

DEEDS ARE THE THINGS THAT COUNT—DELICIOUS HORS D'OEUVRES—CYNTHIA'S ADVICE

MRS. WILSON SUGGESTS MENUS FOR SUNDAY

Serving Vegetable Hors d'Oeuvres Will Stimulate Appetite in Warm Weather—Some Delicious Recipes to Use Up Leftovers—A Different Kind of Cake

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All rights reserved.)

FROM now on until late in September a plentiful supply of fresh vegetables will be in the markets. In planning the marketing remember that no matter how abundant and reasonably priced certain foods are, if the family has a dislike to it, do not purchase that food. Plan to have just a little meat or its equivalent, two of three fresh vegetables, a salad and a good dessert.

thoroughly mix and then bring to a boil and add one-quarter pound of cheese cut into tiny pieces. Stir and continue to cook until the cheese melts. Remove from the fire and add One onion, grated. Four tablespoons of finely chopped parsley. One and one-half teaspoons of salt. One teaspoon of paprika.

Stir well to blend and then pour on a greased platter and let cool. Set in the icebox until needed. This must be prepared on Saturday. Now lift a large spoonful of the mixture and shape, then roll in flour, then in beaten egg and finally dip in fine bread crumbs. Fry until golden brown in hot fat. Serve with cream sauce and garnish with parsley.

Coleslaw Chop the cabbage fine and then add One green pepper, chopped fine. Place in cold water to crisp. Now prepare a dressing as follows. Place in a saucepan

Three-quarters cup of vinegar. One-half cup of water. Three tablespoons of flour. Stir to dissolve the flour and then bring to a boil. Cook for three minutes and then add

One well beaten egg. Three-quarters teaspoon of mustard. One and one-half teaspoons of salt. One teaspoon of paprika. Five tablespoons of salad oil.

Beat to mix and then drain the cabbage well. Place in a bowl and pour the dressing over it. Now add three tablespoons of vinegar and use a fork to thoroughly mix. This will be sufficient coleslaw for Monday night's dinner.

Peach Cake Place in a mixing bowl Three-quarters cup of sugar. One egg. Four tablespoons of shortening. Two cups of flour. Four level teaspoons of baking powder.

Beat just enough to mix and then pour into a deep well greased and flour layer cake pan. Cover the top thickly with sliced peaches and then place in a small bowl Six tablespoons of flour. Four tablespoons of sugar. Two tablespoons of shortening. One teaspoon of cinnamon.

Rub between the tips of the fingers until crumbly and then spread on the top of the peaches and bake in a moderate oven for thirty minutes.

Mrs. Wilson Answers Queries My dear Mrs. Wilson—Will you kindly print in your columns a recipe for chocolate, maple and caramel cake? I refer to the cake itself, not the frosting, although I should like to know of a good maple frosting. Thanking you, I remain, Mrs. W. H. K.

Use the same recipe for the maple as for the chocolate cake, leaving out the cocoa and substituting one teaspoon of maple flavoring or use maple sugar in place of other sugar. Use caramel icing on the cake.

Caramel Icing Place one-half cup of sugar in an iron frying pan and cook until almost black. Add one-half cup of water and cook slowly for five minutes. Strain into a bowl and then add sufficient XXXX sugar to make the mixture spread. Flavor with vanilla and one-half teaspoon of cinnamon.

Maple Frosting One and one-half cups of maple sugar. One-half cup of water. Bring to a boil and cook until it forms into a soft ball when tried in cold water. Pour in a fine stream upon stiffly beaten white of egg. Spread on the cake while warm.

Chocolate Cake Three-quarters cup of sugar. Yolks of two eggs. Cream until light and then add Four tablespoons of shortening. Two cups of flour. One-half cup of cocoa. Four level teaspoons of baking powder. One cup of milk. One teaspoon of cinnamon. One teaspoon of vanilla.

Beat to thoroughly mix and then cut and fold in the stiffly beaten whites of two eggs. Bake in a loaf-shaped round pan in moderate oven for forty minutes or in two layers for twenty minutes in a moderate oven.

My dear Mrs. Wilson—Will you kindly give me a recipe for orange marmalade, grapefruit marmalade and also how to preserve rhubarb? Thanking you in advance, K. M. G.

Recipes for these goodies will be found during the preserving season. See the lesson on rhubarb.

A Suggestive Sunday Menu This menu includes three meals for the family of four and allows sufficient food for a guest or two for both dinner and supper.

Sunday Breakfast Blackberries Creamed Beef on Popovers Rice Cakes Watercress Coffee Dinner Young Onions Cream Sauce Peas Colelaw Huckleberry Pie Coffee Supper Cream Gravy Iced Tea

The market basket will require One box of blackberries. One-fourth pound of dried beef. Four eggs. One bunch of cress. One bunch of radishes. One bunch of young onions. One-fourth pound of cheese. One-fourth peck of peas. One-fourth peck of potatoes. One small head of cabbage. One box of huckleberries. One green pepper. Five tomatoes. One quart of peaches. One package of marshmallow whip. One bunch of parsley. Three pints of milk.

This menu will cost approximately \$3. This price does not include the regular staples that are a necessary part of the weekly menu.

Cream Beef in Popovers Place the popover pan in the oven to heat; while heating place in a mixing bowl One cup of sifted flour. One-half teaspoon of salt.

Now break an egg into a measuring cup and then fill with water. Pour into the bowl with the flour and beat, using a Dover egg beater, for five minutes. Grease the smoking hot popover pans and pour in the mixture. Place in a hot oven and bake for thirty-five minutes. Do not open the oven door for ten minutes after putting in the popovers.

After they are in the oven for twenty-five minutes, turn down the gas in the oven for the last ten minutes to dry out without burning.

Now while the popovers are baking, prepare the beef. Shred it into small pieces and then place in a saucepan and cover with cold water. Bring quickly to a boil and then drain. Return the beef to the saucepan and sprinkle over it three level tablespoons of flour, toss to distribute the flour and then add one and one-half cups of milk. Stir with a fork and bring to a boil. Cook for five minutes. Add a pinch of pepper and one tablespoon of butter.

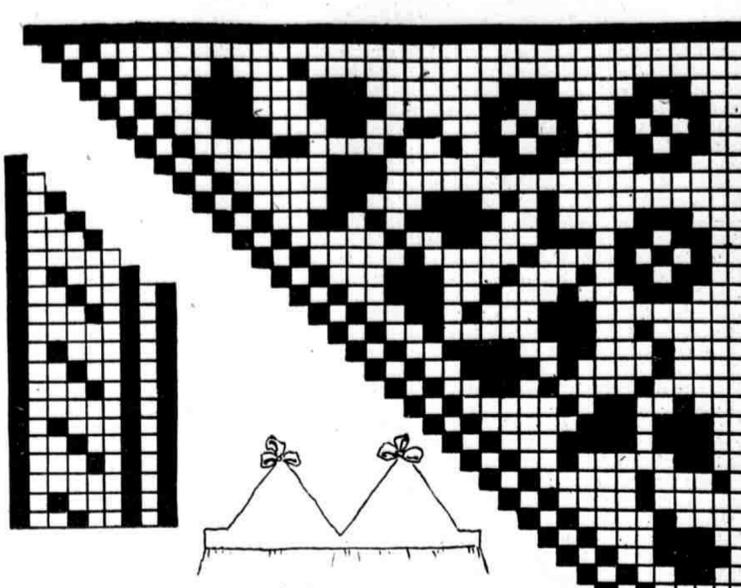
Cut the top from the popovers and fill with the creamed beef. Garnish with bits of parsley.

Rice Cakes Wash one-half cup of rice in plenty of warm water and then place to cook in a saucepan containing two and one-half cups of boiling water. Cook until the rice is soft and the water absorbed. Now add One grated onion. Two tablespoons of finely minced parsley. One teaspoon of salt. One-half teaspoon of paprika.

Mash the rice and mix thoroughly with the seasoning. Form into round cakes and dip in flour; brown in hot fat. Prepare the rice cakes on Saturday afternoon, then they will be ready to brown in hot fat Sunday morning.

Cheese Cutlets Cheese Cutlets Place in a saucepan One and one-half cups of milk. Eight level tablespoons of flour. Stir with a fork or wire whip to

PRETTY YOKE IN FILET CROCHET



This dainty pattern could be used for a nightgown, chemise or under-waist, in white or a color. The cotton used is No. 80. The under-arm strap, shown in the separate pattern, may be made as long as desired. The shoulder may be simply joined together or it may have the piquant little bow, which is run through the holes and tied on top

THE WOMAN'S EXCHANGE

A Thoughtful Offer Dear Madam—A few days ago I saw a letter in your paper about an old lady, a former actress, who lives with the old mother, and you asked for some one to take her out for an automobile ride. Will you kindly give me her address? I will do what I can for her. Also will you give me the names of the newspaper and magazine syndicates you mentioned some weeks ago that buy stories? M. H.

Outdoor Games for Girls Dear Madam—Please send me some games which would be suitable for girls to play at a Y. W. C. A. summer camp on the New England coast. READER.

To Preserve Lemon Juice Dear Madam—Kindly advise me how to preserve lemon juice for future use? How can I rid the house of large black roaches? I prefer the dinner. The sailor is only nineteen years old. I would like something unusual. He is very fond of a good time and a hearty laugh. A LEDGER READER.

You can preserve lemon juice by adding sodium benzoate, seven grains to a pint. Pour into bottles and keep it sealed until you want to use it. You can put the sugar in now or wait until you want to use the lemon juice.

Spread plaster of paris and sugar in the cracks and places where the roaches appear. The theory is, and it works out very successfully, that they go for the sugar, eat the plaster of paris, and it hardens and kills them. There are a number of roach foods on the market that are recommended very highly. Have you tried any of them?

The nicest way to entertain the sailor would be with the dinner, as you suggested. Good home cooking will appeal to him more than any kind of a party. If you want to have something special you might get some of those fancy "crackers" that contain fancy paper caps, or fortunes, or some of the "fun walnuts," imitation affairs which afford a great deal of amusement. As a surprise at the end of the dinner or between courses have a paper parasol hung open and inverted above the table, and arranged so that one pull from a string will tear the paper and let a tiny shower of American flags fall upon the table. Keep the whole party as informal and spontaneous as possible, for that will please your guest of honor much more than a formal, carefully arranged entertainment. I hope you will have a most enjoyable party.

The Question Corner Today's Inquiries 1. What is the newest style of wrap which combines scarf and sweater? 2. How can iron rust stains be removed? 3. When placing a vase of flowers on a mahogany table, what precaution will prevent spotting of the table in case the water is spilled? 4. How should refreshments be served at a garden party? 5. If the colored material for a dress runs short before the waist is cut out, in what attractive way can the dress be made? 6. What material is worn a great deal this year for bathing suits?

Yesterday's Answers 1. The water in which potatoes have been boiled is very good for spouting and brightening silk. 2. A pretty and becoming collar for a crocheted sweater is the long rowel effect in front, and a sailor collar at the back opened to permit it to lie flat. 3. The loops of broken garter clasps can be used as hangers for kitchen towels. 4. The bristles of hair brushes can be stiffened by soaking in water and washing soda. 5. A "muffler" collar can be made useful as well as ornamental, if the ends which extend below the waist line are turned up to make little pockets. 6. An effective screen can be made at home of a rough frame, painted and covered with wallpaper.

For names of shops, address Woman's Page Editor, Evening Public Ledger, 1000.

Dear Madam—Please send me some games which would be suitable for girls to play at a Y. W. C. A. summer camp on the New England coast.

I am mailing some games which may be helpful to you. I think games like basketball and tennis always appeal to girls on a trip of that kind. Have you ever tried "Three Deep"? In this game a circle is formed; each girl in the circle has another girl standing directly behind her. One girl is "it" and chases another girl, who may run in and out of the circle. As soon as the girl who is chased pauses behind any pair of

girls in the circle, making them "three deep," the girl in front must run until she, too, takes refuge in the circle and another girl is chased. If any one is tagged she must chase the former pursuer. You might plan a different kind of hide and go seek, getting the idea from the camouflage used in the war. Let about three girls be "it" and require them to stay in camp while the others camouflage themselves. Establish a boundary line in order to make it a little easier for the girls who hunt. The ones who hide can make themselves into bushes or cover themselves with brown blankets and be rocks or try to merge themselves with the trunk of a tree. Let them work out their own camouflage and give them a certain amount of time, about fifteen minutes before starting out to hunt them. Each girl must keep her place and position is, and if those are some who seem as soon as she is discovered, she must not be recognized or tagged. The first three girls caught must hunt in the next game. Amateur theatricals always are popular on camping parties. Try to find out what each girl's talent is, and if there are some who seem to have no particular talent make them stage managers or "property men," and they will have just as good a time.

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Please Tell Me What to Do

By CYNTHIA

Take Up Exercise Thoughtful—Suppose you forget the fault-finding, dear, and try to correct the faults your mother tells you of. A little girl of fourteen ought not to be having nerves. Get out of doors, play tennis, basketball or even walk for exercise. Do not find fault with your sister, but be patient and kind and busy all the time, and do not think of trying to run off to your aunt.

Damaels in Distress Dear Cynthia—We are two constant readers of your most interesting column and want you to give us some of your valuable advice. We are two girls they would have asked you youngest in each respective family. We both have older sisters who object to our wearing our hair up and long skirts and also object to our meeting young men. We are both considered sociable and naturally have many boy acquaintances, but whenever they come to our houses our sisters scold us.

Now, dear Cynthia, do you think we are taking too great privileges for our ages? Any advice will be greatly appreciated by the TWIN SISTERS IN DISTRESS. Girls of seventeen are usually old enough to receive boy visitors. Talk to your parents on the subject and abide by their decision.

Roasts "Two Maidens" Dear Cynthia—As the letter written, signed "Two Maidens," and printed on July 15, asked for the candid opinion of the fellow readers, I am writing in hopes that the two eighteen-year-old young ladies (so called!) will think twice before they accept another card from strange men.

But I think they were given excellent advice, and it was with great satisfaction I read Cynthia's comment. In the first place, "Maidens," do you suppose if the men thought you acted and looked like "ladies" or respectable girls that they would have asked you to join them? I think not. And do you not know any boys or men who could go with you on your walks, or take you in their own cars? If your friends should learn of your indiscreet acts I hardly think they would approve and remain your respectful friends!

I have an older brother who, being a college man, knows a little about such actions among girls. I'm doubtful if he would consider a girl a "lady" if she could be "picked up" just like a toy to be played with. Really, you were very fortunate to escape so easily. I can't imagine a girl doing a thing so common, calling herself a "lady." If you make dates with them and seem to be enjoyed by promiscuous acquaintances, why do not the boys you know, having met properly, find you such good company? I should think they would. Come, now, "Maidens," be "readin' yourself. Isn't your list of "beaux" limited, and are you sure you do not dress and make up in a "vampish" manner?

Please do not be offended or scornful when you learn I will cease to be "sweet sixteen" in a few weeks. I have many friends who take me around in their cars to dances, but always with due respect to my age. They know what I think of right living and, knowing I expect it of them, live up to my expectations. Otherwise I would not have them for friends. I have wonderful parents, go to boarding school and have so many advantages that I hope you will not be hopeless to what you have learned. I hope Cynthia will print as much of this as she can. I do so want you to change your viewpoint, because I know I'm right! Just

A 17-YEAR-OLD "LADY."

The little catnip mouse I saw today reminded me of the time mother brought home some catnip for Fuss-and-Feathers, our beloved cat. How he rolled around in dignified and solemn manner as he sported with the catnip. We watched him with gales of laughter. Until you have bought a catnip mouse for your cat, you will never see him at his comical best. And you know catnip is good for him. I saw some of these little mice for ten cents.

"Your pearls are lovely," she said enviously, as she lifted them from against my dress. And, of course, the minute she took hold of them she knew they were not even very good pearls, for they were so light. But when you can find a string of pearls that have a soft glow and at the same time are rather heavy, you can feel that you really are most fortunate. That is what I saw today in one of the shops. The pearls are three-quarter length, are well matched and the string feels quite heavy. These necklaces are priced at seventy-five cents and \$1. And after all is said and done, there is nothing like a necklace of soft, glowing pearls.

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ANGELA'S MOTHER-IN-LAW OFFERED TO MIND BABY

"Any Time at All"—But an Offer Is Something Very, Very Different From a Deed Accomplished

SHE lived in a city near New York and being an only sister she wanted to go over and meet brother naturally. And if you've ever had the thrilling good fortune to meet one of the transports you know just how superfluous a baby can be on such an occasion. You feel almost superfluous yourself, sometimes not being able to find a place to put one foot on the ground, let alone two. This is just to explain that Angela was not a neglectful mother, but only a careful one.

And that was how Angela happened to think of Mrs. Crawford, who was none other than her mother-in-law. "John, mother has always been so kind and generous about offering to do things for me. That will be just the thing. I'll take the baby down there Friday night and then that'll give me Friday night, all of Saturday and—yes, that'll be great, and baby will be awful, 'awful' good for his granddaddy, won't you, mother's sonny boy?"

And sassy boy, who was fully six months old, said he would, and Angela proceeded to the telephone. She talked for two minutes in her bright sunny way, explaining everything carefully and then there was a brief silence—"But buddy won't mind the house being empty, you know, Mother Crawford. He'll just love that—a what? Oh, a card party Saturday afternoon. Well, he wouldn't even mind that. What was that you said, Mother Crawford?"

Oh—! Well, yes, I can see how it mind that. Under those conditions—? No, I wouldn't have you give it up for the world. I just asked—you know, you seemed so fond of baby and said if

ever—I just thought maybe— No, I wouldn't think of letting you do that. No, thank you, Mrs. Crawford, I understand. Yes, I'll find some one to mind him and if I don't I'll stay home. Yes, thank you, Mother Crawford; I'll come down the first chance I get. Yes, I understand perfectly, Mrs. Crawford. Really I do. Good-bye.

And Angela soberly put down the receiver, having learned the lesson that so many of us learn at some time or other: that the world is full of gracious offers, whether they come from aunts, uncles, cousins, mothers-in-law or just plain friends, but that an offer is very easy to make and something entirely different from a deed accomplished!

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