

IT'S TIME TO THINK OF CANNING—PLEA FOR INFANTS—THE LACE GILET—CYNTHIA

MRS. WILSON GIVES DIRECTIONS FOR SUCCESSFUL CANNING OF PEAS

Produce Must Be Very Fresh, Otherwise Failure Will Result—Blanching Is Important, and the Housewife Must Not Let Anything Interrupt Her, for Inattention May Ruin the Entire Lot—Other Rules That Will Avoid Disaster

By MRS. M. A. WILSON
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PEAS contain a vegetable protein somewhat similar to the casein in milk. This vegetable substance spoils and deteriorates very quickly if the peas are permitted to stand in the sun, in piles to overheat or in a warm kitchen. Little evidence of this trouble can be found while the peas are being canned. Frequently it is not discovered until the product is opened some time later. Then they are found to be in a soft, mushy condition and very sour; this makes them unfit for food.

This sour-flat or thermophilic is also caused by two other conditions, namely: First, if the jars are unduly slow in process—that is, if too large a number are under process at the same time. This prolongs the period of time in the kitchen. Second, leaving jars to cool in the bath or in the hot kitchen, or storing them in a warm place.

How to Prevent This Trouble
Peas must be fresh, not more than six hours in transit from field to the kitchen. They must be picked early in the morning and then spread out in a single layer. If they are dumped into baskets or other containers they are very apt to heat. You can easily tell this condition by running your hand down in a pile of the peas; if they are cool and moist, then they are all right; if they are warm and dry, don't can them. You will only have a failure on your hands. Unless the peas are grown near by it is a mistake to can them. Don't depend on your trucker or produce dealer; he means well, but he doesn't understand conditions, and the result will be a total loss of product and a disappointment to you.

Granted now that the peas are freshly picked from a nearby farm; that they are spread out in thin layers to cool, in an airy place—without no condition in the kitchen. Shell the peas, then place them in a deep saucpan covered with a cloth wrung from cold water to prevent drying out. When ready blanch by placing

about one quart of shelled peas in a square of cheesecloth, dip into a saucepan containing boiling water and cook for ten minutes. Lift out and plunge into cold water. Spread out flat while filling into the jars. Fill the jars to overflowing with boiling water that contains one teaspoon of salt to each quart of water. Wipe off the top of jar and then adjust the rubber and lid, partially tighten the lid and then place in a hot-water bath immediately. Work as quickly as possible. Have the water in the bath about 165 degrees Fahrenheit, or just at the simmering point.

Do not let anything interrupt you. The loss of just a few minutes may ruin the entire lot. Now bring the water bath quickly to a boil and then boil continually for three hours.

Remove at once and seal securely. Test for leaks and then remove to a cool room away from the kitchen and free from drafts. Just as soon as you can hold the jars in your hand place them on their sides in a large pan of cold water containing one-quarter cup of salt to ten quarts of water. Let them stay in the water until cold. Eight pint jars is plenty to do at one time.

The water should be at least three inches above the top of the jar while in the hot-water bath. Store in a cool, dry place.

The professional canner has the peas gathered just at the break of day. They are then removed to the sheller, which is in a cool, shady spot out of doors. The peas are shelled and then graded for size—large, medium and small, or petite peas. Each size is canned separately. So you, too, must separate the large-sized peas from the others. The easiest way to do this is take a wire strainer, costing about fifteen cents, and punch several holes a little larger than the medium-size peas; they will then roll through the sieve, while the large ones will stay in the strainer. If each handful of peas is thrown in

the strainer as they are shelled this will not delay the process.

How to Prevent Leaky Jars
Fill the jars before using them with water and then adjust the rubber, and fasten the lid securely. Invert and test for leaks. Jars that are not absolutely airtight will spoil the contents, no matter how long you process them, so be very particular about this point. If you have bent the edges of the jar lids by using a knife to open them you must either use a block of wood in the hammer and hammer them flat or use new lids. Don't use old rubbers; they will cause the product to spoil. Purchase a good grade of rubber. Poor ones will blow out during the processing period and cause the loss of time in reprocessing.

Fancy Packing
Place one layer of the prepared peas one and one-half inches deep in the bottom of quart jars then add a one-inch layer of young carrots, cut in dice and parboiled as for peas. Repeat this process until the jar is filled and then process in the usual manner. If you have any doubt about your lids fitting closely, so as to be absolutely airtight, dip the tops of the jars to one inch below the lids in melted paraffin just before storing.

Hot-Water Bath
The jars must be placed on a rack, then in either a regular water-bath canner or in a wash boiler. This water should be below the boiling point, preferably about 165 degrees Fahrenheit. Have the water at least three inches above the top of the jars.

Cover the boiler closely and then bring quickly to a boil. Let boil for two minutes and then count the time from this moment for the processing period. It is important that the fire be kept up so that the water does not stop boiling. Careless preserving will ruin the contents of the jars and thus cause a waste of materials, time and fuel.

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—Kindly give a recipe for making a Dresden Stollen and coffee cake (butter cake). Thanking you, I am,
A. M. P.

Stollen
Sift into a bowl four cups of flour and then add:
One teaspoon of salt,
One-half teaspoon of cinnamon,
One-half teaspoon of nutmeg,
Three-fourths cup of sugar,
Three ounces of butter, melted,
One cup of milk, 75 degrees, Fehr.
Grated rind of one-fourth lemon,
One-half cup of seedless raisins,
One-half cup of finely chopped almonds.
Now dissolve one yeast cake in one-quarter cup of water and add to the above mixture and work to a dough. Place in a well-greased bowl and let rise for three hours. Now fold over the ends and sides to the center and press down well. Turn over and let rise for fifteen minutes. Form into loaves. This may be placed on a baking sheet or in well-greased pans and let rise for forty-five minutes. Brush the top with milk and dust with sugar. Bake for forty minutes in a moderate oven.

Coffee Cake
Place two ounces of butter in a mixing bowl and add three-fourths cup of hot coffee. Let cool and then add:
Three-fourths cup of sugar,
One egg,
Two cups of flour,
Four teaspoons of baking powder,
One-half teaspoon of cinnamon.
Beat to thoroughly mix and then pour into well-greased and floured oblong pans. Cover the top with finely chopped nuts and bake in a moderate oven for thirty-five minutes.

My dear Mrs. Wilson—Will you kindly give me a recipe for English seed cake, also for a cake containing raisins and citron, made with yeast? Thanking you in advance,
Mrs. M.

English Seed Cake
Three-fourths cup of sugar,
One egg,
Five tablespoons of shortening,
Two cups of flour,
Four teaspoons of baking powder,
Three-fourths cup of milk,
Two tablespoons of caraway seeds.
Place in a mixing bowl and heat to mix. Pour in well-greased pan and place the following mixture on top: Place in a mixing bowl
Six tablespoons of flour,
Four tablespoons of brown sugar,
One and one-half tablespoons of caraway seeds,
Two tablespoons of shortening.
Rub between the fingers until fine and crumbly. Spread over top of cake and bake for thirty-five minutes in a moderate oven.

To prepare the pan: Use a deep layer cake pan and grease it. Then line it with paper and grease again. Use the cake recipe given, discarding the baking powder, adding in its place

One-half yeast cake dissolved in four tablespoons of cool water.
Beat hard to mix, let rise two hours, beat five minutes, then pour in well-greased pan. Let rise thirty-five minutes, bake in moderate oven thirty-five minutes.

My dear Mrs. Wilson—I write asking you if you use pastry flour and what is the difference between pastry and the bread flour? Also please tell me how to make a chocolate cornstarch pudding without egg?
Mrs. Y.

You may use pastry flour for pastries and cakes. This flour contains less gluten and more starch, being a soft white flour. Standard patent blends of flour may be used for both bread and cake making, as few housewives care to lay in both kinds of flour. A fancy pastry flour undoubtedly makes the finest pastry and cakes.

Chocolate Cornstarch Pudding
Two cups of milk,
One-half cup of cocoa,
One-half cup of cornstarch.
Dissolve the starch in the milk and then bring to a boil and cook slowly for five minutes. Now add:
One-half cup of sugar,
One teaspoon of vanilla,
One-half teaspoon of cinnamon.
Beat well and then pour into custard cups that have been rinsed in cold water to mold.

My dear Mrs. Wilson—Would you kindly give me a recipe for making rolls? About two pans, enough for two persons, to be made overnight with a yeast cake. Will you publish it in your helpful talks in the paper, and I will be so much obliged? Mrs. A. M. C.

Set the dough about 5 o'clock in the afternoon. Place in a mixing bowl
One cup of scalded milk cooled to 80 degrees Fahrenheit,
and now add
One tablespoon of sugar,
One teaspoon of salt,
One tablespoon of shortening,
Four cups of sifted flour.
Work to a smooth dough. Grease the bowl and then place the dough in it. Turn over and cover. Let rise for three and one-half hours and then turn on the molding board. Make into rolls. Place on a greased pan and let rise for one-half hour. Place in the ice box or in a cool place. In the morning set in a warm place for twenty minutes and then bake.

My dear Mrs. Wilson—Will you kindly publish in your column a recipe for cookies, using maple syrup, and oblige?
L. P. H.

Cookies
Heat one cup of maple syrup to the boiling point and then pour into a mixing bowl and add
One-half cup of shortening,
One-half cup of brown sugar,
One-half cup of sour milk,
One teaspoon of soda,
One egg.
Beat well to mix and then add sufficient flour to handle, usually

about six cups. Roll out one-quarter inch thick and then cut, and bake for eight minutes in a moderate oven. Any favoring desired may be added.

My dear Mrs. Wilson—Last week you had a recipe in your corner for a rich, creamy cake filling; it contained butter and is a half-inch thick when spread between the cake. Another reader requested it from you. By accident my husband dropped his cigar on the paper and this portion of it was burned. If it is not too much trouble, could you let me have this again? Also can I vary the flavors? Thanking you and assure you I have wonderful success with your recipes. In fact, every one claims I am a wonderful cook—all credit due to you.
Mrs. S. G.

Butter Cream Filling
Cream two ounces of sweet butter and then add
One and one-quarter cups of XXXX sugar,
One teaspoon of any favoring desired,
Two tablespoons of hot water.
Beat until creamy and then spread between the cake. To vary flavors use cherry, almond, vanilla, orange and lemon.

My dear Mrs. Wilson—Will you please give me a recipe for Virginia roast ham? I never miss an article of yours in the paper. Your recipes for various things have helped me wonderfully in preparing many a meal. Thanking you,
L. R.

Make a paste of flour and water and spread it one-half inch thick over well-cleaned smoked ham. Let stand for fifteen minutes and then place in a moderate oven and bake. A ham weighing about ten or twelve pounds takes seven hours. Remove from the oven and cool. Remove the crust and skin and then cover with brown sugar and cinnamon, and return to the oven and bake until nicely browned. This ham may be boiled first and then baked.

The "Rippled Sea" Vest A Daily Fashion Talk by Florence Rose



What is daintier or more charming than the frilly lace "gilet"? The one shown in the center of the sketch reminds one of the ripples of the sea. The other vests are lace and organdie combined.

SOME time ago I gave you several illustrations of the gilet, that dress accessory which is typical of the year of 1919. Since the time of the first showing the gilets have changed considerably, not in their shape, but in the materials selected to make them. From the embroidered silks, tulle and kindred heavy materials the fancy has turned to the most filmy sort of textiles, and the gilets are now made of chiffon, net or lace and sometimes combinations of all three.

The shops are now showing some mighty good-looking gilets made of net, or net trimmed with lace, at remarkably low prices that are really within the reach of almost any woman. Considering the price of net and lace, they are much cheaper than they would be were they made at home.

The other day I saw a girl wearing the loveliest gilet. It looked more like a rippled sea than anything else I can think of. In the original vest the rows of lace were more closely placed together than they are in the sketch. Each row overlapped, giving the gilet the soft billow look. Valenciennes was used for this model, and, in fact, it seems to be the favored lace for the summer gilets.

At the left is a gilet made of net and decorated with ruffles of net. Below this is a dainty design of organdie. At the extreme right is an organdie model trimmed with bands of lace, finished at the ends with small cotton tassels.

Just a word in reference to the scarf draped about the figure in the center. This is the type of scarf worn with the short sleeves, about which I told you last week.

Adventures With a Purse

"WHO was it who wrote an essay on noise," I questioned Dorothea? Having been to college, Dorothea knows everything. "Lots of people," she returned succinctly. So I can't begin this paragraph with a nice little introduction about So-and-So's essay on noise. So I'll get right to the point, and tell you that I have found a screen door silencer today that will come as a blessed relief to her whose poor jaded nerves quiver every time some one comes in the screen door, and it shuts with a sharp slam. It consists of a projection resembling a nail which fastens to the door, and a kind of wedge which you attach to the door jamb. When the screen door is released and shuts, the projection comes in contact with the wedge, which results in the door's shutting slowly and silently. You can buy one of these for ten cents.

This is a story for small women, for it tells of a few dresses in small sizes at the remarkable price of \$15. It is of a lovely standard-make gingham, underskirt and sleeves being of old rose color. A black patent leather belt forms a contrast to the light colored gingham. It is the sort of dress out of which you would get loads of wear, and could undoubtedly wear it all season without having to wash it.

I saw a most effective bureau scarf today consisting of rows upon rows of fine design lace. The linen finish strip in the center is stamped for embroidering—the design consisting of French knots and solid work. I saw one which had been worked in pale shades of lavender, pink, and green, and is most effective. The price of one ready stamped to embroider is \$1.75.

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.

Please Tell Me What to Do

In Defense of Pretty Girls
Dear Cynthia—This is a letter for Ileana, or Ileana. I have forgotten just which her name is, and have mislaid the paper that had her letter, but I think she will know whom I mean. I'm not sure that I am a member of your club, but I was very much interested in your letter. May I offer my congratulations? It was very well expressed. Aren't you just a trifle young, girlie? Of course, I am only guessing, but I rather imagine that you are in the early twenties. Am I right or am I wrong? It is only when we are very young that we dare make such sweeping statements and such positive ones. When we progress a little further along we find that there are so many exceptions to so many rules that it is difficult to find one rule that fits all occasions. Life is like the French language in that respect. For every rule there are at least two dozen exceptions. However, I have risen in defense of the pretty girls. First, let me explain. I am not pretty. I am not sure that I pass an ordinary sort of a girl, who I am sure is in a crowd and is not noted for her prepossessing or unprepossessing looks. So you see my fingers are crossed and my intentions are entirely altruistic.

It is too bad that I have to start by admitting that one often finds pretty girls brainless in this country. Never having wandered from my native clime, I am unable to speak of other countries. Nevertheless, it is hardly square to blame them. The rest of us are to blame. We have so emphasized good looks that they have assumed too important a position and pushed brains in the background. The parents and the friends have too often taken the general attitude of the world that if you possess good looks common sense is not an essential. Really that is true if you will look around a little.

Personally beauty is such a joy to me that I am content to look at a really pretty girl and don't make demands upon intellect, and I suppose nine-tenths of the public are in the same boat. Of course, beauty and brains is a winning combination, but it is not surprising that it is not more often found.

You sound just a trifle disgusted with pretty girls, Ileana. They do get a tremendous amount of superficial attention just now. But they have a tremendous amount to contend with? If they get along in school, it is a favor, never by any chance brains. If they don't, well they don't think it necessary to be anything but pretty, the "cats" say. I have always been truly glad that great beauty was not one of the things my fairy godmother wished on me. It must be so difficult to be always struggling with vanity and be the cause of so much criticism, too.

Cheer up, Ileana. In a year or two such minor matters as seem to upset you just now will straighten out and you will be too busy living to bother about the tide issues of real life. My I suggest that you be just a trifle more tolerant of other people's point of view? There is room for everybody—you and me.

This letter was meant as a friendly effort in case you doubt it. I am married, girlie, and not as old perhaps as I sound. LEBB'N.

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REGARD BABY'S FEELINGS IN THE WARM WEATHER

What Did Little John J. Ever Do to Deserve Being Passed From In-Law to In-Law All Done Up in Ruffles?

HE WAS very little and chubby, and he was on his mama's lap in the street car. The day was excessively hot, but he was so comfortable he was wriggling his little feet to show it. Then suddenly mama was seized with a wild desire to kiss her baby. Up he was jumped from his place of joy and serenity and hugged and kissed until he cried in pure self-defense. Hard on babies, isn't it, in the summertime? The rest of us are used to the heat and at least we have the consolation of looking forward to the cool of the evening or to two weeks of vacation or a nice cooling bath when we get home or something of that sort.

But babies! Well, did you ever try to get inside the mind of a baby on this heat question? They don't know what it's all about. Little Billie, Jr., who was up in heaven last summer, just knows that something awful has suddenly come to pass here in his new home. And all his little clothes stick to him and he can't move inside of them or curl his toes inside his stockings or anything. And he hasn't an earthly idea whether this new state of affairs is going to last forever or until his next bottle or what. All he can do is lie there and be well; pretty comfortable if his mama knows how to fix him and then uncomfortable if his mama doesn't. And as if all this state of ignorance weren't bad enough without having some one suddenly seize you and hug and kiss you!

And by what divine prerogative has a fond father and his friends the right to play basketball with the soft chubby person of young John J. on a hot Sunday afternoon on the front lawn when there is nothing else to do? And if it isn't basketball then it's being dressed up in ruffles with a lot of leftover ruffles on the hamper and being taken out to call. In the parlor

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