## SAVORY DISHES FOR EARLY FALL: CHILDREN'S MEALS: STYLES FOR AUTUMN: CYNTHIA

IN THE CANDLE'S GLOW

## MRS. WILSON GIVES BREAKFASTS THAT BOLSTER UP THE APPETITE

Close of Month of August Calls for Planning Meals Differently, and Here Are, Recipes for Various Tempting Dishes That Make

Planning Easy

#### By MRS. M. A. WILSON

(Copyright, 1919, by Mrs. M. A. Williams, AT THE close of the month of August the business folk begin to feel satiated with most of the

summer foods and they feel that shortly the autumn days, with their heralding of the bleak winter days to come, should bring a change in their daily diet.

The wise housewife will now plan so that an entirely different menu will afford a change of diet and in this way provide variety, which is really the spice of life.

Just about this time it would be rousing to the finicky appetite to begin using the ready prepared cereals in small quantities. Use a fruit sauce in place of the sugar and cream on these cereals. With this serve barbecued ham, French, Swiss or Italian omelets, toast or muffins and a cup of good coffee.

### To Prepare Fruit Sauces

Windfall and summer apples are in the markets and will supply a va- nearly set. Lift on slices of buttered oughly and then cut into pieces, dis- parsley, carding the wormy and bruised parts. Add one quart of water to each one-quarter peck, or three and Make one cup of thin cream sauce one-half pounds, of apples. Bring to a boil and cook until soft. Cool and then rub through a sieve to remove the seeds, core and skins. Return this apple puree to the saucepan and add

One and one-half teaspoons of cinnamon.

One and one-half cups of branen sugar.

Stir to dissolve and then bring to a boil. Cook slowly for ten minutes and then cool.

#### Barbecue of Ham

Place in a saucepan

One tablespoon of butter, One tablespoon of rinegar.

One teaspoon of grated onion. One teaspoon of findy minced

parsley. One tablespoon of current, grape or other tart jelly.

Add a thin slice of cold boiled ham for each person and heat slowly for ten minutes.

Chicken, veal, cold roast beef or mutton may be used to replace the ham and provide variety.

Vegetable omelets nicely made will also appeal to the jaded and finicky eater. Make the omelet in the usual manner and just before folding spread with vegetables prepared in the following manner:

## To Prepare Vegetables for Omelet

Either cold cooked leftover vegetables or freshly prepared ones may be used. Carrots, squash, corn. spinach, beets, peas, tomatoes, cabbage. celery and other vegetables are among those on the available list.

Place one-half cup of any leftover cooked vegetable in a saucepan and add

One tablespoon of butter. One tablespon of water.

sauce.

One-kalf teaspoon of salt. One-quarter teaspoon of paprika.

Mix thoroughly and then heat slowly in a saucepan until the boil- greased and floured paper. ing point is reached. Then spread on the prepared omelet. Fold and roll the omelet and garnish with cross or

Try frizzling dried beef in this manner: Pour boiling water over the dried beef and turn at once into a colander to drain and then pat dry with a cloth. Place two tablespoons of bacon or ham fat in the frying cake and cover with finely chopped ninety five cents. pan, add the beef and toss it gently nutuntil frizzled. Add one cup of milk and let it come to a boil, and then sponge cake recipe and fruit whip. turn on toast.

Try serving eggs baked in tomatoes or green peppers with either plain cream or cheese sauce. Cut a slice from the tomato and with a spoon scoop out the centers. Now break three eggs in a bowl and add

One-half teaspoon of salt.

One-quarter teaspoon of paprika. Add the puip of the tomatoes. rubbed through a fine sieve. Beat this mixture well to mix and then fill into the tomatoes. Set them in a baking dish and add one-quarter cup of water. Bake in a moderate oven until firm in the center. Just before prepared layer-cake pans and bake removing from the oven lay strips of bacon across each tomato. A few tablespoons of crushed corn or finely filling made from minced cold cooked meat may also be added for variety. Three eggs usually fill four medium-sized to-

## Scrambled Eggs Creole Style

Two green peppers, Two medium-sized onions.

Two branches of parsley. One large tomato.

Mince very fine and then cook until soft and dry. Now place four tablespoons of bacon or ham fat in a frying pan and when hot break three eggs in a bowl and add

The prepared peppers, onion and tomato mixture, One-half temspoon of salt, One-quarter teaspoon of paprika.

Two tablespoons of evaporated

Reat to thoroughly blend. Pour Into the hot pan and gently stir until a paste of

### DID YOU GET YOURS?

THE other evening an interested spectator counted the number of women A who went up to the box office of a certain motion-picture theatre to get Mrs. Wilson's charlotte russe recipe, the method of making which had just been shown on the screen. After just one single "show" 200 women stopped and got the printed copy.

Were you one of them? If not, you will be interested in the names of the motion picture theatres where the two cooking scenarios will be shown

#### CHARLOTTE RUSSE

(Six delicious ones for twenty five cents) Fuesday and Wednesday, afterfloons and evenings, The Imperial, Sixtieth above Walnut street. Wednesday, Thursday and Friday, afternoons and evenings, Orient,

Sixty-second and Woodland avenue Saturday, afternoon and evening, Paschall, Seventy first street and

### QUEEN VICTORIA SPONGE CAKE

(Two for a quarter) Tuesday and Wednesday, afternoons and evenings, the Alliambea, Thirenth and Morris streets.

Both recipes can be obtained at the box office or by sending to the Editor of Woman's Page. Evening Public Ledger. Please enclose self-addressed stamped encelope

Thursday, Friday and Saturday, afternoons and evenings, the Colonial,

per. Add

One cup of almonds,

One-half cup of raising,

One-half cup of finely chopped

by putting through the food chop-

Ove table span of melled hutter.

Three tablespoons of honey.

One-quarter teaspoon of untueg.

One-quarter traspoon of cinnamon,

Beat smooth and then take one of

the cookies and brush with water.

Place one teaspoon of the almond

then take another cookie and cut

edge. Brush the top with beaten

English Cream

hot-water bath. Beat one-half pint

Beat to thoroughly blend and then

whites of two eggs. When ther-

prepared gelatin and

One-half cap of sugar.

Adventures

night makes it

and efficiently removes a

can get a ginerous-sized box for twenty

For the names of theps where ar-

Do You Suffer

With Corns?

Topan's Page, LR. or phone car in nt, Waluut

ticles mention

With a Purse'

address Editor

EVENING PUBLIC

the Weman's De

Two teaspoons of ranilia.

riety of fruits for breakfast. To teast and cover with cream sauce. prepare the apples wash them there and sprinkle with finely chopped

> French Toast With Meat Sauce Mince fine the cold leftover meat.

and then add One reaspoon of grated onion. One teaspoon of sult.

One-half traspoon of pepper. Pinch of mustard. One-half cup of coll leftover meut, and honey mixture in the center and mineed fine.

Heat until scalding hot and then three small gashes in the center. dip slices of stale bread in the fol- Place on top of the prepared cookie. lowing mixture:

One egg. Our cup of milk.

egg. Bake in a moderate oven for Fry until golden brown in hot fat, fifteen minutes. and cover with meat sauce. Gar-Soak two tablespoons of gelatin in four tablespoons of cold water for nish with finely minced parsley and

## Mrs. Wilson Answers Queries

My dear Mrs. Wilson—As I am a daily reader of your wonderful recipes in the paper, I would be very thankful to you if you would publish the following recipe: How to make a pretty birthday cake for a girl about seventeen years old, and one for a strawberry shortcake? Thanking you very kindly for your trouble.

Mrs. S. C. M. Birthday Cake

Place in a mixing how!

One and one-half cups of sugar, Six ounces of butter. Cream well and then add

Valks of the eggs. Cream again and then add Four cups of sifted flowr.

powder. One and one-quarter cups of with or flandred, and the chain is that

One tenspoon of almond extract. does not take the "tucke" Beat just enough to mix and then birsh, which I take to mean that it carefully cut and fold in the stiffly leaves the bristles good and suff. One tenspoon of Worcestershire beaten whites of the five eggs. Pour five cents. in a prepared pan and bake in moderate oven for one hour.

by working it in cold water. Pat measures probably ten inches squape my mother put me in a home. I finally dry, then place in a bowl. Beat to a nad will fit right over a burner on a was given a home in a poor but kind cream and then add gas Move.

One teaspoon of almond extract,

For strawberry shortcake use

#### White Mountain Cake Renly to I. J .- Place in a mixing

One enjent sugar.

Six tablespoons of butter, light and then add

One cup of milk.

One tenspoon of almond extract. Beat to a smooth batter and then cut and fold in the stiffly beaten whites of three eggs. Pour into two be washed. for eighteen minutes in a moderate Put together with a cream

White of one egg. One-half glass of jelly.

Beat until this mixture will hold its shape. Dust the top of the cake with XXXX sugar.

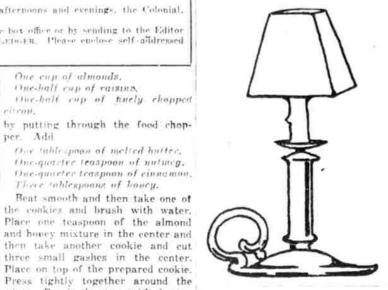
The baking powder was used in the cream-puff recipe owing to the mixed war flour. You do not require baking powder in the puffs.

English Monkey Place in a mixing bowl

One cup of sugar, One-half cup of shortening, One egg. Cream well and then add

Pierce's Corn Plates. Don't experiment with harsh acids which may brookee painful inflammation. Don't be let all liquids which may burn the flesh or injure your stockings. A. F. Pierce's have been on the market 16 years. They have been on the market 16 years. They have been used and recommended by thousands of people. They afford a fure, certain relief for corns. They are always sold with a positive money-back guarantee. Your druggist will atopty you with a green box at 25c. A. F. Pierce's Corn Plasters will atop the pain immediately and in a few hours the corns may be easily removed. Buy A. F. Pierce's Corn Plasters at your druggist's, or by mail direct. Winthrop Sales Co., 116 West 12nd St., New York City. One and one-half cups of sifted flour. One teaspoon of baking powder, One teaspoon of vanilla flavoring. Roll out very thin and then cut with a cookie cutter. Now prepare





Pretty soon will come the days when the night begins to lower earlier than it does now. Then is the time for the glow of the lamp or the candle. Here is the pattern for an attractive candle shade. Make it of water-color paper. Trace the pattern just the size shown and paint black with India ink. Tweefr three coats are necessary to insure an even black. Paint the moon orange and the background green or brown. When dry before cutting give it several thin coats of white shellar. The pattern shown is just one quarter of the shide, that is, one side. When the four sides are finished cut out and fold on dotted lines. This makes a top to fit the candle frame

# Please Tell Me What to Do

To Blue Eyes

twenty minutes and then melt in a and, after all, there are too many real best. Mothers always do that, don't questions to be answered in the Cynthin they? questions to be answered in the Cynthia God bless you, Cynthia, I should love footish ones.

God bless you, Cynthia, I should love to know you better. Do you realize the of cream until stiff and then add the

Love at First Sight

Dear Centhin-I don't know whether eut and fold in the stiffly beaten terested in your column or not, but I om a constant reader of the EVENING Set in ice to mold. Serve with cusbut for myself I know that when I of counsel for me, found my ideal it was love at first sight. In the summer

With a Purse before I met the one man I went around my parents, at our summer camp a with every one and had a good time. TT IS said by those who know, that games or otherwise. I won the respect to say the least. She was a girl of

the hair 100 times each night one must have a good, stiff tush. Now, then, here comes file point of my stery. I have found a prepared powder for using the point of my stery. Thank You, Patience Of course you are welcome, Out-of-

and Westy your mother. and you shall always find tieth stile, she has changed remarkarse off than you. I never had a mother bh! how my heart has longed for just one kiss from my mother's lins. you did not sead about it Years aso all was dark and sad for me. How to prepare pans: Grease the pans and then line them with a greased and floured paper.

Use a butter cream icing. Wash the salt from four ounces of butter butter butter but now I am a mother, have a darting boy, two years old, a fine husband, a remarkable oven I have found which is cumning home, which repays more than particularly a good one for the woman a million times over all my weary days the salt from four ounces of butter butters. When a couple of weeks old or so have probably true inches some and an an another, have a darting but now I am a mother, have a darting but now I am a mother, have a darting but now I am a mother, have a darting but now I am a mother, have a darting but now I am a mother, have a darting but now I am a mother, have a darting but now I am a mother, have a darting but now I am a mother, have a darting but now I am a mother, have a darting but now I am a mother, have a darting but now I am a mother, have a darting but now I am a mother. have a darting but now I am a mother, have a darting but now I am a mother. have a darting but now I am a mother have years old, a fine husband, a remarkable oven I have found which is cumning home, which repays more than a mother have years old.

Not only does it contain a family. But I was always misunream and then add top which forms the over and which derstood. My adopted mother always

Three cups of confectioners' sugar, has a damper arrangement, but it also accused me of wrong-doing, while I was has a toaster and a sheet of sheet on good and pure at heart. My adopted Two tablespoons of boiling coffee, which you can heat your irons. It is, father treated me and recognized me as Tree tablespoons of boiling copies, which you can near your couples oven he would a stray cat.

Cream well and then spread on the 1 have ever seen, and the price is but. But there was one night a year my

mother and I were so near-near in Then, right near where you find the birthday. I was so sure she would re prayer-and that was on my (supposed) ovens you will find the saucepan sets, of aluminum. This is a very special member me then, her first-horn. When le. I am told, for the set costs only They had not even a record of my birth \$1.25. These little saucepans have a My little mother and I could hold ournumber of uses and are nest con- My little mother and continued in the selves near no more. I thought my heart would break. They do not, though Cream the butter and sugar until do when traveling was to carry your toothbrush in a rubber-lined case. But no longer is this, "the thing," Now Two cups of sifted flowe.

Two cups of sifted flowe, too carry it in a little celluloid holder to the control of the cup of milk.

Libere was a time when the thing to do what the carry your look was to carry your list. So bere I am, numeless and birthless, I have endured it all, had nighty good friends, which has helped me along, but never in this world have I found one soul who was in the same protects your clothes from them. Hearts surely are made of good mate There was a time when the thing to protects your corners from them. It predicament as I to sympathize with looks very muchiliske a little celluloid me. No one has ever understood, not

> easily digested POMPEIAN OLIVE OIL

you are mother and that is enough for

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Dressings

Sold Everywhere

me. I pray some day we may meet. I count book. I think undoubtedly you are joking know what you have done was for the

good work you are doing? I wish you were my mother. PATIENCE.

Is Very Jealous

Dear Cynthia-It has been with con sistent constancy that I have followed oughly mixed rinse mold under cold PUBLIC LEDGER and your column in the sometimes flowery and again thorny water and then pour in the cream, particular. I was interested in the let highway of the Keeping Up Hope Club. ter of "Perplexed" this evening and and I appeal through your column to think that the "love that endures" de- the enthusiastic and broad-minded ellpends on the person. I do not believe entele for a little "hope," and trust, in plunging headlong into matrimony. Cynthia, you, too, may have a wee bit

In the summer of 1917-they always I would like to tell "Blue Eyes" that begin in the summer-I met, through brushing the hair 100 times each if not the flirtations of all my male get the friends. Thank you, Cynthia, been my weakness—and we became friendly. It was my fortune at that friendly. It was my fortune at that time to be a member of Uncle Sam's German smashers, and I saw very little of her, but thoughts soothed my longings. From November, 1917, to Dear Cynthia -This letter is for Tired and Wealty. Be thankful, dear, for cour mother. Take courage. Look for the first letter is for Tired her, nor did I hear from her, and now, dear Cynthia, she is dearer to me than life itself. Having reached her twenders and the life itself.

## clothing expenses, also. Expenses for each member of the family were recorded on a separate sheet and it was found that a saving on clothes could also be made through studying the ne

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## children's bureau of the United States points out, are rather proud of the Department of Labor. They seem Department of Labor.

Cynthia, she is broad-minded, has a wonderful disposition and is in every wonderful disposition and is in every sense a girl among girls. When I see her talking to some other chap I resent it. Why? I imagine many things while so her talking to some other chap I resent it. Why? I imagine many things while to buy them enough of the right kind to buy them enough of the right kind of food and many other children suffer delicate child is susceptible to every disease and goes through life as the "in-there and the sight of her because their mothers do not know how to disease and goes through life as the "in-there and the sight of her because their mothers do not know how to having a frolic with some other man plan the right kind of meals, a large makes me miscrable and I treat her not like the man I wish to be. Why?

She sometimes I believe approximate. She sometimes, I believe, encourages not seem to have enough control over

all your life.

If this girl loves you and gives you no rause for jealousy, you should not look for meanness in innocent actions.

Importance, and he doesn't care for the kind of descerts other children do. I when a large body of women rose when a large body of women rose and tried to does attractive to others. Be glad she does attract others, but be even more glad that you are the one she loves, and do not by suspicion and unkindness give her cause for anhappiness. don't ask me again. Now mind that, William, don't ask me again."

Home Accounts Save Money

Unfortunately, I have acquired that

tortures and miseries. I realize tuily

conscientious efforts. I cannot over-come this disagrecable offense. It

causes her displeasure and disagree-

ments which are petty and should not

occur. I am miserable over it all, but,

she had spent \$42 during one month following month that she had been buying fresh fruits out of season, and she found several other extravagances which were eliminated and which reduced the monthly expenses for each erson to \$35. She was so pleased that she began keeping an account of



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WEST ALLEGHENY 25th and Alleghens

## bly, and is a wonderful girl. I have told her just how I do love her and she has returned it, and here is my tale ARE NOT WELL NOURISHED

very fatal disease, jealousy, and I as sure you it has caused me countless Because Parents Are Prone to Allow Their Boys and Girls to am at fault, but it seems, no matter Eat Only What Suits Them how earnestly I endeavor and put forth

FROM three to six millions of Amer- the proper distribution of the food unican children do not get enough to less he has plenty of sleep and rest. eat, according to a report from the Many parents, the children's bureau

these little good times to see if I really them to make them eat what is good do care, and then I get furious. And them to them, why? I am seven years her senior. This see This seems such a pity because it is

A housewife in an Iowa town found be had spent \$42 during one month BUT, of course. William does ask for each member of the family for gro-ceries and meat, and could not see he pleases. Why a vacation should be where all the money had gone. The a grand and glorious signal for keeping home demonstration agent advised her to keep home food accounts, which she did. She noticed at the end of the fed properly his little body cannot make



Go buy it today

to think a little pallid face interesting

### About Women

why? I am seven years her senior, have hosts of friends, always considered a good mixer, and yet when I meet the right girl I change to what I do not wish to be. Here truly is a case of keeping up hope. II. R. F.

My young friend, you must conquer that jealousy how or you will be up happy and make your wife miser ble all your life.

This seems such a pity because it is so preventable, and yet wherever you and collector of old Wedgwood potance to observe just how parents are confolled by their children in the matter of saying what they will and will not eat. "My William," remarks one mother, "doesn't eat anything with his liest can't get him to eat any The custom of deforming the feet meat. I just can't get him to eat any Queen Mary is an ardent admirer

have any pie again, without this wooden shoes so small us to disable now don't start to whimper. Just this them from making any effective use of once you can have pie at night, but their feet was enforced on all female infants.



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BERT LYTELL. in
"IT'S EASY TO MAKE MONEY"

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AT TULPEHOCKEN ST.
HALE HAMILTON IN
"IN HIS BROTHER'S PLACE" RUBY MARKET ST. BELOW 1TH 10 A. M. to 11:15 P. M. JUNE ELIVIDEE In "COAX ME" (

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