## EVENING PUBLIC LEDGER-PHILADELPHIA, WEDNESDAY, JULY 30, 1919

# IN DEFENSE OF THE BEAUTIFUL GIRL-RECIPES FROM FOREIGN LANDS-CYNTHIA LETTERS

SOME SAVORY DISHES FROM ITALY BEADS STILL POPULAR ARE FURNISHED BY MRS. WILSON

A Housewife From That Sunny Country Forwards a Few of Them, and There Are Also Other Delicious and Practical Recipes in

Today's Cosmopolitan Kitchen

## By MRS. M. A. WILSON (Copyright, 1918, by Mes. M. A. Wilson All Rights Reserved.)

wrote me the following letter: Polenta

My dear Mrs. Wilson-Here are some Italian ways of serving peppers and tomatoes that we all like very much. Maybe some of your readers would like them if you can make them into the standard American form. Thanking you for the many helps I get from your exticles I am. MRS. O. articles, I am,

You all know that garlie plays a very prominent part in the Italian that when chopped fine it will cooking. Most Americans think of measure two cups. Place in a mixgarlic as a pungent, bitter tasting, ing bowl and add odorous species of the onion family. To the Italian this seems like libel, for he dearly loves the delectable fing hits. flavoring of the garlic.

So before starting to give you these recipes I want to tell you how t to prepare the garlic for cooking and also how to make one of the most delightful vinegars for flavortried both the garlic and this vinegar is delighted with it.

You know a clump of garlie looks for all the world like a well-dried the following menu: white onion or a bulb of some plant. This clump contains many little separate cells, called cloves, because of their shape. Each clump usually contains from seven to twelve cloves, Jelly Roll depending upon the size of the clump.

To prepare the garlic: Brenk up the clump and separate each clove. Peel to remove the covering and then place the cloves of garlic, which are white in color and lock very much like the meat of the butternut, in a pint jar. Heat a sufficient amount of white wine vinegar to fill the jar. When the vinegar is boiling pour it on the cloves of gar-He. Place on the lid, tighten and set in a sunny window for two days. It is then ready to use. The garlic. which has now become as sweet as a nut, because of this method of preparation, can be used for flavoring and the vinegar in soups, stews and for salads.

The Italians also prepare the red and green pepper, which is a part of their national dishes, in a manner peculiarly their own. Wash the and cool and then add one cup of cotpeppers, using both the red and tage, buttermilk or pot cheese, put green varieties. Place in a baking through a fine sieve, also pan and put in a hot oven for ten minutes. This blisters and locsens the skin. Remove from the oven and then remove the skins, then cut a slice from the tops and take out the seeds. The peppers are now ready for use.

## Roiled Beef With Peppers and

beef. Wipe with a damp cloth and then cut into small pieces. Roll in you a nice crumb ginger cake.

DAUGHTER of sunny Italy cheese sauce in the following menu: | cup, Place in a frying pan and Olives Radishes cook until nicely browned. Remove Tomato Cheese Sauce the pork and add Corn on Cob Steamed Squash One-half cup of well washed rice.

Cucumber Salad Coffee Cup Custards nicely browned, then add Baked Peppers, Italian Wash the peppers and then cut

Cover and cook until the rice is a slice from the top and remove the soft and the water absorbed. Now seeds. Now chop fine a sufficient add Two onions, grated. amount of cold boiled macaroni so One-half cup of thick tomato puree.

The cooked salt pork.

Three tablespoons of flour.

Three onions, cut fine,

Stir well to blend, then add

Two cups of stewed tomatoes.

Tiny bit of garlie.

Two onions, chopped fine. One-half cup of cheese, cut into then add one-half cup of grated

Tiny bit of garlie. Que-half cup of cream sauce. One and one-half teaspoons of galt, luncheon.

One teaspoon of paprika. Italian Reans Mix thoroughly and then fill into Prepare some string or snap beans

the prepared peppers. Place in a for cooking and then cook until Almost every one who has greased baking dish and add one- tender. Drain. Now mince fine a half cup of water to prevent the sufficient amount of salt pork to peppers from bursting. Bake thirty measure one-half cup. Place in a minutes. Serve with cream sauce in saucepan and brown, then add

Clear Tomato Soup Italian Baked Peppers Cream Sauce Boiled Potatoes String Beans Lettuce Coffee

Two green peppers. Stewed Fruit Tiny bit of garlic, Risotti

salt pork to measure three-quarters sprinkle with grated cheese.

Mrs. Wilson The Woman's Answers Queries Exchange

My dear Mrs. Wilson - Would you kindly send me a recipe for cheesecake and also for crumb cake? Thanking you very much. H. S.

Cheesecake

pan and add two level tablespoons of then bring milk to a boil. Remove One teaspoon of nutmen. Three-quarters cup of sugar, Yolks of two eggs.

Beat to mix and then pour into oblong pan lined with plain pastry.

## Crumh Cake

Macaroni As you do not specify just what provided for in a policy written out with this dress is a large hat for lodging houses, etc. The original made of peach-colored silk, draped with flour and brown quickly in hot fat. Soak one und one-half cups of home but no more. If only one family facing is of black velvet. stale bread crumbs in one cup of In case of the death of his mother, sour milk in a mixing bowl until soft. the lasurance made out in her name by her son killed in France would go Now add to the next of kin, her husband and One teaspoon of soda, dissolved in children. The war risk insurance is con-One tablespoon of water. trolled by state law and it is not possible to affect it by any will. One cup of malasses. One-half cup of brown sugar. Aim High Four tablespoons of shortening, To the Lditor of the Wonger's Page: Dear Madam-Oh, yes, another would be author. If we were all as One egg. One teaspoon of ginger. good as we think we are (in this case fond mama thinks we are) wouldn't the Two leaspoons of cinnamon. One-half teaspoon of cloves, One and one-half cups of flour. world be swamped with literature? Three teaspoons of baking powder. | Please don't print any of the "best want to see it beneath one of the "best Beat to mix and then pour in a sellers. greased and floured baking pan and I read your wonderful editorial about bake in a moderate oven for forty the poster girl, and I want my stories to be printed some day. If you read a particularly rambling one and see my minutes. name you'll say "llumph! and I am partly responsible for that." Aspir-ingly yours. M. P. An Old House and Garden ingly yours. M. P. P. S. I know that isn't the proper way to end a letter to a perfect After wet twilights, when the rain is dotie. stranger, but you do not seem to be a I think they walk these ways that stranger to me. knew their feet. I shall be on the watch for the stories, And tread these sunken pavements, and won't feel a bit bad to be partly responsible for them. You can do it, one by one. Keen for old summers that were you know, if only you are willing to work hard enough. Talent only counts wild and sweet. Where rainy lilnes blow against the 50 per cent, the rest is courage, perdark. severance and hard work. I'm glad And grasses bend beneath the we're not strangers. weight they bear, The night grows troubled, and we Who is Marie Bowker? still may mark Their ghostly heartbreak on the To the Editor of the Woman's Page: Dear Madam—Last week I wrote and asked you who Marie Bowker was tender air. and you seemed at a loss to know. I would have written you sooner, but I Be still! We can not know what trysts they keep. What cager hands reach vainly for have been very busy. Dimpled Marie Bowker's picture appeared pretty long ago in your picture section of the EVENING PUBLIC LEDGER. She was posing as "Liberty" for the Chicago Remembered since they folded them in sleep-Frail hands that lift like lifacs Federal Loan Reserve. 1 do not think she is an actress, probably she is. I cannot say. Maybe this might be a hint evermore, And lean along the darkness, pale and still, To touch a window or a crumbling JACK J., U. S. Navy. for you. sill.

Stir and toss until the rice is Two and one-half cups of water. Cook slowly for ten minutes and cheese. Toss well to mix and season with one teaspoon of salt and one teaspoon of paprika. Serve for

foundation upon which to show off the club! What have Keeping-Up-Hope beads for the fall. us? Usually designs, such as circles, dots,

proved active that I told a friend of mine proved active that I told a friend of mine I would write to you for her. She would like to know if insurance companies again, as though the makers of gar-of fire if she head recent active in the second s

ments were endeavoring to give the Place one cup of milk in a sauce- of fire if she had rooms let out. Also, if the mother to whom a son women a great variety from which to pan and add two level tablespoons of killed in France had his insurance made choose, the entire frock is covered with out in her name died, could the hus-

hand or children claim the insurance? Shown today is one of those simple, S. T. expensive things made for the fall sea-son. The material in this instance is Glad to help your friend out. The rate at which a fire insurance peach-colored crepe; the bodice, as you

policy for a private dwelling is written see, is plain, also the skirt. The bodice is less than that for the policy pro- and the skirt to about three inches beteeting a boarding or lodging house, as low the hip line are embroidered in the hazard is that much the greater, beads in a flower design. The rest of Therefore, upon letting out rooms the the skirt is beaded in rows. The neck "landlady" should inform the insurance is rounded and the sleeves are short. company and have an according policy These are outlined with a trimming

with increased rates written. The com- made of the crepe and the ropelike pany would most probably not refuse girdle is made to match, finished at the to pay any insurance if this were not end with large tassels made of silk in-done, but only pay the amount termingled with colored beads.

private dwelling policy, however, covers tulle of the same shade. At the side protection for two families in the same front is a pink rose and the underbring

## Please Tell Me What to Do By CUNTHIA

you know them and looks count very Wants Readers' Advice Dear Cynthia-To introduce myself little so far as happiness is concerned. I'll say: I am a young man of twenty- Get some friend to introduce you, then one years. I have been in love but once ask the girl if you may call. Call on in all my life. This was about three her for some time, then if you are sure

in all my life. This was about three her for some time, then if you are sure years ago, and ever since I parted with and she is sure buy the ring. Present this girl I never had enough luck to it to her in her own home or any place or any place of the call "brainless"? From very young days I am sure Muriel this girl I never had enough luck to it to her in her own nome or any place the first moment the world discovers learned the equivalent of "I should meet some one whom I could care for, where you may happen to be. The that a little girl has golden curls and worry" in baby talk. In my estimation I am one of the dead price of the ring depends on the size eyelashes that make her baby eyes look kind, too bashful to talk while in com-pany of some young ladies for fear of making mistakes, so I wait and let them making mistakes, so I wait and let them figures. A wedding ring can be had for all things in it.

as little as two or three dollars. Sometimes I stop and figure how I Eighteen dollars a week is not enough vould feel if I was to marry a girl for two to get along on at the present that I think would care for me. Finally cost of living. You should wait until I come to the conclusion that I would you are making twenty-five dollars at never feel happy with her. least.

To "Walting"

I get so disgusted sometimes that I don't know what really to do. Something tells me that some day I'll meet Please write again and perhaps I can some one whom I could never learn to do something to help you.

love in a hundred years and marry her right off the reel and then, of course, feel miserable the rest of my life. My motto has been for some time "Wait and met a young lady whom I have learned motto has been for some time "Wait and Give Absent Treatment trust to faith." But when you become to love dearly, and I have told her so, will forget that there ever was such a me.

thing as faith. A week ago I called on her and found Now, dear Cynthia, what would you her very angry and I, of course, asked advise me to do in this case? Join a her what the trouble was. She told me club where I could meet different girls? that I had offended her, but she would But you know I don't care for that not tell me what I had said to offend her, I would also appreciate very and I can't recall anything I said that kind. much the opinion of your readers on this subject. Please consider this as my application to become a member of your Keeping-Up-Hope Club. STILL ON THE WATCH. to do. She also refuses to see me any more. Now, Cynthia, I am pretty sure

Twenty-one is very young. Still on this young lady cares for me quite a TUDGING from the importations and the Watch, to get disgusted because you little, so will you tell me what is wrong

here, beaded freeks will be good again whole not many boys have at that age, from my readers. I am not very good this coming season. To be sure, the You don't even have to join clubs to at love-making, as I am a Tiny bit of garlie, The string beans, Cook gently for fifteen minutes changed considerably since last year and Chop fine a sufficient amount of and then turn into a dish and the materials that are beaded are dif- expect it., But I believe in the club be- to think things over. Stop calling her ferent. Still, there are beads. In place of the georgettes, which had a tremen-dows run in the past, satin, silk, crepe, dous run in the past, satin, silk, crepe. the eage of his bashruiness. Then, too, she cares, while the eage of his bashruiness. The his bashruiness is the too his bashruiness is velvet, and even wool, are used as a ning across the girl of your dreams in a offer.

members to say to this new one among

It is necessary to have a great amount of talent and perseverance to become a To the Editor of the Woman's Pape: Dear Madam—Some time ago my mother wrote to you and received such pood advice that I told a friend of mine I would write to you far here the such as the pain does in the form af a

To "Dummy"



**Two Midsummer Bargains** in Smart Dresses

## WHY BLAME PRETTY GIRLS FOR BEING "SO BRAINLESS"?

## Isn't It Our General Attitude to Expect Nothing of Them but Beauty?

own natural attitude toward the girl This was the gist of a letter that who is beautiful? In a certain restauecently came from a reader in a broad- rant in this city there is an extremely

minded plea for more tolerance for and pretty cashier. I am accustomed to ess criticism of the pretty girl. see nearly every man try to linger at "The rest of us," the letter read in the counter when he pays his check. I part. "are to blame for pretty girls' find myself almost surprised when I see brainlessness. We have so emphasized the girl all alone counting money, adding ood looks that they have assumed too up figures or some other prosaic thing. important a position and pushed brains Why I should expect this young woman

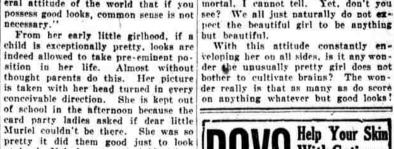
into the background. Parents and not to be able to count and deftly add friends have too often taken the gen- up figures just like any other common eral attitude of the world that if you mortal, I cannot tell. Yet, don't you Decessary. From her early little girlhood, if a but beautiful. child is exceptionally pretty, looks are

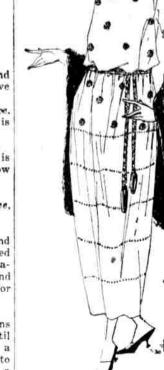
of school in the afternoon because the card party ladies asked if dear little Muriel couldn't be there. She was so pretty it did them good just to look at her! Nobody ever asked Muriel to be clever or sensible or anything like that. They only expected her cheeks to be pink, her little pearly teeth to glisten, her dark eyes to shine and her





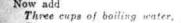






## A Daily Fashion Talk by Florence Rose

models made by the manufacturers haven't met the right girl. On the with her? I would also like some advice hair to form a halo around her well-



Three green peppers, prepared as directed. Three onions,

Piece of garlie the size of a pea. Cook gently for one and onequarter hours and then add one-half package of macaroni that has been cooking for twenty-minutes in beiling water. Season with salt and paprika. Turn into a large dish and cover with grated cheese and serve. This dish could be served in a menu, prepared as follows:

Sliced Ice Cold Cantaloupe Italian Beef Stew Corn Lettuce Rice Croquettes Apple Sauce Coffee

### Corn and Peppers

Prepare four green peppers as directed above. Chop fine. Remove the husk from one-half dozen ears of corn. Score with a corn scraper and press out the pulp of the corn. Now mince very fine a sufficient amount of salt pork to measure onehalf cup. Place the salt pork in a frying pan and add the peppers and ccok gently until the peppers are soft. Add the corn and a tiny bit of garlic. Heat slowly and serve on toast corn bread with cheese sauce. The cheese sauce is made by adding six tablespoons of grated cheese to one cup of cream sauce. Serve this dish in the following menu

Tomato Canapes Neapolitan Corn and Peppers Braised Cabbage Buttered Beets Lettuce Peach Pie Coffee Polenta

This great Italian dish is very popular not only with the foreign population, but also with the American families. Place in a saucepan Four cups of water, One teaspoon of salt.

Bring to a boil and then add dowly one cup of cornmeal, stirring to prevent lumping. Cock until thick like mush and then remove from the fire and add

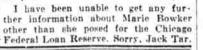
Two green peppers, prepared as

Four onions, chopped fine, Tiny bit of garlic.

Mix thoroughly and then grease baking dish well. Place in a layer f the prepared cornmeal, then a yer of thick tomato pulp, then tablespoons of grated cheese. t; having the last layer of the mush. Dot with threecup of finely chopped salt ke in a moderate oven Serve with ton

-By David Morton, in Good House-

keeping.





AUTOMATIC

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## Miss Rose Will Help You with your summer clothes. Per-

haps you are wondering just what color in vogue now will be most suitable for you. Or perhaps it is the present-day styles that perplex you. Miss Rose will be glad to give you the benefit of her advice. Address Miss Rose, woman's page, Evening PUBLIC LEDGER. Send a self-ad-dressed stamped envelope for peronal reply, as none of the answers will be printed.



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