A PAGE OF SPRIGHTLY INTERESTS FOR WOMEN : TESTED RECIPES : IN THE SHOPS

DELICIOUS AND CHEAP DESSERTS; MRS. M. A. WILSON GIVES RECIPES

Four Appetizing Apple Delicacies That Can Be Made for Sixty-five Cents. Other Novel Suggestions

Fruit Bunnies and a Rice Custard—Methods of Making Used in Navy Cooking School

By MRS. M. A. WILSON

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THE normal appetite craves a bit of dessert at the end of the luncheon or dinner, and now, when we are facing the fact that eggs are high priced, it causes the frugal housewife to feel that many of the old family favorites must be discarded until eggs become more reasonably priced.

When the family really prefers a dessert at the close of a meal, the housewife should fully understand that the food value of the dessert should be included in preparing the meal. By this I mean that when a dessert is made that has one or more eggs, milk and sugar, etc., smaller portions of meat, fish or other foods containing protein should be served. In fact, many a poor meal may be turned into a satisfactory one by the selection of a good dessert.

Now for the benefit of the woman who desires to serve attractive and inexpensive desserts, I will give some of the recipes that are used in the navy school where I am the instructor. To have or not to have a dessert with us depends upon the fact, can we squeeze it out of the daily ration? If not, then no dessert. But the boys insist that it makes them think of home and mother, so we generally manage it. Here are some of the recipes and methods:

French Baked Apples

Select eight apples and then wash and pare, removing the core. Place in a muffin pan and add

Two tablespoonfuls of water.
Two tablespoonfuls of sugar.

Place in the oven and bake slowly until tender and then cool and lift to a saucer and cover four of the apples with chocolate sauce. The other four can be used for breakfast.

Chocolate Sauce

One-half cupful of sugar.
One cupful of water.
Five level tablespoonfuls of cocoa.
Two level tablespoonfuls of cornstarch.

Dissolve the starch and cocoa in the sugar and water and bring to a boil. Cook for five minutes and then pour over the apple.

Note—Baking the apples in the muffin tins prevents them from breaking.

Now place the parings in the saucepan and cover with cold water. Cook slowly upon the back of the range until very soft and then rub through a fine sieve. Now measure this liquid and place in a saucepan and to each cup add

Three tablespoonfuls of sugar.
Two tablespoonfuls of cornstarch.

Dissolve the sugar and starch and bring to a boil. Cook slowly for ten minutes and then cool and add

Yolk of one egg.
One teaspoonful of vanilla.

Beat to thoroughly mix, cool and then pour in a pie tin which has been lined with plain pastry. Bake in a slow oven for twenty-five minutes. Cool, and then place

One-half glass of jelly.
White of one egg.

in a bowl and beat with a Dover egg-beater until the mixture will hold its shape. Pile one-half of this whip on the pie.

Apple and Rice Custard

Wash four tablespoonfuls or two ounces of rice in several waters and then place in a saucepan and add two cupfuls of boiling water. Cook until the water is absorbed and the rice is soft. Now wash and then cut into small pieces four small apples and then cover the apples with cold water and cook until soft. Rub through a fine sieve and add

One-half cupful of sugar.
One teaspoonful of vanilla.
One well-beaten egg.
The cooked rice.

Beat to mix and then pour into custard cups and bake for fifteen minutes in a moderate oven.

Here is an approximate cost of the above dessert: In one-quarter peck of small apples there will be from eleven to twelve. Serve one baked apple per person for breakfast, without chocolate sauce. Serve the baked apples with chocolate sauce for luncheon or dinner. The pie will give eight medium-sized cuts. The rice custard will make four large or six small dishes. The rest of the fruit whip left from the pie can be served on the rice custard.

	Cents
Apples	.20
1¼ lbs. of sugar	.13
Cocoa	.02
Cornstarch	.02
2 eggs	.16
½ glass of jelly	.08
2 ounces of rice	.03
Flavoring	.01
Total	.65

The total cost of the materials for the four desserts is sixty-five cents, or sixteen and one-quarter cents per dessert. There are two servings in the pie and one and one-half servings in the rice custard.

MRS. M. A. WILSON

Mrs. Wilson, in her own kitchen, is demonstrating the value of accurate measurements.

Now during the fruit season, no doubt you canned or dried some fruit. If you are using dried fruit, first wash it thoroughly and then cover with warm water for three hours. Then place over a slow fire and cook gently and finally sweeten to taste. Place the fruit in a casserole dish and cover with a crust of plain pastry. Bake in a slow oven for thirty-five minutes. Cool and when ready to serve loosen the crust around the edge of the pan and invert on a platter and serve.

Fruit Bunnies

Two cupfuls of flour.
One teaspoonful of salt.
Four teaspoonfuls of baking powder.
Three tablespoonfuls of sugar.

Sift to mix and then rub in four tablespoonfuls of shortening. Mix to a dough with three-quarters cupful of water. Roll out one-quarter inch thick and then cut into four-inch squares and fill the center with well-drained cooked fruit. Pull up the corners and lap well, forming a round ball. Place on a baking sheet and bake in a moderate oven for thirty minutes, basting with a fruit juice. Serve with fruit whip.

Fruit Shingles

One and one-half cupfuls of flour.
One-half teaspoonful of salt.
Two teaspoonfuls of baking powder.
Six tablespoonfuls of sugar.

Place in a mixing bowl and sift to mix. Now rub in four tablespoonfuls of shortening and mix to a dough with seven tablespoonfuls of cold water. Roll out one-quarter inch thick and cut into pieces two and one-half by four inches. Lay on well-greased baking sheet and place one-half of a canned peach or a cooked dried apricot on the dough. Sprinkle with sugar and cinnamon and bake in a slow oven for fifteen minutes.

Ask Mrs. Wilson

If you have any cookery problems bring them to Mrs. Wilson. She will be glad to answer you through these columns. Address questions to Mrs. M. A. Wilson, Evening Public Ledger, Philadelphia.

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

1. What American woman is at the head of the American Red Cross work in England?
2. Is it necessary to acknowledge a note of condolence?
3. To what use can mismated and discarded gloves be put?
4. What style of draping is used a great deal in dresses this year?
5. How can tin boxes that have contained candy, tea and crackers be saved from the scrap heap?
6. What style in hats has largely supplanted the plain sailor?

YESTERDAY'S ANSWERS

1. Lady Reading is the wife of the English ambassador to the United States, and has been devoting her entire time to war relief work.
2. The best treatment for oily hair, according to the advice of a well-known hair expert, is massaging the scalp regularly with vaseline, olive oil or sweet almond oil.
3. The tops of worsted silk stockings can be cut into strips and plaited together to form the crown of a small, close-fitting hat.
4. When the steel tips of corset bones wear off, dip the ends of the bones in melted sealing wax to prevent them from cutting through the corset.
5. Emptied spools can be used with empty candy boxes to make tables, beds and other attractive doll house furniture.
6. Velvet is the most popular material for evening gowns this season.

Boy Preparation

To the Editor of Woman's Page:

Dear Madam—Will you please tell me what is the age limit for a boy to enter the Naval Academy at Annapolis? I have a friend who is an American citizen, living abroad, who wishes to get his boy there. Thanking you in advance for the information, I remain, A READER.

The school you have in mind is the Preparatory Music School, 416 Spruce street. I hope the little girl gets along well.

Free Violin School

To the Editor of Woman's Page:

Dear Madam—Will you please tell me where I can get information about a free violin school? I have a friend who is an American citizen, living abroad, who wishes to get his boy there. Thanking you in advance for the information, I remain, A READER.

The school you have in mind is the Preparatory Music School, 416 Spruce street. I hope the little girl gets along well.

Don't Worry

To the Editor of Woman's Page:

Dear Madam—I have a friend, an American citizen, living abroad, who has recently received some letters addressed to her care of The Ledger, Philadelphia. Will you please tell me what I should do with them? We tried to get a letter every two weeks and for a long time after we got the letters I thought he would write to her. Please advise in the Evening Public Ledger where I could get information of him. READER.

If you will apply to the division office branch of the Red Cross, 1617 Walnut street, they will help you to trace your brother. I would not worry about him for many letters have been delayed.

Military College for Young Boy

To the Editor of Woman's Page:

Dear Madam—At what age can a boy enter a military college? What kind of money must be paid? Thanking you in advance for the information and wishing you a Happy New Year, I remain, READER.

Different military colleges have different standards for entrance. Boys are taken in at a very early age in some, having only finished grammar school. If you will go down to the educational bureau of Ledger Central, the uptown office of the Ledger, you can find out all about the different schools, their exact rates and requirements. Ledger Central is on the south side of Chestnut street below Broad.

Catholic Homes in City

To the Editor of Woman's Page:

Dear Madam—Could you please give me the names and addresses of Catholic homes for children in Philadelphia? Let me mention a few. Catholic homes for children are St. Vincent's, Germantown, avenue and Wissahickon avenue; St. Vincent's, Church street; Vincent's, St. John's Foundling, Twenty-ninth street and Wissahickon avenue; Infant Home, Twenty-ninth street and Girard avenue; the Gonzaga Mission, 2327 Church street; Germantown, and St. Joseph's, Seventh and Spring streets. In order to make application to any of these homes take the matter up with the Catholic Children's Bureau. This bureau which has been temporarily located in 1432 Vine street. You can get a complete list of the orphan homes there. ME.

To Clean Nickel

Nickel can be cleaned with silver polish or with whiting and alcohol. Then wash in hot soapy water and dry at once. Nickel should not be allowed to stand while steam can condense upon it.

Prayers

When it is bedtime every night
I show my children how to pray;
I never scold or even frown
Whenever they tumble down.
But I am patient as can be
And make them copy after me.
Their prayers are very short, indeed—
There is so little that they need.

Burton Johnson, in "Rhymes of Little Folks."

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Please Tell Me What to Do

By CYNTHIA

Cynthia Answers Disappointed

Send in an addressed envelope and your problem will be answered by mail.

Wants to Save Friend

Dear Cynthia—I have a girl friend whom I like pretty well, but when I go with her some of my other friends don't like it, so what am I to do? I would like to get this friend in my church, as she wants to join, but she will not join when the people talk the way some of them do. I know this girl's home influences are not any good and I would like to save her if I could. Do you think I could get her in? Do you know where I could get information about a friend who has gone overseas?

I don't think a girl should kiss a boy or man till they are engaged. A girl I know said if she had gone with a fellow three months and he had asked for a kiss she would have given it to him. And we had a fuss about it, but we are friends again now. KATHIE.

If you can help this friend, do so by all means. First talk to the clergyman of your church (priest or minister, whichever he is) and tell him about her and follow his advice on the matter.

Write to the boy's relatives if you want to find out where he is. The adjutant general at Washington will give answers to relatives, but he cannot go into inquiries about friends.

You are right in regard to the kissing problem, but it seems very silly that two little girls must fuss and be bad friends because they happen to have different opinions on matters. Each individual has a right to his or her opinion and no one need do what another approves if she does not approve herself. Have your opinions, by all means, but also keep your temper. I am glad you are friends again.

How Shall She Hint to Him?

Dear Cynthia—I have known a young man about two years and am very fond of him. We go around in a big crowd that is always together. The girls I go with are very jolly and sometimes they are so silly the men lose their respect for them. They always say I should not be in this crowd because I am different, meaning I am very independent about the boys.

This young man told another girl he cares for me and several other people have told me that he cares, but he does not tell me because he does not know if I like him and because he hasn't any spunk and is very bashful. A fellow told me he would speak to me, but that I am so independent he has no idea whether I care or not, and he is bashful. How can I get around him enough to give him a hint that I care without saying so openly? I hope you will help me, as I am quite broken-hearted. I really love him. EIGHTEEN.

You should change your manner and take an interest in the young man. Have one or two girls and an equal number of men in to dinner and invite him, too. If he gets at all confidential about himself show a whole-hearted interest and draw him out by asking questions and showing that you are entertained.

If he wants to call again, encourage him, even suggest that he come in some evening to read or talk over some one thing that interests you both. If you are a little clever about it you can find out what he likes best and learn something about it, so you can carry on an interested conversation.

"Killarnes" to "Kitty"

Dear Cynthia—I have read many discussions in the Evening Public Ledger with interest and amusement and I take this means at the request of the Editor of the Woman's Page to sympathize with the persecuted "Kitty."

"Kitty," we will first picture the two girls standing on a street corner "dressed in a way to attract attention" and "casting their eyes around rather slyly to see that the conversation was not being lost," and behold them "chicken to the last inch," short skirts and perhaps wearing a fifteen-cent pendant as a protection against the cold winds. Have you noticed that this type of girl is growing more numerous in our large cities? Perhaps you have, and you will come to the conclusion that this numerous growth is due to the large number of fools who call themselves men. With few exceptions the above girl has not a single grain of human affection about her, and I feel sorry at least for the decent men who fall for her frivolous ways. Isn't it a great pity that her parents are so utterly indifferent as regards her welfare?

And, "Kitty," we now behold the two young men. I would bet a hat that they were of the "devil-among-the-women" type, belonging to the species perhaps a degree higher than the dansant animal, which is no doubt American and modern. He is handsome, with the lure of a baby saint reposing in his orbs when he is good-humored. But, dear me, "Kitty," when you are approached by such a stranger on the street do not resent his remarks by showing him you are respectable or he may become angry, with the light of a devil in his eye. And do you ever notice he is one of those boys who wear a wrist watch and spats and, good gracious, he is so particular he pays twice as much for the fronts and cuffs of his shirt than he does for the rest of it? The poor little fellow, he is not able to take care of his own finger nails, and, yes, he will talk of taking care of a wife.

It may tickle your vanity, "Kitty," to have a stranger single you out and strike up an acquaintance with you, especially if he is good-looking, but my warning to you is beware. He is not singling you out for any holy purpose. Nine times out of ten there is villainy in his mind. It is no compliment to you, for he considers you weak and an easy prey. Don't you ever lose your head over a good-looking stranger. The honeyed words he whispers into your silly little ears are the cheapest kind of camouflage, perhaps practiced on dozens of other girls in other places. "Kitty," above all other things be sensible. I have seen young men go out of college with their degrees and because they lacked common sense their achievements are marked by a big round goose egg.

Make up your mind that life is worth living even if you do not draw a husband from it. Find something to interest you outside of men. Utilize those spare hours you have and cultivate yourself. Don't let those Chestnut street lounge lizards monopolize your free hours in a dance hall. A girl with a shallow, frivolous nature is not a man's ideal for a wife. He wants a comrade with tact and sympathy and understanding. Choose a career or a business just as men do. Do things, big things, and then watch them—good, respectable men—coming on the run for you.

"KILLARNEY."

Cheer up, "Kitty," this is good advice.

Home-Made Drinking Cup

Many times on a train or in an office it is impossible to find a drinking cup. Here is a little cup that can be made from any ordinary sheet of writing or typing paper. Take an eight-inch square of paper and fold it diagonally into half. Fold the two opposite ends over each other into the middle, then bend back the two center triangular pieces left. On opening you will have a nice little drinking cup.

A Word About the Man's Viewpoint

If He Offers You a Seat, Take It.

MUCH is being said these days on the subject of the equality of men and women, and lots of people assert that if we are to be given the right to vote, and are to be the "equals" of men, we must be treated as men and must not expect evidences of old-fashioned chivalry.

"Oh yes," I heard a girl exclaim bitterly, "we are treated the same as men! Why, they don't even think it necessary any more to give a woman a seat in the trolley car. I ride home each night and morning on a crowded car, and, honestly, there are more men sitting down than there are women."

But there is another side to this question which I sometimes think women are inclined to overlook. Have you ever seen a man courteously arise and offer his seat to a woman only to have her say—and almost always it seems to me in very loud tones, so that every one around can hear—"I don't care about sitting down." She may even add a "thank you," but I think that that helps very little.

Whenever I hear a girl or a woman say that I always have an overpowering desire to have a very personal talk with her. For I believe that if a man is courteous enough to give his seat in the car to a woman, she should be considerate enough not to embarrass him by refusing to accept it, even if she prefers to stand.

All of us have probably had the experience of rising to give a seat to an older person and have her tell us to sit still. It makes one feel so "unnecessary." And I have always felt that somehow a man feels the same way.

I have secretly vowed to myself that if a "tired business man" offers me his seat I shall thank him and sit down, even if I am going to get off the car at the very next corner. I am determined to meet him half way.

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GRAY CREPE METEOR FOR AFTERNOON TEA

A Daily Fashion Talk by Florence Rose

WHEN the war was called off it seemed a foregone conclusion that the first decline in prices would be in garments made of woolen stuffs. These prices had for so long been so far out of reach of the ordinary human that it seemed only fair that they should take a tumble. I have, however, made up my mind that it will be a long time before we can hope to get woolen materials at anywhere near their normal price. This realization was impressed upon me just before Christmas, when I had occasion to go to one of the largest stores that deal exclusively in men's attire and accessories. I found the place filled with officers from the army and the navy buying new suits. Of course, they have got to have new suits, and there are thousands more coming who will have to have new suits. It is mighty easy to figure out that, with this huge demand for wool for suitings, there is not the slightest danger that wool will be any cheaper for many moons.

The frocks of crepe meteor are going to be very good for the coming season. There is something about the sheen of this material and its soft, clinging propensities that make it very attractive. The gown shown is developed in gray crepe meteor, combined with georgette of the same shade. A drapery of the meteor is formed at either side over the long tunic, and meteor also forms the low crushed girdle. The bodice has a kimono sleeve finished with a shaped, flaring cuff. The neckline is round.

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DO GIRLS LEND EAGER EAR TO THE FLATTERY OF MEN?

In His Open Confession of a Heart-Breaker "Blarney" Says They Do—Or Is "Blarney" Being Fooled as Often as He Is Fooling?

"UNDERSTAND me now," wrote the boy who signed himself "Blarney," in answer to the girl who wanted to know how to tell when men are sincere, "I don't mean to insinuate that every girl I meet 'falls' for my banter, but in the majority of cases I can succeed in having them lend an eager ear to my 'soft stuff.' The ladies, bless them, have fawned over me until I have grown to expect it as I do my cup of coffee in the morning.

"Why, the girls take me so seriously that when they find out I am just one of the ordinary dyed-in-the-wool heart-breakers I lose the friendship of those in whose graces I would have been glad to stay.

THESE words were seriously spoken. In his letter "Blarney" aimed to tell the truth. Behind that name of "Blarney" he more or less stripped his heart and in all sincerity that had nothing of banter in it, he advised girls that the engagement ring or a proposal is the only sure measure of a man's true feelings. Then he said: "The next time your various 'joshers' approach you don't even try to understand them and if any one of them is in earnest it won't take you years to find out."

"The conceited boy!" is the expression that naturally flies to the lips of the girls who read such a letter. Girls are not so brainless as to swallow flattery, bait, hook and all. They flatter back equally in turn, and who shall say that Blarney is not being fooled as often as he is fooling?

Oh, girls, how we wish it were possible to say that the "Blarneys" of the world are being given a taste of their own medicine as often as they themselves are dishing it out on the spoon. But it isn't true. We are talking of the rule, of course, and not the exception. There will always be the young women out to marry with one eye on a man's purse, and the other, when it has nothing else to do, on his heart. They will always be adept in the art of saying what they do not mean. But this, indeed, is the exception.

I AM firmly convinced this is the exception. The average girl is willing to be serious with a man the first time he drops his voice to a low personal tone, and the average man tries out his low personal tone on every other girl he meets. I can look back to college days and remember the various first-year classes coming in. Somehow the freshmen were always most popular of all with the boys. Of course, when one is a freshman this seems perfectly natural. That is to say, to appreciate one's own charm is part of the game. But as a body grew older and became a sophomore and then a junior, it all became so satisfyingly clear.

The boys would grow neglectful of the older girls, it was true, but they were only trying out the same old stock on the pretty little new ones to whom it was all very novel. And they were very serious and oh, so very proud, these little freshmen. They robbed the older girls of their beaux! Of course, their eyes were opened later, too. But it is this endless treadmill that turns and always just in the same way that shows us how true are the words of "Blarney."

Things to Know

In furnishing a guest room remember to supply the following articles: Pins, sewing materials, night light, table at the head of the bed, books, stationery, ink and pens and waste paper basket. In the clothes closet there should be coat hangers.

In arranging a china closet place the finest china and glassware on the highest shelves. Never pile cut glass. Never place taller articles in front of lower ones. Protect the costly plates from each other with circles of canton flannel.

In using a broom remember to use both sides so the straws will wear down evenly.

Today's Beauty Hint

For sallow, tanned or discolored skin the following lemon lotion is excellent: Mix two ounces of clear-strained lemon juice with two ounces of pure alcohol, one-half ounce of white rose extract. Shake and mix thoroughly and then add two ounces of peroxide of hydrogen, two ounces of glycerin and sixteen ounces of water. Strain and bottle, corking tight. Wash the face well in soap and warm water and apply the lotion with absorbent cotton pledgets. Allow to remain over night.

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Think!... was your dinner free from the bored and boring, your ball-room minus pathetic wall-flowers? Did you serve gay repartee with your wafers, wit with your afternoon tea? Was the atmosphere golden, urbane, electric? Could you toy carelessly, brilliantly, with any subject—Siamese dancing, fashionable dogs, Russian fantast painters, politics in Montenegro? Were you something more to your guests than a prop for your gown, a coiffure for your tiara?

YOUR CONVERSATION—OR YOUR CHEF?

Plan your courses—yes! Insist on perfect serving—yes! Arrange your partners skilfully—yes!

But above all—beyond all—be ready to fill that awkward pause when Algernon makes a *faux pas;* to introduce a moralist and an actress without shocking either; to talk to an artist as if he had short hair; to listen intelligently to a dowager's *vers libre;* to keep a rabid socialist in a state of non-resistance; to understand the soul of a misunderstood poet.

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