

MANAGING AND MAKING A HOME—YOUR DAUGHTER'S SUITOR—ARGANDIE DRESS—CYNTHIA

MRS. WILSON DISCUSSES WOMEN AND WAYS OF KEEPING HOUSE

Level Measurements

The Right Methods in the Kitchen and the Wrong—And How to Manage Comfortably on a Limited Pocketbook

By MRS. M. A. WILSON

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IN THE civilized and uncivilized countries alike the home has ever been woman's domain, and she has the planning, the making and the most intimate knowledge of its failure or success.

When one thinks of and tries to fathom the daily working of our pioneer woman in this country's early history, all must acknowledge that she was most competent. In her day the spinning, weaving and making of cloth, clothing and many times the most important household implements were included in her duties. The pioneer women were truly efficient.

Because of man's ingenuity women of today have less work and hardship to endure; and unless one is very much interested in her home she is apt to become lax and careless by using indifferent and inefficient methods, which may not only prove costly from a financial standpoint, but also mean a great loss in time and effort.

When a woman remarks that cooking and housework is hard and uninteresting work you may believe as truly as there was a war in Europe that she has no practical knowledge of her business. A woman sent me a recipe she had clipped from a newspaper. She wanted to know that was wrong with it, as she had met with complete failure. I truly believe that she should have prepared herself so as to be able to know at once nearly what results she would have obtained when she used that recipe.

The study of the rules of batters and dough mixes would have told her at once that something was wrong and that success was impossible. Right here I want to state that a collection of miscellaneous recipes is useless and likely to prove costly to the average housekeeper.

Has She Prepared for This?

The younger woman, after her school days are over, longs for the freedom and privileges of the business woman. She quickly sees that she will have a stipulated financial return for her efforts that will exceed what she would have had if she stayed at home and took part in the domestic problems of the household. And she is right—so far.

But how about the time when she will have to provide for her own household? What can she do to regain this loss of experience? Only by a careful and conscientious study of true and well-known methods that will guarantee success can she now hope to obtain this knowledge. Truly there is no royal road to successful cookery.

If one would be successful in maintaining the home commissary department, it will be found that a knowledge of foods and their values is necessary. Also the chemical change that takes place in the preparation and cooking of foods, conserving food for future use combined with careful and conservative purchasing; how to utilize what is at hand, permitting no waste and using up-to-date methods that can be depended upon to give satisfactory results.

The woman who has this knowledge at her fingertips, if she reverses overtake her, can cheerfully put her shoulder to the wheel and provide herself and her family with maintenance. There is not an occupation open to women that will give better financial returns, regardless of age, than the professional cook or caterer.

Don't Cook in Large Quantities

Do not make the mistake of cooking large quantities of food at one time, only to find because of moisture used in the cooking and the lack of a sufficiently large piece of ice that the food has started to mold or turn sour. Cook only what can be conveniently used each day. Careful preparation of well-cooked and nicely served food will do more to promote good digestion than a shopful of tonics.

Nature is a wonderful chemist, and in order to derive the maximum benefits from our food we should drink between seven and eight glasses of water every twenty-four hours. This does not include the beverages taken with the meals.

In order to further facilitate a general flushing of the entire system and to remove the poisonous substance, drink freely of water between rising in the morning and just before retiring at night. Eat plenty of fresh fruit and green vegetables. These fruits and vegetables have a high water content and valuable mineral salts which cool and cleanse the blood stream.

The purest form of water is found in fruits. They also add to the diet the essential bulk which sweeps and cleans the digestive tract.

Drinking water at the very beginning of a meal acts as a stimulant, starts the digestive juice flowing through the system, when the food reaches the stomach the process of digestion immediately. Clear soups

also act as stimulants for the same reason and purpose.

Cereals form a valuable mineral element and the bulk necessary for good digestion. While they are lacking in the protein to complete a balanced ration, this can be easily overcome by using other foods that have a high percentage of the necessary body-building food element.

Weight of Cereals

Oatmeal, three ounces per cup.
Rice, eight ounces per cup.
Cornmeal, four ounces per cup.
Hominy, six ounces per cup.
Barley, four ounces per cup.

A diet of cereals, fresh vegetables, fruits, milk, eggs and cheese will provide ample nutrition for the man doing hard, laborious work. The office worker, whose lack of physical exercise makes him a cautious eater, will also find that this diet is an aid to efficiency.

Generally speaking, the American or creamery store cheese sells at the same price per pound as the medium cuts of meat. Cheese is a highly concentrated food, which is rich in both protein and fat. When it is prepared with other foods that contain sufficient bulk it provides an attractive, economical unit of food.

Raisins, dates, figs, yolks of eggs, spinach, lettuce, celery, string beans are foods that are rich in iron and they may be eaten freely during the spring and summer.

Use Plenty of Potatoes

Potatoes may be made into many attractive dishes, and if shoestring potatoes are served in place of bread at the evening meal the family will really enjoy them. Try serving potato salad made this way.

Boil medium-sized potatoes in their skins until nearly tender. Drain and then dry well and then rub with shortening. Finish cooking in the oven. Cool and then cut a slice from the top of the potato. Scoop with a small spoon the contents of the potato into a bowl. Take care not to break the skin or shell of the potatoes. Do the potato pulp in the bowl add, for every six potatoes, one onion, one green pepper minced very fine, one teaspoonful of salt, one-half teaspoonful paprika and three tablespoonfuls of mayonnaise dressing. Mix and then fill into the prepared shells. Mask the top of the potatoes with the mayonnaise dressing and garnish with finely chopped parsley. Serve on a bed of lettuce leaves.

Marketing with a well-filled purse for a family which desires good food and has the wherewithal to pay for it is an easy task and one that almost any one who is familiar with food products can accomplish successfully.

When Money is Limited

But when the amount of money to be spent for food supply is limited, it is most essential that the housewife buy in an economical manner if a desirable and attractive menu is to supply the family with the proper nutrition. The housewife should acquaint herself with the various brands of canned foods, cuts of meat and have the ability to recognize the storage fish and poultry. Ordering the food by phone or by sending the child for it will give poor returns. Slip on your coat and hat and personally visit the market. You will not only obtain greater value for your money spent, but also you will get an accurate knowledge

In all of Mrs. Wilson's recipes level measurements are used. By this is meant to slice off the little mound of baking powder, flour, cornstarch, etc., that piles up on the spoon until the contents of the spoon are perfectly level. Mrs. Wilson uses this method of measuring because there is no other way to indicate the exact amount of flour, etc., to be used. As an interesting experiment, some time, measure out two heaping or even rounded tablespoonfuls of flour and two level ones into separate cups and see just what a great difference there is between these two quantities.

of the food supply. Then again, it is quite a different matter whether you will call the storekeeper on the phone and order a steak, roast or chops or have the meat you want cut and weighed before your eyes. Both you and the storekeeper know that he would trim the meat closer if you were present, for no woman wants an excess of bone or fat.

Besides this, you would insist on all the trimmings and perhaps an additional piece of bone coming home for the stock pot. The vegetable and produce purveyor would naturally expect you to object to his selling apples and potatoes uneven in size, and by this I mean that you would expect the vegetables to be uniform in size for the best results in cooking.

Then again, if the price of any article wanted was high because of scarcity, you would naturally substitute something else in the place of the original food. Thus again the personal visit gives you a practical insight in regard to the scarce, normal and abundant supply of provisions.

How to Buy

The staple or nonperishable products may be purchased in quantities that will be required for the week and thus eliminate the necessity of constantly replenishing the larder with these foods. Care must be used in handling the perishable foods. Buy them in sufficient amounts so that waste will be eliminated and thus curtail any financial loss.

It is desirable and most necessary to prepare a menu for the entire week if a real successful, economical regime is to be expected. The housewife should have some actual knowledge of foods in season and should not purchase foods that are out of season. Not only are they expensive but also they are immature and furnish less than their usual quota of food elements.

Do not make the mistake of purchasing foods because they are cheap or lower in price than other commodities if the family does not have a real liking for the food. It is the poorest kind of economy to buy a quarter-peck of carrots or parsnips if the family refuses to eat them. Not only is the food lost but also the time and heat used for their preparation is wasted. Prepare the menu so that all the family may have their likes and dislikes taken care of.

True economy in planning a menu, purchasing and preparing food lies in the fact that every portion of food is utilized and therefore there is no waste. Learn the little tricks in garnishing. The appearance of the food plays a decided part in the promoting of good digestion. A few herbs, parsley, cress or radishes need not add materially to the cost of the dish; they can easily be grown at home and they make for pleasing variety when used for garnishing the food.



IN ORCHID ORGANDIE WITH NET RUFFLES

Adventures With a Purse

THIS is a story for the business girl, and it has to do with bags. One of my very favorite business friends carries one always, and that is really what put me in mind of telling you this story. You know how you almost always have something to carry to the office, a book, some papers, and dear knows what all. A large bag, somewhat like the patent leather overnight bag, once you carry one, will become indispensable. My friend carries hers to the office in the morning. Of course, she does not take it out at noon, but leaves it there. When she has some of the little packages and things that every woman can't seem to get along without, powder puffs, and the like, why, there's her bag! And when she stays overnight with her very best friend, why, there's the bag again. Most convenient. One shop is showing some for \$3.50 and \$4.50, which is the lowest I have yet seen them priced.

Four cunning, captivating paper dolls, twelve dresses, each cut with absorbed interest, and fit on these little ladies, three smart hats to arrange on their charming heads, and all for ten cents! This is what I found today for little girls who still find a world of play and fun in cutting out and dressing paper dolls. These sets are quite the nicest I have ever seen. If you take one home to your little girl, you will feel repaid when you see her delighted smile.

The hint of warm weather brings with it many a longing in the heart of woman. "If I only could," she plans, "I would wear white all the time this summer. It's so cool and fresh-looking!" Well, anyhow, you could wear white shirtwaists and skirts real often. If the skirt is well-fitting, an the waist fresh and clean, you could not find a smarter costume. And here are some waist that you will like for a white skirt: voile, in white or pink, with rounded neck, and soft frilled collar. These blouses are priced at \$1.50, which is remarkably reasonable. I am sure they will lure you, and, what is more, I am sure you will like them.

The dress itself is pretty even before you know the color, but when you hear it is orchid and the tiny ruffles net, it becomes irresistible! The sleeves are short. The hat is orchid-colored satin with pleatings of white organdie.

When a Strange Young Man Wants to Marry a Daughter

What to Do

By CYNTHIA

"Wall Flowers" and "Vamps"

Dear Cynthia—Have with interest following the debate between "Babe" and "Ed" and I have asked your permission to add a few words to this dispute.

I am a young girl of eighteen years, well educated, refined and fairly good-looking, and I have a very few suitors. I am always invited to parties, evening parties, and at the end of the evening I am always invited to another "wall flower."

But, when white being the wall flower, we have the different character of the young girls and fellows and I must say that those girls who will get sentimental over the top of their first acquaintance are the whole show, like a girl who is decent and respectable like myself and another "wall flower."

I have had quite a few doses of young men who have no other idea of making love than to get down on their knees and I was quite a bit younger than I am now, sixteen and seventeen years of age. I sincerely believe that they would not do anything but day dream of the loving words and caresses of strange men. And, like the wind, I was blown and forgotten by the same young men.

Cynthia, can you blame us girls for not trusting the young fellows who now know different, and have nothing to do with the fellows that pass mere friendly words, and are not even in our first acquaintance are the whole show, like a girl who is decent and respectable like myself and another "wall flower."

You young men do not know what harm you are doing in playing with a girl's heart which she will never see the thing a girl possesses. Why not have pity on us girls. Don't assume the attitude of "new face" men, they are too much.

"WALL FLOWER."

Where Are the "Vamps"?

Dear Cynthia—As a daily reader of the Evening Public Ledger, I take a glance at the woman's page so that I may see both sides—i. e., the opinion of both sexes on a question, and I judge fairly. Allow me to say that this vampire talk makes me laugh. "There isn't no such thing as a free lunch," is a very rare one. I refuse to believe there are such people. I take as an example my own experience. I remember seeing the stuff she is made of, I do not see how any one of her sex can be otherwise.

A "vamp" is simply the imagination of a young girl. Of course, there are some bad girls and some bad boys, and the girls who complain (in your pages) of the popularity of "vamps" should not sorrow, as only "birds of a feather flock together."

A little while ago, the readers of your page expressed their opinion as to why women grow older than men, and I would like to say this much about it. "Women grow older quicker because they try to look younger, longer." Paint and powder never made a girl look better.

In this respect most girls are "vamps," and I think it is high time to "shine" off, as the girls will say, but because they wish to improve their complexion.

This is I think, the decent boys' opinions on the matter. When I see a girl pass by with white complexion and "powder" (mostly pow!) I turn my face away. It is simply disgusting.

The girls only look at their own side of the question, and I am sure if they can be convinced that powder and paint never yet made a good impression upon a decent fellow, they would stop bombarding their noses with sixteen-inch powder guns.

SEVENTEEN WHO LIKES GIRLS EVEN THOUGH HE HATES THEM.

P. S.—Please do not publish my address. I do not want any angry girls calling on me.

Worried Mother

Dear Cynthia—I am a mother of a sweet girl, twenty years of age, and have always been known to her friends as never to allow a man to kiss or caress her until she is engaged to marry, and never to visit a man alone after her betrothal when returning from a party or the theatre unless accompanied by an older person. I have never known a girl who, naturally she confides everything to me, and I believe she has always followed my advice.

But now she is beginning to waver and it is almost breaking my heart.

In the first place she has a member of a club to which fifteen other boys and girls belong, and I am almost sure they will attend the club's case from what my daughter has said.

Every night, when she comes home, she will tell me what has happened, how the girls are talking to her, how she is with the boys, allowing them to kiss and caress her, and how they are talking to her. What she cannot understand is this, it has always been said that the boys respect her, but now she says she will not allow them to do just as they please; but no matter when or where the boys are, she is always talking to the poor dear, sits and waits for her Romeo.

Will you, my dear Cynthia, or some of your boy readers kindly give me some advice on this subject, as nothing is worse to me than to see my girl have her child lose faith in her?

Why should your little girl lose confidence and trust in you because she is a lady? "Surely" her behavior as a lady should be. The good little girl will not let her husband kiss her, and she will let her husband kiss her, and she will let her husband kiss her, and she will let her husband kiss her, and she will let her husband kiss her.

You certainly cannot change your teaching.

Start This Story Today

Ruth drank only coffee in the morning. Scott ate a regular breakfast, including fruit, cereal, and on Sundays bacon and eggs and hot bread. Ruth always insisted on this, and she actually enjoyed getting his meals.

This morning, after she had turned the gas flame down under the coffee, she flew into the diningroom and opened the windows. Outside it was spring, and the air was soft and warm. She drew the table nearer one of the windows and hustled out plates and silver, then she went back and woke Scott.

He heard her singing as he dressed and smiled a little.

"She's probably forgotten all about her feverish desire to work," he thought to himself as he chose a tie and knotted it, which was all wrong, because Ruth was thinking of that and nothing else. A man always feels that he understands his own wife perfectly, and yet it remains for another woman who may not be even a friend to understand her far better.

Ruth had reached the stage in her married life where the first intimacy had been robbed somewhat of its romance. So much was taken for granted now. For instance, she loved Scott dearly, and yet she knew just how he looked when he needed a shave. She was apt to notice if his shirt were not quite fresh, and to tell him so. She had nursed him when he was ill, and knew him for a cross, spotted baby, not a dream knight. All of this does not matter so vitally to a woman, because her love for a man is different. The average woman accepts the gradual awakening of marriage more philosophically than the average man, and if she is clever she applies her own knowledge to the mind of her husband and wonders how he is reacting under the same experience. Nine times out of ten a man's reactions are entirely different.

For instance, she realized that she was no more mysterious to Scott now than he was to her. He had seen her not quite at her best with her hair frowny and her nose shiny. Ruth wished sometimes so hard that it hurt that she might always maintain that first charm that she had had for Scott, and which is possible only where there is unlimited money, and then life is often unnatural. She knew as well now as she always had that a woman ought to maintain barriers in marriage in order to retain a man's entire interest, but no one but a woman who has lived in a small apartment or in the heart of any family of average means knows how hard it is to be always mysterious. Mental reservation

And So They Were Married

By HAZEL DEYO BATCHELOR

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Mrs. Wilson Answers Questions

My dear Mrs. Wilson—Will you kindly publish through your column recipes for orange filling and icing, also cream filling for layer cakes? Your reply will be very much appreciated. Sincerely,
H. K.

Orange Filling

Place in saucepan
One-half cupful sugar,
One-half cupful water,
Juice of one orange,
Grated rind of one-half orange,
Two level tablespoonfuls cornstarch.

Stir until sugar and starch are dissolved, bring to a boil, cook slowly for five minutes, cool and use.

Orange Icing

Grated rind of one-quarter orange,
Juice of one orange,
Sufficient sugar to spread.

Cream Filling

White one egg,
One-half glass jelly.
Beat mixture with Dover egg-beater until stiff.

My dear Mrs. Wilson—I have striven to get a recipe for Russian dressing. Not succeeding, I turn to you. Kindly inform me, if possible.
F. W. B.

Russian Salad Dressing

Place in a bowl
One cupful of mayonnaise,
Now pare
One raw carrot,
One raw beet,
One raw onion.

The dress itself is pretty even before you know the color, but when you hear it is orchid and the tiny ruffles net, it becomes irresistible! The sleeves are short. The hat is orchid-colored satin with pleatings of white organdie.

A Daily Fashion Talk by Florence Rose

THERE is much discussion these days, especially by those who have been to Paris and seen the new fashions, as to likelihood of the American woman adopting the fashions as worn just now in Paris. There are three of these fashion points that are the cause of the discussions. One is the very short skirt, another the sleeve that is above the elbow, and the extremely low neck-line on the street dresses is the other. My opinion is that it won't be long before we see all three adopted on this side of the water, possibly modified, of course.

The skirts that are raising the hubbub are from eight to sixteen inches from the floor. Few could or would wish to wear the ones sixteen, but there is a happy medium in all things and the American woman is sure to find it. Some of the sleeves are so short that they cover only the top of the arm. For street wear, the sleeve is anywhere from the elbow to half-way to the armpit. The most unusual thing about these short sleeves is the style of glove that is worn with them. It is not the long glove, as one would suppose, but a glove that reaches about five inches above the wrist, the slip-on variety, without buttons and flaring above the wrist. The arm is, as you see, left uncovered from the top of the glove to the edge of the sleeve.

The low neck like the short sleeve, we have had and worn before, so I see no reason why they should not be worn again. It is only because these styles are radical changes from what has been worn of late that they seem impossible, but later it will be like the colorless dress, we will wonder how we ever wore anything else.

The dress of today is of orchid-colored organdie, hand embroidered and trimmed with tiny ruffles of net. The sleeve of this frock is a modified short one. The girdle which drapes the waist is of two-tone orchid satin.

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For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, see address Editor of Woman's Page, Evening Public Ledger, or phone the Woman's Department, Walnut 2000.

Today's Garden Lesson

The gardener has a choice between vegetables, but in the long run it will pay him both for his own sake and for the sake of his neighbors to stick pretty close to staple crops.

The backbone garden crops are potatoes, lettuce, beans, snap beans, sweet corn, tomatoes, cabbage and onions. These crops make a good fighting or working ration, but don't neglect the "soft" crops like peas, beets, carrots, radishes, lettuce and others. Give right of way to the main crops, and plant the secondary ones in between them if land is scarce.

By good planting you can grow early lettuce, radishes, beets, snap beans, peas and turnips in rows between the rows of the main group and get them out of the way from the main crops, need all of the room, and then later in the season, when the backbone crops are maturing, you can plant another crop of the others for fall use.

You can obtain practical little books on gardening issued free by the National Garden Bureau, Dept. 2000, Washington, D. C., by sending a two-cent stamp for return postage.

Home Hints

Use old table napkins for glass and china towels.

Ink stains may be taken out of silk with sour milk.

When molding frozen mixtures do not freeze very hard.

Pineapple juice will remove cherry stains from the hands.

Reduce the quantity of "left-overs" by careful planning.

Many people unable to eat other sweets can indulge in honey.

Wine dressing poured over fruit salad makes it very delicious.

ALL-WAYS DELICIOUS NUTRITIOUS

SINCE 1866

CONSISTENTLY SUPERIOR

Breyers ICE CREAM

"From the Top o' Jersey to the Virginia Capes" There's a Breyers Store in your Neighborhood