

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

By MRS. M. A. WILSON

EARLY history tells us that the method of cooking in very early times was by stone boiling...

Entrees?

We eat them in hotels and go home washing we know how to make them. A little bit of this and a little bit of that.

They're Good

and inexpensive and certainly prove a saving in money and waste to the housewife who does know how to make them.

Next Tuesday's Article

By Mrs. Wilson will be devoted to soups. Watch for it and clip it out when it appears.

which all pass into the air. In a fairly large family little meat need be purchased for the stock pot if the housewife insists that all portions of bone and trimming be sent to the butcher.

To Make the Stock

A soup bone from the shin beef, which is full of nutriment, will have nearly one-half pound of meat on it. Take one pound of the same end of the neck of veal and four quarts of water.

Then remove all fat from the top. This stock is the basis of all soups, sauces and gravies. It is rich in mineral matter and gelatin.

You now have a delicious and nutritious broth, without seasoning of any kind, which will keep in cold weather four or five days. In warm weather it must be returned every second day to the pot.

Protein, which is the chief constituent of meat, is drawn into the liquid, making it very nutritious.

For school children, tired business men and women soup is an ideal stimulant, which nourishes and refreshes, and with bread or crackers makes a very substantial lunch.

Vegetable Soup

One pint of stock, one cupful of tomato pulp, made by scalding the peeling of tomatoes, or the canned tomatoes, may be used, and...

This should be a deep pot or kettle with a tight-fitting lid. It is important, so that none of the steam may be lost by evaporation.

Mrs. Wilson Answers Questions

My dear Mrs. Wilson, I read your column every evening and have reserved many of your items. Now, I want to know if you can please send me a menu for a Sunday dinner and a Sunday evening light supper?

Mrs. E. M. — Dinner: Clear Tomato Soup, Roast Lamb, Min. Sauce, Brown Potatoes, Creamed Carrots, Lettuce, Roquefort Dressing, Peach Dumpling, Coffee.

Supper: Oysters on Half Shell, Cold Cuts of Lamb, Currant Jelly, Potato Salad, Cream Layer Sponge Cake, Canned Peaches, Tea.

My dear Mrs. Wilson—As we read the EVENING PUBLIC LEDGER, could you be kind enough to give us a good way to make corn muffins? C. P.

C. P.—Place in a bowl One egg, One and one-quarter cupfuls of milk, Four tablespoonfuls of shortening, Two tablespoonfuls of sugar.

Beat to thoroughly mix, and then add One and one-quarter cupfuls of flour, One and one-quarter cupfuls of sifted flour.

My dear Mrs. Wilson—Will you kindly publish some recipes on evening beef? Can it be canned without steam pressure? Can one cook in ordinary way and can with follow the same as lamb pork?

A. L. G.—Parboiled four ounces of beef until tender, and then put through a food chopper. Either beef, pork or lamb liver may be used.

My dear Mrs. Wilson—Will you kindly publish in the EVENING PUBLIC LEDGER a recipe for liver dumplings? A. L. G.

My dear Mrs. Wilson—Will you kindly publish some recipes on evening beef? Can it be canned without steam pressure? Can one cook in ordinary way and can with follow the same as lamb pork?

My dear Mrs. Wilson—As we read the EVENING PUBLIC LEDGER, could you be kind enough to give us a good way to make corn muffins? C. P.

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 seasoning and flour, mixed with a little cold water, and cook for five minutes.

"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.

Celery Puree

Use one pint of diced celery and cook in one cupful of cold water until tender and then put through a sieve and add one cupful of stock. One cupful of milk, Two tablespoonfuls of flour mixed with a little milk, Seasoning, Salt and pepper.

To Make Noodles

One egg, One half-cupful of water, One-half-teaspoonful of salt. Beat together until well mixed and then add sufficient flour to make a stiff dough.

Vegetables cut in fancy shapes, macaroni cut in small rings, hard-boiled eggs in slices, cheese balls, slices of lemon, also rice and barley, may be added to the soup.

To make brown coloring: One-half cupful of sugar cooked ten minutes in an iron pan until burned black; then add one-half cupful of water. Let come to a boil and then strain and bottle for use.

The principle points to keep in mind when making soup are: First, Draw out all the Juice and soluble flavors into the water.

Second, Retain that which we have drawn out by using a pot with a tight-fitting lid. Third, Use cold water with which to extract meat juices and flavors.

Fourth, Long, slow cooking. Fifth, Flavoring and vegetables added after making stock prevent its souring quickly. Sixth, Do not use stock pot for other than its intended use.

My dear Mrs. Wilson—Will you kindly publish some recipes on evening beef? Can it be canned without steam pressure? Can one cook in ordinary way and can with follow the same as lamb pork?

A. W. K.—Do not attempt to can meat with tallow. Beef may be canned in using the regular preserving outfit. Cook the meat until it is tender and then remove the bone.

My dear Mrs. Wilson—Will you kindly publish some recipes on evening beef? Can it be canned without steam pressure? Can one cook in ordinary way and can with follow the same as lamb pork?

A. W. K.—Do not attempt to can meat with tallow. Beef may be canned in using the regular preserving outfit. Cook the meat until it is tender and then remove the bone.

My dear Mrs. Wilson—Will you kindly publish some recipes on evening beef? Can it be canned without steam pressure? Can one cook in ordinary way and can with follow the same as lamb pork?

My dear Mrs. Wilson—As we read the EVENING PUBLIC LEDGER, could you be kind enough to give us a good way to make corn muffins? C. P.

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.

Please Tell Me What to Do

By CYNTHIA

Free Music Lessons. Dear Cynthia—You have helped so many persons so I am sure you will help an orphan girl.

No Impropriety. Dear Cynthia—Have come to you to do me a favor which will help me and others a good deal.

From a Popular Fat Girl. Dear Cynthia—I read with interest the letter written by "Fatty Arbuckle's Sister" and wish to tell you that I am a girl of seventeen.

Girls Aren't Stinky. Dear Cynthia—There are ten of us girls, sixteen to eighteen years of age. We have decided that we would like to have a party.

He Is Jealous. Dear Cynthia—In a single day for a girl to get up her gentleman friend after ten hours of steady company?

Making Boys Spend Money. Dear Cynthia—Have been reading your column for quite some time, and thought I might get in one of the discussions.

The Heart of a Child in France. You may keep old Fritz's helmet For your use or Kate or Ann; You may hold your German rifle For your little girl to lean.

Special English Top Coats were \$50.00 and \$60.00 now \$39.50 waterproof, wind proof and light in weight with warmth.

Adventures With a Purse

"It is made of the purest materials, I have just a touch of cold cream in it to make it stay on, and is delightfully soft."

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Women's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut 2308.

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"

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.

"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.



Advertisement for Russian Sables by House of Wenger. This collection is without question the most valuable and the most luxurious group of Sable Pelts ever assembled by any individual shop in this city.

Advertisement for Douglas Oil. For Salads For Shortening For Frying. It makes extra stiff, rich mayonnaise and the most piquant French dressing—this sweet delicately flavored oil made from the heart of corn.