VHAT TO EAT AT THIS SEASON—THE WOMAN WHO GLIDES—A MARRIED-LIFE STORY—CYNTHIA

GOOD THINGS TO EAT IN THE SPRING; MRS. WILSON GIVES TEMPTING MENUS

They Will Help a Mother Decide What Is Best for the Needs of Her Family at This Season

A Little Talk on the Particular Woman Who Is Called a 5 o'Clock Housekeeper

By M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson, All rights reserved.)

THE mother is the greatest asset in home life and, aside from her spiritual care, guidance and nursing ability, she is the real dictator of the universe, for it is her choice of food that determines her family's

usefulness. It is in the kitchen of the home that men and women are either made or unmade. Drink, rascality, waywardness and criminality can oftentimes be traced to the food which is fed the family.

No two individuals can eat and prosper upon the same food. And it s here that the mother must use her knowledge and know that Johnny needs a glass of milk and two or three extra sandwiches between meals, owing to the fact that his energetic activities consume his en ergy supply much quicker than his sister Susie's do, as she plays quietly with her dolls. So, too, with big sister; she just abhors a hearty meal, but she would enjoy a dainty sandwich, a salad and a cup of tea.

So, you see, the up-to-date mother who studies the requirements of her family must needs keep on the job. The woman who puts off the preparation of a meal until the last few minutes before it is served, and then must madly rush to the butcher shop exclaiming that anything will do for tonight, has no time to become acquainted with nutrition or food values. Perhaps she belongs to the class that I have named as "Five o'Clocks"-the woman who either visits or sends children to the store two or three times a day and then, just about this time in the evening, saunters into the shop herself and tells the butcher she wants some- pitcher and add thing for dinner-something that will cook quickly, maybe a hamburg teak. Then she goes home and complacently fries this meat into a tastetess cake. This is surely not playing the game. Shop early in the morning and discard the meat and replace it with other attractive dishes of which there are plenty.

Some Sample "Springy" Menus BREAKFASTS

No. 1 Canned Peaches Broiled Tomatoes Cream Gravy Hashed Brown Potatoes Coffee

No. 2 Grapefruit Juice Broiled Salt Mackerel French Fried Potatoes Coffee

No. 3 Baked Apple Poached Egg on Toast Coffee No. 4

Sliced Bananas Rice Waffles

COOKED RIGHT AT THE TABLE

There is a fascination about cooking a meal right at the table. The electric chafing dish and electric grill shown in the picture are first aids to such a meal. To most of us the chafing dish is a tried and true friend; but to many the electric grill is quite a stranger. It can coo's an entire meal, for it broils, stews, t es and also makes toast. Below is shown a close-up view of the grill open

No. 5 Stewed Dried Peaches Creamed Salt Cod on Toast Lyonnaise Potatoes

Stewed Figs Omelet Creamed Potatoes

Baked Apples Corn Fritters Toast Jelly Coffee

Coffee

Rice Waffles

One cupful of rice flour, One cupful of wheat flour, One teaspoonful of salt, Three level teaspoonfuls of baking

Two level teaspoonfuls of sugar. Sift to mix and then place in a

Two teuspoonfuls of shortening, One cag. One cupful of water.

Beat to blend. Bake on hot waffle irons.

NOTE -- To successfully oil the waffle iron purchase a large-sized pareley. sewing-machine oil can. Wash and dry and then fill with vegetable salt. salad oil. When the iron is hot, oil it. You will find that this is a per quick and easy way to grease the waffle iren.

LUNCHEONS

No. 1 Puree of Pea Cheese Sandwiches French Dressing Lettuce Sliced Oranges

Fruit Salad Bread and Butter Cup Custard

No. 3 Clear Tomato Soup Clams au Gratin Lettuce Sponge Cake Cocoa

Deviled Egg and Potato Salad Sliced Tomatoes Tapioca Pudding No. 5

No. 4

Cheese Souffle Baked Potatoes Sliced Tomatoes Sliced Bananas

> No. 6 Green Pea Omelet Lettuce Rice With Stewed Peaches Tea

No. 7 Hominy and Cheese au Gratin Coleslaw Baked Apple

Puree of Pea

Drain one can of peas. Place liquor in saucepan and now rub three-quarters cupful of canned peas through a fine sieve. Add

One and one-half cupfuls of milk, Two level tablespoonfuls of cornstarch.

Dissolve the starch and then bring it to a boil and add

One tablespoonful of grated onion, One tablespoonful of finely minced One and one-half teaspoonfuls of

One-half teaspoonful of white pep-

Simmer slowly for ten minutes and then strain and serve. Use re

mainder of peas for dinner. Fruit Salad

Pare and cut in dice

One orange, One banana.

One apple. Place in a bowl and add one-half cupful of cocoanut. Toss gently to mix and serve with

Fruit Salad Dressing

Place in a saucepan One-half cupful of white corn sirup,

One-half cupful of water,

And So They Were Married

By HAZEL DEYO BATCHELOR Copyright, 1919, by Public Ledger Co.

BEGIN THIS TODAY

S the following Saturday approached As the following Saturday approached Ruth felt still worse about everything she had done. For the first time she seemed to realize that she ought never to have deceived Scott roout playing bridge for money. If, as she had convinced herself, there was no harm in it, then why had she thought it necesary to keep it so secret? Something

was wrong somewhere. Each morning Ruth would wonder what to do. She had told Helen she would come and yet Fleta expected her. and she was afraid not to go there. Sup-pose she didn't go to Fleta's and Fleta in an apparently innocent way told about the bridge-playing. Ruth knew quite well that Fleta could do it in the nicest way possible. She might drop it casually over at Natalie's some afternoon, and Mrs. Jergens would probably open her eyes wide and say. "Is she that kind of a girl? Why, Natalie is so fond of her."

And then Fleta would say, "Of course it's all right for an older woman to play bridge for money if she can afford it, but to run in debt and for such a young girl." Fleta could so easily make it girl." Fleta could so easily make it seem as though she had been entirely innocent in the matter.

Of course, Ruth was not quite normal bout the entire thing, she was too worried and she saw matters in an un-natural light. Her one idea now was to keep it from Scott. He would never 'ove her again if he knew that she was apable of such deception.

Friday morning she decided to write lets a little note. The more she thought but Scott was unusually grave. To tell the truth, Scott was worried about his own anfirs. The stock which he was dabbling in was not doing so well, and there was grave danger that the money he had invested might be entirely wiped

and sirup and then bring to a boil In the middle of dinner the telephone and cook slowly for five minutes. You answer it, will you, dear?" asked

heard Scott say, "Who is it? Oh, yes, Mrs. Sears, just a minute, I'll call her Mrs. Sears wants to speak to you Ruth." he said, coming back into the dining room, and Ruth with her heart in her mouth went out into the hall to the tele-Beat to mix and then fold in the stiffly beaten white of one egg. Cool phone. She wer fur ously angry with herself for not waiting until evening to mail the letter but she had been so Cut eight large clams in pieces said so, and she wouldn't, And in gome and parboil in their own juice, way she would get that money and pay Strain and lay the clams on a plate. it back and then she would never play bridge or do anything again without telling Scott first all about it. Measure the clam juice and add sufficient milk to measure one and

one-half cupfuls. Place in a saucepan and add four level tablespoonthe wires, "I received your little note fuls of cornstarch. Dissolve the about tomorrow, but you simply must

One teaspoonful of grated onion,

Heat until very hot and then fill me? This is Friday night and we have

Into ramekins or custard cups.

Sprinkle the tops with grated cheese and serve at once.

This is Friday fight and we have to have an even number to make up the tables." There was a little edge to Firta's voice back of the sweetness.

"I'm so sorry, but you just told me you have asked a friend so it ought not to matter so very much." There was an instant's rwkward stience, then came Fleta's voice. "All right, I'm sorry you didn't let me know

"It was thoughtless of me." Ruth drew a long breath, "Shall I see you

"Oh, yes, I'll run in on you sometime "Oh, yes, I'll run in on you sometime when you don't expect it."

Ruth hung up and turned away. Was there something behind those words? Hadn't that little laugh prophesied something, or was it entirely her own magination? She went back to the dining room with flaming cheeks. Scott looked up

curiously. "Do you play cards over at Mrs. Sears on Saturdays?" he asked. Ruth started. She had forgotten that he had said so herself a moment ago over the telephone. "Sometimes."

"Is it a club or anything like that, do you play for prizes?"

not come, not that time.

(In the next chapter Helen takes Ruth

MRS. KIPLING'S MOTHER DIES

tier, the author, who in the year of his death, 1891, collaborated with Kipling in "The Naulahka"; Caroline Starr, who The Naulalika"; Caroline Starr, who n 1893 married Mr. Kipling; Beatty salestier, of Brattleboro, and Josephine, wife of Dr. Theodore Dunham, of New A grandson, John, the son of Rudyard

Ripling, is supposed to have been killed in France during the war, although his dath has not been officially confirmed. Mr. Balestier's father, an authority on international law in the late 69s. was Mr. Baleatier's father, an authority on international law in the late 69s, was sent to Japan to negotiate treaties, and was legal adviser to the Mikado.

Glowworm." because it has an awfully

FRICK TO HOUSE HIS ART

\$15,000,000 Treasures Boston, March 24 .- Art circles were much interested yesterday to hear Henry C. Frick, the steel magnate, had

decided to go ahead with his plans launched in 1911, but dropped for the duration of the war, for building an art gallery annex to Eagle Rock, his summer home at Prides Crossing, on the North Shore.

According to report, Mr. Frick intends to pass nost of the year at Eagle Rock to pass most of the year at Eagle Rock during the remainder of his life and wants to have his favorite pictures around him. Pictures to the value of \$15.000,000 are said to be ready for installation in the gallery.

TINY TASSELS GRACE BLUE SERGE FROCK



dress are the silk cord that marks the waistline and the rows of silk

A Daily Fashion Talk by Florence Rose THE spring weather is simply ideal I for the blue serge frock, and the minute the weather moderates at this season of the year. Chestnut street, for Ruth as she flew into the kitchen for the ceffce and dessert.

The next minute her heart sank as she signs in one-piece serge frocks. Usually these dresses are worn with some sort of fur neckpiece, which may, with license, be either large or small; but eager to get it off, and so rel'eved. Well, the peltry, are quite the newest and the

starch in the liquid and bring to a boil. Cook for five minutes and then add the clams and

Two hard-boiled eggs, chopped fine,

Two hard-boiled eggs, chopped fine,

satin, encircled by a band of green wooden beads. The narrow brim is of a sof flexible straw.

(Inquiries are solicited and may be addressed care of this newspaper.) (Copyright, 1919, by Florence Boss)

Adventures With a Purse

FOR everyday wear the thrifty mother I will not use very expensive trim-mings on her little girl's underwear. On the other hand she does want her to look nice at school. But you know you can get some very inexpensive lace which would not do, perhaps, for a Sunday-go-to-meeting dress or a best petticoat, but which would be the very thing to put on schoo' underwear I saw some lace today, both edging and insertion, so that you could make a little ruffle, if you wanted to, at a very low price. The price for both the lace and insertion was two yards for five cents. Then there was some better lace "No."
Italy was straid of the next question larly pretty. Some of it is fliet design, and almost held her breath, but it did while another looks for all the world

like a ploot edge. I would certainly ad-vice you, if you have in mind making some underwear for your little girl, or for yourself for the matter of that, to look at this lace. End Comes Suddenly to Mrs.

Balestier at Vermont Home
Brattlebore, Vt., March 24. — Mrs.

Brattleboro, Vt., March 24. — Mrs. Anna Smith Balestier, mother-in-law of Rudyard Kipling, died Saturday night while seated at the dinner table She was eightly years old and had long made her winter home in New York. Mrs. Balestier was born in Rochester, N. Y. a daughter of Erasmus T. Smith, and was married to Henry Wolcott Balestier in 1860.

She lad four children—Wolcott Balestier in 1860.

She lad four children—Wolcott Balestier in 1860. hile seated at the dinner table. She seated at the dinner table as eightly years old and had long made are like me you will be glad to hear re winter home in New York. Mrs. daughter was born in Rochester, N. Y. daughter of Erasmus T. Smith, and as married to Henry Wolcott Balestein 1860.

She had four children—Wolcott Balestein and four children—Wolcott Balestein which is the year of the window you insert the wedge and the lossest window is kept in its place. the loosest window is kept in its place and will not be noise to marier how high the wind. These can be purchased for ten cents each and you only need one wedge for each window, you know. "Do you know any nice music"

asked the man who is so nice about helping me with the "Adventures" RICK TO HOUSE HIS ART

Build Gallery for His I am pretty sure you will be pleased with the little song and here is a story about it: Some people who have writ-ten a number of pieces have gone into the publishing business and this is their very first number. At least I wou'd advise you to stop in and hear it, then you can judge for yourself whether you like it as much as I do. The price is thirty-five cents.

ABOUT WOMEN WHO AFFECT THE NEW SLINKING WALK

Dear Knows, There's No Harm in Gliding Around Like a Snake, but the Question Is, Does a Woman or Does She Not Want to Be Laughed at?

"The night I first saw that all I knew was I wanted to go back to France and stay there. You do not see such dancing in France." We wont go into the "shimmy" Jance

here, but have you noticed the woman who slinks is in again? I mean the woman who sways from side to side as she walks and slightly reminds one of a black pussy cat with green eyes?
Why do women cultivate these ab-

-in a way that could have made self or even to her immediate women every woman in the room envy her friends, ought to consider these things every woman in the room give her and every man in the room give her his admiration. But instead there was only frank ridicule in the sidelong in contact and instead gain their glances and smiles behind newspapers.

A GROPOS of the far-famed "shimmy" The effect of the lovely black velvet gown with its rose brocade vest was completely lost. The hat in rose straw was really as pretty as it could be, but I am sure no one gave the woman credit for having good taste. Good taste is more or less associated with common sense, and the woman who clided in absurd fashion over to the writing desk in the far corner of the room seemed utterly devoid of it.

as she walks and slightly reminds one of a black pussy cat with green eyes?

Why do women cultivate these absurd styles in walking? The clothes of the minute certainly do not demand a spineless glide. A tight skirt, it is true, does not admit of 'eaping freely across curbstones or of getting off and on street cars with abandon, but most of us manage to get along in our new spring suits without adopting a gait like a mancel wave,

There is no harm, goodness knows, in walking like a smake if it makes a woman happy, but there remains this side of the question: Does she or does she not want to be laurhed at?

Recently, while waiting in the lounge of a hotel, I saw just such a woman glide in. She was beautifully dressed—in a way that could have made

The Woman's . Exchange

To Find a Soldier's Grave To the Editor of Woman's Page:

Dear Madam-Could you kind'y tell Dear Madam—Could you kind'y tell me where I could write for information about where a soldier is buried in France? I am very anxious to write. France? I am very anxious to write. MRS. N.

teenth and B streets, Washington, D. C. I hope you will be able to get informa-

Can a Woman Stay Young To the Editor of Woman's Page:

Mrs. Sears wants to speak to you Ruth." here said, coming back into the dining room, and Ruth with her heart in her mouth went out into the hall to the telephone. She was furiously angry with herself for not waiting until evening to mail the letter, but she had been so eager to get it off, and so rel'eved. Well, she wouldn't go to the bridge, "he had said so, and she wouldn't. And in gome way she would get that money and pay it back and then she would never play to back and then she would never play to back and then she would never play to lilling Scott first all about it.

"Helle," she seid, taking up the receiver.

"My dear," sang Fleta's voice across the wires, "I received your little note had it wont tomorrow, but you simply must come. I am going to have some one here that I want you most particularly to meet, a most charming woman. She wish a labout you."

The subtle flattery of an older, woman and the said so, and she would never play be that money and pay it back and then she would never play to make their quite different from those of last season. Probably the new-tome in a variety of slzes; the larger sizes are usually found as a finish for the silk bel' cords, or an ornament for the probable of the make them quite different from the work and the silk bel' cords, or an ornament for the silk bel' cords, or an ornament for the probable of the pr

Two tablespoonfuls of finely mineed paraley,

One and one-half teaspoonful of pepper,
One-half teaspoonful of mustand.

One-half teaspoonful o ead the exchange think?

A WIFE AND MOTHER.

The Question Corner Today's Inquiries

1. What gigantic federation of women is to be planned at a women's convention in July?
2. How can rugs be prevented from slipping on hardwood floors?
3. What special waistline feature is emphasized in this year's dresses?
4. When the clothes hamper is broken at the top, what little touch can turn it into another piece of furniture?

niture? 5. If a skirt is too short, what is one way of lengthening it? 6. What kind of veils are being worn

Saturday's Answers

Saturday's Answers

The Woman's Asvoci t'on of Commerce of Indiana, will hold its sccöfid annual convention th's month.

An old-style full-skirted evening
dress can be made into new style
by adding a narrow underskirt
which will show below the skirt,
or by gathering the skirt at the
bottom into a narrow band of wide
trimming.

bottom into a narrow band of wide trimming.

Jewel cloth is a cot'on fabric of smooth weave merked off in five-inch squares in a drawn-work effect.

When starting garden flowers in the house plant the seeds in egg shells, as they can then be transplanted without being removed from the earth in which they have started. started. Comphor water, which is refining, is considered helpful to a coarse-

s considered neighbor to a coarse-grained skin.

When the top of a nightgown wears out the home dressmaker will find it economical to cut it into patterns to substitute for the paper ones which wear out so quickly.

Of General Interest

The elder Dumas probably made more money by his pen than any other writer who ever lived and he spent the money he carned with equal freedom. He was a nerous to a fault, and it is even said that he kept a dish of gold, as others at that period might have kept a bowl of punch, for his friends to dip into and help themselves.

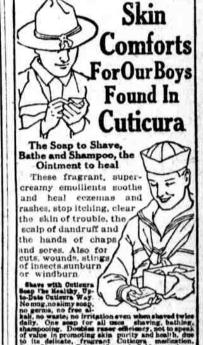
MRS. N.

Write to the Cemeterial Section. Office of the Quartermaster General, Nine-teenth and B streets, Washington, D. C.

Emma Willard, now best remembered for her work in behalf of the higher education of women in the United States, was also the author of the famous poem, "Rocked in the Cradle of the Deep."

ASK FOR and GE [**Malted Milk** For Infants and Invalida





PRINCINE Cook It as in Molasses-land INC Old-fashioned Molas es Cake is the new-fashioned delicacy. Make it as they do 'way down South with Miss Princine Pure Phosphate Baking Powder, and I arn what soot lastes Cake really is. The secret is in te fact that Princine rises in the even. DER 20c for full 1/2 lb. 35c for full 1 lb. . COMMUNITY STORES AND OTHER GOOD STORES Note the Handy-Handled Cup

Mrs. Wilson Answers Questions My dear Mrs. Wilson-Will you kindly publish a recipe for making the New York butter cakes, us they are called; such as are made by some of the lunchrooms in the city, baked on a griddle?

By publishing this you will greatly Yours for good cooking, MRS. A. E.

Butter Cakes

Place in a bowl Two tablespoonfule of sugar, One and one-half teaspoonfuls salt, Two tablespoonfuls shortening,

One-half teaspoonful baking soda.

Scald and pour on the above mixture one cup of buttermilk, stir well to dissolve, cool to 80 degrees, then cushed in saucepan; dissolve starch in sirup cut popovers and fill with crushed and address and a two cent stamp.

Address National War Garden Commission, Washington, D. C. to dissolve, cool to 80 degrees, then add four cups of sifted flour, knead for five minutes; remove from fire to smooth elastic dough. Now wash out mixing bowl, dry and greasewell; place in dough, turning over to thoroughly coat dough with the oriening and let raise three hours. Now punch or knead dough down, and let raise one hour. Turn board, knead for five minutes, en cut or break off into pieces the ze of a large walnut. Cover and raise on board five minutes, then tten between the hands and place a floured cloth. Let stay in

rigerator until breakfast. To bake-In the morning bring rum refrigerator into warm room one-half hour; bake on griddle en minutes, turning frequently.

My dear Mrs. Wilson—Will you ndly publish a recipe for a plain yer cake; also a chocolate filling at is not too hard? Thanking E. F.

Three cupfuls flour, nowder, One and one-quarter cupfuls water.

moderate oven eighteen minutes.

Place One cupful syrup, One cupful water, One-half cupful cocoa,

and add One teaspoonful vanilla,

use when making pie, but should this also be used when kneading dough for bread, or is a marble slab too cold for that? Should the marble slab or a wood board be used for cookies, etc.

overs? I have tasted these served with lemon sauce and they were splendid. I know how to make the

Layer Cakes

Chocolate Cream Filling

My dear Mrs. Wilson-We have a marble slab at home which we

We surely appreciate all the

Place in bowl Six tublespoonfuls shortening.

Cream well and add

One-half teaspoonful cinnamon.

good we get out of your column. Thanking you, I am,

One-half cupful cornstarch

Beat to blend; when partly cool spread between cake, ice with water

Also, would you please give us a recipe for popovers and peach pop-

Yours very truly,

Five level teaspoonfuls baking milk, pour in bowl and add

Although its windows faced the fair.

One and one-quarter cupfuls sugar, or board is fine for pastries and

Beat thoroughly, blend, bake in three well-greased layer pans in

dawn. passed. And never thought it bright or

> Indeed, I never might have known may be. But on one unforgotten morn

-Jeanne Oldfield Potter in New

To catch or hold my fancy there

Nor saw I anything at all

me.

York Tribune.

Recipe for Popovers

Break one egg into cup filled with milk, pour in bowl and add one cupful sifted flour, One cupful sifted flour, One-half teaspoonful salt.

Beat, using Dover egg beater for five minutes, fill into smoking-hot, well-greased popover pans and bake twenty minutes in hot oven- and then fifteen minutes in slow oven, making the entire time thirty-five minutes. To make peach popovers

The amount of seeds necessary for 100 feet of row are about as follows: Bush beans, half ounce; carbot, half ounce; carbage, half ounce; carrot, half ounce; carbage, half ounce; carrot, half ounce; sweet corn, ouarrer pint; cucumber, one packet; cellery, one packet; element, and ounce; arrable, one ounce; parsely, half ounce; passey, one packet; olivations of the follows:

The amount of seeds necessary for 100 feet of row are about as follows:

Bush beans, half ounce; carrot, half

The Commonplace House I thought it dull and commonplace,

The little house beside the way.

Its door stood open to the day. On countless morns and eyes

How near to Heaven a House Across the hedge you looked a

A marble slab is entirely too cold to make yeast dough on. This slab or board is fine for pastries and cookies.

Just as there is a shortage of food in the world, so is there a shortage of seed. Therefore, do not delay the purchase of your garden seeds, is the warning to the Victory Gardeners of 1919 from the national war garden commission of Washington in today's builtetin. Buy the highest grade of seeds regardless of price, they will be cheaper in the end.

Ask Mrs. Wilson

If you have any cookery prob

lems, bring them to Mrs. Wilson

She will be glad to answer you

through there columns. No per-

sonal replies, however, can be given

Address questions to Mrs. M. A.

Wilson, Evening Public Ledger

Today's Garden Lesson

Two level tablespoonfuls of corn-

Dissolve the starch in the water

One-half teaspoonful of vanilla.

Clams au Gratin

and then pour over the salad.

Now add

Juice of one lemon.

Yolk of one egg,

minutes. To make peach popovers will send a free garden manual to any reader of this paper who forwards name

The amount of seeds necessary for

Here are three cooking utensils that can be used all at once over that can be used all at once over the same gas flame. They are made to fit that way. A feature of the set is a removable handle that can be fitted to any of the three dishes. The economy of the idea will ap-peal to many women

ALL ON THE SAME FLAME