

SOME TASTY POTATO DISHES—COOL AND DAINY LINGERIE—HOW TO EARN PIN MONEY

MRS. WILSON GIVES RECIPES FOR PREPARING WHITE POTATOES

More Than Thirty-five Varieties of This Vegetable—Average Analysis Given—Roasting in Ashes Gives Delicious Taste—Dumplings and Crust for Meat Pie. Cups to Hold Vegetables in Appetizing Salad

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

THIS nutritious tuber is said to have saved the Irish people from famine and it is fitting that this variety of potato should bear that name. The potato was unknown to Europe before the venturesome expedition of the fifteenth century to the Americas, where it was found to be used freely by the natives of both continents.

Frequently it has been said that the potato competes with bread as the staff of life, because its use is almost universal. There are more than thirty-five varieties of potato and, although it is affected by soil and climate, the sandy soil necessary for its successful growth is found in almost every country.

The housewife should understand its food value. The average analysis of the white potato is as follows:

Sixty-two per cent water, 2 per cent protein, 1 per cent fat, 4 per cent carbohydrates (starch and sugar), 20 per cent waste and 1 per cent mineral ash.

The proportion of water found in the potato depends largely upon the soil in which it is grown. The small protein content is offset by its large carbohydrates (sugar and starch) content.

Potato Dishes

One of the best forms of serving this tuber is to roast the potato in the ashes. Few will realize how delicious it can be. Wrap the potato in tissue paper and then cover with hot ashes, then cover with coals and roast about one hour.

Next to this method comes the baked potato. Wash and dry medium-sized potatoes and then rub well with shortening, and place in the oven and bake for thirty-five minutes for small potatoes and fifty minutes for large ones. Greasing the potato well before baking prevents a hard crust from forming and permits the entire contents of the mealy sack to be eaten.

Boiling potatoes in their jackets causes the potato to lose about 2 per cent of its nutritive value, while peeling before cooking causes a loss of 14 per cent. If necessary to peel, use a sharp knife and remove the very thinnest portion of the skin; scraping new potatoes is better than peeling them.

Potato Cakes

Cook three large potatoes and then peel and mash fine. Measure and place two cups of the mashed potatoes in a mixing bowl and add

Mrs. Wilson Answers Queries

My dear Mrs. Wilson—Will you please publish a recipe for sweet buns with currants for breakfast that can be made with baking powder instead of yeast? Is there any coffee cake that can be made also with baking powder, as I like to make them for breakfast? Later on will you publish an easy recipe for doing up jams, like the strawberry, raspberry and blackberry jams? In the different cook-books the recipes are so long drawn out. Please give me some simple pickle. Mrs. J. A. S.

Sweet Buns

Place in a mixing bowl Two and one-half cups of flour, Three-quarters teaspoon of salt, Six level teaspoons of baking powder, Three-quarters cup of sugar, One-half teaspoon of nutmeg, Three-quarters teaspoon of cinnamon.

Mix by sifting and then rub in one-half cup of shortening, and mix to a dough with

One egg, One cup of milk, One cup of currants.

Roll out and then cut like biscuits or form lightly between the hands into buns.

Use Lebanon crumb cake for the recipe for coffee cake. Use three-quarters cup of cold coffee in place of water to mix. See the woman's page, April 29, May 1, May 22, May 24 and June 9. Other jam and jelly recipes will follow in season.

My dear Mrs. Wilson—There are a few questions I would like to ask if you will be kind enough to answer. I cannot get the calceolion cream whipped right. Will you tell me whether you first whip the white and then gradually the jelly or whether you whip them both together, and whether you put the thermometer in the gas oven as soon as you light it or wait till it burns a while? Also could you please tell me a good recipe for a three-cup flour cake; a nice light one? I have tried your crullers with success, only the grease seemed to soak in too much. If you will kindly answer these I will be ever so grateful to you. Thanking you in return, Mrs. L. De H.

Do not put in too much jelly. Be exact and use just one-half of an eight-ounce tumbler. If your egg water is greasy or the bowl has the least suspicion of grease your whip will fail to beat up. If you use your egg beater for general cooking

Two cups of flour, One teaspoon of salt, Four teaspoons of baking powder, One egg, Four tablespoons of milk.

Mix to a smooth dough and then roll out one-half inch thick and cut and brush the tops with milk. Bake in a hot oven for eighteen minutes.

Potato Souffle

Rub two cups of mashed potatoes through a fine sieve to remove the lumps. Place in a bowl and add

Folks of two eggs, One teaspoon of salt, One-half teaspoon of paprika, One-half teaspoon of grated onion, One-half cup of milk.

Beat to mix and then cut and fold in the stiffly beaten whites of two eggs. Place in a well-greased pan and bake in a moderate oven for twenty minutes.

Potato Croquettes

Mince fine sufficient bacon to measure four tablespoons after chopping. Place in a frying pan and add two grated onions; brown gently and then add

Two cups of mashed potatoes, One teaspoon of salt, One-half teaspoon of pepper.

Mix thoroughly and then mold into croquettes. Roll in flour and then dip in beaten egg and roll in fine crumbs. Fry until golden brown in hot fat.

Potatoes au Gratin

Cut cold boiled potatoes into dice and then season with salt and pepper and place a layer in a baking dish. Sprinkle with fine crumbs and one tablespoon of finely minced onion, two tablespoons of finely minced parsley. Place in a second layer and season, then pour over the last layer two cups of cream sauce. Sprinkle with fine crumbs and bake in a moderate oven twenty-five minutes.

Potato Custards

Rub one cup of mashed potatoes through a fine sieve into a bowl and add

One cup of milk, Two well-beaten eggs, One teaspoon of salt, Pinch of mace.

Mix thoroughly and then turn into a baking dish and bake in a moderate oven until firm, usually about twenty minutes.

Potato Dumplings

Grate four large cold boiled potatoes into a mixing bowl and add

One and one-half cups of flour, One and one-half teaspoons of salt, One teaspoon of pepper, One small onion, grated, Three tablespoons of finely minced parsley.

One egg, Three tablespoons of water. Mix to a smooth dough and then form into balls the size of an egg. Drop into boiling water and cook for fifteen minutes. Lift and drain well and serve with either brown stew or cheese sauce.

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New Method of Making French-Fried Potatoes

Cut large cold boiled potatoes into cubes as for French-fried potatoes and dust lightly with flour and brown quickly in hot fat. This method prevents the potato from being soggy in the center.

Potato Crust for Meat Pies

Mash boiled potatoes and then rub through a sieve to remove the lumps. Now add to

One quart of prepared potatoes, Three tablespoons of shortening, Two teaspoons of salt, One teaspoon of paprika, Two teaspoons of baking powder, One teaspoon of grated onion, One well-beaten egg, Six tablespoons of milk.

Beat to thoroughly mix and then spread in a layer about one inch thick on meat pies. Brush the top with milk and bake in a moderate oven for thirty-five minutes.

Potato Cup for Salad

Boil medium-sized potatoes in their jackets. Cool and then peel. With a teaspoon scoop out a well in the center, leaving a thin wall of potato. Now trim neatly into shape. Place in a bowl and marinate in French dressing, turning frequently so that each portion may be seasoned. Now prepare a filling as follows:

One cold boiled beet, cut into tiny dice, One-half cup of cooked peas, One onion, grated, Three tablespoons of finely minced parsley.

One-half cup of cold boiled potatoes, cut into tiny dice. Toss the vegetables gently to mix. Season with salt and pepper and reduce four tablespoons of mayonnaise with two tablespoons of vinegar. Fill into the potato cups and place in a nest of crisp lettuce leaves. Garnish with mayonnaise and serve ice cold.

At the left of the drawing today is one of these Grecian robes. In this instance the material is crepe de chine, embroidered on the upper part, and held in at the waist with the fllet lace and the ribbon at the front. The neck line and the armholes are also finished with the fllet lace.

The drawing at the top shows a nightgown of satin made with a dropped arm piece and decorated with embroidery and tucks.

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The Question Corner

Today's Inquiries

- 1. What is the most frequently given Christian name in the English-speaking world?
2. When the ironing was all gone what is a good substitute to use?
3. Describe a dainty gift for the new baby.
4. What toilet article should the summer traveler be sure to take in her handbag to prevent the travel-stained appearance at the end of the trip?
5. How can dainty bedroom slippers be trimmed to match the ruffled negligee of organdie?
6. Describe a pretty summer costume which can be made with a remnant of gingham?

Saturday's Answers

- 1. It is proper for an engaged girl to attend a dance with a young man other than her fiance if he cannot be present and approves of her going.
2. A hammock tea is a garden affair in which all the guests sit in hammocks, borrowed by the hostess for the occasion. Refreshments are passed and the girls play games or do crochet work, etc.
3. A very plain last year's frock can be made quite dressy and up-to-the-minute in style by adding a lace tunic.
4. Turpentine will remove paint from the window.
5. A shower hose attached to the faucet on the bath tub will greatly facilitate cleaning it.
6. White of egg will remove fly specks from gilt frames.

See reply to Mrs. G. P.

THE SATIN NIGHT ROBE



The nightgown of cool satin or crepe de chine is a joy for warm summer nights

A Daily Fashion Talk by Florence Rose

THE cool, dainty nightgown is far more appreciated in the summer than at any other time of the year. For during hot weather there are few women who do not find a few minutes to slip into a nightgown for a short rest. When I went shopping this last week for a friend who desired some new nightgowns I, too, fell a victim to the beauties and loveliness of the present fashions in night gowns.

Personally I am not so much interested in the lace-trimmed things, but those of beautiful material and cut do make me envious. I thought one to send away, cut on what is known as the Grecian robe style. There were no sleeves, but the fullness of the body of the garment helped out for the sleeves, as far as protection to the arms went. The material was a wonderful quality, for these days—crepe de chine. The low, rounded neckline was bound with a bias band of pink satin about an inch in width, and here and there were French roses in a deeper shade in pink. The armholes were bound with satin in like manner. It was, indeed, very simple, but so lovely.

At the left of the drawing today is one of these Grecian robes. In this instance the material is crepe de chine, embroidered on the upper part, and held in at the waist with the fllet lace and the ribbon at the front. The neck line and the armholes are also finished with the fllet lace.

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Please Tell Me What to Do

By CYNTHIA

Advice From Lieut. B.

Greetings, fellow members. I honestly didn't intend to stay away so long, but I've been rather busy here of late. That, and the hot weather, I offer as excuses. And when, during your day's work, you vainly strive to brush away visions of a cool, inviting lake, nestled among the mountains; gentle breezes laden with the smell of pine trees; wonderful moonlight nights and—and—but what's the use? Visions and dreams were never known to satisfy an empty stomach and to eat we must work, it seems.

"Happy," please accept my sympathy, admiration, best wishes and—everything. After writing that letter you should be elected president, vice president and secretary of our club. It was great!

I'd like to say a few words to the girls, in particular, every one in general. (Heart-breakers please note). My subject is, I think, one of the most vital things in the happiness of every married couple; yet apparently it is the most neglected. To be brief, it's simply this: "The study of the man you are going to marry."

No doubt you have all read hundreds of times that most men are, at heart, nothing but babies. But have you ever stopped to figure just how much truth there is in this statement? As a matter of fact, truth words were never spoken. Now to prove it.

When you first begin to think seriously of some certain man, do you at once start in to study his good and bad points, or do you merely take everything for granted and trust to love (and luck) to bring happiness? Sad to say, most of you depend upon the latter. Result: divorce, or worse.

Every man, if he's a real man, secretly longs to have "the girl" make a fuss over him. Of course, he would rather die than admit it to any one. Nevertheless it's true. But don't misunderstand me. That doesn't mean that the minute he enters the room you should drape yourself about him like a flag and remain there the rest of the evening, nor ask him every five minutes if he still loves you. Do the latter and you won't keep him long.

One of our popular authors has said that the best way to tell what kind of a man you have is to find out from his mother what kind of a baby he was. If he was one who, just to look at him, made every woman stop and kiss him, then, continues this author, you may depend upon it that his mother will keep up this practice even after he has grown to be a man. He will never be too big for her to make a fuss over him. Naturally, being used to this, it's only reasonable to suppose that he would not only expect but look for a continuation of this treatment from the girl he marries.

Picture what it means to such a man to marry a girl who can't understand nor satisfy this natural longing. But you say, "Dick gets real angry if I muss his hair, or kiss him back of his ear and the hundred and one other things I like to do to him." Of course, he does.

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SOME HINTS ON MAKING PIN MONEY AT HOME

There Must Be Demand for Your Work, You Must Know How to Do It, and Then Courage

THE subject of pin money will always be an absorbing one with women. Time after time the mail man brings letters that plead to be told how to make some extra pennies to make the household money go further, to save to send a boy to college or any number of other equally noble purposes.

One takes up the subject of making pin money or money at home gingerly, for so many women have admittedly failed; yet on the other hand so many have succeeded that it seems only fair to give some suggestions to those who are apt through perseverance to be included in the latter class.

Women have made money with little front porch tearooms where dainty sandwiches, cakes, chocolate and iced tea are sold. They have made money serving a noonday meal for workers in the neighborhood, by selling school lunches all put up, by fixing up attractive picnic lunches in the season. Other women have piled up neat little incomes through making hand-embroidered things for babies, by initiating lines, by doing family mending and business women's mending. There is a true story told of one girl who put herself through her senior year at college by mending and pressing other students' clothes and at the end of that time her business was so prosperous that she hired two assistants and went in for the work permanently.

I AM not going to name the dozens of other ways in which ingenious women have made "pin money" because these are apt to suggest themselves to wideawake persons, and I want a minute to say a word on the broad, general rules that will, if anything, insure success. First, make sure that there is a real need for the article you are planning to make and sell or the noon meals you would like to serve. Secondly, be sure you know how to do what you are planning to do. A dissatisfied customer is a very poor advertiser and people always want their money's worth. Thirdly, provided your case complies with these first two rules, remember that "Rome was not built in a day." In other words, realize that all of these successful pin money enterprises were the result of much faithful working, watching and waiting. Patience, which never, however, folds its hands, and courage are the two prime requisites for success.

Canvas Hats

An unusual style recently innovated in sport hats is the hat of canvas, of a striking lemon color, trimmed with wheat or barley. It is undoubtedly a durable style, is not heavy or uncomfortable to wear, and provides a satisfactory shield from sun or rain. At the same time it is very becoming, and the novel trimming gives it a "rural" effect that is decidedly charming.

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