# HOW TO MAKE GOOD CROQUETTES; THE AUTUMN SUITS ARE VERY ALLURING VARIED RECIPES BY MRS. WILSON

First, the Foundation Sauce That Insures Their Success, Then Different Savory Combinations That Will Appeal to Any Appetite, Using Leftovers

Turned Into Palatable Meals

By MRS. M. A. WILSON

TEFTOVER meats and vegetables may be turned into palatable food with just a little time and energy. The basis of all croquettes should be a good thick molding sauce that will give a product that is creamy and delicious to taste.

Owing to the fact that croquettes and cutlets are usually fried in hot fat, it is not necessary to add either shortening or butter to the cream

The true secret of good croquettes or cutlets is to have the mixture rich and creamy. Mold into croquettes and then dip in flour, then in the egg mixture and finally roll in fine crumbs. Now fry until golden brown in hot fat.

How to make the foundation: Place in a saucepan

One cup of milk, Six level tablespoons of flour.

Stir to dissolve the flour and then bring to a boil. Cook slowly for five minutes and then add the flavoring and seasoning. Set aside to cool and then mold. Form into eroquettes, roll in flour, dip in beaten egg and then roll in fine bread crumbs and fry until golden brown in hot fat.

Cheese Croquettes Prepare the sauce as given above

One tablespoon of grated onion,

One teaspoon of salt. One teaspoon of paprika, One-half cup of grated cheese, Two tablespoons of finely minced

Mix thoroughly and then turn on a large platter and set in a cool place for four hours to mold into shape. then in fine bread crumbs, and fry until golden brown in hot fat.

Nut and Pepper Croquettes

Two green peppers, Two medium-sized onions.

Mince very fine and then parboil and drain. Turn on a cloth and pat dry. Place in a bowl and add

One cup of cream sauce, made as given in the method, One-half cup of finely chopped

One teaspoon of salt. One teaspoon of paprika, Three tablespoons of

a large platter and allow to cool, chop shape. then finish as directed for cheese croquettes.

Egg Croquettes

Prepare a sauce as directed in the method and then add

Two hard-boiled eggs, rubbed quette. through a sieve.

One teaspoon of salt. One teaspoon of paprika,

One tablespoon of grated egg. Mix and then turn on a large platter to mold and finish as directed

for cheese croquettes. Lima Bean Croquettes

Wash and soak overnight threequarters cup of baby lima beans. In the morning parboil until tender and then drain until very dry. Now put

One green pepper, Two medium-sized onions.

Four pieces of bacon through a food chopper. Place in a pan and cook until the onions and peppers are soft. Drain free from fat and then put the beans through the food chopper and add

The prepared peppers and onions and bacon

One teaspoon of salt, One teaspoon of paprika,

Two tablespoons of finely minced parsley. One teaspoon of Worcestershire

sauce.

Mix thoroughly and then mold into croquettes and dip in flour, then in beaten egg, and roll in fine bread Fry until golden brown in

Leftover meat may be minced fine and seasoned as follows: Put a suffi-

## Women are saving money here!

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Big lots at present of Millends and Remnants of Creonnes, Ginghams, Percales, Chambrays and Outing Flan-nels. All at very low prices!

Special Tomorrow-Outing Flannels in quality weights; not to be equaled at our refees. Two grades—each the best of its class. 23c \* 30c

Percales in fine patterns and good reaves; a few left from 26c

foven Cheviots in striped patterns; 28 inch; at today's 28c

white Ric Rac Braid...yd., 2c

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# THEY LOOK GOOD

AND they are good—these delica-cies Mrs. Wilson is showing women how to make by the movi plan. Lest you forget, here is the schedule for the remainder of this

CHARLOTTE RUSSE (Six delicious ones for twenty-five

centst Thursday and Friday, afternoous and evenings, Orient, Sixty-second street and Woodland avenue. Saturday, afternoon and evening,

Paschall, Seventy-first street and Woodland avenue QUEEN VICTORIA SPONGE CAKE

(Two for a quarter) Thursday, Friday and Saturday, afternoons and evenings, the Co-

onial, Camden. Both recipes can be obtained at the boxoffice or by sending to the Editor of Woman's Page, EVENING PUBLIC LEDGER. Please inclose selfaddressed stamped envelope

cient amount of cold cooked meat or fish through the food chopper to measure three-quarters cup and

One large onion, Four branches of paraley.

Place the mixture in a bowl and

One teaspoon of salt. One teaspoon of paprika,

Roll in flour, dip in beaten egg and mold. Form into croquettes and roll next night. She acted the same way. If you can get but one expensive gar-

be used. Dried peas, lima beans, lady who told me that no young man navy and soy beans as well as cow could call on her without kissing her. peas and lentils will afford a splendid I think she is foolish. I lost respect for variety to the thrifty housewife who her when she said it. Cynthia, please

must provide cheap protein dishes.

The difference between a croquette and a cutlet is just in the shape. and a cutlet is just in the shape. Croquettes are shaped either in the

To prepare the crumbs dry pieces of stale bread thoroughly. No bit is too small, a crust or even the crumbs left from cutting the bread.

Put the well-dried bread through the food chopper and then sift through the colander; either put the coarse crumbs through the food chopper a second time or keep them for au gratin dishes.

Always serve either a cream or tomato sauce with croquettes and cutlets, and garnish them with pars-

# Mrs. Wilson Answers Queries

My dear Mrs. Wilson-Will you please furnish me with the recipe for the old-fashioed spruce often called small beer, which is a nonintoxicating drink? I have the recipe for lemon beer, but the one I refer to has no lemons in it. I believe one of the ingredients is



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It is especially fine for "deep" frying.

Ask for PIEDMONT-

The food oil with the nut flavor



brown sugar or molasses, but the other ingredients I have forgot. Mrs. C. B. A.

Spruce Beer Place in a large tub Four and one-half gallons of warm

Three quarts of sirup. Two pounds of brown sugar. One ounce of concentrated essence

Mix thoroughly and then add three-quarters of a yeast cake, dissolved in one-half cup of water. Let stand in the sun for one-half day. Bottle and tie the corks securely, Let stand in a warm room for twelve hours and then place on sides in a cool place. Can be used in three days. If you desire a clear product omit the molasses and use seven

### Please Tell Me What to Do

pounds of granulated sugar.

By CYNTHIA

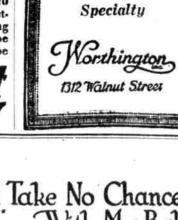
Give Her Absent Treatment Dear Cynthia-I would like to receive a little advice. When I went to camp last August a certain girl friend of mine made me promise to write. I did. I cared a lot for the girl, so you on to write. Well, I was rejected in the army and I went to see her the very fabrics any more attractive and never next day and I asked her if I could before were they so interestingly fashmade as directed in the method, then keep steady company and she told me ioned into striking autumn suits. And the finely chopped meat and one tea- I could. Everything went well until really you could not do better this auspoon of Worcestershire sauce. Mix about six weeks ago. She acted very tunn than to make an expensive suit the thoroughly and then set aside to cool. I went home and went back the piece-de-resistance of your wardrobe. mold. Form into croquettes and roll I went home and wrote her a letter asking what was the trouble and she roll in fine bread crumbs. Fry in gave me to satisfaction whatever. I gave me to satisfaction whatever. I had almost \$200. roll in fine bread crumbs. Fry in gave me no satisfaction whatever. I love this girl dearly. I had almost \$200 formal afternoon wear and quite appropriate for informal evening wear—din-Cold beef, lamb, chicken, veal, ham of Now every time I called on this or crab meat or fish may be used for girl of course I had to kiss her. If I tre party. this delectable method of serving an did not she got angry at me. Will entree. Nuts, eggs, cheese, both some reader answer my question. Why cottage or pot and store cheese, may he used. Dried pess lime bears. Most all of them are. I know a young

Try staying away from the girl for a cylindrical or conical forms and cut-Mix thoroughly and then pour on lets in flat, either round, triangle or you and thought she could treat you as the pleased. Perhaps you will hear To prepare the egg for dipping from her. If not, after a couple of add four tablespoons of evaporated milk and beat hard to thoroughly bland place arguments are suited as blend, place croquette or cutlet on wire spoon and use tablespoon to pour the beaten egg over the cro-can give no reason for acting as she has acted there seems nothing for you to do

> Your dentist will say "clean your teeth!"-He knows Sozodont willclean SURE

If dental skill, during the past 70 years, could have devised a better or safer formula for cleaning the teeth and gums, we would be using it and its name would still be







I Take No Chances With My Baby

You see, Nestlé's is really milk

-but with the tough curds

broken up by changing it to a

fluffy powder, and with just the

Of course, it is duvetyn, for that is the smartest material for fall.

The fur is Japanese mink

A Daily Fashion Talk by Florence Rose

TF YOU have the price there are really

(Copyright, 1919, by Florence Rose.)

Wedding Announcements

out wedding announcements before the wedding if it be a simple quiet house

in the wording of the announcements

Mourning

Attire a

the Editor of Woman's Page: Dear Madam—Is it proper to send

Will it make any difference

SUITS

WRAPS

Exchange

The Woman's

WHEN I found I couldn't nurse my baby any longer, I made up my mind to find a food for him that would be safe—that would be sure to bring him health and happiness.

I knew raw cow's milk was hard for him to digest because of the tough curds-and I was afraid of the dangers of germs, particularly in hot weather.

right amount of sugar and cereal And then my doctor told me I found that the Nestlé Company likes to save babies and keep them the safest form of milk-the well. They sent us free enough Nestle's Food for twelve feedings and a very interesting and valuable Mother's Book about how to take easiest to digest-the nearest thing to mother's milk-was Nestle's Milk Food. My baby has thrived and grown in health care of babies. All you have to do is to fill out the coupon below.

and happiness ever since. Nestlé's is pure milk in powder form that is already modified and does not require the further addition of milk. Always pure and safe, always uniform and free from the dangers of home modification, Nestlé's has stood the test of three generations and has today the largest sale of any haby feed in the world.

FREE! Enough Nestle's for 12 feedings. Send the coupon.

NESTLE'S FOOD COMPANY, Inc. Please send me feet your book and trial package

groom's home? R. M. L. Wedding announcements are not sen out until the day of the wedding and

after the ceremony has been performed. In a wedding announcement the place where the ceremony took place is usually mentioned, but it is not necessary. The announcement usually reads etc. But if the girl has no parents or guardian the cards may read: "The marriage of Mary Smith and John Jones is announced, etc."

THERE is a story told about the man a clever thing to do at all. It is quickly than soap in the cake; it cleans a practical confession that a person is more evenly and with less wear to the powerless to enjoy life with the cards and with less wear to the guardian the cards may read:

From Liverpool to New York a the Editor of Woman's Page:

Dear Madam-Is it 3000 miles' sea opened a conversation. oyage from Liverpool to New York? READER.

The distance is 3053 miles.

#### Adventures With a Purse

HAD not seen Dorothea at all yesgreeted me with her rare smile. "You If we think well enough of an invitashould have been here yesterday," she tion to accept it then we ought to be said. "Nan brought us in a book, and sportsmanlike enough to play a good I have been thinking about it and laugh- losing as well as a winning game if I have been thinking about it and laugh-ing over it ever since. It was a red-letter day." Of course, I wanted to way. know all about it. It appears that it A party is really, after all, only was written by a friend of Sir James what we make of it. If we sit in Barrie when she was but nine years the corner and twiddle our thumbs ex old. He happened to read it and per-pecting to be amused and elaborately suaded her to let him publish it. Bar-entertained then it is more than likely rie himself has written the delightful we will begin to search for a clock introduction to it, and it has been before the refreshments and go home printed with all the funny childish immediately after them, declaring it spelling and queer expressions. You was too dull for anything. will like it and will want to have a copy for your own library, just as a good time in spite of everything. Dorothea and I have. You can buy it ab, that is a different matter. That

I was amazed to find that they still have the lovely kid gloves at the same remarkable price of \$1.65. I thought of course, that they would no longer be on sale. And so when I passed them today I decided to tell you about them right away, since I felt sure that some no two possibilities for your new of you had not inquired about them can guess she did not have to urge me autumn suit. It simply must be when I wrote of them before. They duvetyn, for never before were these are soft kid, of excellent quality and rather heavy. The time to get your fall gloves is right now when you can take advantage of this remarkable sale.

> For the names of shops where ar-ticles 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

# if the bride be married at the bride groom's home? TO SAY YOU ARE BORED IS AN UNWISE ADMISSION

A Practical Confession That a Person Is Powerless to Enjoy Life Without a Puppet Show Going On

therefore wandered off into his host's some sort of a puppet show going on all the time. Let the laughing stop. listless looking individual there and the phonograph record come to an end

"Frightfully flat, isn't it?" he said. Yes," agreed the other.

"Let's sneak off and go home." suggested the wanderer. "I can't," came back the other. "I live here."

It was funny of course, and it really might have been you, or it might have been I who made the break, but that doesn't excuse the man nor does i excuse us. We are all too prone to terday and when we met today she criticize the entertainment and hospi

is where the joy of living comes in!

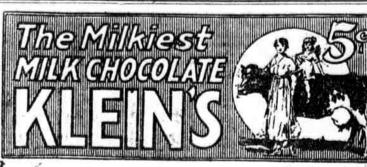
#### EVERY BOTTLE GUARANTEED

It's a distinct aid to any housekeeper who desires to economize, and at the same time have appetizing, nourishing and satisfactory cooking at every meal. That's

for the bright side of things, but they unconsciously make straight headway to the interesting side of things. They enjoy life to the full because they find it interesting—the quiet stretches as well as the noisy rollicking ones.

Soap Solution

Dissolve one cake white soap or two and the world turns into a dull and cups soap flakes, chips or scraps in hopelessly uninteresting place. I spoke three quarts of hot water. For blanof the joy of living. Those who have kets add two tablespoons borax and it are by no means perpetual Polly- quarter cup ammonia.



# Now Klein's Comes to You 24 Hours Fresh!

In order to meet the growing demand for Klein's Cream Nut Almond Bars, we have been forced to inaugurate a daily delivery service.

Every twenty-four hours, now, Klein's is shipped by our special heavy duty truck, so that if possible you get it fresher, sweeter and purer than ever before.

"Made in America's Milky Way."



KLEIN CHOCOLATE COMPANY

127 N. 13th St., Phila. Factories, Elizabethtown, Pa.

Helloygo Toasted Corn Flakes a suggestion to make a most decisive test of quality

One single flake of Kellogg's tells you the whole story of flavor and taste. That is why we protect you against imitations by putting my signature on each package. W.K.Kellogg



EAT just one of Kellogg's Toasted Corn Flakes and you'll discover why so many hundreds of thousands of peopl: will have no other.

First you get the flavor—the distinctive, inimitable Kellogg's flavor, with a lurking sweetness and a genuine goodness that tell of quality. Then you get the taste-a rich, real taste that gladdens the appetite and begins to satisfy hunger.

Then you notice the texture of the flake—it's a food; it has the body that proves it has been properly and carefully prepared.

AFTER you have eaten just this one flake, you find yourself with a pleasant longing for more; your nerves of taste are telling you that you have just eaten something that was not only good for you, but which you honestly

You will convince yourself that Kellogg's is a complete food, without cream and sugar. That is the reason why it is so very good with cream and a little sugar, why it is such a favorite with fresh or canned berries and fruits. The secret of all this is the Kellogg method.

AND a part of the credit is shared by the Kellogg wax-tite package, which brings you the flakes with their oven-freshness unchanged, so that you can almost detect the tempting aroma drifting from our oven doors.

You may as well have the choicest. Ask your grocer for Kellogg's Toasted Corn Flakes, with W. K. Kellogg's signature on the package.

KELLOGG TOASTED CORN FLAKE CO. BATTLE CREEK, MICHIGAN