

ONE-DISH DINNERS FOR WARM WEATHER—SUMMER SONGS—THE FALL SUITS—CYNTHIA

MRS. WILSON GIVES TASTY MENUS FOR THAT EASY ONE-DISH MEAL

They Will Appeal to the Family and Save Time and Energy for the Busy Wife and Mother in Warm Weather—The Recipes Are Printed Here, Too

By MRS. M. A. WILSON

See Mrs. Wilson's "Movie" in W. Philadelphia Today

"Seeing is believing." And seeing is also knowing how to go home and bake the spongecake for yourself.

If you want to know how to bake two of the best spongecakes you ever ate and their cost only a quarter, don't fail to see Mrs. Mary A. Wilson's "movie," being shown at various motion-picture houses throughout the city all this week.

In her film Mrs. Wilson, the EVERSINGE PRIZES LEADER food economist, who really needs no introduction, demonstrates the best and simplest and most inexpensive methods of baking and cooking, and the recipes she shows can be obtained at the box office of the theatre or by writing to the woman's page of the EVENING PUBLIC LEDGER.

Mrs. Wilson's "movie" is being shown this week at the following theatres: Imperial, 249 South Sixtieth street, today and tomorrow.

Kialto, Tulphocken street and Germantown avenue, Wednesday and Thursday.

Market Street, 333 Market street, Friday and Saturday.

THE late war food conservation taught us that a real conservation of time and energy could be made into a real economy for the busy housewife by planning one-dish meals. To carry out this idea during the warm weather should make a decided saving in time and strength for the busy woman. This is especially true now that the problem of help in the home seems to become more and more serious.

A Few Suggestive One-Dish Meals

- (1) Creole Liver and Onions Mashed Potatoes Peas (2) Brown Beef Stew Curry of Rice Buttered Beets (3) Stewed Chicken with Vegetables (4) Chicken a la King Vegetable Salad (5) Baked Beans Baked Potatoes Baked Stuffed Tomatoes (6) Potato Nest with Creamed Tuna Fish Peas (7) Popovers with Cream Beef Braised Vegetables (8) Baked Tomatoes and Peppers with Eggs Vegetable Goulash (9) Browned Pork Tenderloins Mashed Potatoes Fried Corn (10) Pot Roast of Beef Browned Vegetables (11) Macaroni and Cheese Baked Potatoes Stuffed Tomatoes (12) Meat Loaf Asparagus Boiled Rice

How to Prepare These Meals (1) Have the butcher cut the liver in thin slices and then dip in flour and brown quickly in hot fat. Now add

One-half cup of tomatoes. One-half cup of water. Two tablespoons of cornstarch.

Dissolve the starch and then bring the mixture to a boil. Add one cup of sliced onions and simmer slowly for twenty minutes. Season. Now prepare a mound of mashed potatoes on a large hot platter and lay on top of the potatoes the slices of liver; pour over the gravy and then place one cup of heated peas on top of the gravy around the edge of the dish and serve.

(2) Cut one pound of stewing beef in two-inch blocks and then roll in flour and brown quickly in hot fat. Now add

Three cups of water. Four whole onions. Two carrots, cut in quarters.

Cook slowly until the meat is tender and then season, and add one teaspoon of curry powder. Cook one-half cup of well-washed rice in two and one-half cups of water until the water is absorbed and the rice soft. Season and then pile the rice on a large platter. Pour over the prepared stew and garnish with hot buttered beets and sprinkle with parsley.

(3) Singe and draw the chicken and then cut the wings, legs and thighs from the chicken. Break the carcass and place in a stewing pan together with giblets. Add six cups of water and cook until tender. Use the breast for salad or a la king. Pick the meat from the back of carcass and add the giblets; use for creamed chicken on toast for breakfast.

Now prepare dumplings as follows: Place two cups of flour in a mixing bowl and add

One teaspoon salt. One-half teaspoon paprika. Three teaspoons of baking powder. Two tablespoons of grated onion. Two tablespoons of finely minced parsley.

Mix to a dough with three-quarters cup of water and drop from the spoon into boiling chicken stock. Cover closely and cook for fifteen minutes. Pare

Four medium-sized onions. Six medium-sized potatoes. Two carrots, cut in quarters.

Cook until tender and then season. Now lift the vegetables on a hot platter and then add the chicken and dumplings. Sprinkle with finely minced parsley and serve.

(4) Use breast of chicken for a la king. (5) Baked beans. Wash and then soak one-half pound of beans. Parboil until tender and drain. Place in a casserole and add

One cup of stewed tomatoes. Four tablespoons of sirup. One-quarter teaspoon of mustard. One-quarter teaspoon of pepper. One-half teaspoon of salt. Five ounces of salt pork.

Mix and then add sufficient water to cover the beans. Bake in a slow oven three hours. Wash and grease

FOR SUMMER TRAVELING



A tricolor frock and a hat like this make a smart outfit for traveling. The ribbon on the hat in high colors furnishes a daring decoration; it is two-toned satin. The hat itself is a milan mushroom. Notice the smart touch the wide ribbon sash adds to the frock

Please Tell Me What to Do

By CYNTHIA

His Idea of Cynthia Dear Cynthia—The reader who signed himself Suffused started something, didn't he, trying to arouse curiosity as to what you are like? Well, I might as well take my guess, too. Is it fair to guess your age? Here goes, anyhow. You are thirty-two; you have light brown hair and nice calm blue eyes that seem to understand. If a person met you personally, he would probably call you a very good listener, a good sport in being able to talk a joke and in a man what we would call an all-round good fellow. Let's hear from you, boys and girls, and see if you agree with my idea of Cynthia.

Among the advantages of this style meal is that it requires just the minimum time for cooking, less fuel and a saving of time in serving, and fewer dishes to wash. Serve with this meal a plain salad, and a dessert, which may at this season be either fresh or stewed fruit, would make it attractive to the average family.

As to letting the boys get sentimental over you, for goodness sake, girls, be a little diplomatic. You don't have to be an icicle to keep your self-respect, dolly them along; it doesn't take much to satisfy them if you go about it in the right way. Maybe I sound as if I had lots of experience with the other sex, but I haven't. I don't know many boys, but I am making new friends all the time, and I expect to hold them, too. I like to study people, and from my observations I have drawn the above conclusions.

And now may I say that I think Cynthia is a woman of broad understanding and kindly feelings; tolerant

and found out that you have. If you have failed to attract people to you, and if you can't hold your boy friends after you make them, then nine times out of ten the fault lies within yourself. Learn to cultivate a cheerful disposition, and smile, smile, smile. Be enthusiastic. Act as if you were having a good time, whether you are or not, and soon you will find that you are enjoying yourself so much; you won't have any time to think about being grouchy. Be kind always, and if you don't care enough for some people to talk good about them, then keep your opinion to yourself.

To girls everywhere, I would say if you don't think you have anything to be thankful for, it's time you woke up

A Splendid Code Dear Cynthia—I have been so surprised at the number of girls lately who seem to be so tired of living and who seem to hate the boys, so that I had to write you what I think about it. It seems to me that it is such a privilege to be alive and young and an American. I don't see any reason for running our boys down so. Rather, I think we have the most wonderful men of any country in the world. When I think of what they have done for us, it makes me so proud and happy that I often whisper a silent prayer that some day I will be able to measure up to their standard of womanhood.

To girls everywhere, I would say if you don't think you have anything to be thankful for, it's time you woke up

The Question Corner Today's Inquiries 1. What distinction has Miss Jennie Ackerman? 2. What will clean marble? 3. How should a serge dress be washed? 4. Describe a pretty girle to be worn with an evening dress that is trimmed with gold lace. 5. What would make an appropriate and inexpensive gift for the paper wedding anniversary? 6. How are some of the popular basque waists finished at the hips? Saturday's Answers 1. Soft tissue paper removes the "shine" quite as well as a powder puff in an emergency. 2. When the waist of a gingham dress has shrunk, insert a wide-box pleat in the middle of the back and a ruffled vest in front to make it large enough. 3. Bugles are long narrow beads used in trimming dresses. 4. It is not incorrect to wear diamond and pearl jewelry when in mourning if the jewelry is in the form of engagement rings or black pins. It is incorrect to wear gold jewelry or a great deal of jewelry when in mourning. 5. An unusual tunic seen on some of the new afternoon dresses is a basque effect with two short ruffles extending over the hips. 6. "Solerte" is a brown, a little darker than bisque.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut 3900.

Mrs. Wilson Answers Queries

My dear Mrs. Wilson—Will you kindly publish a recipe for a one-egg spongecake? Also recipe for hard white icing for cake? Thanking you, I remain, Mrs. A. R.

One-Egg Spongecake Place in a mixing bowl One-half cup of sugar. Yolk of one egg. Cream until light lemon color and then add

Four tablespoons of water. Three-quarters cup of sifted flour. Two teaspoons of baking powder. One teaspoon of flavoring.

Beat to mix and then carefully cut and fold in the stiffly beaten white of one egg. Bake in a star tube pan for thirty minutes in a moderate oven.

Hard White Icing One cup of XXXX sugar. One tablespoon of cornstarch. One teaspoon of vanilla extract. Sufficient boiling water to make the mixture spread.

My dear Mrs. Wilson—I would appreciate it so much if you would let me know through your column how to make fondant icing and also marshmallow frosting for cakes. When a recipe calls for rose water in a cake is this the same rose water that you purchase at the drug store? Thanking you very much for this information, L. T.

Fondant Icing Place in a saucpan Two cups of sugar. One-half cup of white corn sirup. One-half cup of cold water. One-quarter teaspoon of cream of tartar. Stir to dissolve the sugar and then wipe down the sides of the saucpan. Bring to a boil and cook until 238 degrees Fahrenheit is reached on the candy thermometer or until the mixture forms a soft ball when tried in cold water. Pour on a large platter and cool. Then work until creamy and reheat in a double boiler. Use as icing.

Marshmallow Frosting Place Three-quarters cup of fondant icing. One cup of marshmallow whip in a double boiler and place on the fire to heat. Beat until well blended and use for icing. Answer to your third question, yes.

My dear Mrs. Wilson—Will you kindly tell me how to boil peas so that they will remain as green as possible? Also how to keep cauliflower white when cooking it? Thanking you for your kindness, L. D. O.

Do not cover either the peas or the cauliflower while cooking. Use boiling water to start both of these vegetables cooking. Wash and grease

the potatoes and then bake, allowing time to be ready to serve with the beans. Stuff the tomatoes and bake at the same time.

(6) Cook sufficient potatoes to make three pints of mashed potatoes. Season and then mold into nests on well-greased and floured baking sheet. Place in the oven to heat. Fill with creamed tuna fish and serve with peas.

(7) Place the popover pan in the oven to heat. Break into a measuring cup one egg. Fill with milk and then turn into a mixing bowl and add

One cup of flour. One egg. One-quarter teaspoon of salt. Beat hard with a Dover egg beater and then pour into well-greased popover pans and bake thirty-five minutes. Cut a slice from the top and fill with creamed beef.

Adventures With a Purse THE wise woman does not wait until October or the end of September to commence her fall and winter shopping. All through the summer she keeps her eyes open. So here and there she will find a real bargain, and by getting her clothes gradually she finds the expense much less. It is this same wise woman who will be interested in a sale I know of. It stands to reason that she will need a new silk petticoat for her fall suit. And if she buys it now she can save a dollar or two or more, for the petticoats of which I speak are priced at the remarkable figure of \$3.95. Among them are all sorts of lovely colors—blue, old rose, changeable green and gold or blue and gold. And each, of course, has a fancy ruffle.

"Do you think you will have this taffeta Monday?" I asked hopefully of the efficient-looking saleswoman. "Oh, yes," she replied reassuringly, and I was glad, for I wanted you to know about it. It is a good quality of heavy black taffeta, 35 inches in width. Originally priced at \$2 and \$2.25 a yard, it has now been lowered to \$1.65, and thirty-five or sixty-five cents is no mean saving on each yard. For a skirt to wear this winter under your heavy coat, or for an entire dress, you will find this taffeta will be excellent.

I think, in fact, I am reasonably certain that you will want to know about the set of ice-tons and ice-pick one-stop is making rather a special offer. In the first place, the set costs only fifty cents. It is nickel finish and the handles of the tongs and that of the pick are of a rough, very attractive finish. I like to think that the woman who takes a great amount of pride in her house will delight in having one of these sets. It would make a rather nice gift, too.

Prices are today very largely governed by the supply of labor. The sooner you place your Fur Remodeling or Fur Repairing order, the less it'll cost you—and the better it'll be done. This latter on account of the greater time available. Work done now at a third below regular.

"Pay the Cost in the Fall"

Mawson & DeMany 1215 Chestnut Street

with the world in general and believing it to be a pretty good place to be in; one who has known the sorrows as well as the joys of life; one who will grow old gracefully. BETTY. Your attitude toward life is splendid.

To "Miss Insignificance" Dear Cynthia—Will you please print this? Dear Miss Insignificance—Why grieve so? Your case was brought to light in the manner in which you stated it. You said you weren't beautiful. That doesn't necessarily mean you aren't good-looking, does it? The fact that your friends are very, very beautiful naturally brings the fellows to their call. It is only natural. But say, did you ever try playing your various instruments at the parties you speak of? Do you sing? You know, music charms the savage breast, meaning the fellows. Or perhaps it is because you are too frank. The truth hurts very much, so don't be afraid to flatter just a "teeny little bit" and they'll give you a quarter, as the saying goes. I'll say you are accomplished. If you were able by some means to show all your qualities on the street I'm sure your friends would stand in the background and you would get the second glance you speak of—also a third and fourth. And I, for one, think very highly of you. Let others speak up. But you don't go as far as not to powder, do you? The idea that powdering is foolish is absurd. Where is Lieutenant B., I wonder? DAN B.

Just Fashion Scarfs are now made of the same material as one's gown. Deep cream suede gloves are more fashionable than white. Many of the summer hats show crowns of narrow ribbon. Cream-colored sweaters are brilliant with Roman stripes. The new smocks are made of organdie or georgette crepe. A sports suit of coral homespun has a belt of big coral beads.

I Tell You What Mine Eyes Have Seen I tell you what mine eyes have seen And what my ears have heard. I tell you of the thick-stemmed flowers. I tell you of the bird; But what my inmost soul has felt No voice has told, no words have said.

I tell you of a woman's face And of her full sweet laugh. I tell you of a brimming kiss Her lover's lips may quaff. But what love has been to me Lies hid to all eternity. —Charles Wharton Stork, in Pictorial Review.

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SINGING "CLOSE HARMONY" ON A SUMMER'S EVENING

Makes Melodies Play on the Heart—Was There Ever Grand Opera That Carried the Same Pure Joy?

LAST night they sang close harmony. I wonder if there was ever a grand opera written that has the power to thrill you like the sweet tender music out on the lake or up on the porch of an evening in the summertime? There's nothing fine about it, I know, but somehow we can almost be sure the average man comes nearest of all to really loving music when he sits and listens to this kind.

There is something real about it. Not grand opera, but something more, for the music on the lake plays its melodies on the human heart. There is no need of a diamond-decked "horstlow" to lure the audience. Every one from the learned lawyer down for the week-end to the woman in the hotel kitchen wearily wringing out the last dish towel stops to listen and understand.

"Sweet and low, sweet and low Wind of the western sea." Oh, can't you hear them now? The night is softly warm, the lake is wide and there are colored lights marking its shores and they are young and their voices are singing to the stars.

Oh, ON, they go, never seeming to heed or want to stop. "There's a long, long trail a-winding Into the land of my dreams— Where the nightingales are singing And a white moon beams."

And then in blissful succession "Eveline," "The End of a Perfect Day," "In the Evening by the Moonlight" and from that last jauntily breaking into "I've Been Working on the Railroad" and "One, Two, Three, Four"; then

a skip to today, "Jain, Jade" and "Till We Meet Again." And, finally, back again to yesterday: "Carry me back to old Virginia. There's where the cotton and the corn and 'aters grow. There's where the birds warble sweet in the springtime. There's where the old darkey's heart an' longin' to go."

Oh, surely this is more than music. It is the great common denominator of being our real and better selves. We talk ourselves hoarse on the porch after supper, but what have any of us to say and what did any of us learn about each other that compares with the things we learn as we sit and listen to or sing? Sometimes I think if we could sing our way through life, in close harmony, of course, there would be no need for jails or mayors or anything but just our song!

Ostrich Trimming Ostrich feathers are made into all sorts of interesting trimming devices. It is quite taken for granted that ostrich should be a dress trimming quite as much or more than a hat trimming, and the French have been especially clever in devising ways to make it attractive.

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BlueBird cleans clean. Everything from the slightly soiled table cloth to very soiled clothes is washed in a few minutes by BlueBird—without work on your part and without wear on the clothes. BlueBird washes even the daintiest Georgette waists or lacy things without harm—nothing to wear or tear. The inside of the copper boiler is perfectly smooth—no holes, ridges or projections. BlueBird costs only a few cents; a week to operate and only a few dollars down to buy.

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Lingerie & Lace Dresses Summer Wash Dresses This season's models: smart and distinctive in style; colors are ecru, black and white. They Were \$35, \$45 to \$115 \$19.50 \$29.50 \$45 to \$69.50 \$7.50 \$9.50 \$12.50 \$15