

FRIDAY'S MARKETING LESSON : A BABY'S WISDOM : CYNTHIA'S LETTERS : RUTH AND SCOTT

MRS. WILSON PLANS TWO SUNDAY MENUS

One for a Tempting Breakfast and the Other for a Good, Inexpensive Dinner—Itemized Market List Given and Also Recipes

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

LET us set for ourselves a standard of better living on less money. This should teach us to choose the simple methods of living, absolutely no waste of food, carefully selecting and purchasing the food, combined with an attractive preparation and preservation of all surplus food.

Use all bone and meat trimmings for making stock and gravies and sauces. Utilize meat that clings to the bones and trimmings. Save all fats. Know that the selection of food is a science, therefore learn to know the needs of the family to keep them efficient.

Plan the menu so that there will be no waste. Utilize all leftovers. No amount is too small. Turn it into a soufflé, omelet or an attractive hors d'oeuvres.

This week will find the southern vegetables coming in freely. Also we have the early southern asparagus. Now, since the cost of nearly all fresh fruits and vegetables depends upon the quantity of the shipments, as well as the quality, it will interest the housewife to know that sweet potatoes, apples and onions are coming in very small amounts to our markets and, therefore, they will be proportionately high in price.

In grocery staples dried beans are reasonably priced; some stores are selling them as low as ten cents per pound. This would be an excellent opportunity for the prudent woman to not only serve a meal of baked beans but to can one-half dozen jars for future use while she still has the fire in the kitchen range.

Use rice, hominy and the macaroni in place of potatoes for variety. Here is a sample all-day Sunday menu. Have two meals on Sunday:

- Breakfast, 9:30 A. M. Steamed Apricots Cereal and Cream Panned Fish Butter Sauce Fried Potatoes Corn Muffins Coffee Watercress Dinner, 4:30 P. M. Fruit Cocktail Scallops Radishes Braised Rolled Flank Steak Horseradish Sauce Browned Potatoes Stewed Tomatoes Coleuslaw Shortcake Coffee

A market list would require One pound of apricots, Two pounds of perch or other fish, One-quarter peck of potatoes, One bunch of watercress, One apple, One orange, One banana, One lemon, Two pounds of flank steak, One pint of onions, One can of tomatoes, One small head of cabbage, One glass of jelly, Two eggs, One pint of milk, One small can of evaporated milk for coffee. Steamed Apricots Wash the apricots in warm water to remove the dirt and then soak in

Mrs. Wilson Answers Questions

Dear Mrs. Wilson—Would you please explain to me how to make beef tea? You use beef from the round, don't you? Also clam broth. I also would appreciate it very much if you would give me a recipe for chocolate and white layer cake, explaining what to put between the layers. Thanking you very, very much, I am, R. B.

Bottom cut of the round, skin or neck may be used to make beef tea. The neck or skin is less expensive than the round meat. Have the butcher chop one pound of meat very fine, now place meat in a fruit jar and add one-half cupful of water. Seal jar, place in pot containing sufficient water to cover jar two-thirds of its depth. Bring to boil and cook slowly for two hours. Strain and season. This will keep two days in cool place. Try this broth in place of beef.

One small knuckle veal. One pound chopped beef. One fagot soup herbs. Have butcher crack bone well, wash, place in soup kettle together with the beef and herbs; cover with cold water, bring to boil, cook slowly for four hours, strain and set aside to cool. Then remove fat, return to soup kettle, bring to a boil and boil one hour; then add white of one egg. One-half cupful cold water. Beat white of egg and cold water together to mix, boil broth ten minutes after adding the white of egg, then add one-half cupful cold water, set aside to settle, and strain. This will

To a Sunbeam O little laughing ray of sun, When you danced into my unit room. And in your fairy-footed fun You chased the shadows one by one, And gaped with the gloom—

I feared, O little sunshine thing, I feared they'd frighten you away; Not still against my wall you fling A fringe of cheery coloring, Now golden for the gray! Sweet Hall, in Contemporary Verse.

He Knew Teacher—Can any of you children tell me who Christopher Columbus was? Billy—He's the guy that got up America.—Cartoons Magazine.

And So They Were Married

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

START THIS STORY TODAY RUTH waited a moment, but he did not come out. Her surprise and anxiety must have shown in her face, for after a moment Fleta spoke.

"Is anything wrong? Will you excuse me a moment please?" She hoped vaguely that Fleta might take the hint and go, but instead, she simply indicated her head and settled back in her chair.

Ruth hurried into the bedroom and closed the door behind her. Scott was standing over by the window looking out, and he turned as she hurried over to him. The light was dim and Ruth could not see his face plainly, but she knew that something was wrong.

"What is it, dear?" she asked then, pulling away from him. "Why didn't you come in? It's not like you to do this."

"I knew that some one was in there and I simply didn't feel like chatting lightly tonight." A cold hand seemed to close around Ruth's heart. Something was wrong, decidedly, and in her mind she began to picture rapidly possibilities as to what it could be.

She went over to the light and snapped it on, then she turned back to Scott. His face was very white and deep lines seemed to have creased his forehead. He was set sternly. He looked like a man who had met a grave defeat of some kind. Ruth forgot Fleta waiting in the outer room as she forgot herself, her own pitiful worries that seemed somehow so trivial in the face of this big worry that hung over Scott.

"Tell me what it is," she said passionately. "Tell me. You needn't be afraid I won't understand. I don't care, it couldn't be big enough to make me care."

"I've lost some money," the words came slowly. For the first time in his life Scott felt the necessity of being ashamed of something he had done, and it came very hard.

"To what?" Ruth's sick relief was instantaneous and a sure guarantee of her sincerity.

Scott stared at her, and she even smiled a little. "I'm sick of money. I don't care anything about it."

"You could talk now. A heavy load seemed lifted from her heart. She could tell Scott the truth. Nothing mattered but that the atmosphere be cleared between them, and there was no reason now why it shouldn't be cleared.

"I know you think I'm crazy," she said, smiling at her amazed eyes. "But it's true, dear. It's really true. After I bought all my new spring clothes I didn't really enjoy them because I hadn't the proper setting to go with them. It just seemed as if the possession of them simply made me long for other things I couldn't have. Then when I did realize how I felt, I was ashamed to tell you, for I had squandered all that money. I might have bought some new clothes, that would have been far more appropriate and we could have used the rest of the money in other ways, but I had to learn my lesson first."

Scott's face was a little less haggard as he listened, and Ruth went on before she was tempted to stop.

"I didn't know all that until I had done something terribly wrong. At first I don't think it was wrong, and I was curious, and so when Fleta Sears asked me to come to her home for bridge I went to go. It was flattered that she should ask me. She was older, and she made herself so nice. We played for money, and at first I won. The stakes were high, but they were high for me to take chances with. When I lost I tried to make it up out of my house-keeping money. Do you remember that awful week when I gave you such awful things to eat? That was why. Now I'm in the hole again. I lost fifteen dollars last week and I asked Fleta if she would wait for it. She is out there now waiting for her money. She asked me for it and I didn't have it to give her."

"Oh, Scott, I hope you understand." The tears were streaming down her cheeks, but her heart felt strangely light. "Now tell me what is wrong with you, dear. You see how wicked I have been."

Scott could not help smiling at this, at her tragic face, and her shame-filled eyes.

"First we'll get rid of Mrs. Sears," he said grimly, drawing a slim roll of bills from his pocket and counting out fifteen dollars.

Ruth held out her hand for it, but he shook his head. "I'll give it to her," he said grimly.

The Footwear for Spring. A Daily Fashion Talk by Florence Rose



Smart new pumps and oxfords for spring. They are described in today's fashion talk.

ALMOST before a woman decides anything about her spring clothes, she buys some sort of new footwear. Taken as a whole, women are none too keen about high shoes, and welcome the warm weather if for no other reason than that they can stop wearing them and turn to the pump or the low shoe. Usually either the pump or the low shoe reigns supreme in the shoe fashions. This year, however, both are in style, and one may choose either one that is preferred.

The oxfords have been put out this year in a variety of designs. There are, of course, the regulation styles in tan, or rather dark brown, and in black which are good for everyday wear and are very smart. Besides these there are oxfords with French heels, made of patent leather, suede or satin. The newest of these styles are those of satin. For a dress shoe they are very smart, and if care is exercised in selecting them large enough, they are a far more comfortable shoe. Satin does not stretch like leather, that is the reason for the warning regarding the size selection. You must not expect the satin

Adventures With a Purse

NOT so long ago I told you about the baby tanks. If you bought one of them for your small child I'll warrant that you had as much fun with that small tank as he did. So when I tell you that you will have fun with the comical animated bugs I discovered today, it will not be stretching the truth by a hair's breadth. These bugs are probably two inches in length and look like flat potato bugs. You roll them for a minute on a smooth surface and off they go with single purposed movement. For instance, if you touch them and your child watch breathlessly. And of course, if you have a speck of imagination or if that son of yours has, you, I know, will find something to put on his back—a little paper man—or maybe you will hitch a doll around its neck and how little son will laugh with delight to see Mr. Bug trudge along, tracking the floor behind him. These toys can be secured for twenty cents each and will give you many times twenty cents' worth of pleasure.

"When is a half-pound of butter not a half-pound of butter? When it's a whole pound, to be sure! But you say, in a superior tone, 'That's silly. How can a half-pound of butter be a pound of butter?' Here is how. There is a churn that comes which doubles your quantity of butter by the simple addition of some milk and what is more, this machine makes the butter creamy and sweet. It is a small affair, the size, which costs but \$17.50 you take your half pound of butter and a half-pint of milk, put them in the churn and by the simple expedient of turning the

handle a few times, out comes a pound of rich yellow butter, twice as much as you started with. You can figure out for yourself that it would not take very long for an invention like this to pay for itself and begin to save money for you, so that the first investment of \$17.50 will be a mighty good one.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, THE EVENING PUBLIC LEDGER, or The Woman's Department, Walnut 3000.

Mail! "Any mail from France?" The girls all about As they hail the postman on his route And then with a disappointed pout They pit-a-pat merrily down the street And smile at the first "over seas" they meet. Well—these are the lads who never retreat—

So who's to blame if the girls must wait For the billet doux that are late, so late And who can blame if they confabate Any mail from France?—Cartoons Magazine.

OUR STORE ORDERS ARE AS GOOD AS CASH! and enable you to buy at the department and specialty store you prefer. Our terms are based on the length of credit—are fair and moderate. Write MARRIOTT BROS., 1118 Chestnut

SPRING OPENING—EXCLUSIVE FURS We are showing a full line of Sable, Mink and Fisher Chokers—Coatees, Stoles and Foxes in the newest styles Your inspection is cordially invited. Our values are unusual—due to the fact that we manufacture all our fur garments at our own factory, 414 South Fifth St. A small deposit will reserve any purchase until desired Repairing and Remodeling

1020 Chestnut Cohen Bros. FUR SHOP Opposite Chestnut St. Opera House

Winter's Invisible Fold TABLE PADS Save the Table Our Nu-Rod Table Pad is an innovation. One side presents a perfectly sanitary, white, washable surface which is turned uppermost while dining. The other side, covered with a fine green felt, makes a splendid surface upon which to play games. It really converts your dining table into a library table. Ask to see one. Order through any good Department or Furniture Store anywhere.

OSCAR WINTER 4424-26-28-30 MARKET ST. PHILADELPHIA, PA. NEW YORK AND CHICAGO

"YOU DON'T GOT TO GET IT IF YOU DON'T SEE IT"

That Was What Little Four-Year Mary Jane Said to Her Mamma When the Two of Them Were Looking at an Expensive Little Mahogany Table—A Baby's Deep Wisdom

LITTLE Mary Jane is four years old and brown-eyed, and she has the sort of rowdy cheeks that always make you think some one has just picked her up from a nice, long nap. Her face is solemn and mischievous just like a little girl's face ought to be, and her hair is light and boxed with bangs and a curly little turn-up effect at the sides.

Consider then little Mary Jane walking solemnly down the street with her mother in the shopping district last Saturday afternoon.

Hand in hand they stopped before a window where some odd pieces of furniture were displayed.

Mother's eyes were immediately lured to one of those very charming little tables that part in the middle and fold up high against the wall.

"Oh, look, mamma," she said to little Mary Jane, one woman as it were confiding to another, "see that dear little table over there. It just makes mother's heart ache to think she can't buy it."

The little adorable one looked for a minute. Then she solemnly pulled her mother by the hand.

"Come on, mamma," she said, "you don't got to get it if you don't see it."

THIS is a true story and those were exactly the words the very same girl said. Waa'n't it a funny little piece of wisdom for a baby to have discovered? What we don't see or what we determine to put out of our minds we stop worrying about.

Some of us live in neighborhoods far above our means and are desperately unhappy because we can't keep up the pace with the other neighbors. Some of us are on the fringe of a certain social set whose doings we eagerly follow but whose members persistently refuse to take us in. And then again to come nearer to what seems like a real heartache, many a young woman cannot have the man she wants!

But—families have rooted themselves out from expensive neighborhoods, gone into cheaper ones and ceased entirely to worry about furniture and automobiles beyond their means. Women who have made up their minds to stop wasting their tears on the one clique that will not take them in and to turn their attention to some of the rest of the mortals of the earth, have found happy new interests that have utterly swept away the old useless frets and furies.

And I really know a girl who spent six years wishing for the man she could not make wish for her. Then

suddenly she made up her mind to stop crying for the moon and to get acquainted with some of the happiness within her reach. Needless to say, she married a very nice young man with-in the year.

"WHAT you don't see, you don't got to get it!" And seeing means with the eyes of the mind as well as those of the body.

Today's Garden Lesson Some garden plants are quite hardy and others are sensitive to cold, but they may all be thrown into four groups so far as planting needs and setting out plants are concerned, advises the national war garden commission, of Washington.

The gardener must judge from his local conditions and climate when to plant all of Group 1. This group includes smooth peas, onion sets, spinach, turnip, mustard, radish, kale, potato, cabbage, and collard plants, which were grown in the seed box or hotbed. These should be planted as early as the ground can be prepared even though some nights are still frosty.

In Group 2 are included beet, carrot, chard, lettuce, parsnip, cauliflower, celery and onion sets, pole beans, okra and tomato plants from the seed box or hotbed. This group may be planted ten or fourteen days later than Group 1.

In from ten to fifteen days after Group 2 is planted Group 3 may be planted. This embraces sweet corn, snap beans, pole beans, okra and tomato plants from the seed box or hotbed. These plants need some warm weather to start them off right.

Group 4 is the hot weather bunch. These are best planted a week or two after the apple blossoms have fallen. The weather then should be settled down into a good, comfortable, warm temperature. In this group are the lima bean, cucumber, muskmelon, watermelon,

squash and pumpkin, and eggplant and pepper plants from the seed box or hotbed. These plants in Group 4 will not stand any frost. If you have not already done so, send to the editor of this page for the free garden book issued by the national war garden commission. Send two-cent stamp for return postage.

Green! That Pullman porter Is a shine— He doesn't brush your Clothes on mine!—Cartoons Magazine.

The Margarettta May WE SELL DEPENDABLE MERCHANDISE AT PRICES LOWER THAN ANY OTHER STORE, BUT FOR CASH ONLY.

A Superb Display SUITS Specially Priced Nobby all-wool serge, silk lined, with fancy vests. As illustrated. \$24.75

Spring CAPES \$19.75 to \$59.50

STYLISH DOLMANS Tailored in all this season's most wanted materials. Prices begin at \$29.75

SPRING DRESSES Hundreds of pretty models in serge, satins, taffetas, Georgettes, etc. \$19.75 Up

1600 CHESTNUT ST.

Established 1850 BLAYLOCK & BLYNN, Inc. 1528 Chestnut St. THE MOST POPULAR OF ALL OUTDOOR APPAREL. Tweed-O-Wool SUITS. These are the very highest type of tailored-all-wool suits—a credit to our 69 years of service. Blaylock quality is an integral part of every one. 26.50 to 38.50. We carry a complete line of smart Hats and Caps for boys of all ages.

Just TWO kinds of Corsets

Nemo and the Others

Nemo Corsets Save Health and Money One important result of the war is greater appreciation of true economy. Women who want their money's worth buy Nemo Corsets because they wear twice as long as any other make.

This is only one fraction of their value, however. What is more important, Nemo Corsets, by means of the scientifically correct Hygienic-Style-Service they render, save your health and insure physical comfort, thereby creating a naturally stylish figure. For example the corset illustrated—

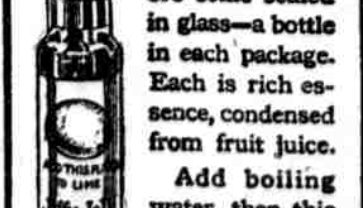
Nemo Self-Reducing Corset No. 361 \$3.50 A New Model! Without bulky attachments or discomfort to the wearer this corset permanently reduces excessive flesh and gives the stout woman a trim, symmetrical figure. Those who appreciate economy find that this corset offers the most value corset money will buy.

The United Service of Nemo Corsets and Brassieres has Five Hygienic-Style Divisions Self-Reducing (21 models) Wonderlift (8 models) Marvelace (4 models) KopService (11 models) Brassiere Service (14 models)

Nemo the Strings BRASSIERES "They make you look and feel smaller. They're Self-Adjustable. They are made in fourteen styles, and in all sizes. \$1.00 \$2.50

OSCAR WINTER 4424-26-28-30 MARKET ST. PHILADELPHIA, PA.

Fruit-Juices In Vials Jiffy-Jell flavors come sealed in glass—a bottle in each package. Each is rich essence, condensed from fruit juice. Add boiling water, then this essence, and you have a real-fruit gelatine dessert, and at trifling cost. You should know this fruity dainty.



Jiffy-Jell 10 Flavors, at Your Grocer's 2 Packages for 25 Cents

He Knew Teacher—Can any of you children tell me who Christopher Columbus was? Billy—He's the guy that got up America.—Cartoons Magazine.