# VHEN SHE RETURNS FROM HER HONEYMOON—A PRETTY NEW CHAIN—CYNTHIA'S LETTERS

## UNE-BRIDE MEALS JUST FOR TWO; MRS. WILSON'S SUGGESTIONS

Special Article for the Young Wife Who Will Soon Be Returning to Her Own Newly Fitted Kitchen-It Contains Menus and Recipes for Attractive and Economical Dinners and Discusses General Marketing

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

TUNE is the bride's own month and ittle Mrs. Newlywed is most anxus to prepare attractive meals. oasts are out of the question unless the bride has company. So she must

me steaks, chops, stews, meat pies,

ashes and other made dishes. There is no real economy in buying here is almost 50 per cent of the steak that is classed as waste. Now, o utilize this and at the same time brown in the oven for five minutes. luce the cost, it will pay Mrs. Set aside to cool. Newlywed to buy steak at least two inches thick and about two and three-quarter pounds in weight. Now don't be shocked; I am not going to tell you to cook all this meat at one time. On the contrary, I am going to show you how to obtain three good meals from this size ce of meat and a pot of soup be-

Have the butcher cut off the flank end; use this for goulash, meat pie or a stew. Take out the tenderloin and use this as a filet of beef. Take out the loin and use it as a steak. Place the bone and trimmings in a mall stockpot and add five cups of cold water and

One carret cut into dice. One fagot of soup herbs.

One cup of stewed tomatoes.

Bring to a boil and cook slowly move the bone and trimmings and to three-quarters cup of it add trim all meat from the bone. on and thicken the soup very lightly, using two level tablespoons minced fine, cornstarch, dissolved in about ee tablespoons of water. Cook cereal. for fifteen minutes longer and then serve. This will make two servings. Strain it the second time and serve in bouillon or demitasse cups.

How to Broil the Loin Place the meat on a platter and our over it

One tablespoon of lemon juice, Two tablespoons of salad oil. Turn the meat twice to marinate

and then place One quart of water,

One tablespoon of salt the broiler pan of the gas range steak on the broiler and turn every meat loaf. four minutes until cooked, cooking it twelve minutes. Press gently with a knife to test if cooked; if spongy and soft the meat is not cooked.

To Cook Tenderloin

Prepare as for sirloin. Broil and hen make a brown gravy as follows: Place three tablespoons of shortening in a saucepan and add three and then place in a saucepan and espoons of flour. Cook until a add rich dark brown and then add one soup and one cup of mushrooms, using the bottom and stem of the mushroom. Cook gently for ten minutes and then pour over the tenderloin, and serve with rice croquettes.

#### How to Cook the Flank Cut in two-inch pieces and roll in

four. Brown quickly in hot fat and then place in a saucepan and add Two cups of boiling water, One carrot, cut in quarters,

Two onions.

w to plan a menu to use the

bove cuts of meat: Vegetable Bouillon Radishes

Broiled Steak rench-fried Potatoes Russian Dressing Lemon Pudding

#### Lemon Pudding Heat three-quarters cup of milk to

the scalding point and then add One tablespoon of butter,

Five tablespoons of sugar. ur over one-half cup of fine read crumbs and then cool, and add

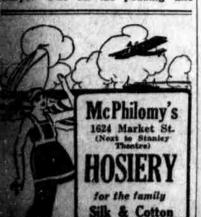
Yolk of one egg, Juics of one-half lemon, Grated rind of one-quarter lemon, ne-quarter cup of water.

fix thoroughly before adding to scalded bread crumbs. Pour into mall baking dish and bake in a rate oven for twenty minutes. a a fruit whip of

se-half glass of apple jelly, Thite of one egg.

t until mixture will hold its Pile on the pudding and





### Ask Mrs. Wilson

it for forty minutes.

One-half cup of sugar,

One cup of water.

Scallions

Peas

Sponge Cake

Beef Stew

parsley.

One egg.

Cherry Sauce

Tomato Canape

Coffee

Potato Dumplings

Three-quarters cup of flour,

One-half teaspoon of pepper,

One teaspoon of baking powder,

Two tablespoons of finely minced

One tablespoon of finely minced

Form into balls the size of a small

egg and then drop into boiling water.

minutes. Then lift the stew and

garnish with points of toast. Lav

Sponge Cake

Seven level tablespoons of sugar.

Place in a mixing bowl and then

cream until a light lemon color, then

Three tablespoons of water.

Yolk of one egg.

baking powder.

One teaspoon of salt,

Potato Dumplings

Coldslaw

Lemon Marmalade

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.

There will be sufficient steak left o make an emince for luncheon.

Emince of Beef

Cut the leftover steak into small pieces and then place in a saucepan One tablespoon of butter,

The prepared meat, One tublespoon of flour. Toss gently until well browned

and then add One-half cup of milk,

Four tablespoons of water. Cook slowly for five minutes and then season with salt and pepper and onion, finely minced parsley. If you do not

care for meat for your luncheon add the meat picked from the bones and trimming from the stock pot and Cover closely and cook for eighteen make into a meat loaf. Meat Loaf

the potato dumplings around the Put cold leftover meat through the plate and pour the gravy over all. for two and one-half hours. Re- food chopper and then measure, and One onion, minced fine,

Four tablespoons of One cup of boiled rice or other

One egg. One teaspoon of salt,

One-half teaspoon of paprika, One teaspoon of baking powder, One-half teaspoon of thyme, Two-thirds cup of thick cream

Mix thoroughly and then pour in a well greased and floured individual thirty minutes in a moderate oven. loaf-shaped pan. Place this pan in a larger one containing hot water and bake in a moderate oven for thirty-five minutes. Serve hot with remove the seeds, and put through tomato sauce or cold, cut into thin the food chopper. Add one and oneslices. Leftover ham, chicken or quarter cups of water. Bring to a and heat for ten minutes. Place the other meat may be used to make this boil and cook very slowly until the

> Fruit Cocktail Olives Salted Nuts Filet of Beef, Maniere

Rice Croquettes Cucumber Salad Cherry Pudding

Cherry Pudding Stone one-half pound of cherries they give satisfactory results.

Three-quarters cup of sugar,

Cook slowly for fifteen minutes. Cool. Now place in the mixing bowl

One cup of flour, Two teaspoons of baking powder, One-quarter teaspoon of salt, One-half cup of finely chopped

One egg. The prepared cherries,

One-half cup of water. Beat to blend and then pour into well greased and floured molds and then place in a deep saucepan. Fill Cook until tender, usually about two-thirds full of boiling water. two-thirds full of boiling water. gravy and season. Serve with a hour. Serve with cherry sauce. If you have no mold take a ten-inch. you have no mold take a ten-inch square of unbleached muslin and wash well, then dust with flour and pour in the pudding. Tie securely,

The Woman's Exchange

Lost Discharge Paper

Dear Madam-Several months ago eas discharged from the army. Now have missed my paper, somehow, and do not know where to write for anplace where they would help me. Is this true? If so, where is it?

ONE OF YOUR READERS. allowing room to swell, and then boil One-half pound of stoned cherries, be glad to take charge of the matter

HIS MOTHER.

cold water. Bring to a boil and then Go to the Bureau of Compulsory Educook for five minutes. Cool and use. cation, 1522 Cherry street. Watercress

A silver knife is to be preferred for paring fruits, as a steel knife i apt to discolor the fruit. Apples will not discolor if after paring them you put them in a very weak solution of One-half cup of mashed potatoes, sait water.

## The Question Corner

What particular memorial will be instituted by the Women's Roose-

velt Memorial Association? Describe a pretty way to make the skirt of a lace and net summer evening dress.

What will save time for the housewife in cleaning the broiler and other difficult kitchen acces-

How can an unusual touch of color be added to a black lace hat with embroidered work?

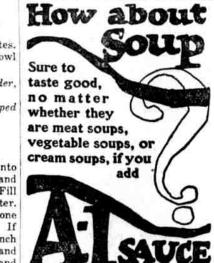
1. The second of July at Chautauqua will be devoted exclusively to Three-quarters cup of sifted flour, women's problems. When it is desired to have two

One and one-half teaspoons of Beat to mix and then carefully cut and fold in the stiffly-beaten white of egg. Pour into well greased and A novel collar sometimes used on floured star-shaped pan and bake for

Lemon Marmalade

Cut one lemon into slices and then lemon rind is very soft. This usually takes about one hour. Now add one and one-half cups of sugar and stir to dissolve the sugar. Cook New Beets until thick like marmalade. Place an asbestos mat under the saucepan to Coffee prevent scorching. Stir frequently.

Use level measurements; they conform to pounds and ounces, and





Our doctor told me that the safest way to give him milk was to give him Nestle's Milk Food which is made out of pure milk modified with just the right amount

of sugar and cereal. He explained to me that making the milk into a fluffy powder breaks up those hard-to-digest curds, so that when you add water and boil just a minute, you have the nearest thing in the world to mother's milk-clean,

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what that means! safe, and almost sure to agree with a baby's delicate stomach.

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alive-for my bahy is well. I know that if your baby has trouble with his food, the Nestlé Company will be glad to help you. They will send you free, as they sent me, a big Mother's Book on how to take care of your baby and enough Nestlé's Food for 12 feed-ings. All you have to do is to fill out and send the coupon. Then you can be, with me, the happiest woman in the world - because your baby is well.

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Dept. 36, 130 William St., N. Y, City Please send me free your book and trial package.



IN PLAID GINGHAM

Editor of the Woman's Page: other copy. I have been told to write to Washington. I have been told also that "here" in Philadelphia is some

If you go to the Home Service Sec tion of the Red Cross, 1607 Walnut street, some one in charge there will

Working Papers Bring to a boil and then cook To the Editor of the slowly until the cherries are soft. Dear Madam-Will you kindly tell me where to go to see about working Now add two tablespoons of cornstarch, dissolved in one-half cup of papers for a boy fourteen?

Use a Silver Knife

## Today's Inquiries

What is an easy way to keep an umbrella stand free of the water that accumulates from wet um-

6. How can a hat that is a becoming shape but an unbecoming color be made wearable?

Yesterday's Answers

colors in a ribbon girdle or tie for the neck, cut the two ribbons exactly the same length, and sew stitching the edges on

knitted sweaters is the scarf collar, which crosses in front and ties at the back of the waist. Torn hair nets can be used to hold out a puff of hair instead of roughing up the hair itself.

Doilies made of oilcloth, stenciled or painted, are very convenient for porch tea tables, and do not require laundering. A novel way to mark a man's linen handkerchief is by tracing his signature and embroidering it

Here is an attractive and practical

dress for a young girl. A feature is the turned back hem, and the cuffs are turned back, too!

WITH BIAS FOLDS

sales price; even thread has sailed up-ward with the rest. With all this taken much for the little maiden. In ad-There ward with the rest. With all this taken much for the little maiden. In adinto consideration, having clothes made into consideration, having clothes made forms, where she was and exclaimed in has become an expensive proposition.

While the women have great oppor- never heard a husband make such a dim tunities to buy good-looking things, the sneeze before!"-New York Sun. juniors have even more of a selection from which to choose. Added to the wide variety of designs, the junior also has the advantage over the grown woman, in as much as there is not at present any tax on the girls' dresses. I am showing you a girl's dress today

which seemed very attractive and also practical. This design is developed in a large plaid gingham, in which black and white are prominent. The turnedback cuff on the skirt is on the bias. with the upper edge bound with black. White pearl buttons bold the cuff at intervals around the skirt. The bodice. belt, sash ends and shaped cuff on the sleeves are also bound with the black.

The hat is in poke shape, of straw and is trimmed with a ribbon which forms streamers at the back and is held at the front with roses.

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### Please Tell Me What to Do

By CYNTHIA

Why Boys Like "Clinging Vines" Dear Cynthia-I observed the letter

she appreciates or seems to appreciate what a fellow does for her. When calling on her she does not say, "What shall we do tonight," but, on the other hand, she is ready and will
to window gathering information about the day before and proceeded from window to window gathering information about the day of the train, checking best she can. I know fellows appreciate with a trip. Then she went back to the this kind of a girl more than one who ticket window to make her big imis always reading and wanting to be portant purchase. She smilingly congoing somewhere. Secondly, she does fided to the man at the ticket window and best reason, really her chief charm was as much as excess baggage as far sympathetic, and it seems to me fellows want sympathy more than any-How about it, Miss High School

Graduate, can you answer my ques-tion? NEARLY TWENTY-ONE.

Too Much for Her!

the little girl entered into the spirit of worship as soberly as any of the Daily Fashion Talk by Florence Rose grown-ups. But just as the prayer forgot where she was and exclaimed in

There is no

denying the

charm of

silken hos-

iery that re-

peats the ex-

s u m m e r

gowns or in

pure white

with a smart

clock effect.

Our super

silk hosiery is

of best qual-

ity and finest

luster. Priced

\$1.25

## DO WOMEN KNOW HOW TO TRAVEL ALL ALONE?

submitted by "A High School Graduate" asking more fellows to write
about the girls of today. I should like

DO WOMEN know how to travel? get excited when events leave the even
tenor of their way. Men do not.

Railroad stations, an unusual press to ask Miss High School Graduate one traveled alone and whose husband question before anything else, Does she strongly contended that she would never question before anything else, Does she really and truly know why most men pick out the "clinging vine" type of girl in preference to others?

I would like to tell why I like that sort of girl most, first simply because she appreciates or seems to appreciate

Strongly contended that she would never the year and like upsets, find them calm and stocal, Perhaps this is not, after trouble about it. Just to show him that all, so much of a reflection on woman-kind. A man, for instance, never forgets to buy his lunch, or never feels badly enough not to eat it. Suppose we call the finer tuned soul of woman that wanker.

ing to go out with a fellow if he cares the departure of the train, checking to, and if he does not she is content to baggage, changing trains and in fact remain at home and entertain him as about every conceivable detail connected not chatter incessantly and lets the fel- that this was her first trip and that she low do a little talking, and the third was going to prove to her husband he as traveling was concerned. She bought her ticket very carefully, talked a few seconds more, smiled winsomely and then walked briskly away. A few minutes later the man at the ticket win dow found peacefully reposing just out-side the little brass bars, both the ticket he had sold her and the change.

Last Sunday the Woman was a visitor in a Brooklyn church. The usher seated her in a pew occupied by a serious looking gentleman and his little daughter of possibly five. During the service she marveled that so young a child should sit so still and be so decrous. Even during the long prayer that little girl external into the serious for parts east or parts west or when for parts east or parts west or wherever you were going. Wasn't there always a big brother or a father kneeling placidly beside the trunks in the re-Like everything else that has to do reached its highest point of eloquence caption hall while the girls and the mother person in the house chased up materials, findings, etc., has risen in strong desire to sneeze but managed to and downstairs unloading armload after and downstairs unloading armload after armlead of clothes on the throughtened. stifle it so that the resultant noise was armload of clothes on the unperturbed

forgot where she was and exclaimed in a clear, excited treble, "Why daddy, I around his ears.

There is a way to explain it, not very complimentary to us, either. Women

Here's a Little True Story About One Who Tried It for the First Time—Who Packs the Trunks in Your House?

Railroad stations, an unusual press

of business, inventories at the end of

#### Do Away With "Hot Water Uncertainty"

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# THE

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important

as dainty

footwear is a

pair of beau-

tiful buckles.

Our buckle

display on

the second

floor includes

a wonderful

array of new

and charm-

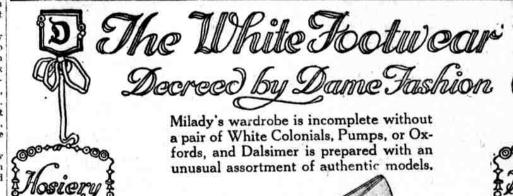
ing designs

for street

and evening

wear, priced

75c to \$4.00



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High Arch Cuban Heel Oxford in White Linen \$7.50 White Buckskin \$10.00 Also a High French Heel Oxford in White Linen \$7.50

The Baby French Heel Pump in White Linen \$7.50 Also a High French Heel Pump in White Kid \$10.00

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Fancy Sardines, a can.....10c Molasses, a can.....10c REMEMBER

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Tooth Picks, 3 boxes.......10c

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