

DO WOMEN PAY THEIR BILLS?—WHAT TO DO WITH FATS—A SPRING FASHION—EXCHANGE

MRS. WILSON EXPLAINS METHODS OF FRYING FOODS; HOW TO SERVE

The Difference Between Sauteing and Deep-Fat Frying and the Disadvantages of the Former—How to Clarify Various Kinds of Fats and the Uses for Them—Cooking With Vegetable Oils

By MRS. M. A. WILSON

FAT is a heat or fuel producing food which is very valuable in cold weather for supplying the body with heat and energy.

Recent experiments tend to show that animal fats are assimilated fairly well; undoubtedly it is the misuse of fat that is used for frying purposes that has given many fried foods their bad reputation.

Make it a rule when serving fried food to have an acid food, either a vegetable or a garnish, accompany the dish.

Here are just a few things to keep in mind when planning to serve fried foods. Use very small quantities of foods that are cooked in fat for people occupying sedentary positions, while those who are employed in active or laborious work may eat a larger proportion.

For digestion's sake, learn to serve: Juice of lemon with fried fish. Apple sauce with pork or goose. Cranberry or currant jelly with poultry, lamb or mutton.

It is a curious thing that nature demands these combinations to equalize the fatty content of the meal. Save and classify the various fats, and utilize each particular kind so that there need be no waste.

An excellent shortening that may be used to replace butter in cooking and baking may be made from chicken fat, of which there is usually three or more ounces in one fat bird.

On Making Soup

A steaming hot plate of good soup is surely a boon when it comes to feeding a hungry man or child.

It Should Be Good

Because soup is nourishing and healthy and a special effort should be made to have the family to take it.

Beginning Tomorrow

With a view to aiding the housewife who has not yet mastered the art of making delicious soups, Mrs. Wilson will run a series of articles concerning the making of the various kinds.

Chicken fat may be used to replace butter for seasoning vegetables and mashed potatoes. This is a pure fat free from moisture and seasoning and will go farther than butter.

To clarify fat: Put the fat in a saucepan and add one cupful of cold water to every pound of fat.

Bring to a boil and then let simmer slowly for ten minutes. Pour through a strainer lined with cheesecloth and allow to harden, then cut into pieces.

Do not use too large a kettle. Keep a bucket of sand handy in the kitchen, and if for any reason the fat catches fire, throw sand on it; do not attempt to remove it from the stove—serious burns are apt to result.

trying to do deep frying with these fats. They not only will not hold the temperature for successful frying without scorching, but they frequently soak into the food and make it unfit to eat.

This present war has brought many good vegetable oils upon the market that are ideal for cooking purposes and are preferable to the animal fats for all cooking.

Frying

There are two methods of frying: First, sauteing—cooking food in the pan with just sufficient fat to prevent scorching.

Second, deep-fat frying—it is usual to dip the food to be fried in a mixture to coat it and then to roll it in fine bread crumbs and then cook in sufficient fat to cover.

The correct temperature for deep fat frying is 350 degrees Fahrenheit, for raw foods, such as crullers, fish, fritters, potatoes, etc.

Now for a word of protection. Do not use too large a kettle. Keep a bucket of sand handy in the kitchen, and if for any reason the fat catches fire, throw sand on it; do not attempt to remove it from the stove—serious burns are apt to result.

A CHARMING PROPHET OF SPRINGTIME



The pendulum of fashion has undoubtedly swung from things utilitarian to things lovely as well. One has only to look at the spring hats to learn this. The one in the picture is in a cream straw that does not suggest war work, and the dainty wreath of posies on the crown does not exactly remind one of war, either.

Today's Beauty Hint

The persons left in the system by the influenza have recently been revealed. The unbroken silhouette seems to have vanished.

Fashion Tips

High collars have recently been revealed. The unbroken silhouette seems to have vanished.

A BLUE WOOL VELOUR FROCK IS GRACEFUL



This frock is gracefully novel. It is very blue wool velour with hands of the same in scallop effect. The collar is white silk.

A Daily Fashion Talk by Florence Rose. ONE of the hardest problems of the designer is to provide the women who buy clothes with something sufficiently different each season to satisfy their craving for variety and something at the same time that is not as novel or original as to frighten them.

Please Tell Me What to Do

By CYNTHIA

An Answer to "Thoughtless"

It is a pity that you did not write at once to the boys in question to explain why you were not there to keep the engagement when they called.

J. C. Writes to F. G. W.

Dear Cynthia—In response to your request I would like to make F. G. W.'s views of her problem. I agree with the answer printed January 23 signed by "Cynthia" in every point.

To Blue Eyes

Blue Eyes—Send in stamped address labels and games will be forwarded to you.

Both Are Wrong

I was reading "I am only eighteen and a stranger here. I am considerably pretty, both ways, and was very popular in my high school."

Condems Ruth and Scott

Dear Cynthia—The story of young people's lives by contrast with such kindly wisdom and tact afford constant interest and amusement to our circle.

Winter Parasols

A man describing a smart feminine costume, noted on the street, for his wife's benefit the other day, completed his list of furs and coat and hat and boots by saying: "And she carried a green silk parasol."

HOW TO BE HAPPY THOUGH MARRIED

Some other readers will express their opinion on Ruth and Scott.

Lonely Trail

The mountain purple afterglow fled, And night fell swiftly, cupped with in the hills.

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GETTING YOUR FAVORITE NEIGHBOR TO PAY A BILL

There's Only Twenty Cents Due on the Coffee Cake and You Are Going Out and Have No Change—But Is the Money Ever Paid Back?

SHE was a fluffy sort of a woman and she was running to make the car and as she lived on the corner every one standing there couldn't help hearing the flying good-by to her next-door neighbor.

"There'll be twenty cents due on the coffee cake. Mind paying it? Give it to you when I get back."

I wonder if she ever did give back the twenty cents for that coffee cake. That was four weeks ago.

THERE was the time you loaned that twenty-six cents for a telegram, when Mrs. C. had no change in the railroad station.

It has been claimed men have a higher sense of honor than women. With small debts I do really believe this is true.

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Dear me, how do you kiss money good-by on some occasions! Then again do you remember that every one standing there couldn't help hearing the flying good-by to her next-door neighbor.

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Mrs. Wilson Answers Questions

My dear Mrs. Wilson—Will you please print a recipe for cooking fresh pork which has been in a brine? I tried boiling it with sauerkraut, but it was hard and tasteless.

To Cook Pickled Pork. MRS. D. H. D.—Wash the pork in plenty of cold water. Place in a saucepan and cover with boiling water. Cook, allowing one-half hour to each pound. Remove and then cut in thick slices.

A. M.—Menu for roast turkey or roast pig: Oyster Cocktail, Celery, Olives, Roast Turkey, Candied Sweet Potatoes, Cauldrons, Hensherd, Tomato Salad, Ragout Dressing, Charlotte Russe, Coffee, Nuts, Raisins.

My dear Mrs. Wilson—First, will you please print a recipe in your column for crullers, the short, crisp kind made of cake dough? I am going to try your doughnuts, which sound awfully good, but my family prefers crullers.

E. M. H.—You will find the doughnut recipe a rich, crisp cruller. Place the pudding in a greased mold and then set in a deep kettle, having the water two-thirds of the depth of the mold.

My dear Mrs. Wilson—Please publish a recipe for a good-sized coconut pie. Thanking you for an early reply, I am Miss A. R. C.

One-half cupful of sugar. Beat to thoroughly mix and then pour into the pan. Sprinkle the top of pie with one cupful of coconut.

My dear Mrs. Wilson. Think you very much for recipe for beef broth and beef juice, and also your kind offer of your help to provide variety in liquid diet.

What does the physician mean by "eat a little and eat often"? Are they not the same in any sense?

Make beef tea every day in the broiler. Cook from one pound of beef, trim round, cut up fine by hand, covered by oil. NERVE.

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brief, I had my patient out of bed and feeling very fit and oh, my, how sweet. I am telling you this because I feel you are doing splendid work; don't mind of your patient kicks.

To Cook Cereals. Cereals require long, slow cooking to dexteriorize them and their starchy contents.

One cupful of boiling milk. One-half teaspoonful of salt. This may be placed in a fruit jar and kept in the ice-box for two days.

To Make Corn-Meal Gruel. Place one quart of boiling water in a double boiler and add six tablespoonfuls of corn meal.

Parisian Squares. Dip soda crackers in hot water and place immediately upon a baking sheet and bake for six minutes in a hot oven.

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Adventures With a Purse

DO PLAY us a nice dance piece, so that we can have just one dance," plead your friends. And you rack your brains in vain for a really good piece—and probably cannot think of a thing.

How many times have you looked hopefully at your skin and thought how deeply you looked, how dull and allowed. It is an oriental sort of melody, which makes it burn much longer, the one stipulation being that you keep the drafts almost closed.

I've found a way to keep the home fires burning without consuming too great a quantity of coal. To be sure, as I write this I am more interested in a spring suit and summer dresses, but that is because it just happens to be warm. But I doubt not that by the time you read this it will have become cold again.

It is not too much to say that the dairy where women congregate has to be especially on the guard against these morbid cyclic blooms that in the proper soil would enrich a largely sick world.

For young girls to be getting their dignity and respect from housekeeping and home-making is beneath their dignity and respect. It is going to be more through than even the terrible world war through which we have just passed.

HOW TO BE HAPPY THOUGH MARRIED. Some other readers will express their opinion on Ruth and Scott.

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Safe Milk

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut 3080.

Safe Milk for Infants and Invalids. HORLICK'S THE ORIGINAL MALTED MILK. Rich milk, malted grain, in powder form.

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Harres Importer 1624 Walnut Street Final Clearance Sale Monday, January 27th, and Thereafter Entire Stock of Millinery, Coats, Suits Evening Gowns Blouses, Dresses, Etc.

Bidding 5th Ave., 424th St., New York 1422 WALNUT ST. PHILADELPHIA West of Bellevue-Stratford WINTER MILLINERY NOW \$5.00 \$10.00 \$15.00 ALSO FURS AND WINTER APPAREL AT VERY UNUSUAL REDUCTIONS