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

The Making of the Harp

IT was Marbhan the hermit that gave out news one time of the way the first harp was ever made, and this is the story that he told:

There was a man and his wife, Cuil, son of Midhuel, the man was, and Canoclach was the name ofthe wife. And she took a hatred to her husband, and she was running from him through every wilderness and every wood, and he was following after her ever and always.

One day now the woman came to the sea at Camas, and she was walking along the strand and she met with the bare bones of a whale, and she heard the sounds of the wind passing through the bones and the sinews, and with listening to those sounds she fell asleep.

And her husband came there and saw her sleeping, and when he knew it was through those sounds that sleep had fallen upon her, he went on into a wood and he made a shape like the hard high breastbone of a crane, and he put strings into it of the sinews of the whale; and that was the first harp of all the harps of the world.—From "A Book of Saints and wonders," translated from the Irish by Lady Gregory.

Canadian Cookery For Canadian Women

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

UNUSUAL RHUBARB RECIPES
By Mary Moore

Rhubarb does not always have to be stewed you know. For the first two or three times it is delicious that way, but even if it is one of the nicest early Spring desserts we must vary our ways of preparing it.

Rhubarb Delicious

Wash 1 pound rhubarb and cut t into small pieces and stew it in 1 cups water with 3-4 cup sugar, until it is just barely tender but still whole. Soak 2 tablespoons gelatine in 1-4 cup cold orange juice, for 5 minutes, then add it to the hot rhubarb to dissolve the gelatine. Let it stand until cold and congealed. When ready to serve, fill range or grapefruit shells with he mixture, heap sweetened whipped cream on top and add a few nely chopped nuts.

Royal Rhubarb Dumplings

One cup flour, 2 teaspoons baking powder, 1-2 teaspoon salt, 3 tablespoons shortening, 1-2 cup milk, 1 1-2 cups washed and chopped rhubarb, 1-2 cup sugar, 2 teaspoons butter, 1 teaspoon cinnamon. Sift together flour, baking powder and salt; rub shortening in lightly; add just enough milk to make a dough. Roll out 1-8 inch thick on floured board and divide into 4 parts. Lay on each part a pile of rhubarb, put 1 teaspoon sugar with 1-4 teaspoon butter and 1-8 teaspoons cinnamon on each; wet edges of dough with cold water and fold around rhubarb, pressing lightly together. Place in greased pan, sprinkle with a little cinnamon, remainder of sugar, and put 1-4 teaspoons buter on each dumpling. Bake about 40 minutes, starting oven at 450 deg. Fahr. for 10 minutes, then reducing temperature to 350 for 30 minutes. Serve with cream or pudding sauce.

Rhubarb Snow Puffs. Snow Butter

Cream together 1-3 cup butter and 1-2 cup sugar, sift in 1 cup flour, 1-2 cup cornstarch, 1 1-2 teaspoons baking powder alternately with 1-2 cup milk. Lightly fold in 3 egg whites which have been beaten stiff. Cut fine 3 cups rhubarb and mix into it 1-2 cup sugar and 1-2 teaspoon cinnamon and divide this rhubarb into 8 cups. Cover with the batter and set cups in covered steamer and steam for 20 minutes. These are very light and dainty. Serve hot with the following sauce.

Cinnamon Sauce

One cup sugar, 2 tablespoons flour, 1-4 teaspoon salt, 1-2 teaspoon cinnamon. Mix together thoroughly. Add 1 tablespoons butter, 1 1-2 cups boiling water. Stir all together and bring to boiling point, stirring constantly until it thickens.

Rhubarb Punch

Cook 1 quart rhubarb cut in small pieces with 3 pints water until it is soft. Strain. To juice add 1 1-2 cups sugar, and stir until sugar is dissolved, bring to boiling point, cool and add 1-3 cup orange juice, 1-4 cup lemon juice, and a few grains salt. Just before serving add 1 pint ginger ale or other effervescent beverage. Serve with sprig of mint in each glass.

To my mind rhubarb juice (that left over from stewed rhubarb) makes one of the most delicious additions that can be found to any fruit beverage. I often cook and strain rhubarb with an extra amount of sugar to use as a syrup for orange or lemonade. It makes a very smooth and delicious beverage.

Rhubarb Tapioca

Soak 1-2 cup pearl tapioca in 1 cup water with 1-4 teaspoon salt, and 1 cup brown sugar, overnight. Add 1 cup boiling water and cook until clear in top of double boiler. Add 4 cups chopped rhubarb, 1-4 teaspoon cinnamon and 1-8 teaspoon nutmeg. Pour into buttered dish and bake in slow oven until rhubarb is soft and tapioca is clear and light brown, about 1 hour. Serve hot or cold with cream. The excess moisture in the rhubarb will usually be enough to provide the necessary liquid to swell the tapioca. Add more sugar if desired.

ECONOMICAL SUPPER MENU
By Mary Moore

Cheese roast, tomato sauce, buttered cabbage, prune blanc mange.

Barbour's
PEANUT BUTTER

Cheese Roast

Two cups cooked navy beans (a 1 pound can of kidney beans may be used,) 1 1-2 pounds Canadian cheese, 1 cup bread crumbs, salt, pepper and paprika to taste, 1 tablespoon butter, 1 finely chopped onion. Force beans and cheese through food chopper. Cook onion in butter and 1-4 cup of water until transparent but not brown. Mix all ingredients thoroughly, then mould into a loaf or roll, moisten with melted butter and a little water and roll in bread crumbs. Bake in oven of 350 deg. Fahr. till richly browned, basting occasionally with melted butter and water or good flavored dripping. Serve with tomato sauce.

Prune Blanc Mange

Three cups milk, 5 tablespoons corn starch, 4 tablespoons sugar, 1-4 teaspoon salt, 1-2 teaspoon vanilla, 1 cup stewed and stoned prunes. Mix cornstarch, salt, 2 tablespoons sugar with 1-2 cup cold milk. Scald the rest of the milk in the top of the double boiler. Then pour a little of the hot milk in the top of the double boiler. Then pour a little of the hot milk on the cornstarch mixture and blend well. Then pour this back into the remaining milk and stir constantly over hot water until the pudding will coat the spoon. Cover and cook 25 minutes, stirring occasionally. Then add vanilla and prunes and whip with rotary beater to break up prunes and mix them well with the pudding. Chill in moistened moulds and serve with top milk. Raisins or dates may be substituted for the prunes—or 1-4 cup cocoanut or nut meats.

A Morning Smile

An eminent American lawyer went to England recently to study the legal system. An equally eminent English lawyer undertook to show him round the law courts. They listened to cases, and the Englishman explained all the fine points of the Administration of British justice. The American said afterwards: "There is no doubt that your system is better than ours But I cannot understand why. After all, in America we have got the very best judges that money can buy."

They were new neighbors and the wife was much interested in them. In a few days she reported: "They seem a most devoted couple, John. He kisses her every time he goes out and even waves kisses to her from the sidewalk. Why don't you do that?"

"Why don't I?" replied John. "Good heavens, I don't even know her yet."

For The Cook

MAGIC STEW

If you are rich in the possession of a real old-fashioned earthenware bean-pot, there are more ways of using it than for the making of those grand home-cooking beans.

Bean-pot Stew

1 pound beef (bottom of round)
1 onion
2 small carrots (sliced)
1 small white turnip (sliced)
½ can peas
4 tablespoons vinegar
4 tablespoons rolled oats or tapioca
1 teaspoon salt
3 cloves
Water
3 potatoes

Cut meat in cubes, brown with onion in small amount of fat, add with carrots, turnips and peas to greased bean-pot. Add remaining ingredients except potatoes, cover with water and bake in a moderate oven. Add potatoes the last hour of cooking.

Time in oven, 4 hours. Temperature 350 degrees. Servings 4.

Can Parents Be All in All To Their Children? — Dorothy Dix — Finds Youth Needs Companionship to Youth

The Best Parents in the World Are Not Fit to be the Sole Companions of Their Children — Youngsters Who Play Alone or With Grown-ups are Handicapped for Life Because They Never Learn to Work With Others

Are parents fit companions for their children? Sometimes. Not always. But they are never fit to be the sole companions of their children. Of course, there are parents of loose morals and low ideals whose companionship is the most corrupting thing on earth to a child because every child unconsciously takes its father and mother as a pattern, and because the things we learn in infancy shape our characters for life. No boy makes the finer man for having associated in his formative years with a father who was a drunkard or a libertine or a man lacking in all sense of honor and honesty. Nor is any girl likelier to walk the strait and narrow path if her ideals of virtue were taken from a mother who swapped husbands as often as she changed the style of doing her hair.

And, on the other hand, there are parents who are everything that is fine and noble and broad and tolerant and whose companionship would be bound to have an uplifting influence on their children.

But, no matter what the parents are, they are not fit to be the sole companions of their children. Yet the obsessing desire of nine mothers out of ten is to monopolize their children's society and keep them from having any other associates. Proud is the woman who can boast that she is her children's most intimate friend and that they go everywhere and do everything together. She even accounts it unto herself for righteousness, when she stands between them and their making any close contacts with other youngsters and she never suspects that in so doing she has done them a deadly wrong from which they will never recover.

Not long ago I asked an 18-year-old lad who were his chums and before he could answer his mother replied: "He hasn't any friends. I am his chum. I am his best girl. We play together and have the most beautiful times. Every afternoon when he comes home from school I'm waiting for him, ready to do whatever he wants to do, and we walk or automobile or go to a picture show or read or paint together. We have always been such pals that he never cared for boys and girls of his own age. He is really so much more mature than they are that they are not congenial to him."

And then I knew why the boys and girls called this boy a sissy and why he was awkward and ill at ease and never fitted in when he was thrown with other young people, and I pitied with all my heart the poor, lonesome child who had never had any real companionship, nothing but the encorced society of a grown-up.

For there can be no real comradeship between a child and a parent. Too many years lie between, too many experiences. The point of view is too different. The things that entertain and amuse one bore the other. You never see a child giggling at nothing and whispering and having deep, dark, absorbing secrets with mother or father as it does with another child.

Nor can grown-ups and children play together, no matter how much mother talks about how she and little Johnny or little Mamie always disport themselves together. Mother may enjoy it, but not little Johnny or Mamie. They go through the motions perfunctorily, but they get no kick out of it. They don't yell and whoop and get excited as they do when they are playing with other children.

Not only do parents who insist upon being their children's sole companions deprive their youngsters of much of the joy of childhood, they make them "queer." The boys are nearly always "Miss Nancies" who take to stamp collecting or catching butterflies, and who drift into some ladylike occupation in life because they cannot hold their own with rude, rough men. The girls are nearly always prim little prudes who are frightened to death when they let go mamma's hand, who never know what to say to a boy and who paper the walls at parties.

This is natural enough. Indeed inevitable, because mother has been their only friend and they really belong to mother's generation instead of their own. Mother has isolated them from the boys and girls of their own age and they have nothing whatever in common with them. They don't even speak the same language.

Mother justifies herself in monopolizing her children by saying she is trying to keep them from evil influences. She is afraid her own carefully brought up youngsters will be corrupted by the bad manners and the bad grammar of the children across the street. She doesn't want her precious angels to be contaminated by companionship with hard-boiled, gum-chewing children who know more of the sordid realities of life than she thinks they should.

She forgets that whether she likes it or not these same youngsters are bound to be her children's companions in life. They've got to do business with them, meet them socially, marry them. They've got to learn how to adjust themselves to them, how to resist what is evil in them and make the best of what is good. And this can be learned at 4, but it cannot be learned at 40.

Moreover, children can teach each other some of the important lessons of life that their parents can never teach them. They teach each other how to be good sports, how to play fair, how not to boast and not to think too highly of themselves. Mother fosters egotism and self-conceit in her child. It takes other children to knock it out of him.

And so for these and many other reasons parents should see to it that their children associate with other children. Even a bad child is a better chum for them than the best of mothers.

DOROTHY DIX.

Oral Health demands this 5-Way protection

Give your teeth *and gums* the all-round care of a pleasant, refreshing toothpaste which promotes and protects oral health in these 5 effective ways.

1. Squibb's cleans effectively and *safely*. 2. Squibb's polishes well and *safely*. 3. Squibb's prevents bleeding of the gums the *safe* way—by keeping them healthy. 4. Squibb's use is true economy because it gives greatest protection to teeth and gums. 5. Squibb's combats germ acids that cause tooth decay.

You can trust Squibb Dental Cream. Like all Squibb products it is pure, effective and *safe*. For scientific tooth protection at home, always use Squibb's.

At all good druggists in 25c and 40c tubes.

SQUIBB DENTAL CREAM

What the Fashionables are Wearing

By Annabelle Worthington

Don't you love it?

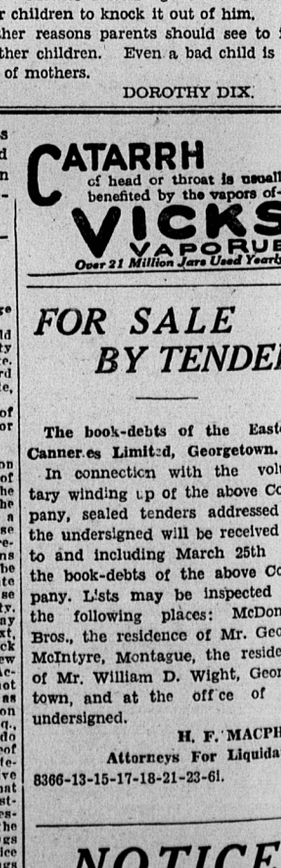
The sleeves are tricky. They start from the shoulders and burst out into big puffs above the elbows.

Black crinkly crepe silk made as the original you'll find particularly wearable. White crepe provides a smart accent in the neck band that is carried down the front of the bodice and in the button trim.

Style No. 919 is designed for sizes 14, 16, 18, 20 years, 36, 38, 40 and 42 inches bust.

Size 36 requires 3¾ yards of 39-inch material with ½ yard of 39-inch contrasting.

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



No. 919. Size .....

Name .....

Street Address .....

City State.

BABY'S OWN SOAP
Best for Baby Best for You

MORTGAGE SALE

There will be sold by Public Auction on the Premises at Southport in Queen's County on Saturday the 1st day of April A. D. 1933 at two o'clock afternoon ALL THAT tract piece or parcel of land situate in Lot Number Forty-eight in Queens County in Prince Edward Island bounded and described as follows, that is to say: Commencing at a stake set in the southern side of the Georgetown Road and in the division line between land belonging to John Flood and a piece of land consisting of fifty-one and one-half acres leased to Peter Flood running thence in a southerly direction along said division line a distance of eighteen chains until it strikes the freehold land owned by the said Martin Flood thence running in a westerly direction a distance of eight chains and eighty-five links on the line between the said Martin Flood's freehold land and the said land leased to Peter Flood thence in a northerly direction a distance of nineteen chains and eighty-two links to the said Georgetown road thence along the same fifteen chains to the place of commencement ALSO ALL that other piece or parcel of land situate lying and being on Lot or Township Number Forty-eight in Queens County in said Island bounded and described as follows that is to say: Commencing at the northeast angle of the Bennie farm lately of Major or John Picton Beete, thence according to the magnetic meridian of the year 1764 south fourteen degrees and thirty minutes west twenty-one chains thence west nine chains and ten links thence north fourteen degrees and thirty minutes east twentyfour chains and fifty links or until it meets the southwest boundary of Glen Stewarts Estate thence along the same south sixty-eight degrees east for the distance of eight chains and eighty-five links to the place of commencement containing twenty acres and thirty perches of land a little more or less.

The above sale is made under and in pursuance of a Power of Sale contained in an Indenture of Mortgage dated 10th March 1926 and made between Margaret Flood of Southport in Queens County in Prince Edward Island of the one part and Peter Newsom of Charlottetown in Queens County aforesaid, Gentleman, of the other part. Default having been made in payment of principal and interest.

DATED this twenty-first day of February A. D. 1933.

FENTON R. NEWSOM,
Executor Estate
Peter Newsom.
Mch 3 Fri 4 1

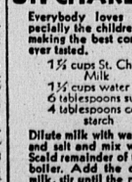
Here is one of the many puddings you can make with ST. CHARLES!

Everybody loves corn starch pudding, especially the children. Here is a simple way of making the best corn starch pudding you have ever tasted.

1½ cups St. Charles Milk
1½ cups water
6 tablespoons sugar
4 tablespoons corn starch
¼ teaspoon salt
2 eggs, beaten
1 tablespoon butter
1 teaspoon vanilla

Dilute milk with water. Blend sugar, corn starch and salt and mix with one-half cup of milk. Scald remainder of the milk in top of a double boiler. Add the corn starch mixture to hot milk, stir until the mixture is smooth and thick. Cover and cook over hot water fifteen minutes. Add the eggs and cook just long enough to set them. Remove from the fire. Add the butter and flavoring. Turn into mold and chill.

Attached Coupon will bring "The Good Provider" cook book Free!



The Borden Co. Limited
Truro, N.S.
Gentlemen: Please send me free copy of "The Good Provider."
Name .....
Address .....
SOP

Borden's ST. CHARLES MILK
UNSWEETENED EVAPORATED

The Double Act

A Romance of the Theatre

BY

MARION TOMLINSON

Anthony laughed shortly and raised a good humoured eyebrow.

"Do I look confident, Nell Forrest?" he inquired. "If I do it's a triumph of camouflage. But your young man there looks as cool as ice water."

"Listen to them outside! Oh, I wish this night was over, Tony!" remarked Rosemary.

"I've been looking through a hole in the curtain," said Anthony, not noticing the youngster's lapse from the vernacular. "Your friends the Flynns are there. How many of them are there anyway? There are enough arms and legs and heads sticking out of the box for an entire orphanage. Father and mother Flynn are at the back smacking them busily, into place, and in the front is a thin-faced serious youth whom I suppose is young Joe."

Rosemary swung round from her dressing table.

"Where are they?" she asked.

"Top box on the left."

"Are you coming to our party, Tony?"

"You couldn't keep me away," returned Anthony.

"It isn't half good of you, Tony, being the author, to come with us on the first night," said Rosemary wistfully.

Anthony unexpectedly sighed, and turned away. He had suddenly remembered the only person he would really care to celebrate with, if the play proved to be a success. But she had fled from him, and, he told himself, he had deserved no better.

"My father and mother are out front," he said, turning back into the dressing room. Rosemary dropped the brown powder puff she held.

"What do you say?" she cried. "Have they really come up from the country? But of course they would!"

Rosemary hesitated.

"Did they come up to see the first night of 'Berenice,' too?" she asked.

"No, they didn't, thank God," answered Anthony savagely. "I never let them see it."

Rosemary sighed and turned back to her mirror.

"You hated everything and everybody in that play, didn't you, Tony?" she asked.

"No, I didn't—unfortunately," returned Anthony.

Rosemary's heart missed a beat. So he still thought of her!

"Do you—do you think your father and mother would care to come to our party after the play?" she asked.

"I think they would love it, if it isn't too late," said Anthony. "I'll ask them." He looked across at Rosemary puzzled for a moment by something else. "I say, I've never noticed it before, but you're beginning to talk like a West-Ender. I suppose it's because you are so quick But it won't do, you know, my lad. For heaven's sake don't do it in your part!"

Rosemary's hand flew to her throat, a gesture of hers when startled.

"Am I?" she cried. "Oh dear. I'd forgotten—I mean I must have just picked it up from you."

Rosemary was saved from further embarrassments by the faraway sound of the orchestra tuning up.

"Curtain in ten minutes!" said Anthony, paling a bit with excitement. "Good luck, old man! You'll deserve every bit of applause you get, and I'll prophesy that won't be a little."

Rosemary ran impulsively across the room and caught his hand in both of hers. Anthony felt a pang drive through him. Where had he known that gesture before—that same swallow flight across a room, that same impulsive enfolding of his hand in small fingers! He held his breath for sorrow. He remembered only too well where he had known it before.

"You know, boy, you remind me of someone I don't know how it is . . . Something about you . . . he said huskily, as Rosemary looked at him surprised. "God, I wish she were here."

Rosemary caught back the words that were on her lips. From away beyond the stage came the insistent drumming of the old orchestra. The curtain would soon be going up. No time now to speak.

"I was only goin' ter wish yer luck," she said, getting back her Cockney accent with an effort of will. "Loads of luck—dead loads of luck. I wish yer all the luck in the world!" and under her breath she added, "dear."

Anthony, too, had pulled himself together. "Good boy!" he said, gripping the small brown hand that was extended to him again. "We'll take our luck together to-night, what do you say?"

Not long afterwards a little newsboy from the East End crept on to a brilliantly lighted stage in response to his cue. Long, long ago there had been a certain Marigold who had been obliged to stop after her entrance and bow over and over again to waves of applause. Now there was no vestige of applause, but the small boy did not notice its absence. He did not glance at the audience, that murmured in shadowy ranks beyond the footlights. He moved a little down stage and began to speak. As he spoke a thrill went through the audience. There was something in his voice that made even the most hardened playgoer catch his breath. Rosemary had come into her own.

As the play went on even the actors sometimes looked at her with wonder. Gone was the little ragamuffin who had shrunk and trembled when they baited him, gone the youngster who had returned there jokes—or rather, both were there, but magnified and dramatized till they filled the stage. Dolores, who had been met with rounds of applause on her entrance, had her expected success when the company went before the curtain at the end of the second act, but when Rosemary followed her it was the signal for a tumult.

(To be Continued)

WANTED

Provincial Distributor: Organize sales force for a new first aid bandage. Liberal Discounts, fast selling, repeat orders, requires real hustler. State age and experience. Write Russell & Ellison, Windsor, Ont.

8-17-3i.

Unsinkable and fireproof boats made of steel have been invented in France that can be readily taken apart for carrying on a trailer behind an automobile.

DOMINION OF CANADA
PROVINCE OF
PRINCE EDWARD ISLAND
In the Surrogate Court, 23rd George V., A. D., 1933.

In re estate of Jessie K. McDonald late of Lorne Valley in Kings County in the said Province deceased testate.

By the Honourable Harold Leonard Palmer Surrogate Judge of Probate, etc, etc.

To the Sheriff of the County of Kings County or any Constable or literate person within said County. Greeting:

Whereas upon reading the petition on file of Alexander H. McDonald of Lorne Valley aforesaid, farmer the administrator of the estate of the above named deceased praying that a citation may be issued for the purpose hereinafter set forth: You are therefore hereby required to cite all persons interested in the said Estate to be and appear before me at a Surrogate Court to be held in the Court House in Charlottetown in Queen's County, in the said Province, on Wednesday the twenty-ninth day of March next, coming at the hour of eleven o'clock forenoon on the same day to shew cause if any they can why the Accounts of the said Estate should not be passed and the Estate closed as prayed for in said petition and on motion of H. Francis MacPhee, Esq., Proctor for said Petioner. And I do hereby order that a true copy hereof be forthwith published in Charlottetown for at least four consecutive weeks from the date hereof and that a true copy hereof be forthwith posted in the following public places respectively, namely, in the hall of the Court House in Georgetown in Kings County aforesaid, at the Post Office in Cardigan in said County of Kings and at the store of Daniel J. McArthur in Lorne Valley aforesaid. And I do hereby further order that a true copy hereof be forthwith served on the Attorney-General of this Province, so that all persons interested in the said Estate as aforesaid may have due notice thereof.

Given under my hand and Seal of the said Court this 22nd day of February A. D. 1933 and in the 23rd year of His Majesty's reign.

(L. S.)
(Sgd.) H. L. PALMER
Surrogate.

8119-2-24-Fri-4i

CATARRH of head or throat is usually benefited by the vapors of—
VICKS VAPORUB
Over 21 Million Jars Used Yearly

FOR SALE BY TENDER

The book-debts of the Eastern Canneries Limited, Georgetown.

In connection with the voluntary winding up of the above Company, sealed tenders addressed to the undersigned will be received up to and including March 25th for the book-debts of the above Company. Lists may be inspected at the following places: McDonald Bros., the residence of Mr. George McIntyre, Montague, the residence of Mr. William D. Wight, Georgetown, and at the office of the undersigned.

H. F. MACPHEE
Attorneys For Liquidators

8366-13-15-17-18-21-23-6i.

NOTICE

The Annual Meeting of the Eastern King's Exhibition Association and Souris Shipping Club will be held in St. Mary's Hall, Souris, on Tuesday, March 21st, at 2 P. M.

EDWIN REID,
President.
D. F. MacAULAY,
Secretary.

8442-3-17-2i