

MRS. WILSON GIVES FISH RECIPES FROM FAMOUS FISH DINNERS INN

It Is Tucked Away on Long Island Sound and Is Noted for Its Chowder, Deep-Sea Pie and Other Savory Dishes—Here Are the Recipes Secured Through the Chef, an Old Sea Captain

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

FISH is a food similar in general character to meat, yet it is different in many ways. Its chief constituent is protein. This gives us a dependable food element to replace meat.

During the spring and summer fish is unusually abundant, and each housewife should aim to have fresh fish two or three times each week in place of meat.

The delicate character of the protein in fish makes it suitable for warm weather. In fresh fish the gills are a bright red, the flesh along the backbone is firm and elastic. The eyes are bulging and bright. Now, it is most important that fish be strictly fresh, and the above tests are easy and simple for the housewife to know.

All along the Atlantic coast, in the large seaside resorts, or in the small fishing villages, the natives have made a specialty during the spring and summer and fall of the fish dinners. Just a few miles from New London, Conn., there is a place on the coast where sea foods are a specialty, and the menus show that there are forty different ways of serving these delicious fish.

Among them is the famous Connecticut fish chowder, fish loaf, fish souffle, Long Island deep-sea pie, fish souffle and many other splendid dishes. The chef of the famous inn is an old sea captain and his wife helps him, and after spending many pleasant hours with them I am bringing you these delicious recipes.

Any cheap fish that is fresh will do for this dish, or it may be made from the heads, fins and backbones of the fish, used for fllets or broiling. Place the heads, fins and backbones of three medium-sized fish in a deep saucepan and add:

- Two quarts of cold water, Two onions, cut fine, One carrot, cut in tiny dice, One-half bay leaf, One-half teaspoon of thyme.

Cover and bring to a boil. Cook slowly for one hour. Now remove the heads, fins and backbones and pick the meat from the heads and backbones and return it to the stock. Now rub one cup of stewed tomatoes through a sieve and add five tablespoons of cornstarch. Stir until the starch is dissolved and then add to the stock. Bring quickly to a boil and add:

- Two cups of diced and par-boiled potatoes, Salt and pepper to taste, Two tablespoons of butter, Two tablespoons of finely chopped parsley.

Let boil up once and then serve. This is delicious. One pound of fish may be used in place of the heads, fins and backbones.

Place in a mixing bowl

- Two cups of flaked cold boiled fish, One and one-half cups of prepared stale bread, Two onions, grated, Four tablespoons of finely chopped parsley, One tablespoon of salt, One teaspoon of paprika, One teaspoon of Worcestershire sauce.

One well-beaten egg.

Mix thoroughly and then shape into cutlets. Roll in flour and then dip in beaten egg, and then into fine bread crumbs. Fry in hot fat.

To prepare the bread, soak stale bread in warm water until soft. Place in a cloth and squeeze until very dry, then rub through a colander to remove the lumps. Fish cutlets are served in a menu as follows:

- Connecticut Chowder Scallops Radishes Fish Cutlets Russian Dressing Whole-boiled Potatoes Tomato Salad Hot Biscuit Coffee

Prepare a sauce as follows: Place in a saucepan

- One cup of milk, Five tablespoons of flour.

Stir with a fork until the flour is dissolved and then bring quickly to a boil. Cook for three minutes and then remove and pour into a mixing bowl, and add:

- Two cups of cold-boiled fish, One cup of cold-boiled rice, One cup of stale bread, prepared as for fish cutlet, Four tablespoons of shortening (finely chopped salt pork if desired), One large onion, One large green pepper, Six branches of parsley, minced very fine, One tablespoon of paprika, One-half teaspoon of mustard,

One tablespoon of Worcestershire sauce, One-half teaspoon of sweet marjoram, One egg. Beat hard to thoroughly mix and then pour into a well greased and floured loaf-shaped pan. Place this pan in a larger one containing hot water. Bake in a moderate oven for one hour. Serve with a sauce made as follows:

- Two cups of stewed tomatoes, Four onions, chopped fine, One green pepper, chopped fine.

Cook until onions and peppers are soft and then rub through a coarse sieve. Now add:

- One-half cup of water, Three tablespoons of cornstarch, Two teaspoons of salt, One teaspoon of sugar, One-half teaspoon of pepper, Pinch of cloves.

Mix well and then pour into tomato mixture. Stir well until the boiling point is reached and then cook for three minutes. Add two tablespoons of butter and serve.

The fish loaf is served in a menu as follows:

- Connecticut Chowder Scallops Radishes Fish Loaf Tomato Sauce Plain-boiled Macaroni Tomato Salad Hot Rolls Coffee

Long Island Deep-Sea Pie

Grease a deep baking dish and then sprinkle with fine bread crumbs. Now place a layer of finely diced potatoes in the bottom of the dish. Next a layer of fish, cut into pieces the size of a walnut. Next a layer of sliced onions, then a layer of sliced tomatoes; repeat, making two layers. Season each layer with salt, pepper and finely minced parsley. Now prepare a sauce as follows:

- One and one-half cups of milk in a saucepan, Six level tablespoons of flour.

Stir until the flour is dissolved and then bring to a boil. Remove from the fire and add:

- Two tablespoons of Worcestershire sauce, One well-beaten egg.

Pour over the prepared pie. Place a crust on top, making three or four gashes in it to permit the steam to

escape. Cover and bake for one and one-half hours in a moderate oven. Take the cover off the last half hour to brown the crust. This dish will require two and one-half pounds of uncooked fish. It is equally good when reheated. It may be baked in individual casseroles or custard cups. Serve this dish with the following menu:

- Long Sound Cocktail Pepper Hash Long Island Deep-Sea Pie Cabbage Salad Rolls Coffee

Long Island Sound Cocktail

Place in a bowl

- One-half bottle of tomato catsup, One tablespoon of grated onion, Two tablespoons of finely minced parsley, One tablespoon of finely minced green pepper, One tablespoon of Worcestershire sauce, One-half teaspoon of mustard.

Mix well and then take the clam shells and scrub them clean. Fill with a mixture as follows:

- One cup of flaked cold boiled fish, One onion, chopped fine, One green pepper, chopped fine.

Mix well. Make a well in the center and fill with a sauce. Dust with paprika and serve ice cold.

Fish Souffle

This dainty dish is made by rubbing one and one-half cups of cold boiled fish through a fine sieve. Then add:

- One cup of thick cold cream sauce, One tablespoon of salt, One teaspoon of paprika, One-half teaspoon of mustard, Three tablespoons of finely chopped parsley, One tablespoon of Worcestershire sauce, Yolks of two eggs.

Beat hard to mix and then carefully fold in the stiffly beaten whites of two eggs. Pour into well-greased custard cups and then set the cups in a pan containing warm water, and bake in a moderate oven until firm in the center, usually about twenty minutes. Serve with the following menu:

- Clam Cocktail Olives Radishes Pepper Hash Cream Sauce French-fried Potatoes Peas

- Hot Rolls Coffee

Adventures With a Purse

THERE is nothing nicer for making petticoats and everyday underwear than longcloth. It is cool, wears well and launders easily. And there is nothing nicer for the price than the longcloth I saw today. It is thirty-six inches wide and that means that you need but two widths for an undershirt—and it is priced at twenty-two cents a yard. For your own underclothes or for the children's, you will find this good quality longcloth most desirable.

If there's one thing a body simply cannot have too many of it is kitchen knives. Inevitably they become lost or else they hide themselves so effectively that it is almost impossible to find all of them. One shop, recognizing this, is having a sale just this week of good guaranteed kitchen knives in sets of three for thirty-eight cents a set. The handles are waterproof and the blades securely fastened so that they will not come out. You really ought to take advantage of this sale and purchase a set.

It is one thing to do with just a few nightgowns in winter, and an entirely different matter to manage with a scant supply in warm weather. For after a cooling, tepid bath at the end of a warm spring day one somehow longs to slip into a fresh, clean nightgown. Which brings me to the adorable ones I saw today. They are very plain, of soft, cool material and made in a kind of empire style with the yoke coming to points on the shoulders, and sleeves. The edging is of narrow genuine Irish picot

and forms a most attractive finish. There are just a few of these little garments which have been reduced to \$2.50.

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.

Saving Gas

One thrifty housewife who has to use the gas heater to obtain hot water saves the gas by washing dishes only once a day. She says it takes fifteen minutes to heat the water, whether for a few or many dishes, and she out her gas bill 50 per cent in one month. She keeps the dishes in the tubs, out of sight, until ready to wash them.

To Save Scouring

One housekeeper has a box of clean sand in her pantry closet and she keeps the steel knives, blade downward, in this. She says she never has to scour her knives. When she cuts lemons, etc., she immediately rinses the blade, and they never rust.

Spatter Work on Wall Paper

On going over the summer bungalow, cottage or camp, you are very apt to find that the walls would look much better with a little new paper. But that is too great an expense for just a small summer place where the dampness will do the same thing again next year. So the best thing to do is to get some wall tint and cover all the unsightly stains and discolorations. Let it dry until the blotchy appearance is all gone. Then fill an atomizer with tint of a darker shade or a lighter shade or a harmonizing color and "spatter" it all over the walls. This gives a decorative effect, and is easy and not so expensive as new wall paper.

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The Woman's Exchange

Likes the "Adventures"

Dear Madam—Your "Adventures With a Purse" are certainly very interesting and more than that, they are so cleverly worded that it is a pleasure to read them, even though one should not intend to buy any of the uncommon articles you describe. I commend you for your ability to sift and reject articles with such a discriminating eye. And what splendid value you find in these days of soaring prices!

Please do not discontinue your "Adventures With a Purse," for more than one person will suffer from disappointment and consider the EVENING PUBLIC LEDGER incomplete without your contribution. Thanks to you for my lucky purchase of a beaded chain. M. B. Thanks to you for your nice friendly letter.

Try Washing Beads First

Dear Madam—Will you please tell me through your interesting column how I can wash a white organdy waist with several red bead trimmings, also a pink one with several black bead trimmings? They are both new; only worn but a few times. Can you also recommend something to take out a little rust from the white waist just mentioned? Through a little carelessness I have a little rust spot on the white waist. A DAILY READER.

If the beads are glass the color will not run, but with opaque beads of other material it is best to make a little test first. Rip off a few of the beads and baste them on a piece of white material and try washing them in the same way that you would wash the waist. See if the color runs. If it does, wash the waist clean. To wash the waist use lukewarm water and one of the soap flakes on the market recommended for washing delicate fabrics. Use the juice of a lemon to get rid of any sprinkling the spot first with salt and moistening with lemon juice. Place it in the sun and add more lemon juice if it dries up. This would not do for the pink waist.

The Question Corner

Today's Inquiries

- 1. What novel enterprise is being undertaken by the American Y. W. C. A. in France? 2. With what simple device can a convenient umbrella rack be made for the porch? 3. What is the accepted origin of the appointment of a best man at a wedding? 4. How can water spots be removed from silk? 5. Describe a pretty way to "dress up" a plain white chip hat. 6. When a raincoat is too badly worn to be used, but is partially good, what use can be made of it?

Saturday's Answers

- 1. Dr. Mary Walker, who died several months ago, was one of the most prominent woman doctors of the Civil War. 2. Legion hats combined with tafetta or satin make a pretty mid-summer style. 3. An attractive way of finishing a short sleeve for an organdy dress is with a ruffle of the material, made short on the front of the arm and hanging quite long off the elbow. 4. When the shoulder straps of an undershirt have worn out they can be renewed with a plain hand-crocheted heading, with a pint edge. 5. A serge undershirt with an overskirt and girdle of jersey silk in contrasting colors makes a very good-looking street dress. 6. The lace sleeves used on this year's evening dresses are frequently made of a wide piece of lace long enough to reach almost to the waist and laid flat over the top of the arm.

THE NEWEST CAPE FOR SUMMERTIME



The short cape that slopes a bit at the back is the newest one. It is very smart for the separate skirt and the long blouse of chiffon

A Daily Fashion Talk by Florence Ross

WITH the first signs of warm days the dolman, which early in the season proved such a favorite with the women, became conspicuous by its absence. There are, to be sure, many dolmans sold even now in the shops, but they are usually selected with the intention of wearing them for motoring, for which purpose they serve as an excellent wrap.

While it is true that there are a great many capes worn, even these are somewhat different from those worn in the early spring. For at that time the very long cape was considered quite the thing, some of them so long that scarcely any of the frock peeped beneath. As the season advanced the capes grew shorter, little by little. The first stage seemed to be the three-quarter length, then came the models which reached to about the knees. At the present writing the most fashionable capes are about hip-length at the front and go a couple of inches down at the back to a greater depth.

In reality these short capes are a substitute for the suit and are worn with the separate skirt and the long blouse of chiffon or georgette. Of course, the short cape is also worn over the one-piece frock, but is considered much smarter when worn with the long blouse.

One of these short capes is illustrated today. In this instance the cape is of blue serge, with the pockets and the entire cape bound with black silk braid. The long collar which also forms the revers is of French blue flannel. The narrow string belt is of the serge and faced with the flannel. The toque is of fine straw with a fringe of the same held at intervals to the crown with small velvet flowers.

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Please Tell Me What to Do

By CYNTHIA

"Plain Jane" Joins K. U. H. C.

Dear Cynthia—Here is another newcomer for the Keeping Up Hope Club and congratulations to the founder of the same.

I just wonder why some boys and girls are so silly. If a boy takes a girl out and later there is some one who tells her of his taking another girl out he gets the cold shoulder. Come on, girls, brace up—throw out the green-eyed monster jealousy. Now before I say "an revoir" may I say help the Salvation Army, and don't pass a lassie, if it is only a penny. Three cheers for them!

PLAIN JANE.

To Submit Poetry

Dear Cynthia—I have written a bit of verse and would like to determine whether it is worthy of publication, but do not know the procedure for submitting the poem. Should the paper be sent to a magazine direct, and should stamped, self-addressed envelope accompany it? If the poem is rejected, does a criticism usually accompany it? Send this poem to the magazine that seems to print verse on the order of that you have written. Send it directly to the editor. Enclose a self-addressed envelope for return. On account of the many manuscripts handled by magazines as a rule letters of criticism do not accompany those returned.

Wants K. U. H. C. Advice

Dear Cynthia—I am glad that Lieutenant B. has asked for more of the men to write on, shall I say, "The Girl Question"? I am a constant reader of your page and enjoy the numerous letters about girls and boys, but I guess I am like a number of the other fellows, just a little afraid to write; but I am ready to take the plunge, so here goes. I would like to know what the other members of the K. U. H. C. would advise me to do about the following:

About three years ago I became acquainted with a very nice young lady and eventually started calling at her home, where she introduced me to her two sisters. All three of these girls are about the same age. I like them very much and enjoy talking them out occasionally. Now, what I want to know is, how am I going to convince them that I do not love them, but like each for the pleasure of their company, which I endeavor to show in my attitude toward each one. I do not take the same one out each time, but take each one at different times. How can I make them understand that I only want their friendship and nothing more?

This may sound rude, but it seems to me these days if a young fellow calls on a girl more than three times she jumps to the conclusion that he is keeping company with her and becomes angry if she finds out. How can I win her affections or do as she says?

Have any of the members of the K. U. H. C. any suggestions to make which will help me? I like these girls, as I have said before, and wish to continue to be on friendly terms with them, but this is fast becoming impossible by the attitudes they are assuming and it is truly embarrassing to me. I hope to hear from the members soon.

NEARLY TWENTY-ONE.

Renewing a Carpet

After you have thoroughly swept the carpet or rug go over it with a scrubbing brush slightly wet with ammonia or water to which turpentine has been added. Add turpentine until it forms a scum on top of the water. The turpentine will also insure your carpet against moths.

SHOULD "SERVANT GIRLS" GET THAT 8-HOUR DAY?

An Honest Discussion Called Forth by Five of Them—What Do You Think About It?

GIRLS out in service want an eight-hour day! I have here five letters from young women "general housework girls" on the subject.

Some of the chief points are these: First. An intense desire to escape from being forever at the beck and call of a woman who isn't always sure what she wants. A wanting to know what her real duties are.

Second. A longing for a little privacy in the kitchen when they have company. They feel a little bit embarrassed that one of the family should find it necessary to rush into the kitchen every fifteen minutes or so to get a match or a drink of water or to light the hot water for a bath.

Third. A rebellion against being looked on because of serving in some one else's kitchen.

THE cry for the eight-hour day comes not so much for what it is but for what it will stand for. To standardize housework will be to dignify it; to put it forever in the rank of honorable and recognized employment for women. That is the unwritten thought uppermost in the letters—to take the position of general housework girl out of the hopeless, dishonored mazes where it has rested for years and years and make it something any girl might be willing to go into and not be ashamed.

When the eight-hour day for housework girls is agitated as it is now being in many parts of the country there is immediately a chorus of protest from housewives. "If they would only work eight hours while they are supposed to be working," is the cry. "But they don't. They dilly-dally and they are sullen and they won't listen to what we are saying, and consequently they do things wrong and have to do them over again. Or they do things so carelessly that we have to go right over the work and do it over again."

Granted in a very great many cases. You girls who are working for your eight-hour day, you will acknowledge this, won't you? That a great many housework girls bring absolutely no interest to their positions, and go from job to job never dreaming of making the slightest effort to please. You must acknowledge this the same as do earnest workers in any other line—that there are drones to be ashamed of. It is in this great fact that housewives must get into their heads when the eight-hour day is approached. There are drones, people who won't work, however kind and good and generous you are to them, in every occupation that it is given to human beings to take up.

I should be very glad to print opinions of helpful suggestions from women who employ help or girls who are in service. What do you think?

Advertisement for Beeile Hats. Features a hat illustration and text: 'Beeile HATS & BLOUSES 141 SOUTH 15TH STREET One Door Above Walnut CLEARANCE SALE OF HATS Every model is the last word in this season's best styles—formerly \$15 to \$25 \$5.00 and \$10.00'

Advertisement for Princine baking powder. Features a woman illustration and text: 'Princine Heat Develops Full Leavening Strength All uncertainty is taken out of baking, and only the most delicious results are obtained if you use Princine Pure Phosphate Baking Powder Because it rises as it bakes and bakes as it rises. It is the greatest baking discovery in fifty years. Give it a trial and be convinced. 1 lb., net weight. At Your Grocer's weight, 35c. 1/2 lb., net weight, 20c.'

Advertisement for Resinol skin treatment. Features an illustration of a woman and text: 'Try this easy way to clear your skin. There is no need of enduring the discomfort that comes from a skin which itches and burns, or is marked by patches of skin trouble. Resinol Ointment usually relieves itching at once, and quickly makes the skin clear and healthy again. Resinol Ointment is gentle and soothing and has been a standard skin treatment for over twenty years, so you need not hesitate to use it or recommend it to your friends. Sold by all druggists. Resinol Shaving Stick tends to prevent irritation.'

Advertisement for Uneeda Biscuits. Features a box illustration and text: 'Uneeda Biscuit NATIONAL BISCUIT COMPANY All there is to say about soda crackers. NATIONAL BISCUIT COMPANY. Do you wonder the little circle of friends grew closer, day by day, chatting in the sunny bay window, sipping tea or coffee and nibbling National Biscuit Delicacies?'

Advertisement for J.B. Sheppard Sons. Features the company name and address: 'J.B. Sheppard Sons 1008 Chestnut Street'

Advertisement for Heavy Linen Italian Work. Features text: 'Heavy Linen Italian Work Exclusive and choice wedding gift suggestions. And now offered at very Special Prices Table Sets, 6 pieces; oblong; \$20 to \$35 Table Sets, 13 pieces; round; \$16.75 to \$25 Table Squares, 36 inches, \$7.50 to \$18 Table Squares, 45 inches, \$16.50, \$18, \$20 Chair Backs, \$5.00 to \$9.00 each 1008 Chestnut Street'

Advertisement for CUTICURA SOAP. Features text: 'CUTICURA SOAP For Shaving, Bathing and Shampooing The secret of healthy up-to-date shaving is use of Cuticura Soap, the "Cuticura Way." No mug, no slippy soap, no germs, no free alkali, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing, shampooing; not to speak of its value in promoting skin purity and skin health due to its delicate Cuticura medication. Doubles safety razor efficiency. See use and try Cuticura Soap, an antiseptic, on the inside of the Cuticura Soapbox, an antiseptic. Made in U.S.A. by Cuticura Soap Co., Lowell, Mass. U.S. Pat. 1,111,111. Made in U.S.A. by Cuticura Soap Co., Lowell, Mass. U.S. Pat. 1,111,111.'