

A WAY TO HAVE BETTER MEALS—WATCH YOUR CHILD FOR SELFISHNESS A SMART SPRING HAT

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

By MRS. M. A. WILSON. It is generally known that all foods are both nutritive and stimulative, it is not remembered that on a proper balance between nutrition and stimulation depends entirely the perfect balance of the existence and enjoyment of health. It is the inherited right of every human being to feel an abounding, plastic vigor and a sense of physical fitness and power, to be able to command the body at will with an eagerness that the torpid, phlegmatic meat-eater considers rashness or erratic impulsiveness. The toll of life is just what you put in the mill. Nature is a wonderful chemist, and she has at her finger tips the secret of life. Man, as a chemist, is a poor competitor of Mother Nature. Many of us select food that is overrich in nitrogen and flesh-forming materials and consume it in larger quantities than is necessary. Physicians tell us that there is absolutely no want of nutrition in a diet of fresh vegetables, fruits, greens and dairy products. Many physicians of the Old World tell us that there is scarcely a disease that the human flesh is heir to but that it may be relieved and many times cured by a restricted diet of fruits, fresh vegetables, grains and dairy products. Meat contains, beside the protein, an acid-forming material that frequently causes physical disturbances. The use of fresh fruits, supplemented by a liberal use of milk, eggs, fish, cheese and fresh vegetables, greatly helps cases of this kind. Learn to eat daily fresh, natural greens, such as lettuce, young green onions, radishes, cress, endive, escarole and corn salads. These are leafy greens and they contain valuable substances that equalize our daily food balance. This is particularly true during the winter, owing to a restricted diet of fresh fruit and vegetables. Milk, cheese and eggs are flesh-forming foods and may be used in the menu to replace meat.

Ask Mrs. Wilson. If you have any cooking problems bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, Evening Public Ledger, Philadelphia.

chop fine. Measure the liquid and add sufficient milk to make three cups. Place in a saucepan and add three-quarters cup of flour. Dissolve 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 onion, One-half cupful of finely chopped parsley, One tablespoonful of Worcester-shire sauce, Two teaspoonfuls of salt, One teaspoonful of paprika, Three hard-boiled eggs, chopped fine. Three and one-half cupfuls of fine breadcrumbs. Mix thoroughly and pack into well-greased and floured loaf-shaped pans. Bake in a moderate oven for fifty minutes. Turn on a hot platter. Serve with cream sauce. This may be baked in well-greased and floured custard cups and then turned upon a slice of toast and covered with sauce.

- Suggestions for Dinners. Menu No. 1 Oyster Cocktail Celery Egg Cutlets Baked Potatoes Spinach Lettuce Baked Apples Coffee Baked Potatoes Spinach Lettuce Baked Apples Coffee Baked Potatoes Spinach Lettuce Baked Apples Coffee Baked Potatoes Spinach Lettuce Baked Apples Coffee

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—When frying sausages should they first be pierced with a fork? Isn't there some way of mixing these at home and instead of putting them in a casing making cakes of the sausage meat and frying them? Thank you very much for these two answers. L. T. Sausage may be purchased in 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 pan.

My dear Mrs. Wilson—Will you kindly give me a recipe for Russian dressing? E. B. McI. Pare and grate One raw onion, One raw 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.

FOR EARLY SPRING STREET WEAR



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

What Fashion Says. Evening scarfs are gathered at the ends and finished with beaded tassels. Deep bands of soft wool fringes are used in place of fur on many frocks. Chinchilla squirrel is a most delightful fur for trimming frocks or blouses. Outrigger feathers are among the adaptable things which can be worn at any age. Make Them at Home. Petticoat ruffles of tulle, attractive in plain and two-toned silks, are sold at attractive prices. These ruffles are all ready to slip into place on the bottom of a foundation petticoat. This is an easy task for the home dressmaker, as the only difficult thing about a petticoat is the tucking and pinning, pinking and shirring of the ruffle. If you have perhaps an old petticoat from which the worn ruffle has been ripped you can put one of these new ruffles in place in short order.

Please Tell Me What to Do

To the "Poor Boob". I would not spend too much of my hard-earned cash on the young lady in question. The incident you quote might have happened once or twice without making you begin to doubt the wisdom of your policy, for a girl would rarely repeat a mistake of that sort. You should not be so easily misled by her. You should not be so easily misled by her. You should not be so easily misled by her.

THE COVERT SHADES ARE IN HIGH VOGUE



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. FASHION has a funny way of retracing her steps sometimes, and we find that we would be much more nearly in the mode if we wore our clothes of some five or six years ago than the clothes of last season. And so it is that some 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 narrow skirt, that is fairly long and the flare below the waistline. To be sure the flare usually was formed by a part of the collar or the little jacket that was a short secure 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 they were in such high favor some years ago. The three-piece suit here shown has a skirt and jacket of tan tulle, with a silhouette that would have been quite in the picture six years ago. The bodice is of the same shade—chiffon with tulle used to form a bib front and suspender. A very happy idea is carried out in the collar, the little jacket for the long extensions, that are made so that they can be draped about the neck for additional warmth and then left open to form a smart decorative note to the coat. The pockets, too, combine 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—the artist has shown a very fetching one for this figure—a very fetching one for this figure—a very fetching one for this figure.

Girls, Mend Your Stockings!

Dear Cynthia—I was rather hazardous for a person of the sterner persuasion to venture to give the opinion of the parcel of femininity who interpreted "attaching to herself the cognomen of 'prude'." But the members of the gentler sex and whose dissipation on the insidious practices of the inconsequential man in the way of personal adornment was contained in an article entitled, "Barbers Can Beautify Him, But Housewife Can Make Her Girl a Beauty." The first paragraph of the article describes the terrible things that men do to girls in order to help nature along by girls generally. Now, this article is almost obsolete and, so far as numbers go, a comparatively negligible type of the male species who still exists, but for whom some slight consolation is evoked by the fact that he represents the lowest stratum of the society, for it is quite evident that no gentleman would deign to indulge in the atrocious, crude and lowly manner referred to, i. e., "setting in the barber shop two hours' having shampoo, facial massage, hair tonic for months, etc., etc., ad infinitum." Now, most people will agree that it is a clean-shaven animal and not prone to waxing his mustache (usually he hasn't any to wax) in the manner of the cheap, little foreign waiter who he gratifies in their menial way; and the same man, however, who would deign to practice of using artificial color on the girl's cheeks "to help nature along," is a most respectable person, in the opinion of a sensible man, who is not prone to the complete, though it is a real "complexion" vanished so long ago that the only man has no detrimental effect on them as is, therefore, deemed "harmless." Personally, I fail to see any connection between having a shampoo or facial massage and using artificial color—because, don't you know, my dear lady, shampoo and dress and don't they have messages, too? In fact, the ladies indulge in so many things to create their beauty which was denied them by Dame Nature, that one simply could not begin to list them. As for buying ties—well, are men now expected to go about exposing to the four winds and the icy blasts of the game of the deadlier species their little Adam's apples? Perch the thought! I believe it is deplorable—the fact that the girls are wearing their skirts tighter reveals more cubic space of silk-and-linen, when they attempt to do so in the street. Haven't you noticed? And—sad tale to unfold—a large percentage of those dainty pedal extremities are not wholly covered by the silk, 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 their needs and thread and sew up those give-away stockings before putting them on in the morning. Please don't mistake me for a pedagogue; I am only a girl 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.

Mrs. Morrison's Chocolate Pudding

Mrs. Morrison's Chocolate Pudding. Cleans everything in the bathroom and kitchen. Will not scratch the finest tile or porcelain. Cuts all dirt and grease and will not harm the hands. At plumbers, grocers and hardware stores, or WALLS, OWEN & STAMBACH COMPANY.

SELFISHNESS IN CHILDREN OFTEN LEADS THEM TO CRIME

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

MANY of us are inclined to rear selfish children; that is, in spite of ourselves, said Anna Katharine Green, who 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... 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 desire and their feelings are the supreme consideration. "Root out self and you will virtually eliminate crime." I DO not know any less than a parent might take more to heart than this one. The writer has had unlimited opportunity to get into the skin of humanity, but she puts definitely what we all instinctively ought to know. The root of crime is selfishness. In looking round 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 WOMAN'S EXCHANGE

- TODAY'S INQUIRIES. 1. Suggest a novel and unusually pretty for the occasion to distribute gifts at the shower. 2. Who decides what the bridesmaids' gowns will be, and who pays for them? 3. When the neck of a dress is becoming way to dress it? 4. How is liquid green soap, often recommended for the skin, made from empty spoons? 5. What will remove a medicine stain from a table cover, etc.? 6. How can a girl's bed be made from empty spoons? YESTERDAY'S ANSWERS. 1. A tam for sports wear can be made from old pieces just as a rag rug is made. 2. When there are small bits of broken glass or other sharp objects in a woolen cloth, dampen just a corner with water, and then carefully rub the small pieces will cling together and will wash away. 3. To restore a face veil that has become limp, rinse in a quart of water in a table cover, etc. 4. Save an old newspaper and use the paper over the small dishes of lettuce, instead in the lettuce. 5. To remove a stain from a carpet, pour the stain into a damp newspaper and brush it with a brush. Take the carpet occasionally to clean it. Oil will do a great deal of good. 6. Coal gas can be prevented from going through the house when it gets on the fire, by keeping the flues open. Be sure they are not stopped up.

WILBUR'S COCOA

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 Recipes show how to eat deliciously and economically. You r copy it's free. Send for it today. H. O. WILBUR & SONS, Inc. Philadelphia.

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 dinner! There was a little chicken 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 extensive dish of chicken in a long you ever saw. I cut some mushrooms and red peppers and slices of hard-boiled egg into the chicken, and instead 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'm so lucky that I'm so lucky.

GRALDA CLEANSER

Gralda Cleanser. Cleans everything in the bathroom and kitchen. Will not scratch the finest tile or porcelain. Cuts all dirt and grease and will not harm the hands. At plumbers, grocers and hardware stores, or WALLS, OWEN & STAMBACH COMPANY.