EVENING PUBLIC LEDGER-PHILADELPHIA, FRIDAY, MARCH 21, 1919

SUNDAY BREAKFAST AND DINNER : CONVERSATIONALISTS : THE NEW CHIFFON : CYNTHIA MARKETING FOR ALL DAY SUNDAY; TO SELL AT A FAIR MRS. WILSON SUGGESTS MENUS *

Rems for Breakfast and Dinner for Small Family Can **Be Purchased for Less Than Three Dollars**—Recipes for Attractive Little Side Dishes and Dessert Given

By MRS. M. A. WILSON weekly. Copyright, 1918, by Mrs. M. A. Wilson, All rights reserved.

THE housewife should carefully consider and plan the method of purchasing food suited to the needs f the family. This is extremely important. Plan that the children may have plenty of milk; this is a good and muscle building food. Keep the fact in mind that the menu that will supply the laborious worker and the officeman may easily be prepared from the same food.

your hat and coat and visit the shops shoulder. for yourself. This will also give you

first-hand knowledge of conditions. A visit to the markets this week will tell the housewife that citrous fruits are just a little lower in price the dinner, cut the grapefruit in half and therefore more abundant. Ship- and remove the pulp and juice. ments of apples are decreasing, Place in a fruit jar, adding four lightly brown. therefore this fruit will be higher in tablespoonfuls of pulverized sugar. price. California lettuce and spin- and then set in a cool place until sch are coming in plentifully, while needed. Serve in sherbet glasses.

are now in the stalls.

Egg prices seem to have broken, cake turner to prevent breaking; and with the time limit on storage place on warm platter and garnish and the hens' return to activities we with parsley, and spread with one may reasonably expect this food tablespoonful of butter. commodity to become very reason-

ably priced very shortly. day-a late breakfast about 9:30 day-a late breakfast about 9:30 paperlike slices the entire length and o'clock and a dinner about 4:30 p.m. width of the potato. Lay in rows This will permit the housewife to on a pie plate and brush with short-

A Sample Sunday Menu BREAKFAST Grapefruit Cup Broiled Salt Mackerel Grilled Potatoes

Watercress DINNER

La Brete Canape Radishes Scallions Roast Shoulder of Lamb Mint Sauce Potatoes Pineapple Spinach Lettuce Byrone Dressing Cocoanut Tarts Coffee

Marketing for This Menu

and coffee, should be purchased Two grapefruit.

One and one-half pounds of sult mackerel. One bunch of watercress, One bunch of radiches. One bunch of scallions. Three-pound shoulder of lamb. One-quarter peck of potatoes. One-quarter peck of spinach. One head of lettuce. Two cocoanuts.

This menu could be purchased Do not expect to be capable of under \$3 and it would provide suffimarketing well by telephoning to cient meat for the Monday dinner. your favorite store. Just put on Have the butcher bone and roll the How to Prepare This Menu

Grapefruit Cup

the Florida head lettuce is very Soak the mackerel in a pan of

warm water, turning the flesh side Florida tomatoes are more plenti- down. In the morning wash well ful; onions are scarce and are in- and then drain, and place in a bakcreasing in price. The delicious ing pan. Broil or bake in a hot oven Spanish onions, scallions and chives for twenty minutes, basting frequently with milk. Lift, using the

Grilled Potatoes

Wash and then pare four medium-Plan to have two meals on Sun- sized potatoes. Now cut in thin for fifteen minutes.

> gives the housewife time to prepare the table. La Brete Canape

Pick the fish from the backbone Coffee of the mackerel, adding any leftover portions. There need be only about two tablespoonfuls. Rub the fish through a sieve and add

> One small onion, grated. One-half teaspoonful of mustard, One and one-half tablespoonfuls of butter.

> form into tiny balls and drop into

My dear Mrs. Wilson-I have

had served to me under the name of "French pastry" a very deli-

cious cake, which seems to have a

sweet creamy substance like cake filling or icing baked right inside

the cake. Can you give me a recipe? I neglected to say that

the cakes are small and very pret-

The Cake

Three-quarters cupful sugar,

Two tablespoonfuls of water.

Five tablespoonfuls of shortening.

Cream until light and frothy.

One and one-quarter cupfuls flour,

Two teaspoonfuls baking powder.

Beat for five minutes to blend

them, cut and fold in the whites of

two eggs. Bake in well-greased and

floured individual cake pans in mod-

erate oven fifteen minutes. If you

have not individual pans use muffin

Cool cake and now prepare a fill-

One and one-half cupfuls XXXX

One-half teaspoonful almond ex-

Beat butter to cream, add sugar

and flavoring and work with wooden

spoon until creamy; now cut cakes

in three slices, spread with cream,

put together and ice, using either this cream spread thin and evenly

over the cake and then rolled in

finely chopped nuts or ice with water

Four ounces unsalted butter.

One teaspoonful vanilla,

tily iced on the top as well a side.

Place in a bowl

Now add

Yolks of two eggs,

pans or custard cups.

ing as follows:

sugar.

tract.

Work to a paste and then spread Pile high on the tart and then

Ask Mrs. Wilson

If you have any cookery prob lems, 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.

Serve with the radishes and scallions in place of soup.

Canapes give an attractive appearance to the plainest meal and they can be made from leftover meat and vegetables with very little

Potato Pineapple

trouble.

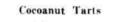
Prepare and cook the potatoes. Mash, adding milk and seasoning. Now pile in a pineapple shape in a baking dish, making smooth with a knife dipped in hot" water. Now take the handle of a teaspoon and mark in the eyes like those that are Saturday evening, while preparing in a pincapple. Brush with milk and

sprinkle lightly with grated cheese. Place in a hot oven and bake until Byrone Dressing

Grate one onion and place it in a bowl. Now add

One and one-half teaspoonfuls of mustard. One-half teaspoonful of paprika, One tablespoonful of finely

chopped parsley, Six tablespoonfuls of salad oil. Two tablespoonfuls of rinegur. Beat until creamy.



One cup of flour,

One-half teaspoonful of salt. One teaspoonful of baking powder. Place in a bowl and then sift to mix. Now rub in seven tablespoonfuls of shortening and mix to a attend church and also give her time on a pie plate and brush with short-ening. Bake or broil in a hot oven dough with ice water, usually about four or five tablespoonfuls of water A breakfast prepared in the oven floured pastry board and then fold are required. Now roll on a slightly and roll again until one-quarter inch thick. Cut with a biscuit cutter and then bake a light brown in a moderate oven.

> To serve, spread one piece with jelly and cover with cocoanut, then place a second piece on top. Cover with jelly and then with cocoanut. Now place one-half glassful of home-made apple or quince jelly in One-half teaspoonful of paprika, a bowl and add the white of one egg. Beat until it forms a stiff meringue that will hold its shape.

> > Exchange

The staples, such as sugar, tea on thin toasted strips of bread. sprinkle with cocoanut and serve.

Mrs. Wilson Answers Questions The Woman's My dear Mrs. Wilson-Will you | remove feet and cut meat in small please publish in the EVENING pieces, and return the meat to the PUBLIC LEDGER at your earliest. soup kettle, adding convenience recipe for butter

pepper.

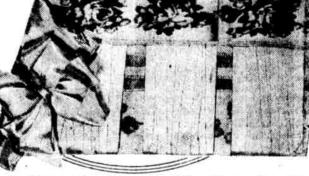
ioram.

erve.

soup

Can a Reader Supply Address? One and one-half cupful diced po- To the Editor of Woman's Page tatoes, Dear Madan ou please prin Fifty small dumplings, the answers to the following in your Season to taste with salt and most interesting and helpful column; What are the addresses of Aline van One-half teaspoonful thyme.





The lingerie ribbon holder makes a dainty little article to sell at a fair or bazaar or to use as a little card-party prize. It is very easy and inexpensive to make. The materials required are a quarter of a yard of some wide ribbon, such as Dresden, enough of satin ribbon to make a some wide ribbon, such as Dresden, enough of satin ribbon to make a bow and then three cards of lingerie cotton or silk ribbon to slip into the little compartments. To make, lay the ribbon flat and fold one side over as is shown in the picture. Sew pocket fashion and divide into three, separating each little case with fine catstitching. Finish the entire case in catstitching. Slip in the cards of ribbon, fold over and sew on the perky bow. The case is held closed with snap fasteners. A white bone ribbon needle is included with each holder

IN FIGURED CHIFFON

VOILE WITH PIPING Please Tell Me

removed from the children's clothes? 6. Is it correct to provide menu cards at a formal dinner?

Yesterday's Answers

in S seven Natal

- dri Horlick's The ORIGINAL Safe Malted Milk Milk For Infants & Invalids No Ceeking

Quick Lunch; Home or Office. OTHESS are IMITATIONS

MORE THAN TOO MUCH TALK

A Thought for Men and Women Who Worry Because They Cannot Keep Up the Conversation-Did You Ever Meet the

THE other day a "good conversa- ing about. In a word, unless a book I tionalist" came to our town. And is very good indeed, we do not want when he went away I was wishing to read it a second time or at least he could have been preserved in al-cohol or something or other as a hor-rible example to all the men woman

The bottle in

each package

of Pineapple

Jiffy-Jell con-

tains all the

rich essence

from half a ripe

pineapple. The

dessert has a

wealth of this exquisite

flavor, and a package serves

six people for 121/2 cents.

trial of this new-type gel-

10 Flavors, at Your Grocer's

2 Packages for 25 Cents

atine dainty.

You owe to yourself a

Would Not Speak to HimDear Cynthia -- I have been going with
a young girl from my church. I grew
to like her very much. But not so long
ago she received a letter from some one
some one called it) "A little English
girl," which was not true. Now, Thurs-
cay evenings we go to a mission. I call,
to me. This made me real angry. Now
Cynthia, I tove this girl, and I wan ther
company, so I look to you for some good
advice. PLAIN DITTS.
My young friend, why should you not
be seen with another girl? Even if you
were engaged to this young girl is even if you
were engaged to this young girl is even with another girl? Even if you
were engaged to this young girl is even with another girl? Must you
nappen to love another girl? Must you
not he matter the better for both.
It his young girl is so unreasonable
mot would a thing that is not even ture
have a clear understanding as to these.when he went away I was wishing the
can be went with another girl? State a stand
to for going to?The Question CornerThe Question Corner Pineapple Desserts-2c

THE man or woman who cannot THE man or woman who cannot keep up a perpetual string of words need not worry. Friendships are not built on such automatic foundations. A little calm and easy silence that gives another a feeling of repose is of infinitely more value to a person than any torrent of talk. There is something about the per-son who knows how to keep quiet; something interesting, because you

something interesting, because you never quite know what he is think-

George Allen, Inc. 1214-Chestnut St.-1214

You Can't Fail

to find the hat most becoming to your particular type when there are a thousand from which to choose! And it is from our very own first-class workrooms that our showroom is so abundantly and attractively supplied.

Picture It

A stunning navy blue sailor of large grained, polished rough straw, the crown generously swathed and bowed with rich wide grosgrain blue ribbon, relieved by a bunch of luscious cherries, and the slightly mushroomed brim faced with cherry red. It's a semi-sports model that's adorable for young girls and youthful women. You may have it in other two-tone combinations if you wish. The price is but \$9.00.

The Girl in Her Teens

For her there is a little fine Rough Straw Hat in light deer brown faced in over-seas blue, trimmed with coppery velvet and a long spray of odd posies and graygreen velvet foliage. Its price is \$7.50.

But we've any number of charming models ranging from \$6.50 to \$9.00. Do drop in and wander about our millinery salon, won't you?

NE TRADINA DE MARTINE DE LE COMPANY DE LE

Dear Cynthia—You seem to help so many people in distress. I am a young matried woman of about a year. Everything seemed to be happy and blissful until about the sixth month when my husband was selzed with the desire to go out with other men, as he put it. I pleaded with him to take me along, as he has always been reluctant about taking me out. But how out once or twice a week at night alone. Now, Cynthia, dear, I,have fought the feeling, or apprehension or what you will, that he is going out with other me mad with worry. Please tell mer through your column how I can make sure where he goes and whether he is true or not, as the sus-pense is unbearable. I love him, yet I wish to know if he is or is not going with other women. "ANGUISHED WIFE."

Cheer Up, Anguished Wife!

Dear Cynthia-You seem to help so many people in distress.

By CYNTHIA

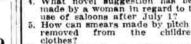
Would Name Club

"ANGUISHED WIFE."

"ANGUISHED WIFE." I think you are unnecessarily appre-bensive, my dear. Most men like to go to their clubs or with their men friends once or twice a week in the evening. It is a perfectly all right thing to do and the wise wife will not protest, but will be so charming and attractive to him when he returns from being with these men that he will appreciate her more than ever, Doo't nag him about it; let him so

The Question Corner Today's Inquiries When a screen has become too badly torn to be mended how car When a screen has become too badly torn to be mended how can it be rejuvenated?
 What law has been passed in re-gard to messenger girls in Penn-sylvania?
 Describe a pretty and novel lunch-eon set which might be used for the nicha lunch. eon set which inight be used to the pichic lunch.
4. What novel suggestion has been made by a woman in regard to the use of saloons after July 1?
5. How can smears made by pitch be removed from the children's building.

Would Not Speak to Him



What to Do

1. The first woman's suffrage society in South Africa was founded seventeen years ago in Durban, Would Name Club Dear Cynthia-We are going to form a little club this summer of giris be-tween the ages of twelve and fourteen. I do not know what to call it. Could you give us a good name? It is just a club formed to make us happy all sum-mer. TEN JOLLY GIRLS. It seens to me that your own signa-ture would be a good name-"Ten Jolly Giris." You might like the "Decemvi-rate" or "The Jolly Ten" or the "Summer Girls."

A Nutritious Diet for All Ages.

seventeen years ago in Durban, Natal.
 Congratulations should not be offered to a girl who has just announced her engagement. She should be 'felicitated'' and her fiance should be congratulated.
 If washing soda is spread over the opening of the drain pipe the grease poured down will not stop up the pipe.
 A thrifty way of utilizing wornout colored slik stockings is to unravel the threads and wind them on a spool to use in darning the next pair of the same color.
 Remove mildew by soaking the stain over night in sour milk and then placing in the sun without rinsing.
 Tucks made in the front panel only are seen on some of the attractive new waists.

Mrs. G. D. K. Butter Cream Filling

cream filling for cakes and oblige?

Wash the salt from four ounces of butter, then place in a bowl, beat to cream, using wooden spoon or paddle, and then add

One and one-half cupfuls XXXX chopped parsiey.

sugar. One teaspoonful vanilla. One-half teaspoonful almond, One-half teaspoonful rose flavoring extract.

Use for filling or icing on cakes.

My dear Mrs. Wilson-Will you kindly tell me how to make the spread for cinnamon buns and oblige one of your daily readers? M. W. K.

See EVENING PUBLIC LEDGER of December 27 and 28, 1918, for cinnamon bun recipes.

Dear Mrs. Wilson - I would certainly be delighted to hear from you about the recipe of buckwheat cakes. I have tried many times to make them, but failed, so, hoping to learn from you soon and thanking you, I remain, Miss C. M

See article in EVENING PUBLIC LEDGER on hot cakes December, 1918

Molasses Pie deep pie tin with plain Line pastry. Now place in a bowl One cupful bread crumbs. One-half cupful flour, One-half cupful brown sugar, One teaspoonful cinnamon. Three tablespoonfuls shortening

Rub between the hands to thoroughly mix, fill the prepared pie tin, en pour one and one-half cupfuls molasses over the mixture. Bake in slow oven thirty minutes.

My dear Mrs. Wilson-Will you case, if convenient to you, pubish the recipe for pepper pot and blige, N. B.

Recipes for Pepper Pot

Have butcher crack well two feet, then wash and thorly cleanse the feet, place in up kettle and add

One pound of cooked honeycom rips, cut in one-half-inch pieces, Add

Four quarts cold water, One fagot mup herbs, One carrot, cut into tiny dice, One cupful of chopped onion.

aly until feet are tender,

Baerentzen, Wassill Leps and Hunter Weish, concert planists? One-half teaspoonful sweet mar-

Three tablespoonfuls of finely

Cook until potatoes are tender and is 3554 Pine street, Philadelphia; Was-Make dumplings as follows: One cupful flour. Two teaspoonfuls baking powder. One-half teaspoonful salt, this question One-half teaspoonful pepper, One tablespoonful parsley.

in

A. H. M.

Mix theroughly and add six tabletaining different food value. spoonfuls of water to mix dough,

A Letter of Thanks

pots. I didn't see anything about my

letter in the paper and thought it had got lost, but Saturday the kind lady came to my home with the lovely pic-tures and flower pots. She was delighted to see the children, so happy over them. I hope the little boy also got some who wrote for them. Mrs. B.

Novel Linen Showers

Dear Madam-Will you kindly offer through your interesting column a few novel but inexpensive ways of giving a linen shower?

Thanking you very kindly for your courtesy, I am,

STEADY READER. A Japanese parasol is not very ex-pensive to buy, and oftentimes one of the girls in on the secret has one and is willing to lend it. Give this and you can have a novel shower. Fix it firmly in a large flower pot, where the dirt can keep it in place. and then put this in the middle of the room. To the vari-ous spokes tie the gifts, using plenty of cheap baby ribbon of various colors. Have the gifts wrapped or unwrapped. Keep the girls upstalrs and the room in which the "shower" is displayed closed until you are ready to spring your surprise.

Since you are giving the shower in April, it will be novel to carry out this idea of the parasol and the baby ribbon streamers, which represent the rain. A white slik and, in fact, light-colored milk parasol is equally pretty and very dainty.

Who Wants the Kittens?

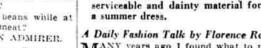
Who Wants the Kittens? To the Editor of Woman's Page: Dear Madam-In reading your col-umn every evening I see where kittens are offered sometimes and other times wanted. We have three kittens to give away. They are all tiger-colored and are very nice. We had four, but found a home for one, and thought you might find homes for the other three. They are big enough to lap milk and eat now, and I would like them to get good houses. I hope some of your readers will want the kittens. Two are male and one female. If you send me their addresses I will be glad to take them to their homes, If they want me to. DAILY READER. Who wants the kittens? Several

Who wants the kittens? Severa veaders have written at various time out I am not guite sure whether the mars secured pets by this time.

STEADY READER.

To the Editor of Woman's Pape:

To the Editor of Woman's Pape: Dear Madam-I thank you very much for sending my address to the kind lady who was offering the pictures and flower



Weigh, concert planists." Is it proper to serve beans while at the same meal serving meat." AN ADMIRER. The address of Aline van Baerentzen is 3554 Pine street, Philadelphia: Was-sill Leps lives at 135 East Sixty-sixth is treet, New Work, and so far it has been impossible to find out the address of Hunter Weish. Perhaps a reader of the column can supply the answer to this question. Weigh, concert planists." A Daily Fashion Talk by Florence Rose M ANY years ago I found what to me to others. A wife makes a great mistake not to encourage her husband's friendship with man. It is healthy for him and it is good for her to have an evening or two a week to do as she pleases; either go to the theatre with another woman or have three or four women friends in to play with your family. Arrange with your husband te stop for you on his way home from the club or his friend's home friends weicome to your house. Sug-

It is perfectly proper to serve beans able that it is impossible quite to forget and meat at the same meal, although it. When the other day I was looking beans are a substitute for meat and it through the shops for things that were seems preferable to use a vegetable con- new I ran across, in the cotton goods

now it is designated as "chiffo volle

(Copyright, 1919, by Florence Rose)

Don't nag him about it; let him go and put suspleions about other women out of your head, unless you have abso-lute proof and reason to think that he is Chiffon voile makes an exceedingly

neglecting you and paying attention to others.

MARRIOTT BROS., 1118 Chestnut

frock that was so durable and so lik-

department, the material that had re-tained such a pleasant memory. In years gone by it was called "imported

OUR STORE ORDERS ARE AS GOOD AS CASH enable you to buy at the depart-t and specialty stores you preter terms are based on the length of it-are fair and moderate. Write and meni

MANN & DILKS 1102 CHESTNUT STREET Tyrol Wool garments in the new Spring and Summer

styles and colors are now ready. Ladies' and Misses Plain Tailored Suits 29.75 34.75 24.75

Also Top, Street and Motor Coats

24.75 29.75 37.75

Girls' and Juniors' Suits and Top Coats

24.75 New Spring Hats

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Inst TWO Izinds of Corsets my and

The Sensible Woman Appreciates Nemo Corsets

Millions of women wear Nemo Corsets. Some have worn them as long as 25 years.

They have been found a real economic investment because they wear twice as long as any other corset.

the Others

form

They have become a necessity because those who are accustomed to Nemo Corsets cannot do without them.

The Hygienic-Style-Service which is exclusive to Nemo Corsets prevents many aches and pains, and is a cure for physical weaknesses.

They give the wearer that distinguished, trim appearance which is so much appreciated, and is known as the Nemo Figure.

Nemo Self-Reducing Corsets embody a Hygienic-Style-Service which enjoys great popularity among the stout women. They are made for twenty-one different types of stout figures. Their reducing and reshaping qualities are too well-known to be specially mentioned. Nemo Corsets have become a household word wherever corsets are worn. Prices from \$3.00 to \$13.50.

The Self-Reducing Corset No. 323 illustrated, is an entirely new model. It will be welcomed by stout women who are long waisted but desire to wear a low-top corset with girdle effect. Its novel patented features consist of a new adjustment of the Self-Reducing Strap that controls and reduces excessive proportions of the hips and abdomen; thereby creating a slender effect for the robust figure of large proportions. Made in coutil from 22 to 36-\$5.00.

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