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

Here is an unusual and very pretty design in French knots that can be

embroidered on the ends of the perky organdle 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

the pattern use the single line as shown in the separate flower; do not

try to transfer each knot

and he is there as their employer, not respect is to keep in your place and be

While some men have physical of you what are your ideas on this sub-trength, they are minus mental ject and do you not agree with me

of many situations. Keep such men in shoulder the blame and men like, in fact,

As one member to the others, I ask

enjoy blaming a woman? MISS NOBODY'S GIRL.

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Sirloin Steak Rump Steak Round Steak

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Good Cheese, 4 lb. 95c

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Mitchell Market, Inc.

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Butcher Roast

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Rump Roast Chuck Roast

their afternoon blot. Here is one place courtous to all about you

where a man should be kept in his place;

Following my above statement, 1-

man and many an engagement has been

the man who is thoughtful for no other

The courtesy of a man is one virtue

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. i

that whatever a man can do a woman is

always ready to compete with him and

most in a woman's admiration.

strength.

leaves. The closer the knots are the better the effect. In transferring

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

> > One onion.

Mold into croquettes. Dip into

One tablespoon of grated onion,

One-half green pepper, minced

One and one-half tenspoons of salt,

One-half teaspoon of pepper.

Simmer slowly for ten minutes.

Cherry Dumplings

One and one-half cups of flour,

One-half teaspoon of salt.

One tablespoon of sugar.

with a thin custard sauce.

One onion, chopped fine,

Yolks of two eggs.

in a bowl and add

Macaroni Souffle

One red pepper, chopped fine,

One and one-half teaspoons of salt.

Two cups of cream sauce.

One teuspoon of paprika.

Mrs. Wilson

oblige?

Answers Queries

My dear Mrs. Wilson-Will you

kindly tell me what is the matter

with my lima and string beans?

They were perfectly fresh and

looked fine, but when opened they

were awfully sour, also the corn.

way to can them and greatly

Your beans are sour, flat or have

they were left in a warm room, were

overheated from storing in a warm

place or the jars were kept in a warm

My dear Mrs. Wilson-Having

helped me before, I am taking the

liberty of writing again to ask

your advice. Last summer I

canned some lima beans and rhu-

barb, and it was my first attempt, so am in doubt, therefore, as to

whether they are good or not, so

just how I can be positive whether they have kept all right? Will

appreciate an early answer, as I do not wish to keep them much

longer. Thanking you for this and past favors, ME. EF.

You will have to open a jar and

sample the content, for proof of

their keeping qualities.

have not opened same as yet. Will you kindly let me know

Mrs. J. H. T.

Stone two pounds of cooking cher-

Two tenspoons of baking powder.

Sift to mix and then rub in two

BEFORE visiting the market the Then mash fine. Pile in a dish and housewife must determine for set in the ice box until needed. herself just how much money she in-To Prepare Croquettes

tends to spend for food. The purpose of the food we cat is One green pepper. to keep us efficient and in condition Six branches of parsley. to perform our duties. Therefore Mince very fine and then place we must have good food, well cooked four tablespoons of shortening in a and nicely served, for without this it saucepan. Cook the onion, pepper is impossible to maintain our health and parsley until tender, but not

brown. Add to the mashed beans Before purchasing new food make and season with an inspection of all the leftovers and One and one-half tenspoons of salt. unused foods on hand. Plan to use One teospoon of paprika, these before ordering the other One-quarter tenopoon of mustard.

When buying meat keep the fact beaten egg and then roll in fine in mind that cuts from the chuck, crumbs. Fry until golden brown in brisket and flank are the cheanest. They require long, slow cooking to Make one and one-half cups of make them tender, but they contain cream sauce and then add more nutriment to the pound than One cup of fively chopped paraley, Please Tell Me 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 usu- ries and then place in a bowl ally lost when one or more trips must be made each day to the store.

riety. Plan to have three meals for Sunday. Now that the weather is tablespoons of shortening and mix pleasant and many of us like to take to a dough with a scant two-thirds an outing on this day, we usually cup of water. Roll out one-quarter Lebrun.

1 am so sorry to think I have given strength and therefore take advantage I also ask why it is that women six persons

Breakfast Berries

Salt Cod, Vermont Sliced Tomatoes Bran Muffins Dinner

Watercress Radishes Asparagus Soup Baby Lima Bean Croquettes

Herb Sauce String Beans Spanish Rice Cucumber Salad Cherry Dumplings

Supper

Macaroni Souffle Toasted Bran Muffins Fruit Salad Cup Custards Cookies

Tea eggs. Pour into a greased baking The market basket will require

One box of berries, Three-quarters pound of center-

Two tomatoes. One bunch of radishes.

One bunch of watercress. One can of asparagus soup, One-half pound of dried baby lima

One bunch of paraley.

One green pepper, One-quarter pound of rice. One quart of string beans, One cucumber.

One head of salad. Two pounds of cherrica. One-half pound of macaroni,

One orange, Two bananas Two quarts of milk,

Eight eggs. This marketing will cost approxi-

mately \$2.50 without the staples that are usually in the house.

Salt Cod, Vermont

Select a thick center cut and soak 1919. for one hour in warm water. Wrap in a piece of cheesecloth and plunge into boiling water. Beil 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 sirup.

Two tablespoons of shortening, One egg. One and three-quarter cups of

buttermilk,

One teaspoon of soda.

from supper.

Dissolve the soda in the buttermilk and then beat to mix. Fill into wellgreased muffin pans and bake in a moderate oven for twenty-five minutes. Toast the left-over muffins

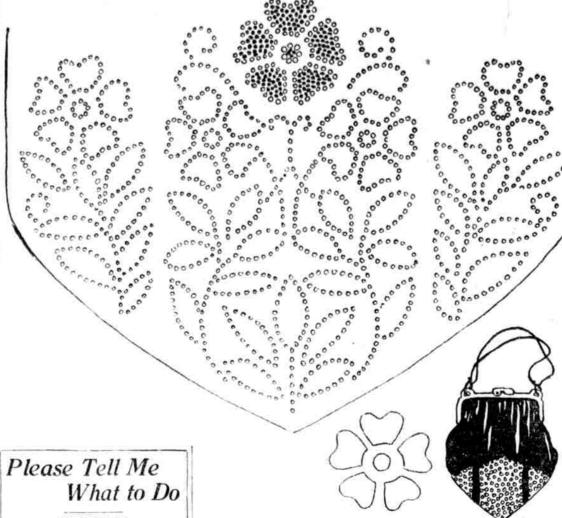
Baby Lima Bean Croquettes

Baby lima beans should be soaked on Friday evening. Saturday mornng they should be looked over carefully and then all bruised and damaged beans discarded. Place in a epan and cover with cold water. tring to a boil and cook for five min-Turn into a colander and rinse nder cold water and then return to saucepan. Cover with boiling rater and cook until tender. Add

wo onions, minced fine me fagot of soup herbs.

and then drain the beans well.

FRENCH KNOT DESIGN FOR SASH OR BAG



By CYNTHIA

Depends on Mother Dear Cynthia- Please tell me, is it roper 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? CURLY LOCKS.

If the girl's mother app young man it is all right for her to go out in the evening with him, provided member that the girls are there to work to win a woman's love, admiration and she is home at 10:20.

From Ileana

Dear Cynthia-This is for Mrs.

meet and invite folk home to a meal such thick and then cut into four-inch you the impression of being disgusted of many with us, and for this reason the din-squares. Fill the center with the with the pretty girl. How I ever did his place. with us, and for this reason the din-cherries, placing two tablespoons of I cannot imagine, since I myself am so sugar on cherries. Fold and pinch very fond of a heautiful face—why, I the edges together, forming a dum- could sit for hours and not get tired stand and slow at understanding. A man pling. Tie in individual pudding deing it either. Do you know that I always regards his welfare first, and have been told I am almost a pagan where there is a woman concerned he cloths and plunge into boiling water. when it comes to the worshiping of comes first. I wonder if the old saying Cook for twenty minutes. Serve beauty and that I was born too late- that Adam came first has anything to the time of my life, in the opinion of do with making them so conceited? Men some, should have been ages and ages will condemn our actions, but do the when Greece and Greek act was same thing when no one else is looking. Cook one-half pound of macaroni at its highest, and there you go misun. One who is dull of comprehension is a

and then cool and chop fine. Place derstanding me.
in a bowl and add As to my being so very young-I broken and a divorce granted on the know that I have not as yet been able ground that he was unwilling to reason to east my vote—sad isn't it? Do you or didn't want to understand. Keep realize that you can read my above Four bunches of parsley, chopped named statement any way you please? than himself in his place.

It's true though: I wouldn't vote if The courtesy of a man we could. About sweeping statements I don't know. You see, dear Mrs. Lemost in a woman's admiration. Do brun, in the few short years that I have spent on this sphere of ours. I have met so many people who have merited all I have said that one could Beat to mix and then cut and fold or rather should partly blame me for is not always so, and I notice every day

in the stiffly beaten whites of two entertaining the views that I do. Thank you for your suggestion. dish and bake in a moderate oven for there is anything I dislike (and I do makes a success of it. One main way many things) it's intolerance; and to be accused of being that very thing that I so dislike, well, it's rather hard that, even if I was unfortunate enough to give you that impression. I alwayto see the other fellow's point and

shall try doubly hard now. Write soon again, won't you, please?

ILEANA. Heann, Cynthia was not at all put out at the little scolding. Some cut ting must frequently be done on account of lack of space. There is an other letter waiting to make its apdiscloses that Please tell me the easiest and best teresting nationality of yours-but the letter was quite lengthy, and that's why it had to wait,

Keep Men In Their Place

thermaphyle. This trouble is due to Dear Cynthia — Having been adeither beans were too long in transit, dressed by one of the Keeping Up Hope

To Bunn-Your question as to what do I mean by saying "Men are all right, but keep them in their right place" is room. See Woman's Page for arti- this; Men as human beings are hard to cles on canning asparagus May 3, understand and I have made it my point to try to reason out just why they are so difficult. Some sometimes had will power, while others lack courtesy some strength and most all general un derstanding.

In reference to a man who is lacking will power, a man in an office becomes 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 Il druggista: Soap S. Ointment 25 & 60. Talcum ample carti free of "Outleurs, Dept. 6 L. Boeton"

urs: 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

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

Make Them in Summer Elaborate card-table covers, to be

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 great outdoors. emon rinds-they can be used all win-

The Question Corner

ter long for flavoring.

Today's Inquiries What is the legal age for a girl to marry in England, with the consent of her parents or guard-

. There is a particularly new fasci-nating cuff for the short sleeve. What is it?

3. In laundering organdic collar and cuffs, what will give that dainty crisp stiffness?

Should silk stockings be dried in the sun or in the shade? What will remove grease spots

6. What little convenience will prove a great help in lifting pies, etc., from the oven?

from matting?

Yesterday's Answers

Placing a piece of wax paper under a linen centerpiece will keep it from sticking to the table on hot days.

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. 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 grease is absorbed. 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 girdle of col-ored chiffon.

A pretty way to trim lingeric for a bride's trousseau is to smock it with silver thread,

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oil and is positively Non-Explosive. A child can operate one No work, no worry; a hot flame that burns with an intense heat



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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!

park or perhaps riding back and permanent one. forth on trains it is interesting to listen daughter love and understand the

bright summer day with his mind all as the train rushes by. What fun it stop to bother about them. is! To sit in the pretty green park and listen for the trill of this bird, for 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 op-portunity 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 count 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 col-ored 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,

IN THE summertime sitting in the if possible for the lesson can be a

A mother will never have cause to to the conversation of mothers and children. How much to be admired is introducing a little girl or boy to the the mother who makes her little son or wonderful things of the open. Child-hood, that glorious impersonal age when the mind is a fair white unwritten book, is the time for such as this. Write How lucky her little one is compared some of God's great miracles into your to the child who goes through the child's life. There are others a little further down the path waiting to inscribe different things. The boy or girl tight shut. To know the names of all who knows and loves the fine, clean, the flowers and trees and guess at them great, unforgettable outdoors will not

Luncheon Favors

An unusual povelty put out by somof the florist shops makes an attractive favor for a summer luncheon. It is a small individual flower holder, in front of which is a dainty little pasteboard figure, dressed in light colors. The corsage bouquet that is presented to each guest is placed in the holder, making a pretty touch of decoration for the table The holders can be used again in the house, for small bouquets, or for an other luncheon, merely as a part of the decorations.



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