

February Fete Days

A Valentine Party for the Children and a Patriotic Luncheon for the Grown-Ups

By MARJORIE DALE

INVITATIONS written in red ink on white paper hearts will invite a dozen children to a Valentine Party. Oh! a most inexpensive affair it can be, with just enough of the "make believe" of being "grown up" to delight the hearts of the children.

The Valentine table may have, as a centre-piece, a basket of red roses or any pretty natural or imitation red flower to carry out the color scheme.

Home made paper heart-shaped ramekins covered with red crepe paper, filled with candy and nuts, may decorate each place. Pasted on the back of these so as to stand up, a red cardboard heart, bearing a place card and a menu, will immediately catch the eye. The following descriptive ideas may be carried out as a menu:

TWO MENUS FOR CHILDREN'S PARTY

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| Mixed Hearts | Bliss Cup |
| Heart Cream | Kisses |
| Heart Mints | |
| OR | |
| Two Hearts that Beat as One | |
| Finger Rolls | |
| Cocoa | |
| Frozen Nectar | Small Cakes |
| Bon Bons. | |

RECIPES

Mixed Hearts

DO not cut bread too thin. Spread with butter or butter substitute, and then with red currant jelly mixed with nuts; put on top and cut with heart-shaped cutter. Do not throw away edges left over. Keep for pudding for own use.

Cut bread quite thin and spread with butter or butter substitute. Spread with chopped pimentos, put together and cut with heart-shaped cutter.

Bliss Cup

FOUR small cupfuls grape juice, three cupfuls orange juice, six cupfuls water, sugar if necessary, chopped candied cherries, whites of three eggs.

Heat water to boiling point; add grape juice. When thoroughly heated together add orange juice and sugar if necessary. Serve in teacups or small glasses, topping each with egg white which has been stiffly beaten and sprinkle with the chopped cherries.

This may also be served cold and without the egg.

Kisses

TAKE whites of two eggs, beat very stiff, add to them about one cupful confectioners' sugar. Bake in heart-shaped moulds till light brown. Do not grease pan, but put a bit of buttered paper in the bottom. Top with nuts, dates, raisins, etc.

Heart Peppermints

TWO cupfuls white sugar, one tablespoonful butter, one tablespoonful vinegar, ¼ teaspoonful soda, ¼ cupful boiling water.

Place on the stove and stir until thoroughly dissolved. Cook until brittle, remove from stove and flavor with three or four drops of oil of peppermint and beat until creamy. Pour on slab and cut in heart shapes.

Two Hearts that Beat as One

SOME canned beets, cream dressing, lettuce leaves, celery. Cut good sized beets about one-half inch thick and then cut with small heart shaped cutter, slit through each beet, and pierce two heart shapes through with an arrow cut out of cardboard. Place on individual plates on crispy lettuce surrounded with celery that has been finely chopped and standing in the dressing.

Frozen Nectar

ONE quart strawberry juice and fruit, one quart cream, one pound sugar. Make syrup of the sugar. When cool add cream, put into a freezer with fruit and freeze. This should be served in heart-shaped ramekins.

Small Cakes

THREE eggs, one cupful butter substitute, two cupfuls sugar, one cupful milk, three cupfuls flour, three teaspoonfuls baking powder, vanilla.

Cream butter, add sugar, then egg yolks, beat briskly together. Sift flour and baking powder; add to mixture with milk and vanilla, fold in the stiffly beaten whites. Bake in a large shallow tin. When cold cut with heart cutter and ice with pink colored icing.

A PATRIOTIC LUNCHEON

WERE you ever at a surprise party, and when invited asked to bring such or such a dainty? Then, would it not seem reasonable to be invited to a Patriotic Luncheon and asked to bring along one of the luncheon courses for just so many people, with the recipe for making?

glasses tied with red, white and blue ribbon.

Italian Green Pea Soup

ONE can of green peas, 1½ pints milk, two cloves garlic, four tablespoonfuls butter substitute, one tablespoonful flour or cornstarch, salt, pepper.

Heat peas, put through sieve, leaving only skins. Chop garlic very fine and fry in butter slowly till tender, but not brown. Add to pea puree. Put pea puree on to heat, add milk, salt and pepper to taste and cornstarch or flour dissolved in water. Heat to boiling point.

Canadian Squares

STALE soda crackers. Four tablespoonfuls butter substitute.

Cut crackers into squares. Heat butter substitute. Put in squares, heating through, then browning.

Chocolate Pudding

SIX and one-half cupfuls milk, three squares chocolate, eight level tablespoonfuls cornstarch mixed in milk. five eggs, pinch salt, six tablespoonfuls sugar.

Heat milk and chocolate, stirring constantly until chocolate is dissolved, then add cornstarch. Let boil in a double boiler twenty minutes or till cornstarch is cooked, then add yolks of eggs well beaten with sugar and salt. Beat thoroughly, cook five to ten minutes, add two teaspoonfuls vanilla, turn into mould and serve ice cold with following sauce:

Froth egg whites and whip in 2½ cupfuls boiling milk sweetened to taste, and a few grains of salt, two teaspoonfuls vanilla and a little nutmeg. Set on ice.

War Time Cake

ONE pound raisins, two tablespoonfuls lard, one teaspoonful allspice, three cupfuls brown sugar, one teaspoonful cinnamon, three cupfuls water.

Boil together five minutes, when cold mix with four cupfuls flour, four teaspoonfuls baking powder, one teaspoonful salt. Sift, beat together and bake slowly one hour.

Spinach Soup

COOK BOOK RECIPE.—Four cups white stock, 2 quarts spinach, 3 cups boiling water, 2 cups milk, ¼ cup butter, 1/3 cup flour, salt, pepper.

WAR-TIME RECIPE.—Four cups boiling water, 2 quarts raw spinach or 1 cup cooked spinach, 2 cups skim milk, ¼ cup butter substitute, ¼ cup cornstarch, salt, pepper, ¼ teaspoon powdered sugar, 1/8 teaspoon soda.

Wash, pick over, and cook spinach thirty minutes in boiling water to which has been added powdered sugar and soda; rub through a sieve. Melt butter substitute, add cornstarch and the strained spinach with water in which it was cooked. Stir until it boils, add milk, and season with salt and pepper to taste.

Drawn Butter Sauce

COOK BOOK RECIPE.—One-third cup butter, 3 tablespoons flour, 1½ cups hot water, ½ teaspoon salt, 1/8 teaspoon pepper.

WAR-TIME RECIPE.—One-third cup butter substitute, 2 tablespoons cornstarch, 1½ cups water in which vegetables or fish has been cooked, ½ teaspoon salt, 1/8 teaspoon pepper.

Melt one-half the butter substitute, add cornstarch with seasonings, and add gradually the hot water. Boil five minutes, and add remaining butter substitute in small pieces. As a sauce for vegetables, use vegetable water or stock; as a sauce for fish, use water in which fish, fish bones or head has been cooked.

Coffee Souffle

COOK BOOK RECIPE.—One and a half cups coffee infusion, ½ cup milk, 2/3 cup sugar, ¼ teaspoon salt, 3 eggs, ½ teaspoon vanilla, 1 tablespoon gelatine.

WAR TIME RECIPE.—Substitute maple for granulated sugar, use 2 eggs only. Other ingredients unchanged.

Mix coffee infusion, milk, one-half of the maple sugar and gelatine, and heat in double boiler. Add to remaining maple sugar, salt, and yolks of eggs, slightly beaten. Cook until mixture thickens; remove from range, add whites of eggs beaten until stiff, and vanilla. Mold, chill, and serve with top milk.

Chocolate Cream

COOK BOOK RECIPE.—Two cups scalded milk, 5 tablespoons cornstarch, ½ cup sugar, ¼ teaspoon salt, 1/3 cup cold milk, 1½ squares unsweetened chocolate, 3 squares unsweetened chocolate, 3 squares hot water, whites 3 eggs, 1 teaspoon vanilla.

WAR TIME RECIPE.—Skim milk instead of whole milk, ¼ cup honey instead of sugar, omit eggs or use only 1 or 2. Other ingredients unchanged.

Mix cornstarch, honey, and salt, dilute with cold milk, add to scalded milk, and cook over hot water ten minutes, stirring constantly until thickened; melt chocolate, add hot water, stir until smooth, and add to cooked mixture; add whites of eggs beaten stiff if used, and vanilla. Mold, chill, and serve with top milk or boiled custard.

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BECAUSE it will announce the formation of the biggest woman's movement Canada has ever known.

BECAUSE it will be the record fashion number of the year; a presentation of the very newest and most economical designs.

BECAUSE the third of our series of Fairy Tales by Norah M. Holland, conceded to be masterpieces, will be published. This tale, "The Wild Red Steed," with other gripping stories including "The Hidden Hope," by Edith G. Bayne, represents the fiction.

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BECAUSE it will be so cram full, from cover to cover, of the very ideas in search of which you strain your energy, you cannot miss it without a real loss in dollars and cents.

P.S.—Because also, you will want to frame its cover—one of the most exquisite productions of the day. Elsie Deane has excelled herself for March *Everywoman's World*.

I think so. It would be a novelty. Let's plan one!

Cut a heart out of a folded piece of cardboard. If you are at all handy with paints and brush, paint at the top tiny flags of the Allies. Then in red and blue ink, write your invitation on the inside of the heart, what to bring and the recipe.

Instead of the usual red or pink table decorations use the flags of the Allies, and as runners, strips of red, white and blue crepe paper. If desirable, the centerpiece may be a basket of red flowers with flags here and there. The place cards may be made the same as the invitations with the luncheon menu written inside.

Menu for Ten

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| Italian Cream of Green Pea Soup. | Ally Cups |
| Celery | Canadian Squares |
| English Cold Cuts | Ripe Olives |
| Onions baked in Milk | French Fried Potatoes. |
| Chocolate Pudding | Belgian Fritters |
| English Walnuts | War-time Cake |
| Home-made Bonbons | Coffee. |

RECIPES

Ally Cups

ONE half cupful cherry juice, ½ cupful lemon juice, ½ cupful grape juice, two oranges, shredded pineapple, three bananas, ½ pound marshmallows.

Quarter oranges, remove skin, cut into small pieces. Add shredded pineapple. Quarter marshmallows and add to pineapple and orange. Add fruit juices, sugar if necessary, lastly the bananas. Serve in

English Cold Cuts

ENGLISH cold cuts consist of cold chicken, beef and ham served on a bed of cress. This can be supplied by the hostess as can also be the French fried potatoes.

Belgian Fritters

ONE small squash, two teaspoonfuls baking powder, about one quart of flour, salt, pepper.

Pare squash, cut into small pieces and boil till tender. Put through colander, add flour, baking powder, salt and pepper to taste. Fry in boiling hot deep fat.

Pimento Salad

LETTUCE leaves, three cupfuls mayonnaise, ½ can chopped pimentos, three teaspoonfuls tarragon vinegar, one chopped green pepper, one teaspoonful salt, one tablespoonful paprika, 1½ cupfuls chili sauce, 1½ cupfuls olive oil.

Prepare the mayonnaise in your usual way, then to the three cupfuls of dressing beat in gradually an extra one and one-half cupfuls of oil, then the chili sauce, vinegar, a seasoning and finely chopped vegetables. Put crisp lettuce leaves on individual plates with three tablespoonfuls of dressing on each.

Onions Baked in Milk

PEEL and slice thin enough white onions to serve ten people. Put in deep earthen dish and dredge well with flour, a little pepper and dot well with butter substitute. Pour over four cupfuls of milk. Bake in a good oven one-half hour, sprinkle with salt. These are easy to re-heat.