# WHEN YOU GO A-MARKETING-FEMININE RELAXATION-KILL THE FLIES-CYNTHIA'S MAIL

## A CHICKEN DINNER FOR SUNDAY; MRS. WILSON'S TASTY RECIPES

This Week's Market Basket Provides a Fowl That Will Yield Two Other Meals Besides This Festive One—How to Make a Delicious Peach Shortcake

> By MRS. M. A. WILSON Copyright 1919, by Mrs. M. A. Wilson.

SELDOM do listeners hear any good spoken of themselves. Quite recently I overheard a gentleman say: "Well, if you are so plaggety certain to follow Mrs. Wilson's Fri day Market Basket for our Sunday meal, why don't you have her tell about chicken for a Sunday, anyway?" When this couple left the auditorium, the woman nodded and smiled to me and then later asked me if I could give her chicken in the Friday market basket, real soon. So today I am going to keep my promise and tell you how to utilize a chicken to the best advantage.

Popular ways of serving chicken are stewed, fricasseed and fried chicken a la Maryland. As a matter of economy select a large, old hen, then singe and draw, and then wash to thoroughly cleanse. Place in a large stewing pan, adding

One fagot of soup herbs.

One carrot, out in quarters. Six cups of boiling water.

Add the giblets and the feet, after

King or chicken salad. Thus the chicken will supply the protein or bring to a beil. Cook slowly for five Now place meat portion of three meals. Now minutes. Now add in order to prevent waste and have the chicken cooked tender, it should be placed to cook on Saturday right after breakfast, so that the chicken pudding may be prepared for Saturday night's supper.

It may be stewed or fried a la Maryland for Sunday dinner and in an a la King or chicken salad for Monday evening. A latural formula of the purchased very reasonably, considerably below that of the year-old beaten egg and roll in fine bread crumbs. Fry until golden brown in crumbs. Fry until golden brown in the purchased very reasonably, considerably below that of the year-old beaten egg and roll in fine bread thoroughly heated and then serve on a dishpan under her arm to buy her toast garnished with finely chopped Sunday's means. Well, in the village store, on one fascinating case, is a coling. This cooks not only the fowl, but also any other cuts of meat that should be cooked by long, slow, moist cooking to make them tender, and palatable.

Ye Olde Virginia Chicken Puddinge Put the skin from the breast and other parts of the chicken through the food chopper, adding the meat picked from the neck and carcass and the giblets and then add

Two onions.

Four branches of parsley.

Turn into a mixing bowl and add One and one-half cups of flour, One and one-half teaspoons of salt, One teaspoon of paprika, One well-beaten egg.

One cup of chicken stock. Beat to mix and then turn into well-greased casserole. Bake in a moderate oven for forty minutes. Serve with a sauce made as follows: One cup of chicken stock.

One cup of milk, Five tablespoons of cornstarch. Dissolve the starch in the milk and stock and then bring to a boil and cook for five minutes. Add one well-beaten egg and then beat again, then season One teaspoon of salt,

One teaspoon of paprika, Three tablespoons of finely chopped parsley.

Now to plan the Sunday menu. which will include a choice of methods of preparing the chicken.

> A Suggestive Menu Breakfast Sliced Peaches

**Broiled Tomatoes** Cream Gravy Waffles

Watercress Coffee Dinner Tomato Canape

Chicken Dumplings Boiled Potatoes String Beans Lettuce Coffee

Peach Pie Supper Egg Cutlets Cream Sauce Potato Salad

Peach Shortcake Chicken Fricassee Place three cups of chicken stock a saucepan and then add some

mplings prepared as follows: Place in a bowl One cup of flour, One-half teaspoon of salt,

One-half teaspoon of pepper, One tablespoon of grated onion, One teaspoon of shortening.

Mix to a dough with one-half cup of water. Drop from the spoon into ing stock and cover closely and cook for ten minutes. Now add the igs, thighs and legs of chicken mer slowly for fifteen min-. Serve and garnish with finely

pped parsley. Fried Chicken a la Maryland repare the dumplings as given the above recipe and cook for fteen minutes. Lift, drain well as then dip the legs, wings and then in flour and then in the erg and then in fine bread

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

you can't cook, but wish to: If you can cook, but want to cook

Then drop in at the Stanley Theare any day this week and see how les. Mary A. Wilson, Evening LEDGER food economist.

Mrs. Wilson, appearing on the demonstrates the best and implest and most inexpensive methds of cooking and baking.

For instance, she shows how to nake two of the best sponge cakes on ever ate, and their rost is only

But see It for rourself-Mrs. Wilm's "motie-at home

The recipes Mrs Wilson short an he obtained at the hox office of the theatre or he writing to the noman's page of the Evenino Pubtic LEDGER,

scalding and removing the outside crumbs. Fry until golden brown in skin. Bring to a boil quickly and hot fat. Prepare the dumplings by cover closely and cook at the sim- first dipping in flour, then in beaten mering point until tender. Cool and egg and then in fine bread crumbs then cut the legs, and then the first and fry just the same as the chicken.

Stir to dissolve the flour and two hard boiled eggs chopped fine.

Two hard-boiled eggs, rubbed through a fine sieve. One small onion, grated,

Four tablespoons of parsley, honned fine. One teaspoon of salt.

One-half teaspoon of paprika. Mix and then pour in a platter to Monday evening. A fat old hen can mold for four hours, then form into

Answers Queries

recipe that you gave for coffee cakes, also layer cake? I was vis-

ting where a friend makes these

from your recipes, and they were

unable to let me have it, for they

Look over the back files of the

newspaper for these recipes. They

have been published many times

My Dear Mrs. Wilson-Will you please tell me how to make frozen punch; also frozen egg

nog. Thanking you in advance, I

Frozen Punch

One-quarter teaspoon of cinnamon,

One-quarter teaspoon of nutmeg.

Let the mixture stand for ten

Mix thoroughly and then freeze in

the usual manner for ice cream,

using three parts ice to one part salt.

Frozen Eggnog

One-quarter teaspoon of cinnamon,

Let the mixture stand for ten

Beat to blend and then, when

horoughly mixed, beat in slowly the

prepared sirup and then the stiffly

eaten whites of three eggs. Freeze

THE WHOLESOME

BAKING

POWDER

Look for the

big pound tin

-sixteen full

ounces. The

powder with a

food value.

Go buy it today

in the usual manner for ice cream.

minutes and then bring to a boil

and cook for five minutes. Partly

cool and then place in a bowl

Yolks of four eggs,

Two cups of milk.

One-half teaspoon of nutmeg.

One tablespoon of gelatin,

minutes and then bring to a boil

and cook for five minutes. Cool and

Two tablespoons of gelatin,

within the last two months.

Place in a saucepan

Three cups of sugar,

Juice of four lemons.

One cup of water.

Place in a saucepan

Two cups of sugar.

One-half cup of water.

Juice of three oranges,

One cup of raspherry juice,

One cup of water,

then add

MISS D. McD.

A. S. L.

kindly let me have the

Mrs. Wilson

had misplaced it.

#### Peach Shortcake Place in a mixing bowl

wo cups of flour. One-half teaspoon of salt, Four teaspoons of baking powder, Four tablespoons of sugar.

Mix thoroughly and then rub in four tablespoons of shortening and mix to a dough with two-thirds cup of water. Beat to mix thoroughly and then spread evenly in wellgreased and floured oblong pan-a pan such as is used for baking cheesecake. Cover the top with thickly sliced peaches and dust with cinnamon. Sprinkle over the peaches

one-half cup of brown sugar. Bake in a moderate oven thirty minutes. The market basket will require One-quarter peck of peaches,

Five large tomatoes. One-quarrer pound of bacon, One bunch of watercress, One five-pound chicken,

One-quarter peck of potatoes, One quart of string beans, One head of lettuce. Eight eggs.

Three pints of milk. This menu can be purchased for approximately \$3.75, without the usual staples that are purchased

Two cups of milk One-half cup of chicken stock, Sir tablespoons of flour in a saucepan and stir to dissolve

Bring to a boil and cook for three minutes and then add One well-beaten egg. One onion, grated.

One green pepper, chopped fine,

The prepared chicken,

## The Question Corner

Today's Inquiries What work was Dr. Anna Howard Shaw carrying on when

she was stricken with her last . How is contrast obtained in some

of the new filet crocheted sweaters? What is a convenient way to

4. Describe a practical and dainty

way to make a pair of white or gandie cuffs. What will preserve lemon juice for future use? How should linen be ironed in

regard to the weave of the

Yesterday's Answers

 The Polish Gray Samaritans are twenty women of Polish birth who have been trained in this country as social and nurses' aides and are to be sent into Poland.

A pretty way to combine white flowered material in a dress is by putting hemstitched bands, wide ones at the bottom and narrower as they go up, of the flowered material on the white skirt, and making a white vest in the flowered waist. It is correct but not necessary for

the week end guest at a house party to tip the servants when she leaves. An old raincoat can be made over

into compers to be worn over the baby's clothes when he plays outdoors after a rain.

In spreading ready-made mayon naise dressing on sandwich filling be sure to use a silver spoon as a steel knife or tin spoon makes the dressing taste.

6. When there is no convenient place in the kitchen for the iron-ing board, fasten two large screws on the back of the closet cellar door and hang the board between them with the small end

#### Buckles Are Used on Sashes A Daily Fashion Talk by Florence Rose



The smartest girdles are trimmed this season. Fringes and buckles of silver and of beads are the last word from Paris

this year's vintage, none stands out the center back.

Yes parts vintage, none stands out the center back.

Yes parts vintage, none stands out the center back.

Yes parts vintage, none stands out the center back. then cut the legs, and then the first joints. Remove the thighs and cut the wings, allowing a piece of white meat from the breast with the wings, keeping the breast whole. Pick the meat from the para and add the which the dump-like the meat from the pocked, making a good this with the work of carcass and chop the gibles hack of carcass and chop the gibles. The coverage of this meat.

Use this for Ye Olde Virginia Chicken Puddinge. Serve the legs.

Chicken Puddinge. Serve the legs.

Chicken as a saveed of the mace of course, frocks that are furnished at the waistline with only a cording of the material, but these are funds the waistline with only a cording of the material, but these are funds the waistline with only a cording of the material, but these are funds the waistline with only a cording of the material, but these are funds the waistline with only a cording of the material, but these are funds the waistline with only a cording of the material, but these are funds the waistline with only a cording of the material, but these are funds the can inch in which, and are tied from him from him friends. Leave about four tablespoons of at each week, and will provide sufficient in the pan add four tablespoons are form the neck are dead with considered with the waistline with only a cording of the material, but these are funds the waistline with only a cording of the material, but these are funds the solid or the saturday evening meal. Leave about four tablespoons of the waistline with only a cording of the material, but these are funds the waistline with only a cording of the material. There are, of course, frocks that are finished at the waistline with only a cording of the material, but these are funds in the front. It is do to a underful thing in this big world and the waistline with only a cording of the material, but these inflictent in the fund him there either until back of the material, but these is friends him the receives any will, from him friends. Sometimes this type of sash and fund the waistline with

tied in hig loops or in a butterfly bow oblong buckle of white pearl. with long ends are used a great deal on !

NOT so many moons ago I spent a few days in a little country town-

real country-where the butcher comes

in his wagon on Saturday morning, blows a little tin horn in front of each

lection of fly swatters, under which was

a card which read. "The swatter that

made fly-killing a sport." Which really has little to do with what I want

to tell you, except that it deals with the extermination of flies. It is a liquid

sprinkled in a room not only kills flies instantaneously, but which makes it so

unpleasant for the live ones that they

There is much in the psychology of

times a bottle of the most delicate per-

but let it bear the suggestive name of

Scent of Roses, or Fragrance of Flow-

ers, and you would find yourself much

more interested. Perhaps that is why I

day to use on warm summer days, after my tepid cooling bath. For it is

called Bath Dusting Powder. Can'

you see yourself stepping from the tub. and after a good toweling, dusting this

all over you with a big fluffy puff? Of

wanted some of this powder I saw to

fume were it called just plain "Smell.

You might pass many, many

won't venture in. This is a new prep

sanitary and antiseptic, which

cuantities.

DAMICE.

With a Purse

DEGARDLESS of all the other points the summer dress of organdie, creps.

this year's vintage, none stands out more prominent, or are more important, than the finish given to the waistline. There are, of course, frocks that are inch to an inch in width, and are tied at the waistline with only a local left side or the center. In the center back.

Very narrow ribbons are popular to war broke out, when he was drafted. When he was in camp he did not write to me at all, but I used to get regards inch to an inch in width, and are tied from him from his friends. Later he also the best teacher. Do you know the center was sent across. I did not receive any

(Copuright, 1919, by Florence Rose)

#### Adventures ORISON Each night our prayers go un to God

Like little birds that fly At evenfall on eager wings Against the caging sky.

In little winds that leap rom dewy hollows of the hills, Where shuttered houses sleep.

Each night our prayers go up to God From many a slender spire-Loosened in the golden tongues of That cry the heart's desire.

Each night our prayers go up to God

Ab, surely He will bend Above us in some carly star And hear and comprehend. -By Leslie Nelson Jennings in

McCal's. aration-perfectly harmless, incidentally carrings consisting of cluster of tiny -and so successful has it become in a pearls. But have you seen these same engagement was not announced.

way to rid your house of flies. You these earrings, and there still remain a can get 50c and \$1 bottles, or larger few pairs, although they are selling rapidly. For the names of shops where articles mentioned in With a Purse" can be purchased, address Editor of Woman's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut

### Please Tell Me What to Do

By CYNTHIA

A Bouquet for Cynthia

Dear Cynthia - What a happy out what you are like or who you are. That's a fine idea, but really it must be embarrassing to you to discover that at least some one has taken the interdare pry into your private life. It is ballway, then sighing and saying:

Who you are and what you look like matters not to me, for it is best that have my illusion about your great character and wondrous beauty. Is it not unkind to suggest that a person that he had lied to me than to know a woman has a peculiar little system of is old? There is no age. Why, you are just like my idea of "A Perfect Lover," and surely no one is able to should do about this? I really feel he tion, and that is about all the relaxawho causes us so much pain in our lit-

Very respectfully

of a messenger. Plenty of Fish in the Sea

Dear Cynthia-About six years ago agree? was introduced to a young man who seemed to take a great interest in me have kept company with him till the

short time that the manufacturer is bearl clusters with a tiny sapphire of baving a very busy time to keep up with sparkling blue, or a darting little rhine the orders. Here is an easy and safe stone? They are exceptionally alluring. expected way that he had deliberately lied to me about having been once en-gaged to my sister's friend. I gave him the opportunity of confessing the whole story to me, but he did not take advantage of it. Then I told bim what I had discovered and asked him why he had not told me the truth. He said because there was no need of my being unhappy about a girl he no longer cares for, although he acknowledged what I said to him was true. I told him it made me much more unhappy to know

## THE WOMAN'S CLUBHOUSE VERSUS THAT OF MAN

A Visitor Stopped to Wonder Why the Atmosphere Should Be · So Different-This Tries to Explain

vate lives are sought by the curious a man's club. No matter when you go there, you never find it empty. Isn't it reculiar how much more men seem to get out of their clubs than women

describe that curious individual, man, was dishonorable in the matter, and yet tion the average person of feminine who causes us so much pain in our little throbbing hearts.

Darling Editor, do not disclose your true identity to any one and let me true identity to any one and let me relations with another girl?

This letter did not even wait for the tried and true route of the mailman. It came speeding in the hands for the best. Do other Cynthia readers will.

> A Letter to "Dotty" Dear Cynthia-May I venture to say something to Dorothy, or my unknown

All the various kinds of cords are good, from the silk cord the size of the ordinary clothesline, to the cable size made of silk or heads. Wide saskes tied in higher sends are held in place by oblong buckle of white read.

herees, helped sell bonds, went out cantage was going away from Philadelphia
for business and I have not heard from
him since he left.

Now, dear Cynthia, what would you
think of a man like that?

I would advise you to forget all about
this young man. You would only demean yourself by making any advances
to him and would probably not gain
anything by it in the end. You are
young and there are plenty of nice bors
in the world. Be on the lookout for
them and left him go his way.

Forgive and Forget

Dear Cynthia—I am a girl of twentyin the world. Be on the lookout for
them and left him go his way.

Forgive and of cynthia—I am a girl of twentyin the world when I was still a little girl.
There was a girl, one of my sister's
crowd when I was still a little girl.
There was a girl, one of my sister's
crowd when I was still a little girl.
There was a girl, one of my sister's
crowd when I was still a little girl.
There was a girl, one of my sister's
crowd when I was still a little girl.
There was a girl, one of my sister's
crowd when I was remained, our
want me near them and say one can'te
best friends, to whom he was very devoted for awhile, and then he stopped
going with her, and, in fact, with all
girls, until about three years ago he
met me again at a dance. From that
time on we began to go together, and
I grew to love him very dearly. How
ever, since my father disapproved of
war brides and war engagement, our
stagement was not announced.

Since he left.

Now dear Cynthia, what would probably not girl.

Now then he was very devoted for awhile, and then he stopped
going with her, and, in fact, with all
girls, until about three years ago he
met me again at a dance. From that
time on we began to go together, and
I grew to love him very dearly. How
ever, since my father disapproved of
war brides and war engagements, our
largement was not announced.

Since he left.

Now much mere convenient in the bow and man was not
in the world on the int you used.

All this is possible—If you use Hires.

How much mend and

thought of some writer trying to find out what rou are like or who you are. no feet bave the right to echo when their owner is seeking kindred spirits up all over the country during the last with sociable tendencies. A person couple of decades, and you will disest in your services to the lovesick to could not blame the little lady in lay- cover they have in almost every case ender for standing undecidedly in the been founded to better humanity. They hallway, then sighing and saying: "A woman's club is so different from man's club. No matter when you go will you find one that has no aim but

But of course it wasn't funny at they would lead pretty sad lives. No.

UNHAPPY. responsibility of a home. Why, even where there is one in the family who I think you are silly. Unhappy, to holds a responsible position making to a man who made a habit of telling house with a similar position would not untruths to her, but I honestly believe dream to bother about. It has always this young man thought he was acting been this way. I suppose it always

That is why it seems rather foolish for men to claim that the nation-wide voting of women will make them neglect their homes. Women have never been given a chance to neglect their homes. The vote does not mean one kind of responsibility shirked. It only means another one added.

### Make Your Own Coffee at the Table

You Need Not Bother With a Coffee Pot

Paris, Tenn. U.S.A.



DO YOU WAIT FOR HOT WATER OR DOES IT WAIT FOR YOU? Where there's a "Lovekin" there's always hot water 'on tap' for every household need. And the small gas consumption of the Lovekin Heater is really surprising.

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#### course it's cooling, certainly it soothing, and beyond a doubt it fragrant. A generous sized tin may be had for 75c. Of course, you have seen many times Ack for Horlick's The ORIGINAL Safe Malted Milk Milk or Infants & Invalids A Nutritious Diet for All Ages. Quick Lunch; Home or Office. Avoid Imitations and Substitutes