A PAGE OF PRACTICAL INTERESTS FOR WOMEN—MAKING SOUP—NOVEL HAND-WARMER—CYNTHIA

THE RIGHT WAY TO MAKE SOUPS: METHODS GIVEN BY MRS. WILSON

Beginning With the Soup Bone Until the Steaming Hot Product Is on the Table. Celery Puree, Noodle, Vegetable and Other Nutritious Concoctions Popular Only When They're Really Good

the tomatoes and let simmer. Cook

the vegetables in one pint of water

until tender and then add water and

all to the stock and add the season-

ing and flour, mixed with a little

cold water, and cook for five

"Clear Soup"

Use two tablespoonfuls of fat and

fry one onion until brown. Add two

tablespoonfuls of flour and brown

well and then pour in one pint of

stock and cook for five minutes,

and then add seasoning, salt and

pepper to taste. Strain into a soup

tureen and sprinkle with one table-

spoonful of finely chopped parsley.

Serve with bread cut in finger

Use one pint of diced celery and

until tender and then put through

Two tablespoonfuls of flour mixed

One tublespoonful of chapped

To the clear sup may be added

To Make Noodles

One-half tenspoonful of salt.

are too small to serve alone.

One cupful of milk,

with a little milk.

Salt and peppe

Seasoning.

minutes.

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. L. Wilson,

EARLY history tells us that the method of cooking in very early times was by stone boiling, and that this process occupied an entire day Stones were heated and lifted into the bowls on containers that were made of clay and then covered very closely. Then again the stones were heated and then the utensils placed upon them and then the whole thing was covered. In this way we see the principles of cooking.

In Europe soups enter largely into the diet of the people. From the peasant in his but to the king in is partaken. Among the paster classes this dish becomes a sort of porridge; it is partially thickened and contains sometimes ment and thous of bone and trimming be sent cook in one cupful of cold water always vegetables and various with the purchased meat. The pastes made of flour.

take a morning cup of houndlon much scrap and trimming to the butcher. like the American does his coffee or chocolate.

The working classes make a meal . of claret and portions of bread, while the Russian and German peasantry have their some and black eve brend to sustain there in their daily toil.

cafes serve a cold bouillon with time the meat will have fallen from

Soup, unless it is a thick cream or best, Soup, unless it is a thick cream or puree, contains little food value. Rather, it is stimulating to the stomach and causes a free flow of taken in after the soup has simulated the stomach is quickly absorbed and thus gives the loosy imported and thus gives the loosy imported and thus gives the loosy important properties. The stock is a thick cream or puree, contains little food value. Then remove all fat from the top. Beat together until well mixed and then add sufficient flour to make the above, not for a mere you will help and sufficient flour to make a stiff dough. Knead until clastic—about two minutes—and then roll out on a pastry board until as thin as paper, dusting the board lightly with flour to prevent sticking. Persons or for a very little payment?

Soup, unless it is a thick cream or the pureet materials. The nail on the head when he said these fellows were "cheap skates."

I have also core across fellows like the above, have one across fellows like the above, nail on the head when he said these fellows were "cheap skates."

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I have also the follo

gentle bubbling, and second, after of any kind, which will keep in cold a fruit jar. Part of the paste may weather four or five days. In warm be stamped with small vegetable weather it must be returned every cutters and cooked in the soup same cold water to start with. Do not second day to the pot, brought to as the needles, use salt or any seasoning and heat a boil and skimmed and then left. Vegetables cut in fancy shapes. slowly, keeping the not closely to cool and finally put in the icebox, macaroni cut in small rings, hard-

Entrees?

We can them in hotels and go ome wishing we know how to a little bit of that

and merrones and extends prove a saving in money and waste to the lampowife who does know how to make them.

Next Tuesday's Article

or Mrs. Wilson will be devoted t trees. Water for it and clip it art Witten it appears.

his palace the daily portion of soup which all pass into the air. In a lengths and toasted. fairly large family little meat need to purchased for the stock pot if the housewife insists that all por-French women look with horror on a sieve and add one cupful of stock, The exquisite French fashionables the American women leaving all the

To Make the Stock

A soup bone from the shin beef, from a plate of thick soup, a glass which is full of nutriment, will have nearly one-half pound of meat on passivy and serve. Take one pound of the scrag end of the neck of yeal and four quarts of water. Wash the bones and add tables. This is a good way to use the cold water and bring slowly to left-over portions of vegetables that The fashionable restaurants and a boil. Skim and then cover closely toasted crackers, while among so the bones. Strain and set aside to One cgg. ciety folk it is served in demistasse, cool. Let stand overnight. This is One tablespoonful of water.

Overed.

Small portions of meat, ham, any
Protein, which is the chief continuings and bones that have actified eggs in slices, cheese balls,
Slices of lemon, also rice and barley,
Slices of lemon, also rice and ba stituent of meat, is drawn into the cumulated may be added. Chicken may be added to the soup. liquid, making it very natritious, feet, scalded with boiling water to To make brown coloring: One-Rapid boiling destroys the fine lossen the outer skin, which must half cupful of sugar cooked ten min-



AN INVITING CORNER OF THE HOUSE

A great deal of the charm of a room consists in what are sometimes termed the lesser fixings, although they are in truth the greater. A window, for instance, is only a window until one adds a charming valance such as this to it, and then you have indeed a frame for the picture. The right lamp placed in the right corner of the room, a chair or two near to suggest coziness—and there you have it—atmosphere that is really within reach of

nd not the price of spending the ex-ing. ALWAYS IN DEMAND.

Please Tell Me What to Do

ELLIS, TWENTY-PIVE.

to this matter and oblige. C. J.

If the young man has never asked you to marry him there is no reason who was a few years older than I am. Fatty Arbuckle's Sister. The leafours attitude to not be cross about it or even discuss it into the leafours attitude to not be cross about it or even discuss it, but most so could time. If you mode a mistake had you make good for I have siready succeeded.

ZOFTIC Z.

Making Boys Spend Money

There Cynthin — Three been reading from column for quite notice time, so complete might get in an one of the discussions. What amused no highly was the better against "F. G. W." with reference to making loves seend money Also read letter against Just Twenty-one. giving his version on the above subject. Think this party sure did hit

The Heart of a Child in France

You may keep old Fritzie's belmet For your sue or Kute or Aun; You may hold your German rifle For your little girl to mun; No gas mask did I capture.

No rifle and no lance; The only explure that I've made Is the heart of a child in France.

No victor symbol can I show, No trinket, shield or can In memory of days I spent "Over there" in Dead Man's Gap.

No battle souvenir have I Dream momenta to enhance. The only trophy that is mine Is the heart of a child in France. warmth.

But swester than a helmet And dearer than a lance is the sacred souvenir I bear

From the vine-clad hills of France. for, like a stellar guide that shines Over life's rough seas of chance; fore'er within my heart will glow The heart of that child of France - Stars and Stripes.

Adventures With a Purse

lated the stomach is quickly absorbed and thus gives the loady immediate nourishment without distressing the digestion.

The French lay great stress upon two essentials in making some such assentials in making some such dances after making an ensure the same place where I could get free its any place where I could get free its any place where I could get free its any place where I could get free its not altographent in go some cases, as the girl lowers herself to go such dances after making an ensure such the claim that it matches any companies of this kind. If some of the girls under the man's fault in go some cases, as the girl lowers herself to go such dances after making an ensure such the claim that it matches any companies of this kind. If some of the girls and boys are given free must be settlement Music School. It is above would consider themselves in the above would consider themselves in the stiftenent Music School. It is not altographent?

SOUTH PHILADELI-HIA GIRL.

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Soluth payment?

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Soluth payment?

South dances after making an ensure size for a very little payment?

SOUTH PHILADELI-HIA GIRL.

South dances after making and the claim that it matches any companies of this kind. If some cases as the girl lowers herself to go such dances after making and the claim that it matches any companies of this kind. If some of the girls and boys are given part in the scitement Music School.

The price of a box is fifty cents.

You now have a delicious and cut. Lay on a dish to dry. When the load of the same cases, as the girl lowers herself to go such dances after making and the source where I could get free its any place of the girl and the case of the same c

consider her worth the price of admission.

I am invited very often to parties, evening companies, etc. by a group of girl friends and I always manage to square things by taking one of the young indies out to a show or dance or come amusement to show that I appreciated the party or whatever it might have been. I aim not a spendthrift or anything like that, but certainly do be, lieve that if I think well enough of any young lady to call upon her and she is satisfied to have me call upon her she is worth the price of some amusement.

If the pink or blue covered pillows one must of course have a number of covers. If you are seeking a gift for you find a daintler, finer, bounder pillow slip than the one I saw today. It is inand-embroidered, the edges have exquisitely worked scallops, eyelets and solid work abound, and the result is a cover fit to grace a queen's pillow. The price has been jowered to \$1.95.

For school children, tired business men and vorgers scape at an ideal of the state and It is a hand-warmer, body-warmer bed-warmer and foot-warmer. If your hands suffer with the cold, you can slip

BARBERS CAN BEAUTIFY HIM, BUT ROUGE FOR GIRLS? NO!

"He Is the Sort of a Man Who Takes Two Hours' Worth of Shampoo Facial," Writes a Girl Reader, "and Then Scores Us on Powder and a Little Color'

by the bottle. If it's adornment, you and in which I take such pride. can have Sam's nocketbook! Likewise

Ittile color on their cheeks.

"I know him," she begins. "I have traveled in many, many places and I have yet to see the city that does not have him decorating its streets by the hundreds. He spends more time in a week getting beautified than the average girl would think of spending in a month. And yet he is the first one to sit down and write to a newspaper to vent wrath on the girl who daubs a little powder on her mose or a tiny bit of color on her face because she doesn't want to go around town looking like a fright.

handkerchiefs.

"That's a trade secret, boys. Don't tell any one. It's hard enough for us girls now, but if those young gentlemen who rent chairs in the barber with us.

"How about it, girls" How about it, byye? I meant every word I said:

"TRUTHIFUL." town looking like a fright.
"Vain! Why the very man who rants about a girl's vanity until he's all out

of ink is so vain himself he can't get of like is so vain himself he can't get started in the morning for going back to take last looks at his necktle and his misplaced eyebrow. When men come back to the gentle simplicity in adornment they advocate for girls, then and then only will it be time for us, my wayward sisters, to banish the little powder-puff and the tiny but very effective rouge box.
"Show me the man who will be will-

HE Is the sort of a man who only sits in the barber shop for two hours while all the rest of the men are waiting for a ten-minute shave. Shampoo, facial massage, hair tonic, wax for his mustache and any other little thing that comes by the yard or by the bottle. If it's adornment, you

can have Sam's pocketbook! Likewise he is the sort of chap who goes home with a dollar and a half absent from his pay envelope every time a new shade of tic comes out. Men all alike from the neck down! No sir-rec; you've never seen Sam!

The other day he wrote a letter to this page. I am net saying he did, but I have it on the word of a girl reader who signs herself "Trutful."

And she wrote to answer the letter of a man person who picked up his pen and hurled harsh words at the girls because they insist on helping nature along by using powder and putting a little color on their cheeks.

"That's a trade secret, boys, Don't for the strength of the



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My dear Mrs. Wilson-I real please send me a menu for a 5 day dinner and a Sunday e. light supper? I want to use as my meat course. What ever salad and, of course, a tasty appetizer and dessert? Could you resibly send it to me at once, as I am going to use it this saming Sunday? Mrs. E. M. Mrs. E. M .-

Dinner

Clear Tomato Scap Miss Same Roast Lamb Brown Potatoes Creamed Careeta Lettuce Requefact Stressing Peach Dumpling Coffee

Supper Oysters on Half Shell Potato Salad Cream Layer Sponge Cake

Canned Peaches the grooves of the celery with highly mustice pateries, seasoned creamed cheese.

My dear Mrs. Wilson-As we read the Eventso Punta Length, could you be kind enough to give us a good way to make corn muffins?

Corn Muffins C. P .- Playe in a bowl

One egg.

Four tablespaonfuls of sirup, then add

and each tenegrester supfets of drain. Serve with either onlon,

My host than your little as well-

Liver Dumplings Juney hatfl bender, and then put through a food chopper. Either A. W. K. -Do not attempt to can beef, perk or famililiver may be meat with tallow, thesh. Minus three onions very fine. Boof may be canned in using the gold Cuts of Lamb Current Jelly n friend pan and add entens and meat until it is tender and then reliver. Cook gently until onions are move the hone. Cut into pieces to Louis nie wowl and add

They margamafula af salt.

Give reexposured of larging parees. Mix thoroughly and then add One eggs

One and one-quarter capfula of Work to a smooth, well-blended room from from drafts. Just as mass and then rub your hands with soon as you can hold the jar in your salad oil and then form this mass hand put it in a pan of cold sait Two tablespoonfuly of shortening, into balls. Cook for twenty min- water and cool quickly. Wipe dry Beat to thoroughly mix, and utes in boiling saited water. Lift and then store in a cool, dry place. with a skimmer to a napkin to To other question, yes.

tomato or creamed sauce, or the markers capful of corn- dumplings may be rolled in flour and then browned quickly in hot fat the first reaspondeds at baking and then served at once.

grand madin pan and bake for kindly publish some recipes on promption in nutes. This amount enough book. Can it be canned without steam pressure? Can one My dear Mrs. Wilhors—Will you kendle, have published in the Evening Public Limits a recipe for liver distributes. A. I. G. cook in ordinary way and can with tallow the same as larded pork? In what way can the tengue and heart be pickled or tengue and heart be pickled or A. I. G.-Purbul four ounces of canned? Can beef be smoked for summer uses? A. W. K.

Place four tablespoonfuls of fat in regular preserving outfit. Cook the sender and then lift and turn into a fit into the jars and then pack into Canned Peaches Tea mixing wowl and add "jars and fill to overflowing with To make the Parisian colors, fill One and one-half captals of dry stock. Season each quart with one tenspoonful of suit. Adjust the rubher and lid and partially tighten, Care teaspoonful of paperies, and then place in a hot-water bath of the components of the components. This One and anchalf captals of sifted means that the boiling water must cover the tops of the jars at least by two inches and that the water must beil continually for the given length of time. Then remove the Four tublespoonfuls of potato jars from the bath and fasten the lids securely and remove to a cool

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