

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. In this way it takes less time and outlay for foods required if a definite arrangement is kept in mind.

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. To allow a half can of corn or peas or tomatoes to stand in the icebox and spoil is not only wasteful, but careless as well. If you find that only a spoonful or two is left over utilize this small amount for garnishes, with omelets or in vegetable salads.

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. Washed lima, navy and soy beans are also good.

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. The market basket will require: Four medium-sized oranges, Seven eggs, Two quarts of milk, Four tomatoes, One apple, One-half dozen bananas, One package of macaroni, Two pounds of flank steak, One bunch of asparagus, One head of lettuce, One pint of onions, One glass of jelly.

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. Address questions to Mrs. M. A. Wilson, Evening Public Ledger, Philadelphia.

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. Lift the tomato on a waffle and then lay poached egg on top. Cover with cream sauce and garnish with finely chopped parsley.

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. Serve in sherbet glasses.

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. Brown quickly in hot fat and lift to a saucepan. Add two cups of boiling water and cook slowly until tender, usually one and three-quarter hours. Add two carrots, cut into quarters, and four onions, then season and garnish with finely chopped parsley.

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. Beat to mix and then roll the

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, Yolks of two eggs. Place in a bowl and cream until light lemon color. Now add

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. The housewife who takes her basket and shops early will frequently obtain better prices than those who come later or perhaps send the children or just telephone to the store.

Personal selection of foods will give the greatest value for the money expended.

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. In order to distribute the fruit evenly what do you suggest? Mine always sinks to the bottom. Do you use ordinary flour for cakes or what is called pastry flour, and what is the difference between them? Mrs. K.

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. Standard blends of flour will give good results.

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. I have a scrapbook in which I paste all of the recipes you publish. Thanking you most sincerely, I remain, Mrs. L.

Biscuits

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. This amount will make about one dozen biscuits.

See cake recipes given in query column week beginning April 21. See ginger cake recipe given to Mrs. H.

Level measurements are made to conform to ounces and pounds.

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

Horlick's Malted Milk advertisement with image of a woman and child.

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

Peanut Brittle

Place in saucepan. One and three-quarter cups of sugar, One cup of corn sirup, One-half cup cold water, Three tablespoons butter.

Bring mixture to a boil, cook to 280 degrees Fahrenheit, using candy thermometer, or until it forms a hard ball when tried in cold water. Grease pan well, cover with the shelled and hulled peanuts just before removing the candy from the fire. Add one-half level teaspoon of baking soda, dissolved in one teaspoon of water, beat to mix, then pour over the prepared nuts. Pour only sufficient sirup to barely cover the nuts.

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.

Fondant

One cup sugar, One-half cup cold water, One-half teaspoon cream of tartar. Stir until sugar is dissolved, then cook until mixture forms very soft ball when tried in cold water; 238 degrees Fahrenheit when using candy thermometer. Remove, pour

on greased platter and work until creamy.

My dear Mrs. Wilson—Will you publish as soon as possible a recipe for chocolate cream pie and rice pudding, and also tell me how I should regulate my oven? Mrs. A. E.

Chocolate Cream Pie

Line pie plate with plain pastry. Now place in saucepan. One cup of water, Three-quarters cup sugar, Four level tablespoons cornstarch, Four level tablespoons cocoa.

Stir mixture until starch is dissolved. Bring to a boil, cook five minutes, remove from fire and add two teaspoons of vanilla extract. Pour in prepared plate and bake in slow oven twenty-five minutes.

What kind of pudding do you desire? Use oven thermometer for testing heat of oven. When right temperature is obtained lower flame to maintain even heat.

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. In his opinion, we girls are all babies and only want getting up. With most men like him, how can any one have any chance at idealism?

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. Please tell me how to look on the sunny side of life? As president of the Keeping-Up-Hope Club, I ask of your honor your kind assistance.

A STENOGRAPHER. 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 con-

sidered good looking by both sexes and have many girl friends as well as boys. About nine months ago I met a girl from Trenton, N. J. It was love at first sight.

She often visits a relative of mine here, and she has just gone home from spending a two-week vacation there. During this time we went to the theatre nearly every night. I also gave her three large boxes of candy, and anything else that she wished.

Her parents do not object to my going with her. They have often asked me to visit them. But as I work nights and go to school during the day, I don't have much time to stay when I go. I have made arrangements to spend the week-end there.

Now, Cynthia, I love this girl dearly and I know that she cares for me by her actions. Would I be doing right if I should spend the week-end with her? Was I doing right when I gave her the boxes of candy? Please tell me if I have been doing what was right. CAMPDEN.

Certainly visit at the girl's house if her parents invite you. Continue to send her candy or flowers if you can afford it. What could be wrong about it? Don't worry about right and wrong. You'd know soon enough if there was any wrong in your relationship.

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. This means that without a bit of fuss or bother you can have hot or ice coffee at any time. All you need to do is add a part of a teaspoonful of this powdered coffee. Gone is the nuisance of the coffee pot, and the emptying of the coffee grounds. You can make your coffee right at the table. I know it is delicious, for I have tried it, and you'll agree with me that this soluble coffee would be most convenient. You can secure a tin for thirty cents.

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. It is of lacquer ware, and standing on the box is a tall, graceful stork. But here is the fascinating part about it. You press a spring, and Mr. Stork for should it be Mrs.?) bends over, and seizes a cigarette in his mouth. Makes a body want to spend the evening pushing the spring to see the stork perform. Last night as Billie and I were walking alone, with no thought of the adventures, I discovered another one of these boxes. Get "him" one to keep on the living room table. The price is \$2.75.

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. Indubitably she should have had one of the lovely sprinklers I saw today. This sprinkler looks for all the world like a rubber bottle with a perforated metal top. To spray the flowers, you squeeze the bottle, and the water is distributed evenly. And here is something else I suspect about Mary. If she had had one of these she unquestionably would have used it on washdays to sprinkle the clothes. You can buy these sprays for \$1.

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. It simply means what ever she does she does well. The girl who buckles down to work when she is in the office and forgets all about the little tripperies of life for the time being is none the less the woman, my dear friend. Neither is the girl who brings all her fancy work down town with her or who pervades the atmosphere of the office with that of the boudoir any more the woman. Womanliness is something apart from all this, deeper than fancy work or crochet, and at the same time too deep, too infinitely fine and lovable to be destroyed by the mere accurate clicking of a well-kept typewriter. And let me tell you a

secret. Every true woman, whether she ever aims at marriage or not, loves a home.

I WOULD advise you to get to be real sensible sort of friends with this young woman, calling at her home and taking her to different places before you make any decision one way or the other. By seeing her attitude in her own home and, in fact, to all the world around her, you will soon discover what kind of a wife she is going to make.

Wrens Are Sociable

The wren is one of the most sociable and confiding of birds and on this account they will build their nests in little houses that are built for them no matter how close this is to a human habitation, says the American Forestry Association. In Washington, whose bird-building contests is arousing widespread interest among school children throughout the nation in bird life and conservation. Furthermore, the wren is one of the most valuable of birds, for it feeds entirely on insects and thus helps to save the trees and the vegetables in the garden from the pests which would eat them. The wren builds its nest of grass or weeds stuffed into any crevice that takes its shape.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, Evening Public Ledger, or phone the Woman's Department, Walnut 3000.

GIRLS Help Your Skin Help Your Hair With Cuticura advertisement.

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.

"You see, dear lady editor," he writes, "I am tired of just calling on girls. I frankly admit I would like to be married, and the next girl I pay a great deal of attention to must be the one I think well enough of to ask to marry me—I feel she will have me. Now about this girl. She is so methodical in her business ways that I am afraid she won't be interested in a home or in fact, be a home-maker. And visiting around among my young married friends (men) I have come to dread the girl who doesn't know how to make a home. Do you know what I mean? Everything upsets all the time, nothing homelike about it at all. Won't you give us an opinion on the business girl as a wife?"

A WOULD-BE SUITOR.

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. And there's many a girl faithfully tapping a typewriter all day long when she goes home at night and sews on funny little cretonne curtains until midnight just because she has that love of home-making in her.

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. It simply means what ever she does she does well. The girl who buckles down to work when she is in the office and forgets all about the little tripperies of life for the time being is none the less the woman, my dear friend. Neither is the girl who brings all her fancy work down town with her or who pervades the atmosphere of the office with that of the boudoir any more the woman. Womanliness is something apart from all this, deeper than fancy work or crochet, and at the same time too deep, too infinitely fine and lovable to be destroyed by the mere accurate clicking of a well-kept typewriter. And let me tell you a

Mrs. Morrison's Chocolate Pudding advertisement with price 10¢.

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

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

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. Save one-third of the regular price by having the work done now. "Pay the cost in the Fall."

Mawson & DeMan 1215 Chestnut Street

Ladies Shoe Shining Parlor 1229 Sansom Street A Welcome Innovation

Philadelphians Learn Quickly Miss Princine Pure Phosphate Baking Powder

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