

Mid-Morning Coffee

"In Paris," says a traveler, "the food is always interesting, always good. But one must hunt for the small cafes, used daily by the middle-class Parisian to avoid paying a fortune for a meal."

Now for the sauteed tomatoes and celery which have been just slightly browned in a smaller saucepan. As soon as the egg mixture seems set fold over the tomato and celery mixture which has been placed on the top of the eggs. Serve immediately.

It looks really nice on a platter rimmed with chilled lettuce curls and garnished with a bit of parsley.

There is something to be said for bad taste and ignorance. They, in their own peculiar fashion can save one a great deal of money. Enter a store and say to the saleslady, "I should like to see the ugliest cup and saucer, table, chair, etc., that you have in this store."

But you ask, "What if the saleslady says quite stoutly, 'We have nothing that is ugly in this place'?" — I doubt this as an answer, as most are quite honest.

Have heard of one husband in Charlotetown who demands that his wife dress in a formal dinner-gown and serve dinner at eight at least one night a week. He says that he has not seen too many movies, but that his attractive wife should wear the gowns he has paid for and not leave them hanging in her closet.

Talking of clothes closets, now in November, is a very good time to clear your dresses out, check them carefully for length, fit and whether or not they will combine easily into your winter wardrobe. Get your pre-Christmas dry cleaning, mending and repair work done now as the holiday season is less

How Can I!!!

By Anne Ashley

Q. How can I make a good cold cream?

A. Mix 2 tablespoons of oatmeal, 1/2-tablespoon of powdered borax, and 1/2-pint of rosewater. Allow this mixture to stand for 2 or 3 days, then strain and add 1/2-ounce of alcohol.

Q. How can I prevent uncooked meat from becoming tainted?

A. Uncooked meat should not be permitted to lie in its own juice, or it may become tainted. Place the meat on a platter with a hollow center that will hold the juice without the meat touching it.

Q. How can I treat a cold or laryngitis, which has caused me to lose my voice?

A. It is claimed that a dose of bicarbonate of soda taken regularly will aid wonderfully in bringing back the voice.

Household Scrapbook

By Roberta Lee

Salad Molds

The muffin pans are ideal for preparing a molded salad as a side course. They make just the size required for a small serving and take up less room in the refrigerator than individual molds. They prove particularly handy when serving a great number of guests, as one seldom has very many molds on hand.

Wet Shoes

Don't put wet shoes on the register to dry. They should be dried very slowly to prevent their cracking. It is a good idea to stuff them with old paper to insure their retaining their shape as they dry.

Cutting Fur

Do not use the scissors for cutting fur. Use an old razor blade, or a very sharp knife, to cut through the skin at the back.

The Stars Say --

By Genevieve Kemble

For Tomorrow

A SURPRISING turn of events may prove a complete about-face, with friends of standing and influence coming to the rescue. A sudden coup may clear the way for better understandings. However, there is danger from acting at a high tension, with quarrels, disputes and irascibility. Also details may not materialize as planned or hoped for. Higher-ups may be more cordial and gracious than others. Females may prove more easily influenced.

For the Birthday

Those whose birthday it is, may find the tide turning into more fruitful and optimistic channels, with those in influential positions, being interested. Feminine or social contacts may assist on desired adventures. However, tread gently with the latter, as an elderly female may be officious and cause trouble, in which case use strategy rather than flying off the handle. Keep affable, composed. A child born on this day may have some conflicting traits of character, running into quarrels and vituperation, although not meaning to be harmful or vindictive.

That Body Of Yours

By James W. Barton, M.D.

OLD AGE

In these days, when the newborn child may expect to live almost the three score years and ten, it is only natural that young and middle-aged men and women should be looking ahead and wondering what old age has in store for them.

The first thought with most of us is that we and our family will not be in want. Fortunately (some might say unfortunately), the governments of all countries have in mind the care of elderly men and women and instead of herding them in state or provincial homes, to try to give them a monthly allowance which enables them, in many cases, to continue to live with their children without feeling that they are a burden.

Fortunately, also, many of our industrial organizations are paying a reasonable pension after an employee has reached the age of 65 to 70 and has been with the company for a certain number of years. This feeling that they are entitled to a pension or annuity, especially if every man or woman, irrespective of his or her means or present income, is forced to accept the monthly pension, will remove any feeling of receiving charity.

While financial security stands first in reassurance for old age, there are other problems, such as emotional security, to be considered. In Medical Clinics of North America, Drs. David A. Boyd and Francis J. Braceland, Mayo Clinic, discuss the care, physical, mental and emotional, that the general practitioner must give elderly patients. They point out that when a person reaches the retirement age, he is considered old even if he is many years younger, physically, mentally and emotionally. Whether he likes the idea or not, he must immediately "know" he is old and industry. This is a severe blow to many active and useful members of the community.

What can be done by the family physician for these elderly folk? Drs. Boyd and Braceland outline the attitude toward old age of the family, industry, and society, and suggest that the family physician, knowing these attitudes and also the makeup, habits and background of his elderly patients, treat the ailments of the elderly with these attitudes in mind. He will approach treatment with sympathy and raise the morale of his patient by assuring him of many useful years still available for him if he looks about him and finds work he likes and can do.

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A Country Garden

By Mrs. Gordon Macmillan

NOVEMBER

The mellow year is hastening to its close; The little birds have almost sung their last, Their small notes twitter in the dreary blast— That shrill-piped harbinger of early snows; The patient beauty of the scentless rose, the hoar crystal quaintly glistened, Hangs, a pale mourner for the summer past, And makes a little summer where it grows; In the chill sunbeam of the faint brief day The dusky waters shudder as they shine; The russet leaves obstruct the straggling way Of cosy brooks, which no deep banks define, And the gaunt woods, in ragged scant array, Wrap their old limbs with sombre ivy-twine.

When the ground is frozen is the time to mulch the garden for winter protection as the frost must be kept in the ground to prevent the freezing and thawing; this is very harmful to all plants. In this garden there is perfect drainage and in an ordinary winter there are not any losses, but if there is too sudden a change of temperature a few spruce boughs thrown over the borders will protect them. There is as much danger from smothering the plants as from the cold, and in some cases a great deal more. My experience has to do with the hardy plants like Foxglove with the large fleshy leaves and other plants of a similar nature. When you cover these plants with a material that is heavy and matted, you are sure to kill them. Air must get to them and they will stand zero weather very well without any covering.

In this garden no covering is given except in windy exposed places where I have planted small

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Cook's Corner

DARK CHRISTMAS CAKE

This is one of our best cakes in the dark classification. It has a very nice top, just enough batter nicely bind the fruits and that fruit is perfectly distributed from top to bottom. The cake is pleasantly moist. Yield—Two 8-inch square cakes about 2 1/2 inches deep. 6 cups seedless raisins, washed and dried. 3 cups seeded raisins, washed and dried if necessary. 3 cups currants, washed and dried. 2 1/2 cups silvered or chopped mixed candied peels and citron. 1 1/2 cups cut-up pitted dates. 1 1/2 cups quartered drained red candied or maraschino cherries. 3/4 cup almonds, blanched and coarsely cut. 1 1/2 cups once-sifted pastry flour or 4 cups once-sifted hard-wheat flour. 4 1/2 teaspoons ground cinnamon. 1/2 teaspoon ground ginger. 1/2 teaspoon ground nutmeg. 1-3 teaspoon ground mace. 1-3 teaspoon ground cloves. 1 1/2 teaspoons salt. 15 tablespoons butter. 12 tablespoons shortening. 2 1/2 cups lightly packed brown sugar. 12 eggs. 1/2 cup grape juice. 1/2 cup cold strong coffee infusion. Prepare the seedless raisins, seeded raisins, currants, peels, dates, cherries and almonds. Measure and sift together three times the flour, cinnamon, ginger, nutmeg, mace, cloves and salt; add the prepared fruits and nuts, a few at a time, mixing after each addition until fruits are separated and each piece is coated with flour mixture. Cream the butter and shortening together until very soft; gradually blend in the brown sugar, creaming well after each addition. Beat the eggs until thick and light; add to creamed mixture, a little at a time, beating well after each addition. Add the flour-fruit mixture to the creamed mixture about a third at a time, alternating with addition of the grape juice and cold strong coffee and combining thoroughly after each addition. Turn batter into two deep eight-inch square cake pans (or the equivalent) which have been lined with three layers of cooking parchment or heavy paper—the top layer of paper should be greased with butter. Bake cakes in a slow oven, 300 degrees, 2 1/2 to 3 hours. Let baked cakes stand in their pans on a cake cooler until cold. Store in a crock or covered tin or roasting pan. Note: When you store your cakes that they require coolness and dryness... that they must be in a crock which will not allow the entry of any little fruit flies that might find their way into the house on fresh fruit. You will observe that we have not put brandy in the actual cake. If you belong to that school of thought which holds that a fruit cake is much mellow and finer for it, we have left matters so that you can pour your brandy over your finished cold cakes in the crock in which you store them (or you can use brandy or rum syrup). You can make these additions modestly at a time and do it several times. If you store your cakes in metal, line your container with two or three thicknesses of waxed paper that you can well up the sides, so that it will catch any liquid that runs down.

Better English

By B. C. Williams

1. What is wrong with this sentence? "Please look and see if she is laying down." 2. What is the correct pronunciation of "research"? 3. Which one of these words is misspelled? Adeiu, adequacy, adaptableness, addendum. 4. What does the word "vindictive" mean? 5. What is a word beginning with "t" that means "inclined to believe"?

Morning Smile

Persistence

"Here's a book," said the agent, "which you can't afford to be without." "I never read," answered the victim. "Well, buy it for your children." "I'm single—I have no family. All I have is a dog." "Well, don't you want a nice heavy book to throw at the dog now and then?"

Making Sure

A man rushed up to the book-maker and placed a \$5 bill on a 20-to-1 shot. The horse won, and the bookie gave the better \$100 in \$5 bills. The man examined every

ELLEN'S DIARY

By An Island Farmer's Wife

"And what were you at today?" her grandfather inquired of his small maid, as she sat on his knee before her bed-time this evening. "Oh," she replied, "just playing... and baking!" As on many a sunlit day of summer and autumn, she busied herself in the sand-heap beneath the wide birch on the lawn, making mud-pies. Earlier she appeared at the door to beg a spoon and a tin of water to help in her enterprise, preferring to obtain it indoors instead of at the horse-trough, a favorite Mecca of the warmer seasons. And soon she was taken up with the stirring and beating of a mixture, displaying at it the inherent knack of her sex, spreading it then to "cook" in fetching smooth rounds that were pies, or squares that were cakes.

Clean, new shingles, she favored for pans, from a bundle belonging to the farmers, and so often brought into use for hers or James's interest, she continues to mendie. Muddy-fingered, she was, but busy and exceedingly happy in her choice of entertainment. A sunny breeze came by to lift a tendril of curl, caressing it lightly, as it did the bare twigs of the branches above. "Isn't it nice that little girls can make mud-pies?" she confided, adding on a second thought "it's good work to be at, isn't it?" as she gravely moulded and patted her cooking into required shape. "Yes, dear, it's good work," we agreed, spreading out pieces of wash on the line close by.

Karolyn too, was at the baking, choosing to bake her Christmas cakes today, to have this done and out of the way before other items, incidental to that season come to hand. But not to unduly hurry the rite, we hope — to take time to enjoy it, savoring well the delight of mixing the rare fruit peel to add in a succession of sugar and shortening, of eggs and flour and spices, tasting at odd times to be satisfied with the flavor. Lining the pan with care and then once entered in the oven, stepping lightly about the kitchen, fearful lest the confection should fall. Catching then the ineffable fragrance that lingers about, and loving it all... grateful for the privilege of living in a country where women are free to go about all housewifery with a snatch of song on their lips, none daring to make them afraid.

She used the cake-pan which serves the women of the family for these special bakings. It was acquired in an era before either of the daughters-in-law had been added to the circle and has proven its worth in many an instance of baking down the years. Only ordinary it is as these go, of durable tin, round and deep and funnelled and equipped with bevelled side vents which allows the cook to follow with certainty the course of the cooking. By sight if one be experienced, or with a versatile knitting needle, sterilized of course, or if favored a spring off the sweeping-broom. A day like this, it was when we came into possession of the pan—a fall day, so lovely and open that one wondered if there had been spells of frost previous to them or had one been only dreaming of it? We smile when we recall its purchase when we sent it to the house in the road to Karolyn's baking this morning... But now James says drily: "can't you let that be, Ellen? and attend to what I'm saying, though it's little wonder that you can't hear me. I'm really so weak from wanting a bite to eat, my voice has fallen to whisper. I suppose that if it should get to a place where I can only make signs, you won't pay any attention to me at all! I'll try it now." He nods towards the pantry. A bed-time cup of tea is indicated. Until tomorrow — —Diary— — Good-night...

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DOROTHY DIX SAYS—

Bad Bargain

Going With Married Man Wastes Girl's Best Years

DEAR MISS DIX: I am a young girl and my mother disapproves of my going out with a married man. Why shouldn't I do so if I want to? I find married men much more attractive than boys. Also they give me a better time because they have more money to spend. I think my mother is old-fashioned in her ideas. PEARL

ANSWER: The time will come, Pearl, when you will wish you had listened to your mother's advice. There are any number of good reasons why a girl should not go out with married men. The one that should appeal mostly to her conscience is that when she does so she is doing a deadly wrong to a sister woman. Of course, the girl's alibi is that the man who philanders with her isn't true to his wife anyway, but what the man does is no excuse for the girl's part in the sordid transaction.

IT'S NO ACCOMPLISHMENT

Many girls go around with married men because they think it shows how fascinating they are to be able to take a man away from his wife; but that is where they make their big mistake. It is no trick at all for a pretty, slim, gay young girl to wheedle a middle-aged man from a wife who has got tired and sobered down bearing (Continued on Page 13)

Modern Etiquette

By Roberta Lee

Q. If a wedding is to be so small that engraved invitations don't seem necessary, how should the bride and bridegroom invite their guests? A. The bride should write each invitation personally. Q. If a man offers to shake hands with a woman upon being introduced, should she ignore the gesture? A. She would be guilty of ill-breeding if she did. She should respond without hesitation to the man's offer to shake hands. Q. Is it proper to drink part of the coffee with the spoon? A. No; the spoon should be used only for stirring, and then it is placed in the saucer containing the cup, and remains there.

-Needlecraft-

FOR THE HOME

"DRESS-ALIKE" IDEA

No. 214, a 35-inch tall rag doll, is cut in one size. Doll takes 1-3 yards 35-inch; its dress, 1 1/2 yards 35-inch; panties, 1/2 yard 35-inch. No. 2123, daughter's matching dress, is cut in sizes 2, 4, 6 and 8. Size 4, 2 yards 35-inch; panties included in pattern, 1/2 yard 35-inch. Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address. Address Pattern Department, The Charlotetown Guardian. Pattern No. 214 and No. 2123

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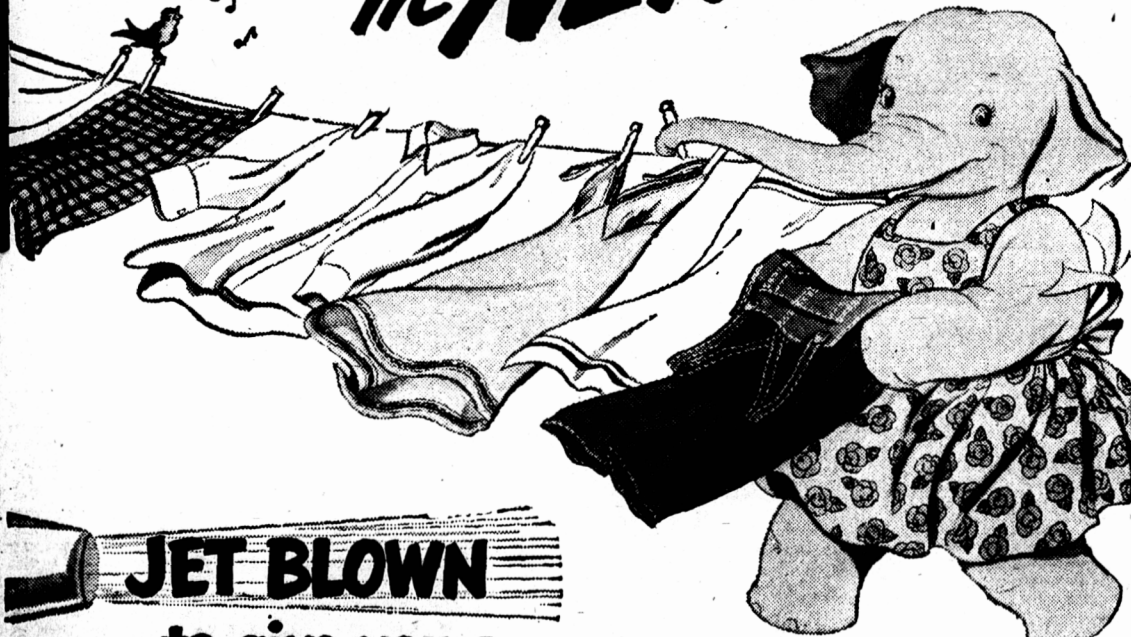
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