MEATLESS RECIPES - CUTWORK DESIGN-GIRL WHO WON'T KISS-THE WOMAN'S EXCHANGE

MRS. M. A. WILSON GIVES RECIPES FOR GOOD MEATLESS DISHES

Egg Fritters With Cream Sauce Give Necessary Food Element and Tempt the Appetite

By MRS. M. A. WILSON

My dear Mrs. Wilson-Your My dear Mrs. Wilson—Your page has been a source of great help to me, so I thought perhaps you would spare a few minutes of your valuable time to help me in what is quite a problem to me. My husband, who is fifty-six years old, and myself—I am forty

years old- are left alone, owing to the children being married and away. My husband has a lot of trouble with his teeth, so does not eat meat, unless it is very tender. but he likes anything else. I wonder if you will give me a few hints how to make some dishes to take the place of meat? I have made Welsh rabbit, macaroni and cheese, Mrs. Todd's bean cakes, and quite a number of your recipes, but would like to know what clsc I could coo's. He likes dough of all sorts and dumplings. If you would be so kind to help

me, either through your page in the paper or by mail, I would be more than grateful.

Please tell me what to use in place of meat. I know you can; you are so wonderful, I think, and I know if you have the time you will tell me of some lovely dishes. E. D.

Many appetizing dishes can be provided that will supply the needed well-greased baking dish. Bake food element found in meat. The until firm in the center; usually this various dough mixtures are apt to takes about thirty minutes in a cause indigestion, unless well cooked. moderate oven For this reason, it is best to use them only occasionally.

Egg Fritters

Place in a mixing bowl Two-thirds cup of milk, One teaspoon of grated onion, One-half teaspoon of salt,

One-half teaspoon of pepper. Two eggs. Beat to thoroughly blend and then

pour in well-greased custard cups, and then set the cups in a pan containing warm water. Place in the TAUPE DUV TYN oven and bake until the custards are firm in the center. Remove, let cool and then run a knife around the edge of the custard and loosen from the cup. Turn out and cut each custard into four round slices and dir in flour, then in beaten egg and cover with fine crumbs. Fry until golden brown in hot fat and serve with parsley garnish and cream sauce. Serve the egg fritters in the fol-

lowing menu: Noodle or Tomato Soup Egg Fritters

Baked Potatoes One Green Vegetable Lettuce Apple Tapioca Pudding

Rice Croquettes

Wash one-quarter cup of rice in three waters, and then drain and place in a saucepan and add one and one-quarter cups of boiling water. When the rice is tender and the water absorbed, add

Two onions, grated, One-half cup of grated cheese, Two tablespoons of finely minced

parsley. One teaspoon of salt One-half teaspoon of paprika.

Mix thoroughly and then mold into croquettes and dip in flour. Dip in beaten egg and then roll in fine bread crumbs. Fry until golden

Cheese Pudding

Soak sufficient stale bread so that when pressed dry it will measure one cup. Rub through a fine sieve and add:

One-half cup of grated cheese, One onion grated,

One teaspoon of salt, One teaspoon of paprika,

One-quarter teaspoon of mustard,

One egg.

Two-thirds cup of milk. Two tablespoons of butter.

Beat to thoroughly blend and A Daily Fashion Talk by Florence Rose I then turn into well-greased custard cups and set the cup in a pan of water and bake in a slow oven until

Nut Sausage

Place in a mixing bowl Three-quarters cup of chopped nuts,

One cup of finely mashed po-One onion grated. Two tablespoons of shortening.

One-quarter teaspoon of thyme. One-eighth teaspoon of sweet marjoram, One teaspoon of salt,

One-half teaspoon of pepper, One egg.

Mix until well blended and then roll in flour and brown in hot fat. Serve with parsley sauce.

Noodle Pudding Cook one-half package of neodles

in boiling water for ten minutes and then drain. Now place in a baking dish. Place in a mixing bowl

One onion grated, One green pepper, minced fine, One-half cup of grated cheese,

One egg. Three-quarters cup of milk, One teaspoon of salt,

One teaspoon of paprika.

Beat to thoroughly mix, adding to the noodles, and then bake in a w oven for thirty-five minutes.

Fish Pudding

Cleanse and cook one-half pound fish in boiling water for fifteen

Cornmeal Muffins!

*DLEASE give me another one That's what the family will say about the cornneal muffins made the way Mrs. Wilson makes them in her

VICTORIA THEATRE Ninth and Market streets, Sat-

OTHER COOKING MOVIES The other coolding scenarios that

ave proved so popular are being shown as follows

Saturday, the Lincoln, Forty mintle street above Woodland avenue

Charlotte Russe Saturday, the Overbrook, Sixty

hird street and Haverford avenue. Queen Victoria Sponge Cake

day, Darby. For copies of reines ask at box director send self addressed stamped invelope to Editor of Woman'

minutes. Discard the skin and bones, whites of three eggs. Place three and then rub the white meat tablespoons of shortening in a frythrough a fine sieve into a bowl. Now add

Three tablespoons of finely mineral parstey,

One cup of thick cream sauce, One well-beaten egg. One teaspoon of wilt.

One cup of thick eream sauce,

Mrs. Wilson will discuss fall vegetables in her regular weekly article in tomorrow's Sunday Public Ledger and suggest menus for every meal next week, with appetizing recipes

SUITS IRRESISTIBLE



A monotone embroidery in chenille and sille is a feature of the new suits. The scheme lends itself well to taupe, the color of the suit in the sketch

TAUPE is, season in and season out, a "For," I reasoned, "not every pair choice of the very well-dressed woman, It is, you know, the word used by the French to indicate the little by the French to indicate the little animal that we call the mole, but we use "tampe" to indicate merely the shades that range around the color of the moleskin. Navy blue is always smart and there is much distinction in the shades that range around the color of the moleskin. Navy blue is always smart and there is much distinction in the shades are most fascinating. And, then, they are black; and one pictures them with a which will mend all kinds of pans. If you will send me 'your address I will you please put in your paper a way to solder aluminous?

W. S. R. Some time ago in the Adventures which are the properties of the properties o the street suit of binck when worn by dress of soft white or clinging, histrons the woman who does not fade into in- black. They are of dull jet, and the give you the name of the solder and virtue of being the newest thing. But larger ones in the middle and the small taupe is in a class by itself. It pos- ones appearing up near the single black sesses what the saleswoman who sells jet which study the ear. They are back suits in the shops would describe ed with a gold-finish material, and as "class" and though you would not their price is seventy-five cents. indulge in an adjective so commonplace you know what she means when she

It has been said that after the new luvetyn suits are seen there will be only one class of women who will not select them and that will be those who cannot afford them. However, that must be a large class, for duvetyn is undoubtedly expensive. But it is likewise beautiful And taupe is a shade that lends itself

extremely well to duvetyn. There is an interesting use of fur and embroidery in the suits and coats this winter, and now we see how well they combine we wonder that it was tuberculosis. It contains instructions and breakfast, also to board his son, never thought of before. In this suit on how, to avoid contracting tubercu- who is five years old. I am a woman the embroidery is not brilliant in color. It consists of work done in taupe-colored a general discussion of the nature and get along. chenille and silk. In using fur you will prevention of this dreaded disease. Get notice that there is seldom an extension of fur around the entire lower edge of the United States Public Health Serv-the jacket, but frequently the fur is ice, Washington, D. C. you will find listed in the telephone book, you can get some suggestions used simply across the back. For this is a season when our backs are rather more ornate than our fronts. To complete the monotone color system the fur used both in this place and for the cuffs and cleaned it still looks lack-luster, dip a collar is of taupe-colored wolf.

(Copyright, 1919, by Florence Rose.)

Fish Pudding Is Something New to Make in the Baking Dish for Tasty Supper

One and one-half cups of flaked old cooked fish.

One cap of bread crumbs, One teaspoon of salt; One-half teaspoon of pepper,

Beat to thoroughly mix and then pour into well-greased and floured onf-shaped pan, and bake in a moderate oven for forty minutes.

Potato Omelet

Place the yolks of three eggs in a powl and add

One-half cup of mashed potatoes, One tablespoon of grated onion, Two tablespoons of finely minced

One-half teaspoon of sait, One-quarter tenspoon of pepper.

Beat to thoroughly mix and then ut and fold in the stiffly beaten ing pan, and when hot add the egg mixture. Shake gently until set, and then loosen the edges of the omelet from the pan with a spatula and turn, fold and roll and serve with parsley sauce.

Spanish Eggs

Open a small can of pimentos Beat to mix and then pour into and place one pimento in a wellgreased custard cup, and then break into the pimento one egg. Season and prace one tablespoon of bread crumbs and one tablespoon of milk over each egg. Dot with butter and bake in a moderate oven until the I egg is set, usually from twelve to Our tablespoon of grated onion, fifteen minutes. Serve with parsley

Dried peas, beans and hominy can be made into pudding cutlets or 1 vegetable loaves and served with

four sheets and enveloues. And the the crepe paper, other is that not more than one person. In a few days I will send you some paper-seventy-two sheets and fifty en- make the party a great success. relones-for sixty cents. The paper is of a good linen finish, comes in a numher of nice shades, among them lavender and buff, and, taking it all in all, is a real bargain.

Dorothea went out on a silk underwear investigation. We wanted to buy some, and were not not sure where we of a well-known brand, with tops beauinusual, as any one who has been prieing underwear lately well knows.

noticed it? Not for days and days have query. earrings can be the most levely, and I have described so many that are levely, significance in it. Brown has the black stones are graduated, with the tell you where you can get it.

> 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

> Prevention of Tuberculosis

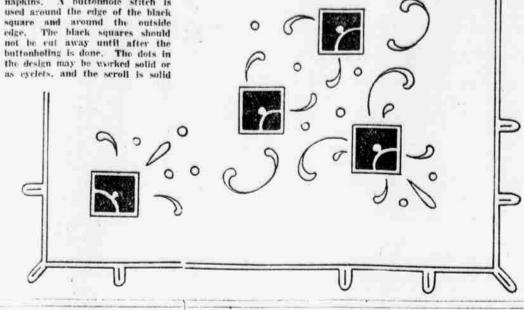
The United States Public Health Service has issued a booklet which will be of considerable interest to persons who think they may be infected with much to charge a man for his room losis, advice on the care of the sick and who wants to take a few boarders to a copy of this booklet free by writing ing Houses for Girls and Women, which

Brighten Your Rugs

If after the rug has been thoroughly cloth or sponge in ammonia water and go over the surface of the rug.

ITALIAN CUTWORK IS POPULAR

This design has been made for a luncheon set, tablecloth and napkins. One square of the table-cloth design is the pattern for the napkins. A buttonhole stitch is used around the edge of the black



The Woman's Exchange

Stamps Are Made in Washington Medam - Through your question column in your paper can you tell me whether the postage stamps of Philippine islands are made in Washington. D. C., or Manila, P. L? A DALLY READER.

Postage stamps for the United States and all its possessions are made in the ent engraving bureau, in Wash

mantity instead of in boxes of twenty- mantels, book shelves and tables with

one always comes out at the end with a loween. They will be suitable for letting a lot of extra envelopes. Now then, I am your party as well. I hope they and ready for my story. I saw some writing the above suggestions will help you to and it is because most girls who wouldn't shows more self-respect than one who does, and it is because most girls who kiss a

This Requires Research To the Editor of Woman's Page;

Dear Madam-Which city has the broadest streets in the world, and where does Winnipeg, Canada, come in, which has two streets 150 feet wide? C. E. F. I have been searching for the inforcould get the best value. She returned mation without success. In order to get with a gay tale-silken undervests it it would be necessary to go to the

tifully embroidered, for \$3 each. The time looking over municipal records and I have been brave lately. Have you be fair to give any more time to one will be as sweet and clean as when new. I hope you will be successful written one word about earrings, in finding it. Perhaps a reader knows.

Please Send Address for of Woman's Page:

Dear Madam-Will you please put

you will send me 'your address I

A Sensible Plan

To A. J.—I think it would be a very good plan for you to take the course you spoke of in your letter. If you are a well-known establishment now on will always have that as reference you want to go anywhere else, and you could also say that you had carned your "trade" at a good school t would be a great help. If you can get in the extra work without taxing yourself too much, I am sure it would be a good thing to do. I hope you will

To the Editor of Woman's Page:

Dear Madam — Please tell me how If you call up the Bureau of Board-

about the proper charges for a few boarders. The board you charge de-pends very much upon what you can effer in the way of food and how comfortable your rooms are. I hope you will be very successful in your new en terprise.

Please Tell Me What to Do

All Right in This Case Dear Cynthin-I am deeply in love ideal,

with a fellow and expect to marry him. As "A Mere Girl" has shown "Dan B." up in his other statements, I would R. V. to kiss him good-by? Since you are engaged to the young man, there is surely no reason why you should not kiss him good by,

From "Buck"

I wouldn't hate a girl for letting a and it is because most girls who kiss a fifteen years of age in October? fellow after seeing him only once are the kind of girls I wouldn't want my sister to be that I say I would like good sense wouldn't demand money, these things would be nice.

Cleaning Hair Brushes

Use tepid water and add a table spoon of ammonia. Dip the brush assortment is a good one and the price other reference books. Even then, it up and down, being careful not to let to prove popular. An intresting frock night not be possible to find out about the solution touch the back of the is of midnight blue tricotine and the it. I am sorry that I cannot look this brush, especially if it is of ebony. Dry tunic is embroidered effectively with up further for you, but it would not with the bristles down and the brush black silk floss. The tunic is slashed at

The Question Corner

Today's Inquiries

How can discolored linen be whitened?

What is a motif? 3. What will remove the shine from

Why should a selvedge not be

What colors for trimming combine beautifully with light tan? When blankets are washed what will prevent them from shrinking?

Yesterday's Answers

The balloon costume serves equally well for the blonde or the runette at the Halloween party. The foundation is white circles cut in various colors forming an irregular border just above the hem on the skirt. Smaller ones border the neck of the dress. Real balloons on strings are tied to the wrists, from the waist, etc. A supply of the little ones that can be hown up is held in war. can be blown up is held in re-

Yellow is this season's smart color for the bridesmaid.

To pack a hat for traveling or to he sent by parcel post sew it to the bottom of the box. Then it will stay right side up no matter how turned. I. In putting away a white wedding

dress pack tissue paper in the sleeves and wherever there are apt to be flat creases. Wrap the whole in a sheet dipped in indigo. The sheet must be thoroughly dried, of course. A white satin collar can be freshened by rubbing with moistened bread crumbs.

In washing vegetables and greens add a little vinegar to bring all insects to the surface.

As we live far away, we only see each other statements, I would there is a certain spineless, brainless supper with the family some Sunday other once in a long while. Is it proper in the head."

BUCK

BUCK

BUCK

Type of boy who thinks his evening does more to make a boy and girl real in the head." Stands Up for "Dolls"

Dear Cynthia-I would like to express

my opinion of the girls who use paint and powder. They are doing so to look Dear Cynthia—It appears that I have doing that. As your readers will no gotten a severe reprimand from "Dan doubt agree, the majority of men are their best and cannot be judged for Letter Came Too Late

To H. E. I. (DAILY READER)—
am sorry that your question about as beat to Toronto was not answered as beat to Toronto was not answered.

I thank her and "Blonde (natural)"

I thank her and "Blonde (natural)"

I thank her and "Blonde (natural)"

To prefer the old-fashioned ones. I can be interest. in time, but letters or this kind, which require a good deal of looking up, can not be answered in such short time. If the knew that two girls of the type we would both like to meet your letter had been sent a week earlier, I would have been glad to look up the information for you. I hope you were information for you. I hope you were that I say this, but because of what the girls fellows looked at with pleasure were those who were dressed in the latest style with a small quantity of the control of the properties of the propertie egg, parsley or plain cream sauce, able to find out about it before you Drink plenty of milk; a glass of milk contains as much protein or muscle and bone building food as 7 the Editor of Woman's Page:

that I say this, but because or what the above mentioned girls have said; and no one could give us more positive proof than those about whom we are arguing (as this seems to have become girl you like is the one who looks her based on the could give us more positive proof than those about whom we are arguing (as this seems to have become

For unness of the best steak. Seve to those a woman's passe of the set steak of the set seems to have become most occasionally, minced fire, and mode into meat loaf, croquettes and goulard.

Adventures

With a Purse

Adventures

With a Purse

Adventures

With a purse

Consult Her Mother

Dear Cynthia-Would you kindly let me know what would be the most wels

Ask her mother what she would like to meet one of the other type because best. You might get a good book, a she would undoubtedly be respectable pretty picture frame, a fan, a crepe and have good sense; and a girl with de chine scarf, a pretty pin. Any of

A Smart Frock

These long tunies, tied in with nar row sashes, are so becoming to all women, stout or slim, that they are sure either side and the skirt beneath, much narrower, repeats the slashed effect with two rows of buttons. A touch of bright color is added in bright red silk. Folds of this silk are sewed under the edges of the sleeves and under a slash in the bodice front. A dozen shiny nickel buttons on the red silk in the slash add to the gray effect.

Fashion Hints

The demand for beaded and spangled trimmings grows every day.

Cape wraps still dominate and even oats are cut on wrap lines.

Black mousseline and black crepe are came suddenly out of one of the rooms embroidered with steel beads.

Peanut Oil

cooking oil, pressed from the finest southern-grown oil-producing peanuts.

AN ANSWER TO THE GIRLS WHO ASK ABOUT KISSING

Part of It Is Given by a Young Man Who Tells How to Really Attract Boys Like Himself

for putting the question is always about | tertainment. the same. "If I don't do this, it seems the boys Go not care to come again."

A young man reader volunteers such illuminating information on the subject you decide to retain your self-respect and not pay for an evening at the

not allow him to kiss you, so much the little talk. better for you. Let him go! No matter how handsome he is. Make a fellow not come back, taking it for granted the feel at home with you. Take him in kiss was asked for and refused in a

who are continually torn between the you, and he could never keep up the temptation to become dubiously popu- vaudeville act pace if he came to call lar via the kiss route and the desire again. Go back to the beginning of to retain their self-respect.

blame it on the fact that you will not would like to win in that way? One permit boys to kiss you. It is true evening over the dishpan after a cost has a one-track mind that knows nothing of the real fineness in women; in And one pal of this sort is worth the know. I admit this young man is not mentalists we dismissed above!

ONE question that comes frequently apt to come back to call on the girl to this page from our young girl who refuses to let him act sentimental with her. I do not mean to be sarcastic when I say he has not the mentality to enjoy any other kind of en-

that I feel it is worthy of most thoughtmovies by allowing any Tom, Dick or "If he does not call agair." the young man writes, "because you will not allow him to blow to

the kitchen and make fudge or pull cheerful but firm way, look for some candy. Let him wash the dishes with other reason. Perhaps you made him you. Let him meet your family and feel ill at ease by carrying on a perdon't try to rush your mother out of petual running conversation that made him think all would be lost if it ever These words come from—judging by stopped. Perhaps you laughed and the rest of his letter—a regular fellow. joked all evening long, making the They ought to count with the girls young man think he was too slow for Girls, let's face the matter frankly. this article, and read the advice the young man gave. Did you try entergood looks and an expert dancer as her When you are not popular do not thining the boy whose friendship you lost unless it holds sentimentality. He pals than half a dozen evenings spent

fact, there isn't anything much he does whole rank and file of the silly senti-

The Testing of Julia Grant By MAZEL DEVO BATCHELOR

Julia, in Hospital Work, Makes an Enemy of One of the Nurses

READ THIS FIRST

Julia Grant, a quiet sort of girl, of an unusual type of beauty, has been engaged to Dan Carson nearly a been engaged to Dan Carson nearly a year, when she begins to worry about a steadily growing indifference on his part. The wedding date has been set, but three weeks before Dan confesses there is some one else and although completely crushed Julin bravely renounces her claim. Dan, inwardly rejoicing at his freedom, goes to Nancy Cromwell, the other girl, confident that she is his for the asking. It develops that she has only been playing with him and his offer of marriage is refused. In order to forget Julin

killer." but that men in the service had little trouble meeting girls is a allow him to kiss you; if not, you will be sorry if you do not stop it.

If you are to marry this young man, allow him to kiss you; if not, you will expression in Julia's eyes, and she liked novelty and this Julia Grant with more than anything the fact that Julia her evasiveness and air of mystery had her evasiveness and air of mystery had wanted to work, that her mind was gone to his head. Grace Merritt was not eternally fixed on a flirtation; in thinking of the ignominy of losing Dick short, that she showed sense. She saw, to a probationer, but more than anytoo, that Julia's extraordinary beauty thing she was thinking of what it would

Dick Nugent had begun to lay traps grown to for Julia, and one afternoon as she known that he was a trifler, and that came out of one of the wards and pre- he had no idea of being serious with pared to go wearily up to her room to her, but unconsciously as every woman snatch a little sleep, he stopped her will do, she had dreamed dreams and

him the next night.

She shook her head. way her hair turned black where it blister on one thumb and the ravages slim hands. Usually Dick Nugent did' not notice these things.

"You know it's against rules." "Of course, it is, but what of it? Every one breaks them."

"You won't get caught." The more she refused to go, the more Dick wanted her. He had a desire to

know what she would be like outside

of the hospital. He wanted to talk to

her, to draw her out. He had an idea that she might be rather wonderful.

He knew that she would never be obvious like Miss Merritt. "I'm sorry," Julia said simply, and then flushed scarlet. Grace Merritt

and stood regarding the two sarcastieally.

"Haven't you any work to do, Miss Grant?" she said pointedly. "Miss Tully doesn't allow probationers to

me know what would be the most well too, that Julia s extraordinary be and thinking of what it would come birthday gift for a girl going on fifteen years of age in October? thing she was thinking of what it would mean to lose Dick himself. She had not realized until Julia had loomed up on the scene just how much she had care for him. True she had

> and asked her to go to the theatre with Dick Nugent had always figured in them. She clenched her fists and thought "Why not?" he insisted, noticing the wild thoughts as she stood there, and in the meantime Julia, the unconscious waved over her ears, even noticing the cause of all this emotion was soaking her aching feet in scalding hot water, that hospital work had made on her tears in her eyes from the pain of it.
>
> She had already forgotten Dick Nugent, she was too tired to think about any one or anything, and the prospect of dropping dog-weary into bed was the most delicious thing in the world. Even the dull sense of pain that had been in "And some get caught like Miss her heart for days was numbed. For Merritt did." the time she was just a weary girl eager

> > (Monday, Dan Carson meets Lucy Grant unexpectedly.)

IF YOU LOVE-

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