# ECONOMICAL WAY OF SERVING STEAK—TWOSOME COUPLES SPOIL PARTY—CYNTHIA'S ADVICE

## MRS. WILSON EXPLAINS HOW TO SERVE STEAK

Making Cutlets With Peppers and Onion Saves Good Part of Meat for Next Day's Dinner-Recipe for Blackberry Dumplings-Make Delicious Dessert With Vanilla Sauce

By MRS. M. A. WILSON

Copyright, 1914, by Mrs. M. 4. Wilson All Hights Resemble 1

MARKET stalls are now showing measure three tablestoons. Place the cantaloupes, watermelons on a plate and add and southern peaches. Surely Mother Nature is offering to us at butter.

wish to spend. This additional amount of money so spent will give

meat three or four times a week and

It is really poor enonomy to pur

chase one and one-half pounds of

steak for Sunday dinner, and then

have left just the flank portion and

weighting about two and one-half

pounds. Remove the flank end on

Saturday and, with a small piece of

suet, put through the food choppen

and mold into steak at la Brete for

oven for ten minutes. Serve in the

Clear Tomato Soup

Sweet Pickles

Steak at la Brote

Cucumber Salad

Dinner

Cucumber Salad

Supper

Macaroni au Gratin

Potato Salad

Ginger Bread a la Pompadour

Iced Tea

The market basket will require

One-quarter peck of tomatoes.

Two and one-half pounds steak,

One-quarter peck of potatoes,

How to Broil the Steak

Paraley Butter

sufficient / parsley fine

One bunch of watercress,

One package of macaroni.

One box of blackberrics.

One head of lettuce.

Blackberry Dumplings

One cantaloupe.

Two cucumbers,

light in.

Parsley Butter

Baked Tomatoes

that we can market intelligently SUNDAY Breakfast

Browned Potatoes

Waffles

Watercress

Broiled Steak

Potatoes

Gingerbread

Saturday evening dinner.

One onion. One green pepper.

bread

you splendid returns in health. Plan the meals so that you serve

One-half trusphon in walt. this season all her choice gifts from One-quarter tenspoon of peppe the soil. And the wise housewife Work until smooth and then will see that her family has an abundance of these foods, even spread on the ment as deserted

replace it with the equivalents, such as fish, eggs, sea food, peas, beans half Today we will plan the menu for water. three meals on Sunday. You know inch thick and that every once in so often the squares. Place the restry in family all declare for steak, and so page and all steak it must be. Now to have this blackberries. cut of meat at a time when the entire family may enjoy it, make

some bits of meat clinging to the

Place in a caucepun Cincilals rup of a little corn simus.

To prepare steak a la Brete: Place add

the finely chopped flank end of the sirloin steak in a bowl and add One and one-half cups of prepare

One well-beaten egg. One teaspoon of salt One-half teaspoon of pepper Mix and then form into large cutlets. Place in a baking dish and

brush the top with shortening Place in the broiler for eight mit strips of bacon and place in a hot

following menu. To prepare the bread, soak stale bread in cold water Try dipping the tomotees b until soft, press dry, rub through frying them for breakfast in a but of the main things to consider is placing

One-half very of mater

One can. On temporarief call Our run of few

Now plan the Sunday menu ac a thin strip from the blassen and

> Mrs. Wilson Answers Queries

> > Replies to Letters

My dear Mrs. Wilson-Will you kindly publish your roupe for preserving beans in sair? I mishail the one in the paper about a work and would greatly appreciate M. H. the favor. See the woman's page of June 24 for the methods for string beans.

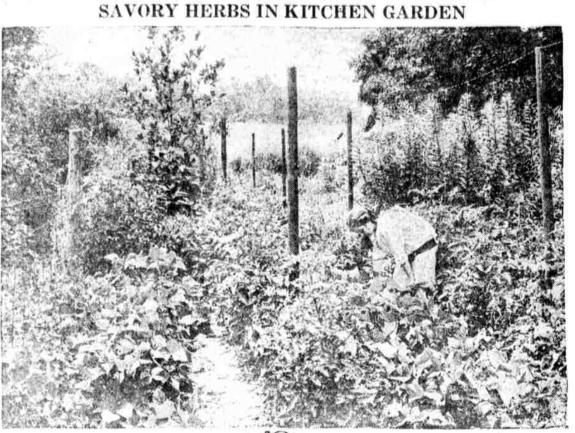
My dear Mrs. Wilson - I am deeply interested in your cooking instructions and recipes. I am anxious to receive your advice on a few things. Last year I canned a such as peaches and pears, and also made jam, grane jelly, peach jam and apple butter. Almost every ar or glass that was opened du ing the winter had mildew on the of the glass and jar on top of the fruit and jam. What caused this? Can it be caused by the pre-One package of marshmallow whip. serve closet being entirely closed? Can tomatoes be salted down so as Now this marketing will cost to be used as sliced tomatoes dur-ing the winter? I salted beans last approximately about \$3 and will provide sufficient meat for Saturfall, but they sourced and had to be thrown away, so I decided to can them this year, and would like a good recipe. Please let me see your answer in the paper as soon as day's dinner and the much-coveted sirloin steak that the family de-

Never place meat on a platter in WHO ENJOYS GOOD the ice box or leave it in the paper FOOD. in which it was delivered. Always Do not try to salt down tomatoes, remove the meat from the package Perhaps your recipes were at fault. Evidently you failed to use the at once and hang it on a hook in the lower part of the ice box and cold-pack methods of canning. See seeds and run wild. cover with a wax paper. Just be- canning tomatoes, July 22; string fore the time for cooking, place it beans, June 24. Jellies and peaches very much the same as those for caraon a platter and pour over the folwill be featured very shortly. Fol- way,

desire success. Two tablespoons of salad oil. One-half tablespoon of vinegar. My dear Mrs. Wilson - Kindly blish a recipe for maple fudge. Beat to mix and then turn the

meat and let it marinate in this mixture for fifteen minutes. Now to Maple Fudge cook: Heat the broiler and place one quart of boiling water and one Two cups of maple sugar, One-half cup of corn sirup. tablespoon of salt in the broiler. Three-quarters cup of evaporates This is to prevent the fat from catching fire. Place the steak in the milk.

broiler, and in four minutes turn. Place in a saucepan and bring to Repeat until the meat is cooked. It a boil. Cook until 245 degrees will require from ten to twelve min- Fahrenheit is reached, using a candy utes to cook the steak. To test when thermometer, or until the mixture cooked, press steak gently with a forms a firm ball when tried in cold knife, and if it is soft and spongy water. Remove from the stove and it is not cooked enough. Just as let stand for five minutes, then beat medium cooked; allow three minutes greased pan and mark in blocks beonger for well done. Remove the fore it hardens. Granulated sugar at and spread with parsley but | may be used in place of maple sirup. using one teaspoon of mapleine for flavoring. Nuts and raisins may be



The United States Department of the plants grow to a great size, three

age, tarragen, mint, snice, caraway and the next the herbs found most often. This eream brings with the guarantee lone of water with a little soap, about mmercial purposes it is best to learn fretted skin. It costs \$1. nest what particular herbs are most in Decamil of the beality.

How to Grow Some Varieties Anlso peran annual and the seeds do of a trim little pair of pink bloomers, ture.

esh when planted. The seeds should fourteen inches apart in the tow, it more valuable than any other kind, they belong, on the outside. plants grow to a height of about The package costs \$1.65, including the The seeds are borne in heads embroidering silk. chick should be cut from the plants then the seeds are nearly ripe. The londs may be tied in bunches and bung time when your wee daughter looks up to dry or they may be spread loosely more cunning and irresistible than when them with the hands and then separating them from the chaff and pieces of with all the earnestness and seriousness used for flavoring, especially in cookies. mother's? One shop has adorable little satisfactory results. and for sprinkling over cakes when parasols for eighty-five cents. They : orgar or frosting is used.

come in blue and white, or pink and Caraway seeds are usually planted in white stripes, while others are made the garden, but should be sown early in of dainty flowered material. Some have The plants should be little silk cords on the handle, which thinned to about fifteen or eighteen fit a tiny wrist. Get her one to carry inches in the row. Sometimes seeds are when she is dressed in her Sunday go reduced the first season, but more often to meeting clothes. For names of shops address Woman's Page Editor or phone Walnut 2000. are used for flavoring bread and pastry. The seeds are saved in the same way as those of anise. Caraway is likely to become a weed if allowed to ripen its

The culture and the uses of dill are The leaves are also used for low directions very closely if you flavoring soups. The tender leaves and stems, together with the seed heads, are dried and used for flavoring cucumber pickles, making the famous commercial melon rind and chayetes, when treated

> BAKING POWDER "Is wholesome and efficient-always gives good results-is uni-

> > and inexpensive." -Editor of American Cookery Buy it today

form in value

of the garden herbs. The sweet basil, dwarf basil, coriander, long ago, fine flavor, and this is largely because plants live for several years if protected balm, thyme, horehound, summer safrom extreme rold and are most easily very, sweet fennel and sweet marjoram. started by taking rooted offshoots from they should be given plenty of source daily dist varied by the use of "pot- or three cuttings of the young, tender broker and then dried in the last to and was really sur- had better talk to some wise and sen-

smally morney the same sage and in dessings for poultry, Perpendict is used in large places of string and hung up in the cole thinking all the boys are selfish and afraid the men are not the only selfish and specificant, the young and upon, and then wrapped around the roll age in depth, all the better, as used for making mint sauce and for oughly dry the herbs should be taken split and spread with jelly. Then this will been up the subsoil and give of meat. Spearmint may be grown by wrapped in paraffin paper to retain its One good method is to mark off the by taking offshoots from old plants, herbs from dust, ways, where the plants are to be set. One or two electers of it are sufficient | For marketing, these small packages love? they remove the top soil and place it to for ordinary use and care must be can be pucked in pasteboard boxes in desire to kiss a maid, to hold her in taken that it does not stread. The old any desired number. They are usually his arms, whisper of his love and ask

Adventures

With a Purse

Here's one of those interesting sur-

plants should be dug up at the end sold by the dozen. Much depends upon her if she won't be his bride? He does is then spread in the furniw and spaded of the second year and small divisions the attractiveness and appearance of the net ask for her friendship; if he really returned and allowed to settle a few. The true tarragen does not produce market. Exposure to dust does not sadly true? percurped and allowed to settle a few off shorts, either in the full or in the latent that the herbs do not become you do not know a little more about spring. The tender leaves and stems of crushed in handling.

Harlequin Bug

fests the garden sometimes known as be his friend you'd be the first to re the harlequin cabbage bug, says the sent the idea. We're not made that way, dear, and the love between a man National War Garden Commission of and woman and husband and wife i

go on your vacation or for a week end, older they are hurder to kill with the thinking there is something that is con a blistered shoulder and heet red face, one onnce of the sulphate to two galon the numbers, but in growing for that it is also southing for a wind- an ounce, added. This is the best remedy also for plant Hee or applies on cabbage plants.

In fighting flea beetles on cabbage prise embroidery puckages. It consists use arsenate of lend or Bordeaux mixretain their vitality after the sec- ready made, and stamped for a bit of pest, the cabbage magget, which atand year, so they should be strictly embroidery in French knots, lazy-daisy the roots and eating off the tender tacks the young plants by boring into sh when planted. The seeds should stitches and smocking. And every one rootlets. Little paper protectors put transplanted. They may also be sown will admit that there is something about around the roots when the plants are the open ground and thinned twelve hand-embroidered underwear that makes set out will keep the maggots where

Soft Brushes

The bristles of the sweeper-brush be Confess now, do you know of any come soft from long usage, and do not sweep up pieces as well as when stiff. upon a wire-bottom tray and hept in she mines along with stiffly starched Put a little common baking soin in a study place until dry. The seeds skirts and a diminutive parasol held are removed from the heads by rubbing primly in her chubby hand? Can you of the weeper, dip it up and down in think back to the time when you longed, be like new. Hair bristles or any brush broken stem. The seeds of snise are of a very little girl, for a parasol like treated in the same way will give most

> Soothe Your Skin With Cuticura



### Please Tell Me What to Do

By CYNTHIA

Would Be Picture Cashler

Old-Fashioned-You would do betthey know than to try meet boys and seem a pity if you work all day to tie yourself down every evening. You should have a little recreation at night. Go out with your brothers until you meet some one clse's brothers who will to your house to see you.

You would probably find out about getting her position. We have no way

Gives It to Him

Vamps" that if they would put him in Other savory herbs which are desir music he'd have been a brass band

A Scolding for Maida

For this reason then with producing good savery herbs of our readers that the K. U. H. C. The tender stems, will be great, and I am sure we all leaves and flowers, where included, thank our lieutenant for such a quaint should be taken from the plants at the and beautiful idea. I saw Major Von taminating in love and marriage you A very good plan is to tie prised to find some one who had ideas sible woman who will put you right As a rate, the tender tips of the branches them in small banches, allowing some I have felt a strange sort of gladness idea of the most essential thing for then roll lowerly in a piece of paper to think that a man had such thoughts.

In the roll lowerly in a piece of paper to think that a man had such thoughts.

In the roll lowerly in a piece of paper to think that a man had such thoughts.

In the roll lowerly in a piece of paper to think that a man had such thoughts.

In the roll lowerly in a piece of paper to think that a man had such thoughts.

In long letter remark that what you advotate the nuisance of the coffee to long letter remark that what you advotate that the nuisance of the coffee to long letter remark that what you advotate that the nuisance of the coffee to long letter remark that what you advotate that the nuisance of the coffee to long letter remark that what you advotate that the nuisance of the coffee to long letter remark that what you advotate that the nuisance of the coffee that the nuisance of the nuisance of the nuisance of the coffee that th shade to dry. In order to prevent the only thinking about their own pleas- ones.

herbs when they are put up for the loves her be asks her love. Isn't this

My dear little girl, it's too bad that God and life. If you did you would not write such nonsense.

between a man and woman, but if There is a gaudy fellow which in- a man loved you and asked you to We're not made that

## THE 'TWOSOME' COUPLES SPOIL THE HOUSE PARTY

And They Throw Cold Water on the Picnic, Too-Crowds Are the Most Fun in Summer

picnic that ever happened by sending men and women hopelessly selfish and off a distressing number of couples like entirely forgetful of the consideration off a distressing number of couples like entirely forgetius of and wishes of others. themselves in twos.

the kind of position you speak of by talking to one of the cashiers at a moving picture place, when she is not busy. ing picture place, when she is not busy.

two or three congenial friends, settled marry each other. the afternoon when the screen door sudof directing you in the matter. You might consult the Y. M. H. A.'s employment burens.

denly opened and out strolled the couple to the hammock? Is there anything else in the world to do but get up and say, "Come on, let's go?" There

Want It

Then let us say four of you start to Dear Cynthin—I want to tell the go in swimming together. Half way to no who signs himself a "Master of the lake The Couple decide they—well. the lake The Couple decide they-well, they sort of think they won't go in nut home I think they'd do him swimming. In fact, they think they and his family a favor. If bunk were go canoeing or something like thatbut that mustn't keep you from going Oh, no, you two go right ahead and they will meet you later in the afternoon.

about a certain just-engaged couple who

to think that a man had such thoughts. the race. You do later in your too-

them and sometimes I just feel as if I who work against the law of God alwanted to go away to some strange ready. Forget your foolish notions, island where I would never see the face of men and live as I wanted to. As wife of a good man some day. Report of the strange of men and live as I wanted to. As wife of a good man some day. Report of the strange of the stra friendship exist between girl and boy. and He made the laws of nature, which coffee is equivalent to a pound of the man and woman? A pure friendship attract a man to a woman and vice best Mocha and Java coffee. The low that is pure, holy and meentaminated? versa, and that very attraction and price is due to the fact that with our Why can't we just be home. Why can't we just be bound to- love is a holy thing, because it comes gether by a bond of sweet and pure from God when it is rightly used. You Why does the man have the have misunderstood Major Von L.

ter to get your father and brother to introduce you to the boys and girls they know than to try meet boys and they know than to try meet boys and girls know what I mean. They take posses. And they never arrived at their own party until it was all over? Hadden sion of the bow of the boat and you realized how the time was passing. girls in any other way. Of course have to ring a bell or cough yourself daylight saving, etc., etc., and they had hoarse to come anywhere near them. come back as soon as they realized how They always have the hammock first late it was, etc., etc. Which was all and they are guaranteed by means of here comes the little moral to this entire bad example to break up the jolliest article; Love should not make young

> In fact, personally, I think there All the world may love a lover but I ought to be a law passed that all enthink on summer vacations and house gaged couples must stop once at least

As Weak Or As Strong As You Like It

and black? Or do you prefer a fragrant cup of golden brown coffee? With Hires Instant Soluble Coffee you can Dear Cynthia—I am a daily reader of your column and I think as the rest A honest-to-goodness true story told individual taste. Here is why:

from the finest grades of fresh roasted coffee beans with the water taken out.

LOTS OF HOT WATER WITH LITTLE GAS



