

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

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. Wilson, All Rights Reserved.)

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 variety of fruits for breakfast. To prepare the apples wash them thoroughly and then cut into pieces, discarding the wormy and bruised parts. Add one quart of water to each one-quarter peck, or three and 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 heavy sugar. Stir to dissolve and then bring to a boil. Cook slowly for ten minutes and then cool.

Barbecued Ham

Place in a saucepan One tablespoon of butter, One tablespoon of vinegar, One teaspoon of grated onion, One teaspoon of finely minced parsley, One teaspoon of currant, 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 tablespoon of water, One teaspoon of Worcestershire sauce, One-half teaspoon of salt, One-quarter teaspoon of paprika.

Mix thoroughly and then heat slowly in a saucepan until the boiling point is reached. Then spread on the prepared omelet. Fold and roll the omelet and garnish with cress or parsley.

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 pan, add the beef and toss it gently until frizzled. Add one cup of milk and let it come to a boil, and then turn on toast.

Try serving eggs laked 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 pulp 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 removing from the oven lay strips of bacon across each tomato. A few tablespoons of crushed corn or finely minced cold cooked meat may also be added for variety. Three eggs usually fill four medium-sized tomatoes.

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 teaspoon of salt, One-quarter teaspoon of paprika, Two tablespoons of evaporated milk.

Beat to thoroughly blend. Pour into the hot pan and gently stir until

DID YOU GET YOURS?

THE other evening an interested spectator counted the number of women 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 "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 this week.

CHARLOTTE RUSSE (Six delicious ones for twenty-five cents) Tuesday and Wednesday, afternoons and evenings, The Imperial, Sixth street, 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 Woodland avenue.

QUEEN VICTORIA SPONGE CAKE (Two for a quarter) Tuesday and Wednesday, afternoons and evenings, the Alhambra, Thirtieth and Morris streets.

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

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 envelope.

nearly set. Lift on slices of buttered toast and cover with cream sauce, and sprinkle with finely chopped parsley.

French Toast With Meat Sauce Mince fine the cold leftover meat. Make one cup of this cream sauce and then add

One teaspoon of grated onion, One teaspoon of salt, One-half teaspoon of pepper, Pinch of mustard, One-half cup of cold leftover meat, minced fine.

Heat until scalding hot and then dip slices of stale bread in the following mixture:

One egg, One cup of milk, Fry until golden brown in hot fat and cover with meat sauce. Garnish with finely minced parsley and serve.

English Cream Soak two tablespoons of gelatin in four tablespoons of cold water for twenty minutes and then melt in a hot-water bath. Beat one-half pint of cream until stiff and then add the prepared gelatin and

One-half cup of sugar, Two teaspoons of vanilla. Beat to thoroughly blend and then cut and fold in the stiffly beaten whites of two eggs. When thoroughly mixed rinse mold under cold water and then pour in the cream. Set in ice to mold. Serve with custard sauce.

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IN THE CANDLE'S GLOW



Pretty soon will come the days when the night begins to lower earlier than it does now. This 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. Two or 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 shellac. The pattern shown is just one quarter of the shade, 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

By CYNTHIA

To Blue Eyes I think undoubtedly you are joking and, after all, there are too many real questions to be answered in the Cynthia column without taking up space for foolish ones.

Love at First Sight Dear Cynthia—I don't know whether out of love or are supposed to be interested in your column or not, but I am a constant reader of the EVENING PUBLIC LEDGER and your column in particular. I was interested in the letter of "Perplexed" this evening and think that the "love that endures" depends on the person. I do not believe in plunging headlong into matrimony, but for myself I know that when I found my ideal it was love at first sight.

I would like to tell "Blue Eyes" that before I met the one man I went around with every one and had a good time. But I never allowed a boy to kiss me in games or otherwise. I won the respect of the flirtations of all my male friends. Thank you, Cynthia.

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ily, 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 of woe.

Unfortunately, I have acquired that very fatal disease, jealousy, and I assure you it has caused me countless tortures and miseries. I realize fully I am at fault in all respects, no matter how earnestly I endeavor and put forth conscientious efforts. I cannot overcome this disagreeable offense. It causes her displeasure and disagreements which are petty and should not occur. I am miserable over it all, but, Cynthia, she is broad minded, has a 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 she is away. Why? At present she is sojourning at the shore, and I have visited her there, and the sight of her having a frolic with some other man makes me miserable and I treat her not like the man I wish to be. Why? She sometimes, I believe, encourages these little good times to see if I really do care, and then I get furious. And why? I am seven years her senior, have had a few girlfriends, 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.

H. R. F. My young friend, you must conquer that jealousy now or you will be unhappy and make your wife miserable all your life.

If this girl loves you and gives you no cause for jealousy, you should not look for meanness in innocent actions. You would not like a woman who was unattractive to others. Be glad she does not affect others, but be even more glad that you are the one she loves, and do not by suspicion and unkindness give her cause for unhappiness.

Home Accounts Save Money A housewife in an Iowa town found she had spent \$42 during one month for each member of the family for groceries and meat, and could not see where all the money had gone. The home demonstration agent advised her to keep home food accounts, which she did. She noticed at the end of the following month that she had been buying fresh fruits out of season, and she found several other extravaganzas which were eliminated and which reduced the monthly expenses for each person to \$35. She was so pleased that she began keeping an account of 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 account book.

Know The Joy Of A Beautiful Complexion Hair And Hands They may be sure if you make the Cuticura Trifol your everyday toilet preparations. The Soap cleanses and purifies, the Ointment softens, soothes and is helpful in healing redness, roughness, dandruff, etc., the Talcum powders and perfumes.

Soak 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the world. For sample and full directions, "Cuticura Laboratories, Dept. 60, Malden, Mass."

"Cuticura Soap Always without mug."

Dear Cynthia—It has been with consistent constancy that I have followed the sometimes flowery and again thorny highway of the Keeping Up Hope Club, and I appeal through your column to the enthusiastic and broad-minded clientele for a little "hope," and trust, Cynthia, you, too, may have a wee bit of counsel for me.

In the summer of 1917—they always begin in the summer—I met, through my parents, at our summer camp a girl—then just coming to her eighteenth year—and found her charming. To say the least, she was a girl of my ideals—a blonde—they have ever been my weakness—and we became friends. 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 February of this year I did not see her, nor did I hear from her, and now, dear Cynthia, she is dearer to me than life itself. Having reached her twentieth year, she has changed remarkably.

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MANY WELL-FED CHILDREN ARE NOT WELL NOURISHED

Because Parents Are Prone to Allow Their Boys and Girls to Eat Only What Suits Them

FROM three to six millions of American children do not get enough to eat, according to a report from the children's bureau of the United States Department of Labor.

While many of these children go hungry because their parents cannot afford to buy them enough of the right kind of food and many other children suffer because their mothers do not know how to plan the right kind of meals, a large number of boys and girls suffer through malnutrition because their parents do not seem to have enough control over them to make them eat what is good for them.

This seems such a pity because it is so preventable, and yet wherever you go you find it. In the summer hotel, for instance, one has a very good chance to observe just how parents are controlled 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 meat. I just can't get him to eat any potatoes, and he doesn't care for the kind of desserts other children do. I can't get him to take custard or corn-starch. There he goes now asking his father for pie. I told you you couldn't have any pie again, William. Oh, well, now don't start to whimper. Just this once you can have pie at night, but don't ask me again. Now mind that, William, don't ask me again."

Queen Mary is an ardent admirer and collector of old Wedgwood pottery, and has often paid several hundred dollars for a single specimen. At Windsor Castle there is a room devoted entirely to this famous ware, and here are displayed in cases some of the finest and rarest examples.

The custom of deforming the feet among the females of China is said to have originated several centuries ago, when a large body of women rose against the government and tried to overthrow it. To prevent the recurrence of such an event the use of wooden shoes