

MRS. WILSON GIVES FRUIT RECIPES—CYNTHIA'S ANSWERS—FASHIONS—THE SENSITIVE GIRL

GOOD BANANA RECIPES BY MRS. M. A. WILSON

This Fruit, Usually Eaten Raw, Makes Delicious Cooked Dishes—Tasty Custard Pie—Baked With Rice and Poached Eggs—Delicate Flavor for Ice Cream

THE banana is a tropical fruit, and it is cultivated in all tropical countries. It is like the palm in appearance; the thick, soft stem is formed by the overlapping of the long vertical leaf stalks. This stem in the dwarf varieties is about five feet high, while the ordinary varieties reach a height ranging from fifteen to twenty-five feet.

Ask Mrs. Wilson If you have any cooking 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.

Baked Bananas Wash the bananas and remove just one strip from the top. Place in a baking pan and add one-half cup of water and bake in a moderate oven one-half hour.

Rice Bananas and Poached Eggs Cook one-fourth cup of rice in one and one-fourth cups of water until the rice is soft and the water absorbed. Place in a baking dish and cover one inch deep with sliced bananas. Place in the oven and bake for ten minutes. Now lay on one poached egg for each service. Garnish with a strip of bacon and serve with parsley sauce.

Banana Pancakes Place in a mixing bowl One cup of crushed bananas, One cup of milk, One and one-half cups of flour, Two tablespoons of sirup, Two tablespoons of shortening, One egg, Two teaspoons of baking powder.

Havana Banana Pastry Two cups of flour, One-half teaspoon of salt, Two teaspoons of baking powder, One tablespoon of sugar.

Banana Stuffing for Chicken Pare and rub through a sieve four bananas. Place in a bowl and add One-half grated onion, One green pepper, chopped fine, Three tablespoons of finely chopped parsley, Four slices of bacon chopped fine, One and one-quarter cups of bread crumbs, Pinch of thyme, One egg, One teaspoon of salt.

Banana Ice Cream One and one-half cups of banana pulp, One cup of sugar, Juice of one lemon.

Fried Bananas Peel the bananas and then cut into two; roll in flour and then dip in beaten egg and roll in fine crumbs. Fry until golden brown and serve with broiled steak or chops or chicken frites.

Banana Custard Pie Pare and then rub through a fine sieve sufficient bananas to measure one cup. Place in a mixing bowl and add One-half cup of sugar, Juice of one lemon, One-quarter teaspoon of grated rind of lemon.

Banana Fritters Place in a mixing bowl One cup of banana pulp, One-quarter cup of sugar, Yolks of two eggs, One tablespoon of shortening.

Banana Muffins Rub a sufficient number of bananas through a sieve to measure one cup. Place in a mixing bowl and add One cup of brown sugar, Four tablespoons of shortening, Two cups of flour, Five teaspoons of baking powder, One cup of milk, One-half teaspoon of nutmeg.

Banana Sauce One-half cup of crushed bananas, One-half cup of sugar, One teaspoon of vanilla, Juice of one orange.

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A DISCOVERY THAT BENEFITS MANKIND Two discoveries have added greatly to human welfare. In 1835 Newton originated the vacuum process for condensing milk with cane sugar to a semi-liquid form. In 1885 Horlick at Racine, Wis., discovered how to reduce milk to a dry powder form with extract of malted grains, without cane sugar. This product HORLICK named Malted Milk. (Name since copied by others.) Its nutritive value, digestibility and ease of preparation (by simply stirring in water) and the fact that it keeps in any climate, has proved of much value to mankind as an ideal food-drink from infancy to old age.

Please Tell Me What to Do BY CYNTHIA

Wants to Reduce Dear Cynthia—Will you kindly advise me through your valuable paper whether it is harmless to take "epsom salt baths"? I heard that they are good for reducing. Also advise how to take them. A. W.

A Bit Spoiled Courage—I am sorry that I cannot make you feel better by saying that you were right in the matter of the handkerchief; and your subsequent behavior was not at all what it should have been.

Advertisements With a Purse ADVERTISING is a wonderful force. If an article is advertised long and persistently enough, the time arrives when you feel that your life is not complete without it.

Mrs. Wilson Answers Queries

My dear Mrs. Wilson—Will you kindly give me a hot chocolate sauce recipe? One that is not too sweet and will do to pour over vanilla ice cream.

Hot Chocolate Sauce Place in a saucepan One-half cup of sirup, One-half cup of water, Two tablespoons of cornstarch (level), Three tablespoons of cocoa.

Fudge, Using Cocoa Place in a saucepan One and one-half cups of cocoa, Three-quarters cup of evaporated milk, One cup of corn sirup, One-half cup of butter.

To Mrs. M. P., Mrs. B. M., Mrs. M. W. B., Mrs. N. R., Mrs. C.—The bread-making lesson will be featured in the woman's page shortly.

My dear Mrs. Wilson—Will you kindly publish the recipe for making chile con carni? Have mislaid same. MISS M.

See Cosmopolitan Kitchen—Mexican—for the recipe to which you refer.

PIEDMONT Piedmont Peanut Oil —is a pure, unadulterated table and cooking oil, pressed from the finest oil-producing peanuts grown in the south. It is especially fine for "deep" frying. Ask for PIEDMONT—The food oil with the nut flavor PEANUT OIL

Misses' and Young Women's High Sport Shoes WHITE LINEN, white Neolin sole and wedge heel. Sizes 2 1/2 to 7; A to D. Very dressy styles for outdoor wear—golf, tennis, boardwalk. \$5.90

THE SHORT TOP COAT

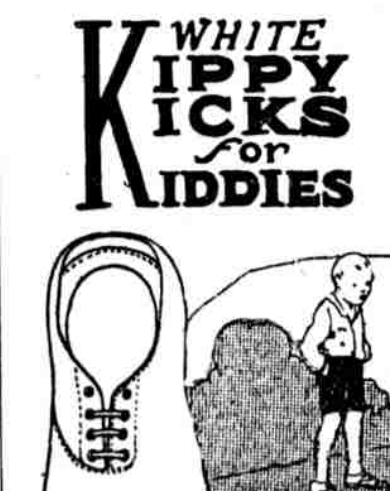


Medium-weight jersey cloth is used for this smart summer sports coat, which is appropriate to slip on over the simple frock

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WHITE KIPPY KICKS for KIDDIES \$2.90 White Sea Island Duck White Ivory Leather Soles In Norwegian Tan, \$3.65

Smart Looks—Solid Comfort—Lasting Service



Cool footwear for youngsters, combining all the essentials of comfort and wearability with the very desirable feature of neat appearance.

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And So They Were Married BY HAZEL DEYO BATCHELOR

START THIS STORY TODAY

ELISIE CARSTAIRS, one of the girls in the old crowd of which Ruth used to be one of the gayest, was going to be married. Ruth had not seen very much of her of late, the interests of the two girls were different.

Ruth's small triumph at that time had consisted of a ruby engagement ring that had been the talk of every one. Every one had realized that she had captured the most eligible man of the crowd.

The Question Corner Today's Inquiries 1. Who is said to be the highest-salaried woman in the world?

Answers to Yesterday's Inquiries 1. The latest undertaking of the American Y. W. C. A. in France is the starting of a training school for women, to be called the Emergency Training School.

This is a story about a folding tooth brush. First, I will describe it. It bends in the center, and the brush teeth back into a sort of groove or cup. This protects the brush and at the same time prevents any water from escaping if the bristles are moist.

SENSITIVE GIRLS LOSE OUT IN VACATION TIME

Carefree Summer Folk Refuse to Be Careful of Any One's Feelings, No Matter How Delicate, and There You Are

THE Sensitive Girl has just finished the first week of her vacation at our very nice blue lake and I am not sure, but I think she has had a miserable time. The trouble is she is like all sensitive people; she imagines everybody up here hasn't an earthly thing to do but hurt her feelings.

Two days later she was among those present in the water when the 11 o'clock train steamed into the lonely little wooden station and another girl from another crowd happened to be on the train. She, too, was unmet as it were. But good gracious! how that girl did bound into the premises!

Physical Fashion —resolves the snarl of approval when all superfluous hair has been judiciously removed. The fastest, wisest, most effective way.

MANDO You can buy it at all department stores and good drug stores.

"LOVEKIN" OWNERS DON'T WORRY ABOUT GAS BILLS! Users of the Lovekin Heater find it an economical as it is dependable.

LIFE-RENEW FOR FACE AND HAIR Your Hair Falls Out? Waved by SCIENCE'S LATEST EFFICIENT METHOD

Goody LOVE AT FIRST BITE NUT MARGARINE (ASHBY PROCESS) OLEOMARGARINE HAUCK NUT BUTTER CO. NEWARK, N. J.

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