EVENING PUBLIC LEDGER-PHILADELPHIA, WEDNESDAY, JULY 16, 1919

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



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

By MRS. M. A. WILSON Copyright, 1918, by Mrs. M. A. Wilson, All rights reserved.

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.

The flowers are deep pink, shading into red, though one frequently sees these flowers in delicate pinks and deep yellows. A branch, or as it is commercially known, a bunch, contains nine hands, or ridges, or layers to the stem, with ten to fifteen bananas to the hand.

The bananas of Central America run larger in size than those of other countries and are very plentiful. The red bananas come from Cuba and Central America.

Bananas in this country are nearly always eaten raw. But in the West Indies and other semitropical countries this fruit is prepared in many delicious and appetizing ways. It is sometimes dried until black, after the manner of figs; it is made into flour; preserved with sugar and lemon and lime. Today I am going to give you a variety of ways in which this delicious fruit can be prepared-as it is prepared in the West Indies and in Guatemala.

Havana Banana Pastry

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

Place in a mixing bowl and sift to thoroughly mix. Now rub into the prepared flour eight tablespoons of shortening and then mix to a dough with one-half cup of ice cold water. Roll the pastry on a slightly floured pastry board one-fourth inch thick. Cut in oblongs three inches wide and six inches long. Peel the banana and lay on the pastry; sprinkle with

One teaspoon of brown sugar. Pinch of nutmeg, Pinch of cinnamon, One-half teaspoon of butter.

cold water and press firmly together manner. inclosing the banana. Lay on a wellgreased and floured baking sheet, placing the side which was fastened together down. Brush with beaten egg and bake in a moderate oven for eighteen minutes. Serve just as you would other pastries.

Fried Bananas

Peel the bananas and then cut into

Ask Mrs. Wilson If you have any cookery prob-lems, 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.

was not at all what it should have been. moderate oven for twenty-five min-If you knew this boy so well that he utes. Ice the tops with water icing. was in the habit of dining at your home every day, it seems rather silly,

Baked Bananas Wash the bananas and remove just if he wanted to tease you by keeping one strip from the top. Place in a baking pap and add one half cup of baking pan and add one-half cup of way you did. Forgive me, dear, but water and bake in a moderate oven you have acted just like a spoiled baby. ne-half hour.

Rice Bananas and Poached Eggs Cook one-fourth cup of rice in one take such grave offense and to and one-fourth cups of water until that he does not care for you because

the rice is soft and the water ab- of the happening. sorbed. Place in a baking dish and cover one inch deep with sliced that you are sorry that you were so bananas. Place in the oven and bake childish, that you really had not wanted for ten minutes. Now lay on one him to keep the handkerchief, but you poached egg for each service. Gar-nish 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. Beat to mix and then bake in the usual manner on a well-greased smoking-hot frying pan.

Banana Stuffing for Chicken My dear Mrs. Wilson-Will you Pare and rub through a sieve four kindly give me a hot chocolate sauce recipe? One that is not too bananas. Place in a bowl and add sweet and will do to pour over vanilla ice cream. Thanking you One-half grated onion. your many valuable recipes hints R. K. One green pepper, chopped fine, Three tablespoons of finely chopand hints. ped parsley. Four slices of bacon chopped fine, Place in a saucepan One and one-quarter cups of bread One-half cup of sirup, rumbs. One-half cup of water, Pinch of thyme, Two tablespoons of cornstarch One egg. (level). One teaspoon of salt. Three tablespoons of cocoa. Stir to dissolve the starch and then Mix thoroughly and then fill into Brush the edges of the pastry with the chicken and roast in the usual bring to a boil. Cook for three minutes, and then remove from the fire and add Banana Ice Cream One teaspoon of vanilla, One-quarter teaspoon of cinnamon. are good and firm, and the brush may Use at once. One and one-half cups of banana pulp. One cup of sugar. My dear Mrs. Wilson-Kindly Juice of one lemon tell me through the paper how to make several kinds of candy from cocoa, including fudge. Thank you. MRS. B. S. Place in a mixing bowl and then cover and set aside. Now place Two and one-half cups of milk. Four tablespoons of cornstarch

Fudge, Using Cocoa Place in a saucepan in a saucepan and stir to dissol One and one-half cupe of cocoa,



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114-5

Medium-weight jersey cloth is used

for this smart summer sports coat,

which is appropriate to slip on over

the simple frock

A DVERTISING is a wonderful force. If an article is advertised long and

when you feel that your life is not

complete without it. Thus it is that

sooner or later you arrive at the point

where you must have rubber heels. They

become an obsession. Hopefully, then,

and with fine determination you take

your high-heeled oumps to the shoe-maker's. "Sorry," he says politely, "but we don't use no rubber heels on

them high-heeled shoes," Now that we have become convinced, however,

that without rubber heels walking is a

torture, we must have them. And, in fact, I have found them ! They come

in a number of sizes, and can be slipped

on to your high heels. You don't even

have to go to the shoemaker's to have

them put on, for you can slip them on

r black, and should prove a great com

This is a story about a folding

ooth brush. First, I will describe it.

It bends in the center, and the brush

folds back into a sort of groove or

cup. This protects the bhush and at

the same time prevents any water from

escaping if the bristles are moist. Then

will tell you of its quality-the bristles

now I shall tell you of its uses. It

can be tucked in your handbag when you "travel light" and spend the night

with a friend. And if you want to sllp it in your sultcase after you have

They come in white, tan.

With a Purse

Adventures

wants to talk about it all, do so; don't persistently enough, the time arrives

courself.

Wants to Reduce

A Bit Spoiled

kerchief; and your subsequent behavior

Of course, it was silly for him to

keep the handkerchief if you did not

want him to, but it was even sillier.

under the circumstances, for you to

to see you and forget the occurrence

that you have both been too good friends

for too long a time to let a silly thing

like this quarrel break the friendship

if he does not respond in the same spirit let the matter drop. If he is nice

about it and comes to see you and

be stiff. But do not ask for the hand-

Answers Queries

Hot Chocolate Sauce

Mrs. Wilson

up.

kerchief again.

Then wait to hear from him, and

to take them.

proper preparations.

And So They Were Married

By HAZEL DEYO BATCHELOR Copyright, 1019, by Public Ledger Co.

the idea of making a handsome present just at this time, she clung to that wed-ding as something that held her to the old life. The Carstairs had a big stone house

on one of the side streets off Fifth avenue. In her mother's sitting room

one morning Elsie sat at the Louis XIV desk addressing invitations. Her mother lay back in a large chair START THIS STORY TODAY ELSIE CARSTAIRS, one of the girls in the old crowd of which Ruth relaxing under the clever manipulations used to be one of the gayest, was going to be married. Ruth had not seen very sagging check muscles effectively. much of her of late, the interests of Every few minutes as the woman rethe two girls were different. But Ruth lieved her temporarily from the constill thought of Elsie as one of her old friends. She had been among the crowd

ber daughter. Elsie wheeled around in her chair at the bridge which Ruth had given uddenly to ask a question. long ago to announce her engagement to Jack Bond, and if Ruth had known it list." "We've forgotten some one or

Elsie had been one of the women who "Who's that?" had thoroughly envied Ruth her luck. "Ruth Rowland and her husband."

remarked Mrs. Carstairs "Well," Ruth's small triumph at that time slowly, "what about it?" had consisted of a ruby engagement ring "I always liked Ruth," Elsie brought

that had been the talk of every one. out slowly. Every one had realized that she had "But you don't see anything of her captured the most eligible man of the any more ; have you ever called on her crowd. To be sure people liked Scott

since her marriage?" equally well, but he was not eligible. "Once, and oh mother, she lives in His family were nice, but had no the cheapest little flat and does her own money. Scott himself was making a small salary. He was no great catch work. Of course," Elsie had the grace to blush here, "we oughtn't to judge, for any one, and although Ruth's own Ruth on that score." ideas had changed, and although she

had eventually married Scott, it had not "Of course not, but the point is this, been a marriage that any one exactly if you two girls have nothing in comenvied.

in common after you are married." any extent. She had dabbled fashion-

casualty lists, and then at the end of which Mrs. Carstairs refused to believe. cloud. the war she had promptly forgotten all Elsie didn't care very much. She had Two days later she was among those to enjoy life. Isn't it so, those whe about everything in her relief that she the typical modern idea of marriage; present in the water when the 11 o'clock have been sensitive and gotten over it? needn't feel guilty about having a good love did not enter into it at all. And train steamed into the lonely little time. Her horizon was bounded by men so she was bound to agree with what wooden station and another girl from with money, good times, fashionable her mother said.

lothes and the right people. That was how it happened that Ruth Her engagement had been announced and Scott were not invited to the wedinformally, but it was expected that the ding, and a couple of days later when

thing was wrong.

to wear to the wedding, Ruth flushed

"Elsie Carstairs's wedding." she ex

plained quickly, sure that there was

ome mistake. Why Elsie Carstairs had

een at Ruth's engagement party. "The

"But that's absurd, Ruth, there must

"No. I don't think so. You see my

nother is dead, she doesn't live in a

fashionable apartment any longer, she

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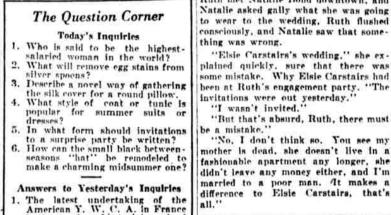
1615 WALNUT ST. Allantie City. 188

nvitations were out yesterday.

"I wasn't invited.

e a mistake."

consciously, and Natalie saw that some



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 Emer-gency Training School.
Rain stains can be removed from white kid gloves by rubbing gently on the wrong side with the finger nail.

3. If children's clothes are marked

If children's clothes are marked with their initials on the belt, at the front of the neck or at the edge of the hem, in large cross-stitched letters the color of the dress, the marking will be a decoration as well as a convenience.
A handy device for keeping laun-dry string ready for use in a wooden package handle, hung in a convenient place, with the string wound round it like a spool.

5. It is not good taste to wear white shoes and stockings with dark

wedding would be one of the affairs of SENSITIVE GIRLS LOSE the season, and although Ruth dreaded **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 I WISH I could make my story end the first week of her vacation at our I nicely and say she did profit by it, of the masseuse who was endeavoring to very nice blue lake and I am not sure. but the tryth of it is she didn't. If modify a double chin and to relieve but I think she has had a miserable you know the Sensitive Girl I don't time. The trouble is she is like all sen- have to tell you the rest. There have sitive people; she imagines everybody been dances with not enough of men to finement of steaming hot cloths she up here hasn't an earthly thing to do but go around, and there has been a woewould exchange desultory remarks with hurt her feelings. Well, that is a rather ful little figure in pretty pink organbrutal way of putting it, I admit, be- die sitting half the evening in the dresscause the Sensitive Girl is least of all ing room. "The boys don't like to things in the world conceited, but judg- dance with me." she confides. "I don't ing from outside appearances, that really know what I have ever done to any of does seem to exactly size up the situ- them." The real situation is someation. thing like this: If the Sensitive Girl

Now take this, for instance. The Sen- happens to be partnerless for just one sitive Girl arrived at 11 o'clock in dance she will run away and hide for the morning and no one met her at the five. Now, how under the sun can station except the little flivver from the cottage and the driver with the mes- any one be nice to some one when she's sage that every one was bathing and for nowhere in sight?

her to come right over and the girls would run up from the lake and see her There have been picules, bathing parties and any number of other occasions at the cottage. Now every one knows 11 o'clock on a sunny morning is the when feelings have been similarly witching hour for bathers, and when strained. a body only has two weeks of playtime

Of course, a person feels very sorry out of a whole long year, a sunny mornfor the Sensitive Girl because, well, tyou two girls have nothing in com-ing cannot be recklessly dealt with. But for the Sensitive Girl because, well, do you think the Sensitive Girl looked she is so understandable. Most of us Elsie Carstairs was one of the girls things that you do and if you don't go at the lonesome station platform in that have been there ourselves and know. whom the war had not awakened to in common after you are married." to the quick because there was no one Some one just has to let her know by were rolled, she had eventually joined much with her marriage. She was didn't say anything about it, of course, does nothing in the world but lose the motor corps on account of the marrying a man quite a little older but every one could tell something was friends for a body, and that delicate stunning uniforms. She had exclaimed than she was, a man with rather an the matter. So you can see how her feelings must be simply whipped and once or twice about the length of the unsavory reputation to his credit, whole vacation started under a dark whipped into shape until they can stand ordinary wear. Then you really begin

present in the water when the 11 o'clock have been sensitive and gotten over it?

another crowd happened to be on the **Physical Fashion** train. She, too, was unmet as it were. But good gracious! how that girl did bound into the premises! "Hello, every. -reaches its senith of approval when all superfluous hair has been judiciously removed. The fastest, wisest, most effective Ruth met Natalle Bond downtown, and body." she was calling from the flivver Natalie asked gally what she was going as it rounded the turn. "How's the to wear to the wedding. Buth flushed water today? Don't use it all. Save some for me. And keep the crowd back. I've got a new bathing suit!" Pensively



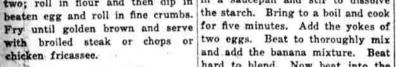
couldn't help wondering if the Senti-tive Girl noticed the difference and would tuck away the little lesson. "LOVEKIN" OWNERS DON'T WORRY ABOUT GAS BILLS! Users of the Lovekin Heater find it as economical it is dependable. Simplicity of construction, ease operation and small gas consumption make it ideal r homes large and small. No waiting—the water always piping hot. Approved by the U. G. I. and for circular. didn't leave any money either, and I'm

suspended on one's waterwings a body

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TOVE AT FIRST BITE



Banana Custard Pie

one cup. Place in a mixing bowl and part salt. This amount will make mometer. Remove from the fire and add three pints of ice cream.

One-half cup of sugar, Juice of one lemon, One-quarter teaspoon of grated rind of lemon. Stir to mix and then add slowly beating to mix One cup of milk, Yolk of one egg, One whole egg. One-quarter teaspoon of nutmeg.

Beat to mix and then pour in a pie plate lined with plain pastry. Bake in a slow oven for twenty-five minutes and then cool. Use the white of beaten stiff. Fry in deep fat until refer. egg and one-half glass of jelly for golden brown and then serve with fruit whip.

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.

Beat to mix and then bake in wellgreased and floured muffin pans in a

DISCOVERY THAT **BENEFITS MANKIND**

wo discoveries have added greatly man welfare.

In 1885 Newton originated the vac um process for condensing milk with sugar to a semi-liquid form. In 1883'Horlick at Racine, Wis., disred how to reduce milk to a dry er form with extract of malted without can'e sugar.

product HORLICK named Milk. (Name since copied others.) Its nutritive value, tibility and case of preparation simply stirring in water) and the

that it keeps in any climate, proved of much value to mankind a ideal food-drink from infancy

and add the banana mixture. Beat

Banana Fritters

Place in a mixing bowl

Yolks of two eggs.

baking powder.

1.1

One cup of banana pulp,

One-quarter cup of sugar.

Beat to mix and then add

milk. One cup of corn sirup, One-half eup of butter. hard to blend. Now beat into the

Stir to mix and then bring to boil. mixture the stiffly beaten whites of Cook until it forms a firm ball when Pare and then rub through a fine the two eggs. Freeze in the usual tried in cold water, or until 245 desieve sufficient bananas to measure manner, using three parts ice to one grees is reached, using a candy ther-

> cool for a few minutes, and then beat until creamy. Pour into well-greased pan and mark into blocks before it hardens.

Three-quarters cup of evaporated

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

My dear Mrs. Wilson-Will you kindly publish the recipe for mak-ing chile con carni? Have mislaid same. MISS M. One and one-half cups of flour, One and one-half teaspoons of See Cosmopolitan Kitchen-Mex-

banana sauce.

Banana Sauce One-half cup of crushed bananas, One-half cup of sugar.

One teaspoon of vanilla Juice of one orange. Beat to mix and then serve with the fritters.

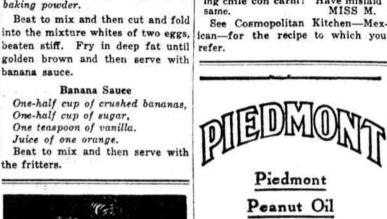


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