## THE SOUTHERN MAMMY'S RICE CAKES—A CHILDHOOD TRAGEDY—IN THE SHOPS—INQUIRIES

## SOME DELICIOUS RICE DISHES SUGGESTED BY MRS. WILSON

Two cups of cooked rice.

Indian Rice

Add three cups of cooked rice to

One quart of chicken stock.

One-half teannoon of paprika.

One onion, grated fine,

chopped parsley.

a saucepan and add

chopped fine.

whiled through a siere.

Three cups of cooked rice,

Two teaspoons of salt.

One teaspoon of paprika.

Italian Rice

Three onions, chopped fine,

Two teaspoons of salt.

One green pepper, chopped fine,

One and one-half teaspoons

the-half cup of grated cheese.

Belgian Rice Rolls

Mix and then form into small rolls

Swedish Rice Pudding

One teaspoon of vanilla extract,

Place in a baking dish .

Two-thirds cup of sugar,

One-half teaspoon of salt,

One quart of milk,

One-half cap of currents,

One-half cup of sugar,

One teaspoon of vanilla.

One well-beaten egg.

Stir until well blended and then

One teaspoon of salt,

One teaspoon of soy.

Belgian Rice Rolls, Fixed a La Creole and as the Japanese Cook It—The Golden Brown Rice Cakes From the French Quarters in New Orleans

By MRS. M. A. WILSON

Copyright, 1919, by Mrn. M. A. Wilson. RICE is extensively cultivated in the Orient and supplies the prin-

cipal food to nearly one-half the population of the entire world. re is every reason why rice should be a daily article of diet in planning the menu. It is more nutri- hot baking dish. Cover with slices The cultivation of rice in Louisi-

proximately 6 per cent fat, 8 per fancy grocers. cent protein, 79 per cent carbohydrates. The polished variety con tains an average of 88 per cent nutriment. Polished rice has been robbed of its vital life-giving elements.

Rice is graded for size and condition, and is then prepared for the trade. It is known as fancy head rice, choice, prime, good, medium. common and screenings. Patna rice, the small, slender, well-rounded grain, is in great demand in the East. with the Japan, Siam, Java, Rangoon and Bassein varieties closely following. In this country the Carolina. Japan and Honduras are popularly in demand.

The Carolina rice is a large, sweetflavored grain of good color and appearance. Japanese rice is a thick-bodied, soft-grained variety. Honduras variety is the slender, well-

shaped grain. The preparation of rice for the then add markets involves, first, the threshing and, second, the milling, which removes the husks, and, third, the polishing to produce the pearly white gloss which so many folks think is very desirable.

Polished rice has been robbed of nearly all its fat and mineral content, and thus its food value is lowered and it is deprived of its flavor.

The rice dishes as prepared in the! Oriental countries are made from fancy unpolished head rice and they browned and then add form some of the main dishes.

The Oriental first washes his rice in several waters, rubbing it vigorously between the hands. This thoroughly cleans it. Now, to follow this method have a saucepan containing boiling water and then add the rice slowly, so that the water continually boils. Cook until tender and then add remove the lid from the saucepan and cover the rice with a cloth to bsorb the moisture. Set in a warm place for five minutes.

This will give a saucepan containing a mass of delicious, fluffy rice, serve garnished with finely chopped each grain distinct and separate.

Now, if you carefully measure both your rice and then the water. it will not be necessary for you to drain off the excess water and thus bowl and add lose the valuable mineral and fat

How to Cook Rice American Style Place in a double boiler two and one-half cups of boiling water and then add one teaspoon of salt. Now about the size of a sausage. Dip into add slowly one-half cup of well- beaten egg and then roll in fine bread washed unpolished rice. Cover and crumbs. Fry until golden brown in and let rise overnight. In the morn- Delano, an American Red Cross marcook until the rice is tender and the hot fat. water absorbed. Remove the lid and sweetened fruit, then cover the rice closely with a clean napkin and cook for five minutes. This will fluff each grain of

It is now ready to serve, either plain as a vegetable to replace the rice. potato or prepared into many de-lectable dishes that our Oriental neighbors relish so keenly.

lems, bring them to Mrs. Wilson She will be glad to answer you through these columns. No peronal replies, however, can be given. Japanese Rice Address questions to Mrs. M. A Wash and chop fine two medium-Wilson, Evening Public Ledger, Philadelphia.

> Two tablespoons of butter, broken into tiny bits,

Ask Mrs. Wilson

If you have any cookery prob-

Bake in a slow oven for one hour Mix thoroughly and then dish on a and stir two or three times.

tious than the potato and it digests of hard-boiled eggs. Sprinkle with ana is more than a hundred years very readily. When properly cooked finely chopped parsley and garnish old. Louisiana now produces a crop and served it is an ideal starchy food. with slices of smoked salmon. Place of this cereal larger than the entire Unpolished rice contains all the in the oven for a few minutes to crops of the states of Georgia and nutriment of the grains, which is ap- heat. Soy may be purchased at Carolina. The tourist who visits Louisiana during the time of the rice market enjoys a scene that is rarely duplicated elsewhere in the civilized world, for here are gathered the buyers from all parts of the country.

The creole of Louisiana, like the Oriental, has the true secret for One and one-half traspoons of salt making this food a palatable article of diet. The old mammy in New Or-Que-half tenspoon of curry powleans always tells her children that, of course, le riz must be thoroughly Cook fifteen minutes and serve washed, and she always insists that very hot, garnished with finely the grains be cleansed in four waters -1 we warm and two cold-and then it is cooked in the same manner as Chop one large onion and one the Orientals use,

Never stir the rice while it is cookgreen pepper fine, and then place in ing; this will make it mushy. Instead, always shake the saucepan. cup of canned tomatoes, Never flood the rice with water while One-half cup of cald boiled ham, it is cooking. Always keep the fact in mind that just five times the actual measurement of the rice in Cook slowly for ten minutes and water will be required to cook it. In this way there will be no excess water to drain off. So if you are using one-quarter cup of rice you would use one and one-quarter cups Mix thoroughly and then heat of water. Now, as you cannot pile until very hot and serve. Cold roast up the water, you must be accurate porR may be used to replace the ham. in measuring the rice.

Boiled rice is a delicious accompaniment to chicken, lamb, turkey, Place three tablespoons of vege- shrimp, crabs and lobster-with able cooking oil in a frying pan and okra and for oyster, chicken and add four tablespoons of well-washed crab gumbo; as a vegetable to restews, goulashes, etc.

One and one-half caps of boiling Calas One cup of strained canned toma- used to make a delicious rice cake, which they carried in bowls on their Cook until the rice is soft and then

How to Make This Delicious Rice

(Use level measurements) Wash one-half cup of rice and cook until tender in two and one-half cups of boiling water. Now cool and mash the rice well. Now dissolve WILL SPEAK AT MEMORIAL Place two cups of cooked rice in a one-half yeast cake in one-half cup

One-half teaspoon of salt, Four tablespoons of sugar, One-half cup of sifted flour,

Beat well to mix and then cover

Serve with crushed and ing add Two well-beaten eggs. Five tablespoons of sugar, Four tablespoons of flour.

One teaspoon of nutmeg. Six tablespoors of well-washed room. Now place in the pan one and ing School for Nurses. one-half cups of vegetable oil. Heat until hot enough to brown a crust the rice mixture in by the spoonful and fry until golden brown. Lift to

FOR A SUMMER'S AFTERNOON



For the afternoon party in the summer time or for informal dancing of a summer evening nothing could be very much prettier than this flowered chiffon dress with its fascinating ruffles. The color is rose, with this shade running through the design and a warm rose chiffon for the ruffling. The hat is a leghorn, with georgette ruffles and satin. It is all

## The Children Will Just Love a Curio Wall Line Like This

By NAN CLEVELAND

TUST now much of the furniture for nursery wall to be a permanent "natural : Toss until the rice is well place potatoes and as a border for children is painted with bright history exhibit. The paper chosen colored rabbits, cocks and Mother lower wainscoting. Then above select Goose" characters. Naturally the pa- tan or buff or a light warm green. Run The old negro women of the old per should hear some relation to such a molding at about four to five feet French quarters in New Orleans furniture. One room seen recently was from the floor. Now use this molding fitted in white enamel table and chairs are from which to display small for two children under six. The furniture was painted with bright yellow rail" will be useful. heads. The bowls were covered with chicks and a gray pussy and a red. Allow the child to paste or tack above an immaculately clean cloth and the cock. It was easy to carry out this this molding dried leaves, birds' nests, cakes were called bella cala—tout idea in using motifs of a rooster, chick ecocous, quartz, shells, etc. One beauchaud, of New Orleans. simple frieze around the wall.

simple frieze around the wall.

Children like to acquire and make collections of objects. It is a great pleasure for them to look at things they themselves have gathered, dried or made. Here is the chance for the

of water 80 degrees Fahrenheit and Dr. William Thayer to Deliver Eu- interests of the child. But give it as

logy on Martyred Nurse Dr. William Thayer, John Hopkins own living room or bedroom. Select University, who has the rank of brigander general in the medical reserve and color or permit it to express its own tastes barmonicosts. will speak tomorrow night in the own tastes harmoniously, Academy of Music at the meeting to honor the memory of Miss Jane A. tyr of the war, who was director general of the department of nursing of the Red Cross.

Other speakers will be John H. Finley, president of New oYrk University and Red Cross comissioner to the Holy Beat well and then let rise for Land, and Miss Mary M. Riddle, superthree-quarters of an hour in a warm intendent of the Newton, Mass., Train-

The meeting is to be an open one and free tickets have been placed for disof bread while you count forty. Drop tribution at the headquarters of the Southeastern Pennsylvania Chapter, 1615 Chestaue street.

Miss Delano died on April 15 in Base

29.75

## OVERLOOKING THE THINGS IN CHILDREN'S HEARTS

The Story of a Little Boy Who Tried to Keep His Mother From carrot seed are small and the young Seeing What He Had in His Hand

his back. There is no denying he looked suspicious as he skirted around the brown wicker rocker where his mother happened to be sitting.

"Here, here!" she said, "what have behind your back?

The little son, who was six, looked embarrassed, worried and proceeded to lie manfully. 'Haven't got anything." he said.

'Come here and let mother see.' No answer and then and there, in that awful moment of silence, something ragic happened. Three nickels and a buff dollar jingled to the floor.
"Why, Robert," came from his astonished mother. "you've been at

mother's bag. You never did that be-fore, Why, Robert, I'm surprised. Come right here to mother.

And just at this moment another tragedy happened—a real tragedy. The little fellow walked slowly over to his mother. A little hand, hot and damp with having held something very tight, came from its hiding place. cardboard box with the cover half slipping off, and there in all its splendor was a large chocolate egg, marked in white sugar tracing with the word

THE emotions on the part of the mother were indescribable. When she looked up from her Easter present to the little boy who had tried so hard to surprise her, she saw the corners of his mouth turn slowly down. Then the child heaved that sob which indicates broken-heart in little boys and girls, and he cried as though his little heart had broken. Sobbed and sobbed, held tight in his mother's arms, for at least half an hour. In vain she rocked him and coaxed and pleaded and told him how sorry she was. But there was no binding the wound.

When the sobs died down in short, gaspy breaths he told how he had taken the modey from his bank—all there was in it—to buy the Easter egg. And he had had too much, the man at the store told him, and so he was bringing it back



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## Permanent **HAIR**

who was a Boy Scout, was made by

arranged. Choose a plain wallpaper for

room and its treatment. What that shall be depends on the age and the

much care and thought as you do your

it, for they are as much out of place there as in any room of your own.

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and I don't know how many other things daddy did have to think up to the tender carrot shoots come through.

you been up to? What have you got POOR, misunderstood youngsters! and untried hands.

That night it took Charlie Chaplin

They are more frequently the victims of circumstantial evidence than any other class of people. How prone to six or eight to each foot of row. The the best of us are to overlook the things rows may be as near together as fifteen that are in their eager hearts and judge inches on rich soil. Begin using the them only by the way they manage the carrots when they are half an inchmere material things, with little clumsy across the top; they are then tender

Just Like Finding Gold

grow long and shapely roots the ground postage.

because when they strike a hard spot in the ground they branch off or twist around and become discouraged.

The carrot is an early crop and easily grown after it gets started. But the plants are weak, so the seeds should not be planted deeply, a half-inch being enough. It is necessary to keep a dirt crust from forming over the seeds HE WAS six and he was stealing in the living room at 6 o'clock Easter Saturday night with something behind.

So the little fellow put his tragedy in So the little fel So the little fellow put his tragedy in quickly, and not only mark the rows so aid in breaking the crust and letting

Half an ounce of seed will plant fifty feet of row, which is enough for most families. If the plants come up rather and have the best flavor. Cultivate often and keep the plants growing

rapidly. The National Garden Commission, Nice golden carrots are the richest looking root crop from the garden and they are fine for eating too. In order to wards a two-cent stamp for return



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### Mrs. Wilson Answers Questions a soft paper to drain. Dish on a hot Hospital No. 69, at Savancy. France, platter; cover with warm napkin, following an operation. She had gone My dear Mrs. Wilson—There are several of us in the neighborhood who would like you to answer a few questions and thought that Dust with pulverized sugar and nut-abroad to surecy the nursing situationeg. Place in a bowl Two cups of sifted flour. One-half-teaspoon salt, One teaspoon baking powder. "The 13th Street Shop Where Fashion Reigns" Sift to mix. Now rub in eight

one letter would be sufficient:
First. A recipe for mayonnaise. Second. A recipe for marmalade. Third. How much rich stock will it require to cook a six-pound roast and make a delicious gravy, and how many persons will that feed? Fourth. A recipe for pimento. Fifth. A recipe for pepper hash.

Mayonnaise

Yolk of one egg, One teaspoon lemon juice, One-half teaspoon mustard, One-quarter teaspoon paprika. Mix until mixture thickens, add

oil slowly and beat hard.

other requests. may, however, be used for making A silk cord fastens the gown neatly a gravies. It depends entirely upon the waist and a square or round neck the appetite of the family.

My dear Mrs. Wilson—Will you kindly give me a recipe for French ice cream, also a good hot cross bun? Would also like to know how to make a good pie crust? Thankto make a good pie crust? Thanking you, I am. A READER.

French Ice Cream (Vanilla Flavor)

One quart of milk, Four level tablespoons cornstarch saucepan, stir until starch is solved, bring to a boil, cook three nutes, remove from fire and add

Three well-beaten eggs, One cup of sugar. Heat to blend, cool and add

One pint of cream. Bent to mix and freeze, using parts of ice to one part of salt. recipe of April 16 for bun

level tablespoons shortening, mix to dough with one-half cup ice-cold water. Be careful not to knead the dough; it must be chopped or cut and folded. Kneading pastry dough makes it tough. This amount makes two pies.

### Negligee for Traveling

If one is to spend many nights on You do not state what kind of in some dark shade will be found of memalade you wish; methods differ great service. The journey to and from with the various fruits. Canning and the dressing room in the morning need have no terror then. A very pretty preserving articles will explain your nave no terror then. some sort of dark blue silk, and finished No stock is required for roast; it off with a tiny piping of rose or white. adorned with a little frilling makes a

pretty "top."



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