

SUMMER VACATION IN THE OPEN—THE GARDEN SET—CYNTHIA'S LETTERS—HOME HINTS

"GOOD EATS" FOR A CAMPING TRIP; MRS. WILSON MAKES HAPPY PLANS

What Utensils, Etc., to Take for a Party of Four for a Two Weeks' Outing—How to Build the Fireplace and Delicious Outdoor Meals to Prepare in It—Menus That Will Serve in Other Ways, Too

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

FROM the small boy who takes an old quilt and some pieces of carpet and hies him away to the back lot to camp and play Indian, to the lover of nature, who feels that he must spend a few days, or possibly a few weeks, camping in the silent wood, sometimes alongside of the stream that is just teeming with sparkling beauties of the finny tribe—all "campers" are very closely allied.

The small boy wants to make coffee in an old pot over a smoky fire, and possibly roast a few potatoes and an ear of corn that he has purloined from the home commissary. To the lovers of camping—and they are legion—the problem of food is one that is always more or less satisfactory. You know, it really takes an old woodsman to turn out a scrumptious meal when he must use either drift or green wood for fuel.

The first thing of importance, after the locality has been decided on, is the location of the camp and then length of the stay.

How to Build a Fireplace Dig a shallow pit and then wall up three sides of it with either stone or mud. Across the top lay either five iron bars one inch wide and eighteen inches long or an old discarded shelf from the oven of a coal or gas range. This will give you a perfectly level surface to cook on and it will prevent many burnt fingers. The size of the party will also decide the size of the cooking place. If we assume that a party of four will camp for two weeks' vacation and that they wish to be comfortable and well fed they will need

- One iron frying pan, Two one-quart saucepans, One two-quart coffee pot, One four-quart saucepan or iron pot, One piece of sheet iron 15 by 18 inches for the top of stove, One dishpan, One small portable bake oven, such as is used with oil stoves, One-half dozen plates, Four cups and saucers, Two buckets for hauling water, One pudding pan, Two layer-cake pans for baking biscuits, Pepper and salt containers, Two metal mixing bowls, Mason jar for sugar, Mason jar for evaporated milk, Mason jar for salt, Mason jar for pepper, Two large cooking forks, Two knives for cutting, Vegetable knife, Grater,

Ask Mrs. Wilson

If you have any cookery problems, 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.

Four sets of knives, forks and spoons, Two yards of white oilcloth. Place a piece of sheet iron on top of the bars to prevent the pots from becoming black. Set the oven on this sheet to bake. The following are some camp menus:

- Breakfast: Stewed Dried Peaches, Fried Fish, Boiled Potatoes, Coffee. Dinner: Fried Fish, Peas, Biscuits, Coffee. Supper: Salmon Salad, Sliced Tomatoes, Jam, Tea. Breakfast: Stewed Prunes, Broiled Fish, Coffee. Dinner: Baked Beans and Salt Pork, Baked Potatoes, Sliced Tomatoes, Coffee. Supper: Creamed Dried Beef, Hashed-brown Potatoes, Sliced Tomatoes, Coffee. Breakfast: Fresh Fruit, Ham and Eggs, Boiled Potatoes, Coffee. Dinner: Baked Fish, Mashed Potatoes, Peas, Biscuits, Coffee. Supper: Corn Fritters, Potato Cakes, Sliced Tomatoes, Coffee. Breakfast: Prunes, Milk Gravy. Dinner: Baked Potatoes, Butter, Coffee. Dinner: Fried Ham, Brown Gravy, Corn.

- Stewed Dried Peaches, Coffee, Supper: Macaroni and Cheese, Potato Salad, Prunes, Coffee, Biscuits. Breakfast: Fresh Fruit, Fish Cakes, Sliced Tomatoes, Coffee. Dinner: Lima Beans, Cole-slaw, Coffee. Supper: Tomato Sauce, Fried Potatoes, Cole-slaw, Coffee. Breakfast: Canned Cherries, Soft-boiled Eggs, Fried Potatoes, Coffee. Dinner: Beef Stew with Dumplings, Sliced Tomatoes, Coffee. Supper: Fried Bacon, Boiled Potatoes, Cole-slaw, Coffee. Breakfast: Canned Apricots, Creamed Cod, Coffee. Dinner: Stewed Chicken, Potatoes, Peas. Supper: Fried Fish, Boiled Potatoes, Sliced Tomatoes, Coffee. Breakfast: Ham and Eggs, Boiled Potatoes, Coffee. Dinner: Baked Fish, Mashed Potatoes, Peas, Biscuits, Coffee. Supper: Corn Fritters, Potato Cakes, Sliced Tomatoes, Coffee. Breakfast: Prunes, Milk Gravy. Dinner: Baked Potatoes, Butter, Coffee. Dinner: Fried Ham, Brown Gravy, Corn.

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—I would be very grateful if you would please tell me how to make cinnamon cake, the kind on top of which you pour melted butter before it is baked and cover with cinnamon. Thanking you in advance, I am Mrs. A. H. Try this cinnamon cake: Place in a bowl One-half cup of sugar, One egg, Four tablespoons of shortening, Two cups of sifted flour, Four teaspoons of baking powder, Three-fourths cup of water. Beat to mix and then pour in prepared pan. Cover with crumbs. To prepare crumbs—Place in a bowl Six tablespoons of flour, Four tablespoons of sugar, Two tablespoons of shortening, One teaspoon of cinnamon. Rub into fine crumbs between the hands and then spread on the cake. Bake for thirty-five minutes in a moderate oven.

My dear Mrs. Wilson—In preparing the Caledonian whip will you please say what kind of jelly to use, whether you mean gelatine or any fruit jelly? Thanking you for your many useful hints, I am INQUIRER. Use any kind of jelly that is made from pure fruit juice and sugar. Gelatine will not do. Just place the white of egg in the bowl and add a scant half glass of jelly and then beat this with a Dover egg beater until the mixture holds its shape. Do not beat the white of egg or the jelly separately. Apple, crab apple, quince, apple and strawberry, apple and currant, roseberry all make a white meringue. Currant, grape, plum and the dark fruit juices make a beautiful pinkish color.

THE WOMAN'S EXCHANGE

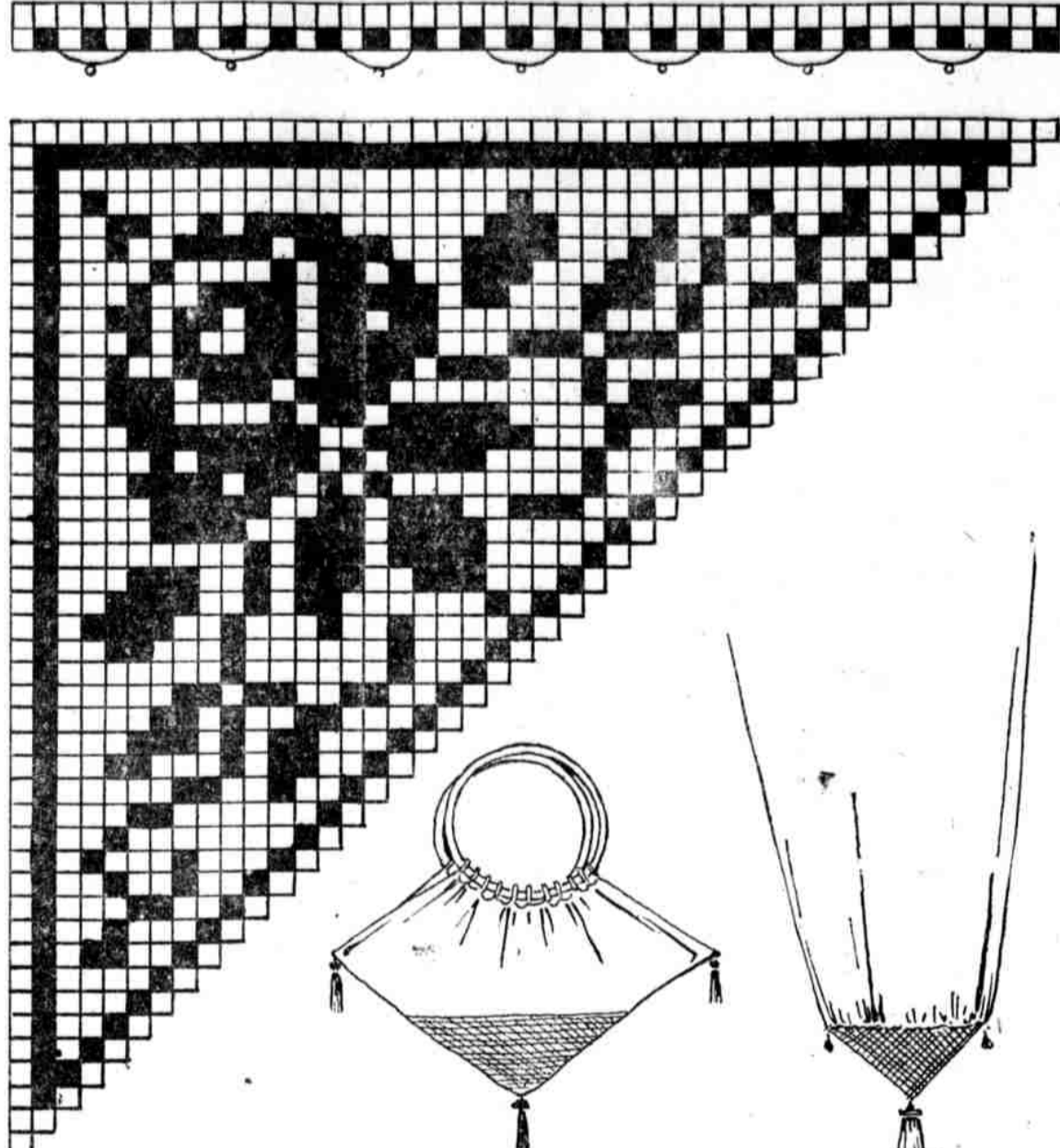
Homes for Aged To the Editor of the Woman's Page: Dear Madam—Will you kindly inform me through your column how and where I can obtain a list of homes or institutions for the aged that charge a sum of money for entrance and are not dependent upon charity for their upkeep? Mrs. C. M. The Society for Organizing Charity will furnish you with a list of institutions of the kind that you describe if you will write to the headquarters, 419 South Fifteenth street, and inclose a self-addressed stamped envelope for the answer.

Ask Your Doctor What to Do MRS. R.—Ask your doctor to recommend a place where special girdles of the kind that you want are made. It would not be wise to get anything of the kind without consulting him. You can look near if you have your dresses made in one piece with wide girdles, and your undershirts made in one piece with your undershirts. Russian blouses, which are made like a jacket with a loose belt, also look neat without corsets, and you can have very pretty dresses made that way.

To Clean Varnish To the Editor of the Woman's Page: Dear Madam—I have just had my kitchenette covered with a light brown blocked linoleum, and after I had it down for about two weeks I varnished it, but since I varnished it it has quite a lot of black streaks in it, and when I scrub it it doesn't seem to come off. Will you kindly tell me what you think I can do to remove those marks? Mrs. H. CARBERRY. Perhaps the spots on the floor are on the linoleum under the varnish. If so there is no way of getting them off unless you remove the varnish. Try rubbing them with turpentine before you use the soap and water. This will clean waxed floors and it might be successful with the varnish over linoleum. If you write to a manufacturer of shellac or varnish no doubt you might be able to trace the cause of your trouble. This would, after all, be best.

May Be in Army of Occupation TO T. G.—The address that you gave is not very definite, but as nearly as I can tell, your friend is in the First Division, with the army of occupation. If he is, he will probably be home some time this summer. Wants Camping Ground To the Editor of the Woman's Page: Dear Madam—Will you kindly publish in your EVENING PUBLIC LEDGER where there is a good camping ground, a place within ten miles of Philadelphia, either in Pennsylvania or New Jersey, some quiet place? J. G. K. If you consult the Ledger Travel Bureau, in the Ledger Building, Sixth and Chestnut streets, I am sure you will be able to get the information you want about a camping ground. The travel bureau has facilities which the women's department has not for looking into such matters and they will know where to go for the kind of place you want.

FILET CORNER FOR SUMMER BAG OR SCARF



In the summertime, when a body sallies forth in a sheer and dainty frock, the dark pocketbook or bag is all out of tune. Why not make a smart light one, using this file corner as is shown in the little sketch below? This piece of pretty cretonne can be combined with silk or linen in white or some color to match a particular frock. Another very clever use for the corner is in the summer scarf fashion whippers is to be so popular this summer. It is made of chiffon, crepe or net, and should be cut eighteen inches wide and one and a half yards long. The edging shown is for the scarf, too. Paris sends the news that such a scarf is worn with the very short-sleeved dressy summer frock that calls for wrist-length gloves.

Adventures With a Purse

"I WISH," sighed the married girl, "we were not so fond of strawberries. They're such beastly things to hull. My fingers have perpetual stains during strawberry season." "My dear girl," I replied in my most superior manner, "is it possible that you still use your fingers to hull strawberries?" "How else," she asked in cold sarcasm, "would you suggest that I remove the what-d'ye-call-em's?" And then I told her about the little metal clippers with rounded ends with which one gets a very firm hold and pulls the green "what-d'ye-call-em's" right out. The fingers never touch them. So if you, object to strawberry-stained fingers, you will, I know, want to invest five cents in one of these hullers.

HOUSEKEEPERS KNOW NOTHING OF DEMOCRACY, CLAIMS MAID

To the Editor of the Woman's Page: Dear Madam—I have read quite a few letters about the servant maid problem and would like you to publish my letter, as I am a domestic and am telling you my experience. I must say there are some very fine people to work for, for I have had some real good places, but I assure you I had to work hard. Up at 6 a. m., over a hot washbasin until breakfast hour; then it would be finish and get luncheon, wash up dishes, etc., get washed, come down, prepare vegetables for dinner and often some member of the family would come strolling in at 7:30 for dinner and it would be 11 p. m. before we were through at night. I was doing cooking and downstairs work at the time and the upstairs girl and myself were so tired at night during the hot summer months when our poor feet ached so that we often sat and cried.

Of course, there are exceptions, and I know some girls who are splendidly treated. May God bless such people, but those 4 refer to are the ones who are too selfish to think about any one but themselves. Others are so stingy they expect one loaf of bread to do a family of five a day. They speak about democracy. Really they don't know the meaning of the word. I have some of the aristocrats will read this and perhaps it will give them food for thought. If they were a little more considerate I assure you they would be able to keep their maids like the ladies and gentlemen in olden times. Why, in England one never hears the help problem discussed, because the domestic is treated like a human being, not like a slave. Wake up, America, and give the servant girl better treatment, and then you will at last have solved the help problem. SERVANT MAID. The editor of Woman's Page will print opinions on the servant girl question and its newest phase—a union to provide an eight-hour working day, which means eight straight hours, with just time for lunch. What do householders think about it? How do the girls themselves regard it?

Who Was the Life of the Party?

You see, Jim and I haven't been married for very long, and we like to do a lot of entertaining. Jim especially loves to show me off, and he brags about what a good cook I am—you know how husbands are?—so I have to live up to my reputation. I'm really not a wonderful cook at all—but I know what Jim likes, and I try to flavor my cooking with the relish he's so fond of. One evening last week we had a whole lotful of company, and I thought I'd try something in the new chafing dish. I had bought some cold boiled ham, and I thought it would be fine. I spread a layer of this between this slices of stale bread, dipped the sandwiches into a mixture of beaten eggs and milk and fried them in the greased chafing dish until they were golden brown on both sides. Before serving I sprinkled them well with that piquant AI Sauce that Jim is so fond of. It gives everything a different taste that is indescribably good. And I discovered that Jim lent the only one who likes that flavor. You would have thought that crowd had never eaten before! I know they all had a wonderful time at our house that night, and Jim fairly brags with pride. He said it was the life of the party—but I wasn't. It was the AI Sauce—Adv.

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Corns [How to Remove]

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TRAINING CAMPS FOR GIRLS SHOULD APPEAL JUST NOW

They Have Been Recommended and a Great Many Young Americans Wish the Dream Would Come True in a Hurry

IT WAS suggested recently by the Bureau of Education of the Department of Interior that there be training camps for girls. This suggestion came on the heels of the report of the New York state reconstruction committee that boys of high school age be sent to state camps from two to four weeks every summer, this to "inculcate in them habits of self-control, deference to rightful authority and a democratic attitude toward their fellows." If for boys, to be sure, why not for girls? Why should not girls have the advantage of the sunshine on the stream, the barracks tucked away in the pines, of learning to swim and cook out of doors? If these things make better men out of boys will they not make better women out of girls?

The girls of today are the mothers of tomorrow. From an economic standpoint alone what an investment it would be for the nation to give them this flying start in health each year! I say flying start because invigorating health is something that creates the desire to live fresh air, clean dress and the things of the outdoors for three or four weeks in the summer and you have taught her the lesson for the whole year. The economic side of the matter is very important and interesting, but there is another side intensely human. Many girls in this great, big free land of ours do not know how to be friends with girls. They distrust girls; imagining they are always talking about them behind their backs and wanting to steal their beans. Here is

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The nearer to the boiling point you bring your water when making coffee, the greater amount of oils and other properties are lost. But Hires Instant Soluble Coffee is made at a low temperature; hence all the strength and aromatic flavor are retained. Hires Instant Soluble Coffee is the dried, pure juice of the most carefully selected coffee beans of Java and Mocha blend. By adding hot water it instantly dissolves, and you have coffee as originally made and if you prefer your coffee lead you can have it. For Hires Instant Soluble Coffee dissolves instantly in ice water.

Think of the convenience of making coffee by merely putting a part of a teaspoonful of coffee in a cup, and the rest of the coffee or milk, no coffee pot to scald, no grounds to empty, no throwing away of two or three cups that are generally left over. You don't throw away more coffee than you drink! Serving Hires Instant Soluble Coffee means having coffee whenever you want—at any hour of the day or night, and you make it strong or weak, according to your own individual taste.

Things to Know

A few pieces of paraffin heated and poured over the holes of an old piece of tinware and allowed to harden will put it in shape to hold anything cold. Glass pantry cupboards fitted with glass doors and keep the rice, spices, etc., in glass jars. Then a look through the doors will show exactly what supplies are missing. A milky jug should always be rinsed with cold water before it is washed with hot. The use of hot water first causes the curd to set round the top and renders it very difficult to clean.

The Girl Scout camps have proved what immeasurable good outdoor life can do for the growing girl. Not only in health has she benefited, but, as one woman with a daughter a scout once said: "They have taught our girls to do something we ourselves could not teach them to do in a thousand years—to learn to love dishwashing." The camp plan has taught girls to respect authority, to see the common sense in and necessity for discipline and to obey. It has, in a word, taken the restless energy of childhood and girlhood and converted it into a happy constructive force. Let us hope if America does ever establish state physical training camps for our boys she will be a real America and not overlook our girls.

Pretty Linen Handbags

Perhaps as a remnant of the craze and necessity for knitting bags these are now linen handbags—they are obviously inspired by some of the lovely crash and linen knitting bags that we carried last summer. They are embroidered in puff and decorated with beads and little color tassels of some soft stuff, like chenille. One, for instance, in heavy cream-gray linen—syringee grass, really—will read this and perhaps it will give them food for thought. If they were a little more considerate I assure you they would be able to keep their maids like the ladies and gentlemen in olden times. Why, in England one never hears the help problem discussed, because the domestic is treated like a human being, not like a slave. Wake up, America, and give the servant girl better treatment, and then you will at last have solved the help problem. SERVANT MAID.

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