

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

SOME SAVORY DISHES FROM ITALY 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, 1919, by Mrs. M. A. Wilson. All Rights Reserved.)

A DAUGHTER of sunny Italy wrote me the following letter: 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 articles, I am, MRS. O.

- cheese sauce in the following menu: Olives Radishes Polenta Tomato Cheese Sauce Corn on Cob Steamed Squash Cucumber Salad Cup Custards Coffee Baked Peppers, Italian Wash the peppers and then cut a slice from the top and remove the seeds. Now chop fine a sufficient amount of cold boiled macaroni so that when chopped fine it will measure two cups. Place in a mixing bowl and add Two onions, chopped fine, One-half cup of cheese, cut into tiny bits. Tiny bit of garlic. One-half cup of cream sauce, One and one-half teaspoons of salt, One teaspoon of paprika. Mix thoroughly and then fill into the prepared peppers. Place in a greased baking dish and add one-half cup of water to prevent the peppers from bursting. Bake thirty minutes. Serve with cream sauce in the following menu: Clear Tomato Soup Italian Baked Peppers Cream Sauce Boiled Potatoes String Beans Lettuce Stewed Fruit Jelly Roll Coffee Risotti Chop fine a sufficient amount of salt pork to measure three-quarters cup. Place in a frying pan and cook until nicely browned. Remove the pork and add One-half cup of well washed rice. Stir and toss until the rice is nicely browned, then add Two and one-half cups of water. Cover and cook until the rice is soft and the water absorbed. Now add Two onions, grated. One-half cup of thick tomato puree. The cooked salt pork. Tiny bit of garlic. Cook slowly for ten minutes and then add one-half cup of grated cheese. Toss well to mix and season with one teaspoon of salt and one teaspoon of paprika. Serve for luncheon. Italian Beans Prepare some string or snap beans for cooking and then cook until tender. Drain. Now mince fine a sufficient amount of salt pork to measure one-half cup. Place in a saucepan and brown, then add Three tablespoons of flour. Stir well to blend, then add Two cups of steamed tomatoes. Two onions, cut fine, Two green peppers, Tiny bit of garlic, The string beans. Cook gently for fifteen minutes and then turn into a dish and sprinkle with grated cheese.

To prepare the garlic: Break 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 look very much like the meat of the butter-nut, 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 garlic. 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.

Mrs. Wilson Answers Queries

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 Place one cup of milk in a saucepan and add two level tablespoons of cornstarch. Dissolve the starch and then bring milk to a boil. Remove and cool and then add one cup of cottage, buttermilk or pot cheese, put through a fine sieve, also One teaspoon of nutmeg, Three-quarters cup of sugar, Yolks of two eggs. Beat to mix and then pour into oiled pan lined with plain pastry.

Crumb Cake As you do not specify just what kind of cake you desire, I am giving you a nice crumb ginger cake. Soak one and one-half cups of stale bread crumbs in one cup of sour milk in a mixing bowl until soft. Now add One teaspoon of soda, dissolved in One tablespoon of water, One cup of molasses, One-half cup of brown sugar, Four tablespoons of shortening, One egg, One teaspoon of ginger, Two teaspoons of cinnamon, One-half teaspoon of cloves, One and one-half cups of flour, Three teaspoons of baking powder. Beat to mix and then pour in a greased and floured baking pan and bake in a moderate oven for forty minutes.

An Old House and Garden

After wet twilights, when the rain is drenching the earth, I think they walk these ways that know their feet. And tread these sunken pavements, one by one. Keen for old summers that were wild and sweet. Where rainy hills blow against the dark. And grasses bend beneath the weight they bear. The night grows troubled, and we still may mark Their ghostly heartbreak on the tender air. Be still! We can not know what trysts they keep. What eager hands reach vainly for a door. Remembered since they folded them in sleep— Frail hands that lift like lilies, evermore, And lean along the darkness, pale and still. To touch a window or a crumbling sill. —By David Morton, in Good House-keeping.

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 peppers, using both the red and green varieties. Place in a baking pan and put in a hot oven for ten minutes. This blisters and loosens 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.

Boiled Beef With Peppers and Macaroni Purchase one pound of stewing beef. Wipe with a damp cloth and then cut into small pieces. Roll in flour and brown quickly in hot fat. Now add Three cups of boiling water, Three green peppers, prepared as directed, Three onions, Piece of garlic the size of a pea. Cook gently for one and one-quarter hours and then add one-half package of macaroni that has been cooking for twenty-minutes in boiling 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 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 one-half cup. Place the salt pork in a frying pan and add the peppers and cook 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 Coffee Peach Pie

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 slowly one cup of cornmeal, stirring to prevent lumping. Cook until thick like mush and then remove from the fire and add Two green peppers, prepared as directed, Four onions, chopped fine, Tiny bit of garlic. Mix thoroughly and then grease a baking dish well. Place in a layer of the prepared cornmeal, then a layer of thick tomato pulp, then three tablespoons of grated cheese. Repeat, having the last layer of the cornmeal mush. Dot with three-quarters cup of finely chopped salt and bake in a moderate oven for thirty minutes. Serve with tomato

BEADS STILL POPULAR



A Daily Fashion Talk by Florence Rose JUDGING from the importations and models made by the manufacturers here, beaded frocks will be good again this coming season. To be sure, the fashion in beading the dress has changed considerably since last year and the materials that are beaded are different. Still, there are beads. In place of the geometrics, which had a tremendous run in the past, satin, silk, crepe, velvet, and even wool, are used as a foundation upon which to show off the beads for the fall.

Usually designs, such as circles, dots, bouquets or a conventional design, are used, instead of just the plain, straight rows of beads. Not infrequently an otherwise plain dress will have but one piece of beading done in the form of a huge bouquet on either the bodice, girle, or maybe on the skirt. They again, as though the makers of garments were endeavoring to give the women a great variety from which to choose, the entire frock is covered with motifs. Shown today is one of those simple, expensive things made for the fall season. The material in this instance is peach-colored crepe; the bodice, as you see, is plain, also the skirt. The bodice and the skirt is about three inches below the hip line are embroidered in beads in a flower design. The rest of the skirt is beaded in rows. The neck is rounded and the sleeves are short. These are outlined with a trimming made of the crepe and the ropelike girle is made to match, finished at the hem with large tassels made of silk intermingled with colored beads. Worn with this dress is a large hat made of peach-colored silk, draped with tulle of the same shade. At the side front is a pink rose and the underbrim facing is of black velvet.

Miss Rose Will Help You with your summer clothes. Perhaps 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-addressed stamped envelope for personal reply, as none of the answers will be printed.

Who is Marie Bowker? To the Editor of the Woman's Page: Dear Madam—Last week I wrote and asked you who Marie Bowker was and you seemed at a loss to know. I would have written you sooner, but I 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 Federal Loan Reserve. I do not think she is an actress, probably she is. I cannot say. Maybe this might be a hint for you. JACK J., U. S. Navy. I have been unable to get any further information about Marie Bowker other than she posed for the Chicago Federal Loan Reserve. Sorry, Jack Tar.

Please Tell Me What to Do By CYNTHIA

Wants Readers' Advice Dear Cynthia—To introduce myself I'll say: I am a young man of twenty-one years. I have been in love but once in all my life. This was about three years ago, and ever since I parted with this girl I never had enough luck to meet some one whom I could care for. In my estimation I am one of the dead kind, too bashful to talk while in company of some young ladies for fear of making mistakes, so I wait and let them do the advancing.

Sometimes I stop and figure how I would feel if I was to marry a girl that I think would care for me. Finally I come to the conclusion that I would never feel happy with her. I get so disgusted sometimes that I don't know what really to do. Something tells me that some day I'll meet some one whom I could never learn to 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 trust to faith." But when you become lonesome like me, for instance, you will forget that there ever was such a thing as faith.

Now, dear Cynthia, what would you advise me to do in this case? Join a club where I could meet different girls? But you know I don't care for that kind. I would also appreciate very 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.

Do I understand you are going to marry a girl to whom you have never spoken? It is a very dangerous proceeding, my young Italian friend. Why not call on her for some time first to find out whether you really like her or not? People are so different after

WHY BLAME PRETTY GIRLS FOR BEING "SO BRAINLESS"?

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

AFTER all, is the pretty girl so much to blame for being what so many are inclined to call "brainless"? From the first moment the world discovers that a little girl has golden curls and eyelashes that make her baby eyes look like stars, that same world pines for the way for this little bit of femininity to regard her beauty as a passport to all things in it.

From her early little girlhood, if a child is exceptionally pretty, looks are indeed allowed to take pre-eminent position in her life. Almost without thought parents do this. Her picture is taken with her head turned in every conceivable direction. She is kept out 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 hair to form a halo around her well-

shaped little face. And if that was enough to satisfy them, well, even in her very young days I am sure Muriel learned the equivalent of "I should worry" in baby talk.

TEACHERS have been known to favor a very pretty child. And after all, are they so culpable? What is your own natural attitude toward the girl who is beautiful? In a certain restaurant in this city there is an extremely pretty cashier. I am accustomed to see nearly every man try to linger at the counter when he pays his check. I find myself almost surprised when I add the girl all alone counting money, adding up figures or some other prosaic thing. Why I should expect this young woman not to be able to count and deftly add up figures just like any other common mortal, I cannot tell. Yet, don't you see? We all just naturally do not expect the beautiful girl to be anything but beautiful.

With this attitude constantly enveloping her on all sides, is it any wonder she usually pretty girl does not bother to cultivate brains? The wonder really is that as many as do score on anything whatever but good looks!

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