

WHAT TO HAVE TO EAT FOR SUNDAY—SURPRISING A HUSBAND—IN THE SHOPS—APRONS

SATURDAY MARKETING TALK BY MRS. WILSON

Take Your Basket and Go See for Yourself How Far You Can Make a Dollar Go

A Marketing List That Totals \$2.25 and Provides for Sunday Breakfast and Dinner

By MRS. M. A. WILSON

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THE family market basket has long been the bone of contention, whether to market personally or just to phone your order in or perhaps make up a list and send the child to the store.

To take the basket upon your arm and personally visit the market will benefit you greatly not only financially, but also physically. Most home folks have insufficient outdoor exercise. Take time early in the morning to visit the market. If necessary, just set the breakfast dishes aside, slip on your coat and hat and go. Then note the difference between a personal visit and the ordering of supplies over the phone.

You will frequently be surprised to find that food purchased over the phone will show an advance of several cents over that personally purchased.

Always ask the price before purchasing. This will enable you to frequently find a substitute for the high-priced article.

You will have an opportunity to personally select fruit and vegetables, picking out those that will suit your needs and thus eliminate waste.

Frequently the shopper who is upon the spot is enabled to take advantage of special products of which the telephone purchaser would have no knowledge.

Always bring perishable foods home with you; do not leave them to be hauled through the dust and heat of town for several hours before you receive them.

Sample Saturday Marketing The menu:

- Sunday Breakfast Baked Apples Cereal and Cream Spanish Omelet Hash-Brown Potatoes Watercress Coffee Dinner Clear Tomato Soup Radishes Scallions Pork Tenderloin Cutlets Brown Gravy Mashed Potatoes Corn Custards Lettuce Apple Roll Vanilla Sauce Coffee Purchase staple supplies weekly. The above menu will require One-quarter peck apples, One pint milk, One-half dozen eggs, One-quarter peck potatoes, One bunch watercress, One bunch radishes, One bunch scallions, One can tomatoes, One and one-half pounds pork tenderloin, One can corn, One head lettuce.

This menu could be purchased for less than \$2.25 without including the staples, such as cereal, coffee, bread, butter and flour, seasoning and sugar.

Ask Mrs. Wilson

If you have any cookery problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

Spanish Omelet

Drain one cupful of canned tomatoes very dry, saving the balance and liquid drained for making the clear tomato soup. Remove green ends of scallions, chopped fine. Add to the tomatoes, cook slowly in two tablespoonfuls of shortening until tender. Now place

Four eggs

Beat two tablespoonfuls milk in bowl. Beat to mix, turn into hot frying pan containing three tablespoonfuls of hot shortening, cook slowly until firm, turn, spread with prepared mixture, season with salt and paprika, fold and roll; dish on hot platter and serve at once.

Hash-Brown Potatoes

Cut cold-boiled potatoes in diced form; fry in hot fat; season and serve.

Clear Tomato Soup

Rub balance of can of tomatoes left from making Spanish omelet through sieve and add

One cup water, One teaspoonful salt, One teaspoonful paprika, One onion, grated, One-quarter teaspoonful mustard, One tablespoonful cornstarch.

Dissolve starch, bring to a boil and cook slowly for ten minutes; serve.

Have butcher cut pork tenderloins into thick filets, dip in beaten egg; then in fine bread crumbs, fry golden brown, place on pie tin in oven to finish cooking for ten minutes.

Corn Custards

Place in bowl

One egg, Three tablespoonfuls water.

Beat to mix. Now lift into small cup one tablespoonful and set aside to use for glazing the apple roll. Add to egg and water

Three-quarters cupful canned corn, One-half cupful sifted bread crumbs, One teaspoonful salt, One-half teaspoonful pepper, One tablespoonful grated onion.

Mix well, pour four well-greased custard cups, set in pan of water and bake until firm in center.

Apple Roll

Pare and chop fine four apples. Now place in bowl

One and one-half cupfuls sifted flour, One-half teaspoonful salt, Three level teaspoonfuls baking powder, Three level tablespoonfuls sugar.

Mix well, then rub in two tablespoonfuls of shortening, mix to dough with one-half cupful water.

Roll on well-floured pastry board one-half-inch thick, spread with chopped apples, cinnamon and five tablespoonfuls sugar. Roll like for

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jelly roll, place in well-greased baking pan, brush top of roll with beaten egg reserved from corn custards, place roll in oven and bake thirty-five minutes. Begin basting with

Vanilla Sauce

One-half cupful sirup, Three-quarters cupful water. After roll is in oven fifteen minutes serve with vanilla sauce.

One cupful water, Three-quarters cupful sugar, Three level tablespoonfuls cornstarch.

Dissolve sugar and starch in water, bring to a boil, cook twelve minutes, then add

Two teaspoonfuls vanilla extract.

It Just Grows On and On

Swiss chard is really a beet, but it grows to leaves rather than to an enlarged root. Chard has a splendid potherb and the beauty of it is that it grows and may be used all summer.

It will probably live over winter and start an early spring growth before it sends up a seed stock. It is nearly as delicate as spinach and is quite rich in medicinal virtues, especially as a nerve tonic.

Like other plants grown for their leaves, chard needs rich soil so as to make a quick tender growth. Work up the ground well and mark off rows eighteen or more inches apart. Sow the seeds an inch or two apart and cover about an inch deep. When the plants are large enough for use begin to thin out so those left are a foot apart.

Pick the young tender leaves for cooking and new leaves will continue to appear so there will be a continuous crop all season.

You can get a very practical free book on gardening by writing to the National War Garden Commission, Washington, D. C. Send a two-cent stamp for postage.

Care of Ferns

Ferns should be set into a tub once a week, showered and left to get the roots thoroughly wet; this is better than just pouring water on top every day, although if the foliage is dry they need that, too. Where roots protrude from the bottom of the pot, repotting is necessary; use some fresh soil and be careful in the handling. House plants repay the little care required.

Being Trees

I wonder if they like it—being trees? I suppose they do. It must feel good to have the ground so flat.

And feel yourself stand right straight up like that—So stiff in the middle—and then branch at ease.

Big bougainvillea that arch, small ones that bend and blow, And all those fringy leaves that flutter so.

—Charlotte Perkins Stetson, in House and Garden.

Adventures With a Purse

NOW that the approach of spring seems to be pretty well established, along come picnics and all-day excursions for boys and girls who love the great outdoors, and like nothing better than to take hikes. And, of course, half the joy of hikes, picnics and the like is in having a camera to bear lasting record of the good times. "Well," you may say, "there is no use in my reading any further. I can't afford to get Marjorie a camera. They're much too expensive." Not always. Isn't \$2.75 most remarkably reasonable? The camera is a good one, and so easily operated that any boy or girl can use it.

Guess what you can buy for twenty-nine cents! Madeira bread tray covers! Now isn't that a real bargain? They are lovely little covers, too, finely scalloped, some with eyelets and others with little solid dots. Certainly they are exceptional value.

How many times have you had the experience of searching around the kitchen for an elusive coffee strainer that seemed to take a malicious delight in hiding from you? But here is a coffee strainer that can be fitted right on to the coffee pot, needing to be removed only as you wash it and the pot. It is oblong in shape and fits right over the spout of the pot, the inside of the pot. Most convenient, this little coffee strainer, and it costs but ten cents.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Women's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut 3800.

Real-Fruit Desserts

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WHEN A MAN WON'T TAKE HIS WIFE OUT WITH HIM

He Ought to Get a Surprise Once in a While—Here Is a Rather Commonplace Stunt That Worked With One Husband Who Thought "Home Was a Place to Keep Your Wife In"

AND still come letters that hold complaints of the husband who seems to think home is a place to eat and sleep and keep your wife in. Sometimes the complaint centers around the good-natured husband who kisses his wife lovingly as he leaves, but his wife laughingly as he leaves, but she insists the boys are expecting him and he just can't get out of it. Some times it tells about the sullen man who sits his supper in silence and then picks up his hat and leaves, not to show his face again until midnight. Whatever the type of man who refuses to take his wife out, there is really just one remedy for him. Surprise him! Do something he doesn't expect you to do.

I know a woman who gave her husband such a surprise one evening that he didn't get over it for a week, and then she was right on the spot ready with another knock-out blow.

Here was the scene as staged the first time: Place: dining room. Time: 6:45. (He complacent) having just finished a good meal—Well, I think I'll get after those screens tonight. How about it, Mrs. Marshall? She—I'm sorry John, tonight of all nights. I'm going to the theatre.

He looking slightly as though something had struck him—"To the theatre?" She—Yes, Mrs. Marshall and I are going down to the M— to see that show every one is talking about. Marjorie is going to stay with little Tillie Marshall all night and Mr.

Marshall is going to stay home and mind the house. I'll just pile the dishes and run upstairs and dress. There was no argument connected with the scene. John, the baffled, made no comment. There was nothing for him to say, and if he had said it, it would have done no good.

A half hour later he went through the novel experience of sitting placidly by the living-room lamp watching his wife rush down stairs, eager and pretty as a young girl, as she flung him a hurried good-by and ran out into the night.

As he sat there still stunned there came jolly greetings from the house next door where the Marshalls lived. His wife thinks he must have gone upstairs, turned out the lights in the sitting room and peeked out, for he seemed to know which car line they walked toward.

AS I SAID, the scene was repeated the following week. On this occasion three women in the neighborhood got seats to hear a famous lecturer. And after that the little weekly parties went on regularly, sometimes it was a play, sometimes the movies and sometimes a concert. And I am not trying to turn this article into a beautiful fairy story when I say this particular gentleman was permanently cured of his fond idea that "home is a place to keep your wife in."

The lesson was driven where it belonged in many ways. Perhaps more important than anything else, going out to the theatre with other women

and forgetting all about the cares and worries of a household changed this woman's viewpoint. She began to take things less seriously and to stop worrying about little things since after all the world was so big and filled with bright, happy things. Her new spirit is reflected in her home. Not that she goes about home-making carelessly, but she goes about it gayly, sort of singing over the dishes, as it were, for there are things to think about and look forward to.

This surprised her husband, at first, of course, and it kept right on surprising him. He says himself he never knows quite how to take Marjorie lately!

An Economical Apron

Every woman knows that when a man's shirt has worn out cuffs and holes below the collar band, making the shirt

unwearable, there is still a quantity of good material left. An apron can be made of the material, and in these days of high-priced cotton goods it will pay well to use the goods in this way. Cut off the neck band and yoke, cut out sleeves, lay body of shirt out flat and cut out apron, making it as large as the goods will permit. The openings on the side are sewed up.

A facing for the top of the apron is cut from what is left of one of the fronts. One sleeve will make the strings, and the other sleeve will make a bib, if one is wanted. And with a little piecing a bib can be made with straps sewed into strings at the back.

This makes an apron that can be put on with one motion. No pins and no buttons and bib always in place.

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