

WHAT TO EAT THIS SUNDAY : NOVELTIES IN THE SHOPS : CYNTHIA'S LETTERS : HOME HINTS

MRS. WILSON TELLS VALUE OF MARKETING IN PERSON

Daughter Should Be Taught to Buy Wisely Now That School Is Over—Menu and Tasty Recipes for Breakfast, Dinner and Supper—Requisites of Market Basket to Provide This

By MRS. M. A. WILSON  
(Copyright, 1919, by Mrs. M. A. Wilson, 211 North 22nd Street.)

TO MAKE jelly so that it will slip out of the glass and still hold its shape, a quivering, sparkling, transparent mass, with good color—all this is possible for the most inexperienced housekeeper if she is willing to carefully follow the lessons as they will be given in the jelly-making series.

Now I find that upon investigation complaints among the older housewives are that they frequently use part of the method given and then use some of their own ideas or some of Mrs. Blank's, who always does make such perfect jelly, and then they are bitterly disappointed and very much hurt because they have failure on their hands.

You know that if the jelly is sirupy, sticky or a tough sugar mass it is a failure, and you have not only wasted your time but also the materials.

Now, in order that you may know just what is necessary to make jelly, there must be a product in the fruit that is called pectin. This pectin is lacking in some fruits, while in others the amount is so small that unless it is added in the form of a combination you will be unable to make good jelly. This pectin is found in fruits that are partially ripe. It disappears or is found in very small and insufficient amounts in ripe fruit, while it has almost disappeared in over-ripe fruits.

This means that ripe and over-ripe fruits will not do for successful jelly making. Right now I hear some housewives say that they have used that kind of fruit and made jelly. Perhaps you have, but more frequently you have a soft, sirupy, sticky jelly that is anything but a success.

Play safe. Do not use ripe or over-ripe fruit. Pectin is a carbohydrate, and as the fruit ripens it changes to a fruit sugar. The usual way the professional jelly maker prepares the fruit juice is to use twenty-five pounds of water to each 100 pounds of fruit. This means that you will need one pint of water to every four pounds of fruit.

Mash the fruit well, using a potato masher. Cook and then strain. Now make your test for pectin by using one tablespoon of alcohol to one tablespoon of hot fruit juice. Stir thoroughly mix. If the mass is a solid one add seven-eighths cup of sugar to each cup of fruit juice. If it breaks up into small lumps use three-quarters cup of sugar. When making the pectin test always use the cooked fruit juice. Heat develops the pectin. If this method is used with the raw or uncooked juice it will not give results.

Two methods may be used to strain or filter the fruit juice: the old-fashioned jelly or drip bag, or by lining the colander with two thicknesses of Japanese paper napkins or one thickness of cheesecloth. Then turn a saucer or small plate and place a weight on top.

Rub the fruit, after obtaining the juice, through a fine sieve. The pump may be used for making fruit butter. In the professional jelly maker's kitchen nothing but the skins and seeds are discarded, and they are pressed very dry.

Do not cook large quantities of jelly at one time. Three pints is plenty. If you use two testings this will keep you busy. The use of the candy or sugar thermometer is the best test for making jelly accurately. Place the thermometer in position in the side of the kettle, when the juice is returned, before adding the sugar. Then cook, after adding the sugar, until 221 degrees Fahrenheit is reached.

Currants

Red, white and black currants will be coming into the markets about the second week in June and they can be used for jellies, jams, fruit butter and marmalades with great success. As most fruits are sprayed by the farmer as a protection against insects, it is very necessary to turn the currants into the colander and then plunge the colander into a large pan of cold water. Swirl the currants around for a few minutes and then lift the colander and let drain. Then remove the fruit from the stems. Measure, and to three of the fruit, well packed down and measured after picking from the stems, add three cups of cold water.

Place the water and fruit in a preserving kettle and then bring to a boil. Cook for ten minutes and then strain by using a jelly bag or by lining the colander with two thicknesses of Japanese paper napkins. Place a saucer and weight on top and let drain. Measure the juice and return to the kettle. Bring to a boil and cook for ten minutes. Now add three-quarters cup of sugar for each cup of juice. Stir until the sugar is dissolved and then bring to a boil and cook for ten minutes. Cook and sterilized jelly glasses.

Cool and cover with paraffin. Store in a cool, dry place.

Currant Butter

Measure the pulp that has been rubbed through a sieve after the dripping of the juice and add one quart water and one and one-half cups of sugar. Stir to dissolve the sugar and then cook slowly, stirring frequently until thick like jam.

To Make Spiced Currant Butter  
Place in a square of cheesecloth  
Two tablespoons of cinnamon,  
One teaspoon of nutmeg,  
One-half teaspoon of cloves,  
One-half teaspoon of ginger.

Tie loosely and put in the butter. Remove before pouring it into the containers. This butter may be stored in crocks, jars and bowls, covered with paraffin and then again with cardboard.

Spiced Currant Preserve

Place in a preserving kettle  
Four pounds of currants,  
Three pounds of sugar,  
One cup of water,  
Spice bag.

Cook slowly until thick like jam and then put into hot sterilized jars. Adjust the rubbers and lids and partially tighten. Place in a hot-water bath and process for fifteen minutes. Seal and store.

To make a plain currant preserve just leave out the spice bag. Use the same amount of spice as for currant butter.

Bar le Duc

This delicious French conserve is easily made at home. Place two quarts of prepared currants in a saucepan and add two cups of water. Bring to a boil and cook for fifteen minutes, then drain off the juice, measure and add two cups of sugar to each cup of fruit juice. Stir until the sugar is dissolved and then bring to a boil. Cook for ten minutes. Add two pounds of currants. Cook slowly until very thick. Store in the usual manner as for jellies. Use pulp left after straining juice for fruit butter.

Currant Juice

To bottle the currant juice place six quarts of the prepared currants in a preserving kettle and add three quarts of water. Bring to a boil and mash the fruit well. Now add two pounds of sugar. Let boil again and then fill into sterilized bottles. Place the bottles in a hot-water bath for fifteen minutes. Cork. Cool and then cover the tops with paraffin or sealing.

Adventures With a Purse

HERE is a luncheon set you will love. It is ready stamped for embroidery with a lazy-daisy pattern. The set I saw had been embroidered in colors—lavender, blue, green and pink, and the result was surprisingly effective. The nice part of it is that while the design is effective, it is not elaborate, so that it would not take you long to finish the entire set of thirteen pieces. The cost of the complete set is \$1.15.

Without a doubt you have seen Japanese towelings in blue and white, and green and white. But have you seen it in two shades of tan and white? It comes in shades of ten yards each, and is priced at \$1 for the piece. One woman I know made a spread for her bed by joining strips of this material, and she used it for side curtains and bureau covers. The result was a most unusual and attractive summer bedroom set.

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 3090.

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The Woman's Exchange

Home-Made Freckle Lotion

To the Editor of the Woman's Page:  
Dear Madam—Could you tell me of an inexpensive and home-made lotion for freckles? Also tell me for how long I should use this lotion. FRECKLES.

A lotion which is said to be very satisfactory is made of equal parts of rose-water, fresh lemon juice and pure alcohol. Mix this together and allow it to stand for a day before straining through a cloth. Twice a day it is not too often to touch the freckles with this lotion. Use it until you are successful in removing the freckles or at least reducing their number.

Names for Canoe

To the Editor of the Woman's Page:  
Dear Madam—We request you to publish a few names for a canoe which we just purchased and have not named as yet. H. and H.

Some names for the canoe are: Firefly, The Dreamer, Arrow Head, Lightning Bug, Silver Skiff or The Idler. I hope one of these suits.

To Remove Spots From Satin

To the Editor of the Woman's Page:  
Dear Madam—Please tell me through the EVENING PUBLIC LEDGER how to clean spots on a gray satin dress. Please let me know before Saturday.

I am taking it for granted they are grease spots. If so chloroform will take them out. Put a Turkish towel or a clean white blotter under the spot and then sponge with a little chloroform, working from the center of the spot in order not to let it spread. Rub lightly and rapidly. There are good prepared liquid cleaners to be bought in drug stores that can be used in the same way. You can buy those that are not inflammable.

The Question Corner

Today's Inquiries

1. What openings are there from time to time in the United States Treasury Department for women who have had courses in business administration or public accountancy?
2. What city in the United States has more homes for its size than any other city?
3. When you are putting away articles in a closet for the summer and suspect the presence of a moth or two, how can you get rid of them for sure?
4. When clothes are not put away for the summer, what precautions are necessary?
5. When a woman does her own work, what will help greatly in the matter of keeping her hands smooth?
6. What is lanolin?

Yesterday's Answers

1. The Women's Roosevelt Memorial Association has bought Roosevelt's birthplace at 28 East Twentieth street, New York, to be used as a museum and a memorial to Roosevelt.
2. A pretty way to make the skirt of a lace and net summer evening dress is to hang the lace over the skirt over the net and let a cascade of lace fall down the back.
3. The housewife who does her own housework will find a time-saver in paper toweling when she cleans the broiler or other kitchen accessories.
4. Filling in the figures in the lace with colored embroidery silk will add an unusual bit of color to a black lace hat.
5. Placing a sponge in the bottom of an umbrella stand will keep it free from the accumulation of water from wet umbrellas.
6. When a hat is a becoming shape but an unbecoming color it can be faced with black or white chiffon or a harmonizing color that is becoming.

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**Nadinola CREAM**  
The Unequalled Beautifier  
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THERE IS BEAUTY IN PRINTED CHIFFONS



The printed chiffons and georgettes are surpassing in loveliness. This dainty frock is made of the georgette. The collar and chemise are of sheer organdie trimmed with narrow lace.

A Daily Fashion Talk by Florence Ross  
IT MUST be a terrible shock for those who were intent upon having the women take up standardized dress or more masculine attire, to gaze upon the dainty feminine clothes that have come with the anticipation of peace. It was the uniform that led to much of the discussion last year regarding the standardized dress and the seeming desire of the women to wear a uniform. While of course it was necessary for many of the women to wear the uniform because they were engaged in work which demanded it, others were interested in the uniform because it was a sort of fad.

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Please Tell Me What to Do

By CYNTHIA

Another Definition of Love

Dear Cynthia—May I quote for Sandy a saying of the late minstrel, Hughie Dougherty of happy memory: "Lub," said he, "am a ticklin' sensation widin de heart, wot can't be scratched." DOLORE.

Lieutenant B Defends His Honor

To the Iron Division poet—After giving your little poem due consideration, I must confess that I'm at a loss to understand just exactly what you do mean. I wonder if you really know. Or perhaps I'm a little dull of comprehension. One minute you are throwing bricks and the next you seem to admit, rather doubtfully, that the "K. U. H. C." might possibly be a good thing. Chiefly, however, you devote most of your time in telling the readers what you think of me. Under the circumstances, I feel called upon to defend myself as far as I think necessary.

First of all, you seem to question my right to use the title of Lieutenant. I assure you that, when I wrote my first letter, I happened to be what is commonly known as a "Shavetail." Although I have since been discharged it seems advisable to stick to this "pen name" to avoid confusion.

Second, I have never seen Camp Dix. I'm sorry to say (for your sake). Is that going to make any difference in your opinion? I suppose you had visions of me bedecked in the official Q. M. insignia, cutting up a perfectly good desk with a pair of spurs.

Again I have to disappoint you. I'm not in the habit of advertising my military career, but for your sake I'll say that I enlisted as a "buck private" early in April, 1917. It so happens that I was in a machine-gun battalion of the Twenty-ninth Division (Blue and Gray). Is it necessary to say any more? It seems to me that you have taken too much for granted.

You claim that a wound received in battle hurts more than a broken heart. Personally, never having been in love, I'm not in a position to say.

However, I know of a man who was wounded a couple of times and who came back home to find that his bride-to-be had married some one else. Being very much in love with this girl, he naturally must have felt anything but happy over this state of affairs. I have his word for it that he is going through more "hell" right now than he did during his entire stay "over there." Some people, you know, can stand more physical pain than mental, others are just the opposite. The whole question is governed by the nature of the "beast," I suppose.

You say I formed the K. U. H. C. I

THE LAST TWENTY MINUTES BEFORE YOU GO TO BED

Can Mean the Difference Between Beauty and Unattractiveness—Do You Go in for Keeping Up Your Looks?

THERE is no use talking. It takes will power to be young and beautiful," said the woman who was both to the woman who wasn't either. "Do you think sometimes at night when I'm tired that I don't long to get out of my clothes as quickly as possible, slight my evening prayers and simply dive exhausted into bed and stay put? Well, I do! And for pity's sake, you don't think I'm longing to stand at the open window and do breathing exercises when I've been yearningly thinking of my bed since 3 o'clock in the afternoon?"

"I'm not any more anxious to stay up an extra twenty minutes than any other tired woman, but I know for an absolute fact it's the only way for me to stay young looking and hold my place in looks with other women who do not have to work as hard as I do."

"But I have to stick pins in my will power, to make me live up to my resolutions."

A WOMAN does have to stick pins in her will power, to make her go faithfully through the simplest sort of beautifying process before she goes to bed. Most women are very tired at night. Busy mothers, for instance, and business women. Nothing looks so good as a turned down bed ready to slide into.

If a woman could only realize the importance of this twenty minutes or so devoted to beautifying before she goes to bed, and the almost unbelievable things that can be accomplished in it, I do not think she would ever neglect it. No treatment for this and straggly hair, however effective it may be, will produce lovely hair if it is not faithfully adhered to. No skin treatment can give a fresh pink complexion unless you repeat it night after night. But the wonderful part of it is wonders can be accomplished if you do make up your mind to keep at it!

All women cannot be beautiful, but every woman can be pretty and good to look upon. If lack of circulation has given her a sallow and indifferent skin,

let her take a course in physical culture or go to the library and get a good book on exercise and then follow her own course of exercises. This will give color and vitality to the skin and the effect is not only outward, but inward. Life seems more, is intensely more, worth living when the blood is coursing through your body as it should. There is new energy that makes you tackle the old work with conquering force and fresher interest.

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