

GOING TO MARKET IN AUGUST : DAINY COLLAR SETS : IN THE SHOPS : CYNTHIA'S LETTERS

MENUS FOR THAT SUNDAY PICNIC; MRS. WILSON'S MARKETING TALK

This Week It Provides for Packing the Family Off for Two Attractive Meals in the Open

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All Rights Reserved.) MIDDSUMMER, with its hot, sultry days, makes the family quite finicky about its meals.

When the family likes fish the housewife's protein content of the menu is easily solved during the summer season, when this delicious food is so reasonably priced.

- Suggestive Sunday Menu Breakfast Cantaloupe Squash Fritters Sliced Tomatoes Rolls Coffee Dinner Tomato Canape Baked Bluefish Tartar Sauce Potato Croquettes Corn on Cob Lettuce Plum Tarts Coffee Supper Fish au Naturel Potato Salad Sliced Tomatoes Stewed Plums Tea

- A Suggestive Menu for Outing for Sunday Breakfast at Home Cantaloupe Fish Cakes Tomato Sauce Waffles Honey Coffee Dinner Salmon Salad, Mayonnaise Dressing Cake Tea

- Squash Fritters Pare and grate two medium-sized summer squash or cymlings. Place in a mixing bowl and add One egg, One-quarter cup of milk, Two and one-half cups of flour, One level tablespoon of butter, One tablespoon of sirup, One teaspoon of salt, One-quarter teaspoon of pepper. Beat to mix and then fry in hot fat or bake on a griddle.

Tomato Canape Dip the tomato in boiling water and then into cold water to loosen the skins. Remove skins and cut into thin slices. Place on a thin slice of bread and butter and spread the tomato with a little mayonnaise and dust with paprika.

Baked Bluefish Select the fish weighing about one and one-half pounds. Clean and then wrap in a piece of cheesecloth and then in white paper and finally in newspaper; it may then be placed directly on the ice until needed for dinner without having the fish odor spoiling the other foods.

To Bake the Fish Rub fish with salad oil and then dust lightly with flour. Place in well-greased and floured baking pan and bake in moderate oven for one hour. If you desire a filling, it may be made as follows: Soak a sufficient amount of stale bread in cold water that when pressed dry will measure two cups. Rub through a fine sieve. Place in a mixing bowl and add Four tablespoons of shortening, Two onions, chopped fine, One green pepper, chopped fine, Three branches of parsley, chopped fine, One egg. Mix thoroughly and then fill into the fish. Sew the opening with a needle and string; then bake one and one-quarter hours. Serve tartar sauce with baked fish. Place a clear strip of old muslin under fish in pan; this permits quick removal from pan.

Tartar Sauce One-half cup of mayonnaise, One-half onion, chopped fine, One green pepper, chopped fine, Two branches of parsley, chopped fine. One-quarter teaspoon of mustard. Beat to mix. If you do not care for mayonnaise, then place in a sauce Four tablespoons of vinegar, Five tablespoons of water, One tablespoon of cornstarch, One teaspoon of salt, One teaspoon of paprika, One-half teaspoon of mustard.

My dear Mrs. Wilson—Will you please let me have through your columns a recipe for fruit salad? E. M.

One Hint About Baking Makes All Women Kin

THERE are plenty of valuable hints flashed to you in Mrs. Wilson's "movie," being shown at the various theatres throughout the city this week and next. And moreover— In the course of the scenario there are four prize cake recipes given, not any of them costing more than a quarter for six persons. The banner one of the lot is for Queen Victoria's famous sponge cake.

Potato Croquettes Boil three medium-sized potatoes in their skins and peel while hot and rub through a fine sieve. Add One tablespoon of butter, One tablespoon of minced parsley, One teaspoon of salt, One-half teaspoon of pepper, Three tablespoons of milk.

Plum Tarts Wash one quart of plums and place in a saucepan and add One cup of water, Two cups of brown sugar. Cook slowly for twenty-five minutes and then cool. Take one cup of the stewed plums and rub them through a sieve. Place in a saucepan and add Three level tablespoons of cornstarch, One-quarter teaspoon of nutmeg.

Fish Au Naturel Flake the left-over fish, adding One onion, One green pepper, Four branches of parsley, chopped fine. Place in a nest of lettuce leaves and serve with salad dressing.

To Prepare for the Outing Menu Fish Cakes Soak stale bread in cold water until soft and then press very dry. Measure two cups and rub through a fine sieve. Place in a bowl One tablespoon of grated onion, Two tablespoons of finely minced parsley, One-half teaspoon of paprika, One well-beaten egg, and the prepared fish. Mold into flat cakes and dip into beaten egg, then into fine bread crumbs and fry until golden brown in hot fat.

Yesterday's Answers 1. The origin of the Sorosis, the oldest woman's club in this country, occurred in 1868, as a protest against the exclusion of women from a dinner given in honor of Dickens in New York. To prove that alleged linen is not cotton, wet it with glycerine. If it is linen it will become translucent; if it is cotton it will remain opaque.

Mrs. Wilson Answers Queries

My dear Mrs. Wilson—Will you kindly publish a recipe for baking Virginia ham? I am a daily reader of the paper and enjoy your recipes so much. Mrs. A. W. B.

Virginia Baked Ham Place the ham to soak in cold water for three hours. Wash thoroughly and cover one-half inch thick with a dough made of flour and water. Place in a moderate oven and bake six hours. Cool and then remove the dough and trim the skin from the fat side of the ham. Trim to shape and then place in a mixing bowl Three-quarters cup of brown sugar, One teaspoon of cinnamon, One-quarter teaspoon of allspice. Mix and then pat into the fat part of the ham. Place in a hot oven to brown and baste with the following mixture: One-half cup of sirup, One-half cup of water, One-half cup of vinegar. Mix thoroughly before using.

Oranges are very expensive at this season. The time to make orange marmalade is from November to February. Late in the fall a feature on the woman's page will appear on the canning and preserving of oranges, lemons and grapefruit. This will give you many new methods and recipes. For barn crack use the Lebanon coffee cake mixture.

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There Are Plans Here, Too, for a Sunday at Home With a Dinner to Tempt a Jaded Appetite

To prepare the fish: Open a small box of shredded codfish and turn into a piece of cheesecloth. Tie securely and then dip in hot water for two minutes and squeeze very dry. Add to the prepared mixture.

Cold Boiled Ham Use for this either four and one-half pound cut from the butt end of ham or small picnic ham. Wash and cook in a fireless cooker and then remove the skin and trim to shape. Rub into the fat part of the ham

At market for the first menu you will require One cantaloupe, Two squashes, One quart of tomatoes, Bluefish, One-quarter peck of potatoes, One-half dozen ears of corn, Lettuce, Plums, Three eggs, Four green peppers.

And this would cost approximately about \$2.25, without the usual staples. For the outing menu you would require Four loaves of bread, One-half pound of butter, One bottle of olives, One bottle of pickles, One bottle of salad dressing, Four and one-half pound cut of ham, One-half pound of potato salad, One quart of tomatoes, Lettuce, One head of cabbage, One green pepper, One-quarter peck of apples, One-quarter pound of salami sausage.

Dear Madam—Can you tell me if the destroyer Stringham was included in the Pacific fleet? We have a relative on board who stated he would advise us where they were going in a short time, as they were leaving drydock (at Boston) at that time. It is more than six weeks and we have not received any further information.

By Presidential Appointment To the Editor of the Woman's Page: Dear Madam—What are the age limitations, minimum and maximum, for internal revenue collectorships, postmasters and port surveyors? J. B. M.

The Question Corner Today's Inquiries

- 1. What was the original purpose of the wearing of veils? 2. If a veil hurts the eyes and it is necessary to wear one to protect the skin at the seashore or for motoring, in what attractive way can it be worn? 3. How should colored material that is apt to shrink or fade be treated before being made up into a dress? 4. In a small hallway that is dark and narrow, what arrangement will lighten it and make it seem wider? 5. What will relieve pressing of a stiff shoe against the heel? 6. Describe an unusual way to trim the gingham waist which is made in the popular basque style.

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Smart Neckwear for Fall A Daily Fashion Talk by Florence Rose



The neck fixings for fall are more charming than ever. Those illustrated are described in today's fashion talk

THERE isn't much doubt but that the gilet which was ushered in this last spring had much to do in bringing all types of neckwear back into vogue, after the collarless season of last year. Gilets are still very good and will remain so, as long as the suit is favored, for the women have found them a very practical finish for the front, under the coat. Some women use the gilet tucked on the front of a plain waist, while others attach it to a lace brassiere. For the woman who wishes to keep her figure as trim as possible, this is the best method. Still another way is to fasten the gilet on a semi-fitted foundation of chiffon. This way has its advantages as it is not only cool, but one feels quite sure that the gilet will not slip out of place.

The neckwear offered for fall and winter is very dainty with lace and fine embroidery the prominent features. The lace, as a rule, is used as an edging or inserted in the collar in the form of medallions, Valenciennes, baby Irish, filet and cluny are the laces seen the most and in most cases they are the real thing. There appears to be a growing desire on the part of most of the women to have the best, and if they use lace at all on their neckwear, it must be good.

One of the shops recently showed a very novel way of using a collar and cuff set. The artist has made a sketch on the figure to illustrate it to you. This set consists of a long straight collar, with groups of hand-run tucks, with cuffs to match. The collar is placed around the neck with the opening at the back. To fill in the deep V at the front, the cuffs are tucked together with the edges meeting and then basted to the collar. This, as you see, forms a little vestee. In the center is a collar formed with embroidered medallions. At the upper right is an unusual set, made with tucks running in opposite directions.

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The offices of internal revenue collector and port surveyor are both obtained by presidential appointment; there are no age limitations. The maximum age for postmaster is sixty-five and minimum twenty-one.

Little Tiger Kittens To the Editor of the Woman's Page: Dear Madam—I have four little kittens. Three are males, gray and white with black stripes, like little tigers. One female, pure Maltese, which is like a little gray ball. I thought maybe I could find homes for them through your paper, as it is a shame to drown them, as they would make lovely pets for children.

Perhaps there are kind-hearted little children or grown-ups who genuinely want a kitten for a pet and will be good to one. Letters from such readers will be forwarded to Mrs. McA. It is a bit hard to find good owners for cats in the summertime.

To Restore Black Lace Shawl To the Editor of the Woman's Page: Dear Madam—Will you please describe how to restore an old black lace shawl to the original color that has faded from the sun? F. M. T.

Read by JACOBS BROS., 1015 CHESTNUT STREET AND ALL OTHER TOILET COUNTERS.

Adventures With a Purse

HERE is an all-around metal polish which cleans without scratching or marring the surface of silver, brass, aluminum or nickel. The guarantee is that chemists have pronounced this polish to be the safest and most effective polish for silver. In fact, so convincing are the statements concerning this new and remarkable polish that it makes one want to buy at least a twenty-five-cent can and try it out in "polishing up the silverplate."

What is more delightful and clean looking and satisfactory than a steel knife that has been rubbed quite spotless? Why, a knife that won't spot at all, at all. And it is of such a knife that I write—guaranteed stainless knives (the little black-handled kind you use in the kitchen, you know). "Won't they really spot?" I asked the young lady. "That's the guarantee."

If you need an extra scarf or two for the bureau or toilet table, you will, I know, want to hear about these one shop is selling for sixty-five cents. They are edged with lace of fine design and bands of the lace run through the center. They are exceptional value for the money.

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 3000.

Things to Know Very often the ends of shoestrings come off, making it very difficult to lace. To overcome this trouble, take some library paste and put on ends of shoestrings and let dry and the difficulty will be overcome.

One of the oldest suffragists in the United States is Mrs. Charlotte N. Peirce, of Philadelphia. Mrs. Peirce is one of the last survivors of those who attended the historic woman's rights convention at Seneca Falls, N. Y., in 1848.

Miss Fern Bauersfeld, of Coffeyville, Kan., is said to be the only woman car distributor and tracer in the United States. She is in the employ of the Missouri Pacific Railroad and has a territory of 500 miles in the wheat and corn belts of Kansas.

THE WOMAN'S EXCHANGE

Write to Washington To the Editor of the Woman's Page: Dear Madam—Can you tell me if the destroyer Stringham was included in the Pacific fleet? We have a relative on board who stated he would advise us where they were going in a short time, as they were leaving drydock (at Boston) at that time. It is more than six weeks and we have not received any further information.

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The New Chair Bag

A novelty is the chair bag, to be hung over the back of the chair in front of the dressing table, to hold all the accessories of the toilet. The best thing about this bag is, of course, that it may be used even when there is no dressing table, and will therefore convert an ordinary chair with a mirror of some sort before it, into a dressing table.

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ARE THERE MORE SELFISH THAN UNSELFISH PERSONS?

Look Around Your Own World and See—Virtue Built for Every Day

IF YOU want to throw a boomerang into a jaded summertime conversation ask those who loiter whether they think there are more selfish or unselfish people in the world. I remember a rather long and stormy session caused by this one evening and the experiment was on the whole very interesting.

In the first place ideas on unselfishness differ so. One man claimed that what we do in times of emergency is the real sterling test of what we are. He quoted giving to the war relief organizations, doing volunteer nursing in the influenza epidemic and so on. A chorus of "ayes" agreed with him. But a quiet man way over in the corner in the dark threw a bombshell into the crowd by saying that acts in extraordinary times like those cited had almost nothing to do with whether men and women were really selfish or unselfish at heart. They were surrounded with glamour, he asserted.

"I have seen," he said, "a man leave his own crowd and go up to a group of wall flowers at a dance and spend the rest of the evening trying to make the evening pleasant. Now I call that genuine unselfishness. The man who did that gave something money couldn't buy. Why should money be the measure of a man's unselfishness? He goes about making it like he plays a game. He gives it away only to make it again. Show me the man who gives up a card game to stay home with his wife when she doesn't feel well; show me the woman who stays home from the country club to talk to a very homesome but equally uninteresting neighbor. I'll call both of them genuinely without thought of self!"

Then as an afterthought: "Ever see a man off on his summer vacation tote a suitcase to a mile-away station for some drab, uninteresting woman who happened to be staying at the same boarding house? He's a hero!"

Ever see a young woman in a manless paradise divide the only eligible swain on the island with three other young women? She's more than a hero."

The subject offers many interesting possibilities. The consensus of opinion in the particular discussion referred to above was that there are more unselfish than selfish persons in the world, but personally I am afraid I am inclined to disagree and stick to the convictions with which I went into the battle that night, i. e., that the world is largely a "self-made" one.

It is swinging far to claim as our quiet friend did that giving to the Red Cross and helping in the influenza epidemic had nothing to do with genuine unselfishness. It is folly to say the women who bravely faced contracting the dread influenza did so for vainglorious motives and rash to make sweeping statements about what it did and did not cost a give in wartime. But there is no denying that the small daily humdrum sacrifices call for more effort than the flaming big ones and that consequently most of us are prone to sidestep them.

Resinol will soothe that itching skin

The first application of Resinol usually takes the itch and burn right out of eczema and similar skin-affections. This gentle, healing ointment seems to get right at the root of the trouble, restoring the skin to health in a surprisingly short time. Resinol is sold by all druggists.

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