# TO BEGIN A MEAL ATTRACTIVELY—FOR THE WOMAN WHO CROCHETS—DRESS HINTS—CYNTHIA

# MRS. WILSON SUGGESTS DAINTY FIRST COURSES

Delicious Canapes, Continental Sandwiches, Vegetable and Fruit Cocktails-This Article Explains How to Make Each One of These

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

WHAT to have in place of oysters, clams and hot soups at the beginning of a meal frequently puzzles the housewife. Canapes, continental sandwiches, vegetables and fruit cocktails, salpicons of fruit and fruit soups will all provide a splendid variety from which to choose.

eaten. At the formal meal they are place. usually served in the drawing room with the ginger ale and fruit cup. At the informal meal they are placed on the table or passed on a silver tray, or placed individually on small doilies on a small plate at each place. and then cut in dice. Add one-half

elaborate or expensive. Left-over of milk from the can of coceanut portions of meat, fish, chicken or cheese, which are too small to utilize, the maraschino cherry bottle, may be turned into attractive canapes. Now the first step is to trim the meat free from bones, gristle or to work the meat out.

Now put through the food chopper One onion,

One green pepper, Six branches of parsley,

To the above vegetables add onehalf cup of any kind of meat, fish. cheese or chicken that may have been minced fine. Now add

Two teaspoons of salt, One teaspoon of paprika. One teaspoon of mustard.

One tablespoon of lemon juice.

Mix thoroughly, and then this will and then beat in the white very hard. keep for several days. It may be Chill and serve. served as follows:

Four tablespoons of mayonnaise

Spread on strips of toast, about fruit juice: the width of two fingers; spread on thin slices of tomatoes; spread on saltines; spread on leaves of lettuce and rolled. Garnish the first yellow rind. kind with a border of finely chopped and sufficient Garnish the second kind with the

yolks of hard-boiled eggs rubbed through a fine sieve. Garnish the chopped whites of hard-boiled eggs, cups. chopped fine. Garnish the last method by fasten-

be placed a stuffed olive or a small

For variety one-half dozen olives, a hard-boiled egg and a pimento or sour pickle may be added to the

### Continental Sandwiches

stiffly beaten white of egg, and dust well with paprika. Vegetable Cocktails A mixture of two or more fresh, apples. cooked vegetable left-overs may be combined to three-quarters of a cup

Two onions, chopped fine; One green pepper, chopped fine: One leek, chopped fine:

Four tablespoons of catsup. Three tablespoons of mayonnaise. One tablespoon of lemon juice.

on the ice to chill. Serve ice cold.

Fruit Cocktails

Use either cider, grape or orange juice, or the fresh fruit may be cooked in sirup and then pressed through a fine sieve, strained or chilled, and then served in cocktail glasses, with one teaspoon of lemon juice and one maraschino cherry added.

To prepare the fresh fruit for the fruit cocktails place in a saucepan

Bring to a boil, and then cook It might be well to mention the fact | candy housewife may with very little extra cornstarch to prevent sticking. trouble provide many bottles of fruit juice by utilizing the soft or bruised The canapais a dainty morsel that fruits. Fill into bottles and then may be taken in the fingers and sterilize. Seal and store in a cool

Two cups of crushed fruit.

One cup of water,

One cup of sugar.

Salpicon of Fruits

Pare One apple, One orange, One banana,

These delicious morsels, with their cup of cocoanut, and then toss gently foreign name, need not be either to mix. Now add to one-quarter cup Four tablespoons of the sirup from

One tablespoon of lemon juice, Pour over the fruit and then serve. Fruit soups are most popular in fat, and then chop it very fine, using Europe during the summer. They the finest knife on the food chopper. form a delicious adjunct to the meal,

Now, so that none of the material and they refresh and stimulate a may be left in the food chopper, put | jaded appetite on a warm day. Al- oblong or round pan, bake in moderjust enough bread crumbs through most every variety of fruit may be ate oven thirty minutes, cool, split, used-apples, lemons, oranges, pears, bananas, peaches and all of the ber- sift some sugar over the berries, place ries. These soups are of Flemish top of cake on berries and cover with origin. The method for one or all is the same:

Two cups of concentrated fruit

One cup of water, One-half cup of sugar. Cook for five minutes and then

Two level tablespoons of corn-

Two tablespoons of water, Yalk of one egg.

starch

Beat hard to thoroughly mix, and then beat the whites of egg very stiff. Lift the egg-beater into the soup,

How to prepare the concentrated

Orange

Juice of two large oranges. One-half t aspoon of thinly grated ter to measure two

Lemon

Juice of four large lemons, One-half teaspoon of grated rind, third by using a border made by and sufficient water to measure two

Apple

Wash and cut into pieces four ing with a toothpick on which may medium-sized apples. Add one and one-quarter cups of water. Cook until soft, and then rub through a sieve. Measure.

Pears Four large or seven small peacs.

apples. Bananas

Use the paste prepared for the Four medium-sized bananas, canapes, and then spread on thin and sufficient water to measure. Cut alices of bread cut into small blocks. the bananas into slices and cook un-Top each piece with a tiny dot of til soft. Rub through sieve.

> Eight large peaches. Use the same method as used for

Berries Two and one-half cups of crushed

of assorted cold left-over vegetables. berries, One cup of water.

> Cook until soft and then rub through a sieve. Place a tablespoon of fruit whip on top of each plate of soup. Dust lightly with nutmeg.

Nutmeg makes a delightful garnish. These soups may be served in Mix by gently tossing, and then set deep cocktail or sherbet glasses, ice

#### 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 personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, Evening Public Ledger, Philadelphia.

#### Mrs. Wilson Answers Questions

kindly reply to the following ques-tions? In mixing cake should it be stirred until everything is mixed in and then beaten for while? What method do you until everything is mixed in and then beaten for while? When you say cream sugar egg yolks, then add fat, do you mean melted fat, and if not, will it cream all right with yolk and sugar? What is the cause of air holes in cake and what causes a cake to sometimes be coarse and dry when at other times the same cipe and method brings out a fine moist texture? How can I depend on having a fine light, moist cake all the time? A. M. C.

To Make Cake Cream sugar and yolks of eggs by ubbing the sugar and yolks of eggs ainst the side of the bowl, using spoon until light and frothy, just put in the balance of inents as given in recipe. Beat re minutes to mix, cut and fold in hites of eggs, do not beat or stir fter this; put in greased and floured . Use either liquid or solid fats.

My dear Mrs. Wilson-Will you | creaming of sugar and yellar of eggs Make a border of the chopped aspic, much flour will cause cake to be coarse and dry. To measure flour, A lesson on gelatin desserts will sift flour into bowl, fill measuring be coming very soon. cup with spoon, piling it above c of cup, level it off by pushing off the flour above edge of cup with back of kitchen knife. To be successful in ate level measurements.

dear Mrs. Wilson-Would you kindly give me the recipe for baked beans and tomato sauce? I forgot to cut it out of your column in the newspaper. Also tell me how to make caramels soft and yet not sticky like the candy stores have them. Have tried a good many of your recipes and found them all so very good them all so very good.

Soak one pound of beans over night. In the morning look over, carefully discarding all the defective ones. Place beans in saucepan and cover with boiling water; boil ten minutes, drain, turn in colander and let cold water run on them. Return to saucepan, cover with just sufficient these hats.

boiling water to cover and cook twenty minutes, now add

Four tablespoons molasses, One-half cup vegetable-salad oil, Two medium-sized onious chopped

One medium-sized green pepper

chopped fine, -Two teaspoons salt. One teaspoon paprika, One-half teaspoon mustard,

One and one-half cups canned to Mix thoroughly, pour in baking pan and bake in slow oven two and

one-half hours. rapidly until the fruit is soft. Put Use evaporated milk in making through a strainer and then chill, caramels; cook to 250 degrees on thermometer for testing that during the canning season the sirup. Dust caramels lightly with

> My dear Mrs. Wilson-Will you please tell me a good recipe for strawberry shortcake? Please tell me how the cakes are made, also how the berries are prepared. Also please tell me how to e prunes. MISS B, J. E. bake prunes.

As you do not specify just what variety of shortcake you desire, use the recipe for a sponge cake mixture. Place in bowl.

Yolks of two eggs. Three-fourths cup sugar, Cream well; now add Four tablespoons water. One cup of sifted flour. Two level teaspoons of baking

Beat to mix, then carefully fold in the stiffly beaten whites of two eggs, pour in greased and floured fill with hulled and mashed berries, a meringue made as follows:

Place in a bowl: One-half glass of apple jelly,

White of one egg. Beat until mixture will hold its

#### To Bake Prunes

Wash prunes in warm water, soak ever night in just sufficient water to cover place in casserole dish and bake one hour in slow oven, adding piece of lemon peel.

My dear Mrs. Wilson-Will you kindly publish a recipe for making cheesecake? Tell whether the crust is baked before as a shell when preparing lemon pies or not, and how to brown it.

Mrs. E. A. I. Line oblong pan with plain pastry. Now place in saucepan One cup of milk. Two level tablespoons of corn-

Stir until dissolved; bring to a boil. Remove and add

One and one-half cups of cottage through a fine sieve, Three-quarters cup of sugar.

Yolks of two eggs. in slow oven forty minutes. Now

dust top of pie with pulverized sugar All your friends will want to see your My dear Mrs. Wilson-Your talks and recipes are very helpful in planning a wholesome and eco-

nomical diet. Will you give me a recipe for a nicely seasoned tomato aspic jelly to be used on a salad or as a mold to fill with salad mixture? I would also like one or two rules for gelatin desserts to be used in the place of ice cream. Tomato Aspic Place in saucerfan One and one-half cups of canned

tomatoes. Add One small onion, chapped fine;

One carrot, grated; Few branches of thyme. through sieve, adding

One and one-half teaspoons of salt. One teaspoon of paprika, Pinch of cloves,

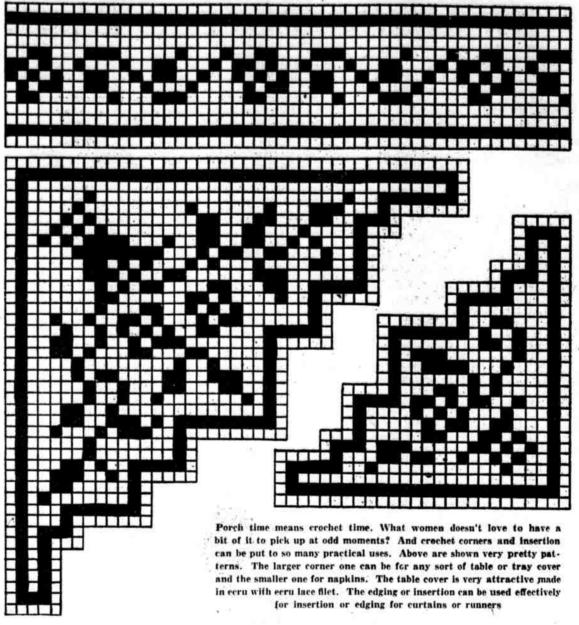
tablespoons of cold water for twenty minutes. Stir until gelatin is dissolved, then pour into prepared pan and set aside to mold. Use layer cake or oblong pan to mold, and rinse pan in cold water before pouring in the aspic. When ready to unmold loosen sides and ends from pan and turn out on molding board. Cut, using fancy cake cutter, and chop left-over parts fine. Now lift the cut tomato aspic into nest of lettuce. or too much baking powder. Too garnish with slices of hard-boiled eggs and capers, or turn mixture into border mold.

#### Value of Correct Veil

The woman who is trim from top to toe never forgets that a veil is the making cake all the time use accur- last touch in daintiness for any outdoor costume. This year she is wearing one hig-meshed veils that seem to be the fad; but just because veil meshes are so big fashion has whimsically introduced tiny meshed patterns that are scattered over the veil in an effect of contrast. The pictured veil has a big open mesh in the new henna shade, and the dainty leaf pattern in wine-mesh is black, showing up effec tively over a fair complexion.

dressy wear large black hats of nce and maline are being shown. Some of these picturesque models are trimmed with jet ornaments, others are adorned with large bows of brilliantly colored

#### PRETTY FILET CORNERS AND INSERTION



# THE WOMAN'S EXCHANGE

Schoolgirl Has Freckles

Dear Madam - Kindly state in your column what is good for freekles, as I am a schoolgirl and have many on my

Rubbing lemon juice over the parts of the face that are freekled is considered satisfactory in removing the freekles. although the treatment must be repeated faithfully. Using buttermilk in same way is also helpful.

Suggestions for Housewarming

Dear Madam-I have read so many of your good questions and answers that I wish to ask you a few myself, I expeet to get married within a few weeks and I am not going to have any time until I come back from my honeymoon, I would like to know about a house cheese which has been rubbed warming, which I intend to give in my new home. Also what to serve? My mother and father are going to celebrate One-half level teaspoon of nutmeg, their silver wedding anniversary: can you suggest some gifts that I could give each one? Also what linens would a Beat to thoroughly blend. Bake girl have who is going to be married?

and brown in moderate oven by in- new home, so after you have received creasing the heat for eight minutes, them in the hall or living room, give and ask them t help you "light the home fires" in the Have a miniature hearth arranged in each room, made of a tir candy box with some small stones piled up to look like a fireplace, and a candle in the center, cut very short and arranged so that nothing but the wick shows. Be sure that it is arranged so that the candle cannot possibly fall over or catch fire to anything. Let the guests light the candles and leave the fires burning in the rooms. Have no light in the rooms until the "fire" is ighted, then switch on the lights that everybody can see the room. Since everything is so new and every one will want to taste the bride's cooking, make Welsh rabbit or chicken a la King on the chaing dish. Serve coffee, and rolls with the chicken, or salt crackers with the Welsh rabbit. You need not Cook for ten minutes. Now rub any decorations except bowls of flowers in the house and on the table, for the charm of the affair will be the new furniture and the house itself

Give your mother and father a joint Look about the house and see largely Pinch of allspice.

Two tablespoons of vinegar, and add two level tablespoons of gelatin which has been soaking in four tablespoons of cold water for twenty

#### The Question Corner Today's Inquiries

In what particular field are teachers most needed for service in the Indian reservations and agencies just at this time?

When are the next civil service examinations for this service scheduled to be held?

 How can an attractive little shield for the crochet hook or knitting needle be made at home? To what use can the pages of little empty stamp books be placed?

When blankets have become this and worn how can they be turned into attractive bed covering? What will remove a porous plas ter without causing pain?

Yesterday's Answers

A woman or man obtains the po-sition of clerk translator for the government through the United States civil service commission. Washington, D. C. They serve with the Bureau of Foreign and Domestic Commerce, Department of Commerce and other branche of Commerce and other branches of the departmental service, Washington, D. C. It is neces-sary to file an application in Washington with the civil service in order that you may be called when needed.

A new profession for the woman who knows a great deal about gardening is that of "garden doc-tor." She goes about and pre-scribes for sickly and failing flower or vegetable gardens.

When an American woman mar-ries a foreigner who has never taken out his citizenship papers she loses her own nationality, ac-gording to law, and must take his. In fixing up a guest room put a flashlight on the table. This proves a great convenience.

When the hair is very dry a little vaseline, olive oil or sweet oil, rubbed into the scalp, will give a natural softness In caring for the hair remember that brush and comb should be kept scrupulously clean. The brush carries dandruff and it is impossible to rid the hair of this

The linens that a bride has depends together at an anniversary, not to each extra tablecloths for small tables, and

unless it is clean.

### The New Tulle Hat for a Veil A Daily Fashion Talk by Florence Rose



# Please Tell Me What to Do

By CYNTHIA

Gets the Truth From Brother

Dear Cynthia-Doesn't it seem alwith common sense could write such extent of admitting to Ruth in a wild letters as "Out for a Vamp" and "A and frenzied burst of tears and impreca

I have a brother just out of the service, and every night he goes out her, and that he did care for Ruth. with (let's call 'em vamps, for they seem to like that name). But when she and Ruth had never met. Now she mother and he have a heart-to-heart wanted to strike at Ruth through Nattalk, I find he cares nothing for the alie. sure he would not pick a vamp for a life partner.

Poor girls! If they only knew how foolish they look strolling down the streets with their painted faces. Any girl who thinks it is nice to nave strange men come up and speak to her (for they will if one gives them

encouragement) is mistaken. I hope some day to meet boys with his E. M. N., NOT A VAMP.

Is Love Passing Her By?

your column quite a long time and potre that many of your correspondents are about to fall in love or else falling Raymond yesterday." Isabel said, of a silly looking animal that brings are about to fall in love or else falling Raymond yesterday." Isabel said, of a silly looking animal that brings cruelly. "Better be careful, Natalie; peals of laughter. It's supposed to be cruelly. "Better be careful, Natalie; peals of laughter, but, my word! who for the children; but, my word! who own friends I notice they are also they were engaged once, you know, changing their own beaus almost as I don't see what there is about Ruth changing their own beaus almost as I don't see what there is about Ruth said we are only children grown up?

Otten as they change their clothes. As Raymond, but she seems to have a Camera and twelve films may be had for myself, I have never had any beaus to change and I am just beginning to ful if I were you." wonder what is wrong with me. Does, every one have to go through this sort her vivid imagination began to paint of thing, do you suppose? Am I missing pictures, even while she tried to resomething big in life? To all outward assure herself that there was nothing appearances I am just a normal healthy in it. typical American girl of twenty-one.

I have taken good care of my health. have nice hair, teeth and skip. I dance well, dress well, like almost everything that all other girls like and have many boys I know almost nothing, and with those I have known all my life I have never had much to say, as we have upon her circumstances and nothing in common. I never make a ped her into action. When she reached A bride usually provides herself fuss over boys around my own age. the hotel that morning she spent an very well. But I didn't seem to mind do was to keep Jack from seeing that it then. Now, with about three years' she cared no matter what happened. experience, I have become quite a suc- For she did care, she cared terribly eessful stenographer. I have a splendid She had no idea where all this feeling position and enjoy my work and the came from, she hadn't known she was men (all much older) make quite a big capable of it, but she loved her husband.

But I never meet anybody new, no went away would a different environment change my attitude. Lots of people have become popular and attractive outside of their usual element. But even different if she hadn't cared. It wouldn't if that would be the case with me, I have no good reason for leaving home What do you think, Cynthia? Do you think I am foolish to worry? I know I am young yet, but I do get the blues at times. I don't want love to pass me by. BETTY UNKNOWN.

No. Belty Unkrown, you have n reason to worry. There are many girls going through just what you have gradnally discovered about yourself. There are far more girls at twenty-one with-out beaus, that is, real beaus, than with them. It is just a matter of waiting for the right one and he usually

Do you want me to diagnose your case just from what you fell me? You are probably clever and older in your ways than the average young person, and that makes you out of sympathy with the average young boy. I want you to try going out a lot among people; go to places where you can meet new ones: join a co-ed class; join a dancing class and a country club, and then make up your mind to find the "real boy" in all he different types you meet. Yes, it is true, people are often more popular in new environment, but, dear,

you are far, far too young to

# PUTTING CHILDREN TO BED BY DAYLIGHT-SAVING TIME

It Can't Be Done! "But It's Still Light," They Say, and Parents Are Having a Hard Time to Rule Otherwise

and girls that it is bedtime while it is little ones slip off to dreamland to still light.

I heard the father of four vigorous, rosy-cheeked youngsters talking about this the other day. One of his jobs is ALTOGETHER in homes where there this the other day. help "stow" at least two of the youngsters for the night. "I have rensoned with them like

I've about made up my mind to give it Why, I've talked myself blue the face to Buddy and when I get all going to bed an hour later. It is harde through he comes back : 'But-but'I know, daddy. But it's "And I've tried making them go to

dark. So, what was the use?"

NCLE SAM has managed to get a old-time twilight story hour. To be Whole nationful of people believing frank and candid about this, sometly it's 6 or 7 or 8 o'clock when it isn't it works and sometimes it doesn't. that time at all. But, bless your this father remarked, and as every re beart, there's one class of citizens he live parent knows, every child requir fool for a minute. The children! different treatment. I know one At 8 o'clock these evenings all over where the phonograph is doing bear the city a mutual bond of sympathy duty these nights "betwixt the dark an runs from parent to parent. It is the daylight." Father puts on all the simply impossible to convince little boys sleepytime records and one by one the tune of pretty music.

switched the routine all around and the problem is not such a small one as might the dutiful father I am." he said. "but appear on the face of it. The chile must get up as early as ever, and ye in the majority of cases they are no to get the older children to get to their teacher in the seventh grade say th hour ahead of time plan had made bed anyhow." this father continued, quite a difference in the average of rec. "but they lay there wide awake and itations.

Of course, for the innumerable whispered back and forth until it got vantages that daylight saving brings to the nation this one disadvantage does IN SOME homes this problem of get- not weigh heavily. Yet at the same ting the youngsters to bed in the day-light has brought about a revival of the plan has most parents "stumped."

> And So They Were Married By HAZEL DEYO BATCHELOR Copyright, 1918, by Public Ledger Co.

START THIS STORY TODAY IF JACK had thought it easy for Nat- implicated in it. alie to play the part she had decided again Natalie tried to imagine how she on then he knew nothing about human could ever win Jack's love with Ruth in nature. It was as far from Natalie's the field. What had she that would in nature to play any kind of a part as any way hold Jack, what charm, what would be for the veriest amateur to anything? play a subtle part requiring skillful manipulation. Natalie was simple, she there in the darkness with the sea was not complex, she did not know how to play the part of a woman of the pounding in the distance. It wasn't

and decided to go through with it.

It all came about in this manner: standing against Ruth. She had never as an excuse, when she would have to forgotten that evening when instead of live through long hours of wondering playing a part herself and hiding her where he was and still not show that true feelings she had made a fool of she cared? Could she do it, could she herself over Nick Carson. It infuriated play such a game, and was it worth her to know that Ruth knew her true while? Would Jack ever care for her? state of mind. That she, Isabel Car-ter, the woman of ice who cared for him? nost impossible that girls and boys no man, could have lost her wits to the tions that she had always loved Nick Carter! That, too, when she knew quite well that Nick cared nothing for Isabel had virtually admitted her jealousy, and since that eventful evening

foolish enough to make trouble.
"Isn't Jack with you?" she remark-

ed casually. "No, he couldn't get away." Nata- the picture and remove the film

her poor little pride.
"I saw him out driving with Ruth fatal attraction for men. I'd be care for twenty-five cents.

Natalie was game under the blow, but assure herself that there was nothing dolls, two little girls and two little Isabel went on:

for Jack to be seen around with other women, it doesn't look well for you. That had brought Natalie up with a jerk. Red wings of scarlet sprang out in her cheeks. Isabel's idle scorn whip-

That was what gave her courage to act. That night, however, after it was nil over and she had felt that through the younger men whom I could be in the over and she had felt that through the least attracted by. I often wonder if I evening she had pursued the course with Jack that she had laid out for

have been so hard if Ruth hadn't been Her mind leaned ahead as she law

world, but pride forced her into the so hard to treat Jack as she had when role and she simply gritted her teeth she had him down here away from other people. But when they got back to the city, what then-when he could Isabel Carter had a grudge of long always have his way by giving business

In the next installment four young

## Adventures With a Purse

It is the most fatal thing in the world

I AM ever a lover of peace and quiet, Tyamps," and if he were to marry, I am to incur the enmity of a woman like cosy dim-lit-room by my own fireside to incur the enmity of a woman like cosy dim-lit-room by my own fireside if the partner. plans about the best way to pay back an old grudge. It was strange that Isabel should have met Natalie on the boardwalk at Atlantic City right after having seen Ruth and Jack driving together. Her idea was to start a rumor about Ruth. She had no way of knowing that Scatt knew anything the strange of knowing that Scatt knew anything the strange of knowing that Scatt knew anything the strange of plans about the best way to pay back up occasionaly to assure myself that neouragement) is mistaken.

I agree with "The Spectator," and hope some day to meet boys with his about it and she thought Natalie just Very seriously you tell your best friend. to "strike an attitude," while you her picture. With much pomp and ceremony you adjust your camera, take Dear Cynthia-I have been reading lie returned quickly, eager to maintain stantly. Placing it in water, you both

> Here's a paper doll set no little girl ould be without. It consists of four boys. And there are twenty suits and dresses and twenty hats. The boys have Isabel went on:
> "I wouldn't let too much of that among them baseball suits and service uniforms. Both dolls and clothes have thing go on or people will say things, uniforms. Both dolls and clothes have You haven't been married long enough to be cut out, and what little girl doesn't love to cut out paper dolls! The set costs but ten cents

I don't wonder that they call him a "funny bird" ash tray. He's all of that! He's a fat, waddling little fellow with "poppy" green eyes and the very biggest mouth you ever did see. He has it wide open, and cigarette ashes are flicked into it by the careless passers This little bird would make

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