For the Modern Hostess

"SALADA" TEA BAGS

MARRYING MARK . . . .

by

Violette Kimball Dunn

CHAPTER 18

"They're talking about you, darling, of course. Did you imagine you could bring an attractive young woman from nowhere, like a rabbit out of a hat, and put her unchaperoned into your house, and nobody would talk about it?"

Mark drew up by the side of the road and stared at her. "Do you mean—are you by any chance telling me—that Lucy Tredway—"

"Who else? Really, Mark, I admit your right to do as you please. But after all, you're over ten—" She stopped, a little frightened at what she had said. She had never seen Mark angry before. It was distinctly disturbing.

"If people are over ten before they begin to make up rotten stories out of thin air, I hope I never grow up!" he declared. "I never at my worst moments imagined anything like this! A young woman paid a salary to tutor my daughter—"

Elise again laid her hand on his arm. The arm quivered, as if he were thinking twice before throwing it off, like the boy she accused him of being.

"Dear heart," she purred, "please don't bark at me. After all, I haven't done anything. After all, this is an adult age."

"I'm darned if what you say sounds like it! Well—go on—you might just as well tell me all there is of it."

"There isn't any more," said Elise.

Mark was staring at the horizon. His face was quite cold. She began to be very much afraid. Perhaps the idea was not so clever as it had seemed when she invented it.

Malicious Gossip

"All I mean is," she went on rather sadly, "people seem to think you're not being quite fair to Valerie." Watching him closely, she could see that the shot went home. She continued more confidently, "After all, the child is very young, and susceptible to impressions. It doesn't seem quite playing the game to let people gossip—Of course it's only for Valerie. I'm just a little afraid nobody is bothering a great deal about Miss Speedwell—"

Mark turned on her like a man who had suddenly had enough. "The name is Tredway," he said. There was something in the way he said it that made Elise jump.

"Of course it is, darling! You know what an imbecile I am about names! The point is, well—she doesn't seem to be so terribly popular with the few people who have met her."

"I wonder if it keeps her awake nights. She's popular with Valerie, and after all, that's what she's at Wide Acres for. The child has been made over new since Lucy came. I hardly know her. And that makes her popular with me. Lucy, I mean. Damned popular, if you want to know!"

Elise grew suddenly cold. "But, of course, if you're in love with her, darling—"

The words were hardly cold before she knew what a fatal mistake they were. She gathered up her courage and looked at him. His face was far from reassuring.

"Why do you women always imagine a man must be in love?" he asked. "Anyway, count me out. Absolutely."

Elise tried not to read anything more into it than just the bare words. But his emphasis on "absolutely" was a bit terrifying. She looked out and saw with astonishment that they had entered the town, and were even now stopping before her apartment house.

Tears Of Rage

Mark got out at once, and opened the door. Her big hat drooping at her side, she faced him with lowered eyes.

"I suppose you'll never forgive me," she sighed. "I suppose you wouldn't come in and share my dinner. I was going to the Weightman's party tonight, but you don't know how I'd love to cut it—for you—"

Mark could have laughed. He was riding a wave of freedom. He had seen through Elise. Never again would intangible uneasiness fill him because of her or her great dark eyes or her subtle perfume.

"I'm afraid not tonight," he said. "You see, I must be getting home to the children."

Elise chose one more from her bag of tricks. "Are you furious with me, darling? Do you hate me?" She even managed what sounded faintly like a sob. "I suppose it's what we must expect when we try to help those we—love—I've stayed awake nights trying to decide whether or not I should tell you about this—and now—"

"And now," said Mark pleasantly, "run along in and catch up on your sleep."

"You're—angry—"

"Not a bit. Why on earth should I be?" Tossing off the whole thing as if it were less than nothing.

He was really wondering how much longer she intended standing there talking inanities. He cold forgive her, suddenly, for the whole silly business. Even for making him miss his swim.

"Good-bye—" She tried to put heartbreak into it, and loneliness.

Mark turned as if on a released spring, and held out his hand. "Come over sometime," he grinned. "If you're not afraid of our reputation."

Real tears sprang to her eyes. She turned quickly away and walked up to the house. She was afraid he would see the tears. They were of rage, and even a man would know the difference. By the time she turned at the door, Mark and the roadster had vanished.

(To Be Continued)

Tie up to Ogden's!

Old-Timers will tell you that, for rolling-your-own, Ogden's is a name to tie to for a really satisfying smoke. It has a taste all its own—richer, better tasting. That's because of its distinctive blend of choice, ripe tobaccos. Try it once. Then you also will tie to it; for it's not just another tobacco—it's OGDEN'S. And Ogden's means "more enjoyment".

Only the best cigarette papers—"Vogue" or "Chantecler" are good enough for Ogden's

OGDEN'S

FINE CUT CIGARETTE TOBACCO

Pipe Smokers! Ask for Ogden's Cut Plug

ISSUE 42—'41

Canadians Urged To Eat More Fish

Serve fish and keep the household budget within bounds is the advice of Miss Hazel Freeman, lecturer-demonstrator of the Fisheries Department, to housewives who are troubled about the rising costs of meat and eggs.

"One pound of salmon has three times the nutritional value of a pound of mutton or lamb; and one and a half pounds of white fish equal a pound of lean beef," she explained. "But when the prices are compared, any housewife will see the advantage in increasing the fish consumption in the home."

Dr. Robert Wodehouse, deputy Minister of Pensions and Health, described fish as "one of the most valuable forms of food, containing the same constituents as meat but in a much more digestible form." Embodying relatively high percentages of complete proteins, fish also contained fats, energy foods, vitamins, especially D and A which were body builders and increased resistance to disease.

Hints For Buying

A few hints for buying were outlined by Miss Freeman:

1. Buy in season. Fresh fish are usually at their best both in flavor and quality as well as cheapest.

2. Choose thick plump fish in preference to long slender ones for quality and economy.

3. Observe that flesh is firm, eyes and gills bright, skin not dull, and no strong odor.

4. When whole slices are not required costs may be reduced by buying cuts near the head or tail.

5. Cheaper varieties may be used in many casserole dishes, fishcakes, soups or souffles.

Suggestion was made that in buying, three servings to a pound of fillets or half a pound per person for whole fish are adequate. Also in keeping fish, they should be wrapped in waxed paper, covered closely and kept in a very cold place if juices and flavor are not to be lost.

"One can buy haddock for 15 cents a pound, and almost all fish cheaper than meat," Miss Freeman said. "This can be a real saving in restricted budgets."

Soviet Ghost Army Prepares For War

A dispatch from Stockholm, said that during the last year Field Marshal Vassily Bluecher, Soviet commander in the Far East, has been secretly organizing and training on skis in Siberia a crack Soviet winter army of 500,000 men.

The marshal has informed Moscow, the dispatch said, that his "ghost army" is ready to go into action early in November.

NEW LONG-WAISTED HOMEFROCK

By Anne Adams

Of course you want to look young and well-groomed, even at household tasks! Your answer is Pattern 4777 by Anne Adams. It's so simple to make with the accompanying illustrated Sewing Instructor! That front-buttoning is a time-saver for dressing and for laundering. Notice how the side-sections of the bodice, front and back, are bias-cut for nice fit and to give you a slim long-waisted look. Notice, too, how the skirt flares gracefully below the hips! The long, panelled lines will give you height. As you can see in the small view, you may have long sleeves instead of short. Get this useful pattern today and make it up in a cotton shantung or some other sturdy cotton.

Pattern 4777 is available in women's sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 takes 4⅝ yards 35 inch fabric.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern to Room 421, 73 Adelaide St. West, Toronto. Write plainly size, name, address and style number.

Grand Spice Cake Raisin Nut Filling

In Arabia, when a man has eaten another man's salt, he is morally bound not to harm his host. In this country we take the spices of the east, finely-milled cake flour, sugar, eggs and salt too, of course, and make them into a grand spice cake, which is guaranteed to ensure your safety. Anyone who partakes of this spice cake in your home will be bound to everlasting peace with you. When the fragrant aroma of spice cake comes floating out of your oven you will know you have something fit for a Shiek, not to mention your own family. And when you serve it, people will murmur "Allah be praised!" or expressions to that effect.

2 cups sifted cake flour
2 teaspoons double-acting baking powder
¾ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon nutmeg
¼ teaspoon mace
½ teaspoon allspice
1 cup brown sugar, firmly packed
2 eggs, well beaten
¼ cup milk
1 cup light cream

Sift flour once, measure, add baking powder, salt, and spices, and sift together three times. Sift sugar and add gradually to eggs, beating well. Combine milk and cream. Add flour, alternately with liquid, a small amount at a time. Beat after each addition until smooth. Bake in greased pan, 8 x 8 x 2 inches, in moderate oven (350°F.) 50 minutes, or until done. Cool. Spread top with Raisin Nut Filling.

RAISIN NUT FILLING

¾ cup brown sugar, firmly packed
2 tablespoons butter
¼ cup water
¼ cup walnut meats, broken and toasted
¼ cup seeded raisins, cut in pieces
2 tablespoons cream or rich milk (about)

Heat sugar, butter, and water in skillet, and cook until mixture forms a soft ball in cold water (236°F.) Remove from fire; add nuts and raisins. Add cream until of right consistency to spread.

"Farm Letter"

There isn't much to tell you—we are busy
Trying to thresh—but it's so wet this year,
And yesterday down in the lower pasture
I saw the finest herd of jumping deer
At the far end, close to the spring—remember?
They didn't see me 'till I came quite near.

The leaves are falling now. The bluffs look sombre
And purple as the evening closes in.
Tonight the new moon tipped each branch with silver
I noticed when I brought the calf-pails in.
Our calves are ready for the winter stockshow,
And your blue roan is almost sure to win.

The days are growing shorter, and the evenings
Seem long and quiet. Near the yellow light
Dad reads the Post to Mother, who is knitting.
(She says she hopes these socks will fit all right.)
We listen to the news and think about you
And pray that God will keep you safe tonight.

—Gwen M. Campbell, Sask.

TABLE TALKS

By SADIE B. CHAMBERS

If fruit or ice cream are scheduled to top off your dinner, roll out some Krispie refrigerator cookies in the morning, pack them away, then bake just before supper. Delicious any time, they're wonderful, fresh out of the oven. For dinner dessert, concentrate on a refrigerator fruit pie which involves no cooking at all. Here are a few recipes with tomato jelly thrown in,—one salad which remains a universal favorite all seasons.

KRISPIE REFRIGERATOR COOKIES

1 cup butter
2 cups brown sugar
1 egg
1 cup oven-popped rice cereal
3 cups flour
2 teaspoons baking powder

Cream butter; add sugar gradually and beat until light and fluffy. Add egg and beat well. Stir in cereal. Sift flour with baking powder and work into first mixture, a smal amount at a time. Knead and shape into rolls about 1½ inches in diameter; wrap in waxed paper, covering ends so that dough will not dry out. Store in refrigerator until firm. Cut into thin slices and bake on ungreased cookie sheet in moderately hot oven (425°F.) about 10 minutes.

Yield: 7½ dozen cookies (2 inches in diameter).

Note: One tablespoon water or milk may be added to dough if it is difficult to shape into rolls.

PEACH CHIFFON PIE

1½ cups sliced fresh peaches
¾ cup sugar
1 tablespoon gelatin
¼ cup cold water
½ cup boiling water
1 tablespoon lemon juice
½ cup whipping cream
2 egg whites
⅛ teaspoon salt
1 corn flakes crumb pie shell

Peel and slice peaches. Sprinkle peaches with sugar and allow to stand 30 minutes. Soak gelatin in cold water; dissolve in boiling water and add lemon juice. Add to peaches. Chill. When mixture begins to thicken, fold in whipped cream, stiffly beaten egg whites and salt. Pour into corn flake crumb pie shell and chill until firm, about 2 hours.

Yield: One 9-inch pie.

CRUMB PIE SHELL

1/3 cup butter
1/4 cup sugar
1 cup fine corn flake crumbs

Melt butter; combine with sugar and crumbs; mix thoroughly. Press mixture evenly and firmly around sides and bottom of pie pan. Chill before adding filling.

Yield: One 8, 9 or 10-inch pie shell.

TOMATO JELLY

2 cups canned or fresh tomatoes
½ bay leaf, if desired
½ teaspoon salt
Stalk celery
Few grains Cayenne or pepper
1 envelope plain, unflavoured gelatin
¼ cup cold water
1 tablespoon mild vinegar or lemon juice
1 tablespoon onion juice

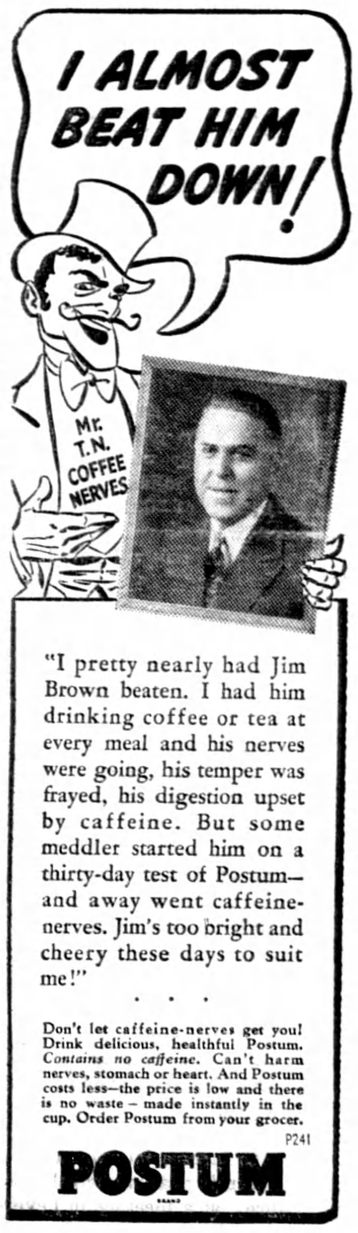
Mix tomatoes, bay leaf, salt, celery and Cayenne or pepper and boil ten minutes. Soften gelatin in cold water. Add to hot mixture and stir until dissolved. Add vinegar and onion juice. Strain and turn into molds that have been rinsed in cold water and chill. When firm, unmold on lettuce and garnish with mayonnaise or cooked dressing. Or the jelly may be cut into any desired shape and used as a garnish for salads or cold cuts. The juice of fresh tomatoes makes a delightful jellied salad.

Yield: 6 servings.

Note: 1½ cups tomato juice or tomato juice cocktail may be substituted for the canned or fresh tomatoes. ¾ cup condensed tomato soup diluted with ¾ cup water may also be substituted.

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is even ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chambers, 73 West Adelaide Street, Toronto." Send stamped, self-addressed envelope if you wish a reply.

According to experiments, the temperature of the lighted end of a cigaret is 1,375 degrees Fahrenheit when it is puffed.



"I pretty nearly had Jim Brown beaten. I had him drinking coffee or tea at every meal and his nerves were going, his temper was frayed, his digestion upset by caffeine. But some meddler started him on a thirty-day test of Postum—and away went caffeine-nerves. Jim's too bright and cheery these days to suit me!"

. . .

Don't let caffeine-nerves get you! Drink delicious, healthful Postum. *Contains no caffeine.* Can't harm nerves, stomach or heart. And Postum costs less—the price is low and there is no waste – made instantly in the cup. Order Postum from your grocer.

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POSTUM

"I have used all kinds of pills and powders, but nearly everything gave me a great deal of discomfort. I have been eating KELLOGG'S ALL-BRAN now for about five months, and it has done me so much good! I will never be without ALL-BRAN in the house," writes Mrs. E. Goodale, Hamilton, Ontario.

Try ALL-BRAN'S "Better Way" to correct constipation due to lack of the right kind of "bulk" in your diet. But remember, ALL-BRAN doesn't work like cathartics. It takes time. Get ALL-BRAN at your grocer's, in two convenient size packages, or ask for the individual serving package at restaurants. Made by Kellogg's in London, Canada.

YOU SAVE MONEY . . . in 3 ways

1 YOU PAY LESS — Calumet is priced *surprisingly low,* probably less than the baking powder you are now using.

2 YOU USE LESS — Calumet's *double-action* means double leavening — during mixing and in the oven—permitting you to use less.

3 BETTER RESULTS — Calumet's *continuous leavening* means finer, better textured results for all your baking.

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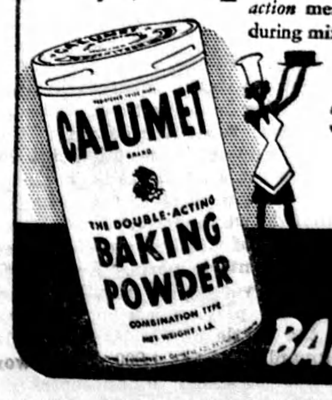

CALUMET BRAND THE DOUBLE-ACTING **BAKING POWDER**