PRACTICAL MEALS FOR SCHOOL DAYS-THINKING TWICE BEFORE WRITING HASTY LETTERS

MRS. WILSON GIVES SUGGESTIONS FOR THE LUNCH ROOM AT SCHOOL

In Answer to Request for Simple Hot Dishes to Serve for 150 to 200 Students

Rice Croquettes With Vegetable Salad and Gingerbread Make Appetizing and Healthful Meal

By MRS. M. A. WILSON Copyright, 1918, by Mrs. M. A. Wilson, All Rights Reserved.

My dear Mrs. Wilson-I have been very much interested in following your menus and sugges-tions which you have in the paper find them unusually practical and attractive, and for this reason am writing you for some advice am a graduate of a school of domestic science and in the fall take up the work dietetics of a high school. I would appreciate very much any suggestions you might have for the lunch room. I would like particularly to have ideas for simple hot dishes. will provide for about 150 to 200 pupils. With many thanks and much appreciation for anything you might offer, I am,

M. M. H. I have found that the average boy serve with cream sauce. or girl attending school enjoys his or her midday meal very much if it is appetizing, both in appearance and in the food itself. You must expect to find that both boys and girls have a very sweet tooth. In other words, if a choice is left to them they really prefer a sandwich and plenty of dessert. So why not begin a campaign to teach the boys and girls to select food that will

make them physically fit? A poster would convey this very easily. It might read: "To study well, you must eat well. Today bean cutlets and tomato sauce will supply the brain food for the student." Serve small portions of protein food, plenty of the coarse vegetables, either as vegetables or salads, and a good, inexpensive dessert. Use cocoa for a hot beverage. Wholewheat bread, with either nuts, raisins or butter, will supply the vital min-

A FEW SUGGESTIVE MENUS

Monday Rice Croquettes Cream Sauce Vegetable Salad Gingerbread

Tuesday Beef Stew With Vegetables Tarts

Wednesday Bean Cutlets Cream Sauce Carrots and Peas Boston Cream Pie

Thursday Cold Sliced Ham Potato Salad Hot Apple Dumplings

> Friday Fish Cakes Tomato Sauce Peas

Spongecake The above menus could be planned to cost about twelve and one-hall

cents per meal. Rice Cutlets, 100 Portions Wash two quarts of rice in plenty of water and place in a large boiler,

cans and was wondering if they Mrs. Wilson could not be used for preserving. I have the lids, which seem to fit down perfectly tight. Could I use these cans for, say, half peaches, pears or vegetables, and, if so, should I use in the hot-water bath Answers Queries or just fill them with the sterilized fruit? Also will you please advise if, when putting the jars of My dear Mrs. Wilson-Will you please give me a simple recipe for fruit into the hot water for sterilpie crust? I am a novice at houseizing, the tops should be screwed on fairly tight? I have ex-perienced that when screwed on keeping, but I have been highly

Page.

J. W. See pie recipes, woman's page, August 5, 1919.

No. 1273

successful with your recipes.

My dear Mrs. Wilson - Would you kindly publish in your most interesting column one or two ways of preparing canned fish roe? I am certain that it will be greatly appreciated. A. L. E.

Use canned fish roe in croquettes and cutlets, using the recipe for cheese cutlets and substituting the fish roe for the cheese. Use creamed as for codfish or creamed and filled into popover cases.

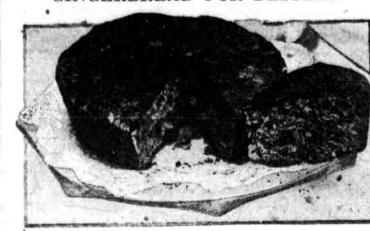
No. 1275 My dear Mrs. Wilson-Will you please give me through the paper a recipe for dill pickles? S. N. S. See pickle recipes for August 11 and September 4, 1919.

No. 1276 My dear Mrs. Wilson - Yould you kindly advise me why my fruit whip does not turn out right? I have tried the same several times, but with no success. I used one-half glass of jelly and the white of egg and beat together, and each time it gets like water; it will

not hold its shape. Would greatly appreciate this. Mrs. B. There may be several reasons for your failure; first, a greasy bowl; IT IS always more or less of a prob-second, a greasy egg beater, and the east suspicion of grease in the bowl favors at a children's party. There are ir egg beater will prevent the egg any number of things one might have, m whipping up stiff; third, if the but how to get something really new white of egg contains part of the and different is another matter. One wik: fourth, be sure the jelly used shop has a novel suggestion. Little shells, about an inch in width, and rea pure fruit and sugar mixture.

No. 1277
dear Mrs. Wilson — I have a number of empty sirup

GINGERBREAD FOR DESSERT



Any schoolboy or schoolgirl will welcome a lunch that includes a piece of flaky, spicy gingerbread. Five and one-half quarts of sifted flour with proportionate ingredients will make a large enough cake to

and add nine quarts of boiling water. Cook until rice is soft and water absorbed. Now put One and one-half pounds of dried

One pint of anions. Two owners of parsley through the foodchopper and add to the rice. Mold into croquettes and rell in flour. Brown in hot fat and

Vegetable Salad

Shred fine three large heads of salad. Place in a bowl and add One quart of cooked carrots,

One quart of cooked beets, One head of cabbage, chopped One quart of salud dressing.

One and one-half cups of rinegar, ening. Two tablespoons of salt, One tenspoon of pepper. Toss gently to mix.

A Muffin Movie

NORNMEAL muffins! Mrs. Wil-

son's new sooking movie shows

to make the kind that fairly nelt in your mouth. The picture is seing shown at the VICTORIA THEATRE

Ninth and Market streets, all this

THE OTHER MOVIES The other cooking scenarios that ave proved so popular are being

shown as follows : Lebanon Crumb Cake Monday, Tuesday and Wednesday, The Imperial, Sixtieth and Walnut Thursday, Friday and Saturday,

The Lincoln, Forty-ninth street above Woodland avenue. Charlotte Russe Monday, Tuesday and Wednesday,

The Orient, Sixty-second street and Woodland avenue Thursday, Friday and Saturday, The Overbrook, Sixty-third street

and Haverford avenue. Queen Victoria Sponge Cake Monday, Tuesday and Wednes day, Broad Street Casino, Broad street, below Erie avenue. Thursday, Friday and Saturday,

For copies of recipes ask at box office or send self-addressed stamped envelope to Editor of Woman's

loosely, as most of the recipes say. the water from the boiler and the

Would not advise the use of these

No. 1270

My dear Mrs. Wilson-I follow

all your recipes and have tried

many of them with great success.

However, I do not seem to make the ice cream properly. I followed your directions to the letter, it seems to me, but the cream was so

frozen that it tasted like pieces of

ice—that is, it was not smooth, but rather scaly. I would feel obliged if you can tell me why. Also in

reference to beans for canning; you state they should not be more than six hours picked. It is almost

impossible for me to get them fresher than one day old, or even two days. Do you think I could can successfully after so long a

can successfully after so time? Thanking you, I am, N. O'N.

Use less salt in the freezing mix-

With a Purse

sembling clam shells, come in a box of

twelve for twenty cents. On the surface of them they look like any ordinary

ture. Better not can these products,

as the safety lies in having them ab-

solutely fresh.

Adventures

lids fairly secure.

Two cups of winegar. Three cups of water, One cup of flour.

Stir to dissolve and bring to a utes, and then place in a bowl One cup of saled oil.

Cooked Dressing

Two eggs. One tablespoon of mustard, One tablespoon of salt.

Three tablespoons of sugar. Beat to mix and then beat into the prepared dressing. Chill and

Gingerbread

Three pints of molasses, . Two pints of brown sugar, ·One and one-half cups of short-

One quart of boiling water, Two tablespoons of baking soda, Two and one-half tablespoons of

Two tablespoons of cinnamon, One tablespoon of allspice, Two tablespoons of salt.

Beat to mix and then add Fire and one-half quarts of sifted

Beat to thoroughly mix and then Half of the fellows I know I would pour in one and one-half inches deep in well-greased and floured baking pans and bake in a moderate oven Certain others I know better lack might for forty minutes. Cut into 100 portions.

For variety this cake may be split and filled with marshmallow filling Never mind about that, for I'm not here or jelly and iced with prain chocolate icing.

Six tall cans of milk, Two cups of cocoa, Twelve quarts of boiling water.

Stir to dissolve and then bring to boil and beat with a wire whip. Mean men, jealous men, men who buy This menu would cost today approximately about nine and onehalf to ten cents per child. It will be a real matter of economy if you could interest and obtain the aid of the domestic science class. This would be a splendid opportunity for them to make the rolls, whole-wheat

bread and corn bread. Use baking powder recipes these breads, serving the whole wheat and bran breads one day old.

that only those of the East, or one with a deep knowledge of its people, could write. The love, the tragedy, the fatalism of the East-all are expressed in the wonderful music and wonderful words. Nor is the accompaniment so

I saw some charming little Japanese strap purses today for fifty cents. They cans for preserving. Fasten the jar are convenient to slip into your bag.

Cynthia—children. She loves them and Cynthia—children. She loves them and a real Japanesey figures in gold. It is uncommonly attractive.

> Book ends come in all sorts of lovedesigns. Buying book ends for oneif or a friend is indeed a particularly leasant errand, particularly if you see hose at a certain shop I know of, rould be quite impossible to tell you you of my discovery.

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

Please Tell Me What to Do

By CYNTHIA

To "Willing" Why not be brave and take a chance on having the older men you know in-troduce you to some girls? All girls do not want to have a lot of money spent on their entertainment and I am sure you will meet some at least who will be very moderate in their demands. Do not try to keep pace with any of the Set your own pace and stick To be sure, do not accept too much entertainment without ever re-turning any, but you need not take advantage of all invitations tendered you.

Against "Dolls"

Dear Cynthia-I've been following the discussion on "Why do boys seem to prefer the painted dolls?" Mr. Romance wrote that boys prefer them, not seem to. Wrong, Mr. Romance. wrong L A man, a real man, who works hard for a living will never want a "Doll" for a wife. Such a man will not want a woman that will throw his money away on paint, he will not want a woman who will raise his children wrong. With a doll for a mother, what morals will his children

If Mr. Romancer and other chaps who find pleasure when they are with dolls would think a little deeper, they would no longer find pleasure and amusement in their company.

Girls of the type of 'Miss Business boil. Cook slowly for three min- Girl," do not despair, the painted dolls don't last, for they are human lies, and lies can't last. When the day will come that rouge and powder will no longer hide their ugliness, when the day will come that rouge and powder will not give them the softness, the freshness that an unspoiled skin always has, that will be the day of their downfall '

And then the girls that have been put aside shall have their vengeance, for they shall triumph!
A PHILOSOPHER.

of your column and it seems that most of the letters from fellows always end tailor who is a good workman, but none of heavy men's serge or cheviot. In telling the kind of a girl they want too richly endowed with the ability to the center is one that would be charming for a wife and the kind that they don't add the little new touches that make a with duvetyn. It is of net, trimmed

Each of you, whether you're fat, trim no doubt,

While to you this short message 1

not take at all, Or encourage their suits for a day; hefall

As to what their names are, won't say.

to tell The gentleman that I desire

For lord and for master, for ill or for Until death make me retire.

that can be played at an outdoor party Here are the two games: Coming down then to business, I hope and I pray
Kind forture will keep far from me etc., according to the season or the occasion, scattered about the porch or yard. Let the players form in line and

Fivery drinker, whoever he may be; n who ought to wear skirts-the fop. dandy and dude, Untidy men, lazy men, fools.

and don't pay.

presited men, stingy men, men who Here's the lot that are cut by my "TWENTY TWO"

Loves Children

Dear Cynthia-May God bless you they are thrown like grenades, at a wheat and bran breads one day old.

If I can be of any further assistance write me and I shall be very glad to help you.

Dear Cynthia and kind advice. You target. The players are divided into divisions. Each member of each divisions in the shots at the target, and ask you about playing with children. shells that one finds at the seashore. lover of children. I am always playof the target counts five for
the thrower, and a shot in the center
of the target counts ten. The scoring but these are surprise shells, for inside ing with them. Sometimes I am is counted by points, and the captain of each is a tiny toy.

called the queen of children. I just love whose division makes up the larger them and I am always with them, count wins. It is a book of four songs, each a Sometimes I have a regular kindergar— You need very few decoration for real gem. They are songs of far-off ten at my home. Now the people at outdoor party. If you have no India and they contain all the India, and they contain all the mystery laugh at me and call me a "big baby." bushes or flowers that are in bloom and charm of the East. The melodies I jump rope with little girls, play now, gather huge bupches of goldenrod are haunting, words the love verses marbles with little boys and entertain them in many ways. The children in return love me and do just as I tell them. Now then, tell me, dear Cynthia. is it foolish to play with children younger than yourself?

Of all the readers that I read I truly difficult that only the most experienced water from the jars runs together. pinnist can interpret it. These songs I have read his article "Against Rougthink that C. D. J. is the more ideal. ing," "Tracing Character" and a few others and I think that they just ring

THE QUEEN OF CHILDREN.

thinks it is more fun to be with them than with a great many older people. But, little friend, much as I love and enjoy children, I do not think you are following a wise plan to give so much of your time to them; that is, if you are auxious to have friends your own age at the same time. You see, all young girls and boys of seventeen are about them, so many are they, and so not endowed with this feeling for little unusual the designs. But of all the selections I have seen, I think these are the loveliest. I'll be glad to tell of my discovery. ate you all the more if you deny them your company some of the time.

IF YOU LOVE-

Flowers you should be interested THE CENTURY FLOWER SHOP 18th Below Chestnut St.

DO YOU WANT A GAS WATER HEATER THAT WON'T "EAT ITS HEAD OFF"

LOVEKIN WATER HEATER COMPANY





The Gilet Has a High Collar

A Daily Fashion Talk by Florence Rose



Here are waistcoats for the fall or winter suit. Prominent among them figures the one in metal brocade, at the left. All the vests are described in today's fashion talk

F YOURS is a problem of making go with it and so that the dressmaker CHEWING the traditional pen has last season's suit do for this winter, or tailor can adapt the cut of the frock F YOURS is a problem of making go with it and so that the dressmaker then the first thing to do is to buy some or suit to those of the gilet. In this jokesters for many years, but it's one sort of waistcoat or gilet. Then with sort of waistcoat or gilet. Then with what the tailor can do to the suit you most interesting gilets and waistcoats a great many of us had indulged in this can blossom forth with what to all in- for autumn the collars are high, which pensive occupation more frequently we tents and purposes is a brand-new will come as a pleasant relief if your would have decidedly much less to re-

your column and it seems that most you have a good plain dressmaker or a very well with a severely tailored suit for a wife and the kind that they don't want, so I have decided to write this little poem about the kind of a man I don't want:

Oh, list' while I speak of the man I don't want.

Oh list' want. Now gentlemen, pray, please attend, in of you, whether you're fat, trim or ganut.

Testit will proposely be a smart street in time with chinon and risonal frock; if a tailor, then it will be a suit, of these two lace-trimmed gilets would go very well with the one-piece street frock.

so that you can select the material to

Exchange

The Woman's

An Outdoor Party

I cannot give you more than two in the column, but if you will send me a

self-addressed, stamped envelope I will

be glad to inclose a full set of games

Have small flags, flowers, peanuts,

march in a circle in time to music.

When the music stops, or else at a

signal, everybody makes a rush for the

flags, gathers up as many as possible

and as soon as the music starts again

or another signal is given, comes back

to line and resumes the march, holding

is continued until all the flags bave

hand grenades are really arrows, but

been gathered up.

Games take up so much space that

(Copyright, 1919, by Pierence Rose) base of the tree trunks, in the yard, or prop them up against the fence if there are no trees. Japanese lanterns are always decorative even in the daytime when they are not lighted. You could have the porch decorated in the same way with enormous bunches of the yellow and purple flowers, banked along the railing. I hope you will have a very successful party.

Wants Lessons In Drafting The drafting of patterns, or of dresse

without patterns, is included in the dressmaking courses at Drexel Insti-Thirty-second and Chestnut tute. streets, and at Temple University, Broad and Berks streets. There is no separate course devoted to it.

Mrs. Morrison's the flags that have been gathered. This uddings

nutritious as beef, as richly flavored and delicious as the most elaborate dessert.

An Inexpensive Food

Try a package of either Chocolate or Golden Vanilla for tomorrow's dinner. It will make enough for a large family.

At Your Grocer's-10c THE MORBISON CO., PHILA

1422 Walnut Street

Invite you

Autumn and Winter

Fashions

Turs

Paris Novelties

and Accessories

Gowns

Blouses

Millinery

Tailleurs

Manteaux

WEST OF BELLEVUE-STRATFORD

WHEN YOU TAKE YOUR PEN · IN HAND, THINK FIRST

Don't Be Like This Young Lady Who Wrote a Hot-Headed Letter to Her Best Beau and Lost Him

You can guess the rest. The story pen and ink! doesn't end like one of Grimm's fairy tales. The boy got mad—he was only teasing the girl about the other engagement-and the upshot of it is the young lady who took her pen in hand no longer bas a best beau.

Written words are cruel things. Long after common sense has come to the rescue of hot-headedness they rise up like specters in the night and stand as witnesses to moments we prefer to for get all about. Here is this little girl, The incident about which she became so exasperated is dead and gone, but she has given the young man an opportunity to hold a postmortem any time he chooses. What was said over the phone would have grown dim in his mind eventually, but words written down in black and white never grow dim. They are the same two days, months or two years later. Time has no softening effect on them. They are always there ready to condemn

of the best little habits we have so far A PHILOSOPHER.

To Men Unwanted

Then there is another way that these separate gilets and waistcoats may be used with very good economy. He would go to the seems that most your solumn and it seems that most you have a good plain dressmaker or a very solumit and the seems that most you have a good plain dressmaker or a very solumit and the seems that most you have a good plain dressmaker or a very solumit and the seems that most you have a good plain dressmaker or a very solumit and the seems that most you have a good plain dressmaker or a very solumit and the seems that most your solumn and it seems that most your solumn are solved with your solumn and it seems that most your solumn are solved with your solumn and it seems that most your solumn are solved with your solumn.

"ON TUESDAY night," wrote the seemingly trivial a thing as the weather young girl of nineteen who had a often colors our whole attitude toward "he called me up and we men and things. They say some diwere fooling over the phone. I asked vorces can be traced to inside apart-him where he was going Wednesday ments where there was no chance for night, and he said he had a date with the sunshine to show life in its true another girl. Now that hurt me, and colors. The big important thing is to on Thursday I sent a letter telling him take any event out in the full light of that I hated him and never wanted to day for cross-examination before we see him again."

give judgment on it. Especially with

> CHILDREN'S APPAREL COATS HATS DRESSES BABY LAYETTES BOOTIES From France, handmade dresses

Gertrudes and sleeping robes.

From Japan quilted jackets sacks and coach Special eilk. sattn and Georgette frecks, since three to fourteen years, \$10,00 up. Schoot and play dresses in gingham and chambrays. \$3.75 up. Costs in all desirable materials and designs, \$7.50 to designs. \$75,00.

Bors' Oliver Twist, Billy Barlow and regulation suits, two to six years, \$6.00 Exclusive models inexpensively

Hostess in attendance.
"MEME" BONNETS DE LUXE 135 South 16th Street

The Lingerie Shop SMART AUTUMN HATS

SPECIALLY PRICED, \$8 to \$16 Included in this special group are the season's favored materials— Duvetyne, Velours, Panne and Embroidered Velvet.

Also a very good selection of Sport Hats. Prices begin at \$5

Black Satin Toppings With Patent Vamps



Combination of Gray Buck and Gray-Buck Cloth, with Black and Russia calf vamps, are very smart with tailored costumes and come with both medium walking and Louis heels.

The Harper Shoe Go. WALK-OVER SHOPS



Our wantite package saves for you the quality and flavor of Kellogg's as it comes piping hot from our ovens. V:K.Kellogg