario.



The Double Act

A Romance of the Theatre BY MARION TOMLINSON

Rosemary entered it, and came out with a small package under her arm. Near it a barrow, piled high with second-hand clothing, stood at the kerb. Early housewives and charwomen going to work stopped to stare at the unusual sight of a woman whose elegantly coiffured golden hair was to be seen under her hat, turning over the heap of boy's clothing. But Rosemary had schooled herself to be indifferent to staring eyes about her. As she returned to her cab with a large paper package in her arms, a group followed her. But she closed the door on the curious people without a sign that she saw them.

"East End, West End," she thought. "They all stare! But one can understand it better out here. Well, it will soon be over!"

The driver of the taxicab, according to her directions, now went slowly up and down the awakening streets of Bethnal Green, until Rosemary, peering from the window, saw what she wanted. It was a house placarded "Bedroom to let." Here she descended from the cab, and knocked at the door.

A slatternly woman appeared, her hair in curl papers. "May I see the room you have vacant?" asked Rosemary.

The woman stared at her, taking in her expensive tailored clothes and noting the well-kept golden hair. Then she became suspicious. "Don't think it would suit you," she said, shortly. "Nothing high falutin about it."

"Perhaps you will let me see it in any case," returned Rosemary, gently. "I may not be here long."

"Where's yer luggage?" inquired the woman, interrupting her, and looking past her toward the cab. "I haven't any—except a paper parcel or two," answered Rosemary. "But if you will be good enough to let me see the room, I will pay a month in advance—if it is what I want—though probably I shall not be here the whole of that time."

An avuncular look came into the woman's face to mingle with the suspicion already there. She led the way upstairs, the thought of getting for a month in advance the excessively heightened rent she would ask being barely sufficient to make her willing to take the risk.

"It ain't nat'ral," she told herself as she laboured wheezing up the stairs. "What's a toff like 'er want ter be doing in 'ouse like this?"

At the door of the room she turned on Rosemary. "Y' ain't thinkin' of doin' yerself in, are ye?"

In spite of her deepening depression at the dark, unwashed smell of the house and the sly suspicious look of its possessor, Rosemary threw back her head and laughed at this.

"No, indeed." "The laugh sounded genuine, and served to allay the woman's fears of the police.

All Rosemary's depression returned to her as she stood in the centre of the room she had elected to make her home for a while. An impulse to turn and hurry back to the delicate abode she had left came to her, but she suppressed it.

The room was none too clean. A lumpy looking cot bed stood in one corner, and a ramshackle chest of drawers in another. Above the latter was a cracked mirror beneath a

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ANNOUNCING—COCONUT GEMS!

Another perfection recipe! One of our readers sent this to us to discover why her meringue fell and after a little testing and experimenting the most delicious little tid-bit you ever tasted was the result—Coconut Gems. This recipe, too, is yours for the writing.

Send a letter stating which recipe it is you want and enclose a stamped self-addressed envelope. If you ask for recipes and help other than for the offered recipe (Coconut Gems) give a pen name and look for the answers in the Enquiry Column.

Address letters to Mary Moore, Cookery Editor, in care of this paper.

Reast pork (shoulder); pan roasted potatoes; baked unsweetened apples, junket.

Make junket according to directions on package adding chopped nuts if desired. The Roast Pork is what is left over from making Cabbage rolls of course.

Menu No. 2

Reast pork (shoulder); pan roasted potatoes; baked unsweetened apples, junket.

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Sad Drowning Fatality In N.S.

(Canadian Press) YARMOUTH, N. S., Feb. 23.—Late today the body of Stephen Glode, 7, was taken from the Tuskent River's icy waters, and tonight from Tuskent Village were dragging the stream in the belief that Clarence Glode, 13, another son of Stephen Glode, Sr., Micmac guide, died with his brother.

The two boys left their home late last night to walk to the village. When they did not return the father went out to look for them, and could find no one who had seen them. All night he searched the woods, believing they had wandered off the road, and this morning he appealed to the R. C. M. P.

An examination of the river bank was stated, and the younger boy's cap was found. Dragging operations were begun and later the boy's body was brought to the surface.

It is believed the elder brother's body may have been carried out to sea or at least far down stream by the current. On the other hand, there is some hope that he may

Reciprocity Discussion

(Canadian Press) OTTAWA, Feb. 23.—Liberal members and Senators in caucus today endorsed the reciprocity resolution introduced in the House of Commons earlier this week by William Duff, (Lib., Antigonish-Guysboro).

It proposed that Canada open reciprocity negotiations with Washington.

During debate on the Duff resolution Premier R. B. Bennett announced Canada stood ready to enter reciprocity negotiations with the United States, but claimed this was not the time to take the initiative.

The Liberals today decided to stand behind their own resolution, discussing the possibility Conserv-

have become frightened and dazed by Stephen's death and may be hiding somewhere.

Soured on the World?—That's Liver

Wake up your Liver Bile

No Calomel necessary

Many people who feel sour, sluggish and generally wretched make the mistake of taking salts, oil, mineral water, laxative candy or chewing gum, or roughage which only move the bowels and ignore the liver.

What you need is to wake up your liver. Start your liver by pouring the daily two ounces of liquid into your bowels. Get your stomach and... working as they should, once more.

Carter's Little Liver Pills will soon fix you up. Purely vegetable. Safe. Sure. Quick. Ask for them by name. Refuse substitutes. 50c. at all druggists.

OUR THREE SPECIALITIES

WATCHES, RINGS EYE GLASSES

Established 1870

E. W. TAYLOR

142 Richmond Street

EDWARDSBURG CROWN BRAND CORN SYRUP. Pure, wholesome, and economical table Syrup. Children love its delicious flavor.

Pimples Itched So Could Not Sleep. Healed by Cuticura.

"My pimples formed under my skin, later breaking out and turning red. My forehead, chin and back were affected. Later the pimples became hard and large, and itched and burned sometimes so that I could not sleep. I had them for over a year.

I tried four different remedies which only seemed to make the pimples worse. I sent for free samples of Cuticura Soap and Ointment and they helped me. I purchased more and after using two cakes of Cuticura Soap and one and a half boxes of Cuticura Ointment I was healed. (Signed) Miss Susie Wurtz, Hythe, Alta., Aug. 12, 1931.

50¢ Soap, Ointment 25¢ and 50¢. Telcum 25¢. Sold everywhere. Sample each free. Address Canadian Depot: Lyman Agencies, Limited, 286 St. Paul St., W., Montreal.