

WHAT TO EAT ON THE PICNIC—ONE OF YOUR FRIENDS—NOVELTIES—CYNTHIA'S MAIL

TEMPTING PICNIC SUPPER MENUS SUGGESTED BY MRS. M. A. WILSON

The Youngsters and the Grown-Ups Will Enjoy a Meal in the Open—Here Are Recipes for Delicious Meat Loaves and Salads That Are Good in the Summertime, Indoors or Outdoors

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All Rights Reserved.)

WARM days soon bring the longing for the country and now that the school days are over for the summer season mother may easily prepare for picnic supper in one of the nearby parks or at the outskirts of the town, just where the country and city seem to meet. In this way the children will enjoy an afternoon in the open and at the close of the day, for nearly all business places are closing at 5 o'clock, the business folk can join you and then you will have several hours of good daylight.

One farmer on a direct line with the cars from the city has made a specialty of permitting families to picnic in his woodlot. He charges them fifty cents per day and this charge gives them the privilege of the water and use of a small house where they can make tea or coffee. He usually has four or five families there every afternoon. Most of the folk in the country are glad to allow you water for drinking purposes.

And now to prepare the supper. For a change from the usual foods let us plan a menu entirely different from the usual foods and for a choice select from the four menus below:

- No. 1 Olives, Liver Loaf, Stuffed Tomatoes with Cabbage Salad, Bread and Butter, Nut Gingerbread, Water. No. 2 Cole-slaw, Deviled Tongue Sandwiches, Vegetable Salad, Bread and Butter, Peach Turnover. No. 3 Sweet Mixed Pickles, Pork Pies, Potato Salad, Bread and Butter, Fruit. No. 4 Radishes, Young Onions, Minced Ham Turnovers, Vienna Potato Salad, Bread and Butter, Sponge Cake.

Now purchase for a family of six: Paper drinking cups, paper plates and paper napkins and take along a large old tablecloth to use for a cloth. Wrap these separately into one package for one of the children to carry. Now prepare the butter by placing it in a wide-mouthed one-half pint jar, adding:

- One level teaspoon of mustard, One level teaspoon of paprika. Beat to thoroughly mix and then seal and place with the bread, which should be at least one day old to cut satisfactorily, or the bread may be buttered at home, cut very thin and folded, each slice to form a sandwich. Place the food in boxes which have been lined with wax paper.

For a party of six you will require a kettle holding about one gallon in which to carry the drinking water. Do not take this water from an unknown source—rather apply to a farmhouse for it. Great danger exists in using water where the source is unknown.

Do not go to the trouble of making either lemonade or tea; good cold water with the meal—al fresco fashion—just about fills the bill. Those who feel that they must have their cup of tea may regale themselves with this potent beverage upon their return home.

Liver Loaf Cut one-half pound of liver into small pieces and place in a saucepan. Cover with boiling water and cook for fifteen minutes. Remove the pan and drain well. Now put the liver and

Two onions, One green pepper, Four branches of parsley through the food chopper, adding one-half cup of bread crumbs to remove the mixture from the chopper. Place in a bowl and add

Two cups of prepared stale bread, One well-beaten egg, One cup of very thick cream sauce, One-half teaspoon of thyme, One and one-half teaspoons of salt, One-half teaspoon of paprika.

Mix thoroughly and then pour into well-greased and floured pan and bake in a moderate oven for forty minutes. This loaf should be one day old to cut nicely.

To prepare the bread: Soak a sufficient amount of stale bread in cold water to soften. Place in a cloth and wring dry and then rub through a fine sieve to remove the lumps. Use five level tablespoons of corn-starch to one cup of milk to make the sauce.

Stuffed Tomatoes With Cabbage Salad Prepare a coleslaw mixture, using a small head of hard cabbage, adding

One green pepper, minced fine. Then cut a slice from the top of the tomato and with a spoon remove the seeds and fill with the coleslaw mixture and dust the top with paprika and wrap in wax paper.

Two Cakes for a Quarter; See Mrs. Wilson's "Movie"

Ladies: If you can't cook, but wish to; if you can cook, but want to cook better—

Then drop in at the Stanley Theatre any day this week and see how Mrs. Mary A. Wilson, Executive Editor, PUBLIC LEDGER food economist, does it.

Mrs. Wilson, appearing on the screen, demonstrates the best and simplest and most inexpensive methods of cooking and baking.

For instance, she shows how to make two of the best sponge cakes you ever ate, and their cost is only a quarter.

But see it for yourself—Mrs. Wilson's "movie-at-home."

The recipes Mrs. Wilson shows can be obtained at the box office of the theatre or by writing to the woman's page of the EVENING PUBLIC LEDGER.

Deviled-Tongue Sandwiches Either lamb or pork tongue may be used for this. Wash the tongues in plenty of water and then place in a saucepan and add

Fagot of soup herbs, One onion, Two cloves. Bring to a boil and cook gently until tender and then let cool in the liquid. Now remove the skin and put through the food chopper, adding

One large onion, Two green peppers. Place this mixture in a bowl and add

One teaspoon of mustard, One and one-half teaspoons of paprika, One and one-half teaspoons of salt, One tablespoon of Worcestershire sauce.

Mix thoroughly and then use. Vegetable Salad Cut cold-boiled corn from three ears of corn and then add

One cup of cooked lima beans, One cup of coleslaw, One onion, grated, One green pepper, minced fine, One-half cup of thick mayonnaise dressing.

Mix well and then fill into crisp nest of lettuce and wrap in wax paper.

Pork Pies Have the butcher remove the bones from three-quarters of a pound of pork chops. Now cut into pieces and put through the food chopper with

Two onions, One green pepper, Four branches of parsley. Put three-quarters cup of bread crumbs through the food chopper after the pork and seasoning and place the whole mixture in a bowl and add

One teaspoon of salt, One-half teaspoon of white pepper, One-half teaspoon of sweet mar-joram, One-quarter teaspoon of thyme, Two well-beaten eggs, Three-quarters cup of thick cream sauce.

Mix thoroughly and then line deep individual pie plates with plain pastry. Divide the above mixture into six portions and place in the pies. Wet the edges with water and cover with a top crust that has three

small gashes to permit the steam to escape. Brush with water and bake in a slow oven fifty minutes.

These delicious old English meat pies are very attractive to serve for picnic suppers.

Minced Ham Turnovers One-quarter pound of boiled ham, Two onions, Four branches of parsley, One green pepper.

Put through food chopper and then add one-half cup of bread crumbs to remove all the ham and seasoning from the chopper. Add

One cup of very thick cream sauce, One-half teaspoon of mustard, One-half teaspoon of paprika, One-quarter teaspoon of thyme.

Mix thoroughly and then roll the pastry out on a floured pastry board and cut into squares four- and one-half inches. Brush the edges with water and place a large spoonful of the mixture on the pastry. Fold into triangle form and press the edges firmly together. Wash the top with milk and bake in a moderate oven twenty-five minutes.

Vienna Potato Salad One cup of finely chopped cabbage, One onion, One green pepper. Add this to the potato salad, mix well and then fill into a nest of crisp lettuce leaves. Wrap in wax paper.

Always gather up all scraps and paper cups, plates and napkins. Place in a neat pile on the open road and burn. Care must be taken not to burn these discarded parts of the outfit near grass or trees for danger of fires.

Fuller skirts are back again, and in spite of much mourning worn in France, black is used for the smart- and dressed gowns. The bodice of this frock is made on long lines

A Daily Fashion Talk by Florence Rose VERY recently I saw a woman who had just returned from Paris after a stay of almost a year. Her viewpoint was especially interesting, inasmuch as this was her first trip to the other side, and every thing made a more decided impression upon her vision than it does on those who have "crossed the pond" frequently. One thing was quite certain, that she came back with a profound admiration for the American woman. It was, she said, her opinion that the American woman not only surpassed the French woman in looks, but in style as well.

The very short skirts, those that hover well nigh to the knee, were a thing of the past and while the French women were wearing a longer skirt, it was still a much shorter skirt than the women were wearing in New York. Skirts also were fuller, some, quite so. Where the tight skirt was worn it was usually as a foundation for drapery and again overlapping with panels. Some of these panels were wide, while on other frocks the panels were so narrow that they might better be described as tabs.

On one point she agreed with all the others who go abroad, and that was the devotion of the French women to black. Speaking of the black frock reminds me of a really charming frock which I saw the other day. Brocaded crepe was the material. The bodice was very plain, hugging the figure quite closely. The sleeves short. The foundation skirt was moderately narrow with an overdrape which was very low at the right side and draped up to the waistline at the left side. Here the drapery was caught with a bunch of bright red strawberries, huddled close together. Dangling from these was a spray, about six inches long, of cherries equally bright in color. The huge hat was black and trimmed with black and white.

The frock shown today is of black satin with a skirt which is decidedly full. Three rows of gathering are used about the hips and three tucks are made in the lower part of the skirt. The bodice is plain, but bloused considerably over the skirt. The neck line is low and rounded and finished with a frill of lace. The long sleeves are also finished with lace. The large hat is of black satin with black ostrich laid around around the brim.

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Mrs. Wilson Answers Queries

My dear Mrs. Wilson—Is there a way to use cold mutton or lamb to remove the peculiar odor or the taste? H. H.

Curry of Lamb Place in a saucepan two cups of brown gravy and then add

One-half cup of finely chopped onion, One cup of stewed tomatoes, One green pepper, minced fine, Two teaspoons of salt, One teaspoon of pepper, One teaspoon of curry powder, Two tablespoons of lemon juice.

Add the sliced cold lamb or mutton. Heat slowly until hot and then serve with boiled rice. Use level measurement and keep in mind that the curry is a pungent powder.

My dear Mrs. Wilson—Will you please tell me what yeast you use in making your breads? Also will you please suggest something tasty and unique to be used as a first course in refreshments when ice cream is served following? Thanking you for your help, I am, L. A. E.

Use compressed yeast. Serge a grape-juice cocktail, made as follows:

One pint of grape juice, Juice of one orange, Juice of one lemon, One pint of crushed ice. Shake to mix and then serve in cocktail glasses with a marsh-melon cherry on top.

BLACK SATIN IS HERE



Fuller skirts are back again, and in spite of much mourning worn in France, black is used for the smart- and dressed gowns. The bodice of this frock is made on long lines

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Please Tell Me What to Do By CYNTHIA

Who is Cynthia? Dear Cynthia—Will you please pardon my utilizing the facilities in my immediate neighborhood, the typewriter and yellow paper? I'm a busy office fixture and it is impossible to obtain better means of addressing any one, even though it is my valued friend Cynthia.

This is my query? I hope it isn't to prove too personal. Now then, Cynthia, who are you? Are you one of these adorably pleasant, elderly "young women," with that slight streak of gray which typifies refinement, culture and kindness? Are you one of these exceptionally bright young matrons who has had direct contact with many phases of life, and so capably mend almost every one's difficulties?

I'd just like to get a glimpse of you, perhaps enjoy a time in your company, which I am certain would convince me of human ways and means of being such a human wonder.

Cynthia, you just know what to say when to say it and how to say it. You soothe, you advise, you scold, admonish and denounce, but you do it in so remarkable and versatile a manner that you are positively a genius. May not I have the pleasure of knowing personally so capable an individual?

I agree with you in everything you do. You can help agreeing with such a broad-minded person, but I'm skeptical as to just what kind of a person you are.

You might be my next-door neighbor, because she is wise and nice. I exclude my immediate family because there isn't any such character in our domain. You might be one of my numerous acquaintances with whom in my nineteen years of life I have been associated!

Will you please answer my undoubtedly foolish but prying inquiries, and thereby favor a regular guy with a woman's curiosity? P. S.—If I may, I will join the K. U. H. C. with pleasure.

STUPID.

Just for fun these summer days let's have a guessing match about what Cynthia really is like. Has this new member of the Keeping Up Hope Club hit the nail on the head in any of his guesses, or is he quite wrong? Just you wait, Stuffed! And Cynthia expects some interesting information about herself!

All Men Please Read Dearest Cynthia—Your column in the EVENING PUBLIC LEDGER is a very in-

teresting one. I turn to it first thing when I get my paper. And, Cynthia, what do you think? In a trolley car I saw a man reading an EVENING PUBLIC LEDGER. He didn't stop to read the headlines, but immediately turned to Cynthia's page. I really was surprised to think that "man," that loftily superior being, would delight in Cynthia's column. You know only fool women are supposed to write letters to the sentimental column. But not so, for the loftier they are, the harder they fall. HAPPY HELENA.

Word From New York Dear Cynthia—I would like to write a few words to let you know that since I came here a few weeks ago I feel so sorry that I cannot read your column every day—not one of the New York papers suits me as the EVENING PUBLIC LEDGER did. I would like to write a few words in reference to the New York girls. I take notice that Philadelphia girls are more friendly with the boys than they are here. M.

Any daughters of New York in the audience to speak up for their home town and their sisters? Cynthia is glad to know one of the big family does not forget her. Did you know, M., that you can buy the EVENING PUBLIC LEDGER at most of the big news stands in New York or that better still you could have it sent regularly to your New York address from here? It's nicest to have all the family in the circle of evenings. Good luck to you in the big city!

Members Scold Her Dear Cynthia—I am twenty-two years old, and am utterly tired and disgusted with things, but for my blind mother. "As a Disgusted Lass" says, men are a torture to look at. Sometimes I really hate them. I have been out with men, but what are they? Because I would not let them kiss and man me I am cold. When I leave them they say, "I will phone or write you." That is the last of them. Yet fellows preach about meeting decent girls. They don't know how to treat them when they do meet them.

I am so tired and weary of things I never go out anywhere. I went around with a girl three years I thought I could trust, but was mistaken. I gave her everything, from hairpins down to silk hosiery, yet my kindness was slapped in my face. I had an engagement with a fellow. It was not honestly he wanted to see. It was my sister, who is a widow

(but no children), and older than the fellow. He hadn't the nerve to call her up, so he said, so he made the goat of me. My sister was in the room until he went home. I was a wall-flower. I was never trifled with before, and I feel the hurt yet. I wish the readers would give their opinion of this fellow.

If any one lives a more dreary life than I do, I pity them. All I do week in and out is work. This is my first letter to you, Cynthia, and I feel relieved by putting this on paper.

TIRED AND WEARY. Dear, when a girl begins to feel like you do she ought to deliberately go out and find something new to interest her. Do you swim or play tennis? Join anything, from a millinery class to a dancing class; anything that will throw you in contact with new people. You won't feel like it, but do it anyhow. You'll be surprised to see how things turn. Don't lose faith in all the world just because you've done the thing we all do at some time in our lives—strike a long, dull, uninteresting

THE WOMAN WHO EXPECTS YOU TO BUY THE TICKETS

Is Half Cousin to the Girl Who Relies on You to Get Up the Picnic—Do You Know Queenie?

SHE was going out of the city and with her dainty shoe on the step of the train asked her mother to telephone Lill to get up the picnic for the Sunday after next.

"Lill!" he said she as she gave her nose one final treatment through her veil and then she was off. Well now it happens Lill did it—as best she could. And she did it wrong, at least our heroine so intimated when she landed in late on Saturday night, the day before her picnic.

"Who's coming, Lill?" said she. "Why I never in the world would have asked him Why, Lill, didn't you know I haven't spoken to him since the Fourth of July before last? And Bill Dingdong, Good night! We weren't as hard up for men as all that, were we? Where are the Bouse boys? Didn't you ask them, and how about Molly Dingle? I can't afford to hurt her feelings."

And so on went the girl whom I shall call Queenie, because even though her mother calls her something else, it's far the better name for her. This is a real true little story, but it's just by the way of asking you if you have a Queenie among your circle of

friends. Nearly all of us have, and aren't they exasperating?

THERE is the woman who leaves it up to you to buy the theatre tickets. Doesn't even tell you for what afternoon; makes you guess and you always guess wrong. There is the girl who takes it for granted you have the check for her jewelry when she goes in bathing. There is the other one who expects you to have her clean laundry sent parcel post after she flies out of town two hours earlier than she intended to go in order to have lunch with a beau.

The nerve of her, you say as you calmly send your way around to the laundry to gather up her trappings. But there's the funny thing about it. You always do wind your way. We always do that favor for Queenie!

I sometimes wonder why we do. Why should we put up with the girl or woman who always expects others to attend to the irksome little details of life for her? Why not collect our outraged feelings and gently but firmly tell the Royalty to go and wait on herself? Why not? I don't know; neither do you. The fact simply stands that there are some people who go through life expecting to be waited on and no one ever seems to have the courage to disappoint them.

stretch in the road. He brave, and be glad you're alive. The flowers begin to bloom where you least expect them. Shame on you for the thing you said that I wouldn't print. As punishment you are elected a member of the Keeping Up Hope Club. Members, do your duty and write to her.

Things to Know Soapstone sinks can be cleaned with sandpaper. Finish with linseed oil.

A white enameled set, hand-painted, is convenient when going picnicking.

Storm windows can be used for the tops of hotbeds in the summer time.

Sprinkle raisins with cornflour before chopping and they will be less sticky.

Miss Mabel Talbott, who has been elected president of the National Amalgamated Union of Shop Assistants, Warehousemen and Clerks, is the first woman to become the executive head of any of the great British trades unions.

Kellogg's advertisement featuring the brand name in large script, the slogan "WON ITS FAVOR THROUGH ITS FLAVOR", and an illustration of a woman in a patterned dress holding a box of Kellogg's Toasted Corn Flakes. Text includes "Millions of users endorse Kellogg's as the best known, best prepared and best liked corn flakes. We value this approval and mean to hold it." and "W.K. Kellogg".

Advertisement for The Laurel Corset. Text includes "Tomorrow you can answer the question—'Are you wreathed in a Laurel?'", "Opening: Tomorrow!", "of the Largest Corset Store in the United States", and "The great Headquarters of the Laurel Corset will present the most extensive assortments of corsets in the world. You may choose at your leisure from the most superb corset fashions. Expert corsetiers will be in attendance. Special Attention in Personal Fitting of Corsets will be a feature of the new store." The Laurel Corset logo is prominently displayed. Address: Laurel Building, Ten South Tenth Street, Philadelphia. "This Branch Store Open Evenings".