

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

Canadian Cookery For Canadian Women

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

MARY MOORE'S QUESTION BOX Conducted by Mrs. Mary Moore

NOTE: It is our fond hope that this Cookery Page and Mrs. Moore's Enquiry service will raise the standard of cookery in Canada. If you feel that your tomato soup or mashed potatoes, or custard pie or what not is not perfection itself every time you make it, write to Mrs. Moore for her method and she will gladly attend to your problem personally.

Letters may be addressed in care of this paper to Mary Moore, Cookery Editor. Unless otherwise desired all answers will be published in the Enquiry Column, so select a pen name besides giving name and address.

QUESTION: Will you kindly send me recipe for making prune juice that will keep for some time? A. T. St. James St.

ANSWER: Prune juice made in the usual way will keep if it is brought to the boiling point and boiled for 10 minutes and then poured into hot sterile jars and sealed as you would seal fruit when you can it.

Canned Prune Juice

Wash and soak prunes in cold water for 24 hours. Add enough water to cover them and put over heat to cook until very tender. Remove prunes from juice and stone them and then press them through a sieve. Add as much of this pulp to the hot liquor as you desire, then bring all to boiling point again, and add as much sugar as will suit the individual taste, about 1-3 cup sugar to each 2 cups of prune juice. Bring to boiling point again and boil for 10 minutes and pour into sterile hot jars and seal immediately.

QUESTION: Would you kindly send me your tried recipe for nut cake? Also evaporated milk desserts. When I make seven-minute frosting with granulated sugar I cannot get it smooth. After it has been put on the cake it crumbles off. Your recipes are so useful I have got now so that I look forward to them every week.

Please send me a recipe for pork and beans to which canned tomatoes can be added. I should be delighted to have them. I hope that I am not asking too much, but your columns are so interesting and friendly that it makes one feel at home to ask—Mrs. F. L. C.

ANSWER: The nut cake recipe has been sent by private letter. You say in your second letter that you found the pork and beans recipe you desire on the Cookery Page. Many evaporated milk recipes have appeared on the page since your letter was written but here are some more.

Prune Snow

One pint of cooked and pitted prunes, 1-2 cup evaporated milk, 1-2 cup granulated sugar, 2 eggs, 1 teaspoon butter, 1-4 cup water. Arrange the prunes on the bottom of a pudding dish. Over them pour a custard made from the remaining ingredients except the egg whites. Place in oven putting pudding dish in pan of warm water and let bake until custard is set in slow oven. Make a meringue of the stiffly beaten egg whites and 4 tablespoons sugar and 1-2 teaspoon vanilla, arrange it over the pudding and put back in very slow oven for meringue to cook and brown lightly.

Peasch Roly Poly

Two cups canned peaches, 1-3 cup evaporated milk, 1-3 cup cold water, 2 cups flour, 1-2 teaspoon salt, 1 tablespoon sugar, 4 teaspoons baking powder, 3 tablespoons butter. Mix together and sift the flour, salt, sugar and baking powder; blend in butter with the finger tips. Add the milk diluted with the water. Roll out dough on floured board into oblong shape, cut out 1-4 inch thick. Drain and chop the peaches and spread them over dough. Sprinkle with nutmeg and roll up like jelly roll, pressing the edges together. Brush top of roll with evaporated milk and bake in moderate oven of 325 deg. Fahr for about 30 minutes. Serve in slices with cream or soft custard.

Seven Minute Frosting

Two egg whites, 1 1-2 cups sugar, 1 tablespoon pale corn syrup, 5 tablespoons water, 1-2 teaspoon

vanilla. Combine unbeaten egg whites, sugar, syrup and water in top of double boiler. Beat constantly with Dover beater over boiling water until icing is fluffy and will hold its shape, which takes about 7 minutes, but do not beat after it will hold its shape. Remove from heat, add vanilla and spread on cooled cake at once. This cake should be used the day it is made. Frostings that are cooked only crumble when they are cooked too long or whipped too long. I hope you will get satisfaction from this recipe.

QUESTION: I read your page every week and there is nothing I like better than your recipes for the kitchen I am receiving some ladies in the afternoon and they will stay for hot supper, and I do not know what to serve them. I do not want to serve a turkey supper. I want to use my supper dishes. Can you help me with a menu? Mrs. A. A. C.

ANSWER: HOT SUPPER MENU (for entertaining): Baked casserole of oysters and mushrooms, hot Parkerhouse Rolls, Asparagus tips with Hollandaise Sauce, Celery and Ripe Olives, Bavarian cream, Angel Food Cake, coffee.

This menu has been served and found to be a very happy combination. I hope your supper party will be a success.

QUESTION: I do enjoy your recipes and would appreciate it if you would mail me copies of your recipes for sandwich fillings. Dev-ill's Food with Peamy Frosting, also nut cake, Hungarian Coffee Cake and Banbury Tart. Mrs. A. B. Ottawa.

ANSWER: All of the "offered" recipes have been sent to you by private letter. The demand for sandwich fillings has been such that we decided to publish them.

Sandwich Fillings

NOTE: Attention please of Mrs. Ida, A. M. of Bishop St.; Miss R. C. Yarmouth North; Mrs. A. G. Hamilton; Miss J. S. Amherst.

Grated cheese, mashed anchovies, mayonnaise. Mushroom—Stew mushrooms in a small amount of cream until cream evaporates leaving a thick mixture, then chop the mushrooms finely, season with salt and pepper.

Salmon, horseradish, mayonnaise. Nuts—using nut bread, spread it with creamed butter, and marmalade. Garnish each sandwich with whole pecan.

Two parts of peanut butter to one of honey. Two parts minced chicken giblets to one part hard cooked eggs. Using raisin bread spread it with a mixture of mashed bananas. Mashed sardines, finely chopped celery, lemon juice, mayonnaise and raisins.

Pimiento—Cream one fourth cup butter and add 2 canned pimientos, which have been forced through strainer. Season with salt and pepper.

Spanish—Grind together two anchovies, two pickles, one sprig parsley, 3 tablespoons capers, 1 teaspoon made mustard, 2 tablespoons olive oil, 2 tablespoons vinegar, yolks of 2 hard cooked eggs. Season with salt and paprika. A delicious spread for dainty afternoon tea sandwiches.

Mince cold boiled tongue, egg-ere cheese, creamed.

Masdelain—1-4 cup finely cut Canton ginger, 1-4 cup finely chopped pecan nuts, 2 tablespoons finely cut orange pulp, 1 tablespoon vinegar, salt. Mix ingredients and spread between saltines or rthin white bread.

Grated or creamed cheese, creamed to right consistency to spread with canned tomato soup. Very simple and delicious.

Chopped bacon and watercress, mayonnaise.

Tuna fish creamed with lemon juice and minced head lettuce. One cup shrimps, 1 cup celery, 2 hard cooked eggs, 2 pimientos, all finely chopped and added to shredded lettuce and mayonnaise.

Bananas, mescalino, cherries blanched chopped almonds. Ham, pickle, peanuts, all finely chopped and creamed with cream cheese, and dash of Worcestershire sauce, mayonnaise.

Dates, nuts put through mincer together, then add grated rind of one orange, and orange juice to moisten.

If and when you make all these come again!

Dorothy Dix' Letter Box

How Much Has a Husband a Right to Expect of His Wife?—Shall Girl in Love With Timid Swain Propose to Him?—Wife of Philanderer Has Choice of Evils

Dear Miss Dix—What has a husband a right to expect of his wife? YOUNG MAN ABOUT TO BE BARRIED.

Answer:

Well, first and foremost of all, a man has a right to expect love from his wife. That is what he marries for and that is the compensation he expects for paying her board and shopping ticket the balance of his life.

A husband has the right to expect his wife to make him the headliner in their little world. To put him above the baby. Before her family. Most men run a bad second to their children. Frequently they have to take a back seat for the wife's relatives.



A man has a right to expect his wife to make him a comfortable home and to provide him with good, nourishing, well-cooked meals. It is the man's business to bring home the bacon. It is the woman's business to cook it to a turn.

A man has a right to expect his wife to be a good sport and to take the bitter along with the sweet of matrimony. Life isn't easy sledding for any one. There are bumps in it for us all. Hard times come, sickness, losses, anxiety, despair, nights when a man lies awake wondering how he is to meet a note in the bank, where he is to find another position, days when he is fighting with his back against the wall.

Then it is he has a right to expect his wife not to weaken him with her whines and complaints, or take the last ounce of courage out of him by her reproaches and reminders of the mistakes he has made.

A man has a right to expect his wife to be reasonable about things, and he has a right to expect her to make due allowances for his faults and weaknesses and not to throw fits every time he plays poker with the boys or stays downtown for dinner.

A husband has a right to expect his wife to be a helpmeet. He has the right to expect her cheerfully to pack her up her doll rags and go with him to any part of the world where opportunity has opened the door for him.

He has a right to expect her to try to make friends for him and to press-act his virtues instead of advertising his faults. He has a right to expect her to be thrifty and to deny herself the things she wants to help along his business.

A husband has a right to expect his wife to accord him a reasonable amount of personal liberty. No man deliberately marries to get a jailer, or to have some one tell him where he gets on and where he gets off.

A husband has a right to expect his wife not to throw away after marriage the bait with which she caught him. He has a right to expect his wife not to throw away after marriage the bait with which she caught him. He has a right to expect her to keep herself looking neat and attractive.

He has a right to expect her to jolly him along as she did in the days of courtship, when she told him how handsome he was and how wise and wonderful, and when she laughed at his jokes and encored his stories and led him to believe that if he got her he would have an admiring audience for life.

Finally, a husband has a right to expect his wife to show him some appreciation. The average man spends his life tolling like a slave to support his family. All that he makes goes to his wife and children, and the only way his wife can repay him is by telling him how grateful she is, and that she thinks that no hero has anything on him.

DOROTHY DIX.

Dear Miss Dix—I am very much in love with a man who I think loves me. We are very congenial and would be very happy together if we were married, but the trouble is that he is a timid sort of an individual without much initiative, and I doubt if he would ever come to the proposing point if left alone, so I am thinking of popping the question to him, as I don't want to spend my life waiting on a man who really may have no intention of marrying after all. Do you think a man would think less of a woman who proposed to him? SUE.

Answer:

Well, Sue, according to Mr. Bernard Shaw and other cynics, women have always been the pursuers in the love chase. Only in the past they had to do it under cover, while now they can do it openly. That, at least, is a break for them, since it inevitably cramped a woman's style to have to keep up the appearance of fleeing from a man while she was, in reality, hotfooting it after him.

Of course, in the days when every husband expected to support his wife, it was manners for a girl to wait until she was asked before she wished her support upon a man. But now, when practically every girl who doesn't belong to a wealthy family and have money of her own is self-supporting, and when she is more likely to be an asset even in dollars and cents to her husband than a liability, there is no reason why a woman shouldn't be as free to propose a matrimonial partnership as she would a business partnership to a man.

Personally, I have never been able to see any justification for men having a monopoly on courtship, nor why a woman shouldn't be as free to choose her mate as a man is. Heaven knows it means a lot more to her to get her desire in a husband than it does to a man to get his preference in a wife.

So, if you have found the man you want for a husband, go to it. The worst that he can do is to refuse, and that will at least clarify the situation and take you off the wishful waiting bench.

DOROTHY DIX.

Dear Dorothy Dix—What can you do with a husband who is forever falling in love with some girl? At times he is a good husband and father, but when he gets a new infatuation he has no time nor love left for his family. It seems too bad to break up the home now with the children getting almost grown, but apparently I don't happen to be the right wife for him and can't keep him interested. He couldn't offer another girl much because he would have to support us in another house. A WORRIED WIFE.

Answer:

There is no such thing as reforming a chronic philanderer. He is just woman crazy and every petticoat that flutters across his way is a signal to him to get up and follow.

No woman can hold such a man for long. No woman can keep him interested or fascinated. He is just fickle and unstable by Nature and he would want a change even if he was married to a woman who was a combination of every feminine charm and virtue.

So don't blame yourself or think that you are not the right wife for him. No woman would be the right wife. Such a man in justice to himself and in mercy to a woman should never marry.

The woman who is married to a born philanderer can do either one of two things: Divorce him, or shut her eyes to his sidestepping and realize that he is just as untrue to the other women as he is to her and that after each little affair he will come back home to her. Probably your husband really loves you as much as such a man is capable of loving.

And if he earns only enough to support one family, believe me, you and the children wouldn't be the ones who would get the money if he was divorced. The Lady Love would. DOROTHY DIX.

Such Value!

You can now buy "the good old family tea of the Maritimes" at

40 CENTS per pound package



This is MORSE'S STANDARD TEA—the full flavoured tea that makes 240 cups to the pound. At the new low price the cost works out at one-sixth of a cent per cup.

DELICIOUS—THICK LIQUORING—SATISFYING REMARKABLE VALUE!

What the Fashionables are Wearing

By Annabelle Worthington.

The separate jacket seems to be taking the leadership for sports and college wear.

And it promises to be a real favourite for spring.

A variety of material suggest themselves for this attractive model as rabbit's hair mixtures, gay tweeds in checks, stripes or chevrons and plain monotone worsteds.

It's exceedingly simple to make it and takes but 2 1/4 yards of 39-inch material with 1 1/4 yards of 39-inch lining for the 16-year size.

Style No. 527 is designed in sizes 14, 16, 18, 20 years, 35 and 38 inches bust.

It's an opportunity! You'll find it the most useful thing in your wardrobe.

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

No. 527. Size Name Street Address City State



A Morning Smile

A Worse Plight

An Englishman who was staying at a hotel in the north of Canada was unable to sleep owing to the intense cold, and feeling it very badly, he rose just before dawn and made his way downstairs to try to find a fire.

As he descended the stairs he was met by a trapper, who had been out early attending to his traps. Icicles were hanging from the man's moustache, and his fur coat was covered with snow.

The Englishman threw him a pitying glance.

"By Jove, old chap," he said, "what room were you sleeping in?"

Waiting For It

The carnival was crowded with happy patrons.

Outside the shooting booth the attendant was urging them to try their luck with the rifle.

"Come on, ladies and gents," he roared. "Hit the bullseye and get your money back!"

A simple countryman stepped forward, paid for a shot, took up a rifle, and waited expectantly. The attendant watched him, puzzled.

"Go on," he said. "What are you waiting for?" "Man," "Why Ol'm waitin' for the bullseye?" "Waitin'?" exclaimed the countryman to come.



Even mother may not suspect the trouble

LISTLESSNESS, lack of appetite and energy are often warnings of childhood's commonest ailment — constipation. At such times a laxative is needed, for despite balanced diet and proper exercise medicine may be "regular" but not thorough. Any laxative will not do. Those intended for adult use are too strong and harsh for

a child and may do more harm than good.

Castoria is the laxative especially prepared for children. It contains no harmful drugs — no narcotics. It is gentle in action, is not nauseating and is recommended by physicians. The family size is the most economical way to buy it.

Happenings of the Week

King George and Queen Mary will again play a very active part in the events of the London season this Summer. Among the functions which their Britannic Majesties plan to attend are the Royal Academy Exhibition, the International Grand Opera at Covent Garden, the Royal military tournament and International horse show, and the Wimbledon tennis championships.

Four royal courts will be held on evenings in May and June, and the royal garden party takes place in the grounds of Buckingham Palace in July. Their Majesties will also attend the famous Derby horse race and the Oaks on Epsom Downs in June, and give a house-party at Windsor Castle for Ascot race meet. Events are conspiring to make this year's royal courts the most brilliant since the war. The Spring popularity, of pastel shades for evening frocks will result in as delicately tinted a scene in the sear and gold throne room as could be imagined. Debutantes will, for the most part, wear simple frocks with puff sleeves and other picturesque touches, leaving the bold strokes of color to be filled in by the men, with their brilliant uniforms and orders. Donna Antonette Grandi, the wife of the newly appointed Italian ambassador to London, will be presented to the official circle at the first court, scheduled for early in May.

One of the most attractive Bridge parties of the week was given on Tuesday afternoon by Mrs. W. J. P. McMillan at her home 205 Kent Street.

Mrs. H. E. Miller was hostess for the Monday night bridge club this week.

The Thursday afternoon Club was entertained very pleasantly by Mrs Heber Large.

Miss Dorothy Holman came home from Mt. Allison for the week-end Sunday being the 25th anniversary of the marriage of her parents, Mr. and Mrs. B. Roy Holman who received many good wishes on the happy occasion.

Mrs. McCready was hostess for the Thursday afternoon Bridge Club at her cozy home, 25 Longworth Avenue.

A most attractive evening bridge was given by Mrs. Reuben MacDonald, 8 Hillcrest Avenue, for her friends on Tuesday evening.

Following Their Excellencies Drawing-Room, the speaker of the Senate, Madame Blondin, and Mile. Blondin, entertained in the Speaker's Chambers. Among those invited were Mr. W. Chester S. McLure, M. P., Mrs. McLure and Miss Lena McLure. They were also present at the reception given by the speaker of the House of Commons and Mrs. Black.

At a class meeting at Dalhousie University, Halifax, on Tuesday, Miss Wayne MacKie was chosen as a Junior candidate for the students Council elections on March 7th.

Mrs. W. E. Cotton, Brighton Road, was among the afternoon Bridge hostesses earlier in the week.

Mrs. Glyden of Moncton arrived last night on a visit to Mr. and Mrs. J. A. Webster, Fitzroy St.

Miss Florence Chappell was hostess at two very enjoyable bridge parties during the week.

Miss Cecile Shannon gave a bridge party for her friends Thursday evening.

Miss Helen Jenkins of Montreal is the guest of Mr. and Mrs. Ivan Reddin, Pownal Apartments.

Among the hostesses this week at Summerside were the Misses Hunt, who entertained at three tables of Bridge for their friends.

Miss Ella Gay was one of the younger hostesses, who entertained at seven tables of Bridge for friends at her home on Fitzroy Street last week.

Miss Violet Richardson, daughter of Mr. and Mrs. R. B. Richardson of Summerside is visiting friends in Charlottetown.

Mrs. Walford McEwen of Campbellton and her sister, Miss Jemima Campbell of Graham's Road are visiting Mrs. Robert A. Stavert of Wilnot Valley.

Mrs. H. H. Lefurgey entertained the Bridge Club to a dinner Bridge last week. Covers were laid for twelve.

Mr. and Mrs. Frank W. Andrew, Gladstone, Michigan, formerly of East Royalty, are spending the remainder of the winter in the south. They will visit Birmingham, Alabama, Miami, Florida and Havana, Cuba.

The hostesses for St. Mary's Bridge Club on Friday afternoon were Mrs. E. H. Monkley, Mrs. Wm. Strong, Miss Small and Miss Eleanor Green. As this was the closing bridge before the Lenten season, many called in at the tea hour for a social chat.

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When the Queen and the Duchess of York visited the British Industrial Fair Tuesday the Queen took up an "anti-smatch" bag. After adjusting the special device on the bag she suggested the Duchess should pose as a tag snatcher. The Duchess made a grab but found the bag proof against the attempt. "I suppose I am lucky not to have been detected," declared the Duchess, laughingly.

Advertisement for Castoria for constipation in children, featuring the brand name and a small illustration of a child.