

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

## Canadian Cookery For Canadian Women

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

### Remember St. Valentine's Day. Enjoy Your Own Party

By Mary Moore  
You want to give a party, I know, because almost every other letter from our readers this time of year asks me for "different" party food suggestions.

Try to give your party on St. Valentine's Day will you? Of course, these suggestions can be used on just plain party occasions, minus red heart garnishings, heart shapes and so on.

We should enjoy our own parties. The preparation of the food gives us an excuse to indulge a reckless flair for fancy, fussy foods and fads.

Much as you must all ready realize that hurried preparation spoils your fun, I want to emphasize the fact too. Give yourself time to prepare.

The refreshments should be so planned that most of them may be prepared the day before the party—thus you may spend as many delicious moments as you choose completing your toilette and giving a bouquet a last artistic touch—rearranging a floor lamp—pushing a favorite chair into a more effective position. Such little indulgences and he thought that all is ready are your chief fun at your own party.

While St. Valentine's parties are essentially mixed affairs, I have no doubt that many a ladies' afternoon bridge club will use the occasion as the theme for food and decorations, and if partners of the opposite sex are lacking, ladies must dispense sisterly love lavishly to ratify cupid's purpose.

**Bridge Luncheon Menu**  
The following menu is planned to be served at the card tables.  
Ham mousse, orange and cranberry relish, hot corn bread, cinnamon apples.

**Corn Bread**  
To be served hot.  
Two cups yellow corn meal, 1 teaspoon soda, 1 1/2 teaspoons salt, 2 cups sour milk, 2 eggs beaten, 2 tablespoons melted butter or chicken fat, 3 tablespoons sugar. Sift dry ingredients together. Mix milk with beaten eggs and add to dry ingredients. Stir well together and add melted butter. Pour into hot buttered baking pan or muffin tins and bake in hot oven of 400 deg. Fahr. for about 20 minutes.

**Cinnamon Apples**  
These are really glorified baking apples but because of their coloring make an appropriate St. Valentine's dessert.  
Eight firm red apples, 2 cups water, 1 1/3 cups sugar, 4 tablespoons sugar, cinnamon candies. Core and peel the apples about one-third of the way down from the stem end. Place in deep baking pan or casserole, with a closely fitting cover. Boil 1 1/3 cups of sugar with the water for 5 minutes. Pour this syrup over the apples. Drop 4 red cinnamon candies in the cavity of each apple (these wee candies may be bought at drugstores or caterers.) Cover all tightly and bake in hot oven until tender, basting occasionally and removing while still whole. Sprinkle sugar over peeled surface and place under broiler to melt sugar and brown them delicately. Serve with cream or unsweetened whipped cream.

**Cheese Straws**  
I have intended reminding you of cheese straws for a long time, because they are so easily prepared, but am glad now that I saved them to serve with Cinnamon Apples.  
Roll plain pastry in long rectangle. If pastry is specially made, use 2 cups of flour to 1 1/2 cups old cheese, grated. Sprinkle the grated cheese very thickly over the rolled pastry and fold pastry over from end to end complete enclose cheese. Roll very thin, and cut into strips about 4 inches long by 1 inch wide, either with knife or pastry jagger. Bake in very hot oven, moving to top shelf after first 7 minutes, to avoid scorching.

**Oyster Chowder**  
Chop 50 good-sized oysters. Prepare 1 cupful of chopped celery and 1 cupful of cold boiled rice. Put a layer of celery in the bottom of the aucepan, then a layer of rice and a layer of oysters. Season with salt and pepper. Repeat these layers until all the materials are used. Pour over 1 cupful of boiling water. Cook slowly for 25 minutes. Beat the yolks of 2 eggs with 1 cupful of milk; add this to the chowder, stir carefully for a few minutes, and serve hot.

**Stewed Oysters**  
Take 1 quart oysters. Put into aucepan 1 pint water, salt and pepper, and 1 tablespoonful of cracker crumbs. Let come to a boil and pour in the oysters. Allow the oysters to boil 30 seconds, not an instant more. Remove from fire and pour into dish containing 1/2 pint of milk. Serve carefully for a few minutes, and serve hot.

**Ham Mousse**  
Two cups minced cooked ham, 1 tablespoon gelatine, 1 1/4 cup cold water, 1-2 cup boiling water, 1 teaspoon prepared mustard, 1/2 cup heavy cream (for whipping), 2 drops tabasco sauce. Soak the gelatine in the cold water and dissolve it in the boiling water. Cool and add the ground ham, mustard and tabasco sauce. Chill and stir in the cream beaten until stiff. Turn into one large mould or individual moulds and set away in cool place to chill and congeal. Chopped drained pimientos, or peas, or chopped celery may be added to this mixture before it is set away to congeal.

**Orange and Cranberry Relish**  
This is very simply prepared. Slice oranges crosswise in slices about 1-8 inch thick, and arrange on serving plate. In the centre of each slice place a little heart shaped piece of cranberry jelly. When the cranberry jelly is made, it should be poured out on a shallow pan to set to about 1-4 inch in thickness.

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**MIC-MAC**  
TRIPLE-SEALED TEA  
Fine tea - kept fresh!  
BROWN LABEL 40¢ a pound 20¢ 1/2 pound  
RED LABEL 50¢ a pound 25¢ 1/2 pound

## Dorothy Dix' Letter Box

### Shall Boy Who Doubts His Love for Fiancee Get Married Anyway? — Woman Whose Husband Denies Her All Household Conveniences

Dear Miss Dix—I am 21 years of age, engaged to be married to a girl of 20. We are to be married very soon and I find that I am not as madly in love with her as I thought I was. She is a nice girl and I am very fond of her and I hate to hurt her, but I get to wondering if it won't hurt her more by marrying her without loving her. I hate to think of her giving me her all when I can give her so little. Besides, I am in debt and have a big doctor's bill to pay for an operation I have recently gone through. I have told her all this, but still she wants to go on and get married. Whatever way I do, I will feel like a cad, but which is the best way so as to hurt her the least? **WORRIED.**



**Answer:**  
The most mistaken gesture of gallantry that a man ever makes is when he marries a girl of whom he has got tired and whom he has ceased to love. It is the cruellest thing that a man can do, because it dooms a woman to lifelong misery, because no man can keep up a pretense year after year of loving a woman to whom he is indifferent, who has, often rather than not, become repugnant to him because she is the symbol of a sacrifice that he has come to regret.

Yet many men commit this supreme folly because they lack the courage to hurt a girl whom they have once loved, and hate to humiliate her by jilting her. They forget that the wound that they would inflict on a girl by breaking off with her before marriage is as nothing to the daily heartbreak it would be to her to know herself an unwanted wife, and that it would be far more mortifying to her to be dragged through the divorce courts than it would be to have her wedding called off.

It takes a lot of love to make marriage enduring. It takes a lot of love to make a man and woman willing to sacrifice for each other, to make them willing to toil for each other, to enable them to overlook each other's little faults and peculiarities and to like them just because they are John's or Mary's ways. Without love a man is bound to resent the burdens matrimony lays upon him. He resents the shackles that tie him to his own hearthstone when he would like to step out of an evening. He resents seeing his money go for household expenses instead of being able to spend it on himself. And everything his wife does gets upon his nerves.

And a woman's reactions to her unloved husband are just the same. She whines and complains over having to cook and wash and scrub to make her husband comfortable. She is peevish and fretful because she has to stay at home and take care of the children. She can pick a quarrel and start something over everything her husband does and says, and life to her is just cinders, ashes and dust.

Love is the only thing that will make a marriage go. And so I think that if either a man or a woman find out, even at the very altar, that he or she has ceased to love the party of the other part, the only honest and honorable and kind thing to do is to turn back and break off the marriage.

It is no use to delude yourself with the idea that you can camouflage love and that by sacrificing yourself you can deceive either a husband or wife into thinking that you love him or her. It can't be done. Not even Sentimental Tommy could do it, or fool his wife, even when he would think "this is the time a man who loved his wife would kiss her or call her darling or put his arm around her."

Love is intuitive. It knows things by the grace of God without being told. It needs no thermostat to measure the warmth of a kiss. It needs no lie-detector to tell when a man's vows of devotion come from his heart or his lips. There is never a woman in the world so dull but who does not know just exactly how much her husband really cares for her.

And then there always comes the inevitable tragedy when the man or woman, who merely endure their wife or husband, meet some one with whom they fall madly, passionately in love, and then there are three heartbreaks instead of one heart with merely a dent in it.

maid eagerly. "Maybe cook could manage to get Mrs. Forrest downstairs while I run up with it."

CHAPTER XIV. A NEW PLAY  
In the blue paneled drawing room Rosemary faced Grenoble joyously.

"Oh, Mr. Grenoble," she cried, "I'm so glad you've come. Some one has sent me the most beautiful play. I do wish you could put it on when 'Shower of Gold' is finished."

Grenoble looked at her quickly. "Where did you get it?" he asked. "It was delivered at the door addressed to 'Marigold,'" she said. "The author wrote he had made it especially for me, but of course if you would rather have some one else play the role it wouldn't matter."

"Who is the author?" said Grenoble. "Do you know him?"

## What the Fashionables are Wearing

By Annabelle Worthington

This simple model is delightfully lovely to wear 'neath your fur wrap. It is a closely woven woollen resembling the type the well-dressed woman wears for afternoons.

Its lines are charmingly slender. The stripes running vertical, help marvelously toward giving the figure height.

The shawl collar is plain gray. The sleeve buttons and belt buckle in orange-red, lend smart colour touch.

And it's as simple as falling off a log to make it.

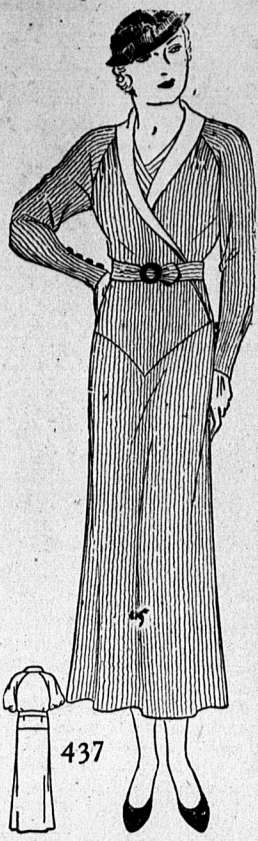
You'll have a stunning Paris dress at just the cost of the material. Adelightful scheme too is black crinkly crepe silk with just a touch of white in the vest and button trim.

Style No. 437 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust.

Size 36 requires 3 yards 54-inch, with 1/2 yard 35-inch contrasting.

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

No. 437. Size .....  
Name .....  
Street Address .....  
City ..... State .....



437

Don't let maudlin sympathy make you marry a girl you are tired of. It is cruel kindness. **DOROTHY DIX.**

Dear Miss Dix—What do you think of a husband who in this modern age denies his wife all household conveniences, although he is amply able to provide them? I have been married thirty years, have reared a large family, and have done all of my housework, such as cooking, washing, ironing, sewing, baking, scrubbing, even attending to the furnace. I have never even had a gas range. Have had to cook over a coal fire during the most sultry days of summer. What do you advise me to do to better conditions for myself? **A FAITHFUL WIFE.**

**Answer:**  
My remedy for your trouble is very simple, but I guarantee that it will work. Go on a shopping orgy. Put on your hat and go downtown and busy all the latest mechanical contrivances that take the slavery out of housework and that save a woman's back and her temper and her nerves.

Perhaps your husband will raise Cain about it at the beginning, but you can make a neat comeback by asking him if he hasn't got all of the latest labor-saving devices in his business. He doesn't get down to his store or office driving behind old Dobbin. He doesn't have all of his letters written out laboriously in long hand. He has typewriters and dictaphones and multi-graphs and elaborate card-index systems and he has the latest machinery, or else he has fallen hopelessly behind his competitors and is headed for bankruptcy.

Well, just tell him that your work is just as important as his, and that you can't run a house efficiently without the proper equipment any more than he can run a business, and after he has grumbled awhile he will be as proud as punch of all the new electrical servants you have installed.

But I haven't many tears to shed over any woman who permits herself to be the victim of her husband's unreasoning selfishness. It is always her own fault when she lets a man impose upon her. If she had the spunk of a worm, she would turn and put up a fight for her rights, and she would get them.

And just remember, dear lady, that no man has any respect for a doormat wife. Look about you and you will see that the cherished wives are those who force their husbands to go fifty-fifty with them. **DOROTHY DIX.**

Dear Miss Dix—My problem is this: I have kept company with a man for seven years and although he calls once a week, he never proposes or even mentions marriage. I am very much in love with him and would be very grateful if you would tell me how to make him pop the question. **HOPEFUL.**

**Answer:**  
You certainly must be one of the world's greatest optimists if you can still remain hopeful about a man who has not reached the proposing point in seven years. Believe me, daughter, a woman has got in her work sooner than that, or she never gets it in.

Nobody can tell you how to make that kind of man pop the question because he is not in love with you and has no intention whatever of marrying you, and his coming to see you every week is no indication that his attentions have any intention. He probably likes your mother's cooking, and he finds you an interesting and agreeable companion, and your house

Queen Berenice in solemn procession lays on the altar like a shadowy cloth of gold, her hair. It clings there a moment, and then is not, and while the Queen and all her followers stand amazed, watchers on the hillside raise a shout, for there, high in the heavens, floats Berenice's hair, in a misty cloud of tiny stars. I think, but I'm not sure," added Rosemary, looking up from the manuscript, "that that is the constellation now called 'The Pleiades.'"

In spite of his original doubts, Grenoble was interested.

"That sounds like just what I want," he said. "I can make that prologue into a great scene, with lights and costumes, and not too much talk. It will give you a big chance to show to advantage, too. What comes next?"  
(To be Continued.)

## The 7 uses for FRY'S

- Hot Cocoa Drink
- Children's Drink
- Cakes and Puddings
- Chocolate Sauce
- Cake Icing
- Chocolate Fudge
- Iced Cocoa Drink



## She loves the chocolaty flavour

**WATCH** her keen enjoyment as she sips a warming cup of Fry's. She loves its chocolaty flavour. Let Fry's Cocoa become a daily habit and see her face glow with health. Its rich nourishment gives abundant energy.

Young people react quickly to the healthful stimulus of FRY'S delicious Cocoa. Always keep a tin on the pantry shelf.



**To Make One Cup of Cocoa with Fry's**  
Mix one half to a teaspoonful of Fry's Cocoa with sugar to taste. Add three teaspoonfuls of cold milk and mix into a smooth paste. Pour on boiling water or water and milk brought to the boil. Stir briskly while pouring.

**To Make "Hot Chocolate" with Fry's**  
Take one heaped teaspoonful of Fry's Cocoa with an equal quantity of sugar to each cup. Mix into a paste with 5 teaspoonfuls of milk. Pour on hot milk stirring all the time. Put mixture thus obtained into a pan and bring to boiling point.

# FRY'S COCOA

Other FRY Products:—Fry's Premium Chocolate (unsweetened) and Fry's Chocolate Syrup  
Send for free Recipe Book to J. S. Fry and Sons (Canada) Limited, Montreal, Que. 325

is a pleasant place in which to spend an evening. But that is all. Nothing doing any further.

Better wait such a man out into the air and center your interest on some man who is better husband material. **DOROTHY DIX.**

## A Morning Smile

Reporter—"What was your first experience in public speaking?"  
Successful Merchant — "Talking over the party line in my old home town."

## Don't let Pimples or Boils Spoil your Looks!

**PIMPLES, boils and blotches** disappear when you take that safe blood medicine and tonic which has enjoyed sixty years of success—namely Dr. Pierce's Golden Medical Discovery.

Mrs. T. A. Berney of 645 Wellington St., W., Toronto, says: "About three years ago I had a bad case of boils due, I believe, to the condition of my blood. I certainly was in misery as the boils were all over my face and I spent many a sleepless night because of these sores. I took only two bottles of Dr. Pierce's Golden Medical Discovery and the boils gradually disappeared. I have had no return of these eruptions."

Write Dr. Pierce's Clinic, Buffalo, N. Y.

**DOMINION OF CANADA PROVINCE OF PRINCE EDWARD ISLAND**  
IN THE PROBATE COURT  
23rd George V. A. D. 1933.  
In Re Estate of John W. MacPhee late of Georgetown in King's County in the said Province, Manager of Eastern Canameries Limited, deceased testate.  
Palmer, Surrogate Judge of Probate, etc., etc.

To the Sheriff of the County of King's County or any Constable or Iteate person within said County  
GREETING  
WHEREAS upon reading the Petition on file of Edward B. McLaughlin and Bartlett, Executors of the last will and testament of the above named Estate praying that a citation may be issued for the purpose hereinafter required to cite all persons interested in the said Estate to be and appear before me at a Pro-

Given under my hand and the Seal of the said Court this 8th day of February (L.S.) A. D. 1933 and in the 2nd year of His Majesty's reign 2 (2d) H. L. PALMER, Judge of Probate.  
8020 2 9 thur 41

**NOTICE**  
TO WHOM IT MAY CONCERN  
This is to certify that I will not be held responsible for any bill contracted in my name by any person or persons whatsoever, under any pretext whatever, unless duly authorized by myself personally. (Signed), Arthur C. Wood, M.L. Herbert, F. E. I. 8007-2-9-21

## COULD HARDLY EAT OR SLEEP

Lydia E. Pinkham's Vegetable Compound Made a New Woman of Her



"I could not eat or sleep at night because I was so restless—pains all over my body. The woman who lives next door told me about Lydia E. Pinkham's Vegetable Compound. It has helped me tremendously. It has rebuilt my system, and relieved the pains. I feel like a new woman now."—Mrs. L. M. McKasson, Maple Road, P. O. Brighouse, Lulu Island, British Columbia.

Try this medicine. 98 out of 100 women report benefit. Sold by druggists everywhere. Get a bottle today.

## The Double Act

A Romance of the Theatre BY MARION TOMLINSON

"You needn't worry," Anthony assured her. "There's nothing wrong about it. But I would be glad to know that this reached her personally."

There followed days of anxious waiting for the young playwright. At last a note reached him. He read it.

Dear Sir,  
I have read your play 'Berenice,' and think it very, very beautiful. Did you truly write it for me? I am afraid I can't receive you, though, because I am not allowed to receive anyone. But I will show it to Mr. Grenoble, if you will allow me, and ask him to put it on. And perhaps he will let me play the part. I am contracted to him, you know. But I am a very unimportant person really, and perhaps he will not let me. I should love—I should simply love to play it, and am awfully grateful to you for thinking I might. It is very, very beautiful.  
Sincerely yours,  
Marigold.

Rosemary's letter made both the playwright and the lover in Anthony happy. Surely, he told himself, that letter was written, not by

the golden siren of the stage and dressing room, but by the girl of the fountain. This was true. Grenoble had not taught Rosemary to write letters in the character he had designed for her. He had not expected her to write letters at all, and so had not expressly forbidden it.

A second reading of the letter brought more mingled emotions to Anthony. Evidently Marigold took it for granted that if she was to play the part at all, it must be produced by Grenoble. Even to Anthony this seemed inevitable, since she was contracted to Grenoble. He would rather have had his play produced by the worst amateur than by this man, whom he distrusted. Yet obviously he must choose between accepting Grenoble and losing Marigold for the role that had been written for her.

He determined at least to have one try if Marigold could be got without her producer. He wrote a note and delivered it to the housemaid, Annie, at the gate.

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