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

# MRS. WILSON TELLS HOW TO BUY Please Tell Me AND COOK LAMB AND MUTTON

How to Tell One From the Other When Buying a 5 Roast-Testing Quality by Fat

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

By MRS. M. A. WILSON Copuright, 1818, by Mrs. M. A. Wilson, All rights reserved.

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 ment in cold water. The quality and quantity of these extractives vary with the condition of the animai. The older animals usually contain a larger percentage than the younger

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. If meat then it becomes necessary to the meat is muttonsear the surface of the meat, either by direct contact with the flame or

be the meat of the sheep under twelve months old. It spoils more lacks flavor and is tough. kidneys is the best test as to quality. lack, breast, loin and leg. Spring lamb is usually in season to those of mutton.

is usually sold in fore and hind quaror hind quarter; if this knee or leg ton and i joint shows clearly four saw-like delicious. teeth, you may rest assured that the meat is lamb. If, however, this French chops: Cut two ribs thick

A FRUIT CAKE OF 1865



Place three-quarters cupful of sugar in a mixing bowl and add three table-poonfuls of butter or vegetable shortening; cream well and then add two eggs. Beat thoroughly to mix and then add one-half cupful of cold coffee, two cupfuls of sifted flour, three level teaspoonfuls of baking powder, one level teaspoonful of nutmeg, two level teaspoonful of cinnamon, one-half teaspoonful of cloves, one-quarter teaspoonful of allspice, one cupful of seeded raisins, one cupful of shelled black valuuts and one-half cupful of finely shredded orange peel. Beat thoroughly to mix and then pour into prepared pans and bake in a slow oven for an hour

### Ask Mrs. Wilson

If you have any cookery probems, 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.

by plunging the meat in boiling the full-grown sheep and is usually Mutton is the dressed carcass of Lamb is generall; understood to prime in animals from three to five

very reason it requires much care and are the same, namely: The meat is cooked chops. Serve on a hot platter careful handling. The color of the divided into forc and hind quarters without gravy, with spiced grape or fat on the back and around the and then cut into the neck, shoulder, currant jelly.

from March, and is at its best from filled and rolled. For choice rack. roasting and may be boned and then cut to the tenth rib for the chops. Hothouse lamb is in season from Three ribs and the neck for stewing, early in February and March. It meat pies, goulashes, etc. The loin

The French and English have ters only. To tell the genuine lamb, break the knuckle joint in the fore ton and lamb that make these cuts

# 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 want and need very badly. and I eagerly await your advice. want to serve a creamed chicken on toast, or can you suggest something better? If I do serve

the creamed chicken, will you please tell me just exactly how to prepare it, how I can make the white sauce that is used for it? Also please tell me if I should serve with this mashed or boiled tatoes, what other kind of vege-

table, and a salad that would go well with this dinner? Could I serve olives or pickles, and please tell me how to prepare this? You so often speak of a You so often speak of a cream sauce in your articles, will you kindly tell me how to prepare this? J. S. D. J. S. D .-

Olives Celery Home-made pickles Fried chicken a la Maryland Corn custards Mashed potatoes Cheese dressing Lettuce Coffee

One and one-half teaspoonfule of One teaspoonful of paprika,

One teaspoonful of grated onion, One tablespoonful of finely minced

Best the mixture until thoroughly oded and then pour into welld bake until firm.

My dear Mrs. Wilson-I would preciate it very much indeed if you will kindly publish in the aper how to fry oysters, and also you to make a good sponge cake. Also a recipe for rice pudding. Thanking you in advance. Mrs. I. A. I.

Mrs. I. A. I .- See the Evening LEDGER of Saturday, Febru-15, for oyster recipes.

Good Sponge Cake of two eggs, Cream until light lemon color and

Four tablespoonfuls of water, One cupful of flour.

frothy. Now add

Beat to mix and then cut and fold two eggs. Bake in a slow oven for forty-five minutes.

### Rice Pudding

Three-quarters cupful of sugar. Use flavoring desired. Bake in a slow oven for one hour, stirring about every ten minutes.

My dear Mrs. Wilson-Will you kindly send me a recipe for crullers, raised doughnuts and mince meat that will keep? I do not have very good luck with it, as the last I made soured. If it isn't any trouble, will you please let me know as soon as possible? Thanking you in advance.
Mrs. J. H. J.

Mrs. J. H. J .-

ed cups. Set in a pan of water When thoroughly mixed add suffi-



from the rack. English chops: Cut

To Cook

fat and then baste-with the juice of

one lemon. Place in a broiler and

English Dressing for Lamb or

Mutton Chops

Two tablespoonfuls of solad oil,

One-half teaspoonful of paprika,

French Aux Fine Herbes

One teaspoonful of mustard,

One-half teaspoonful of salt.

Juice of one-half lemon.

One medium-sized onion

Three branches of parsley.

One green or red pepper,

Juice of one lemon,

One leaspoonful of salt,

Four branches of targon.

not to brown; when tender add the

One tablespoonful of Worcester-

cluding the kidney.

frequently.

we wish to hold this flavor in the leg joint is fully developed, then

The cuts of mutton and of lamb spread lightly on both sides of the

The shoulder and leg are used for

### To Roast Mutton or Lamb

One teaspoonful of paprika,

Trim to remove the excess fat and then dust with flour. Place on the rack in the baking pan. Place in a hot oven to brown for thirty Two level teaspoonfuls of baking with boiling water. Cook the meat in the stiffly beaten whites of the which the meat starts to cook. Drain

Wash five tablespoonfuls of rice blended with equal amounts of ham, how. in warm water. Place in a baking bacon, pork or beef fat. Save every

rebellious and cannot be taught its proper place. And so a very wise per-to show that there is son, sympathizing with this habit of fickle man in the world.

# What to Do

By CYNTHIA

"One of Uncle Sam's Girls" Watch for your answer in the Wom-

f," whose letter was published Friday ship with you boys as you are with us. Personally, we are both tired of meetwhen you just can't help being a wee. same as being in love with love. As for meeting you halfway for having a good time, we are already there and waiting. We mean a really good time, and not just the silly kind that wears off before long. Good luck to you in finding the kind of girl you want.

If, and F.

### They Won't Tell Her Things

Dear Cynthia—I have read your inn for some time and it has pro-ery interesting reading.

two inches thick from the loin, in-Trim the chops free from excess

Dear Cynthia-When engaged does the cook for ten minutes, turning them to give up corresponding with her former male companions?

A man and girl who are engaged ought to come to an agreement about a matter like this. It is impossible to lay down any general rule for it. A girl may have been lifelong friends with a hoy and yet there may never have been anything but friendship between the two, it is not fair for a fiance to ask, his fiancee to give up a correspondence such as this. However, he has the right to ask her to stop writing letters to men who were formerly interested in her in a sentimental way and who he has reason to believe are still interested in that way. A girl can, of course, make the same demands of her fiance. Blend well together and then

### His Sarcasm Hurts

Place four tablespoonfuls of salad oil in a saucepan and add the herbs.

His Sarcasm Hurts

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

My sweetheart, whom I have been going with for nearly a year, still seems to care for me, but makes very sarcastic remarks at times. I care a great deal for him, and every one knows it. It would place me in a very awkward position if he should turn me down. Please tell me how I can make him treat me as he formerly did without making myself appear ridiculous. PAULINE.

You didn't make yourself very clear, dear. What are the sarcastic remarks about? Some men have the habit of being sarcastic as they get to know you better and mean nothing by their little remarks. Are you engaged to the young man? You do not say whether or not he is growing indifferent, but if he is and you are not engaged to him then I should eay it is because you have allowed him to see how fond you are of him without his ever having asked you to marry him. Try perking up a bit and going about with other boys. This ought to cure the sarcasm and the indifference. Cook slowly until tender, taking care One-half teaspoonful of mustard. Blend well and then spread on the

### Big Sister's Troubles

Dear Cynthia — I haven't seen any one side and left a generous portion of problems like mine. My sister had a crinkly gray hair visible on the other, boy friend for two or three years, but Ruth thought her stunning and unusual they have had a scrap. Now this young fellow is a college graduate and is stuck.

"Wo're partners, I see," she said smit-

### Bronze Veils and Others A Daily Fashion Talk by Florence Rose

Girls Don't Want Sentiment Dear Cynthia-Just a few lines to "D "D. M.," evidently you have associated only with the young "vampires," but I assure you that there are plenty of girls the are just as anxious for real friending boys who think of us only in a sentimental way. Of course, there are times tiny bit sentimental, but that is not the

I have been a good friend with two girls for two years and there was never a secret between us, but for some time I found out that they are not as they used to be, not telling me anything, while I am the same as ever. How would you advise me to be hem? A STEADY READER.

If these girls are keeping things from you that concern you and you have a right to know, I would not keep up the friendship. But if they simply are not teiling you their own secrets they have a right to keep them if they want to. Its a pity for girls to feel that they must always tell each other everything they hear. They are apt to break a confidence later that they should keep.

### The Engaged Girl's Rights

Dear Cynthia—I would like to relate some of my experience to "Very Lonely" partner we trimmed them."

It restored Ruth's confidence.

The popularity of the veil is on the increase. Three of the newest one shown here today. They are described in today's fashion talk WE used to speak of veils as "acces- woman who knows the value of veils sories" of dress. They were like in enhancing her own good looks knows that a veil that shows a heavy pattern on a very fine mesh in this way is the concessary to give it finish but not one added to one's costume, as it

determining the character of the cos-tume in itself. But now the veil has Another thing anent veils that the woman with clothes sense knows is that a veil should always be chosen with especial reference to the hat with which it is to be worn, as well as regard to the face of the one who is to wear it. become dominant, and it is in most cases no more an accessory than the hat or the cape or dolman with which it is Yorn.

To be sure we can still buy fine mesh the face of the one who is to wear it.

Every one knows that there are some dark-rkinned persons who look their worst in a brown or taupe veil who nevertheless are charming in a veil that shows purple. Black is especially trying on some extremely blonde persons, while blondes of a more ruddy hue are most bewitching when wearing a mesh reason even when they are invited. veiling by the yard to wear over the small street hat just as an aid to trim-ness and to keep the hair in place, but there is a tendency on the part of smart-ly dressed women to buy veils that are more etaborate than this. These veils hang loose from the face, the ends fall-ing about the shoulders. Ing about the shoulders.

Our artist has shown three of the most charming of these new veils, the center being of copper color mesh with last.

a scroll done in brown. The one on the left has the advantage that the design does not come over the eyes, but is none the less striking, being worked out in a beavy braided border design. The one on the right shows a combination or embroidery and braiding in a deen ornal difference of this powers per left in powers per left in the per l lery and braiding in a deep ornadesign on a fine meak real and may be mental design on a fine mesh veil. The (Copyright, 1912, by Florence Rose)

# And So They Were Married .

By HAZEL DEYO BATCHELOR

ried woman of a few years older than Ruth's crowd. She was very much too o'd for a child like Natalle Jergens, but she was really a friend of Mrs. Jergens, who liked to be seen and associated with young women. Fleta Sears in the general excitement when every one talked madly to every one clated madly to every one else. Fleta smiled at her and whispered:

"Just children, aren't they?" her husband after a fashion and let him shower her with gifts. They had no children and plenty of money. Fleta affected a queer manner of dress that always set her apart from the rest of the women in any kind of a crowd. This afternoon she were the skirt of a winter suit and with it a brocaded vel-vet blouse of a deep orange that went up to her ears and was tipped with fur-Deep fur cuffs swathed her hands to the middle of the fingers, and her hat, which was of perfectly plain chiffon velvet, dipped down over her eye on

gloves or handkerchiefs-something that

were, necessary to give it finish but not

minutes. Baste every ten minutes with boiling water. Cook the meat for eighteen minutes to the pound, not counting the first half hour in which the meat starts to cook. Drain off the fat before making the gravy.

Mutton and lamb fat may be used for frying purposes. It can be blended with equal amounts of ham, bacon, pork or beef fat. Save every

Many sister, but she does not with sound and assuments and a scrap. Now this young and was instantly curious about her.

"We're partners, I see," she said smithing at Ruth and shapping her brown money. To admit such a thing would have placed her instantly in a class with half and the others. A strange and Ruth instantly responded. She felt somehow more at home with this somehow more at home with this standard younger crowd that Natalle represented, with the intolerance of anything that did not conform with their very young idea of what was ultra smart.

Mow one thing I would like to do is the plant of the fat before making the gravy.

Matton and lamb fat may be used for frying purposes. It can be blended with equal amounts of ham, bacon, pork or beef fat. Save every

bring them together, but do not know blended with equal amounts of ham, how.

I love my sister, but she does not was ultra smart.

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I love my sister, but she does not was ultra smart.

I love my sister, but she does not was ultra smart.

I love my sister, but she does not was ultra smart.

Ruth played a good game of bridge, an unusually good game for a girl of her step will do any good. TROUBLED.

You are a very nice little girl to want to straighten matters out, but I am affect it is best to let sister do that. See, dear, you may not understand all the sides of the story. If it is the young man who is stubborn, it would not help any to ask sister to give in and yet that seems to be the only solution. Don't worry, little girl. Big solution. Don't worry, little girl. Big solution. Don't worry, little girl by any to ask sister to give a game that was wasted on most to their tricks land colored to their tricks land colored to their love spats and anyway, on the would not help any to ask sister to give girls often seem to get endowment out of their love spats and anyway, on they head, softly curled, is most appealing the stays put. But, alas:

Sailor Was Married

Sailor Was Married

Price a good game of bridge, was ultra smart.

Ruth played a good game for a girl of her type, a game that was wasted on most to the other girls there who played be cluster.

Ruth played a good game for a girl of her type, a game that was wasted on most of the other girls there who played be cluster.

Ruth played a good game for a girl of her type, a game that was wasted on most of the other girls there who played be cluster.

Ruth played a good game for a girl of her type, a game that was wasted on most of the board an though it was fashlonable and talked all the sides of the story. If it is the young fingers across the board an though it were almost too much of an effort to do even that. They deferred prettily to their partners and

at Ruth again with the remark, felt somehow raised above the world of

Apple pie Coffee

Pried Chicken a la Maryland

Broilers or roasting chickens may be used for this dish. Prepare the chicken and cut as for fricasseeing and then parboil until tender. Now season and then dip in flour and then in beaten egg, and roll in fine crumbs. Fry until golden brown in that fat. Use broth and equal parts of milk for the gravy.

Corn Custards

Baserole or custards

Baserole or custards

Baserole or custard cups for eight the cut and cook in the fat.

Daughnuts

Coullers

Four cupful of sigted flour,
One cupful of sided about marriage.
One cupful of sigted flour,
One cupful of sided about marriage.
One cupful of sigted flour,
One cupful of signed flour signed floure flour signed flour signed flour signed flour signed flour signe And the strike.

Are the least artificia, make it while the strike in th

FLETA SEARS was the typical mar- been Ruth's own fault that she hadn't

"Just children, aren't they?"
Ruth smiled back.
They were standing in the window embrasure and were temporarily out of the crowd.
"Oh, by the way," said Fleta sweetly,

"I want you to come and see my place some time soon and lest you forget we'll make a regular engagement. I'm having a little bridge a week from next Saturday. Will you come?"
"I'd love to," said Buth eagerly.
Fleta smiled still more engagingly

"You're too good a player to be wasted on a child's game like this. We always play for small stakes." Not for the world would Buth have admitted that the information surprised her or that she had never played for

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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 @ Man Does to Hold on to Youth-A Condition Which Does Not Have to Exist

Do WOMEN outstrip their husbands snatch a cup of tea and little piece of take simply because it is not worth while getting meals for one person? clever young woman express herself on this point recently. "Up until fifty a man certainly holds on to the bloom of youth a great deal longer than a woman, but when a couple reaches the half-century mark the man goes by leaps and bounds toward wheeling his grandchildren around the block and then coming home to ask where his slippers are, while a woman just stays nut!"

while getting meals for one person?

And as for sleep! Does a woman were grand hour of blissful slumber? Who is it sneaks away on Sunday afternoon and is discovered three hours later still peacefully wooing the pillow? Who drops off into a nap five minutes after the train pulls out of the station? Who is it comes down to breakfast one hour after some one less has risen to get it ready? Mother? clever young woman express herself

stays put!"

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. It is perfectly true that the average woman does lose the bloom of youth before her husband. Let me hasten to say it is her own fault. Nature has nothing to do with it. 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 While the woman-well, the woman

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 Do women eat as regularly as men?

else has risen to get it ready? Mother? No, father! Do women laugh as much as men?
That is, do they look on trouble as
lightly. Unfortunately, no. It is
women who pick up the little details
of life and fret and worry about them.
It is men who manage to avoid them,
or laugh them off. And taking all of
the other evils and lacks together, there's nothing that sends youth away quicker than ceaseless worry.

TO SUM up: There is not a thing mentioned here which could not be equalized. It has been proved again and again that it is perfectly possible for a woman to stay as young, and, in fact, to keep younger than her husband! And it's worth trying, if only

### Things to Know

The Women's Legion of England has decided to continue the training of women for the land, both with a view to home service and also for the purpose of equipping women for emigration. The legion also purposes to undertake a reformation in the conditions of household service, as regards the hours of work, recreation, and so on.

The Massachusetts League of Women, Workers, the membership of which embraces many recreation clubs in Maine, Vermont and New Hampshire, as well as in the Bay State, has inaugurated a campaign for a fund of \$10,000, to be used in organizing new girls' clubs throughout northern New England.

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 funch. One o'clock finds him at the two movable hoops, one of which was old stand in spite of woe and weather. Because hermust est alone is he going to eat sparingly? No sir-ree! And yet to eat sparingly? No sir-ree! And yet how many women alone in their heing held together by an ingenious arhomes at noon ever do more than rangement of clasped hands.





