## RECIPES FOR DELICIOUS ENTREES; MRS. WILSON GIVES MENUS, TOO

Do Not Require Meat and Prove That Excellent Dinners Can Be Built Around Dishes Made From Fish, Eggs or Cheese - These Are Flesh-Forming Foods

Ask Mrs. Wilson

If you have any cookery prob

lems bring them to Mrs. Wilson

She will be giad to answer you

through these columns. No per-

sonal replies, however, can be

given. Address questions to Mrs.

M. A. Wilson, EVENING PUBLIC

One cupful of cream sauce, One cupful of canned tomutoes,

Four tablespoonfuls of grated

LEDGER, Philadelphia.

One teaspoonful of sall.

One teaspoonful of papriku.

Oyster Souffle

oughly blend. Bring to a boil and

Two and one-half teaspoonfuls of

Three teaspoonfuls of finely

Add the prepared oysters and mix

thoroughly; then carefully fold in

the stiffly beaten whites of three

eggs. Pour in well-greased custard

Baked Lima Beans

Fish Croquettes

use the same recipe as for egg cut-

Oyster Loaf

lets. Mold into croquette form.

One teaspoonful of paprika,

and then add

The oysters,

chopped parsley.

Yolks of three eggs.

By MRS. M. A. WILSON e, 1919, by Mrs. M. A. Wilson, All

IT is generally known that all ods are both nutritive and nulative, it is not remembered hat on a proper balance between utrition and stimulation depends tirely the perfect balance of the xistence and enjoyment of health.

It is the inherited right of every man being to feel an abounding, lastic vigor and a sense of physical and place on a baking dish. Now tness and power, to be able to blend nmand the body at will with an agerness that the torpid, phlegatic meat-eater considers rashness r erratic impulsiveness.

The toll of life is just what you ut in the mill. Nature is a wonlerful chemist, and she has at her inger tips the secret of life. Man, a chemist, is a poor competitor in a moderate oven. Mother Nature. Many of us elect food that is overrich in itrogen and flesh-forming materials nd consume it in larger quantities than is necessary. Physicians tell s that there is absolutely no want nutrition in a diet of fresh vege- add three-quarters cupful of flour. ables, fruits, greens and dairy Stir well with a wire whip to thoroducts. Many physicians of the Old World tell us that there is then cook for five minutes. Cool scarcely a disease that the human flesh is heir to but that it may be elleved and many times cured by restrict diet of fruits, fresh egetabl. grains and dairy ducts.

Meat contains, beside the protein. in acid-forming material that freuently causes physical disturbances. The use of fresh fruits, supplemented by a liberal use of milk, ggs, fish, cheese and fresh vegeables, greatly helps cases of this

Learn to eat daily fresh, natural reens, such as lettuce, young green Sprinkle with finely grated cheese radishes, cresses, endive, and serve at once. carolle and corn salads. These are dainty greens and they contain valuable substances that equalize our laily food balance. This is par- beans, using one-half cupful of colorly frue during the winter, vegetable oil in place of meat. wing to a restricted diet of fresh fruit and vegetables. Milk, cheese and eggs are flesh-forming foods and fish to replace the three eggs and may be used in the menu to replace

Suggestions for Dinners Menu No. 1 Oyster Cocktail Celery Egg Cutlets Baked Potatoes Lettuce

Menu No. 2 Clear Tomato Soup Radishes

Coleslaw Canned Peaches Menu No. 3 Onion Canape Watercress

French Fried Potatoes Endive Salad Apple Tarts Menu No. 4

Baked Lima Beans Romaine Salad Cranberry Tarts Menu No 5 Puree of Celery

Radishes Fish Croquettes Creamed Onions laked Potatoes Lettuce

Menu No. 6 Pepper Canape Celery Oyster Loaf Cream Sauce

shed Potatoes Prune Cake Menu No. 7

Watercress Baked Eggs in Corn Cases One cupful of canned tomatoes Celery Salad rubbed through a sieve, Canned Cherries

Four onions, minced fine, One carrot, cut fine, One fagot of soup heros.

Three tablespoonfuls of starch. One tablespoonful of sugar,

Two taespoonfuls of salt, One teaspoonful of pepper, One-quarter teaspoonful of mus-tard dissolved in one-half cupful of cold water.

ten minutes. Rub through a fine sieve and use. See salad articles for your second

One cupful of canno One egg. One-half cupful of milk, One and one-half teaspoonfuls of

One-half teaspoonful of pepper, Two tablespoonfuls of fine

chop fine. Measure the liquid and add sufficient milk to make three cupfuls. Place in a saucepan and add three-quarters cupful of flour. Disselve the flour in the milk and bring to a boil. Cook for five minutes. Now add the oysters and One-half cupful of finely grated

One-half cupful of finely chopped paraley.

One tablespoonful of Worcestershire sauce.

Two teaspoonfuls of salt, One teaspoonful of paprika, Three hard-boiled eggs, chopped

Three and one-half cupfuls of fine Mix well and then pour over the breadcrumbs.

fish. Bake for twenty-five minutes Mix theroughly and pack into well-greased and floured loaf-shaped pans. Bake in a moderate oven for fifty minutes. Turn on a hot Wash and look over carefully platter. Serve with cream sauce. twenty-five oysters. Drain and chop This may be baked in well-greased fine and then strain the juice and and floured custard cups and then add sufficient milk to measure three turned upon a slice of toast and cupfuls. Place in a saucepan and covered with sauce.

> Baked Eggs in Corn Cases Make ten corn muffins from the following mixture:

One and one-quarter cupfuls of milk.

One egg. Two tablespoonfuls of sirup, Two tablespoonfuls of shortening.

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

of ate Beat thoroughly to mix and then pour into well-greased muffin pans and bake for thirty-five minutes in a hot oven. Now cut from the top one slice from each of the four muffins and use a spoon to scoup the fill to the centers. Break an egg and then fill to the top with cheese sauce. Sprinkle with breadcrumbs and set in a baking pan and bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for twenty minutes in a moderate oven. Serve with the man bake for the fill to the top with cheese sauce. Sprinkle with breadcrumbs and set in a baking pan and bake for twenty minutes in a moderate oven. Serve with the man them making you begin to dont the wisdom of your policy, for a girl would rouse herself, even if she were fearfully tired, to go to a dance, and besides the dance and pesticoat from the two-toned silks, attractive prices. These targetive prices. These targetive prices at attractive prices. These targetive present making you begin to dont the wisdom of your policy, for a girl would rouse herself, even if she were fearfully tired, to go to a dance, and besides the dance on the wood and the could not have hereself, even if she cups and set the cups in a pan of warm water. Bake in a moderate oven until firm in the center. Use lima beans in place of navy for twenty minutes in a moderate THE COVERT SHADES Use one and one-half cupfuls of oven. Serve with either cream or

tomato sauce. To make cheese sauce add four tablespoonfuls of grated cheese to one cupful of thick cream sauce.

My dear Mrs. Wilson-I read and get a great deal of good from

anut kisses and other candies

of the bitter chocolate, and did not

add any sugar. Now it is too bitter and I can't get any dot chocolate anywhere. I have tried

all over. How much sugar should

I use to one-quarter or one-half

pound of butter chocolate? Your answer will help me a great deal. Miss H. O.

recipe of chicken a la king and fricasse chicken? I shall be very grateful and wish to thank you in advance: Miss W.

Chicken a la King

and then place one and a half cup-

fuls of thick cream sauce in a sauce-

pan and add one cupful of mush-

minutes in boiling water, and also

One-quarter teaspoonful of mus-

One and one-half teaspoonfuls of

One teaspoonful of paprika

Yolks of two eggs,

serve on toast.

Juice of one-half lemon.

Miss W .- Cut the breast of

dipping.

your recipes. Now I would like you to tell me. I have made the



the narrow skirt that is fairly long and the flare below the waistline. To be sure the flare usually was formed as part of the skirt or suit and the jacket was a short sacque affair, but the effect was not dissimilar to that produced in many of the present suits.

And another revival! Many of the smartest of the new suits are in the covert shades which, although not so becoming to the majority of women as navy blue, were in such bish favor some years ago. The three-pi-ce suit here shown has a skirt and tacket of tan tricot, with a silhouette that would have heen quite in the picture six years ago. The bodice is of the same shade—chiffon with tricot used to form a bib front and suspenders. A very happy idea is carried to the cream sauce. Also add the prepared chicken, the mushrooms and then green pepper. Heat until the boiling point is reached and then simmer slowly for ten minutes and with friend used to him a do front and suspenders. A very happy idea is carried out in the collar of the little jacket for the long extensions, that are made so that they can be draped about the neck for additional warmth and when



FOR EARLY SPRING STREET WEAR

One of the smartest combinations for the tailored spr destin and straw. In this case the sati heavily corded and there is a captivating quill feather that gives the necessary finishing touch orin and straw. In this case the satin is quite

What Fashion Says Evening scarfs are gathered at the ends and finished with beaded tassels.

Deep bands of soft wool fringe are used in place of fur on many frocks.

ARE IN HIGH VOGUE



cooked chicken into one-inch pieces rooms that have been peeled and cut in pieces and then parboiled for six One green pepper, diced fine and

# Please Tell Me What to Do

To the "Poor Boob" Chinchilia squirrel is a most delightful fur for trimming frocks or blouses.

Ostrich feathers are among the adaptiable things which can be worn at any able things which can be worn at any making you begin to doubt the wisdom the state of the state of

How to "Make It Up"

Dear Cynthia—I m a girl of seventeen years, considered good-looking. I have known a boy for nearly a year, and he never tells me whether he loves me, but shows it by his actions. Lately he has been not speaking to me, because I went out with other boys, but I never go out at night, only when I go down to his house. He is eighteen years old. He did go out with other girls, I saw him with my own eyes, and he got angry with me for nothing. I would like to make up with this boy. Could you tell me what to do? He says he will not talk first. Every one in his family cares for me a great deal.

BROWN YES.

Since the boy says he won't talk

Since the boy says he won't talk first, I think you might as well make up your mind to do the speaking. It is rather foolish and childish to go about not noticing each other; so the one who does give in is really not lowering his or her pride, but simply acting sensibly. Go down to see his mother and then say "hello" when he comes in.

Takes Ruth's Part

Dear Cynthia—I do not think the criticism of the "And So They Were Married" story that appeared in the Cynthia column the other evening was very fair. In the first place maybe the writer, Hazel Deyo Batchelor, takes the part of Ruth and not the part of Scott. And Ruth does not believe in going away from home to carn \$25 a week and at the same time let her husband waste \$50 in the makeshift meals she gives him. Ruth seems very willing to slay at home. It is Scott who seems to have the "high-falutin" ideas. But I don't blame Ruth if she gets them into her head soon, for in the end married women usually try to become what their husbands want them to. If a man admires the type of girl who goes out to work and accompilishes things and holds her up to his wife, then he surely ought not to grumble if he is made to eat delicatessen meals, for a woman can't keep her home well and her job, too, as "How to Be Happy, Though Married" observed. Then, too, If a husband believes in having women friends after he is married, his wife has the same right, too. I am distinctly on the side of Ruth in "And So They Were Married." And I feel the author is, too, because she is a woman and ought to know how one-sided it is to be one. That is why I do not agree with your reader in her condemnation of Hazel Deyo Batchelor. Deyo Batchelor, ANOTHER MARRIED WOMAN.

Yes, a young man ought to know his own mind after three years of constant association with a girl, and you are un-wise to give all your time to any one

neck for additional warmth and when left open form a smart decorative note to the coat. The pockets, too, combinized serviceability, for they are quite ample, and have decorative value. An air of smartness is gained in the skirt by the pleated panels that extend from a yoke to the hem.

And the hat—for the artist has shown a very retching one for this figure—it is a trim, compact little toque made with a brim of carded silk and a crown

who has not asked you to marry him. You might say to the young man that you have been thinking things over and rather imagine you are foolish to be giving up all your friends. Remarks similar to this ought to bring him to his senses and make him propose. I would not be cross because he goes to the city on business and does not take you with him. It would be necessary for an older person to be with you, and even if he could get some one to go he is probably very busy while he is there.

Girls, Mend Your Stockings!

specially probably very busy while he is there of the many the compared with the second one of a person of the sterner person of the

the girls are wearing their skirfs tighter reveals more cubic space of slik-olad limb, when they attempt to board the street cars now. Haven't you noticed? And—sad tale to unfold—a large percentage of those dainty pedal extremities are not wholly covered by the slik, but little spaces and "ladders" appear at frequent intervals, thereby giving the public more than was intended in the way of display. Girls, get out your needle and thread and saw up those give-away stockings before putting them on in the morning. Frease don't ostracize me for this, because I grean it as a friendly tip from one who is fairly observant.

Though unfortunate enough to be a male being. I am an interested reader of your columns and have lots of fun discussing the problems with my wife. I am twenty-six years old.

AN OLD ROUNDER.

The New and Better

CLEANSER

Cleans eyerything in the bathroom and kitchen. Will not scratch the finest tile or porcelain. Cuts all dire and grease and will not harm the hands. At plumbers, grocers and hardware stores, or

### SELFISHNESS IN CHILDREN OFTEN LEADS THEM TO CRIME

Anna Katharine Green, Famous Detective Story Writer, Traces Al Crime to Thought of Self and Advises Parents to Remember This

MANY of us are inclined to rear selfs children; that is, in spite of ourselves we build a world around a child that seems constructed especially for him. In an article in one of the magazines this month Anna Katharine Green, noted writer of detective stories, sounds a warning cry against the practice of letting the world live for the child. The article appears in the American Magazine.

"All of the crimes committed to gain money—theft, embezzlement and forgery—all of these are rooted in selfishness, in greed for one's self," writes this famous woman.

"So are the crimes people commit to be freed from some obligation or duty they are too selfish to meet \* \* \* It is self, self all the way through. If mothers and fathers would analyze crime as I have it would be a terrible warning to them not to bring up their children to think that the'. desires and their feelings are the supreme consideration.

"Root out self and you would virtually eliminate crime."

I DO not know any lesson a parent might take more to heart than this one. The writer has had unlimited opportunity to get under the skin of humanity, but she puts definitely what we all instinctively ought to know. The root of crime is selfishness.

In looking around us and making a survey of men and women we can divide them into two groups—those who live a good bit for others and those who bend all their energies on the first of the content of the first of the fir

#### THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

Suggest a novel and unusually pretty way to distribute gifts at the shower for the engaged girl.

2. Who decides what the bridesmuids' gowns will be, and who pays for these?

3. When the neck is long, what is the most becoming way to dress it?

4. How is liquid green seap, often recommended for the complexion, made?

5. What will remove a medicine stain from a table cover, etc? 6. How can a doll's bed be made from empty spools?

Skirt Length for Sixteen To the Editor of Woman's Page:

Dear Madam—Would you kindly let me know through the Eversno Pushic Lengers how old a girl should be to wear nose pinchers? Also how long a girl of sixten should wear her skirts?

When a girl is seventeen or eighteen it is quite all right to wear "nose pinch-era." The average sixteen-year-old girl wears her skirts a very little above her

porary quarters of the Catholic n's Bureau are at 1810 Vine

To the Editor of Woman's Page:
Dear Madam-First I wish to express my
gratitude toward your paper, especially the
Woman's Page, although I am a young nan.
I have stopped high school, where I passed

#### When There Isn't **Enough Chicken** to Go Around

The other day the most awful thing happened. I forgot that Jim s Aunt Elizabeth was coming to din-ner! There was a little checken left over—just about enough to cream for Jim and me. And then suddenly I remembered. For a minute I was scared to death, because Aunt Elizabeth's been everywhere and she's used to the best of everything. But five minutes later I was as happy as a lark, concocting the most ex-tensive cish of chicken a la king you ever saw. I cut some mushrooms nd red peppers and silces of hardboiled egg into the chicken, and in-stead of sherry (Aunt Elizabeth doesn't approve of liquor). I put in a big teaspoonful of Al Sauce Well, I wish you could have heard her ask what gave it that Parisian flavor! I never told Jim until afterward what nearly happened, but I cectainly theseed my lucky YESTERDAY'S ANSWERS

A tam for sports wear can be made fees old pieces just as a rag rug is made. old pieces just as a rag rug is made.
When there are small bits of broke glass on the floor pick them up wit a woolen cloth dampened. Just a cover the danger area carefully an lightly and the small pieces will clin to the fabric.
To restore a face vell that has become limp, rinse in a quart of water is which a tenaponeful of gumarable he been dissolved. Pour in the zumarable will the water is boiling. Blanc the vell in it; when cool, shake light and press between heavy towels.

Save rubber bands to fasten tissue page.

Disced in the teebox.

To clean a carpet sweeper properly empt
the pans into a damp newspaper arremove threads, etc., from the braswith a buttonbook. Take the brusout occasionally to clean it. Oil wir
a drop of oil.

Coal gas can be prevented from gole
up through the house when could be up
on the fire, by keeping the flues oper
Be sure they are not stopped up.

two years on the commercial course. Whe "end" ated from grammar school my paients persuaded me to take the commercial course, which I wasn't interested in couldn't set my mind on the commercial subjects. My idea for my life work is the in a profession, as dentist. What wish to ask you is if there are any denticolleges in Philadelphia where I could wormy way through? What are the requirements?

ATLANTIC CITY READER.

ments? ATLANTIC CITY READER.

It is possible to work your way throug college, and this applies to dental college, by taking a position for nights an Saturdays, but this is wholly spart froyour life in school and the strain would be pretty heavy. But here is the resobstacle. In order to take the cours at the University of Pennsylvania Denti School it is necessary to have finishe a four years' high school course, which includes chemistry, biology and physic The other dental school in Philrdelphi Temple College, Eighteenth and Button wood streets, requires a four-year hig school education, too, or sixty point gained through the State preliminary examinations. To take those, of cours you can study at home. You can gefurther information at either of the colleges. I wish I had better news for you

Trains Again

Trains have returned to fashion an dancing is being taken up again by swirl of young and middle-aged womer. The world has always danced whe peace prevailed. So dance gowns wer ordered by the dozen as soon as the night of darkness turned into the da of sunshine.



Combines the qualities of a delicious drink with the nutritive value of the most perfect food. It helps solve the food problem and high cost of living.

Wilbur's Conservation



Send for it today H. O. WILBUR & SONS, Inc.



For Hair and Skin Health Cuticura is Supreme

If you use Cuticura Soap for every-day toilet purposes, with touches of Cuticura Ointment now and then as needed to soothe and heal the first signs of redness, roughness or scalp irritation, you may have as clear a complexion and as good hair as it is possible to have.

od Dried Cod

in hot fat or vegetable oil.

Spinach Baked Applies

Hollandaise Sauce Potatoes au Gratin Cauliflower

Oyster Souffle

Cheese Sandwiches Young Onions d Potatoes Creamed Celery

Apple Dumplings

Brown Onion Soup

Coffee Egg Cutlets ake a cream sauce, using five teaspoonfuls of flour to one

for five minutes and then cool ce in a bowl and add three Two tablespoonful of finely grated

of milk. Dissolve the flour

be milk and then bring to a boil.

One and one-half teaspoonfuls of One teaspoonful of paprika, One cupful of fine breadcrumbs. Mix and then pour on well-greased atter. Cook for four hours. To m'into shape and then dip

Look carefully over twenty-five For successful results use only oysters and then drain well and accurate and level measurements. Mrs. Wilson Answers Questions

My dear Mrs. Wilson-When Beat to mix and then add sufficifrying sausages should they first be pierced with a fork? Isn't ent flour to make a drop batter, there some way of mixing these at home and instead of putting them in a casing making cakes of the cupfuls. Add two level teaspoonfuls sausage meat and frying them? Thank you very much for these to blend and drop from a spoon into hot vegetable fat. Drain on soft paper and serve on hot platter covered with a napkin.

two answers. Sausage Sausage may be purchased meat form or in links; to use the sausage meat form either into shape of a sausage or into flat cakes and then dip in flour and saute in a frying pan. To cook the link sausage pierce them several times with a fork and then parboil for five minutes, then saute in a frying

My dear Mrs. Wilson-Will you kindly give me a recipe for sian dressing? E. B. M E. B. McI. Russian Dressing Pare and grate

One raw onion. One rate best, One raw carrot, and then add One teaspoonful of mustard,

One teaspoonful of paprika, One half teaspoonful of salt to one cupful of mayonnaise dressing. My-dear Mrs. Wilson-Will you kindly give a recipe through the EVENING PUBLIC LEDGER for tomato sauce for meats and fish? Also for a salad where left-over meat can be used and a recipe for

Thanking you Mrs. A. L. S. corn fritters? kindly. Mrs. A. L. S.: Tomato Sauce

One and one-half cupfuls of cold

Cook slowly for twenty minutes and then add

Bring to a boil and then cook for

Corn Fritte

Draw and singe and cut the chicken. Wash and place in a deep saucepan and cover with boiling water. Bring to a boll and add One onion, One small carrot,

Fricassee Chicken

Two branches of celery. Cook slowly until tender and then thicken the gravy. Dump mad be added if desired.

Takes Ruth's Part

Fashion goes more or less in a circle. Here we find the return of the popular covert shade suit. The silhouette, too, is strikingly like that seen six years ago

A Daily Fashion Talk by Florence Rose

A Daily Fashion Talk by Florence Rose

Tashion has a funny way of retracting her steps sometimes, and we find that we would be much more nearly in the mode if we wore our clothes of some of last season. And so it is that seen five or six years ago than the clothes of last season. And so it is that seen the word of the suits and frocks that are extremely smart at the present moment suggest in a measure the things that we wore a half dozen springs ago. There is the marrow skirt that is fairly long and the fare below the waistline. To be sure the flare usually was formed as a circle. Here we find the return of the popular covert shade suit. The silhouette, too, is strikingly like that are extracted the popular covert shade suit. The silhouette, too, is strikingly like that are like the popular covert shade suit. The silhouette, too, is strikingly like that are extracted the popular covert shade suit. The silhouette, too, is strikingly like that are extracted the popular covert shade suit. The silhouette, too, is strikingly like that are extracted to go about exposeing to the four winds and the admiring (?) gaze of the deadlier species their little Admirs apples? Perlsh the thought! Admirs apples? Perlsh the th

WALLS, OWEN & STAMBACH