

THE CO-OPERATIVE OFFICE LUNCHEON—TRAINING CHILDREN—NO VELTIES—CYNTHIA

MRS. WILSON SUGGESTS LUNCHEONS FOR BUSINESS GIRLS TO PREPARE

When Several of Them Club Together for the Co-operative Lunch in the Office Here Are Menus and Recipes That Will Come in Just Right

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

Several girls who are in an office together frequently find that they are unable to leave promptly on the luncheon hour and that the late luncheon is frequently very disappointing. They have clubbed together for a co-operative luncheon and they prepare the lunch in the office.

The food selected for this purpose will depend entirely upon the degree of activity which the position necessitates. The persons whose duties make a strong demand upon their strength will require a substantial, nourishing luncheon; while those whose position is sedentary will require a light, attractive food that is easily digested; this should include brown bread, green salads and plenty of fruits.

To quickly prepare these luncheons, it is necessary to keep a weekly supply of staples that can be used in the lunch during the entire week. This may include one bottle of salad dressing, one bottle of olives, one bottle of pickles, one can of salmon, one can of shrimp, potted meats, shelled nuts, cheese and jelly, one salt and one pepper shaker, one dozen papers of picnic plates, one package of paper napkins, cups and saucers.

A portion of the closet or drawer of a desk will provide ample space for storing these things. A small electric stove will heat the water for tea and cocoa. If there is a lunch or restroom in the building, soup and other hot dishes may be quickly prepared.

You may bring rice or bread pudding from home, packing it in either a fruit jar or a jelly glass; cup custards, baked beans and various salads will all help provide variety. Paper plates, cups and napkins eliminate entirely the task of washing up.

Menus for Active Women

- No. 1 Salmon and Potato Salad Bread and Butter Layer Cake Tea Fruit No. 2 Deviled Eggs Ham Sandwiches Lettuce and Tomato Salad Baked Apples Cocoa No. 3 Crab Meat Salad Sliced Tomatoes Rye Bread and Butter Jelly Tea No. 4 Baked Beans Potato Salad Peach Tart Tea No. 5 Cold Roast Beef Stuffed Tomatoes Lettuce Wheat Bread and Butter Fruit Tea No. 6 Deviled Ham Sandwich Celery Salad Bread and Butter Cup Custard Cocoa

Luncheons for Sedentary Workers

- No. 1 Shrimp Salad Sliced Tomatoes Bread and Butter Baked Apple Tea No. 2 Chicken Sandwich Sliced Oranges Cookies Tea No. 3 Deviled Eggs Sliced Tomatoes Brown Bread Bananas Tea No. 4 Raisin Sandwiches Celery Salad Cup Custards Cocoa No. 5 Potato Salad Sliced Tomatoes Bread and Butter Cake Tea No. 6 Sardine Sandwich Baked Apple Tea

Level Measurements

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 table spoonfuls of flour and two level ones into separate cups and see just what a great difference there is between these two quantities.

the spoonfuls on well-greased pan and bake in a moderate oven for ten minutes.

Loaf Cake

Three-quarters cupful sugar. One egg. Cream well and then add Four tablespoonfuls shortening. One and three-quarters cupfuls flour. Three teaspoonfuls baking powder. Two-thirds cupful water. Beat well to thoroughly mix and then pour in well-greased and floured pan. Bake in a moderate oven for forty minutes.

How to Prepare Butter for Sandwiches

Place one-quarter pound of butter in a bowl and add One teaspoonful paprika. One teaspoonful mustard. Three tablespoonfuls finely chopped parsley. Beat the butter to a cream and then work in the seasoning. Keep closely covered. This will keep until used.

Fruit Sandwiches

Cut the cake in one-half inch slices and then spread with jelly. Place together and then cut in two-inch pieces.

Stuffed Tomatoes

Cut a slice from the tomatoes and then scoop out the center. Now fill with coleslaw or tomato Karney.

Tomato Karney

One medium-sized onion. Three bunches parsley. One green pepper. Chop fine and then place in a bowl and add Three tablespoonfuls mayonnaise. One-half cupful cream or cottage cheese.

Raisin Sandwiches

Put one package of seeded raisins through the food chopper, adding the juice of one lemon. Mix, then place in a jar and use as required. This mixture will keep for one week. Finely chopped nuts may be added for variety.

To Prepare the Lettuce

Wash the lettuce and then shake dry and wrap in a damp piece of cheesecloth. Place in a paper bag and fasten securely.

THE SCOUT SCENTS THE SPRING



You can be sure winter has really gone away when the Girl Scout of the family begins to look over her camping equipment, or, in case she hasn't any, begins to coax dad to buy her some. This young Girl Scout seems to be well supplied, for she has everything, from one of those fascinating little dog tents to a set of kitchen utensils that fit all inside each other. Even a knife and fork go into this compact little camping outfit. Don't you wish you could go long and help her use it?

AN EVENING GOWN IN METAL BROCADE



A metallic brocade gown in black and silver. Jet ornaments trim the tops of the sleeves. The long, flowing "wings" are in black tulle.

A Daily Fashion Talk by Florence Rose THERE have been many complaints voiced by those who have recently returned from Paris, where they went to gain ideas to use in the costumes for the American women. One most frequently heard of these complaints, has been material used by these designers, which most of those who viewed the models claim to be utterly unfit for the American woman at this time of the year, at least. Heavy woolen materials were made up into day-time dresses and suits and for afternoon and evening, satins. For evening, however, a very weighty metallic brocade was the most frequently used. This metallic brocade is somewhat different from the brocade we have been using, inasmuch as the surface is not smooth, but is instead rather rough and the designs huge.

It does seem quite a problem to endeavor to adapt the designs used for the type of evening gown that a material of this sort requires, to materials such as the women here demand for their summer-evening dresses, for while the surface of this side of the water, like to dress and look as attractive as possible, at the same time they insist upon being comfortable. Certainly this sort of material does not have the appearance of comfort—that is, not for a hot summer evening.

These evening gowns may not be practical for the women, but they are, nevertheless, regal and very elegant to look upon. Possibly the style may be preserved and held over for the fall season, so that the women can enjoy their beauty to the utmost.

(Copyright, 1919, by Florence Rose.)

Slavery

O, I have so loved the open sky And I have so loved the sun, And the mottled trees that stand at noon All shimmering every one . . . And I have loved the small gray mice That through the field-grass run. And in the office-bondage fast When spring calls from the trees, I've watched a slip of paper float Borne on the swinging breeze And envied it, that it could dance On those ethereal seas.

How to Pack a Coat

It is hard to pack a coat. Turn back the sleeves at the elbow over a roll of tissue paper and pin them in place. Lay several crumpled sheets of tissue paper inside the coat and bring one side far over the other; over the tissue paper, too. Then wrap the coat in several sheets of paper and pack tight.

The "Canteen" Vanity Case



The little leather vanity canteen is new and smart. There is one in black patent leather—that looks extremely smart with the blue serge frock or suit, and then it is possible to get a canteen case in the shades so popular this spring. It is brown, in green, in blue and rose and other attractive colors. The canteen case is lined with silk and fitted with all manner of little vanity accoutrements. The top cover, which buckles down securely, is fitted with a mirror, soap

And So They Were Married

By HAZEL DEVO BATCHELOR (Copyright, 1919, by Public Ledger Co.)

START THIS STORY TODAY

ALL the way over to Brooklyn Ruth lived in a world of rosy dreams. She was in that dangerous mood that conveys a person into happiness or drops her suddenly into unfathomable depths of misery. It all depends upon how long the mood lasts and what elements enter into the fostering of it. Sometimes the more ecstatic the mood, the more exquisite the misery afterward.

She was so sure of herself, so certain that she was doing the right thing, she received that morning settled the fact once and for all, and that it was intended that she should work.

In the dingy little office she sat for a few minutes waiting for Elsie Jefferson, who was engaged. A plain woman sat at the desk outside; she was Maud Chambers, and her calm greeting had left Ruth's high spirits somewhat crushed.

She wondered vaguely as she looked at her badly fitting blue serge dress, at the nondescript fair hair, in an ugly knot at the back of her head, at the pallid, washed-out complexion, why she did not buck up a little.

"I wonder how much she gets," Ruth wondered idly. "But then I wouldn't want a position of this kind, in an employment bureau. I suppose she must have something to her to qualify her for work of this kind, but I don't think I'd want her in my office, if I were a man."

Ruth had heard only vaguely of the woman movement. She was bored as a general rule with the newspapers, and never read editorials, therefore her idea of an office was based on novels she had read or imaginary offices that she had visualized for herself from chance remarks dropped by people like Helen Townsend.

An inner door opened and Elsie Jefferson came out preceded by another woman. She beckoned to Ruth, who followed her into the office and sat down in a chair near the desk.

"Well?" Elsie said briskly. Ruth had been waiting for her to say something, but she felt it was entirely due to the position Elsie held.

"I got a letter from your assistant, Miss Chambers," Ruth said a little stiffly. Elsie did not seem to notice, but said brightly.

"O, yes, you're still determined to work," Ruth said. "Why do you take that attitude?" Elsie tapped on the desk with a pencil. The noise vaguely irritated Ruth, she could not tell exactly why.

"Just don't know whether you will attend to the 'circumstances,' I would not care to cause her, or myself, any unnecessary embarrassment. I am considered much more favorably by her friends and relatives."

"What is the proper thing for the best man to say to the clergyman when he presents him with currency given him for his services?" X. Y. Z. It depends entirely on your own feelings in the matter; if you can go there and not feel embarrassed nor show that you are embarrassed, go if you wish to; but if you think you are not feeling about it, it would be better to stay away.

"The best man need make no remark other than 'Mr. . . . (mentioning the bridegroom by name or by his Christian name, if the clergyman knows him well), 'asked me to give you this.'"

More About Vamps. Dear Cynthia—You know I have arguments and I'd love to be in this one about vamps.

You see, "Black Eyes," there are vampires, vamps and vampirism. But, vamps are the wicked, cruel things who talk naughty and strut streets, an' everything. They used to be spotted by the paint they wore, but since really nice girls have taken to wearing paint, it's a fashion that after a case of necessity, it's hard to choose.

So, whatever name you call yourself—whether it's vampire or otherwise—doesn't count a fig or a prune as far as your own self is concerned. It's your own personal charm that attracts the fellows. It's your finger, your snarl, your sympathy, "Lawsdy" what a lot of "sympathy stuff" vamps can get away with!

Don't think the fellows mean and stingy. They believe that antagonistic and your actions show it. Your attitude shows your disapproval of them. What's the poor man to do? Don't you suppose he feels just as strange toward you as you do toward him? He's a human being like yourself and he has faults like yourself. By not excuse him, as you do yourself?

When you do anything wrong you say there's a reason for it and you give yourself another chance. Why don't you give this to the fellows? Listen, the girls are as much to blame as the fellows. Why do they turn down a dance partner for no reason, and give him no reason, and not promise him a "next" dance? Why do girls pair off and dance with themselves and then blame the fellows for doing the same?

Why does a girl make it so hard for a fellow to treat her to the expected twenty-five-cent treat? Of course there is a species of silly fellows who moon over vampires, but that's another long story.

Remember this; it isn't the regular vampire or the camouflage vamp that the average man follows. It's just her charm. Some haven't much, but they have just enough to get away with. And to this "Just a young man" may I say, you're an awfully nice, unexpected invitation.

HOW A CHILD SHOWS UP HIS TRAINING IN PUBLIC

Johnnie Boy Was Kept Downtown for Supper and Made His Table the Center of Attraction—Could Not Have Been Taught at Home

IT WAS in one of those moderate-priced restaurants where any evening may at seven or even seven-thirty you may find the last tired workers sitting at last in peace, freed from the high speed of the day, leisurely eating and reading a paper at the same time.

But this particular evening there was anything but peace. For Johnnie boy, aged perhaps the sunny side of five, had been kept down to supper by his fond mamma and Johnnie-boy gave a vaudeville show, a continuous program with no time for breathing or intermission.

Just let me enumerate some of his stunts: Going regularly to the edge of the stairs that led down to a little grill-room in order to have the keen joy of having his mother call loudly to him to come back; calling loudly to a program to some particular dish on the table which he could not have and screaming until he got what he wanted; being fat on the floor and crawling under the next table when things got a bit dull at his own. This was just about half of Johnnie's vaudeville show. A large part of it consisted of the part played by his mother and another older woman who was

with her. They certainly did their best to make Johnnie behave, but he just simply wouldn't. As soon as his mother had reformed him from one stunt, that was making her table the center of attraction he would think up something else.

THE chance stranger across the table summed the matter up very well. "A child certainly does show you up," she said. "And it is very sad but true. The way a child acts in a restaurant or a hotel is an open book to just what kind of training he has had at home. If commands to him fall like water off a duck's back when he is out for dinner, then everyone, and especially the woman with children of her own, knows this youngster has never been made to do as he is told at home.

It is lots easier to let a little fellow have his own way than to teach him that when you say no you mean no. We all know that. But bringing up children in the right way is not supposed to be an easy task. It requires living up to your own day of the week and not simply on those rare occasions when the little ones are taken in public.

Please Tell Me What to Do

By CYNTHIA

Shall He Attend Wedding? Dear Cynthia—Your kind advice on the following subjects will be much appreciated. A young lady to whom I was virtually engaged is about to be married to another fellow. I was always very much liked by her parents, and she still seem to have the same feeling toward me. I am on friendly terms with the young lady in question as well as her relations, and have good reasons to believe that I will be invited to her wedding. As a number of our old mutual friends will be there, would it be advisable to attend under the circumstances, I would not care to cause her, or myself, any unnecessary embarrassment. I am considered much more favorably by her friends and relatives.

What is the proper thing for the best man to say to the clergyman when he presents him with currency given him for his services? X. Y. Z. It depends entirely on your own feelings in the matter; if you can go there and not feel embarrassed nor show that you are embarrassed, go if you wish to; but if you think you are not feeling about it, it would be better to stay away.

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