

SUGGESTIONS FOR SATURDAY'S MARKETING : AN EVENING GOWN : BLUEBIRD PINS : CYNTHIA

SOME APPETIZING SUNDAY MENUS AND RECIPES BY MRS. WILSON

They Make Use of the Luscious Fruits and Vegetables Now on the Market, and the Cost of the Day's Meals Comes Only to \$2.75.

Follow This Plan

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

MAKE the most of the various vegetables that are on the market stalls. The family will seldom tire if the various methods are employed to afford variety.

The sky, the sun and the wind all bring to us the word of approaching autumn; this is nature's warning that the harvest is here and that soon the cold and stormy days will rob us of the opportunity to enjoy the luscious fruits and vegetables of the summer season.

The wise housewife who has curtailed the meat supply and who has supplemented it by serving every variety of fresh produce now feels that just as the queen month of the year shows her products she also will now serve an entire vegetable menu for Sunday.

- Breakfast: Grapes, Cream Gravy, Squash Muffins, Coffee. Dinner: Radishes, Watercress, Clear Tomato Soup, Parsley Sauce, Corn Pudding, Lima Beans, Boiled White Potatoes, Coleslaw, Baked Apple Rolls, Coffee. Supper: Corn Fritters, Broiled Tomatoes, Potato Salad, Tea. Apple Cake. The market basket will require one pound of grapes, one-quarter peck of tomatoes, one squash, one bunch of radishes, one bunch of watercress, one dozen ears of corn, one bunch of parsley, one-quarter peck of white potatoes, one-quarter peck of lima beans, one small head of cabbage, one-quarter peck of apples, four eggs, one quart of milk, one can of sirup.

This menu will cost approximately \$2.75, including all the necessary staples.

To prepare this menu dip the grapes in plenty of cold water and swirl them around rapidly. Now lay on a cloth and drain. Cut with the scissors to divide into suitable size portions.

Squash Muffins: Wash and pare one medium-sized squash or cyming and then put through a fine sieve to remove the seeds. Place in a mixing bowl and add two cups of sifted flour, one teaspoon of salt, five teaspoons of baking powder, two tablespoons of sirup, three tablespoons of shortening, one egg, one cup of water. Beat to thoroughly mix and then pour into well-greased muffin pans and bake in a moderate oven for twenty minutes.

Clear Tomato Soup: Mince fine five tomatoes, three onions, four branches of parsley. Now place three tablespoons of shortening and add the tomatoes and onions and parsley. Cook for a few minutes and then add four cups of boiling water, one-half teaspoon of thyme.

Cook until the tomatoes are very soft and then rub through a fine sieve. Add two tablespoons of tapioca and cook until the tapioca is very clear. Season and serve.

Corn Pudding: Score and scrape the pulp from seven ears of corn and then place in a mixing bowl and add one cup of thick cream sauce, two well-beaten eggs, three-quarters cup of fine bread crumbs, one teaspoon of salt, one teaspoon of paprika, one grated onion.

Beat to mix and then turn into well-greased custard cups and set the cups in a pan of warm water. Bake in a moderate oven for thirty minutes. Remove from the oven and let stand for three minutes. Loosen the puddings from the custard cups gently with a knife and turn on rounds of toasts and serve with parsley sauce.

Parsley Sauce: Place in the saucepan one and one-quarter cups of milk, four tablespoons of flour. Stir to dissolve and then bring to a boil, and cook slowly for three minutes, adding one tablespoon of grated onion, three tablespoons of finely minced parsley, one tablespoon of butter.

Beat to mix. Baked Apple Roll: Wash and pare eight apples. Chop and place in a mixing bowl. Add one-half cup of seeded raisins, one cup of brown sugar, one teaspoon of nutmeg,

Six Servings of It for Just Twenty Cents!

THAT'S one of the tempting features about Lebanon crumb cake. It's not only delicious but it's cheap. In the newest film in her cookie movies Mrs. Wilson, the EVENING PUBLIC LEDGER food expert, shows how to make it. You can see the picture at THE VICTORIA THEATRE today and tomorrow, afternoon and evening. The Victoria is at 913 Market street.

OTHER COOKING MOVIES: Queen Victoria Sponge Cake Friday, and Saturday, Point Breeze Theatre, 1638 Point Breeze avenue.

Charlotte Russe: Friday and Saturday, the Globe, Fifty-ninth and Market streets. For copies of the recipes ask at the box office at the theatre or send a self-addressed envelope, with one-cent postage stamp, to the Editor of Woman's Page, EVENING PUBLIC LEDGER.

Great rind of one-half lemon, four tablespoons of shortening. Mix thoroughly and then place in a bowl.

One and one-half cups of flour, one-half teaspoon of salt, three teaspoons of baking powder, four tablespoons of sugar.

Sift to mix and then rub in five tablespoons of shortening and mix to a dough with one-half cup of cold water. Roll on well-floured pastry board one-half inch thick. Spread with prepared apple mixture and roll like for jelly roll and fasten the ends by tucking in securely. Place in well-greased and floured pan and bake in a moderate oven for thirty-five minutes. Baste every ten minutes with

one cup of sirup, four tablespoons of water, two tablespoons of shortening. Mix well before using. Serve with vanilla sauce.

Vanilla Sauce: Place in a saucepan one cup of sirup, one-half cup of water, two tablespoons of cornstarch.

Stir to dissolve the starch and then bring to a boil and cook for three minutes. Cool and add one teaspoon of vanilla.

Beat to thoroughly mix and then pour into well-greased muffin pans and bake in a moderate oven for twenty minutes.

Clear Tomato Soup: Mince fine five tomatoes, three onions, four branches of parsley. Now place three tablespoons of shortening and add the tomatoes and onions and parsley. Cook for a few minutes and then add four cups of boiling water, one-half teaspoon of thyme.

Cook until the tomatoes are very soft and then rub through a fine sieve. Add two tablespoons of tapioca and cook until the tapioca is very clear. Season and serve.

Corn Pudding: Score and scrape the pulp from seven ears of corn and then place in a mixing bowl and add one cup of thick cream sauce, two well-beaten eggs, three-quarters cup of fine bread crumbs, one teaspoon of salt, one teaspoon of paprika, one grated onion.

Beat to mix and then turn into well-greased custard cups and set the cups in a pan of warm water. Bake in a moderate oven for thirty minutes. Remove from the oven and let stand for three minutes. Loosen the puddings from the custard cups gently with a knife and turn on rounds of toasts and serve with parsley sauce.

Parsley Sauce: Place in the saucepan one and one-quarter cups of milk, four tablespoons of flour. Stir to dissolve and then bring to a boil, and cook slowly for three minutes, adding one tablespoon of grated onion, three tablespoons of finely minced parsley, one tablespoon of butter.

Beat to mix. Baked Apple Roll: Wash and pare eight apples. Chop and place in a mixing bowl. Add one-half cup of seeded raisins, one cup of brown sugar, one teaspoon of nutmeg,

Beat to mix and then turn into well-greased custard cups and set the cups in a pan of warm water. Bake in a moderate oven for thirty minutes. Remove from the oven and let stand for three minutes. Loosen the puddings from the custard cups gently with a knife and turn on rounds of toasts and serve with parsley sauce.

Parsley Sauce: Place in the saucepan one and one-quarter cups of milk, four tablespoons of flour. Stir to dissolve and then bring to a boil, and cook slowly for three minutes, adding one tablespoon of grated onion, three tablespoons of finely minced parsley, one tablespoon of butter.

Beat to mix. Baked Apple Roll: Wash and pare eight apples. Chop and place in a mixing bowl. Add one-half cup of seeded raisins, one cup of brown sugar, one teaspoon of nutmeg,

Beat to mix and then turn into well-greased custard cups and set the cups in a pan of warm water. Bake in a moderate oven for thirty minutes. Remove from the oven and let stand for three minutes. Loosen the puddings from the custard cups gently with a knife and turn on rounds of toasts and serve with parsley sauce.

Parsley Sauce: Place in the saucepan one and one-quarter cups of milk, four tablespoons of flour. Stir to dissolve and then bring to a boil, and cook slowly for three minutes, adding one tablespoon of grated onion, three tablespoons of finely minced parsley, one tablespoon of butter.

Beat to mix. Baked Apple Roll: Wash and pare eight apples. Chop and place in a mixing bowl. Add one-half cup of seeded raisins, one cup of brown sugar, one teaspoon of nutmeg,

Beat to mix and then turn into well-greased custard cups and set the cups in a pan of warm water. Bake in a moderate oven for thirty minutes. Remove from the oven and let stand for three minutes. Loosen the puddings from the custard cups gently with a knife and turn on rounds of toasts and serve with parsley sauce.

Parsley Sauce: Place in the saucepan one and one-quarter cups of milk, four tablespoons of flour. Stir to dissolve and then bring to a boil, and cook slowly for three minutes, adding one tablespoon of grated onion, three tablespoons of finely minced parsley, one tablespoon of butter.

Beat to mix. Baked Apple Roll: Wash and pare eight apples. Chop and place in a mixing bowl. Add one-half cup of seeded raisins, one cup of brown sugar, one teaspoon of nutmeg,

Beat to mix and then turn into well-greased custard cups and set the cups in a pan of warm water. Bake in a moderate oven for thirty minutes. Remove from the oven and let stand for three minutes. Loosen the puddings from the custard cups gently with a knife and turn on rounds of toasts and serve with parsley sauce.

Parsley Sauce: Place in the saucepan one and one-quarter cups of milk, four tablespoons of flour. Stir to dissolve and then bring to a boil, and cook slowly for three minutes, adding one tablespoon of grated onion, three tablespoons of finely minced parsley, one tablespoon of butter.

Beat to mix. Baked Apple Roll: Wash and pare eight apples. Chop and place in a mixing bowl. Add one-half cup of seeded raisins, one cup of brown sugar, one teaspoon of nutmeg,

Beat to mix and then turn into well-greased custard cups and set the cups in a pan of warm water. Bake in a moderate oven for thirty minutes. Remove from the oven and let stand for three minutes. Loosen the puddings from the custard cups gently with a knife and turn on rounds of toasts and serve with parsley sauce.

Parsley Sauce: Place in the saucepan one and one-quarter cups of milk, four tablespoons of flour. Stir to dissolve and then bring to a boil, and cook slowly for three minutes, adding one tablespoon of grated onion, three tablespoons of finely minced parsley, one tablespoon of butter.

Beat to mix. Baked Apple Roll: Wash and pare eight apples. Chop and place in a mixing bowl. Add one-half cup of seeded raisins, one cup of brown sugar, one teaspoon of nutmeg,

Beat to mix and then turn into well-greased custard cups and set the cups in a pan of warm water. Bake in a moderate oven for thirty minutes. Remove from the oven and let stand for three minutes. Loosen the puddings from the custard cups gently with a knife and turn on rounds of toasts and serve with parsley sauce.

THE CHINESE TEA JACKET



The tea jacket is a charming addition to any woman's wardrobe. But this one is particularly charming because it is fashioned of two Oriental handkerchiefs in apple green richly embroidered with colored silk thread

Please Tell Me What to Do

By CYNTHIA

To Bunny's Mother

Cynthia will be only too glad to have you telephone and if you would like to come and see her she will be happy to do all in her power to help you. Her heart goes to you, dear. And what you want to do can be done. Isn't that good news? Call up Walnut 3000 any morning after 10 o'clock and ask for the woman's page and Cynthia. Everything will come out right some day. Don't worry.

To Mrs. E.

Write to the headquarters of the Young Women's Christian Association in Baltimore and New York and ask if they will please furnish you with the addresses of some inexpensive lodging places in those cities. At the same time you might address two letters of the same sort to the "Travelers' Aid Societies, New York and Baltimore. That address will be sufficient. It is never wise to go to a strange city without knowing where you are going to stay.

Common-Sense Advice

Dear Cynthia—I make a motion that I be elected a member of the K. U. H. C. Does anybody second it? This is the fourth time I have written to the EVENING PUBLIC LEDGER. Do you know what makes me sore? It's the way these fellows want to get acquainted with girls. Did you ever hear the saying, "You can always find trouble without looking for it"? Well, the same thing applies to girls. Now, Awfully Lonesome, get right down to facts. Isn't there some girl that lives right near you? Perhaps you say "Hello" to her every day. Maybe she lives next door. Well, why not ask her to go out with you? Or, perhaps there is a girl that works in an office building in your neighborhood. How about it?

I am writing this because I am the victim of just such a friend. I used to sit around and wait for him to talk to me, and, as a rule, he went out. Well, finally, when I got a wee bit older I went out, and the first time that he saw me bring a "male" (or, rather, the "male" brought

me) to the house he sat up and took notice.

Now my perch looks like an auction sale. There is always a crowd of fellows and girls, and the old "offender" is my steady.

VIRGINIA LEE.

Cynthia seconds the motion; and thanks for your common-sense advice!

To Make Them Call Again

Dear Cynthia—We are two young ladies, twenty-three years of age, who are desirous of some good advice, and we believe you can give it to us.

We have no steady company, although we would very much like to have. We go out with several young men, but they usually are not the kind we desire, and when we do meet one of those who come up to our standard, we always try to entertain him in the nicest way possible, but it seems that he does not come back.

We are good-looking girls of good reputation and we cannot understand why we should have trouble along this line.

We would, however, like to know what your advice would be to us in order to have those young men who are the character we desire call again.

Thanking you for your reply, we are, yours for advice, TWO BLONDES.

When the boys come do you sometimes invite other girls and boys and see to it that they have a very jolly evening? This happy atmosphere in a home attracts boys and makes them want to frequent callers, even when there is nothing going on. When the boys come to call just by themselves, don't try hard to entertain them. Make them feel at home by letting them play the phonograph or, in fact, doing pretty much as they please. When conversation seems to drag, get them to talking

Help Your Skin While You Sleep with Cuticura. All druggists. Soap & Ointment 24¢, Talcum 12¢. Sample each free of "Cuticura," Dept. 61, Boston.

about themselves and be very good listeners. And, girls, don't be discouraged or impatient. Twenty-three is young and your knights will come riding soon. Just go on keeping up your ideals.

Says He's to Marry Another

Dear Cynthia—I am a girl of twenty-two years of age and have been going with a fellow for three and a half years. About six months ago he met a girl and now he is going to be married to her very soon. Oh, Cynthia, my heart is nearly broken from the shock. He also tells me he loved me and does yet, and wants to be in my company all the time. I tell him he must leave me alone. I don't want to have anything to do with him any more. Of course I love him, but I must try hard to forget him. And when I tell him to keep away from me because he is to be married he tells me it is untrue.

Not very long ago I met a very nice young man and he thinks the world of me and would do anything to make me happy. But when I think of the past I also dislike the young man, but I love him at times. So please give me your advice on this subject.

WORRIED GIRL.

How do you know that this young man is going to marry another girl? If he tells you he is not and says he loves you, you might do well to listen to him. Of course, if you know that he is lying to you it would be a different matter. But do not listen to tales from others.

She's for Mr. Tanner

Dear Cynthia—I read in your column where a boob who signed himself or herself "Critic" jumped on that poor old man who got himself killed with his wife. I never heard of such a thing as to criticize that brave and the man. Doesn't "Critic" know what it is to love anybody? Could he or she stand by and see his or her wife or husband killed right before his or her eyes? If he or she could, then there's something wrong with him or her. I can't just explain myself, but you, dear Cynthia, will know what I mean. To tell the truth, I am indignant. I certainly think that poor Mr. Tanner was grand, don't you? SHOCKED.

About Beauty Corner

Dear Cynthia—Will you please tell me if any one can send a picture to "The Beauty Corner," also, must the name and address be given of the picture, and do you get your picture back? Is there a cost? When are you going to tell us who you are? JOY.

To any one who wishes to contribute to the Beauty Corner should direct the picture to the Beauty Corner, EVENING PUBLIC LEDGER. Send the name and address and say that you wish the picture returned to you. There is no charge. Don't you think it's just as well to keep on wondering about Cynthia?

A.F. PIERCE'S CORN-PLASTERS. Rub your corn right off. An A. F. Pierce's Corn Plaster will cure the worst corn in a few hours. No fuss or bother with liquids or lotions. A thin, close-fitting plaster, with a linen back to keep the flesh clean and protected from irritation. Stops pain almost instantly. No other product has done so much to end corn troubles. Known for 16 years as the one best corn remedy. Sold by druggists everywhere, or by mail at 25¢. Windrow Sales Co., 116 West 34th St., New York.

HAVING COURAGE TO BE SEEN WITHOUT A MAN

This Girl, Who Is a Real One, Tells How She Arrived at This Envious Stage

"THERE was a time," said the girl, twenty-four, who has an excellent position, "when I was just like the rest of them. What I mean is, I didn't have the courage to be seen without a man. Take when I was eighteen or twenty or even twenty-two. I didn't care who it was or what it was as long as it was a pair of trousers." To be seen for a few minutes at a dance talking to the bunch of girls who might not happen to have partners was a disgrace. To walk down the boardwalk on a Sunday evening with girls or my own family was another disgrace deeper dyed. It would send me to bed worrying about that night and upset for fear the awful set of circumstances that sent me out 'dateless' on one Sunday evening when all the world might see would ever come to pass again.

They were hanging out on the line. That made me stop and think and finally turn over a new leaf.

"THEN I began to discover that the real kind of girls and men didn't give a care whether all my dances were taken or not as long as I suited them. The boys who were really on their way to making good in business didn't give a whoop whether I had an engagement or not on Sunday night. One or two of them were happier when I didn't because they thought that would give them a chance to come. They turned out to be real friends.

"It is friendship built of entirely different material from the old half-sentimental affairs I used to dandle my time away on. When I think of those days and range them alongside the old days I wouldn't trade them for a million dollars."

Buy Your MEATS Wholesale. Fletcher Roast, Rump Roast, Chuck Roast, Voigt's Scapple, Hamburg Steak, Sirloin Steak, Rump Steak, Round Steak. 18c, 35c. Special Attention Given Camps and Commissaries. Mitchell's Market, Inc. 10 South Delaware Ave., Phila.

Baking of Biscuit Becomes a Pleasure. For all uncertainty is removed from an effort and the most delicious results assured if you use Miss Princine. Pure Phosphate Baking Powder. It is the new-fashioned baking powder, which rises in the oven, heat being required to develop its full leavening strength. 1/2 lb., net weight. At Your Grocer's.

The finishing touch after the bath—a shower of dainty, violet-scented Talcolette TALCUM VIOLET. A toilet necessity—it absorbs perspiration odors; keeps the skin soft, cool, healthy, and fragrant with the breath of Neapolitan violets. Talcolette, the distinctive violet powder for every toilet use, comes in WHITE AND FLESH. Large jar 35c, Small jar 25c. TALCOLETTE Peroxide Vanishing CREAM keeps the skin in fine condition. Cleansing and soothing. 25c at your dealer's. MADE BY THE HENRY B. GILPIN CO. Baltimore, Md.

Adventures With a Purse

FRENCH knots are nice to embroider because they go along so fast. And they certainly are effective. Now this bedspread that I have in mind is made of a lion-finish material in a sort of cream color, and is stamped with a stunning design in French knots. The sample spread I saw was embroidered in great coarse knots of old blue and was finished off with a heavy fringe. You cannot imagine how effective this is—and you can buy one to embroider for \$3.75. Here's the nice part about it, too. Pillows and bureau scarfs can be secured in the same material and design, so that you can make a complete set for your bedroom. The scarfs are only fifty-five cents.

The bluebird, symbol of happiness, has come with us to stay. Never do we tire of the gracefully poised bird with its bright, happy coloring. One shop is showing bluebird pins, and they must be almost an inch across, for twenty-five cents for a set of two. They make lovely little collar or cuff pins. And then you can buy a larger bird to make the full set for twenty-five cents. These pins are remarkable value.

"In Flanders Fields" is considered one of our finest war poems and the sentiment it expresses is indeed beautiful. And Flanders fields commemorated in poem and song is now kept fresh in our minds by lovely little round gold-finish pins showing a field of poppies. To wear one is to honor those who know too well the meaning of Flanders fields. And to see one is to want to wear it, so beautiful is the pin itself. The price is \$1.

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.

Mrs. G. E. A. P. Chicory may be used for salad. The root is used as a substitute for coffee, and is frequently blended with coffee.

No. 1191. My dear Mrs. Wilson—Please give me some menus for a picnic lunch, something not too dry and things that will keep, because they will have to be carried a long distance. About five couples will attend the picnic. Thanking you in advance, One of Your Admirers.

See issue of the paper, July 31, for picnic suppers.

REDUCTION SALE ON FURS SAVE 25% on any of our Fur-Coats, Dolmans, Coatees. Stoles, Scarfs and Muffs. Deposit will reserve any article. COHEN BROS. 1020 Chestnut Street Opp. Chestnut St. Opera House

ARE NOW SHOWING PREMIER DISPLAYS OF FALL FASHIONS AND MILLINERY. STREET AND AFTERNOON SUITS, TAILORED DAY WRAPS, DAY DRESSES, EVENING GOWNS - BLOUSES. Expressing the period of Renewed Luxury in Dress. Benguyer 1214 Walnut Street