# RECIPES FOR SAVORY LENTEN DISHES; MRS. WILSON GIVES EIGHT GOOD ONES

They Will Prove a Boon These Last Two Weeks That Have Meatless Days - Nutritious and Easily Made

Japanese Mushroom Cutlets, a Delicious Corn Chowder. Corn Croquettes and Potato Loaf and Timbales.

By MRS. M. A. WILSON Copyright, 1919, by Mrs. M. A. William,

THE last long mile on the trail is always the longest to travel, and so it is with the last two weeks of the Lenten period. It finds us at a loss for meatless dishes, and this to a boil. Cook for five minutes and frequently happens because we lack then add

In many sanitariums, both in this onion country and in Europe, meat seldom and frequently never appears on the menu. Yet for there regain their fine. lost health and come forth with renewed life. Recently on my visit to a large health hotel, as this sanitarium is called, I was really surprised at the large number of dishes made from wheat, milk, eggs, cheese and fish. And sampling them I felt that the readers of these columns should really know about them.

If we heed the warnings of the wise man, we will eat for strength and not for gluttony. We will exclude from our diet those foods that cause us harm. Thus we will come with our sense of taste keenly accelerated, enjoying the full flavor and food value of each meal.

## Corn Chowder

Place in a saucepan One-half can of crushed corn. One cupful of water.

Two onions, grated, Two cupfuls of diced potatoes. Bring to a boil and cook slowly

for fifteen minutes. Now add Two level tablespoonfuls of corn- crumbs. starch, dissolved in one-half cupful of milk.

Bring this mixture to a boil and cook for five minutes, and then add onion Three tablespoonfuls of finely minced parsley,

Two tablespoonfuls of butter. One and one-half teaspoonful of

To the Editor of Woman's Page:

Dear Madam—Will you tell me a way to remove a scorch from linen without leaving a ring from a cleaning fluid?

M. C. L. get to mate What she and would high heels?

There is

"Stranger" Wants Information

To the Editor of Woman's Page.

Dear Madam—I am a stranger in this city and am anxious to go to some educational gatherings. As it would be necessary to have friends in order to join clubs, what would you suggest?

STRANGER.

The University Extension lectures, which are held at Witherspoon Hall, Walnut and Juniper streets, are most instructive and interesting, and the Philadelphia Orchestra concerts on Priday afternoons and Saturday evenings are certainly as education. These thanks of Music.

Priday afternoons and Saturday evenings are certainly as education. These are held at the Academy of Music, Broad and Locust. There are often exhibitions of various kinds at the Art Alliance, 1823 Walnut street and often there are meetings, concerts and lectures there. If you watch the newspapers you can find many affairs of mis kind advertised in advance, I hope you will be able to take advantage of the opportunities of this kind offered in this city, and that in time you will make some friends who will help you so join a ciub where you will have a bester chance to hear of such things.

Wants to Stop Growing

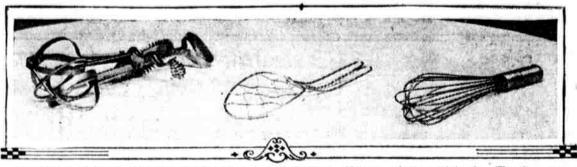
Editor of Woman's Page:

e Editor of Woman's Page:

ar Madam—I am a girl sixteen
of age, and am worried about
neight. It seems day after day I
getting taller and stouter.

the food I eat have any effect
as height? I cat very rich food,
as candy, stc. Can you please
ne how I can stop growing? I am
feet and six inches tall and weigh
pounds.

THREE KINDS OF EGG BEATERS



Egg beaters are highly important in the world of good cookery. Here are three good kinds. The first, an improved style of the "turn" type; the second, a flat wire spoon, and, the third, a chef's wire whip

One teaspoonful of paprika.

Serve with toast or soda crackers.

Corn Croquettes

One-half cuptul of milk. Seven level tablespoonfuls of flour. Stir until dissolved and then bring

Three tublespoonfuls of grated

minced parsley. Two hard-boiled eggs, chopped

One cupful of bread crumbs Two teaspoonfuls of salt,

One teaspoonful of paprika, One-quarter teaspoonful of mus- a bowl and add Mix thoroughly and then pour on boiled rice,

a greased platter to mold. Let stand for four hours and then mold into fine, croquettes. Dip in beaten egg. Roll in fine crumbs and then fry until golden brown in hot fat. Garnish with parsley and serve with cheese

Oyster Plant Croquettes

measure three cupfuls. Cut the oys- bread crumbs. Fry until golden ter plant into small pieces and then brown in hot fat. Serve with soubise cook until tender in boiling water. cream or cheese sauce. Drain and then turn on a cloth for five minutes. Then mash. Place in a bowl and add

One cupful of very thick cream sauce.

One cupful of very fine bread

Two teaspoonfuls of salt,

ninced parslen.

THE WOMAN'S EXCHANGE

Removing Scorch Stain From Linen What shade and size hat should I get to match this coat suit?

What shade

Mix thoroughly and then pour on well-greased platters. Set aside for four hours to mold and form into

## Ask Mrs. Wilson

through these columns. No per-

tiny bits one-half pound of mushrooms. Parboil until tender and then drain and mash fine. Place in Garnish with finely chopped spinach

One green pepper, chopped fine,

One teaspoonful of paprika.

Wash and scrape and then cut in cutlets and dip in flour and then in slices sufficient oyster plant to beaten egg, and then roll in fine

Two cupfuls of mashed potatoes, golden brown in hot fat. Two large onions, grated,

One teaspoonful of pepper. Two eggs.

if you have any cookery probems, bring them to Mrs. Wilson. She will be glad to answer you ional replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER.

then roll in fine bread crumbs, and beaten whites of three eggs. Place fry until golden brown in hot fat. tablespoonfuls of finely Serve with tomato sauce.

Two teaspoonfuls of salt.

Potato and Egg Loaf

croquettes. Dip in beaten egg and

Two hard-boiled eggs, chopped

Three tablespoonfule of grated

Dip in beaten egg and then roll in fine crumbs. Fry until golden brown

Two cupfuls of mashed carrots,

carefully cut and fold in the stiffly

Mix thoroughly and then mold into

One teaspoonful of white pepper, fluffy and then pack into well-Two tablespoonfuls of grated greased loaf-shaped bread pans. Bake in hot oven for fifteen min-Three tablespoonfuls of finely utes. Turn on a hot plate and then garnish with slices of hard-boiled egg and serve with cheese sauce.

## Japanese Mushroom Cutlets

One and one-half teaspoonfuls of

Beat the mixture until light and

## One and one-half teaspoonfuls of

One teaspoonful of paprika,

Two tablespoonfuls of

Two-thirds cupful of milk.

and serve with cheese sauce.

Place in a bowl

One egg.

chopped parsley.

Place in a bowl

Beat to thoroughly mix and then

the mold in a pan of warm water.

Nut and Sweet Potato Croqueties

One cupful of finely chopped nuts,

One and one-half teaspoonfuls of

Three tablespoonfuls of finely

Mix to thoroughly blend. Form

into croquettes and then dip in flour

and then in beaten egg, and fry until

**Nut Croquettes** 

One cupful of finely chopped pea-

Two cupfuls of cold-boiled rice,

Three tablespoonfuls of parsley.

Mix and then mold into croquettes.

in hot fat. Serve with tomato

Two tables | nonfuls of butter.

One teaspoonful of salt.

Two tablespoonfuls of butter,

Three-quarters teaspoonful

Yolks of three eggs.

minced onion.

sinced parsley.

minutes, or until firm in the center. Wash and pare and then cut into Remove from the oven and let stand for a few minutes to shrink in the pan, and then turn on a hot platter.

paprika,

One and one-half cupfuls of cold

Carrot and Spinach Timbale

### rough my foolishness. "You haven't been foolish."

story from the beginning. "I suppose you think I'm a fool," he finished. "Do you know what I do think?" He shook his head. overjoyed at being together again.
"Do you know what made me decide
to take that flyer?" Scott asked after
they were seated at the table. Try as 'I think I deserve some awful pun-ishment for all the misery I have caused

"Any woman would be who had to be on what I make in these days."

START THIS STORY TODAY

Now you know." Scott was facing Ruth after having told her the

"O. Scott! Why I've never been any-I've been discontented about money matters for so long that I can't remember when I felt any other way. went out to the Merritts and you were so disgusted with everything they had. Merritt and I are making the same

And So They Were Married

Where has the time gone to?

erring to it time and again.

gly, was suddenly curious.

"Not exactly.

t it to you.

ribly snobbish."

ed my insurance money."

"And if we had talked it out,

might never have happened." Ruth said

suppose they don't care?"

Long after Ruth had fallen asleep that

but it was quite another to avoid think-

kinds of possible embarassment

ONE WHO KNOWS.

All Clear Sailing

ou had told me," she returned.

arms about each other like two children

ey would they could not keep from re

Ruth who had looked up remonstrat-

money and I felt somehow that by ac-

It was that day we

By HAZEL DEYO BATCHELOR

"I knew what you had to live on when married you, I've been wrong all long, and now look what I've done." "Nonsense! you didn't do it. I suppose I didn't understand either, or it wouldn't

have happened.
Ruth considered this. "I guess that's right;" she said finally. "It's hard for a woman to see a man's viewpoint and it's always hard for a man to see things in the same way a woman does. I told you I needed lingerie for instance.
I was angry because you looked at my old stuff and said, 'It looks all right Two tublespoonfuls of finely

'You were?' Scott's tone was incredu-

Ruth nodded. "Any woman would have been," she returned sagely. "Gee, I thought I was saying the right thing to make you feel well. Of course, it really did look all right; a man wouldn't see the difference." gant things. That next week I borrow.

"And it was the same way about the

impulsively. "When I said those things about the Merritts, I did it because I in well-greased mold and then set hat. I would have been satisfied with a cheap one if you hadn't said in that was impatient with them. Do you sup overbearing way, 'How could a woman's pose that I would ever live like that, even if you made half what you make Bake in a moderate oven for thirty hat cost that much? It's ridiculous." I'm beginning to see now. now? I could fix up one room and live 'Are you?" Ruth had sat down on edge of the bed and had one knee

clasped in her hands. "But after all," Scott went on, "what ou did was trivial, foolish, and what did was criminally wrong. You gambled for small stakes at bridge, but I took money that would eventually come to you if anything happened to me, and

"But I was back of it," Ruth reminded Two cupfuls of masked sweet po- him. "If I hadn't acted so spoiled about clothes, you wouldn't have done it. And what do we care about the money? We've learned our lesson. I'll never do anything so silly again, and we'll put the money back some way.

"Come out in the kitchen with me

To M. M. W.

Now, Babe, Will You Be Good!

Dear Cynthia—I notice in your olumn many letters on the subject of he boys who break giris hearts; kiss hem and then go off and forget about t. Boys are certainly villains! But here's another side of the story. How

here's another side of the story. How about the girls who do everything in their power to make a boy kiss them and then get insulted and mad because a fellow decides to try? All the vamines aren't in the movies! With all their sweet manners and injured expression these girls are every bit as much to be scorned.

They want to be sentinental but ob.

they want to be a considered suggest the constant of the stolen kiss are would never speak to you again, think before the girls start reforming

want to be sentimental, but, oh

(In the next installment Ruth's mother while I get dinner," Ruth said, craning stays for dinner at which there is an em-her neck around Scott to see the little burrassing lack of food.)

send a self-addressed envelope

information you ask will be

Please Tell Me What to Do

## WHY EVERY WOMAN WHO CAN OUGHT TO HAVE A GARDEN

"Why, dear, it's seven-twenty! It is One Way of Knowing God's in His Heaven and All's Right With the World-And Women Can Make And then they went out to the kitchen

THE other day I heard some one say it was mostly heard some one say to be disputed. When the family is tucked away in the little old car and we are flying down the ribbon of road it seems everywhere we see women pottering out about in the sunshine. Men are good gardeners, too, of course, but women, it seems, were made to get close down to fragrant soil and to coax the flowers up with the patient love and care and tenderness they give to the rearing of children.

Hor otherwise she might never have known the joy of making things grow.

And there is a joy about it that you can never quite know until you get into it. Gardens are made for various reasons—for health sake, so that their owners may earn pin money or perhaps to dress up a rather barren bit of the yard. But there was never a garden made yet that did not send forth into the soul of the one who tended it a spiritual perfume that has nothing to do with material things.

You cannot be mean or small when you are in your garden and you can.

epting his invitation I had put myself to the same class with him. I watched on beside Mrs. Merritt and saw the difference. I realized everything you said when you told me how unnecessary was to live so carelessly and so sor or his sister who makes the pictures to forget all about what care is, for in the catalogues come true. She goes out to tend it day after day. He may claim the sun is too hot for anything but resting in the hammock, but you will find her out there in the heat the digraden the horizon is very wide, bending again and again working her. So big and wide that it always seems didly, and I noticed Mrs. Merritt's untidy air and the ugliness of everything, and frightened me so that I hated to adwill find her out there in the heat bending again and again, working her way slowly down the path until she has carefully tended each hopeful growing thing and done all the innumerable little stunts a true gardens. Ruth flushed. "I must have sounded Scott leaned across the table and observed her closely in the light of a match which he held to his cigarette. It flickered and died out. "No, you're different, that's all. And

does to make a lovely garden. suddenly I wanted things for you, beau-tiful, useless things, expensive, extrava-

handle and your name shows through

These are very novel and at the same

time mighty convenient, and are well

made with good, strong bristles. The

price is fifty cents. Somehow the idea

of having a toothbrush with my name

on it appeals to me-doesn't it to you?

in one of the magazines and are most

entertaining. You will smile when you

of what he calls the "Spanish influence,"

read the soldier's entertaining account

heart. I always feel older in age, kind reader, but the best is I always know I will be younger in looks, for we are only in our twenties now. I have a kind nature. He is no woman lover or hater, but likes to do a lot of talking and wants me to pen myself away. He call him my husband. I hate for a man to call his loving wife such. No other woman will come along and do for him as his wife.

You have no doubt, read all sorts of stories of the war and maybe you have read a series of letters written from a soldier to a friend. There have been a number of these books, so it becomes to call him my husband. I hate for a man to call his loving wife such. No other woman will come along and do for him as his wife.

These stories of the war and maybe you have read a series of letters written from a mumber of these books, so it becomes to the lot. I think I have discovered it. These stories or letters written from a number of these books, so it becomes to the market of finding the best to the market of finding the best to the market of finding the best to the form of the market of finding the best to the market of finding the best to the market of the market of finding the best to the market of the market of finding the best to the market of the market of finding the best to the market of

All Clear Sailing

Dear Cynthia—I am a young girl and I have many doubts about my boy friend. About two months ago we broke our engagment. He said I went with other young men. Cynthia, this is not true. Well, he loves me still and is always taking about the time when I am old enough to marry. He wants me to tell him I love him and I am now ready to give up my other friends I have made for him. Well, Cynthia, I love him and know that he loves me. He never calls on another girl.

Now here is my doubt. If we are out love the hook room. The neiter is my find the calls the "Spanish influence." for by this time, even if you were one of the "flu victims," I feel sure you have recovered sufficiently to appreciate his remarks, and you will chuckle over his queer expressions and droil opinions. They are by far the best stories I have read and so I want to pass them along to you. You can get them in book form and if you purchase them be sure to notice the author's dedication to his wife, which carries with it a touch of sentiment that somehow makes you entered the form of the "flu victims," I feel sure you have recovered sufficiently to appreciate his remarks, and you will chuckle over his queer expressions and droil opinions. They are by far the best stories I have read and so I want to pass them along to you. You can get them in book form and if you purchase them be sure to notice the author's dedication to his wife, which carries with it a touch of sentiment that somehow makes you entered sufficiently to appreciate his remarks, and you will chuckle over his queer expressions and droil opinions. They are by far the best stories I have remarks, and you will chuckle over his queer expressions and droil opinions. They are by far the best stories I have remarks, and you will chuckle over his queer expressions and droil opinions.

With a Purse

Adventures

# Flowers Grow

children.

A man starts a garden and he is all seed catalogues and enthusiasm. But it is invariably his wife or his mother flowers at dusk has found the way

THE woman whose husband starts a garden and does not finish it has something to be thankful for, after all. All's Right with the World."

and between ourselves, I am quite sure it must have been a woman, has prepared a box containing-well I never was good at guessing numbers, but I should be inclined to say a couple of without the sordidness that the Merritts live in. Do you think they don't understand and see it themselves, or do you Human instinct may be unerring, size of berries, while a few are almost stand and see it themselves, or do you the bathroom at night and reach for of gay colors-blues, greens, reds and your toothbrush and then find some one yellows. With the set come heavy cords night, Scott lay awake thinking about your toothbrush and then find some one yellows. With the set come heavy cords that money. It was one thing to say else's? Toothbrushes look so allke in colors and many a weary time can be that they would think no more about it, sometimes that even in the day time passed away as Miss Betty sits absorbed you have to be careful-and perhaps and strings together the brightly colored ing about when he realized the enormity of what he had done. Suppose either
of them should be ill, what then? In
guess what I discovered today? An
using that money he had subjected Ruth
autographed toothbrush. The handle
them around her plump little neck and autographed toothbrush. The handle them around her plump little neck and What kind of a husband was he, after unscrews at the end and holds a little show you the chain she has made for slip on which you can print your name. herself. This box is well worth fifty This screws back into the rest of the cents.

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

## How I Work Magic With Left-over Cheese

Jim loves cheese any way, but, of course, he doesn't like it just plain, and it used to be terribly hard for me to think up new ways of preparing it for him. But since I've learned the secret, it's so easy-and such fun to watch Jim consume perfectly ordinary dishes as though they were the creations of a million

dollar chef. For instance, the other day for Sunday night supper I made a cheese omelet that was delicious. I just made an ordinary omelet, and after seasoning it with sait and pepper I added half a cupful of leftover cheese, grated. There are two secrets in the making of a light, fluffy cheese omelet, I've found. One is to put in the beaten yolks and beaten whites of the eggs separately, and the other is not to forget the flavoring-plenty of the relish with

have made for him. Well, Cynthia, I love him and know that he loves me. He never calls on another girl.

Now here is my doubt. If we are out together and there are other young men and young ladles at the same place the young men always come to me and make a big fuss over me. Lately I have noticed that he leaves me with the young men and goes to other girls. But, Cynthia, all the time he watches the young men and watches me. I do not like such actions, Cynthia, but what am I to do? Of course I do not want him to stand beside me all the time, but he never comes around me at these places, but, however, I cannot walt until he can come to see me. Cynthia he wants to caress me. as he did months ago. Should I let him? I know he is waiting for me to tell him I am ready to just go with him again and become engaged. When we broke the engagement, he said: "When you are ready to give up your other boy friends for me, won't you come and tell me, dear?" I you please tell me what to do, and if I should tell him, how could I teil him?

BLUE EYES.

BLUE EYES.

the Frenchy zest-Al Sauce. akes all the difference in the world Try it and see-for your Jim .- Adv. Mrs. Morrisons
Chocolate Pudding Package Make a Quart

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## In Gingham With Organdie A Daily Fashion Talk by Florence Rose



Any little girl would love this dress. It is described in today's fashion A COUPLE of years ago gingham came or the materials in plain colors.

The young girl's dress shown here is the thing for milady's best summer frock and while it has been side-tracked somewhat this season by the use of organdie for the best dresses, it nevertheless remains a very coulder material.

A sask cut on the bias of the material.

used by any but an expert in clothes. Organdle, too, has been used in the same way by these artists to trim the serges. Only a French designer would think of doing such extraordinary things, but it will have to be admitted that both of these combinations are very things, but it will have to be admitted that both of these combinations are very attractive and those who are looking for noveities should be interested.

Cane-seated chairs that have sagged can be tightened by washing them in hot water and soap and rinsing them in clear water. Dry in the open air.

A sask cut on the bas of the material.

A very novel use of gingham has been introduced this year by the French designers in their spring models, by using bright colored gingham in bands to trim blue serge dresses. It is rather a daring sort of trimming and not one to be

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Things to Know

for novelties should be interested.

Gingham is by no means the coolest of summer materials, but it has the happy faculty of looking so crisp and fresh after it has been laundered, that for this reason, if for no other, it is favored for summer. It is without doubt ideal for children, for aside from its washing qualities it does not show the soil as readily as either the white.

the entire "opposite sex" they ought to start to do a little reform work with the members of their own sex. HE TRIED TO STEAL A KISS.

Dear Cynthia—I read your question column lately, and among the letters one entitled "When the Man is Younger" To begin with, I would not advise any girl to marry a man some years younger than she is, or even to marry a man older than herself. man older than herself.

Well, dear reader, I married a younger man than myself and repent the fatal day—not for the years' sake, but for the sake of the life he makes for me. He is about three years younger than I, but at the proposing time he lied to me about his age. I was very pretty and young looking, and he did not want any other to get me. We only knew each other one week and a half before we married. He took some terribly sol-

each other one week and a half before we married. He took some terribly solemn caths.

He hangs too much to his people for me to be a happy wife. His father married after his mother's death, and his father never thinks to even buy a card to send to us.

I have a mother and father and sisters

I have a mother and father and sisters and brothers, just as he has, but once you are married it is your place to stick to each other and not let love grow cold. If a little trouble arises, brush it away with smiles, but he often runs to his people and speaks of me and asks their advice about me, and when they see me they tell me if it were not for them he would not want me.

Gee, that hurts so. Almost every time he gets cross at me he chokes me and curses terribly. I don't know what to do. He says he can't live without me, and I can hardly live with him. He kays for just like all the rest of the women, as they are all alike. But I love him and forgive him with all my

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## The Question Corner Today's Inquiries

Visit Island is famous for its beautiful species of ferns?
What very novel material is being used for summer curtains?
When the netting on Nottingham curtains has worn out how can the figures be used again?
What is the advantage in using a loose-leaf scrapbook in which to paste favorite recipes?
Suggest some uses for old kid gloves.
How can sweet potatoes be kept How can sweet potatoes be kept for a long while?

Yesterday's Answers

Yesterday's Answers
The only two women to sail on
the homeward trip of the George
Washington besides Mrr. Wilson
and her secretary were Miss Beatrice Frankfort, of New York,
and Miss Martha Carrell, of Fort
Waype, Ind., two telephone girls
at a Y. W. C. A. hotel in Paris.
A "pebble garden" is one which
consists of bulbs growing in
pebbles placed in shallow flower
bowls on the window sill.
The corks of mucilage bottles will
not stick if they are coated with
vaseline as soon as they are removed from the bottle the first
time.

time.

In papering a room in which many pictures are to be hung it should be realized that a plain paper will set off the pictures, while a figured one will make them look like patchwork. itike patchwork.

The easiest way to iron embroidery or garments on which the buttons are close together, is to place them under a towel folded about four times and iron over this.

White spots on furniture can be removed with camphorated oil.