

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

Canadian Cookery For Canadian Women

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

Canadian cookery is a new feature that our page now offers to its women readers. Mrs. (Dr.) Mari Moore, who will conduct this Department, is a Canadian dietitian, who is well equipped for the work and has had considerable experience in making cooking more interesting.

Mrs. Moore will welcome and reply to inquiries from readers on cookery, household management, table arrangement, entertainment, invalid diets, etc., etc.

Letters may be addressed in care of this paper to Mari Moore, cookery editor. A pen name should be chosen, for publication purposes, in addition to the writer's name and address, which, of course will not be published.

It is our hope that this department will become a friendly guide to efficient household management.

These contributions will appear on Thursdays, Fridays and Saturdays each week.

Fruit Flavors in Frosty Drinks

"What have we to drink on the ice today?" "Some strawberry syrup with lemon juice, my dear."

How your husband enjoys that confident approach to the kitchen after a hot busy day, knowing full well you have been anticipating and providing for thirst on his return, or the young folks who are within your gates, who are even thirstier than husbands.

And that is just one phase of the subject of summer beverages.

Callers at any time of day in the summer welcome a cool, fruit beverage in place of tea and sandwiches, and the best of them can always be ready and on ice.

Beforehand preparation is one of the greatest satisfactions in good housekeeping.

Did you ever stop to think that just by some such small thing as one delicious fruit beverage you might establish an enviable reputation for easy and gracious hospitality?

Besides all of which the juice of fruits is a healthful tonic. Look over these recipes and find one that just thoroughly appeals to you, and that may be prepared from the supplies on your fruit shelves.

Maple syrup or honey are preferable to sugar syrup as a sweetening agent for fruit drinks. However, sugar syrup will be found indispensable at times.

Sugar Syrup

Four cups boiling water, 4 cups sugar. Dissolve the sugar in the boiling water and cook for at least 10 minutes. Pour into hot, sterilized jars, seal, and keep in the refrigerator to use when needed.

Maraschino cherries should be kept on hand for garnishing cool drinks, and the maraschino juice may be added to give variety to drinks.

Blackberry Shrub

One quart blackberry juice, sugar syrup, 1 cup grape juice, 2 demons, juice 2 oranges. Strain the juice from canned blackberries, pressing through as much pulp as possible and measure. If you have fresh berries prepare the juice by cooking the berries with just enough water to keep from burning and then strain. Sweeten to taste with the sugar syrup. Add the grape, lemon and orange juices, and chill.

Clove Lemonade

One pint water, 1 1/2 cups lemon juice, 1 teaspoon cloves, 2 cups sugar, sprig mint, maraschino cherries. Mix the water, lemon juice, cloves and sugar. Place on the fire, bring slowly to the boiling point, and boil for 2 minutes. Cool and use 2 teaspoons of this mixture to each tumbler, filling it up with charged water and ice, or just ice. Add a sprig of mint and a cherry to each glass.

Lime Fix

This drink is deliciously cooling. Make an orange syrup by boiling together for five minutes one half cup each of water and sugar and thin shavings from the rind of one orange. (By the way, the rind of orange may be used to flavor a large amount of sugar syrup, and makes it quite delicious, and at the same time gratifies the economical streak in many of us.) Cool and strain. Add the juice of four limes or one fourth cup of bottled lime juice. Dilute with one pint of ice water or charged water. Add whole strawberries to garnish.

Orange Punch

Boil together for five minutes, the following ingredients: Three quarters cup sugar, one and one half cups water, the thin shavings from the rind of one lemon, three whole cloves, an inch stick of cinnamon, one tablespoon of chopped crystallized ginger. Cool and strain. Add the juice of three lemons. Color a light green with vegetable coloring and add one cup of ice water and place a bouquet of mint in the top of the pitcher.

If You Have a Mechanical Refrigerator

Try some of these intriguing ways of coloring and garnishing ice-cubes. Delicate colors are best, and vegetable coloring matter may be obtained in three different forms—liquid, paste, or solid. Sprigs of mint, bits of candied fruit, maraschino

Tea as Basis for Beverages

Clear cold tea, which has been infused no more than 3 minutes, or older are good foundations for ice beverages. They impart a strong essence and require less flavoring such as lemon, lime, orange, or pineapple juice, than a drink diluted entirely with water or ice.

A Large Bowl of Punch

For parties or for an ever ready porch drink, to revive wilted tennis players or weary golfers (not to mention the porch brigade who make no pretence at not minding the heat,) try this punch in the big glass bowl, with plenty of ice and plenty of mint, and be prepared to replenish it generously.

Use two dozen lemons, and one dozen oranges, two pounds of sugar, one pint crushed mint leaves. Or use one pint pineapple juice, one pint of either grape juice, or logan berry and eight bottles of ginger ale. Mix all together, add plenty of ice, and a few sprigs of mint. One pint of cold tea may be added if desired.

Grape Juice Nectar

One cup orange juice, 1 cup lemon juice, 1 quart grape juice, 2 cups sugar, 1 pint pineapple juice, 1 bottle maraschino cherries, 2 quarts charged water, ice cubes. Mix together all juices, cutting the cherries in pieces, and add the sugar. Just before serving add the ice and the charged water.

Golden Rain

Ginger ale, lime juice, cubes of frozen pear syrup. Freeze the stewed pear juice in a mechanical refrigerator. For each glass use the juice of 2 limes (or one half lemon) and enough ginger ale, to fill glass three quarters full. Add the pear juice cubes. If more sweetening is wanted use a syrup made of boiled sugar and water.

These few suggestions will only serve to start you on the way to using up your "private stock" of fruit juices. Let me remind you that the addition of a little lemon, or any other citrus fruit juice, will often be the making of a drink concocted chiefly from blender fruit juices.

It's easy to see through people who make spectacles of themselves.



FROM COAST TO COAST (Pardon the pun)

Penmans Hosiery and Sweaters

cherries, berries when in season, etc., may all be used as garnishes. Partially fill your freezing tray with plain or colored water and allow this layer to freeze. Then add the desired garnish, and a thin layer of water, and freeze again. Now fill the tray with water and complete freezing. Fruit juice and ginger ale may be frozen in the trays instead of water, and after they are added to the drink, melt rapidly and add flavor instead of diluting it.

Tart Lemonade With Grape Juice

Ice Cubes is Delicious

Lime Rickey

Into a tall glass pour the juice of 3 limes. Add one tablespoon sugar and ice. Fill glass with carbonated water and garnish with a slice of lime or a sprig of fresh mint. This amount will serve one.

Mint Lemonade

Combine the juice of 10 lemons, 2 bunches crushed mint leaves, 2 cups sugar, and 1 cup water in a saucepan. Bring to a boil, cover, and allow to cool. Strain. Add 6 pints golden ginger ale. Garnish with fresh mint. This amount will serve twelve people.

Clear Cold Tea

For parties or for an ever ready porch drink, to revive wilted tennis players or weary golfers (not to mention the porch brigade who make no pretence at not minding the heat,) try this punch in the big glass bowl, with plenty of ice and plenty of mint, and be prepared to replenish it generously.

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Dorothy Dix Letter Box

Husband Finds Wife's Plan to Find Antagonistic Mother Another Home "Unreasonable" — Dorothy Dix Urges Too-Strict Parents to Remember Their Youth and Relent

Dear Miss Dix—My husband is ideal, everything that is kind and generous and fine, and we get along beautifully together until his mother pays us a visit. Then trouble begins. My mother-in-law has been a splendid mother to my husband, helped him in every way, and he adores her. And she has helped us when we were in hard luck and needed it, but she criticizes everything that I do. She doesn't like the way I cook, or my clothes, or my friends, or the way I raise my child, and she wants to make me all over again to suit her taste. This has been bad enough when we only had occasional visits from her, but now she has lost her money and wants to come and live with us, and I feel as if I would go mad if I had to spend the balance of my life with her.

I work outside the home and would gladly contribute my wages to pay her board somewhere else, but I feel that I can't live with her. My husband considers this very unreasonable. What do you say?

Answer: I think that your plan of providing your mother-in-law with a comfortable boarding place is the only sensible solution of your problem, and that if your husband is wise he will agree to it. Otherwise it will mean that he will be torn in two between the two women he loves best, and that is the most agonizing fate that can befall any man.

For both of them are right and both of them are wrong, and it would take more than a Solomon to hold the scales of justice even between them, even if justice was what they wanted. Which it isn't. Each wants him to champion her side, and whichever way he decides he will have to hurt the one who is dear to him and whom he would gladly spare.

It seems to me that one of the greatest advances in intelligence that has been made in recent years is our coming to see the wisdom of breaking up discordant families and realizing that no good purpose is achieved by forcing people who are temperamentally antagonistic to live together under the same roof where they do nothing but irritate each other.

Perhaps it is some survival of tribal custom that made us think that it was somehow a reflection on people, who stood in a certain blood relation to each other, not to live together. Especially was it a scandal for an unmarried woman to leave her father's house unless she went to her husband's, and it was worse than a scandal if parents did not go to live with their children when they got old or were left widows or widowers, and the result often was a merry hell in which people fought like cats and dogs, in which parents and children frequently came to actually hate each other and in which in-laws wrecked the homes of their sons and daughters.

Now we perceive how unnecessary was all this domestic strife. Girls who can't get along with their mothers go off and set up a little apartment with some girl and come to appreciate mother's many virtues when they do not have to endure her daily nagging. In-laws keep their own homes and go to live in nice boarding houses or hotels and get along beautifully with their children's husbands and wives when they are not thrown in daily contact with them, and all goes well.

There isn't any use in telling you to bear patiently with your mother-in-law's continual fault-finding because it isn't in human nature to stand it. Nor is there any reason why you should be unnecessarily martyred. Nor is there any use in telling your mother-in-law that as long as she is a guest in your house she should hold her tongue and not interfere in your personal affairs. No woman can run a house for thirty or forty years without getting bossy and thinking that her ways are the only ways. Young people sometimes reform. Old people never.

So there you are, and, as Mr. Cleveland once said, it is a condition and not a theory that confronts you, and the only sane and sensible way out is the one you suggest. That you provide comfortably for your mother-in-law and don't try to live under the same roof. DOROTHY DIX.

Dear Miss Dix—I am a girl of 16. My parents think that I am too young to have dates with boys and will not let a boy come to the house. They will not let me dance, or go in swimming if there are boys along, or go out riding if there are boys in the car, or do any of the other things that girls and boys do. So I have no friends and am very lonely. Do you think my parents are right in the way they treat me? POLLY.

Answer: Perhaps it is because it is vacation time, when all the other boys and girls are having good times, that makes it seem particularly hard for a girl to be cut out of all the fun, but in the last week I have literally had hundreds of letters that are practically duplicates of this one. They all tell the same story of overstrict parents who cannot realize that the girls that they have always thought of as mere babies have grown up and have reached the time when they are entitled to life, liberty and the pursuit of happiness, and, to a certain extent, at least, to follow the customs of their own day and generation.

It is easy to understand the parents' position. They have heard so many lurid tales of flaming youth that they think of the girls and boys of today as an abandoned set of young hellions who spend their time in indulging in disgraceful orgies, and they picture the modern world as a sink of iniquity filled with nameless temptations, and they are determined to protect their little ewe lambs as well as they can and keep them safe within the home fold.

But, in the first place, fathers and mothers are unduly alarmed. The modern girls and boys are pretty much what girls and boys were in their days, and what they do is apparently much worse than it really is. Beach pajamas may look wicked than an old-fashioned skirt, but modesty in clothes is a matter of custom and not of fact. A South Sea Islander with a string of shells around her neck and a hibiscus flower in her hair is as fully dressed according to her standards as grandmas was when she had on twelve starched petticoats. Riding in an automobile at sixty miles an hour is really, when you come to think of it, no worse than jogging along behind old Dobbin used to be.

As for temptations, the world has always been full of them and they are the same old assortment. There hasn't even been a new one invented since the triangle in the Garden of Eden. There has always been drink and women and love and passion and the lure of the prime rose path. Every girl and boy that ever lived have faced these and stood or fallen according to the strength that their parents had bred in them. And as for keeping children unspotted from the world, it can't be done. They have got to live in it. Mother and father can't always hold them by the hand and protect them, and so the sooner they learn to stand alone and fend for themselves, the better off they are.

Parents may well remember also that this age is a forcing house in which everything comes to early maturity, and that a girl of 16 or 17 or 18 is as old in reality as her mother was at 24. There are no more innocents. Every little dapper is like Lady Kew's daughter, who was 40 years old and had heard all there was to tell, and she is far more capable of taking care of herself than her mother was when she got married.

Of the cruelty of denying a young girl the innocent pleasures that belong to her time of life, need not speak. Surely any woman must indeed have forgotten her girlhood days who does not remember how her feet ached to dance, how she felt that not to be invited to some party would be such a degrading thing that she could not possibly go.

What the Fashionables are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



No. 145—Smart Street Dress. This style is designed in sizes 16, 18, 20 years, 36, 38, 40, 42 and 44 inches bust measure. Sizes 36 requires 3 1/2 yards of 39-inch material with 1/4 yard of 39-inch contrasting.

No. 857—Bolero Frock. This style is designed in sizes 6, 8, 10 and 12 3/4 inches material for bolero and 9 inches for skirt with 1/4 yard of 39-inch material for waist.

No. 325—Cute Rig. This style is designed in sizes 2, 4 and 6 years. Size 4 requires 2 1/2 yards of 35-inch material with 1/4 yard of 35-inch contrasting and 1 1/4 yards of binding.

No. 908—Definitely Smart. This style is designed in sizes 11, 13, 15 and 17 years. Size 15 requires 3 yards of 39-inch material.

No. 336—Smart Jacket Dress. This style is designed in sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust measure. Size 16 requires 3 1/2 yards of 35-inch material with 1/4 yard of 35-inch contrasting for dress and 1 1/4 yards of 35-inch material for separate jacket.

No. 414—Youthful Blouse. This style is designed in sizes 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31, 33, 35, 37, 39, 41, 43, 45, 47, 49, 51, 53, 55, 57, 59, 61, 63, 65, 67, 69, 71, 73, 75, 77, 79, 81, 83, 85, 87, 89, 91, 93, 95, 97, 99, 101, 103, 105, 107, 109, 111, 113, 115, 117, 119, 121, 123, 125, 127, 129, 131, 133, 135, 137, 139, 141, 143, 145, 147, 149, 151, 153, 155, 157, 159, 161, 163, 165, 167, 169, 171, 173, 175, 177, 179, 181, 183, 185, 187, 189, 191, 193, 195, 197, 199, 201, 203, 205, 207, 209, 211, 213, 215, 217, 219, 221, 223, 225, 227, 229, 231, 233, 235, 237, 239, 241, 243, 245, 247, 249, 251, 253, 255, 257, 259, 261, 263, 265, 267, 269, 271, 273, 275, 277, 279, 281, 283, 285, 287, 289, 291, 293, 295, 297, 299, 301, 303, 305, 307, 309, 311, 313, 315, 317, 319, 321, 323, 325, 327, 329, 331, 333, 335, 337, 339, 341, 343, 345, 347, 349, 351, 353, 355, 357, 359, 361, 363, 365, 367, 369, 371, 373, 375, 377, 379, 381, 383, 385, 387, 389, 391, 393, 395, 397, 399, 401, 403, 405, 407, 409, 411, 413, 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