# BUYING WISELY AND WELL FOR TABLE : SPRING FASHION FORECASTS : NOVELTIES : CYNTHI,

# MRS. WILSON TELLS HOW TO BUY The Woman's AND USE JANUARY VEGETABLES

Ways to Serve Cabbage for Several Meals, and Suggestions About Celery. Economy of Stock Pot

Housewife Who Has Home-Canned Products Can Supply Good Table at a Moderate Cost

By MRS. M. A. WILSON (Copyright, 1919, by Men. M. A. Wilson, All rights reserved.)

SEASONS play a very important part in arranging the menu. Nature has given us a year-round food supply. The month of January gives us potatoes, turnips, celery, carrots, cabbage, beets, spinach, brussels sprouts, all of which are very easily kept in the cellar or a cool storeroom.

If the housewife has canned her usual supply of summer vegetables there should really be no trouble in supplying an abundant diet at a

Corn, peas, beans and lentils may be turned into attractive dishes that will replace meat. Fish, cheese, milk and eggs, while proportionately high in price, should appear regularly on the menu. It is poor economy to purchase small amounts of meat from day to day. A piece sufficiently large enough to provide the family with two or three days' into the habit of taking your basket entire week's menu and then take

as a vegetable. This is the time to and for celery croquettes.

SOME ARE MEAT SUBSTITUTES



The fact cannot be too strongly emphasized that home-canned goods bespeak a good table maintained at moderate cost. How tempting is the array above and how within the reach of any woman's pocketbook!

meat supply will be found to save kiln dried. So, unless you have a milk. not only in the purchasing price, large family, do not purchase more Utilize each bit of food, not only as you bring them home. This will in dire need of food in Europe. it with you to market after having prevent your having any loss. You For economy maintain a stock pot. This will permit you to use the then brown quickly in hot fat. Place time supplements a plain meal. center of the head to cut into fine in the oven to heat thoroughly for The frugal French housewife

purchase a large head and use these of the celery for braised celery, after they are cooked. These bits she parts to serve as braised cabbage creamed celery, or in stews, soups makes into eminces, croquettes, cut-

them and then rub fine and put into of butter will help to keep the food or breakfasts provide food that costs jars for future use, when it is budget in hand. If there are chil- very little outside of the actual either high in price or out of season. dren in the family and these sub- preparation.

at this time of year unless they are diet must be supplemented with

but also in the cost of fuel. Get than a quarter peck at a time. Wash for economy's sake, but also with them and then place in a kettle and a knowledge that waste makes woeand going to market. Plan your boil until tender. Do this as soon ful want and that thousands are

classified it into meat, butter, eggs. may then use them in any manner Place all bones, meat trimmings and desired. French fried: Pare the feet of fowl in this and then add If you plan to have cabbage one cooked potatoes and then cut into cold water, seasoning and cook day, then arrange to purchase suf- cubes, the regular way for French slowly. The wise woman knows that ficient cabbage to allow for making frying, and then brown in hot fat, a plate of soup, a cup of bouillon coleslaw or cream cabbage for the Serve with a roast or plain. To or cream soup not only gives elesalad course for two or three days. serve plain: Pare the potato and gancy and tone to, but at the same

pieces and to cook the coarse part.

Or, if you plan to have the slaw.

Use the coarse, outside branches bones that go into the stock pot lets, meat pies, etc., that are desave all the tops of celery. Dry The use of margarines in place lectable and when used for luncheons

# Mrs. Wilson Answers Questions

Ask Mrs. Wilson

If you have any cookery prob-

ems bring them to Mrs. Wilson. She will be glad to answer you

through these columns. No per-

sonal replies, however, can be

given. Address questions to Mrs. M. A. Wilson, Eventrol Public

store in a cool place where there is

My dear Mrs. Wilson-Will you

please tell me how to make the

dressing for cream cabbage like

you buy? When I put in the eggs

mine is very yellow and what you

L. B .- See reply to T. J. M.

My dear Mrs. Wilson-Would

you kindly give me a recipe for cream cabbage, as my family of eight is very fond of it? We buy it at the grocery store and it is very good, but it costs too much for enough for our family, so I would like to make it at home if

would like to make it at home, if you will kindly give me the recipe. Thanking you very much.
T. J. M.

Cream Cabbage

and then place in cold salted water

to crisp. Drain well and then add

fine to each quart of cabbage,

One teaspoonful of vinegar,

One teaspoonful of mustard,

One teaspoonful of papriku,

very thick reduce to the desired con-

sistency with four tablespoonfuls

of evaporated milk and six or eight

tablespoonfuls of vinegar. Beat

with a Dover egg-beater and then

My dear Mrs. Wilson-If con-venient to you, I wish you would kindly publish the recipe for chow-chow, the kind you can purchase

with the thick mustard dressing. Would also like to ask, could you tell me the method of preparing a Swedish relish called Casia? Do

not know if that is the proper way to spell it. I know it is made of ripe cucumbers. I do consider-able canning and wanted to be pre-

pour over the cabbage.

One tempoonful of sugar,

follows:

T. J. M .- Cut the cabbage fine

One green or red pepper chopped

cover. Pack into all-glass jars and 1918.

LEDGER, Philadelphia.

buy is white.

My dear Mrs. Wilson-In the EVENING PUBLIC LEDGER you print my inquiry of a few days ago, and in your answer you explain fully in reference to cookies, for which I thank you very much reference to cookies, for You forgot, however, to answer the last part of my letter in reference to the oven. I am, therefore, writing again, repeating my these letters after answering them. would appreciate it very much you would explain the number of degrees for a hot oven, a mod-erately hot oven and a moderate oven. Does quick oven mean the same as a hot oven? I sincerely hank you for all assistance which I have gotten from your column. MRS. L. J. T.

Mrs. L. J. T .- The temperature for a hot oven is from 450 to 475 degrees Fahrenheit; for a moderate oven from 375 to 400 degrees Fahrenheit; for a slow oven from 250 to 275 degrees Fahrenheit; for a moderately hot oven see moderate oven. Quick oven would mean mod-

My dear Mrs. Wilson-When baking cakes is it better to grease the pan only, or to grease them and then dust with flour? And when do you paper line them? Just for heavy cakes like fruit cake? Would you kindly give me a recipe for mutton hotchpotch and pepperhash? I know you mix chopped cabbage and chopped peproportions. I certainly thank you for this information.

B. B .- See the article on cakes for full information in Monday's and seed, of January 20 and 23, 1919.

## Mutton Hotchpotch

Cut cold cooked mutton in neut of one egg, and then add pieces and then crop fine sufficient onions to measure one cupful. Shred very fine one head of lettuce and then place four tablespoonfuls of shortening in a saucepan and add onions and lettuce and then cook slowly until tender. Add one pound of the prepared mutton.

One and one-half cupfule of stock, One cupful of canned pean.

Heat slowly until hot and then serve with horseradish. Beef may be used to replace the mutton for variety. Use cabbage when lettuce is expensive. Season with salt and pepper and one tablespoonful of Worcestershire sauce.

## Pepperhash

Select one medium-sized head of cabbage, taking care that it is a solid head. Remove the seeds from two green peppers. Chop the peppers and cabbage fine and add One ounce of mustard seed.

One-half ounce of celery seed, and sufficient good cider vinegar to

Six tablespoonfuls of shortening,

One egg. Cream well and then add One-half cupful of cocoa. One-half cupful of milk. Two teaspoonfuls of

powder. Four cupfuls of flour.

Four cupfuls of flour,
One teaspoonful of cinnamon.

Work to a dough and then roll
and cut and bake in a moderate oven
for eight minutes. Cool and cover
with a damp cloth for three minutes.
Store in an airtight container.

My dear Mrs. Wilson-Will you kindly send me the recipe for mocha-cream filling for icing for cakes and pastry such as is used on French pastry and fancy cakes? Also a rich, boiled salad dressing without mustard. Thank-ing you kindly, Mrs. W. C. B.

Mrs. W. C. B.—Wash the salt buttens and sable furs for the only out tall beat to a cream addition. One tablespoonful of mustard Thursday's Evening Public Lenger and then prepare a dressing as beat to a cream, adding one and onehalf cupfuls of XXXX sugar. Place Place in a soup plate the yolk two tablespoonfuls of coffee in a saucepan and add one-quarter cupful of cold water. Bring slowly to a boil and then cook for ten minutes. Strain and then add to sugar and butter mixture and beat well until the mixture will hold its shape. Work with a fork to a smooth, Extract of coffee-a flavoring may thick paste, and then add slowly be used in place of the prepared one-half cupful of salad oil. When coffee.

> Rich, Boiled Salad Dressing One-half cupful of water.

Three-quarters cupful of vinegar, Five tablespoonfuls of cornstarch. Dissolve the starch in water and bring to a boil. Cook for three minutes and then add

One well-beaten egg. One-half cupful of thick cream, One tablespoonful of sugar, One teaspoonful of salt,

One teaspoonful of paprika. Mix the sugar and seasoning with the cream and add the egg, then add to the boiling mixture and remove from the fire at once. Beat in slowly six tablespoonfuls of salad pared when the season arrived.

Mrs. T. P. R.—Both of your for three weeks. oil. This will keep in a cool place

# Exchange

By CYNTHIA

To Worried

3. Women of Portugal have recently been benefited by a Government decree. What was this? the woman with gray huir?

5. When the hands perspire unduly what simple remedies will help to get rid of the difficulty? What is the proper way to clean hair brushes and combs."

YESTERDAY'S ANSWERS

TODAY'S INQUIRIES

Who is Alberta Dunn?
 What salary does the woman State factory inspector command?

while you are troning pin a little piece of payer on each sarment that requires mending. This saves going over the clothes later.

To "cultivate a plant" means to loosen the dirt around the roots. It can be done with an old fork, which should be left conveniently near the plant as a reminder. This cultivation is essential to the life of the plant.

Can Get Copy of Song To the Editor of Woman's Page: Dear Madam—Could you please publish the song, 'We are coming. Mother Engine.' by the person who wrote 'Keep the ome Fires Burning'? Thanking you in addince.

Curly Hair and the Movies To the Editor of Women's Page:

Dear Madam—Kindly suggest for me a specialist or a professional hardresser's establishment where I might have a good, permanent hair wave. Please tell me also which is the best moving-picture book to reach the best moving-picture book to reach.

DAILY READER.

Sweet potatoes keep very poorly at this time of year unless they are tiln dried. So, unless you have a arge family, do not purchase more han a quarter peck at a time. Wash hem and then place in a kettle and coll until tender. Do this a soon of the stables of the place in a kettle and coll until tender. Do this a soon of the personal preference.

Meeting of Eastern Star

Meeting of Eastern Star
he editor of the Woman's Page
hes to convey a message to the
der who asked for the meeting place
the Eastern Star Chapter. We inred the inquiry referred to the EastStar Chapter of the Sons and Daughs of Liberty. Another reader points
our questioner referred to the EastStar, which is the ladies' branch of
Masonic order. The second yeader
hes to say a meeting of the Mastern
r will be held Friday evening at 7:40
he Parkway Building, and the visitor
libe welcome.

## To Clean Braid on Collar To the Editor of Woman's Page:

Dear Madam—As you have beined many, it is, come for advice. I have a serge-ferer Thomson dress which has white cot-en-sulk braid on the coller and cuffs. As have worn the dress a considerably long time, though I have taken particular eare, these have become soiled. Kindly print on your useful pass how I may slean them with-out running the serge.

The headquarters of the Housewivest League is at 2043 Wallace street, and you can address the president Mrs. William Deer, at that address. The league is, I believe, open to any earnest housewife. By going to the women's section of the Federal Employment Bureau, at 215 South Seventeenth street, you can find out if any firms are now requiring women for part-time employment. Follow the advertisements closely and insert a little one yourself. Perhaps some of the stores require extra sales forces.

Dull gold or existiged silver lace is much more becoming near the face than the more delicate colors of chiffon. A colored crepe de chine slip worn under an overdress of white net is one of the Gaintiest of Informal evening fracks.

# Please Tell Me What to Do

Troubled About Many Things

Do not call your friend's brother on the telephone. If he calls you and asks to take you out it is a different matter, and in that case go with him, but do not seek him yourself.

Dear Cynthia—in answer to "A Perfect Lady's" query I say a beautiful woman pleases the eye; a good woman pleases the heart. One is a jewel, the other a treasure, and as most men follow their heart's desire it is not difficult to realize why men marry dried apples. What does Cynthia think? MAC.

## For a Valentine Party

You can make novel invitations by taking white correspondence cards with gill edges and pasting near one corner a red heart and then weaving through two slits in the center of the heart an arrow. In the other corner paste a little cupid.

to say the leust is that I enjoy it very much. One letter in today's paper struck my fancy and is quite humorous—"How to Make Boys Spend Money" Well I can't teil her how it is done, but I know that I spend all I get and enjoy spending it. That is if I am in congenial, nice company. I have that when I go to town also. But where does F. G. W set the idea that country boys are tight? I am a country boy and have a bunch of chuns from the country, and they are all easy spenders, too. Now my experience with the city boys is that if takes all they make to keep them in fancy clothes and to hang around the drug store corners and not spend any money, but "take all that is given" seems to be their motto. Now I would suggest to her to find a nice bunch of country boys and see if they are cheap. Maybe the fault is with her at that. If a git is always blushing, a boy don't like o go with her, for he gets the habit also, and if she sits heside him and keeps her mouth closed and only answers when he talks, why he gets disgusted and doesn't care to go with her. Now I like a girl with lors of life, and a jolly one, too, and never have to revert to the weather for a subject. If I do I never go back with her again. Now I don't dance, either, but the girls I go with all do. But when I ask one for an evening she is always willing and we always have a good time. They always ask me to call again, too, Now I am not good-leoking, either, but

# IN VELOUR DE LAINE

Write to the Bureau of Navigation, United States navy, Washington, D. C., for information about the sailor.

Answers Miss J.

Answers Miss J.

I am so glad you like the column. There is a certain religious intolerance in the world which makes persons of some sects look down on those of others. I am glad to say that it is disappearing and people who are really worthwhile do not take it into consideration. It is a strange want of charity which brings this condition about. One must be brave and above such pettiness. Write to me again when you feel like it.

Dimple Dot:
Don't you think you are rather impatient about this young man? If he gave you a lavellere for Christmas it would seem as if he liked you very much. Why should he ask you to give it back? You were not engaged, nor have you broken your friendship with him. Give the boy time to write and go to see you when he comes back from Baltimore.

Do not call your friends brother on

## Good Women Are Jewels

P. S.—And by the way, there are no sensible boys.

Pretty hard on the boys, Mac. don't you think? There really are some sensible ones. Is it hot a pity to designate good women dried apples? May not one be beautiful as well as good? Hard, hard is the heart of man.

## Wants to Sing for Soldiers

Dear Cynthia—I should like some suggestions for a St. Valentine dince to be given in a garage which holds six or seven machines. There are to be forty guests. Kindly tell me the kind of decorations to be used and refreshments to be served, also wording for a novel invitation.

A DAILY READER.

This coat, by the way, is an excellent type of coat to select for between-season.

recipes will be given in the proper season for canning and pickling.

My dear Mrs. Wilson—Kindly let me know flow to make a good fudge and also soft chocolate cookies.

H. S. T.—See candy articles in two flows and have a family thought of which we have a method of cookies.

H. S. T.—See candy articles in two flows a make a good fudge and also becomber 24.

Soft Chocolate Cookies

Me-half cupful of brown steger, we half cupful of sirup,

Ye tablespoonfuls of showest steps.

My tablespoonfuls of showest steger, we half cupful of sirup,

Ye tablespoonfuls of showest steeps are method for the stables of the steps of the stables poonfuls of showest steps and days the service as week and also December 24.

The invitation could be worded like this:

Cupid will lead

You a dance at a St. Valentine's Party.

To be held Pebruary 14, at S P. M. at (give address).

To Earn Extra Money at the stable to the wait of the subject and don't form as it shows a mark shift it to a control to the word of the subject and don't form as it shows a mark shift it to a control to the word of the subject and don't form as it shows a mark shift it to a control to the wait to form a strong of the word of the subject and don't form as it shows a mark shift it to a control to the word of the subject and don't form as it shows a mark shift it to a control to the word of the subject and don't form as it shows a mark shift it to a control to the word of the subject and don't form as it shows a mark shift it to a control to the word of the shift it to a control to the word of the shift it to a control to the word of the shift it to a control to the word of the shift it to a control to the word of the shift it to a control to the word of the shift it to a control to the word of the shift it to a control to the word of the shift it to a control to the word of the shift it to a control to the word of the word of the shift in th

This is an excellent type of coat for between-season wear. Blue vea duller blue, makes it very attrac-

A Daily Fashion Talk by Florence Rose

when they are not well selected as the same color when they are not well selected as the same color.

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You can make novel invitations by taking white correspondence cards with gilt edges and pasting hear one corner a red heart and then weaving through two slits in the center of the heart an arrow. In the other corner paste a little cupid.

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The invitation could be worded like this:

# TWO TONES OF BLUE ABOUT THE GIRL WHO TAKE DOWN HER HAIR FREQUENTL

Three Times a Day Anyway, Business Hours Included-Is It Possi to Arrange the Coiffure so That It Will Stay

THERE are so many delightful failings one might pick out in being a woman that it does seem a shame some have to light on that one which makes a girl feel it positively necessary to take down her hair three or four times a day.

Is it or is it not possible to put up the hair in the morning so that it will stay up all day? I am open to conviction. I stand with awe in dressing rooms and watch hair that looks perfectly placid and serene torn ruthlessly feely placid and serene torn ruthlessly form. What is the matter? Is it trick

viction. I stand with awe in dressingrooms and watch hair that looks perfectly placid and serene torn ruthlessly
down. What is the matter? Is it trick
hair, whose treachery I wot not of?
Would it have falsely kept faith with
its smooth exterior if the hairpins
were not taken out at that immediate
minute; or has the hour merely arrived when the hair should perforce be
taken down? I am open to conviction.

THESE are merely observations. I
have of course, private convictions.
It seems to me it is perfectly possible
to comb a head of hair in the morning
so that it can at least be induced to
stay up until 6 o'clock in the evening.
I see no reason why it is necessary
for sirls to make sundry trips into a
dressing room during business hours
for endless dressing of the hair, And
yet it seems to me a statistician could

## Adventures With a Purse

THERE: When should I take my ered to fifty cents. Your growing daughter would probably be delighted to have one for her bedroom in which she is beginning to take such an interest. enough to be sick and take medicine take it every "hour on the hour" or according to some other more complicated schedule! Comes a little round flat dial, of white china, it looks like, and about as big around as a tea cup. It has movable hands and a clock face. In the center is printed, "I take my next."

Did you know that you could purchast children's comb'nation waist union suits of heavy ribbed material, and the waist has all the buttons necessary for connecting waist with muclin panties and petticoats. Their price is but \$1.25, without having to remember whether you Wants to Sing for Soldiers

Dear Cynthia—I am appealing to you to see if you can help me. I am a gird of nineteen, and I play the plane and can sing, too. I know a great deal of popular music and attractive songs. I should like very much to entertain sich or wounded soldiers and sallors, but I don't know where to apply. I work during the day time, but I d like to do this an Saturday afternoons.

I'm not a wonderful planest, but I love to play and sing. It wasn't my idea to pive a formal program: Just to go to one of the hospitals and play and sing—anything the boys like.

Can you tell me to whom I should apply for such work? I am very anxious to do this and I'd be greatly indebted to you if you could help me.

Apply to the War Camp Community Service, in the Widener Building, Chestnut and Juniper streets. Your desire is very worthy and will be, we trust, successfully carried out.

Standard of the cashest thing in the world, for it is only the person with a cute and well-trained color perception when a select colors that form a true.

A Daily Fashion Talk by Florence Rose In the same as the cup. I have a girl of nineteen, and about as big around as a tea cup. It has movable hands and a clock face. In the continuations of gay colors the teamanders to they would never have hearended before they would never have hearended before, it is an interesting thing that one or two of the most renowned of French don't know what a select colors in the most provided before, it is an interesting thing that one or two of the most renowned of French don't know there to apply and sing. It wasn't my idea to give a formal program: Just to go the same velor.

The coat here shown is one such garment. Try to visualize it if you can, for it is indeed charming. It is made of a rich shade of bine velour de laine with mosale embroidery in a dull but by no means dead blue. The color is produced by three large tucks and is made of a clear white material political political political political political political political political political

For the names of shops where ar-ticles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, Evening Public Lenger, or phone the Woman's Department, Walnut

MARRIOTT BROS., 1118 Chestnut when they are not well splected and to the sensitive eye they "swear" at each other—these badly selected combinations Coseway Major Walnut Street

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1244 Mensimeten Ave., bet. York and
145 Senth 55d St.
1242 Mensimeten Ave., bet. Vork and
1582 Germaniown Ave., bet. Lehigh
Ave. sind Romerset St.
127 North Rib St., bet. Cherry St.
128 South St., near Cherry St.
129 South St., near 4th St.
121 South St., bet. Have and Vine
1236 S. Front St., near Dauphin St.
128 Mensington Ave., nr. Hart Lane 4018 Lancaster Ave., near 41st St.
129 South St., near Market St.
120 South St., near Market St.
121 South St., near 4th St.
123 South St., near Market St.
124 Market St., bet. 4th and 5th Sts.
125 South St., near Market St.
126 N. 8th St., bet. Rroad & 15th
126 N. 8th St., bet. Rroad & 15th
127 N. 8th St., bet. Have and Vine
126 N. 8th St., bet. Have and Vine
127 N. 8th St., bet. Have and Vine
128 N. 8th St., bet. Have and V

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