

A NOVEL SLIP-ON SWEATER—COOKING WITHOUT FIRE—MARRIED-LIFE SERIAL—CYNTHIA

MRS. WILSON EXPLAINS THE FIRELESS COOKER

And Tells Why It Is Practical and Economical—Gives Recipes That Particularly Lend Themselves to This Method of Cooking

By MRS. M. A. WILSON

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THE housewife is slowly but nevertheless surely accepting the fact that the fireless cooker is an important part of her kitchen equipment. It is not a fad or a fancy utensil to be used for a little while and then placed on the top shelf, like a new egg beater or a cookie cutter, but rather it is a silent efficient worker that willingly performs its part of the agreement, if given half a chance.

Busy women who must count each moment and are unwilling to trust the inefficient help feel that they must keep in close touch with the food problem—so this Aladdin's lamp is a true blessing.

To the woman who does her own work, or who dislikes housework, and grudges each minute spent in the kitchen, the fireless cooker is indeed a true and tried friend.

The principle of fireless cookery is as old as man. Centuries ago men dug holes in the ground, lined them with stones and built huge fires to heat these stones red hot. The embers were then removed, the stones covered with damp seaweeds and the fish or meat or vegetables were then placed in this and covered closely with more weeds and then with earth. The food was left for hours to cook. This method is still used at the barbecues, clam bakes, etc., and one needs but to remember the delicious foods served at these old-fashioned clam bakes or at the bean hole in the camping ground to realize the value of this same process if brought right into the home.

The actual theory in fireless cookery is, as we know, that certain substances will absorb and hold heat for considerable lengths of time when placed in an airtight compartment; and that food placed with this heat in the compartment will cook. This, then, is the principle of the fireless cooker.

As an economical item in the household regime, this handy utensil is extremely valuable, for it not only saves fuel and time, but also food. Food cooked in the ordinary way loses considerable weight by evaporation. This is entirely eliminated in the fireless cooker. It is a known fact by actual test that the shrinkage of tissues in cooking of meats is reduced to a minimum in the fireless cooker.

The cheap and tougher cuts of meat may be cooked to a delicious tenderness by this method, and they will require no care or attention.

Many women are sometimes disappointed when they first start to use the cooker, feeling that they save but little time and fuel. This is because they only cook one food at a time. Best results are obtained by cooking two or three foods at the same time.

Now that the warm weather is coming, this trusty helper will eliminate much of the time spent in the kitchen. Luncheon or dinner may be prepared in the cooker and it will be ready when needed. It will

be delicious and palatable, owing to the fact that the essential volatile flavors have not evaporated away while the food was cooking.

For cooking cereals, dried fruits and vegetables this method is ideal. It may also be used for roasting and baking and making ice cream and other frozen desserts.

Baked Beans
Wash and sort over one and one-half cups of beans. Soak overnight and in the morning bring to the boiling point. Drain and then place in the fireless cooker pan and add

Four tablespoonsful of molasses, Two teaspoonfuls of salt, One teaspoonful of paprika, One-half teaspoonful of mustard, Two medium-sized onions, minced.

Five tablespoonsful of shortening, One cupful of steamed tomatoes, Five cupfuls of boiling water.

Heat the stone for twenty minutes and then bring the beans to a boil. Place in the fireless cooker overnight.

Brown Lamb Stew
Have the butcher cut one and one-half pounds of neck of lamb for stewing and then roll in flour and brown quickly in hot fat in the frying pan. Lift the meat into the fireless cooker saucenpan and add two tablespoonsful of flour to the fat in the frying pan. Brown nicely and then add one and one-half cupfuls of water. Bring to a boil and then pour over the lamb and add

Three onions, cut in quarters, One medium-sized carrot, cut in quarters,

One slice of lemon, One jagot of soup herbs.

Heat the fireless-cooker stone for fifteen minutes and then bring the lamb, in the fireless-cooker pan, to a boil. Place in cooker for three and one-half hours. Potatoes may be added if desired.

Chile Con Carne
One pound of neck of pork, One pound of shin beef.

Cut in one-inch pieces and then add

Two cupfuls of beans, which have been soaked and parboiled until tender.

Three onions, minced fine, Two cupfuls of strained tomatoes, One teaspoonful of chile powder, Two teaspoonfuls of salt, One teaspoonful of paprika, One cupful of boiling water.

Bring to a boil and place in the fireless cooker with the stone, which has been heated for fifteen minutes. Leave in the cooker for three and one-half hours.

Ask Mrs. Wilson
If you have any cookery 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.

Mrs. Wilson Answers Questions
My dear Mrs. Wilson—Will you kindly solve a cooking problem which would mean so much to me? The folks always ask for creamed potatoes, peas and onions. Does one method a. to all the vegetables, and what is the recipe for making them? Hoping to receive prompt attention and thanking you ever so much, I am,

Mrs. W.
P. S.—Please publish it as soon as possible, for you will be taking a burden off my shoulders.
To make creamed potatoes, pare potatoes, cut in dice, wash and parboil until tender, taking care they do not become mushy; season, cover with cream sauce and serve hot. Onions, celery, peas and carrots may be prepared the same way.

My dear Mrs. Wilson—Kindly publish in the EVENING PUBLIC LEDGER recipes of how to make Russian salad dressing. Yours, Mrs. M. B.

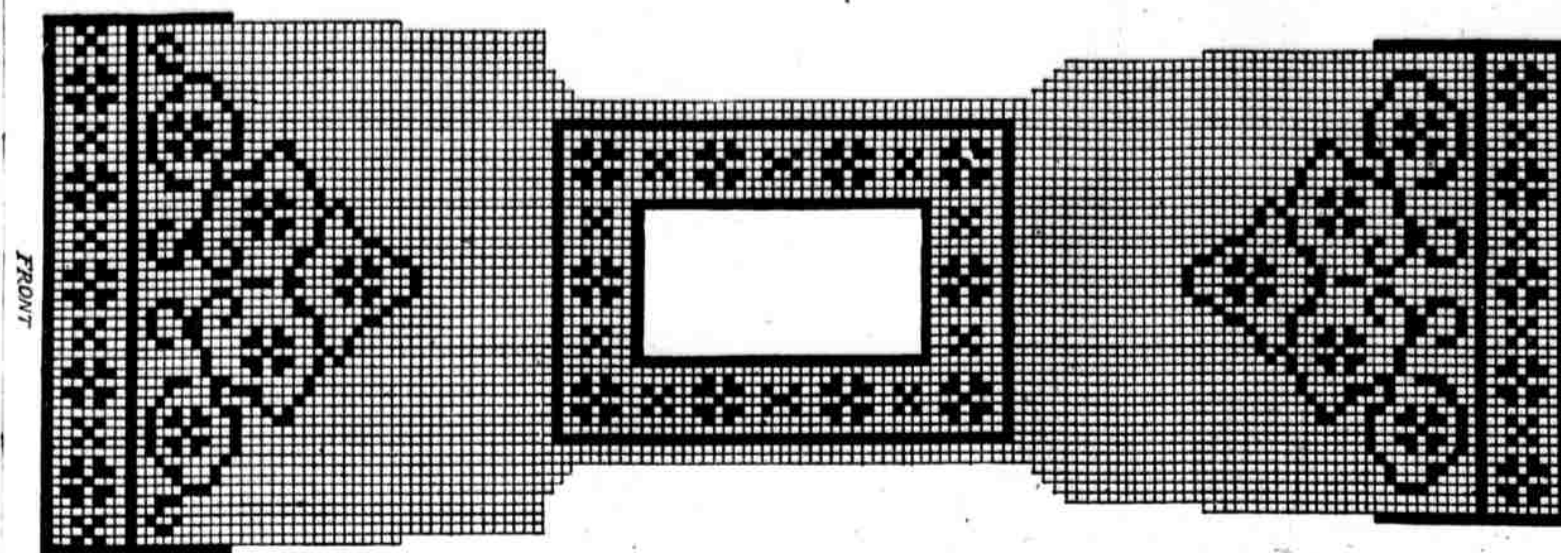
Russian Dressing
Place in a bowl
One cupful of mayonnaise dressing.
Then part and grate into the mayonnaise
One raw beet,
One raw carrot,
One raw onion,
And add
One-half teaspoonful mustard, One teaspoonful paprika, One teaspoonful salt.
Beat to thoroughly blend.

My dear Mrs. Wilson—Please state in your column of the EVENING PUBLIC LEDGER how to prepare smothered chicken, also I would like a good recipe for raisin bread. Will you please go into detail how it should be kneaded and how long to keep it in the pans in the oven? I have made it, but the crust is hard, and sometimes it is heavy. Yours, L. B. C.

Smothered Chicken
Cut young chicken as for fric-

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PATTERN FOR THE NEW CROCHETED SWEATER



The new little crocheted sweater has most certainly won its way into popularity. There is something so appealing about the idea of having one's dainty summer frock or smart white sports costume show through the filet work. And there are so many bright, summery colors in which to work the sweater—pink, rose, turquoise blue, yellow, orange, bright green and all the others. Now for the pattern. The one above is pretty, dainty and unusual and was drawn especially for the woman's page. To make the sweater seven balls of No. 3 mercerized cotton are required and a No. 7 hook is used. Commence the front with fifty-five closed meshes. The sides are to be sewed up or laced with ribbon from under arm to nineteenth row from the bottom. These nineteen rows of closed meshes back and front make open flaps, which are smart.

Please Tell Me What to Do

Ask Washington
Dear Cynthia—I have been a reader of your helpful column for some time and I wonder if you can help me now. Until recently I have been corresponding with a young man in the navy and I have lost track of him. As we were very good friends, I am interested to find out where he is. Can you tell me where I can get the desired information?
CYNTHIA.

Write to the Bureau of Navigation, Washington, D. C., give the young man's name and the last address known to you and they will be able to give you the desired information.

Cynthia Answers "Joy"
"Joy"—I do not understand, dear, why you cannot invite your friends to see you at your home, because you happen to live in a hotel. You should arrange to have a place where you can see them, especially as your father is a person in authority at this place. Look for goodness in any friend, no matter what his or her creed may be, just so his or her morals are right and the ideals high.
Of course, when it comes to marriage, religion makes a difference, and mixed marriages are not apt to make for future happiness. A marriage between a Christian and one who is not one must be left to the discretion of those most concerned in it.

Wants to Go to Movies, Etc.
Dear Cynthia—You have helped so many others I wish you would be kind to me. I am twenty-three years old and have been married seven years. I wish you would help me to get my husband to take me out. I do everything to please him. I ask him to go to the movies or to a show, but he won't go. He goes out a good bit by himself. DISHEARTENED.

Has your husband ever taken you out in the evenings in the seven years of your married life? If he did, how did you enjoy those evenings? Was he ever kind about the little pleasures he gave you, or did you find fault? Sometimes a woman does not realize how a little fault-finding annoys a man and that rather than stand in the way of anything that might lead to a change of heart, she is not the case and your husband has absolutely no reason for refusing to take you out, do not stay in, but go yourself with other women. If he finds his supper not ready some evening because you have been to an afternoon movie he may find it would be well to have supper on time and to take his wife out for a movie or theatre after that supper. Be very careful when you do go not to enthrone too much; that is, not to gush, but at the same time not to find fault with the entertainment provided.

Fashion Hints
Even riding coats are sleeveless.
Cotton voiles are highly fashionable.
The bodice has become more snug.
Velveteen sports coats are the latest.
Elbow sleeves are becoming more popular.
Sashes are of most extravagant lengths.
Rose taffeta and white net are combined.
Navy serge is used for belted pepium suits.
The newest dirndl coats have triple capes.
Gray and black tweed is used for tailored suits.
Some of the new skirts have irregular hems.

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Adventures With a Purse

ISN'T it hard to sit home or in an office these wonderful spring days when all you can think of is fields and blue sky, and the "lure of the open road"? I'll wager that down in your very heart of hearts you're planning how you can run away for a week-end—either to country or shore. Well, then, if it's a suitcase you'll be needing, stop in and see the trim suitcases I discovered today. They are black, of enamel duck, are twenty-eight inches in length, and each has a tray. Although valued at \$10, they are priced at \$7. They wear well, and will be just what you will need for vacation time, too.

Of General Interest
The world's most crooked river is the Jordan, which wanders nearly 220 miles to cover sixty.
An inch of rain descending on an acre of land would fill more than 600 barrels of forty-five gallons each.
From fifteen to fifty Brazil nuts grow in one seed "pod," which is usually as big as a man's head.
No English king had ever passed under Napoleon's Arc de Triomphe until King George's recent visit to Paris.
Louis XIV drank the first cup of coffee made in France. The price then was upward of \$25 a pound.

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ABOUT THE GROUCHY WIFE! HERE ARE TWO TYPES OF HER

This Was Written at the Request of a Man Reader Who Thought Too Much Attention Was Paid to the Subject of Grouchy Husbands

AND speaking of husbands who are grouchy, a gentleman reader suggests that we kindly take up the subject of wives who have the same ailment.

The wife who causes her husband the most trouble of all is the one who cannot rise cheerfully to the occasion when her husband calls up and announces he is going to bring home an unexpected guest for a meal or to spend the night. Either she flies into a temper and absolutely refuses to see the man if he brings him home or she gets into a fit of sulks that makes it most uncomfortable for the husband, let alone the guest. If the husband is brave enough to bring him, the second woman who belongs in the class of the grouchy wife is the one described best when you say "she is not a good sport." She is not ready to powder her nose and put on her hat when her husband takes a notion he would like to go out. This wife thinks an evening at the movies or an evening spent calling on friends cannot make much difference one way or the other and the sewing or knitting she has to do seems far more important than to humor a man who takes sudden notions.

Among the easy stitches used as edging which are always effective and pretty come French knots worked in groups of three, alternating short and long blanket stitch, long horizontal stitches interspersed with squares or dots worked solid, and the aforementioned straight stitches worked in three's. These are especially decorative done on the sash, the stitches graduating or alternating in length.

Pretty Stitches
Among the easy stitches used as edging which are always effective and pretty come French knots worked in groups of three, alternating short and long blanket stitch, long horizontal stitches interspersed with squares or dots worked solid, and the aforementioned straight stitches worked in three's. These are especially decorative done on the sash, the stitches graduating or alternating in length.

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