MAKING MONEY WITH BUTTERFLIES—RECIPES FOR LAMB—NOVELTIES—CYNTHIA—QUERIES

MRS. WILSON TELLS HOW TO COOK LAMB

A Delicious Stuffed Shoulder, a Baked Emince and Curry-How to Tell the Difference Between Mutton and Lamb-Recipes for Sauces

By MRS. M. A. WILSON

The leg of lamb may be boned and

Mint Sauce

mint fine and then place in a small

Three-quarters cup of vinegar.

One-quarter cap of water,

Four tablespaons of sugar.

Chon three-quarters of a bunch of

Cook slowly for fifteen minutes

Any sauce left over will keep if

poured in a bottle or fruit jar and

How to Use Leftover Lamb

leaves of lettuce. Place on the plat-

ter the slices of meat. Serve with

Bengal Curry of Lamb

add just sufficient water to barely

One green pepper, mineed tine,

using cornstarch, and season with

Four tablespoons of cutsup.

Two tempoons of sall,

One teaspoon of papeika,

Cook slowly until the meat is very

One teaspoon of Worcestershire

One-liait tempaon of cirry pair-

one hard-hoiled egg, chopped fine.

Baked Emince of Lamb in Green

Peppers

lamb fine, then measure and add any

filling that may be left over. Place

in a saucepan and add just sufficient

boiling water to cover. Cook slowly

until tender and then thicken the

gravy. Now to one cup of the cold

Mix and then fill into the prepared

peppers. Set in a baking pan and

add one cup of boiling water. Bake

in a moderate oven for thirty-five

minutes. Serve with cheese sauce.

in these dishes to replace the roast

One cup of canned tomatees,

Three unions, chopped fine.

One cup of boiled rice,

One tablerpoon of salt.

One tenspoon of paprika.

Mince the leftover portion of roast

Use the broken and coarse pieces

Cut slices from the roast lamb and

then stored in a cold place.

peppers and vegetable salad.

One onion, minced fine,

Four branches of parsley.

cover. Now add

(Copyright, 1819, by Mrs. M. A. Wilson, All Rights Reserved.) THE season for spring lamb is and roll, tying securely. Now pat from January to July. Just about just sufficient flour into the meat to this time of the season it is in its cover. Place on a rack in the baking The meat is delicate and, pan and put in a hot oven. Just as while less nutritious than mutton, is soon as the meat browns commence the basting with one cup of boiling

Yearling is a splendid choice for water. Reduce the meat to a modthis meat. It is fully as nutritious erate oven. as mutton, without the excess fat of The time to cook: Allow the meat mutton. Fat mutton frequently thirty minutes for heating, so as to disagrees with persons of delicate start cooking, and then twenty mindigestion and therefore should be utes to the pound, counting gross discarded from the menu, and the weight. yearling should be substituted.

Our choice mutton is raised in rolled and filled meat requires more Virginia, Pennsylvania and North time than just the plain shoulder. Carolina, while that which comes from Wisconsin is of splendid allow one-half hour to start cooking quality. Canada also sends us some and then fifteen minutes to the fine meat.

Prime mutton is large and heavy. the fat firm and white and the flesh rolled or rolled and filled, and then a deep red in color and very finely cooked just like the shoulder. grained. This meat contains fully as much nutriment as beef.

Soups and broths made from mutton when the fat is removed are very wholesome and are frequently or saucepan, and add dered in diets by physicians. Mutton should be hung for a short period to ripen, but lamb should be used a short time after it is dressed.

The cuts in a side of lamb or mut- and then strain. Now pick the leaves ton usually number six: (1) the from the balance of the bunch of neck; (2) the chuck, which includes mint and chop fine. Add to the some of the ribs as far as the sauce and then serve. shoulder blade; (3) the shoulder; (4) the flank or breast; (5) the loin, and (6) the leg.

In some parts of the country the butcher makes a cut, using the rack end of the loin and chuck for making the rib or French chops. The term chops is intended to designate meat cut from the rack or loin into chops. preferably one and one-quarter mint or current jelly. with nine ribs on the loin the shoulder and balance of the chuck is cut into chops for panning or braising. These chops require longer time for cooking than those cut from the rack or loin.

Accompaniments for Lamb and Mutton

Serve with a roast shoulder or leg of lamb mint sauce, green grape jelly, peas or asparagus and baked potatoes. With mutton or lamb chops serve green grape jelly, mint tender. Now thicken the gravy, or currant jelly.

Mutton may be boiled and served with caper or soubis (onion) sauces. current jelly sauce, boiled or mashed potatoes, peas, string beans, asparagus, stuffed tomatoes and coleslaw.

How to Distinguish Between Lamb and Mutton

Look at the first joint above the hot platter. Lift the curry into the then add hoof. In lamb this joint is seriated center of platter and garnish with Four level tenspoons baking powor tooth-shaped when broken, while in the yearling and mutton it is the smooth oval ball-and-socket joint. In lamb the bones are pinkish in olor; in mutton the bones are a blue-white color. The pinkish-colored skin should be removed from lamb and yearling before cooking. This skin contains the woolly flavor,

Bone and Stuffed Shoulder of Lamb Have the butcher bone the shoul- meat add der of lamb and then wipe with a damp cloth. Now prepare a filling as follows. Mince fine sufficient parsley to measure one-half cup. Place in a bowl and add

One green pepper, mineed fine, Two onions, minced fine, One cup of fine bread crumbs, Two teaspoons of salt, One teaspoon of pepper.

One-half teaspoon of sweet mar- Boiled mutton or lamb may be used Mix and then spread the filling meat.

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—I expect to have a birthday party. 1 am sixteen years old and expect to have sixteen couples, so would you please tell me what would be nice for luncheon? Would you have any decorations? A READER. See Violet luncheon, Easter week.

My dear Mrs. Wilson-Will you please tell me how to make moconsistency of the "bolivars" of our youth? I have tried various recipes, but the result is always hard, and I want soft jumbles for any help you may give, I am, E. A. B. a dear old lady. Appreciating

Use level measurements.

One cup of molasses, One-half cup brown sugar, Eight tablespoons shortening, Two teaspoons ginger. One level tablespoon cinnamon, One-quarter teaspoon cloves, One level teaspoon baking soda, One-half cup sour milk, One egg.

Six cups sifted flour. Work to smooth dough, place on or in cool place to blend overit, roll out one-half inch thick, and bake in moderate oven ten utes. Cover with damp cloth g from boiling water for few tes to soften. Keep in closely

Ty dear Mrs. Wilson—Will you a me a recipe for a white thick age that is used in cocoanut.

like ordinary icing; it is soft, but holds its place. I have tried but failed. I want just enough for a two-layer cake. Kindly answer

for Sunday. Mrs. M. A. C. This filling is specially prepared by machinery; it is a soft fondant

this, as I want to bake a layer cake

Place in saucepan One and one-half cups sugar,

One-half cup corn sirup (white), One-half cup water, One-half teaspoon cream of tartar. fill with milk, pour over the flour and

Mix well. Bring to a boll, cook add until it forms a very soft ball when dropped in cold water. Remove from fire and pour in thin stream upon stiffly beaten whites of egg. Care in cooking sirup to proper temperature will insure success if you use a candy minutes, then bake in usual manthermometer for testing sirup. Cook to 230 degrees.

My dear Mrs. Wilson - Next week I have to serve a 6 o'clock supper to about forty at the price of about forty cents per person. Can you help me out, as I do not know how to order for so many? First, what would you suggest as a good menu, which must be more or less filling? I have thought of chicken salad with bread-and-but-ter sandwiches for the main ter sandwiches for the main course. If I should decide to have this, how many pounds of chicken will I need? How much celery etc.? Will you kindly publish a recipe for chicken salad and for the salad dressing, and tell me the most advantive way to serve it? What is a good refreshing punch Ask Mrs. Wilson

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

or lemenade for a supper of this kind? I will greatly appreciate any suggestion you may make and thank you in advance for your assistance. Mrs. B.

Menu for Supper

Cold Cut Ham Potato Salad Coleslaw

Strawberry Shortcake This menu can easily be prepared

at this price. Allow one and one-half ounces of cold boiled ham for each person. One quart of potato salad will serve five.

Use either sponge cake or sweet Keep the fact in mind that the biscuit dough for shortcake.

A hot beverage, either tea or coffee, is appropriate with above

To reast the shoulder unnoned supper. To prepare a chicken-salad supper you must have at least fifty cents per

> My dear Mrs. Wilson-Your article some nights ago on accurate measurements interested me very After many repeated attemps at cake baking I have become quite discouraged, for they invariably absolute failures. After reading your article and seeing a recipe in your column for chocolate layer cake I tried once more, being painfully careful that my measurements were correct, but the cake, as usual, was rough I creamed the butter sugar and volks well, added the iffly beaten white last and beat hatter several minutes. lidn't disturb the cake while in the oven so as to cause falling. have known persons who make delicious one-egg cake, apparently without any effort or much beatng, and I should certainly love to now the secret. Any suggestions ou are kind enough to offer as to the cause of this failure would be

then line a large platter with crisp greatly appreciated. E. W. H. Your cake will always be a failure inches thick. Where the meat is cut uneven pieces for curry of lamb or a say that you creamed the butter, you see measures necessary for your sugar and eggs; therefore, you failed own reform and make you ready to asbaked emince of lamb, with green to follow the recipe. The recipe

Three-quarters cap sugar,

of meat from the roast lamb. Chop fine and then place in a saucepan and Cream until light lemon color; this usually requires fifteen minutes, no more. Beating is required. Now do as recipe tells you; it says, then

> Four tablespoons shortening. Now, this shortening may be but-

ter, vegetable cooking oil or wellrendered fat or butter substitute. If fat is solid it must be beaten to greatly. Two caps of surted flows.

spoon, filling high, then level with Make a border of cooked rice on a knife (do not shake or pack down),

Three-grandors engineater.

stiff, lift carefully on to cake dough in bowl. Now cut down through, turning over the dough, then turn bowl half way around, cut again. Repeat until whites of eggs are thoroughly cut in (do not beat), lift into pans and bake in moderate oven thirty minutes.

My dear Mrs. Wilson - I just feel you are a dear, good friend of mine. I read religiously your articles and recipes. I am busy providing appetizing and healthful food for the family and you have helped me so much, and now I would like to ask you some ques-tions. We like waffles with chicken fricassee. The waffles cook most temptingly, but when you eat them they seem tough. Is too much flour used? My recipe does not say the amount of flour. My mother used to make waffles that she served as cake for tea. They were sweet, of course, and delicious. I have failed to find such a recipe and thought you might give me one. I am dis-appointed that butter laid down carefully last fall seems strong. Now, when opened what can I do with it to make it more palatable? Thanking you in advance for any answer you may make me through the column of your paper, I am, your friend, A. W.

Try this waffle recipe: bowl. Now break one egg in cup, she comes along. Sincerely,

One-half teaspoon salt, One teaspoon baking powder, One tenspoon shortening, One teaspoon sugar.

Beat with egg beater hard for five ner. Level measurements assure success. I am afriad that little can be done to save the butter and lard. The extremely warm winter has been a contributing cause. Try clarifying both the butter and lard. Place butter in saucepan, cover with cold water, add one level teaspoon baking soda to each five pounds butter, heat slowly to boiling point, strain through cheesecloth, set on ice to harden, remove the butter. Then work over, adding one ounce sait to each two pounds, one quart buttermilk to each five pounds; let stand for one-half day. Wash out buttermilk, using clear, cool water and working well. This butter must be ugen at once.

DO YOU WASTE TIME WASHING DISHES?





STUDY OF WASHING DINNER DISHES

There are ways and ways to wash dishes. These pictures represent the two extremes. Between this method and lack of method are various amounts of lost motion. The article below shows how time is gained and lost

Method

Monday Stacked in order at

right of pan - glassware.

silver, china, pots and pans

Washed dishes then wived

them veccourses as received

esday-Did not stack dishes.

Washed dishes as they hap-

pened to be piled, then

washed pots and pans.

Wiped all dishes

ednesday-Washed pots and

pans while preparing din-

ner Stacked dishes. Washed

and wiped dishes alter-

hursday - Washed pots and

pans while preparing din-

Stacked, washed and

scalded all table dishes.

glassware and silver and

Total

O WOMAN is fond enough of dish washing to spend any more time over it than is necessary, and yet from lack of planning many hours are squan dered over the dishpan. If you accuse a housekeeper of wasting time over that task, the retort is likely to be, "Waste time washing dishes? I should say not for I don't like to wash dishes that well. I hustle through them as fast as I possibly can, but even then it does seem to take hours." Would it, if she had used her brains as well as her

"Working Like a Whirlwind" a room as though they were going to but instead, the work hangs on for the next two hours. Why? Because all the harrying was creating more work every minute. They sweep as a whirl wind does and with much the same

For this kind of a housekeeper salva tion hes in studying her methods, ob serving where time and effort has been wasted and then standardizing her

"One of the best ways to observe vourself." says the office of home exnomics of the United States Department of Agriculture, "is to make a time. method and motion study of the differ ent duries about the house. It will add if you heat it after the mixing. You gest to the housework, help to make sist an inefficient neighbor.

different ways and probably bave won-To find out, try one method each day,

keeping accurate count of the motions necessary and the time taken up. Looking at the accompanying sample record shows that on Thursday, Fri- not continue to follow them. practicing A time, method and motion study day, Saturday and Sunday the methods your methods and improving still fur

Take the task of dishwashing, for day, Tuesday and Wednesday. On the ance. You have done it in many days when time was saved you washed the pots and pans while you were preparing dinner. You will also note that time was saved by stacking the dishes before washing them and by drying in a drainer instead of wiping them. Hav ing found these time saving ways, why

Method

Friday-Same as Thursday and noted that the repetition of

Saturday-Washed cooking pans

let them dry in drainer

Total

method saved time.....

while preparing dinner ..

Washed all table dishes un-

der faucet without pan.

Let all dry in drainer, ex-

cept silver and glassware,

which were wiped dry

than usual). Washed cook-

ing pans while preparing

dinner Stacked dishes very care-

fully. Washed them in or-

der, drained china until

dry, but wiped silver and

glassware

Total

Total
Sunday—(Note — More dishes

of Minute

Please Tell Me What to Do Adventures

How is a girl won? By a man being

He claims that he is engaged to a

whether she is aware of his past ac-

tions, for I do not think that any girl

stant, and if she is acquainted with his

real nature and continues the engage-

for anything which bears resemblance

CURLY-Q

MACARONI

ASK FOR and GET

Horlick's

The Original

Malted Milk

For Infants and Invalids OTHERS are IMITATIONS

COOKS

QUICKLY

ment, she certainly must be quite eager

FOULD

FITS THE FORK

What Do You Think?

Dear Cynthia - I would like to appeal | Dear Cynthia - Somehow or other I to your readers for a few opinious cannot refrain from commenting on the concerning questions which trouble me unprincipled character who signs him-If a young lady invites a self "Adventurer," cream with sugar and eggs. Now young man to spend the evening with the appears to me that he is rather her at her home thaving other friends proud of his degrading conduct, whereas present) and after he has accepted her he should be ashamed to admit and let avitation a very good reason prevents people know that one could be such an This means sifting flour into bowl. him from coming at the last minute, abominable cur, and if I were a man I Fill into measuring cup with table- isn't it up to the young man to show would apply a stronger epithet to him he lady that he has appreciated her than that, incitation by asking her to go out with lim, or some such invitation? Or should nice to her, indicating that he cares for

the lady again invite him to her home? her, and then finally endeavering to I wish I could ask your readers, es-socially the male folks, what they do readed, and this low specimes of manwhen they cannot accept a girl's invihood admitted that he had on three dif-Another question; Why is it Beat to mix; just this much and that girls and hoys of Philadelphia are no more. Beat whites of eggs until all so very willing to accept invitations.

The point whereby he obtained their consent to marriage, and immediately thereafter the point whereby he obtained their consent to marriage, and immediately thereafter but are so very slow to return such invitations? If is fair, isn't it, to expect oughly disgusted to think that there are friends good times? Speak up, young such scoundrels as he at large, folks of Philadelphia, why is it?

He claims that he is a few invitations when you have given A GOOD TIME SEEKER. very popular girl. I doubt very much

Kitty Is Disgusted

with one iota of self respect would tol-erate a man of his caliber for one in-Dear Cynthin Just a word to the "male" renders of your column:

Really, you men or boys, or what ever you happen to be. I've just about given you up as a hopeless proposi-tion. I don't think there are two of you slike. This is the trouble: girl knows a box who tries to kiss her every time he is alone with her. She refuses each time, and soon he gives her up in disgust and goes on to some one who can furnish more amusement for him. She knows another boy who nets in somewhat the same way, and this time she returns it.

Well, that seems to suit him all right for a while, and then he gets up and walks off. There you are. What can a girl do? Personally, I've sworn off the whole business; even if I do have to lese some friends for it. It seem to me that nearly every how between seventeen and twenty fits in to one of these two cases, although there are few exceptions for which I am mighty

Somehow I can't bely thinking that at heart you really like the one who spurns" you, as it were, and that you really only do it for the sentimentality of it. Am I right? If I am, and I Sift flour, then fill cup with spoon, think I am, for goodness sake, find piling high, then level with knife something better to do, or you won't (do not pack or shake), place in have any left for the "only" girl when

With a Purse Scores "Adventurer"

I tractive luncheon set that is quite irresistible. You immediately begin to picture how well it would look on your table with your best china, and straight way you start calculating how you can afford to buy it. But the luncheon see attractive and reasonable, a combination greatly to be desired. It is of

Gentlemen Tel A Word With You About Shaving



germs, no free alkali, no waste, no

THERE is something about an at-I was shown today is both especially



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THIS GIRL MADE A FORTUNE WITH HER BUTTERFLIES

Kimena McGlashan Didn't Know a Thing About Them Until She Decided to Make Her Living That Way

THAT a woman can make money in that way with all work, of course, but by the little California girl who is graduate who had turned butterfly girl sometimes styled the world's greatest enough butterflies to call her brood butterfly farmer. When this particular an initial catch and try to sell it. This girl finished school, the normal school it she had no trouble doing. Private colwas, the only thing that lay before her right there near her home. This didn't pains to net and mount. Later on Miss

While she was wandering out in the graduation a bevy of lovely beautifully of dollars. colored butterflies caught her eye. She KIMENA McGLASHAN started absuddenly a thought came into her head. the wonderful thing about it. Patience She would make a business of catching and ingenuity won success for her. With and selling butterflies.

THE rest of the story is highly intersting. The girl armed herself with thority on this subject. the net and the rest/of the small apparatus necessary for capturing butterfor she was out after perfect specimens, as it is with these the money lies.

Any amount of patience and resolution to keep on in spite of any dis-

thirteen pieces, including a good sized city women are doing. center piece, is neatly scalloped, and = has an artistic design of cyclets and solid dots. It is a particularly wellliked pattern, and the price of the set is but \$4.95. .

Guess what a travelette is? Well now, let me see if I can describe it for you. It consists of a snug case about six or eight inches long by three to four inches wide. Inside you will find a little bottle of toilet water, a tube of cleansing cream, a tin of talcum powder and some tooth paste. They are of a well-known and liked make, and they are just what you need for a week-end trip. I will admit that the case itself Crush a "Rusk," soak with boiling milk is what attracted men in the first place. —a nourishing food for baby whose It is a leather-finish affair, and comes digestion won't assimilate other foods. in black, gray or bright red, and the The big, rugged, busky babies of Holcost is but twenty-five cents, plus two land have eaten it for years. cents war tax. These cases-travel- Fine for grown folks, too. Invalids and on them as I was passing.

For the names of shops where ar-cles mentioned in "Adventures ticles mentioned in With a Purse' can be purchased, address Editor of Woman's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut

cost in the Fall."

many an odd way is clearly shown Kimena McGlashan, the high school persisted and soon she had caught lectors and museums and other organizations were quite willing to take the was the position of school teacher lovely specimens she had taken such McGlashan took to breeding butterflies, The long and the short of it is her business grew by leaps and bounds until fields one summer day not long after today she is said to be worth thousands

the first appreciable amounts of money earned she put herself through college and went into an exhaustive study of the butterfly until now she is an au-

There is no particular moral in this little true story except to point out flies. Of course it was not easy at first, that there are any number of wonderful things women and girls can do to make money if they only keep their eyes open butterfly catching for the simple reason couragement must have gone into the that there aren't always butterflies passing of those first few weeks. It is around, but just for instance inquire around and see all the interesting things



ettes are very new. In fact, the convalencents thrive on it. Doctors rec shopkeeper was just putting the prices ommend it. Takes the place of bread in all its uses. Grocers sell it-large package 15c.

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