

WHEN YOU GO TO THE BUTCHER'S: WHY WOMEN GROW OLD FIRST: THE NEW VIELS: CYNTHIA

MRS. WILSON TELLS HOW TO BUY AND COOK LAMB AND MUTTON

How to Tell One From the Other When Buying a Roast—Testing Quality by Fat

Two Excellent Savory Dressings for Lamb or Mutton Chops—How to Manage the Roast

By MRS. M. A. WILSON

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The flavor in the meat depends entirely upon the nitrogenous substances called extractives; so called because they can be extracted or drawn out by soaking the meat in cold water.

These extracts have little real nutritive value in themselves, but they are valuable in causing a free flow of the digestive juices.

Now that we understand that the meat contains extractives for flavor and that these are soluble in cold water, when cooking this meat we must keep constantly in mind the fact that we do not wish to have all the goodness in the liquid, gravy or broth, and that we do wish to confine this flavor to the meat.

Lamb is general; understood to be the meat of the sheep under twelve months old. It spoils more quickly than mutton and for this very reason it requires much care and careful handling.

Household lamb is in season from early in February and March. It is usually sold in fore and hind quarters only. To tell the genuine lamb, break the knuckle joint in the fore or hind quarter; if this knee or leg joint shows clearly four saw-like teeth, you may rest assured that the meat is lamb.

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—Each evening I read with a great deal of interest your food pages, and now I am coming to you for help, which I eagerly await your advice.

A FRUIT CAKE OF 1865



Place three-quarters cup of sugar in a mixing bowl and add three table-spoonfuls of butter or vegetable shortening; cream well and then add two eggs.

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Please Tell Me What to Do

By CYNTHIA

"One of Uncle Sam's Girls" Watch for your answer in the Woman's Exchange.

Girls Don't Want Sentiment Dear Cynthia—Just a few lines to "D. M." whose letter was published Friday.

"D. M." evidently you have associated only with the young "vampires," but I assure you that there are plenty of girls who are just as anxious for real friendship with you boys as you are with us.

They Won't Tell Her Things Dear Cynthia—I have read your column for some time and it has proved very interesting reading.

The Engaged Girl's Rights Dear Cynthia—When engaged does the fiancée have a right to expect his fiancé to give up carrying on with his other girlfriends?

His Sarcasm Hurts Dear Cynthia—After reading many letters that have been published in the Evening Public Ledger I have decided to write, since I am in the same distress as many other girls.

Big Sister's Troubles Dear Cynthia—I haven't seen any problems like mine. My sister had a boy friend for two or three years, but they have had no serious relations.

Sailor Was Married Dear Cynthia—I would like to relate some of my experience to "Very Lonely" to show that there is more than one girl who is very lonely.

Adventures With a Purse A LITTLE wisp of hair on the forehead, softly curled, is most appealing, providing it stays put.

Bronze Veils and Others

A Daily Fashion Talk by Florence Rose



The popularity of the veil is on the increase. Three of the newest ones are shown here today. They are used to speak of veils as "accessories" of dress.

To be sure we can still buy fine mesh veiling by the yard to wear over the most charming of these new veils, the center being of copper color mesh.

And So They Were Married By HAZEL DEYO BATCHELOR Copyright, 1919, by Public Ledger Co.

FLETA SEARS was the typical married woman of a few years older than Ruth's crowd.

Ruth found herself standing next to Fleta Sears in the general excitement when every one talked madly to every one else.

"Oh, by the way," said Ruth sweetly, "I want you to come and see my place some time, soon and let you forget we'll make a regular engagement."

"You're too good a player to be wasted on a child's game like this. We always play for small stakes."

"I'd love to," said Ruth eagerly. "I'll be there in half an hour."

"You and Mrs. Sears are the best players here," she said in evident admiration. "I've never seen you so frightened to death to play with you."

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WHY A WOMAN GETS OLDER SOONER THAN HER HUSBAND

Four Distinct Ways in Which They Fail to Make the Same Effort a Man Does to Hold on to Youth—A Condition Which Does Not Have to Exist

DO WOMEN outstrip their husbands in growing old? I heard a very clever young woman express herself on this point recently.

Who is it who throws himself on the lounge after supper for one long grand hour of blissful slumber? Who sneaks away on Sunday afternoon and is discovered three hours later still peacefully wooing the pillow?

While not entirely agreeing with my young friend because of having seen various gentlemen who might be suspected of some fifty-odd engaged in the pursuit of the young but not necessarily their own grandchildren, I still think there was plenty of weight in her words.

Take a couple of forty-five. The man is smoothed-faced and ruddy as a boy. His figure and his clothes are youthful.

While the woman—well, the woman has settled into middle age. Why? It is interesting to see just why.

There are four ways to keep your youth in tow: 1. To get plenty of outdoor exercise. 2. To eat regularly. 3. To laugh plentifully. 4. To get plenty of sleep.

WHAT WOMAN pays attention to all these things, and what average man doesn't? Let's take the first. Do women exercise as much as men? Only in rare cases.

Do women eat as regularly as men? Why, there never was a sorrow that could make a man miss his dinner. There never was a task so pressing that he could be induced to miss his lunch.

Do women sleep as soundly as men? Why, there never was a sorrow that could make a man miss his dinner. There never was a task so pressing that he could be induced to miss his lunch.

Do women laugh as heartily as men? Why, there never was a sorrow that could make a man miss his dinner. There never was a task so pressing that he could be induced to miss his lunch.

Do women get plenty of sleep? Why, there never was a sorrow that could make a man miss his dinner. There never was a task so pressing that he could be induced to miss his lunch.

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Advertisement for Blaylock & Blynn, Inc. featuring Tweed-O-Wool Suits. Text includes: Established 1850, 1528 Chestnut St., Exclusively Present, Tweed-O-Wool Suits, These suits are typically "Blaylock" in workmanship, quality, style and fit.

Advertisement for Bidding Hats. Text includes: PARIS NEW YORK, Bidding, 1422 Walnut St., West of Bellevue-Stratford, are introducing Smart New Features in Spring Hats, Particularly Suitable for wear with the first Spring Suit or Tailored Dress.

Advertisement for The Century Flower Shop. Text includes: If You Love FLOWERS You Will Not Only Be Interested in the VARIETY But the PRICES of Flowers, The Century Flower Shop, 12th Street below Chestnut Street.

Advertisement for Mrs. Morrison's Chocolate Pudding. Text includes: OUR STORE ORDERS ARE AS GOOD AS CASH, Mrs. Morrison's Chocolate Pudding, Package Makes a Quart.

Advertisement for Mitchell's Market Inc. Text includes: Buy Your Meats Wholesale, Butcher Roast 20c, Rump Roast 20c, Hamburg Steak 20c, Sirloin Steak 30c, Rump Steak 30c, Round Steak 30c, 10 S. DELAWARE AVE. PHILA., PA.

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