

MARKETING FOR GOOD MEALS : HIS SUMMER BATHROBE : LITTLE HOME HINTS : CYNTHIA

MRS. WILSON PLANS THE SUNDAY DINNER

Here Is the Weekly Market Basket That Provides for Breakfast and Supper, Too—Three Good Meatless Meals That Make Use of June Vegetables

By MRS. M. A. WILSON

BEFORE visiting the market the housewife must determine for herself just how much money she intends to spend for food.

The purpose of the food we eat is to keep us efficient and in condition to perform our duties. Therefore we must have good food, well cooked and nicely served, for without this it is impossible to maintain our health and strength.

Before purchasing new food make an inspection of all the leftovers and unused foods on hand. Plan to use these before ordering the other foods.

When buying meat keep the fact in mind that cuts from the chuck, brisket and flank are the cheapest. They require long, slow cooking to make them tender, but they contain more nutriment to the pound than the higher-priced cuts.

Peas, beans and fish will supply the same food value at a proportionately less cost. Plan to purchase staples in sufficient quantities to last two weeks. Quite a saving can be made in this way, not only in money, but also in time that is usually lost when one or more trips must be made each day to the store.

Try serving iced cocoa for variety. Plan to have three meals for Sunday. Now that the weather is pleasant and many of us like to take an outing on this day, we usually meet and invite folk home to a meal with us, and for this reason the dinner and supper will be planned for six persons.

- Breakfast: Berries, Salt Cod, Vermont Sliced Tomatoes, Bran Muffins, Coffee. Dinner: Radishes, Watercress, Asparagus Soup, Baby Lima Bean Croquettes, Spanish Rice, Herb Sauce, String Beans, Cucumber Salad, Cherry Dumplings, Coffee. Supper: Macaroni Souffle, Toasted Bran Muffins, Fruit Salad, Cup Custards, Cookies, Tea.

The market basket will require one box of berries, Three-quarters pound of center-cut salt cod, Two tomatoes, One bunch of radishes, One bunch of watercress, One can of asparagus soup, One-half pound of dried baby lima beans, One bunch of parsley, One green pepper, One-quarter pound of rice, One quart of string beans, One cucumber, One head of salad, Two pounds of cherries, One-half pound of macaroni, One orange, Two bananas, Two quarts of milk, Eight eggs.

This marketing will cost approximately \$2.50 without the staples that are usually in the house.

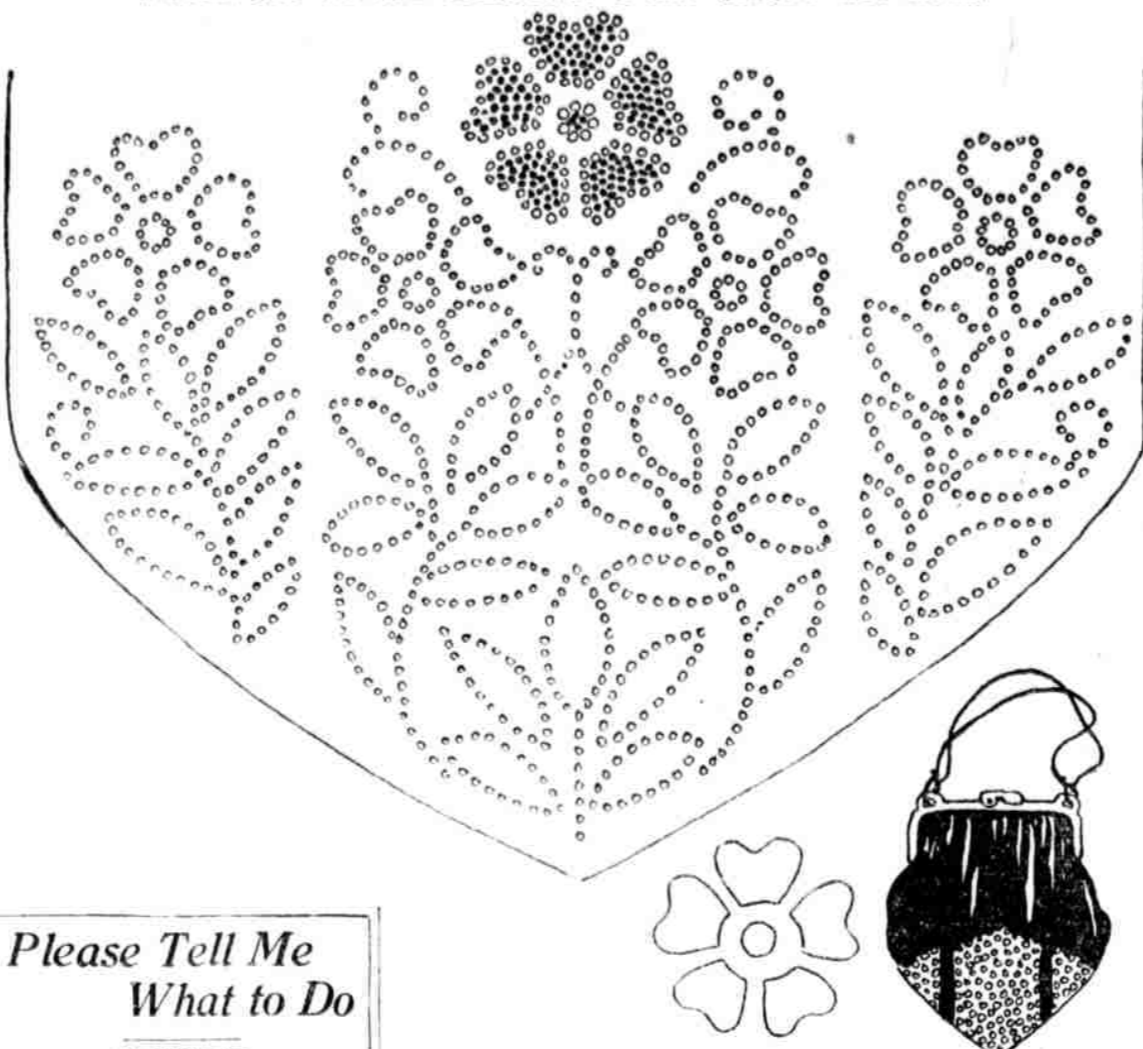
Salt Cod, Vermont. Select a thick center cut and soak for one hour in warm water. Wrap in a piece of cheesecloth and plunge into boiling water. Boil for fifteen minutes and then drain. Divide into four individual baking dishes and cover with cream sauce. Sprinkle with fine bread crumbs and a little grated onion, and bake for ten minutes in a hot oven.

Bran Muffins. Two and one-half cups of bran, One and one-half cups of flour, One teaspoon of salt, Four tablespoons of syrup, Two tablespoons of shortening, One egg, One and three-quarter cups of buttermilk, One teaspoon of soda.

Baby Lima Bean Croquettes. Baby lima beans should be soaked on Friday evening. Saturday morning they should be looked over carefully and then all bruised and damaged beans discarded. Place in a saucepan and cover with cold water. Bring to a boil and cook for five minutes. Turn into a colander and rinse under cold water and then return to the saucepan. Cover with boiling water and cook until tender. Add

Two onions, minced fine, One quart of soup herbs, Cool and then drain the beans well.

FRENCH KNOT DESIGN FOR SASH OR BAG



Please Tell Me What to Do

By CYNTHIA

Depends on Mother. Dear Cynthia—Please tell me, is it proper for a girl sixteen years old to go to the moving pictures or theatre with a boy, provided they are home by 10:30 the latest? CHERLY LOCKS.

From Ileana. Dear Cynthia—This is for Mrs. Lebrun.

I am so sorry to think I have given you the impression of being disgusted with the pretty girl. How I ever did I cannot imagine, since I myself did very fond of a beautiful face—why, I could sit for hours and not get tired doing it either. Do you know that I have been told I am almost a pagan when it comes to the worship of beauty and that I was born too late in the time of my life, in the opinion of some, should have been ages and ages ago, when Greece and Greek art was at its highest, and there you go misunderstanding me.

As to my being so very young—I know that I have not as yet been able to cast my vote—sad isn't it? Do you realize that you can read my above-named statement any way you please? It's true though: I wouldn't vote if we could. About sweeping statements I don't know. You see, dear Mrs. Lebrun, in the few short years that I have spent on this sphere of ours, I have met so many people who have asserted that I have said that one could or rather should partly blame me for entertaining the views that I do.

Thank you for your suggestion. If there is anything I dislike (and I do many things) it's intolerance; and to be accused of being that very thing that I so dislike, well, it's rather hard. Please, please don't think that I am that, even if I was unfortunate enough to give you that impression. I always try to see the other fellow's point and I shall try doubly hard now.

Write soon again, won't you, please? HELENA.

Ileana, Cynthia was not at all put out at the little scolding. Some cutting must frequently be done on account of lack of space. There is another letter waiting to make its appearance, for it discloses that interesting nationality of yours—but the letter was quite lengthy, and that's why it had to wait.

Keep Men in Their Place. Dear Cynthia—Having been addressed by one of the Keeping Up House Club members I will endeavor to answer him:

To Brian—Your question as to what I mean by saying "Men are all right, but keep them in their right place" is this: Men as human beings are hard to understand and I have made it my point to try to reason out just why they are so difficult. Some sometimes lack will power, while others lack courtesy, some strength and most all general understanding.

In reference to a man who is lacking in will power, a man in an office business familiar with the girls employed there, later regrets his friendship with the girls and blames it all on the women. If they started the ball a-rolling he should control his will power enough to rebel against social friendship and re-

Cuticura Helps Skin and Scalp Troubles. All druggists. Sample sent free of Cuticura, Dept. 6, L. Boston.

Furs: Remember the sense of wellbeing you felt when you first wore your furs? Their sparkle and buoyant smartness made you glad. Now they may be repaired and refreshed so that they will assure you the same degree of satisfaction as well as warmth. Work done now at a third below regular. "Pay the Cost in the Fall" Mawson & DeMany 1215 Chestnut Street

Here is an unusual and very pretty design in French knots that can be embroidered on the ends of the pretty organdie sash, on the light silk bag for summer or on little girls' best hair ribbon. The pattern can be worked in one or several colors, in outline or in solid effects. A pretty idea is to use one color for outline and one for filler, both in flowers and leaves. The closer the knots are the better the effect. In transferring the pattern use the single line as shown in the separate flower; do not try to transfer each knot.

Remember that the girls are there to work and he is there as their employer, not their afternoon club. Here is one place where a man should be kept in his place. While some men have physical strength, they are minus mental strength and therefore take advantage of many situations. Keep such men in his place. Following my above statement, I should add that men are hard to understand and slow at understanding. A man always regards his welfare first, and where there is a woman concerned he comes first. I wonder if the old saying that Adam came first has anything to do with making them so conceited? Men will condemn our actions, but do the same thing when no one else is looking. One who is dull of comprehension is a man and many an engagement has been broken and a divorce granted on the ground that he was unwilling to reason or didn't want to understand. Keep the man who is thoughtful for no other than himself in his place.

The courtesy of a man is one virtue regarded by every woman and counts most in a woman's admiration. Do they think that we are some automatic toy or a baby who likes to be petted and loved, and do they think that it's a kiss or so that wins a woman? No, it is not always so, and I notice every day that whatever a man can do a woman is always ready to compete with him and makes a success of it. One main way to respect a woman's love, admiration and respect is to keep in your place and be courteous to all about you. As one member to the other, I ask of you what are your ideas on this subject and do you not agree with me? I also ask why it is that women shoulder the blame and men like, in fact, enjoy blaming a woman? MISS NOBODY'S GIRL.

29 Years of Study Yields Ideal Result. Miss Princine Pure Phosphate Baking Powder. It is the ideal leavening agent, for it rises in the oven, and heat is required to develop its full leavening strength. Try it today and satisfy yourself. 1 lb., net weight, At Your Grocer's weight, 35c. Note the Hands Handled Cup.

Benguyer 1214 Walnut Street Atlantic City Show Rooms—The Breakers Hotel. New and Original Mid-Summer Modes in VERY EXCLUSIVE MILLINERY STREET, OUTING & COSTUME SUITS UTILITY, TRAVEL & SPORTS COATS DAY & EVENING DRESSES SUMMER FURS. At Prices Ranging From Thirty-nine Dollars

Make Them in Summer. Elaborate card-table covers, to be used in the winter and made in the summer, are made of thick, heavy black satin, edged with heavy, dull gilt braid. Sometimes, instead of tying, these satin covers are weighted at the four corners with heavy gilt tassels, and the weight of the tassels keeps the covers smooth and even.

Things to Know. Table mats can be cut from white oil-cloth, scalloped, if one desires to be very economical indeed. Always save and dry orange and lemon rinds—they can be used all winter long for flavoring.

The Question Corner. Today's Inquiries: 1. What is the legal age for a girl to marry in England, with the consent of her parents or guardians? 2. There is a particularly new fascinating cuff for the short sleeve. What is it? 3. In laundering organdie collar and cuffs, what will give that dainty crisp stiffness? 4. Should silk stockings be dried in the sun or in the shade? 5. What will remove grease spots from matting? 6. What little convenience will prove a great help in lifting pies, etc., from the oven?

Yesterday's Answers: 1. Placing a piece of wax paper under a linen centerpiece will keep it from sticking to the table on hot days. 2. To remove grease spots made by butter or milk from a dress, cover the spot with flour and press with a hot iron on the wrong side. 3. Remove spots from the ivory handles of knives by rubbing hard with a chamois dipped in water and powdered pumice. 4. To clean a frying-pan, warm the pan slightly, pour off the grease and scatter salt in the pan. Rub well with paper until all the grease is absorbed. 5. A pretty tunic to be worn with a net-skirt as a dinner dress is made of flounces of net embroidered with beads, with a girde of colored chiffon. 6. A pretty way to trim lingerie for a bride's trousseau is to smock it with silver thread.

NOW'S THE TIME TO TEACH THEM ABOUT THE OUTDOORS

Lucky Is the Little Boy or Girl Whose Mother Knows the Names of the Birds, the Flowers and the Trees!

IN THE summertime sitting in the park or perhaps riding back and forth on trains it is interesting to listen to the conversation of mothers and children. How much to be admired is the mother who makes her little son or daughter love and understand the great outdoors. How lucky her little one is compared to the child who goes through the bright summer day with his mind all tight shut. To know the names of all the flowers and trees and guess at them as the train rushes by. What fun it is! To sit in the pretty green park and listen for the trill of this bird, for the funny squeak of that one; to watch for the scarlet flash of another. To name them—how exciting! But more—how this sort of fascinating play trains and develops the mind of a youngster.

And now we must make an ignoble admission. Many mothers do not know the birds and their calls and with them perhaps there has never been the opportunity to get very well acquainted with the trees and flowers. And yet that fact ought to make them all the more determined that their children shall not be cheated in the same way. The solution is easy—even for the mother who must cough her pennies. For her there is the public library. In the children's department can be found any number of books that will soon give mother a very good working knowledge that can be passed on to the small son or daughter. And there are lovely colored pictures, of course, to be used in connection with the fascinating games. Such books are not at all expensive to buy; that is to say, there are many cheap and good ones, nicely illustrated in colors. It is better to buy them, too.

10¢ Mrs. Morrison's PUDDINGS. A Summer Dessert. Light and refreshing. Easily made. 2 flavors: Chocolate Golden Vanilla.

J.M. Gidding & Co. 1422 Walnut Street. Newly Created Mid-Season Modes. Featuring Frocks and Gowns, Town and Country Suits, Coats and Capes, Sport-Jackets, Separate Skirts, New Hats. All Specially Priced.

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