

WHAT TO BUY FOR SUNDAY DINNER : A HIKE IN AUTUMN : FOR YOUR BLOUSE : CYNTHIA LETTERS

MRS. WILSON SUGGESTS OLD TIME BAKED KIDNEY AND LIVER PIE

For Sunday Dinner, and Offers An Attractive Menu to Go With It. Recipes Given, Too

What to Have for Breakfast and Supper and An Itemized List to Take Marketing on Saturday

By MRS. M. A. WILSON

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BOILED pies, fried pies and those baked in the oven come to us from countries and shires of Merrie Old England. The buxom housewife and the ruddy-cheeked and starry-eyed English lass, who helps and at the same time is in training for her future home, both take great delight in having these pies not only delicious to taste, but attractive to the eye.

With this end in view, we often find the lass crimping the edge of the pastry between fingers, so that it looks as if it were fluted; then she cuts leaves and sprays from the dough and places them on the top crust.

Chicken fat and melted suet, blended with clarified ham or bacon drippings, are sometimes used in preparing these crusts. When rightly made, these pies can be eaten hot or cold and the gravy will be free from grease, in the form of a jelly. Serve the sweet and sour relishes with these pies.

A SUGGESTIVE MENU FOR SUNDAY

Breakfast Sliced Bananas Cereal and Cream Banana Custard Coffee

Dinner Home-Made Relish Celery Ye Olde-Tyme Liver and Kidney Pie Mashed Potatoes Creamed Onions Lettuce Coffee

Supper Shrimp and Celery Salad Corn Muffins Tea

The market basket will require: Two quarts of milk, One dozen bananas, One-quarter pound of bacon, One large stalk of celery, One pound of lamb's liver, Three lambs' kidneys, Four ounces of suet, One quart of onions, One head of lettuce, One can of shrimp, One quart of potatoes, Two green peppers, One can of tomatoes, Three eggs.

Cornmeal Griddle Cakes Place in a mixing bowl One cup of cornmeal, Two tablespoons of shortening, Two tablespoons of syrup, One teaspoon of salt.

Pour over the meal one cup of boiling water and stir to mix. Let cool and then add One and one-half cups of milk or water, One cup of flour, One tablespoon of baking powder.

Beat to mix and bake in hot, well-greased griddle. Save the bacon fat to use for the pie for dinner.

Ye Olde-Tyme Liver and Kidney Pie Wash the liver and kidneys and place in a saucpan. Cover with cold water and bring slowly to a boil. Turn into a colander and let cold water run on the meat. Return to the saucpan and add One saugat of pot herbs, Two onions.

Cover with boiling water and cook until tender. Now while the liver and kidney are cooking chop fine Sufficient onions to measure three-quarters of a cup, Two green peppers, The green tops of celery.

Place in a saucpan and add One and one-half cups of stewed tomatoes, rubbed through a sieve, Two tablespoons of cornstarch, Two teaspoons of salt, One teaspoon of thyme, One teaspoon of white pepper, One-quarter teaspoon of sweet marjoram.

Cook slowly for ten minutes and then add two tablespoons of gelatin that has been soaking in one-quarter cup of cold water for twenty minutes. When the liver and kidney are tender remove from the saucpan and cool. Cut into dice and then line a deep pie pan with pastry; place a layer of the diced kidney and liver in the bottom of the pan, then a layer of the sauce, then a second layer of meat and the last of the sauce on top. Wet the sides of the pastry and then place the top crust in position and pinch the edges closely together. Cut three small gashes in the top crust to permit the steam to escape. Brush with water or milk and bake in a slow oven for one hour.

To prepare the pastry, use part of the bacon fat and part of the suet. Place three cups of flour in a mixing bowl and add One teaspoon of salt, One tablespoon of baking powder. Sift to mix and then rub in six

A WELL-EQUIPPED KITCHEN



Mrs. M. A. Wilson examining her widely varied stock of cake and pastry.

tablespoons of bacon fat. After the bacon fat is well blended rub in four ounces of finely chopped suet. Mix to a dough with three-quarters cup of ice-cold water. When mixing the dough take care not to knead, but chop, cutting and folding over. This will give a delightfully fine and flaky crust.

Banana Custard Place two cups of milk in a saucpan and add One-half cup of cornstarch, Four bananas, rubbed through a sieve.

Stir to dissolve the starch and then bring to a boil and cook for five minutes, slowly, then add One-half cup of sugar, One teaspoon of vanilla extract, Yolk of one egg.

Beat to blend and then rinse the custard cups with cold water and drain well. Pour in the custard and set aside to mold. Use the white of one egg, One-half glass of jelly and beat to a stiff meringue. Use as a garnish for the custard.

Banana Cake Place in a mixing bowl One cup of flour, One-half teaspoon of salt, Two teaspoons of baking powder, Six tablespoons of brown sugar, Four tablespoons of shortening, Two-thirds cup of water.

Beat to thoroughly mix and then pour into well greased and floured pan and spread higher on the sides and end than in the center. Now cover the dough with four thinly sliced bananas and dust with nutmeg, and then spread over the bananas one-half cup of brown sugar. Bake in a moderate oven for thirty-five minutes.

The ohlong cheese cake pan is best for this cake. Lacking this, use a deep layer-cake pan. Bake the cake the same time as the meat pie is baked. The pie can be prepared and baked on Saturday afternoon, and then simply reheated for the Sunday dinner.

Try to prepare as much as possible of the needed foods for Sunday on Saturday and thus eliminate the spending of so much time in the kitchen Sunday. The batter for the griddle cakes may be prepared on Saturday evening and placed in the icebox.

The Sewing Table Nothing really makes so much difference as comfort in sewing. It saves an aching back, strained eyes and nerves, a lost temper and many spoils of cotton. And one of the first steps toward absolute comfort in sewing is a really up-to-date table.

Where You Can See Mrs. Wilson's Movies

CORN MUFFINS Today and tomorrow, in her scenario at the Globe Theatre, Market and Juniper streets, Mrs. Wilson is showing how to make delicious ones.

LEBANON CRUMB CAKE will be shown as follows: Friday and Saturday—Sherwood Theatre, Fifty-fourth street and Baltimore avenue.

CHARLOTTE RUSSE Friday and Saturday—The Idle Hour, West Chester.

For copies of the recipes apply at box office or send self-addressed envelope to Editor of Woman's Page.

no means good-looking. As yet my boy friends are few and far between, but I don't worry. I know that some day the right one will come along. I have two brothers in the service of the marines. They are twenty-four and twenty-six. They agree with me. But Bobby, take a tip (pardon the slang): when a man asks a girl to marry him, there isn't anything in the world sweeter to know than that he is the first man to have kissed her.

ONE WAITING FOR THE RIGHT ONE.

Compared With English Girls Dear Cynthia—I would just like to reply to that poor, deluded fellow who calls himself Romance. I have been in a good many countries in this world and have met and lived with men of all types, but I have never met a man who spoke no Romance speaks.

I have never heard a man speak you and say he preferred a girl who made herself up as a fool in a circus as I see a good many girls in my home town of Philly do.

I think a good many girls must wonder why they can't get a fellow to call for any length of time, and that is the cause.

The girl wonders why when out boys get to England and France they stopped writing. I never saw English lissies paint and powder as our girls do.

So, girls, it is entirely up to you whether you make fools of yourselves or not, but if you have half the sense you should have, you will out on the rough stuff and come back to earth.

ONE WHO IS TELLING YOU RIGHT.

To Remove Mildew For mildew, if the fabric is washable, wet with soap and cover the spots with a paste made of soft soap and powdered chalk; then expose to sun for several hours and afterward rinse thoroughly.

If one prefers, mildew may be removed by mixing together one part each of soft soap and salt with two parts powdered starch, adding lemon juice to make a paste. Spread a layer over both sides of the stained fabric and let it lie on grass or expose to sun and air until the stain disappears. Then rinse out very thoroughly.

Little Fashion Hints Some suit coats are not only embroidered, but have heavy cord girdles around the waist.

The skirt with extended sides has so much prettiness that fashion is loath to give it up.

A very smart coat is the box style, buttoned straight down from neck to knee and worn with fur.

It is said that the dandling and elaborate neck chains will go out all at once, like all overdone fashions.

The Question Corner Today's Inquiries

- 1. What is the federal suffrage amendment passed by the House of Representatives? By the Senate?
2. What is the salary paid to the teachers on the Indian reservations?
3. When cereal boxes have been wet in the rain what can be done with them?
4. When coffee with cream in it is spilled how should the stain be treated?
5. What is the proper way to remove a grease stain with a powder absorber such as French chalk, magnesite, etc.
6. To what use can finely sifted ashes be put?
Yesterday's Answers
1. To prepare white ink for use on black ink Halloween invitations take white Chinese paint and make liquid by adding water.
2. Pumpkin-shaped invitation cards cut from yellow cardboard are novel for the Halloween party.
3. The lines "Light and rosy be thy slumbers, Breathe upon thy mother's breast, She can lull thee with her numbers. To the cradled heav'n of rest" are taken from the "Lullaby Song" sung by Jenny Lind.
4. A box just four feet tall should weigh fifty three and a half pounds in his stocking feet and with indoor clothing.
5. A little tablecloth can be cut from a piece of white oilcloth and rolled up each day in the child's lunchbox. This is used on the table where the child eats and may be stenciled to look quite attractive.
6. Little waxed fluted paper containers just the size for baking small cakes can be had and are used instead of cake tins.

THE RIGHT TO BE HAPPY Here's Pluck!

Dear Cynthia—I am a daily reader of your column and was reading what "Just Human" had to say. Thank goodness there is some one that knows you have something to do besides answering foolish questions. I like the letter was just lovely. I believe in using powder and rouge when you want to and let the others follow suit. For instance, I have two children who go to school and a husband who is good in every way, but very badly crippled; therefore, he is handicapped at work. So I work from eight in the morning until three in the afternoon.

Does that say when my husband comes home I should look like some poor, haggard old soul with no home? No, I get washed and dressed up in a little and a little rouge and powder make me look bright and cheerful. Let the dolls have their own way. Those who do not want them should leave them alone.

JUST THIRTY, Answer to "Bobby"

Dear Cynthia—in answer to Bobby's letter, let me say, without hurting Bobby's feelings, that she has the wrong idea about kissing boys. I am a girl of nineteen, passable, but by

Girdles, Girdles Everywhere A Daily Fashion Talk by Florence Rose



Never has there been such demand for girdles and for such unusual ones. As shown in the sketch, wooden beads, beaded medallions and tassels figure prominently.

UNDoubtedly the fashion for a lot of little things is returning, collars and cuffs and belts and buckles, boxes and bouquets—a dozen or one things that you must add to your frock if you would appear completely dressed.

We used to go in for that sort of thing, and do you remember—or perhaps it was too many years ago—how we used to have to buy our girdles when we tucked a week-end bag to make sure that we had all the necessities to the frocks that we had taken with us? Then came a time when every frock seemed to be complete in itself.

But beyond a doubt we are returning to the fashion for accessories. And there is no really feminine woman who does not at heart rather delight in these things. It makes the process of dressing proper, to be sure, but really much more interesting, for every time she dresses, even if she does the same frock or suit, there is the possibility of changing the arrangement or the choice of the accessories.

To be sure these accessories are much different from the sort that we wore before when we went in for that sort

Adventures With a Purse

WHAT are you going to hang on the Christmas tree for pussy? Of course, you wouldn't think of leaving that important member of the family out of the festivities, now, would you? And here's the very thing to make pussy unbound from her usual calm attitude of superiority and join in the frolic in the most frisky spirit—a delightful little catnip mouse!

If you have a little daughter who is interested in domestic affairs, or a little daughter you'd like to interest in the useful accomplishment of cooking, then I know the very thing for you to give her. It's a book all about the fun of cooking, written for girls and boys, in story form. But, oh, so practical, too, because there are real recipes, simple ones, with clear directions that youngsters would have no trouble to follow. It's never too early to begin and this book is a big help.

Always the same old bread and rolls—don't you sometimes get a wee bit tired of them? But how different the new ones, which when baked are made in those delightful "sticks." Crisp and crusty, they seem to give a new meaning to the staff of life. The pan to make them in is what I found on my adventures to-day—it is made of cast iron, and, of course, you wouldn't think of leaving that important member of the family out of the festivities, now, would you? And here's the very thing to make pussy unbound from her usual calm attitude of superiority and join in the frolic in the most frisky spirit—a delightful little catnip mouse!

For names of shops address Woman's Page Editor, or phone Walnut 3000.

RUMFORD THE WHOLESOME BAKING POWDER

Advertisement for Rumford Baking Powder, featuring a product image and text: 'Not only makes your cakes and hot breads lighter, of finer texture and delicious flavor, but at a reasonable cost.'

BUY Your Meats Wholesale

Advertisement for Mitchell's Market, Inc., listing various meats and prices: Chuck Roast 16c, Rump Steak 33c, Butcher's Roast 16c, Round Steak 33c, Hamburger Steak 16c, Sirloin Steak 33c, Snappy Cheese 35c, Fowl (3 lb. av.) Fancy 35c, Regular Hams 32c.

The Lingerie Shop

Advertisement for The Lingerie Shop, Germantown, Philadelphia, Pa., featuring 'SMART AUTUMN HATS SPECIALLY PRICED, \$8 to \$16'.

WHY A WALK IN OCTOBER IS A GOOD WORRY CURE

The Whole Wonderful Red-Gold World Is on Your Side When You Get Swinging in the Open!

THIS little letter I have in my hand is hiding behind a pair of initials and the pen name that you cover the whole range of human emotions—"Worried." It requested that only an answer be given.

Dear Worried—I don't know any one I would rather write to than you just now. However, you see, this morning I could have sent a letter to a woman writer, too, and signed it just the way you did, but this afternoon I would attach a different name. If I can only put in you one-half the joy of living a certain something put in me!

How did I get this way? I could answer positively, but I won't. To be sure, this morning, all tangled up in something that had been wrapped around my good spirits for three days, I decided to lift my skirts high and jump—square into the middle of an October day. In other words, I "bucked" everything and went out in the country and took a long walk. As you read this I do not know how the weather will be, but today as I write it is incomparable.

I WONDER if you can possibly know, I worried, the almost nerve strength that comes to people when they decide to lower worry for the hour behind and swing along an open road in the tang of a vivid autumn day? There is something in the very distances of the blue sky that promises to stick by you when the trouble must actually be faced. The thing is in the air. Your face glows and there is new power racing through your blood. You aren't out fifteen minutes before the whole red-gold world is on your side! It isn't imagination; it is perfectly true. The outdoors is always on our side because it brings us to our senses.

The point I want to make is this, Worried! You can never settle anything you have worried about by simply worrying about it some more. When you have allowed a certain thing to trouble you for any amount of time it grows all out of proportion to its importance. Your mind is all upset, your viewpoint twisted and absolutely unable to cope with the situation.

What I needed this morning was to stop trying to adjust things by reasoning them out. I needed to go out where things are big and one can forget about the little. That is what you need, Worried. Give your troubles absent treatment in the open for a while and see how much smaller they grow!

Washing Gloves

Washable gloves refuse to be roughly washed and left to dry in any old way. They show their resentment by becoming stiff and unmanageable. If you would have your washable gloves soft and pliable as to quality and daintily clean and fresh as to appearance, treat them in this manner: Wash them on the hands, rubbing gently and softly, then rinse well and pat—not wipe—until a goodly part of the water has been absorbed. Lay on a flat surface until nearly dry, with the emphasis on the nearly, because if allowed to dry altogether they will be stiff and grayish in color. When still just a trifle damp, pat gently till they resume their original whiteness.

Advertisement for Eatmor Cranberries, stating 'Cranberries can be prepared in 10 to 15 minutes.'

Advertisement for Miss Princine Pure Phosphate Baking Powder, featuring a product image and text: 'Tells the Reason for Her Success'.

Advertisement for Millard Dress Shops, featuring 'The Millard Dress Shops' and 'Fill a New Niche in Philadelphia's Style Merchandising'.

Advertisement for Lovekin Automatic Gas Water Heater, featuring a product image and text: 'GRANDMOTHER WAS CONTENT TO HEAT WATER IN A KETTLE'.

Advertisement for FRAMBES & CLARK, 1112 Chestnut St., Philadelphia, Pa., listing various services.