

ECONOMICAL WAY OF SERVING STEAK—TWO SOME 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

MARKET stalls are now showing the cantaloupes, watermelons and southern peaches. Surely Mother Nature is offering to us at this season all her choice gifts from the soil.

Plan the meals so that you serve meat three or four times a week and replace it with the equivalents, such as fish, eggs, sea food, peas, beans and cheese dishes.

Today we will plan the menu for three meals on Sunday. You know that every once in a while the family all declare for steak, and so steak it must be.

It is really poor economy to purchase one and one-half pounds of steak for Sunday dinner, and then have left just the flank portion and some bits of meat clinging to the bone.

One onion, one green pepper, and mold into steak at la Brete for Saturday evening dinner.

To prepare steak a la Brete: Place the finely chopped flank end of the sirloin steak in a bowl and add:

- One and one-half cups of prepared bread.
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.

- Clear Tomato Soup
Sweet Pickles
Steak a la Brete
Browned Potatoes
Peas
Cucumber Salad
Gingerbread
Coffee

Now plan the Sunday menu as that we can market intelligently.

- SUNDAY
Breakfast
Cantaloupe
Fried Tomatoes
Cream Gravy
Waffles
Sirup
Watercress
Coffee
Dinner
Onion Canapes
Broiled Steak
Parsley Butter
Potatoes
Baked Tomatoes
Cucumber Salad
Blackberry Dumplings
Coffee

Supper
Macaroni au Gratin
Potato Salad
Ginger Bread a la Pompadour
Tea
The market basket will require:

- One cantaloupe.
Two and one-half pounds of steaks.
One-quarter peck of potatoes.
Two cucumbers.
One bunch of watercress.
One box of blackberries.
One head of lettuce.
One package of macaroni.
One package of marshmallow whip.

Now this marketing will cost approximately \$3 and will provide sufficient meat for Saturday's dinner and the much-coveted sirloin steak that the family delight in.

How to Broil the Steak
Never place meat on a platter in the ice box or leave it in the paper in which it was delivered.

Beat to mix and then turn the meat and let it marinate in this mixture for fifteen minutes.

SAVORY HERBS IN KITCHEN GARDEN



THE old-fashioned kitchen garden was not considered complete without its small collection of "herbs"—sage, thyme and other medicinal and savory herbs.

The United States Department of Agriculture is encouraging women and girls who are members of clubs organized by extension workers to grow some savory herbs.

Salting and Preparing Soil
This is usually occupied the same ground for several years, and should be kept in a regular rotation.

One or two clusters of it are sufficient for ordinary use and care must be taken that it does not sour.

The true tarragon does not produce seeds and must be started from roots or cuttings, either in the fall or in the spring.

Adventures With a Purse
A cream that not only soothes sun-burned face and arms, but also prevents this, if you use it in time.

How to Grow Some Varieties
Anise is an annual and the seeds do not retain their vitality after the second year, so they should be strictly fresh when planted.

My dear Mrs. Wilson—Will you kindly publish your recipe for preserving beans in salt? I mislaid the one in the paper about a week ago and would greatly appreciate the favor.

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.

ONE WHO ENJOYS GOOD FOOD.
Do not try to salt down tomatoes. Perhaps your recipes were at fault.

My dear Mrs. Wilson—Kindly publish a recipe for maple fudge. I thank you in advance.

Maple Fudge
Two cups of maple sugar.
One-half cup of corn sirup.
Three-quarters cup of evaporated milk.

RUMFORD THE WHOLESOME BAKING POWDER
How to Please the Family
Delicious biscuits, light and hot, right from the oven.

PRINCINE Pure Phosphate Baking Powder
How to Please the Family
Delicious biscuits, light and hot, right from the oven.

with helle and dill, make an excellent pickle. Sage is one of the oldest and most common of the garden herbs.

Two varieties of mint are often grown. Peppermint is used in large quantities for the manufacture of peppermint oil and to some extent for flavoring.

For marketing, these small packages can be packed in pasteboard boxes of any desired number.

There is a ready fellow which infests the garden sometimes known as the harlequin cabbage bug.

Soft Brushes
The bristles of the sweeper-brush become soft from long usage, and do not sweep up pieces as well as when stiff.

Soothe Your Skin With Cuticura
All druggists, Soap & Ointment Co., Talcum Co., Sample each free of "Cuticura, Dept. 61, Boston."

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Please Tell Me What to Do

By CYNTHIA

Would Be Picture Cashier
Old-Fashioned—You would do better to get your father and brother to introduce you to the boys and girls they know than to try meet boys and girls in any other way.

You would probably find out about the kind of position you speak of by talking to one of the cashiers at a moving picture place, when she is not busy.

Gives it to Him
Dear Cynthia—I want to tell the one who signs himself a "Master of Vamps" that if they would put him in the nut house I think they'd do him some home a favor.

A Scolding for Maids
Dear Cynthia—I am a daily reader of your column and I think as the rest of our readers that the K. U. H. C. will be regretful for such a quaint and beautiful idea.

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

Of course, there can be friendship between a man and woman, but if a man loved you and asked you to be his friend you'd be the first to reject the idea.

There is a ready fellow which infests the garden sometimes known as the harlequin cabbage bug, says the National War Garden Commission of Washington in its bulletin.

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THE 'TWO SOME' COUPLES SPOIL THE HOUSE PARTY

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

HAVE you a little Two Some Couple in your vacation crowd? You know what I mean. They take possession of the bow of the boat and you have to ring a bell or cough yourself hoarse to come anywhere near them.

All the world may love a lover but I think on summer vacations and house parties that rule is entirely null and void.

Then let us say four of you start to go in summer vacation to the lake. The Couple decide they will, they sort of think they won't go in swimming. In fact, they think they will go canoeing or something like that—but that mustn't keep you from going bathing.

AND they never do. There is an honest-to-goodness true story told about a certain just-engaged couple who tumbling in love and marriage you had better talk to some wise and sensible woman who will put you right in these matters.

So convenient is this coffee, and at the same time so delicious and well flavored, that 66 2-3 per cent of all the French coffee contracted for by the American Army in France was Hires Instant Soluble Coffee.

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were to be the guests of honor at a marshmallow roast not so long ago. And they never arrived at their own party until it was all over!

In fact, personally, I think there ought to be a law passed that all engaged couples must stop once at least in every twenty-four hours to discover and therefore carefully realize that the funny old world is still running in spite of the fact that they have promised to marry each other.

Do you like your coffee very strong and black? Or do you prefer a fragrant cup of golden brown coffee? With Hires Instant Soluble Coffee you can make the strength to suit your own individual taste. Here is why:

Hires Instant Soluble Coffee is a delicious blend of the finest Java and Mocha coffee in a powdered, soluble form. It is a percolated coffee made from the finest grades of fresh roasted coffee beans with the water taken out.

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Advertisement for Lovekin Automatic Gas Water Heater. Includes text: 'LOTS OF HOT WATER WITH LITTLE GAS' and 'THE Lovekin AUTOMATIC GAS WATER HEATER'.

Large advertisement for Talcolette baby powder. Includes illustration of a woman holding a baby and text: 'Mothers say there's no baby powder to equal Talcolette'.

Advertisement for Rumford Baking Powder. Includes text: 'RUMFORD THE WHOLESOME BAKING POWDER' and 'How to Please the Family'.

Advertisement for Princine baking powder. Includes text: 'PRINCINE Pure Phosphate Baking Powder' and 'How to Please the Family'.