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## LOVE and MARRIED LIFE

by the noted author  
**Idah M. Gibson**

**Advice to Daughter Mary.**  
Perhaps, my dear, having read this little book which I am going to place in your hands, you will want to know why your "Daddy Karl" and I came to the conclusion that we could live a little more successfully and beautifully if we lived it together, than if each should go the way alone.

You will be somewhat surprised, my dear, in fact, I was surprised myself, on looking back over my life, to find that Karl Shepard never definitely proposed to me. He never asked me, Mary, in so many words, to marry him. He never put that question to me, which it is said that a man always puts before marriage and a woman always asks after. Karl Shepard has never said to me, "Do you love me?" He never asserted, "I love you."

There has never been any analysis of our feelings for each other and yet I know I am a part of him. There is a peculiar oneness between us that makes it impossible for me to even separate myself from him in my thoughts. And I am quite sure that he never thinks of himself unless the thought includes me.

We are perfectly content. I am not quite sure, my dear, if the words happiness and content are synonymous. Indeed, I think one can be content without knowing the great heights of happiness and one can be happy and still long for a passive level of content.

I know now, my child, that you are saying, "There you go, mother dear, playing with the spiritual, instead of the obvious meaning of words." But I must tell you, dear, that whether you consciously or unconsciously deduce these spiritual meanings, being a woman, you will have to live by them.

Men, by long years of evasion, have been able to forget, or lay aside anything but the obvious. And because they do this they have put upon me, my child, the duty not only of bearing the consequence of their forgetting, but they have also made us the custodians of the realities.

But this much comfort I will give you, dear: However much most wo-

men rebel against this duty at my time of life, they come, at mine, to accept it not only contentedly, but with a kind of proud happiness. There, my child—there I have just written the difference between, and the definition of, the words content and happiness.

Fate, after all, is inexorable, not because we stumble on blindly, while Fate goes on coldly and sometimes it seems to us, cruelly, marking the pattern of that changeable thing we call Destiny.

Looking back tonight, after reading this story of my other life, I am wondering if I should have been a happy wife to Karl if I had never been the wife of John. Or, if John had come back from that tragic ride and we had gone into the new home to "jog along together" would I have been as happy as I am now? All of which thoughts are rather futile.

I believe that that word "if" makes almost all the trouble in the world. Looking back, we always say, "If I had done so—" You remember the poet uses about the same idea, but he doesn't use the words, when he proclaims—

"Of all sad words of tongue or pen,  
The saddest are these: 'It might have been.'"

But when one nears fifty, my child, when a woman notes the slanting rays of the sun in life's afternoon, if she has learned anything from life, she knows that the "might have been" was a false chimera and the "was" is the only thing by which she could have come where she could look into the twilight and shadows with a kind of appreciation of not only what is, but what will be.

I learned through the great restlessness and so-called unhappiness of my youth that there is given to all of us a bigger, broader and more beautiful thing than love in this world and that is Life.

As I write these words, my child, I hear your father Karl's footsteps outside my door and I think I will read them to him.

Monday—The God's of Jade.

### KITCHEN ECONOMIES

By ISOBEL BRANDS  
Three Ways to Make Delicious Baked Beans.

Beans baked Boston style will always be popular, for there is no other way of cooking them in which the delicious flavor so thoroughly permeates the dish as the Boston method of slow baking. But unless the oven is being used simultaneously for other cooking purposes the use of gas for so long a period makes the dish far from an economical one. The best way is to use a fireless cooker. One has to leave the beans in the fireless for a long time, but there is no additional cost for fuel, and the longer the beans are baked in a slow heat the tenderer they will be.

**Boston Beans.**  
1 quart of navy beans.  
½ pound of pork.  
1 teaspoonful of salt.  
2 tablespoonfuls of molasses.  
1 tablespoonful of sugar.

If the large casserole in which the regulation bean is not available, cover the beans with cold water and let soak over night. In the morning drain, cover with water and cook slowly. Test for tenderness by trying if the skin will crack when touched. Drain and place in casserole. Press the pork on top, rub up. Mix the salt, sugar and molasses with one cupful of boiling water and pour over the beans. If this is not enough to cover, add more water. Cover and bake from six to eight hours. Test occasionally, and during the last hour remove the cover that the top of the beans may brown.

**Pan-Cooked Kidney Beans.**  
Soak kidney beans over night and in the morning drain, cover with cold water and cook until tender but unbroken. Drain, sprinkle with salt and place on back of range to dry. Melt two tablespoonfuls of beef drippings, mix with half a grated onion, and heat in the frying pan with a little chopped parsley. Add salt and pepper, and when piping hot pour in the beans. Shake for two minutes or until thoroughly heated, and serve at once; also cook Boston style.

**Beans and Rice.**  
2 cupfuls of cow peas or lima beans  
1 cupful of rice  
1 tablespoonful of butter  
1 teaspoonful of salt  
1 slice of pork  
Soak the peas over night in cold water. In the morning drain, cover with cold water and cook with the pork until tender, adding more water when needed. Cook the rice, and when tender place in a colander, let cold water run through so as to separate the grains. Heat the butter, add seasoning, then the beans and rice, and heat together.

Left-over baked beans may be used in many ways aside from being reheated and served in original form. They can be mashed by running through the meat chopper, mixed with breadcrumbs, seasonings and egg, and then either baked like a meat loaf or otherwise formed into flat cakes, dipped in breadcrumbs and fried lightly like meat cakes. Baked beans also make a substantial and tasty stuffing for baked tomatoes, cucumbers or green peppers. A good cold salad of baked beans with sliced cucumbers, celery or rings of green peppers, is a tasty luncheon dish.

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## Told in the Twilight

(Continued From Page 3.)  
Mrs. Van Straubenzie, Beverly street, entertained at tea on Thursday, in honor of Rev. J. O. Crisp and Mrs. Crisp, who are leaving for England next week. Miss Hattie Crisp and Miss Edith Van Straubenzie were at the tea-table with its centre of autumn flowers. Mrs. Van Straubenzie's guests, who were all old friends of the guests of honor, were glad of this opportunity of having a farewell chat with them. Among those present were Mr. and Mrs. Frank Dobbs, Mrs. O'Hara, Mrs. A. MacPhail, Prof. and Mrs. Callendar, Mrs. Gamsby, Mrs. Hague, Mrs. Norman P. Nison, the Misses Muckleston, Misses Lyman, Miss Lewis, Miss Maud Betts, the Misses Crisp, Miss Ada Bates, Miss K. Wilson, Miss Mollie Cartwright, Miss Gertrude Whitehead, Miss Mollie Richmond, Archdeacon Dobbs, the Dean of Ontario, and Mr. Birkett.

The Royal Military College was fortunate in having most glorious October sunshine for the field sports on Wednesday, and throngs of people motored or walked over Cataragui bridge, sure of a delightful afternoon. The R.C.H.A. band was present and played during the programme and afterwards for the dance in the "gym." Tea was served from the marquee on the green. There were a great many out-of-town guests present who had come to Kingston to see their sons, brothers or sweethearts, show their prowess in the sports for which the college is famous throughout Canada.

Mrs. T. W. Savary, St. James' rectory, was one of the hostesses who entertained at the tea hour on Thursday. The spacious rooms were filled with asters and chrysanthemums and other flowers of autumn. Miss Rosalind Corbett, Brantford, who every one was glad to welcome to her old home, received with Mrs. Savary in the tea-room. Mrs. A. N. Lyster and Mrs. A. R. B. Williamson were at the dainty tea table with its lovely centre of asters, and were assisted

by some of the younger guests.  
Mrs. Bruce Taylor, the Principal's Residence, Queen's University, received for the first time this season on Thursday afternoon and many people went out to enjoy a cup of tea and a chat beside the open fire in her cozy drawing room. In the evening the principal and Mrs. Taylor were at home to the staff, who remembering the pleasant evenings of last winter, are looking forward to as charming ones this year.

Miss Edith Carruthers, "Annadale," was the hostess of a small bridge on Thursday evening in honor of Miss Althea Hazen and Miss Elspeth McLaren, St. John, N. B., who are Miss Marion Ogilvie's guests.

Mrs. Norman Stuart Leselle entertained at tea at the Country Club, on Thursday, in honor of Miss Elspeth McLaren, St. John, N. B.

Miss Cartwright has come into town and is with Lady Cartwright at 37 Union street. Miss Mollie Cartwright went out to "The Maples" on Friday.

Mr. and Mrs. John L. Whiting, Clergy street, went down to Ottawa to-day and will spend the week-end at the Chateau Laurier.

Capt. and Mrs. A. Joly de Lotbiniere and family sailed on Saturday for France, and will spend the winter in Paris.

Canon Forester, Peterboro, is spending a few days at "Moodie Cottage," Belleville.

Miss Lucille Jeffreys, Montreal, who has been visiting Mr. and Mrs. John McKay, Sydenham street, is now with Dr. and Mrs. Gardiner, at "The Chestnuts."

Miss Clara Millward, Toronto, who was in town for the Hollister-Cobet wedding on Wednesday, has returned home.

Mrs. W. Gordon Horn, Erie, Penn., is visiting her sister, Mrs. Harold Claire Simpson, Cataragui.

Miss Jean Dargavel, Elgin, and Miss Stafford, Sudbury, were in town for the sports at the Royal Military College on Wednesday and were with Dr. and Mrs. E. J. Gardiner, "The Chestnuts," Johnson street.

Mr. and Mrs. Frank McMurray have returned to Watertown, N.Y., after visiting with Mr. McMurray's brother, David McMurray, Collingwood street.

Lady Orr-Lewis is giving a dance in honor of her daughter, Miss Helen Orr-Lewis, at the Ritz-Carlton, Montreal, on Wednesday, October 20th. Miss Clara Wallace, Iroquois, has been spending the week with her sister, Mrs. G. H. Williamson, Brock street.

Mr. and Mrs. W. H. Fleming, Chaffoy's Locks, announced the engagement of their daughter, Anna Edna, to Mark J. Kieran, Montreal. The marriage will take place the latter part of October.

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