

WHEN YOU GO TO MARKET SATURDAY: NEW THINGS IN SHOPS: GIRLS' PROBLEMS: HOME HINTS

SUNDAY DINNER SUGGESTIONS AND RECIPES BY MRS. WILSON

Menus for Breakfast and Supper, Too—\$2.85 Will Provide the Three Meals, Exclusive of Staples, and Monday's Dinner Can Be Supplied From Leftovers. Planning Ahead Entails Little Work

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All Rights Reserved.)

The worst possible time to plan a marketing menu is just after eating, while to leave the actual planning until you are in the markets will not only prove more expensive, but will frequently result in over-buying.

Keep this fact plainly in mind—that the planning of a menu and marketing list will entail very little additional work. It may be changed in order to care for unexpected guests and still be prepared a week or two in advance.

A well-planned menu will provide for market conditions and care for leftovers. Before making a menu see what foods are on hand and plan to utilize them.

Old potatoes are now beginning to sprout unless carefully conserved and the new ones are expensive. Now is a splendid time to provide variety by serving rice and hominy to replace the potatoes.

A Suggested Menu for Three Meals on Sunday

- Breakfast: Sliced Oranges, Poached Eggs Paniere, Waffles, Coffee. Dinner: Fruit Cocktail, Rolled Flank Steak, Boiled Rice, Asparagus, Lettuce, Banana Fritters, Coffee. Supper: Macaroni au Gratin, Tomato Salad, Cream Sponge Cake, Tea.

Ask Mrs. Wilson

If you have any cooking problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given.

Two green peppers, Two carrots. Pare and slice three oranges for breakfast.

Poached Eggs Paniere: Cut tomatoes in half and then dip in flour, and fry in hot fat. Allow one-half tomato for each service.

Fruit Cocktail: One orange, One apple, Two bananas. Pare, dice and then mix. Now melt one-half glass of jelly and then pour over the cocktail.

Rollad Flank Steak: Place in a saucepan. Four onions, chopped fine, One green pepper, chopped fine, Five tablespoons of shortening.

Cook slowly, taking care not to brown. Now add one cup of stale bread which has been soaked in cold water until soft and then pressed dry and rubbed through a sieve, and

One teaspoon of thyme, Two teaspoons of salt, One teaspoon of pepper. Cook for five minutes and then spread on a steak. Roll the steak and tie. Now pat into the meat one-half cup of flour.

Banana Fritters: Cut four bananas in half and then place in a bowl. One-half cup of milk, One-half cup of flour, One teaspoon of baking powder, One teaspoon of sugar, One teaspoon of shortening, Pinch of salt, Yolk of one egg.

bananas in the batter. Fry until golden brown in hot fat. Serve with vanilla sirup.

Vanilla Sirup: One-half cup of sugar, Three-quarters cup of water, One tablespoon of cornstarch.

Place in a saucepan and dissolve the starch. Bring to a boil and cook for three minutes. Now add one and one-half teaspoons of vanilla extract.

Macaroni au Gratin: Cook the macaroni in boiling water for twenty minutes and then turn into a colander to drain, then blanch by placing under cold running water. Make two and one-half cups of cream sauce. Season with

Three level teaspoons of salt, One and one-half level teaspoons of paprika, One green pepper, minced fine, Two onions, minced fine.

Now add the macaroni and mix. Turn into a baking dish and sprinkle the top with bread crumbs. Bake in a moderate oven for twenty-five minutes.

Cream Sponge Cake: Three-quarters cup of sugar, Yolk of two eggs, Place in a bowl and cream until light lemon color.

Four tablespoons of water, One cup of sifted flour, Two level teaspoons of baking powder.

Beat to mix, then carefully cut and fold in the stiffly beaten whites of the two eggs. Bake in a square pan in a moderate oven for thirty minutes. Cool, split and then fill with a cream made from

One-half glass of jelly, White of one egg. Use white of egg reserved from the banana fritters. Beat until the mixture will hold its shape and then dust the top of the cake with pulverized sugar. This cake will make eight portions.

Staples required for the waffles, batter for fritters, tea, coffee, butter, etc., are usually purchased weekly. This menu, exclusive of the staples, could be prepared at an approximate cost of \$2.85. There will be sufficient meat, asparagus and cake for Monday. Prices vary in different localities.

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—In your reply to Mrs. L. A. B. in your column on the 10th instant you said three-quarters of a cup of water; did you not mean milk? I, too, have had the same trouble in making loaf cake; the texture is coarse and the center level with the sides.

Water makes a tender, delicate cake that does not keep fresh as long as that made with milk. Milk in cake makes a cake that will keep moist longer than that made with water, but this cake is less delicate. Place fruit on top of the cake dough when in the pan ready for the oven; the rising of the dough will permit the distribution of the fruit.

My dear Mrs. Wilson—You cannot imagine how I like to read your articles in your column. Will you kindly give me a good recipe for biscuits for three in the family, also chocolate layer cake and filling and a plain cake? You may laugh when I state I could never make a molasses cake; something always happens to it. Do you use even or level teaspoons in your measuring? Your column in the paper is the first thing I look at in the evenings.

All measurements are level. Place in a bowl. Two cups of flour, One teaspoon salt, Four teaspoons baking powder. Sift to mix. Now rub in two tablespoons shortening and mix to dough with three-quarters of a cup of milk, work in bowl for few moments to blend dough, turn on well-floured pastry board, pat or roll out three-quarters inch thick, cut, brush tops with milk, bake in hot oven fifteen minutes.

My dear Mrs. Wilson—Would you kindly explain to me how to make peanut brittle and also chocolate cream candy? A friend told me that you make peanut brittle by simply caramelizing the

sugar and pouring it over the peanuts. Is this correct? Thanking you for this information, I am, yours very truly, L. J. T.

Chocolate Cream Candy: Place in saucepan. One and one-quarter cups of sugar, Three-quarters cup of brown sugar, One-half cup of corn sirup, Three tablespoons butter, Three-quarters cup milk, One-half cup cocoa.

Bring mixture to a boil, stirring constantly until when tried in cold water it forms a soft ball. Pour one-half in well-greased pan. Cover three-quarters of an inch deep with fondant, then pour on balance of candy and set aside to cool. Cut into squares or blocks before mixture becomes cold.

Chocolate Cream Candy: Place in saucepan. One and one-quarter cups of sugar, Three-quarters cup of brown sugar, One-half cup of corn sirup, Three tablespoons butter, Three-quarters cup milk, One-half cup cocoa.

AN UNUSUAL TOQUE IS THIS ONE!



A very modish and unusual hat is this one, with its strikingly different lines and a piece of black paradise to set them off. The straw is black milan and, as you see, the hat is worn pulled down over the right eye so that it is entirely hidden from view. The white pearls give even more dash and verve to this very chic little piece of headgear

Please Tell Me What to Do

By CYNTHIA

Answers J. K. Cynthia does not furnish any selected jokes. If you go to any of the public libraries and ask the librarian for information on the subject she may be able to direct you in the matter.

Another Member for the K. U. H. G. Dear Cynthia—Have read Lieutenant B.'s letter and plan for a "Keeping-Up-Hope Club." I would like to add my name to said club and also a few lines to Lieutenant B.

Everything would go all right if every man had ideals like yours, Lieutenant B.; but, sorry to say, most people haven't. For instance, my brother, being older than I am and going more places, claims that girls haven't any common sense; that they are fickle-minded and can't settle down.

Having worked in an office since I started in the business world, I have come in contact with men of all standing, and very few of them seem to think we are foolish little vampires; but very few respect us, although we demand it. In this way my ideals go all to smash and I am utterly disgusted.

Behavior Is All Right: Dear Cynthia—I have been reading your column for nearly a year, and now come to you for advice. I am considering good looking by both sexes and have many girl friends as well as boys.

Buy Your MEATS Wholesale: Butcher Roast 20c, Rump Roast 20c, Chuck Roast 20c, Hamburg Steak 30c, Sirloin Steak 30c, Rump Steak 30c, Round Steak 30c.

A FUR remodeled in our workrooms is as correct in style and practically as lustrous and beautiful as those that come brand new from our store. Yet the cost is little compared with the cost of a new fur.

Mawson & DeMany 1215 Chestnut Street. Ladies Shoe Shining Parlor 1229 Sansom Street. A Welcome Innovation. A place where women may get expert shoe-shining service without embarrassment.

Adventures With a Purse

I HAVE made a really wonderful discovery! I have found a coffee that you don't have to cook. Here is the way of it: The manufacturer takes the pure, clear juice of the most carefully selected coffee beans, and after drying it, makes of it a powdered coffee that is not only soluble in hot water, but in cold water as well.

Many years ago I had some friends who had quite the most fascinating cigarette box I have ever seen. It is a Japanese box, and, in fact, I doubt if any but the Japanese, clever, ingenious little people that they are, could have fashioned such a box.

In the spring a body's fancy lightly turns to thoughts of gardening. I have always thought that the garden of "Mary, Mary, quite contrary," would have been a much better behaved garden if she had not used such a ridiculous, inefficient-looking watering can.

PERSONALLY, I believe in the business girl as a wife. I mean the efficient business girl you describe. The fact that a girl puts her whole heart into the daily routine of her position doesn't mean she isn't interested in anything else.

GIRLS Help Your Skin Help Your Hair With Cuticura. Soap, Oint., Talcum. 11c each. Sample each of "Cuticura," Dept. 9 L. Boston.

DOES THE BUSINESS GIRL MAKE A VERY GOOD WIFE

This Would-Be Suitor Would Like to Know Before He Pops the Fatal Question—Crocheting Versus Typewriting

DO BUSINESS women make the best wives? A mere man reader of the woman's page claims to be very much attracted by a young woman who is in the same office with him and who is especially noted for her splendid ability. He has managed to meet the young lady in a social way and is now beginning to ponder a bit.

Yes, I know what you mean, "Would-Be Suitor." But let me hasten to tell you this: There's many a girl gadding about the town today not knowing shorthand from Chinese, who is the despair of her mother's heart because she knows as little about cooking and housekeeping and takes as little interest in it.

PERSONALLY, I believe in the business girl as a wife. I mean the efficient business girl you describe. The fact that a girl puts her whole heart into the daily routine of her position doesn't mean she isn't interested in anything else.

Worthington 1312 Walnut Street announce IMPORTANT REDUCTIONS for THE FIRST SALE of WORTHINGTON SUITS \$45 to \$200 Were \$65 to \$275

Louis Stone 1306 Walnut Street For Saturday Only A Maytime Sale of 300 Suits Closing Out at 1-3 to 1/2 of Former Prices Every Sale Is Final

Sterling Importers & Women's Tailors 1210 Walnut Street Buy Bonds First—Then Consider The Sterling May Sale of Suits, Dresses, Wraps and Blouses

Horlick's Malted Milk Safe Milk For Infants & Invalids. A Nutritious Diet for All Ages. Quick Lunch; Home or Office. DINERS are UNLAWFUL.

Ladies Shoe Shining Parlor 1229 Sansom Street. A Welcome Innovation. A place where women may get expert shoe-shining service without embarrassment.

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Philadelphians Learn Quickly The women of this city very quickly learned that their baking results are vastly improved by using Miss Princine Pure Phosphate Baking Powder.