

FRIDAY'S MARKETING ARTICLE : A TIRED MOTHER SPEAKS : SWEET SUMMER DRESS : CYNTHIA

MRS. WILSON TALKS ABOUT SPRING MARKETS AND WHAT TO BUY THERE

Southern Vegetables Coming in Plentifully—Rhubarb and Bermuda Potatoes—A Day's Sample Menu and Its Entire Cost Are Given

By MRS. M. A. WILSON. Copyright, 1919, by Mrs. M. A. Wilson. All rights reserved. A TRIP to the markets affords real delight to the housewife. The southern vegetables are coming in more plentifully. Asparagus has made its appearance and in a few more weeks it will be reasonably priced. Rhubarb is plentiful; and one needs to keep in mind the fact that rhubarb pie, pudding roll and shortcake are delicious and attractive at this season.

The little nuggets of cinnamon brown that you see are the Bermuda potatoes; they are very good and they need no peeling, just a little light scraping.

Romaine and endive salads are still in the stalls. Southern peas and beans, both the green and wax variety, are in, while southern tomatoes are plentiful at twenty-five cents a pound.

Fish and oysters are abundant, and the wise housewife will give the family an oyster treat before the season ends. You know, oysters are off the menu and are taboo after April 30 until the next September. Shad is plentiful and high in price, ranging from forty to fifty cents per pound. If you decide upon shad be sure that you have the fish dealer send along with the fish the melt, if buck, and the roe, if roe shad.

The melt is delicious and may be cooked just like the roe, either by broiling or dipping in flour and then frying in fat. Garnish with strips of bacon and parsley.

Fresh mackerel, sea bass, perch, cod, halibut, salmon and flounder are on the stalls, and afford a wide selection. Now that many of our boys are returning home, plan to have a couple of them for dinner. They will enjoy the treat, and it need not add materially to the cost of the ordinary meal. You know we all need an occasional gust to speed up our culinary department.

- A Sample Menu BREAKFAST Sliced Oranges Cereal and Cream Poached Eggs on Waffles Hashed Brown Potatoes Watercress Coffee DINNER Watercress Scallions Baked Oysters Yankee Meat Pie Baked Potatoes Spinach Tomato Salad Rhubarb Roll Coffee SUPPER Celery Radishes Welsh Rabbit Toast Fruit Salad Tea

In marketing purchase the staples, such as tea, coffee, flour, etc., once a week. Other than this for a family of six these menus will require:

- Five medium-sized oranges, Six eggs, One-quarter peck of potatoes, Two pounds of steaming beef, Two carrots, One can of peas, One-quarter peck of spinach, One head of lettuce, Two tomatoes, One bunch of rhubarb, One bunch of celery, One bunch of radishes, One bunch of scallions, One-half pound of cheese, One banana, One apple, One small package of coconut. Cereal, cream, coffee, tea, seasoning bread and butter are, as I have said, included under the heading of weekly staples, and with the

exclusion of these this menu may be purchased for about \$3.25.

- Poached Eggs on Waffles Prepare a waffle mixture as follows: Place One cupful of milk, Three-quarters cupful of water, One egg, Two cupfuls of sifted flour, Three teaspoonfuls of baking powder, One teaspoonful of salt, Two teaspoonfuls of sugar, One teaspoonful of shortening in a mixing bowl and beat, using an egg beater, until the mixture is free from lumps. Have the waffle iron very hot when starting to bake. When the waffles are ready to serve place

in a saucpan and bring to the boiling point. Now break the egg on a saucer and then slide into the water. Cook for four minutes and then lift with a skimmer on to a napkin to drain. Roll gently on to the waffle and cover with two teaspoonfuls of cream sauce. Garnish with finely chopped parsley.

Baked Oysters Allow four oysters for each service. Place the oysters in a baking dish and then sprinkle with fine crumbs and two strips of bacon cut in fine pieces, and one tablespoonful of grated cheese. Place in a hot oven for ten minutes and then serve on strips of toast, pouring over the oysters the liquid in the dish. Season with salt and pepper and garnish with parsley.

Yankee Meat Pie It is best to cook the meat on Saturday, so that all that need be done is to place it in the baking dish and cover with the crust. Meat from the neck, shin or top of the ribs may be used. Cut into two-inch blocks and then roll in flour and brown quickly in hot fat. Lift into a saucpan and add

Three cupfuls of boiling water, One fat of soup herbs, Two carrots, cut in pieces, One-half dozen whole onions. Cook gently until the meat is tender and then thicken the gravy slightly. Season and then add one can of well-drained peas. Turn into a baking dish and cover with pastry. Cut inch-wide strips and then roll out the balance of the pastry and cut into three-inch squares, as for soda crackers. Place the pie in the oven and bake forty minutes in the oven. Bake the squares of pastry until a light delicate brown. When ready to serve place the squares of pastry on a plate and then lift on the meat pie.

Rhubarb Roll Prepare one bunch of rhubarb, discarding the leaves, and then cut into thin pieces. Wash and dry and then place in a bowl

Two cupfuls of flour, One teaspoonful of salt, Four teaspoonfuls of baking powder, One-half cupful of brown sugar. Sift to mix and then rub in five tablespoonfuls of shortening. Mix to a dough with one-half cup of water. Roll out on a floured pastry board one-half inch thick. Spread with the prepared rhubarb and one cup of brown sugar. Now sift over the sugar

One teaspoonful of cinnamon, Five tablespoonfuls of flour. Roll up the dough as for cinnamon buns, brush the edges with water and fasten them securely. Now place in a well-greased and floured baking pan and bake in a

moderate oven for fifty minutes. Baste the roll every fifteen minutes with

One-half cupful of sirap, One-half cupful of boiling water. Stir until well blended and then serve vanilla or cream sauce with the roll.

Vanilla Sauce One cupful of sugar, Three-quarters cupful of water, Two tablespoonfuls of cornstarch. Dissolve the sugar and starch in the water and bring to a boil. Cook for fifteen minutes and then add two teaspoonfuls of vanilla and serve.

The Woman's Exchange

Pratts White Cat Wants Home

Dear Madam: About a week ago a small white cat suddenly came to our house. It has certainly come to our house. It is quite tame and very affectionate. I would like to find a good home for it, but I don't think that perhaps some of your readers might like to have mine. I am unable to keep it myself, as I already have a dog and a bird, and would like to find a good owner for it just as quickly as possible. I am sure you will be glad to help in this matter. I am sure you will be glad to help in this matter. I am sure you will be glad to help in this matter.

Another Crocheted Sweater Pattern

Dear Madam:—Wish to take this opportunity to tell you that it was indeed very thoughtful of you to print the pattern for a crocheted sweater in the February issue of the magazine. I have had in mind for some time to make one of these, but I prefer to make a high neck in the back and "V" in the front. If you could procure a crocheted pattern that would make a sweater that would fit me, I would be very glad to purchase it. I would be very glad to purchase it. I would be very glad to purchase it.

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And So They Were Married

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

START THIS STORY TODAY

TO RUTH, whose mind was full of the subject of work, Scott's failure to say anything about it made her angry. After her talk with Helen, she thought seriously about the matter weighing things from both standpoints. She wanted to talk about it, too, and tried in every way to get Scott to say things.

"How are we going to manage about meals when I have a position?" she said, annoyed at his failure to praise something she had fixed. This happened the night after she had talked with Helen.

"Well, wait till you get one before we plan."

Ruth flushed at this, it sounded so patronizing, and later when Scott said something to her she answered shortly.

"Why dear, what is it? What have I done?"

"Nothing, only that I wish you would realize that I am in earnest about this instead of treating everything as a joke."

"You've made up your mind to take a job?"

"Yes, Scott, I have definitely. He was silent."

"You don't approve, do you?"

"I'm wondering what people will say about it."

"You never used to care what they said about anything."

"But I don't want them to think that I can't take care of you. I understand me, don't you, Ruth? I improve of that kind of thing. I like to see a woman stand side by side with a man helping to shoulder burdens, but we didn't begin that way and I think this is a bad time to start anything new."

"You'd feel differently afterward. Besides, I don't like this round of housework, Scott, I'd rather be out in the world doing things. Mr. Harper said at the meeting the other day that it was the women in my position who were a menace to the world because of their idleness, she said we didn't have enough to keep us busy just taking care of a small apartment and we didn't have money enough to live an exciting social life. A woman must have something, Scott, and I have a good education. I want to try this office work. I registered with the bureau of employment today. One of the girls I used to know at college has charge of it."

Scott said nothing more and next morning Ruth awoke with that strange feeling of something on her mind. Then she remembered last night and was suddenly wide awake, dreaming wonderful day dreams. If only she could do something really big, something that would make Scott proud of her. After all, she couldn't sleep. And then her thoughts drifted off into pleasant channels wherein she was always successful, always the mistress of some concern, always a successful business woman.

She lay dreaming for perhaps half an hour, then the clock chimed seven, and she slid out of bed. Scott was still asleep in the bed, next hers and she dressed softly, slipping into a wool housedress and going out to the kitchen. She mused reflectively on life as it would be when she was working. She looked down at her dress and realized herself immaculate in blue serge with perhaps a touch of flit at the throat. She would wear tailored suits with a stiff sailor like Helen's and a correct tie.

How she would enjoy waking up in the morning and dreaming of the excitement of a day at the office. How exciting it would be to have coffee with Scott and to start off together. How exhilarating it would be to overhear scraps of conversation about herself and hear of all how up-to-date it would be to keep abreast of the times, to discuss topics of the day with men who would look at her admiringly. Surely all of this was better than staying at home and doing the mundane stupid things that had to do with taking care of an apartment. And when occasionally

she did attend affairs, how wonderful it would be to impress people like Natalie Jergens. She could picture the way the girls would listen to her when she talked. No longer would the afternoon's conversation turn on frocks and frills, but she would be asked questions about her job, the people she met and so forth. What she wore, although it would be well chosen and modish, would not matter so much, but the fact that she had a position of importance would matter a very great deal.

Ruth felt her entire nature expanding, becoming more sympathetic and broad. She suddenly thought of Mrs. Merritt buried down there in her ugly little home. She would invite her in some time and take her to tea at a hotel. There would be more money to spend on such things then, and it would be so nice to do things as an independent woman.

Ruth measured out the coffee, four tablespoonfuls with a little bit over to the pot and poured out four and a half cupfuls of water. She and Scott always drank two cups at breakfast. This led her thoughts in other directions and she wondered how she would manage about getting meals. She might have a maid; in fact, that would be necessary. Life was rosy, and everything seemed changing. Just by making up her mind to do this thing she had become interested in living. Was it just the fact that she had decided to work, or would it have been the same if Ruth had made up her mind in any other way and had become interested in the idea?

"In the next installment, Ruth gets the offer of a position, and is overwhelmed with importance."

New in Fashions

Color schemes will be as vivid and varied as they are beautiful.

Some afternoon and dinner gowns have short puffed sleeves.

Heavy white linens are trimmed with white poutches.

Net is a dainty trimming for frocks of taffeta and printed silks.

Frills of lace and linen and chemise trunks are in vogue again.

Occasionally a floral hat is seen rising high from a close-fitting brim.

Adventures With a Purse

A DAINY summer bureau scarf which is inexpensive and at the same time attractive is of white linen finish material. The edges have an embroidered design, most neat and dainty, in pink or blue. The cost of one of these scarfs is but forty cents.

If the silk underverts you were given for Christmas are beginning to need adding to, you probably have been unpleasantly surprised to find that silk shirts which once cost \$2 have now soared way up to \$3 or more. And so it is that you will probably be as increased as I was to find that there still can be had a well-known make of silk shirt for \$2.45. But I would advise you to get some soon, for I do not believe that the supply will last long with thrifty, careful buyers passing them every day and realizing what a real bargain they are.

Do you like raisin bread—nice soft flaky bread with luscious big raisins that fairly melt in your mouth? I saw some today, made with raisins that were grown way out West, and I vow it was irresistible. A big cake of it—quite enough for four or five people, even if they like more than once pieces—can be had for eighteen cents. And I think that's very reasonable, don't you?

Giving a Child an Allowance

Should boys and girls have their own allowance, in proportion to the means of the parents, as soon as they are old enough to know the value of money? This is what many a parent has said in substance:

"Certainly. An allowance is the best safeguard against the habit of extravagance if the child is taught to spend the money judiciously and to keep a strict account of all expenditures. It is absolutely necessary to teach a child the value of money. If he is not capable of buying his own necessities or a girl her handkerchiefs. When if they do make mistakes? They can be taught to profit by them and they must learn to be thrifty. The best way to do this is to let them be trusted and will seldom betray confidence."

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A MOTHER TELLS JUST WHY A WOMAN GETS OLD FIRST

She Has Two Babies Who, With Household Cares, Keep Her From Outdoor Exercise and Mingling With Other Women—Feels Youth Slipping

WHY does a woman get older before her husband? Not long ago this subject was taken up in the column, and a wife and mother has such vital things to say on the subject that I am printing her entire letter.

"Many times," the letter reads, "I have been tempted to write but have not. However, the article on 'Why a woman gets older sooner than her husband,' is a subject I often try to talk about with my husband. When he comes in at night he says I am always tired and not talkative, while he is bright and full of current events."

"Working in a large plant where he is always in the air, he doesn't come home late. Many times he says he naps a little while on the train coming home, and that helps to rest him so much. I have two dear little boys, one two and a half and the other a baby, and they require my attention one or the other all the time. The article says a man gets more sleep, and that's a fact. I am up on the average of three and four times a night, and it takes me a little while to fall asleep after getting up. When the baby goes off in the morning I am ready for my good sleep. Get up tired, go to bed tired."

"For a week at a time I do not get off the front porch, not even for a walk in the evening, as my husband is taking up a night business course. Through the day I might possibly dress the children and go for a short walk, but to rush home and get a cooked supper at an appointed hour is saying too much."

"Why shouldn't a wife and mother grow older than a man? Fifty years of excuse I think. I don't doubt I get plenty of exercise doing my usual

housework, but I feel I am not the same and am gradually falling back from my usual self from lack of outdoor exercise, and from not mingling and conversing with others than my babies. I feel most like a farmer getting into town on Saturday afternoon. ONE OF 'THE WIVES.'"

THE woman who has young babies to care for must, indeed, connive with her time to get any of it to spare for herself. But the conniving is worth while. No woman ought to feel herself slipping away from youth without doing something to hold tight to it.

In the first place, little mother, couldn't you train those little boy babies to sleep through the night? It is hard at first, and will