

DECORATING THE HOUSE FOR A WEDDING—TEACH CHILDREN TO COOK—CYNTHIA'S LETTERS

MRS. WILSON GIVES SUNDAY MEALS DAUGHTER CAN HELP PREPARE

Now That Vacation Is Near at Hand There Will Be Ample Opportunity for Lessons in Housekeeping—Take the Little Girl to Market With You to See "a Full Dollar's Worth"—A Suggested Saturday Basket

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

THE chief value of a personal visit to the markets to the housewife is a real close-up view of the products that are abundant. She will also find that it will save her money, for frequently she has something in mind that may be scarce or out of season or in heavy demand, and by looking around she will easily find another article to substitute for the one she desired.

Now that the vacation for the school children is near the wise mother will have daughter help her in selecting and planning the menus. Tell daughter that she must arrange the meal so that one part is for building muscles and repairing body tissue. This is found in meat, fish, eggs, milk, cheese and the dried peas and beans and lentils, macaroni and noodles. And the fuel we need to keep the body in heat and energy so that we can do our work is found in sugar, starchy foods, such as bread, potatoes, rice and cereals. Green foods are necessary to balance this diet and supply the various mineral salts to neutralize the action of the blood stream.

Fats help to supply energy and regulate by lubrication. Meat is the most expensive form of protein and may be eliminated occasionally, and during the warm weather it is vitally important to use large amounts of fresh fruits and vegetables to counteract the starchy foods, which supply the heat to the body. In other words, these fresh fruits and vegetables, owing to their succulent quality, keep down the steam pressure.

When marketing teach daughter to ask for all bone and meat trimmings to use for stocks for soups and gravies. And that when the fresh fruits and vegetables are abundant that is the time to can and preserve. Don't fail to let daughter make the selections for the market basket today. This menu is planned with a view of allowing daughter to help cook it:

- Breakfast: Stewed Apricots, Hashed-Brown Potatoes, Water Cress, Coffee, Waffles. Omelet: Place the yolks of three eggs in a bowl and add...

be turned into another hot pan, containing one tablespoon of shortening, then fold and roll.

How to prepare the bread: Soak stale bread in hot water to soften and then place in a cloth and squeeze dry.

Hashed-Brown Potatoes: Peel cold, boiled potatoes and then cut in 1/4-inch dice. Dust well with flour and then place four tablespoons of shortening in a frying pan and when smoking hot add the potatoes. Toss gently until nicely browned and add the seasoning.

Waffles: Place in a mixing bowl One egg, One cup of milk, One and one-quarter cups of flour, Two teaspoons of baking powder, One teaspoon of sugar, Two tablespoons of shortening. Beat to a mix and then bake in a hot, well-greased waffle iron.

Dinner: Cheese Canape, Radishes, Scallions, Corn Pudding, Parsley Sauce, Browned Potatoes, String Beans, Tomato Salad, Frozen Pineapple Custard, Coffee.

Cheese Canape: Place in a bowl Three tablespoons of grated cheese, One tablespoon of minced parsley, One-quarter teaspoon of salt, One-half teaspoon of paprika, One tablespoon of butters. Mix to a paste and then spread on a thin triangle of bread. Dust lightly with paprika.

Corn Pudding: Place in a mixing bowl One can of crushed corn, One cup of prepared bread, Four eggs, One-half cup of milk, One onion, grated, Four tablespoons of finely minced parsley, Two teaspoons of salt, One teaspoon of paprika.

Mix well and then pour in prepared custard cups. Set cups in a pan of warm water and bake for thirty-five minutes in a moderate oven. To prepare the bread: Soak the stale bread in hot water and place in a cloth and squeeze dry. Rub through a sieve and measure.

To prepare the cups: Grease well and then dust with fine bread crumbs. Parsley Sauce: Add one-half cup of finely chopped

parsley to two cups of cream sauce. Season highly.

Frozen Pineapple Custard: Pare and grate one medium-sized pineapple and then place in a bowl and add one and three-quarters cups of sugar. Now place in a saucepan Three cups of milk, One-half cup of cornstarch.

Stir to dissolve the starch and then bring to a boil and cook for ten minutes. Now add two well-beaten eggs. Beat to blend well and remove from fire. Add the prepared pineapple. Beat again to thoroughly mix and then freeze in the usual manner, using about three parts ice to one part salt. Pack away to ripen for two hours.

Supper: Salmon Salad, French Fried Potatoes, Lettuce, Cream Tapioca Pudding, Tea, Salmon Salad. Open a can of salmon and then drain and remove the bones and add Two green peppers, chopped fine, One onion, chopped fine.

Mix. Shred the coarse, outer green leaves of the lettuce fine and then line a bowl with crisp lettuce. Place the shredded lettuce in the nest and then the prepared salmon. Serve with sliced hard-boiled egg and mayonnaise dressing.

Cream Tapioca Pudding: Wash three-quarters cup of pearl tapioca in four or five waters and then place in a saucepan and add one and one-half cups of water. Cook until the tapioca begins to soften, then add one and one-half cups of milk. Cook until soft and then add One well-beaten egg, One-half cup of sugar, One-half teaspoon of nutmeg.

Mix well and cook for a few minutes longer. Remove from the fire and serve ice cold with fruit whip. The market basket will need: One-half pound of apricots, One-quarter peck of potatoes, One bunch of watercress, Two ounces of cheese, One bunch of parsley, One bunch of radishes, Three bunches of scallions, One can of crushed corn, One pint of string beans, Two tomatoes, Two heads of lettuce, One pineapple, One can of salmon, One-quarter pound of tapioca, One and one-half dozen eggs, Two quarts of milk.

This menu, exclusive of the staples, can be bought for the approximate sum of \$3 and will provide sufficient food for two extra guests for both dinner and supper, or, in other words, sixteen meals for the family.

THE JUNE BRIDE'S BOUQUET AND WEDDING DECORATIONS

Real, Practical Suggestions That Combine Beauty and Economy—How to Fix the House Attractively

And Novel and Pretty Ways to Use the Flowers in Your Garden or Those in the Field for the Wedding Party

By JANE LESLIE KIFT

NOW that June is here the usual, and this year more than the usual, number of weddings are taking place. Not the least feature contributing to the success of the occasion will be the decorations, so I am going to make some suggestions under that head for the girl who must consider expense.

Always remember in planning for such an occasion that the simpler the decoration the more beautiful the effect. Now I do not mean the smaller the decoration, but I mean that it is entirely unnecessary to have every corner filled with palms and every mantel banked with blooms in order to have a pleasing effect.

Now, the most practical suggestion I can make is that the bride should first of all decide just how much she can spend on decorations. Then she must decide on the color or combination of colors she prefers. She will usually find a plan for green wedding the most economical because there is a larger number of pink flowers from which to choose.

Now that she has made her decision as to the color, the next thing to be considered is the plan of the house. For the special occasions, such as weddings, but on such occasions as weddings, teas or receptions of any kind, our rooms are apt to be overcrowded; therefore, bulky decorations are a nuisance.

Grouping Palms: It is well to place palms in groups of three, elevating one quite a distance above others, and banking them in corners. This has a tendency to increase the size of rooms and make a pleasing background for the many colored gowns of the guests.

The Novel Post: The novel post may be covered with green, and may be the banister, but this isn't really necessary and in a small house takes up room, and where there are many people with gowns of fragile fabric and small space, the green is apt to tear the material of the clothing of the guests, and this should be avoided. Never trim chandeliers. This is an old custom and not attractive. Should you want more green than the green of the foliage of the flowers you use, let me mention the wild southern smilax, which, to my mind, is far more graceful than the cultivated. Florists always order this for special occasions, such as weddings; but, as it takes them several days to get it, they have to have the order at least ten days in advance.

One crate of it will be sufficient to decorate a small house, and it costs very little compared with other greens. The Mantle: With little pains, mantels may be made extremely attractive. Florists have a device for decorating a mantel. It consists merely of a nickel rod and some flower holders. In these holders are placed small glass roses. These roses are filled with water, and as the water evaporates, the roses attract. One of these rods can be rented from any florist for a small amount.

Now that we have dispensed with the large part of the decoration, we come to the most interesting part of the wedding—the bridal flowers. As I am suggesting economical ways and means, we must eliminate orchids and American Beauty roses, but there are so many other beautiful flowers, especially in June, that truly you shall never miss them.

As I said before, pink flowers predominate and where could you possibly find more lovely flowers than the June roses? Think of the possibilities of the Dorothy Perkins rose. It is lovely. The bride will, of course, carry a shower bouquet of bridal roses, or any white flowers she prefers. The maid of honor could carry a bouquet of green maiden-hair fern, wear a white dress with green touches of color and a white hat trimmed with green.

Bridesmaids' Bouquets: The bridesmaids can carry large arm-bouquets of the Dorothy Perkins roses and wear pink or white dresses; and just here let me make a suggestion that may strike some readers as ridiculous, but at the same time let me insist that it isn't: Trim the white hats that the bridesmaids will wear with the natural roses. They can be attached with safety pins, and such hats have a charm that will linger long in the memory of all who see them. If the flowers are gathered in the early morning and kept in water for a number of hours previous to the event they will keep quite fresh an entire evening.

Now, should the bride have no garden from which to gather pink roses and no friend with a garden who might have a charming wedding with yellow as the color scheme and daisies as the flowers. I don't write about mums so very often, because after all, it is hard to describe the many lovely pieces one hears. And somehow I feel as if each description sounded much the same. But I do want to tell you of the wistful little waltz song I heard recently. In the first place it is in flats, and I know you will like it. I'll even wager that as you go about your work you'll hum it. It is very simple, just a plaintive little air that will grip you under the very first note. There, I know I haven't done it justice, but I'd advise you to ask the Nice Man to play it for you. Then you'll understand.

You have, of course, seen those chains of gold beads with first a plain smooth bead, and then a bead that looks as if it were carved. And you know how rich-looking they are. Well, I saw chains like them today, only they have a pendant, a pear-shaped gold bead with a glowing pink stone on the end. The price of these chains is \$2.

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.



A shower bouquet for the bride

flowers. The entire bridal party could "hike them to the fields" the evening previous to the wedding, gather the flowers and have the best time possible doing what would surely be a labor of love.

Daisies: Let the bride carry a shower of daisies; the maid of honor wear white, with yellow sash, carry a maiden-hair fern bouquet or, cheaper perhaps, one of asparagus ferns.

The bridesmaids could wear white, with yellow sashes, and carry huge bunches of daisies. Always arrange other foliage with daisies, as the field daisies haven't sufficient foliage of their own.

Now, for the girl who wants a color scheme that is different and one that is bristling with sentiment, let me suggest a combination of sweethearts roses and forget-me-nots. Sweetheart roses are always irresistible. Their form is beautiful and the coloring beyond description. They are listed as flame color, but that isn't adequate—they are so soft and the shades and tones of each petal rarely lovely. The combination of these roses and the blue forget-me-nots is so satisfying.

Adventures With a Purse

THE new vanity boxes are exceptionally pretty, at least those I saw today will please you. I know. They are of gold finish and cost but \$1.25. Inside is a mirror and powder box, just as all self-respecting and proper vanity boxes have. But the top is the part you will like. It has a most artistic design in black, which gives a Japanese effect. And, of course, there is a little chain with a ring to slip on the finger.

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The Woman's Exchange

To Stiffen Organdie: Dear Madam—Will you kindly advise me what proportion of gum arabic to use in stiffening an organdie dress. I heard of this suggestion some time ago, but have forgotten the quantity of same used, and would appreciate your advice in the matter. E. M. L.

The best way to do is to put about a tablespoonful of gum arabic in a quart of water and try a small piece of the organdie in it. Then you can judge how much gum arabic to use and can add or subtract, according to the amount of stiffness you want in the material.

Hard to Get a Dog: Dear Madam—Having read your column so often with interest, I have at last decided to write and ask you for some help in obtaining a little dog for my little boys.

I would like to have one not more than six weeks old, so as to be able to teach it to be fond of the children. If not asking too much, I should like it to be fairly good bred and male.

GERMANTOWN: Your letter has been kept on file for some time in hopes that some one would write for a home for a dog. It is much harder to get dogs than to get cats through the column. Everybody seems to have cats to give away, but nobody wants to give up a dog. A short time ago a dog was found by some one who came to find a home for it, but it was a female dog, and I do not think it was a very good breed, and I will keep your address, and if any one ever does write about a dog I will let you know immediately.

Complexion Troubles: Dear Madam—Your evening column has been very successful and useful among my friends, so I am taking the liberty of asking you something for which I will thank you immensely. How can I get rid of large, conspicuous nose pores that are clogged up with dirt?

Using a good facial soap faithfully will help to reduce the size of your pores and will cleanse your skin. A complexion brush used in connection with this helps a great deal. Wash the face with hot water and the lather, as cold water does not dissolve the dirt. Rub lather in. Then rinse in lukewarm water and then cold water. Rubbing a piece of ice on after that tends to make the pores smaller. It is important to keep up this treatment, as naturally you will not see a marked improvement at once.

The Question Corner

- 1. What is the salary paid to the woman traveling or resident auditor for the income tax unit of the Treasury Department? 2. When a girl is going away to a summer camp what makes excellent and durable camisoles, bloomers, etc. 3. What will remove a grease spot from wallpaper? 4. When window shades are faded and dingy what will help to renew them? 5. What is tricotee? 6. When a necktie and neck scarf is beyond the means, what good-looking substitute can be made at considerably less expense?

Yesterday's Answers

- 1. Women are to be employed in the income tax unit of the Treasury Department as traveling and resident auditors. Courses in certified public accountancy or in business administration are required. 2. Portland, Oregon, has more homes for its size than any other city in the United States. 3. To rid a closet of moth before putting away clothes in it first wash it with water in which a few drops of carbolic acid have been added and then sprinkle over the floor tobacco trimmings, that can be obtained at a cigar factory, and then finally place a brick in the closet, on this a hot stove lid and on this a tablespoonful of powdered sulphur. Close the closet door tightly and let it remain until the next day. 4. When clothes are not put away for the summer take them out every two weeks and shake; air the closet thoroughly before putting back. Light and air are foes of moths. 5. A bottle of hand lotion beside the kitchen sink will do more than anything else to keep the hands smooth. One never forgets to use it. 6. Lanolin is sheep's fat.

TACKLE YOUR HARD WORK; DON'T THINK ABOUT IT

More Time Is Wasted Dreading Disagreeable Tasks Than It Would Take to Get Them Out of the Way

THERE is more time wasted in the world thinking about disagreeable things to be done than is ever spent doing them. The woman who gets a great deal accomplished is the one who jumps into the middle of a task and does it at once. The woman who puts aside a disagreeable task time and time again, thinking that some other time she will feel more like doing it, is the one who will always have a multitude of things unattended before her and herself standing in the middle not knowing where to turn.

There is this to consider about a disagreeable task. Every time you think about it you dislike the thought of it more, and every time you contemplate doing it you spend about five minutes wondering whether you will or you won't. When you decide to put it off again the five minutes of wondering becomes pure waste and you have accumulated that much more of a particular hate on the little job under consideration. It weighs on your mind like a bad dream, and no matter how bright and gay you are, there is always a little drag on your spirits. Tackle the job. Jump into it. Get it off your mind. Stop wasting time about whether you will or you won't, and have your mind fresh for other things.

THERE used to be a great deal said about giving matters great consideration before acting upon them, but now it is generally agreed that the most successful business man or woman is the one who is able to do things on the spot—to make decisions on the spot.

Please Tell Me What to Do

To Edit: This question was answered before: you must have missed it. Here goes again. You were so silly to stop speaking without a reason that I do not wonder the boy does not show much interest in keeping up the friendship now. If you are having any picnics or parties or entertainments of that sort invite him. That would be an excellent way for him to see that you would like to be good friends again.

Speak Up, Boys: Dear Cynthia—We are constant readers of your column called "Please Tell Me What to Do," and were very much interested in the letter written by "Ten Regular Fellows" in which they asked you to write out twenty do's and don'ts for the girls to live up to, but the question is, do they live up to them when they go out? I think you will find that they do not. We girls have lived up to every one of these rules (even the roughest and what have you) absolutely know you will get away with it. Maybe a theatre once or twice a month or maybe a movie. The "ten regular fellows" may think these rules fine when it comes to their sisters, but when it's some one else's sister—on, that's different! You asked the men to answer if they lived up to this standard, but as I have not seen any answers from them, our "ideal" fellow is one who lives up to those rules given to us by the regular fellows.

"TEN REGULAR GIRLS." Will the boys who wrote and read the rules? Please do some thinking out loud! More Don'ts for Boys: Dear Cynthia—In regard to the do's and don'ts of the "Ten Regular Fellows" we decided to send them a few ourselves. We have wanted to tell them to some of our own friends sometimes, but could not very well manage it without appearing rude. Here are some that are "weighing us down" the heaviest: First. Don't drink, or at least if you do at all, not any more than you absolutely know you will get away with. You don't know how disgusting it is to "real girls" to have to associate with men who have passed the danger line. Second. Don't smoke to extremes—at least don't smoke a lot in front of a girl just to show her that you can do it. Third. Don't boast about yourself! Fourth. Be polite and considerate of others. (This really makes more impression on the girl than you could imagine.) Fifth. Keep your finger nails clean (as you told us). Sixth. Don't dress messily, although

never be accomplished in this way. We must decide to do one thing or the other and then go ahead. That is said to have been the one unmistakable quality of our boys in France. They were some people in the world who waver about everything from whether they will take coffee with their dinner or after, up to the most important concerns of life. If they do make a decision it is only to worry over it and change their minds the next minute.

Big things or little things in life can never be accomplished in this way. We must decide to do one thing or the other and then go ahead. That is said to have been the one unmistakable quality of our boys in France. They were some people in the world who waver about everything from whether they will take coffee with their dinner or after, up to the most important concerns of life. If they do make a decision it is only to worry over it and change their minds the next minute.

We are all bound to make mistakes at some time or other. Those who simply make their share are not to be pitied. It is the man or woman who goes through life being afraid of making a

Seventh. Don't be a skinflint! If you want to take a girl out, do it decently and not any of the "I'll meet you inside the door" stuff. Even if you haven't much spending money you could certainly afford to go to the movies once in a while. Don't ask her to go at all. If you are going to do it any such mean way. Eighth. Don't give them "a good life" all the time. They really get awfully sick of it after a little while. These are only some of the various things we could tell you, but take a tip from these. Remember, it is the "real fellow" that counts in the end, and the girls can really have just as good a time with "real" ones as otherwise, if they just give it a tryout. We've discovered that ourselves. Thanks for your pointers, you Ten. Can't you give us some more? "TWO REAL GIRLS."

THAT LOST MILK BOTTLE belongs to the milk dealer. It is loaned, not sold! Will you return it today, please? THE PHILADELPHIA MILK EXCHANGE BOTTLE EXCHANGE 1115-21 Poplar Street Tel. Pop. 156—Park 32

The Newest Sleeves A Daily Fashion Talk by Florence Rose



The sketch shows four of the newest sleeves. They are described in today's fashion talk

THERE isn't the slightest doubt that the short sleeve is much the newest and the smartest. There are, however, many frocks which have the long sleeve, and as a matter of fact the dress would not look well with anything but a long sleeve. The sleeve as a rule is the completion of the design, and the whole effect of a gown is won or lost by what goes into the armhole. Possibly one reason that the sleeve is so important is because it is the only part of the gown that can be seen at all times. The bustline, a woman who is standing with her back to her audience shows the arm. Front or side view, the same always the arm, so how is one to get away from showing the sleeve? There are several of the newest sleeves shown today, which may prove a help to some one puzzling over what sleeve to have in a dress that is complete in its arrangement.

Mrs. Wilson Answers Queries

My dear Mrs. Wilson—May I ask you to kindly publish a recipe for strawberry shortcake? Thanking you in advance, BUR.

Strawberry Shortcake: Place in a mixing bowl One-half cup of sugar, Yolk of one egg, Cream until lemon color and then add Three tablespoons of water, Three-fourths cup of sifted flour, One and one-half teaspoons of baking powder.

Beat to mix and then carefully cut and fold in the stiffly beaten white of one egg. Bake in well-greased and floured layer-cake pan in a moderate oven for twenty-five minutes. Cool and then make a fruit whip with One-half glass of currant jelly, White of one egg.

Beat until the mixture holds its shape. Cover the cake with berries and then pile on the fruit whip and garnish with a large berry on top.

My dear Mrs. Wilson—First and foremost I want to thank you for the help I have received from your articles. Also the one on preserving eggs. I have just put down about fifteen dozen eggs and found out at the last that the one from whom I had bought them had washed them, and while I thought I was getting strictly fresh eggs, they may have been laid four or five days previously. Do you think these will keep well? Or what would you advise me to do with them? Also why do my meringues crack and shrink and sometimes be sirupy between the whites and the pie? Many thanks, Mrs. W. W. M.

As you have already placed the eggs in water glass, they may be all right. Perhaps the person from whom you got them only wiped the soiled ones. Eggs four or five days old are counted as strictly fresh. Meringues will crack and shrink when placed on pies or puddings, if you beat or stir the egg whites after you have whipped them into a stiff meringue. It is necessary to lift out carefully onto the pie without stirring or beating after once the meringue is whipped stiff.

My Delicious Cheese Dishes

I've found that lots of people don't know the full food value of cheese—nor how tempting and delicious it can be made. But I know that for very much less money you can get more nourishment from cheese than you can from an equal amount of most other foods. The secret of serving it in varied and appetizing ways depends upon the preparation. At Sauce in cheese dishes is like sugar and cream in coffee. The other day I gave Jim what he says is the most delicious dish he ever ate—and it was so simple! I toasted some bread and poured boiling water over it very fast to soften it. Then I spread the toast with a thin layer of A1 Sauce, and then a generous sprinkling of grated American cheese. I left these delicious sandwiches in the oven for a moment, until the cheese melted—and if Jim ever tasted anything better than the finished product he never told me about it. I am certainly thankful for A1 Sauce. J. V.

THEATRES OWNED AND MANAGED BY MEMBERS OF THE UNITED EXHIBITORS' ASSOCIATION. BELMONT 52D ABOVE MARKET ANITA STEWART in "TWO WOMEN". CEDAR 90TH & CEDAR AVENUE CHARLES RAY in "SERGING BEANS". COLISEUM MARKET BETWEEN 50TH AND 50TH ELSIE FERGUSON in "EYES OF THE SOUL". COLONIAL 6th & Maplewood Ave. ALICE JOYCE in "THE THIRD DEGREE". EUREKA 40TH & MARKET STS. MAY ALLISON in "THE ISLAND OF INTRIGUE". FRANKFORD 4715 Frankford Av. CHARLES RAY in "THE SHERIFF'S SON". JEFFERSON 59TH AND DAUPHIN MADGE KENNEDY in "A MOTHER OF SIN". JUMBO FRONT ST. & GARD AV. Jumbo Junction in "Frankford". LOCUST 52D AND LOCUST STREETS CHARLES RAY in "VICKY VAN". NIXON 52D AND MARKET STS. JAMES AUBREY in "HEALTHY AND HAPPY". PARK Ridge Ave. and Dauphin St. CONSTANCE TALMADGE in "THE VEILED ADVENTURE". RIVOLI 52D AND RANSOM STS. ALICE JOYCE in "THE THIRD DEGREE". STRAND GERMANTOWN AVE. CHARLES RAY in "CREATED LIGHTNING". WEST ALLEGHENY 52D AND BERRIE BARRICKALE in "JOSELYN'S WIFE".