

THE RIGHT KIND OF TABLE: THE SEASHORE "WIDOW": TAKING OUT SPOTS: CYNTHIA LETTERS

MRS. WILSON PLANS GOOD MEALS WITH THE LEAST EXPENDITURE

A Practical Discussion About Getting Real Food Value for Money Spent and Some Helpful Suggestions in the Matter of Buying

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All Rights Reserved.)

IT IS not really the food eaten each day that counts as a part of the work to supply the body with sufficient nourishment, but rather the amount of food actually digested. Hence variety in eating is most important.

WHERE YOU CAN SEE MRS. WILSON'S MOVIE

SATURDAY is baking day, and a very good day, too, to see Mrs. Wilson's scenario about baking delicious cakes if you haven't done so already.

CHARLOTTE RUSSE (Six delicious ones for twenty-five cents) Saturday, afternoon and evening, Paschall, Seventy-first street and Woodland avenue.

QUEEN VICTORIA SPONGE CAKE (Two for a quarter) Saturday, afternoon and evening, the Colonial, Camden.

During the process of digestion some parts of the food are left or discarded; this waste, if permitted to clog up the system, will become poisonous and therefore it must be removed. To do this work the human machine must have sufficient, nondigestible bulky material to stimulate the intestines and digestive tract into action and thus remove the waste.

Both recipes can be obtained at the box office or by sending to the Editor of Woman's Page, Evening Public Ledger, please inclose self-addressed stamped envelope.

monotonous diet frequently does not contain sufficient mineral salts and the amount of vitamins necessary for the physical well-being of the body, so that a varied diet, with plenty of leafy green vegetables, fresh fruits, milk and good home-made bread, is vitally necessary.

This is a very big mistake from the standpoint of health. The home that uses these foods sparingly during the fall, winter and late spring usually finds its members anemic, rheumatic and in poor general health.

Supplied to the body in cereals, bran bread and muffins, cabbage, celery, apples, oranges, turnips, spinach, kale, beets, carrots and other similar vegetables and fruit.

Wrap the bread, when thoroughly cold, in wax paper to prevent drying out and store it in well-ventilated bread box.

A diet of meat, potatoes and white bread is lacking in the needed leafy green foods and roughage, and if this diet is continued for any length of time it will not provide sufficient material for the body to eliminate the waste; this very often results in autointoxication and kindred digestive troubles.

To cut the cost of foods purchase salt fish in three-pound boxes; this may be used for fish cakes, creamed fish, fish au gratin, fish cutlets and served plain, such as boiled cod with cream sauce. Select the boneless variety of salt cod and remember that one pound will equal three pounds of fresh fish.

Keep this fact plainly in mind: that a wise meal can and should be a good one, and that good eating is wise eating. Meat can be entirely replaced in the menu for days at a time without serious results if the housewife will serve attractive dishes made from cottage, buttermilk or pot cheese, eggs and milk and the various dried beans and peas and lentils. Both fresh and salted fish may also be used.

See the woman's page of July 17 for methods of breadmaking.

Now, the housewife who must plan to feed her family on a limited budget and at the same time supply the family with sufficient food that will not only satisfy their bodily need, but also at the same time appeal to the appetite, will need to market carefully and wisely, and then be willing to spend a little energy in preparing this food.

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Purchasing food from day to day is expensive and wasteful and requires time; if the housewife must take the time to run to the store, and if she solves this difficulty by sending the children to purchase the food, then she stands a chance of not only unwise buying, but also, owing to the child's lack of judgment in foods, she will frequently receive food that is not at all suited to her needs.

Shop around wisely and look carefully before making a purchase; and once purchased see that every bit of this food is utilized. Remember that a full garbage pail is the badge of poor, inefficient housewife, and it is a disgrace to purchase foods unwisely.

To overcome this divide the marketing day into either semi- or tri-weekly visits, namely, Wednesday and Saturday or Monday, Wednesday and Saturday.

Make up a menu and remember this at the tastes of the family should be consulted if you are to be successful in keeping them physically fit at a minimum cost.

If you use the latter method you must keep this fact in mind, that Monday will be a very poor day for the meats, fresh fruits and vegetables, and it could be used for selecting the ordinary staples and then use the other two days for selecting the perishable provisions.

Here Is Fall Footwear A Daily Fashion Talk by Florence Rose



A woman's heart leaps up when she beholds fall shoes. Those shown this season warrant much interest.

PARI has been less influential in the realm of women's dress than ever before this year. Which is very natural enough, because while the war lasted there has been so much else to do with Atlantic transports than to bring back the contents of fashion from Paris that we have rather drifted apart. We have gone our own sweet way in matters of dress, and Paris has gone her own way, and those ways have turned out to be not very much alike. But in other matters there is some indication of a willingness to be influenced. Gradually we have taken to the short sleeves and we have rather compromised on the long skirt that we thought was attractive, and the very short skirt that Paris dictated. But not even a little debt has been made by Paris shoe fashion. We are as obturate as she and, instead of becoming more like French shoes, those that are promised for autumn are less similar.

The difference in doubt is a basic one. It is really a difference in French feet rather than in French shoes. For while the French shoes are short-rumped, chopped off affairs, those worn by American women are extremely long as to vamp, and are so constructed as to make the foot appear even longer and slender than it is. So much the worse if your feet fit the French model, rather than the American pump with its high and it is small enough to slip in above the base in a way characteristic of what we have come to call French heels.

STAINS CAN BE REMOVED



Stains are not tragedies if you know how to remove them. Determine the nature of the mark first and then choose the proper agent.

Chocolate and cocoa—Use borax and cold water; bleach if necessary. Coffee and tea (clear)—Use boiling water; bleach if necessary. Coffee and tea (with cream)—Use cold water, then boiling water; bleach if necessary. Cream and milk—Use cold water, then soap and cold water. Egg—Use cold water. Fruit and fruit juices—Use boiling water; bleach if necessary. Grass—Use cold water, soap and cold water, alcohol or a bleaching agent. Grease and oils—Use French chalk, blotting paper or other absorbent, or warm water and soap, or gasoline, benzine, or carbon tetrachloride. Ink—Use warm water and soap, alcohol or ammonia. Iron—Use oxalic acid, hydrochloric acid, salts of lemon or lemon juice and salt. Kerosene—Use warm water and soap. Lampblack and soot—Use kerosene, benzine, chloroform, ether, gasoline or carbon tetrachloride. Mildew—If fresh use cold water, otherwise try to bleach with javelic water or potassium permanganate. Paint and varnish—Use alcohol, carbon tetrachloride, chloroform or turpentine. Perspiration—Use soap and warm water; bleach in the sun or with javelic water or potassium permanganate. Pitch, tar and wheel grease—Rub with fat, then use soap and warm water or benzine, gasoline or carbon tetrachloride. Scorch—Bleach in the sunshine or with javelic water. Shoe polish (black)—Use soap and water or turpentine. Shoe polish (tan)—Use alcohol. Stain—Use water. Stove polish—Use cold water and soap or kerosene, benzine or gasoline. Vaseline—Use kerosene or turpentine. Water—Steam or sponge the entire surface of water-spotted materials. Wax—Scrape off as much as possible. Use French chalk, blotting paper or other absorbent with a warm iron; or use benzine or gasoline. If color remains use alcohol or bleach.

Mrs. Wilson Answers Queries

My dear Mrs. Wilson—As you have helped many others, no doubt you will also help me. I have often used your recipes with success, so I am asking you, if it is not too much trouble, to print in your columns a recipe for deviled crabs. I am to cook dinner on Wednesday night and we are going to have crabs, so I would like to have the recipe. Thanking you in advance, F. H.

Deviled Crabs Place in a saucepan One cup of milk, Five tablespoons of flour. Stir to dissolve the flour and then bring to a boil, and cook for three minutes. Then add One tablespoon of grated onion, One tablespoon of finely minced green pepper, One tablespoon of finely minced parsley, One and one-half cups of crab meat, One teaspoon of salt, One teaspoon of paprika, One-half teaspoon of mustard, Pinch of cloves. Mix thoroughly and then fill into well-cleaned crab shells and brush with beaten egg and cover with fine crumbs, patting the crumbs gently. Fry until golden brown in hot fat. Use a frying basket to place the crabs in.

Adventures With a Purse

THIS, strictly speaking, is not an adventure for women. On the other hand, if you are one who must count her pennies, to say nothing of her hundreds, you will be immensely interested in my adventure. It deals with a trouser press, and it goes without saying that it is designed to keep the "bills" in trousers, and so save tailors' hits. It is a heavy cardboard arrangement, shaped very much like the leg of a trapper. The Man of the House carefully places his trousers in this press, and hangs them up in the closet. Saves pressing, you know, and is well worth \$1. I have but one warning—never put them in the press for him. I did once, and they came out with the crease crooked! I had placed them incorrectly. I always think that a desk looks over so much more interesting if it has some odds and ends on it, don't you? Maybe that is why I was so pleased with the blotter and letter-opener I saw today. The letter-opener is made of highly-polished wood, and the blotter is fastened to a smooth piece of the same wood, or rather, the same kind of wood. The set costs only 50 cents, and I really believe you will like it for your own desk. It would make a very nice gift, too.

Belmont 52D ABOVE MARKET MARY MACLAREN in "THE UNPAINTED HOUSE" EUREKA 40TH & MARKET STS. MATINEE DAILY BRYANT WASHINGTON in "PUFFING UP" JEFFERSON 29TH AND DAPHNIN STS. MAT. DAILY OLIVE THOMAS in "UPSTAIRS AND DOWN" JUMBO FRONT ST. & GIRARD AVE. Jumbo Junction on Frankford "L" BESSIE BARRICADE in "TANGLED THREADS" LOCUST 52D AND LOCUST STREETS Mat. 1:30, 4:30. Evng. 6:30 to 11.

Please Tell Me What to Do

By CYNTHIA

What Shall She Wear? Dear Cynthia—I am going to Camp Dix on the first Sunday in September. Would a white silk skirt and woolen sweater be appropriate to wear? What would you suggest? THANK YOU.

A white silk skirt, white shoes and silk stockings, a linen or georgette waist, knitted sweater and sports hat would be a very appropriate and probably a most becoming costume for your day at the camp.

To "One In Doubt" You would be a very foolish girl to keep on worrying over this man, who has evidently become tired of you and who, being a good deal younger than you are, would be better as a friend than a husband.

Put him out of your mind and be friends with the other you speak of. Do not become engaged to him, however, until you know him better. Let him call on you and go out with him. When he asks you to marry him if you feel that you do not love him tell him so, but that you are willing to try to care and if he is satisfied to wait and give you time to know him better you will do your part. But, my dear, even after that do not marry him unless you care for him.

You are welcome to membership in the K. U. H. C.

Buck Private Writes

Dear Cynthia—This is the longest "Buck Private," but knowest thou, Cynthia, that my feelings were right much hurt with the way in which you censured my first epistle to you? Remember that that I closed by saying "aufwiedersehen" and you changed it to "farewell" and apparently politely slammed the door in my face? That hurt, Cynthia!

Last night for the first time I noticed the heading of your column, and it is so entirely appropriate to me that I'm going to take immediate advantage thereof. Cynthia, put yourself in my place. You have gone through several nerve-racking experiences during the last year while in the service of your country. You have come back with your original position gone and your employer offers you a better one in the Quaker City. You accept, arrive there, get board and go to work. So much, so good. But the only woman or girl you can address at the end of four months by her first name is the girl who found me in a newspaper and one whom you have never seen. You have a couple of fair friends (met through the Y. M. C. A.) who are as bad off as you. You have wandered through the Park and picked up a couple of girls in the hope that you might find the girl you would be a good friend, but you soon leave them in disgust. You have gone to churches (notice plural) and have had the pastor shake you by the hand and tell you how glad (?) he is to see you, but never does he say "come again." You have done the War Comm. Community Service till you that it is sore, but all of its activities are virtually off for the summer, and besides you are not in uniform! You have tried to dance and find that an injury received in the service makes it impossible. You know that there are some girls in Philadelphia, for you see them every day on the street. You are hungry for their companionship. You know that you could be a really good friend to one of them or several of them once you could meet them, and you have been so trained at home that you know their friendship would be a good thing for both of you, that you could enjoy being in their presence without becoming sentimental, but to you "all seems much further away than did France from America!"

Say, Cynthia, tell me, "What shall I do?" THE BUCK PRIVATE. P. S. Your club is a good idea! It looks as though my election into it was for life! That was too bad that Cynthia should have translated your word into farewell instead of "until we meet again" or "to bid you adieu." You ought to find your next meeting "or you never" see, Cynthia never dreamed you would take such a meaning out of farewell. She simply did not print the word you used because the first thing you know many of our patriotic citizens would be "out word." Cynthia hates that is satisfactorily explained. Welcome indeed to the column again.

Why do you have to wait to have a pastor say come again? You ought to give a look to the club is the one in which you are a member. Have you ever been to the Historical Society and the Ship and Tent Club? Mr. Albert Cook Myers, of the Historical Society, Thirteenth and Locust streets, takes men in the service out on his letter and see if you could join, even if you are no longer wearing a uniform. After the walk there is always an entertainment at the Ship and Tent Club, and there are always a number of sweetly nice girls there to wait on the boys and talk with them. If Mr. Myers cannot arrange this, write to the column again and we may be able to suggest some other way.

PHOTOPLAYS PHOTOPLAYS ALHAMBRA 12th, Morris & Passyunk Aves. which Mat. Daily at 2:15, Evng. 6:45 & 8:15. "Perils of Thunder Mountain," No. 8. APOLLO 52D AND THOMPSON STS. MATINEE DAILY "THE THIRD DEGREE" ARCADE CHESTNUT Below 10TH to A. M. to 11:15 P. M. ELBIE FERGUSSON in "A SOCIETY EXILE" BLUEBIRD BROAD STREET AND RUSHINGMANNA AVE. ELBIE FERGUSSON in "THE AVANTALCHE" EMPRESS MAIN ST., MANAYUNK MATINEE DAILY "HIS BROTHER'S PLACE" FAIRMOUNT 26th & GIRARD AVE. MATINEE DAILY "MONTY" CLAY in "A BROADWAY SAINT" FAMILY THEATRE—1811 Market St. ELBIE FERGUSSON in "THE GRAY HORIZON" 56TH ST. THEATRE—Below Spruce. CLARA KIMBALL in "THE BETTER WIFE" GREAT NORTHERN Broad St. at Erie Mat. 2:30, Evng. 7 & 9 P. M. "HIS BRIDAL NIGHT" IMPERIAL 60th & WALNUT STS. Mat. 2:30, Evng. 7 & 9 P. M. FANNIE WARD in "COMMON LAW" LEADER 41ST & LANCASTER AVE. VIVIAN MARTIN in "LOUISIANA" LIBERTY BROAD & COLUMBIA AVE. VIVIAN MARTIN in "LOUISIANA"

THE YOUNG MARRIED WOMAN WHO'S A SUMMER VAMP

Doesn't Mean Any Harm, but It's Mighty Mean to Steal the Beaus of Nice Young Girls

OF ALL sad words of tongue or pen in the summertime these are they: Lost, Strayed or Stolen—One perfectly nice beau of twenty-one years, light curly brown hair and perfectly sweet blue eyes. Last seen in the company of attractive young married woman, who asked him to come over and hold a skin of wool for her. If found please return to Dolly Dimple, aged nineteen, address The Same Hotel.

Have you a dashing, young married lady in your hotel? Away without her husband and just can't leave the girls of tender and single years in peace with their beaux? It's pretty hard on the girls! They have to fight against such terrible odds. F'r instance, it's deliciously flattering to a young man of say, twenty-two years to be singled out from the crowd and invited to come sit next to some daintily sophisticated young married woman who has the distinction of having irrevocably captured at least one of his kind. Youth loves to be thought sophisticated and nothing makes him seem nearer it than to appear to be favored by some one who has that air of knowing all about everything.

What put me in mind of this was a little conversation I happened to overhear on a trolley car at one of the resorts. "I wouldn't care," one slim, pretty,

The Woman's Exchange

Send to Cleaner's To the Editor of Woman's Page: Dear Madam—I have a white grosgrain tam, and being very much soiled, I cleaned it with gasoline, but it did not help it any, so would you kindly tell me what would? I. H. A. French chalk or magnesia warmed, rubbed in and allowed to stand for a day or so might help, but I think it would be better to send the tam to the cleaner's. It would not be very expensive.

The Question Corner Today's Inquiries

- 1. Who is Sister Mary Leopoldini? 2. What is Nina Gabrilovitch's? 3. What is the dollhouse for a little girl's party? 4. How can black lace be freshened? 5. What makes an ingenious sort of marketing list? 6. What will clean and brighten the inside of aluminum dishes? Yesterday's Answers 1. After a Siamese girl arrives at the age of thirty-five and is still unmarried she becomes a special ward of the king who binds himself to find a husband for her. 2. A "bread and butter" letter or "thank you" note to a hostess is required if the guest has spent more than one night in her home. If it is a first visit the letter is even sent after a stay of one night. 3. A piece of dried lemon peel kept in the cookie jar makes the cookies more delicious. 4. To make a novel bill apron for a little girl, applique on the material a dog cut from a piece of gingham and a cat cut from a piece of calico. Underneath do this rhyme in outline stitch: "The Gingham Dog and the Calico Cat. Side by side on the apron sat." 5. Use paper clips to hold pieces of material together when a long seam must be sewed. 6. Discarded shaving boxes make good button receptacles.

Cuticura Promotes Hair Health

GOWNS SUITS WRAPS Mourning Attire a Specialty. 1312 Walnut Street

The following theatres obtain their pictures through the STANLEY Company of America, which is a guarantee of early showing of the finest productions. Ask for the theatre in your locality obtaining pictures through the Stanley Company of America. PHOTOPLAYS PHOTOPLAYS ALHAMBRA 12th, Morris & Passyunk Aves. which Mat. Daily at 2:15, Evng. 6:45 & 8:15. "Perils of Thunder Mountain," No. 8. APOLLO 52D AND THOMPSON STS. MATINEE DAILY "THE THIRD DEGREE" ARCADE CHESTNUT Below 10TH to A. M. to 11:15 P. M. ELBIE FERGUSSON in "A SOCIETY EXILE" BLUEBIRD BROAD STREET AND RUSHINGMANNA AVE. ELBIE FERGUSSON in "THE AVANTALCHE" EMPRESS MAIN ST., MANAYUNK MATINEE DAILY "HIS BROTHER'S PLACE" FAIRMOUNT 26th & GIRARD AVE. MATINEE DAILY "MONTY" CLAY in "A BROADWAY SAINT" FAMILY THEATRE—1811 Market St. ELBIE FERGUSSON in "THE GRAY HORIZON" 56TH ST. THEATRE—Below Spruce. CLARA KIMBALL in "THE BETTER WIFE" GREAT NORTHERN Broad St. at Erie Mat. 2:30, Evng. 7 & 9 P. M. "HIS BRIDAL NIGHT" IMPERIAL 60th & WALNUT STS. Mat. 2:30, Evng. 7 & 9 P. M. FANNIE WARD in "COMMON LAW" LEADER 41ST & LANCASTER AVE. VIVIAN MARTIN in "LOUISIANA" LIBERTY BROAD & COLUMBIA AVE. VIVIAN MARTIN in "LOUISIANA" When in Atlantic City Visit the CLARA KIMBALL THEATRE in "THE BETTER WIFE"