

SETTING AN ATTRACTIVE TABLE—THE NEWEST NECKWEAR—WHEN A BOY "HUNTS"—CYNTHIA

MRS. WILSON SUGGESTS THE WAY TO VARY SAMENESS OF MEALS

Getting Into a Rut in the Matter of Menus Causes the Family Appetite to Fall Off

How a Nourishing Dinner Should Be Planned and a Discussion of Each Course

By MRS. M. A. WILSON

GETTING into a rut of having the same foods day after day causes the family to become tired of these foods, and no matter how good, they fall in their mission to nourish the body and supply strength, because the family has lost its liking for these foods.

Unless there is keen enjoyment in eating food, the body fails to receive from this food the maximum amount of nutriment. For this reason epicures and others who have made a study of the effects of food upon the body urge that an abundant diet of plain, attractive food be served. It should be varied from day to day, both the food itself and the manner of preparing and serving it.

Food that does not attract repels; to obtain the full value, the very sight of the food should stimulate the secreting glands in the mouth and make one long to eat the food.

Nor is it well to select only those favorite dishes to the exclusion of those that we care less for and to plan to have certain meats on certain days. Business folk should have a good breakfast, a light luncheon and a good, substantial dinner.

The evening meal should consist of a clear soup, meat or its equivalent, one starchy vegetable, one green vegetable and a salad and a dessert, if cared for. The meal need not be expensive, nor should it require long preparation, as most of it may be prepared during the morning while the usual routine work of the kitchen is under way.

Use the trimmings from the meat and the bones for making the stock for the soup or use a clear tomato bouillon. For variety add finely chopped vegetables, noodles or toasted cubes of bread. The meat may be roasted, potroasted, stewed, goulash, broiled or panned or made into meat pies. Croquettes and cutlets may also be included in this list; they can be made from fish, eggs, cheese, dried peas, beans and lentils, and they may be used to replace meat.

Fresh and salt fish during the summer and early fall are reasonably priced and should be served two or three times each week, in various ways.

The starchy vegetable may be either sweet or white potatoes, noodles or any variety of the macaroni pastes, hominy, fried mush or wheat cereal.

The green vegetables during the winter months may be spinach, brussels sprouts, cabbage, beets, carrots, turnips, onions, parsnips and squash.

The salads made from celery, watercress, cabbage, romaine, endive and lettuce will afford a splendid variety, and when dressed with French mayonnaise or Russian dressing they should provide a wide range.

Desserts may be divided into four classes, namely, fruits, such as prunes, dried peaches, apricots, cherries, figs, dates, baked or stewed apples; various desserts made without milk, such as brown betty, apple or dried peach or apricot tapioca, hollid rice with apple and other dried-fruit sauce, ginger bread and the gelatins; desserts made with milk, boiled or baked custard, tapioca and snow pudding, rice, custard, plain rice and bread puddings, cereals and Indian puddings, short-cakes, layer and fruit cakes, junket, and frozen desserts.

The Question Corner

- Today's Inquiries: 1. What is the proper weight for a woman who is five feet tall? 2. How can the soiled line around the standing collar of a serge dress be removed? 3. By what treatment can unruly eyebrows be trained? 4. What is the origin of the word "tough" as a name for a color? 5. Describe an attractive desk set seen in the shops. 6. Of what material are many collars, cuffs and belts made that are seen on dark blue serge dresses?

- Yesterday's Answers: 1. A married woman does not have her husband's titles engraved on her cards. 2. Clever invitations for the wooden or fifth wedding anniversary can be written or done in burnt wood on real or artificial birch bark. 3. The newest hatbox toy for the baby is a little box of singlass and celluloid in which there sits a little duck. He stays upright in amusing fashion when the box is shoved through the water. 4. Worst embroidery is being used on tulle. 5. When silk stockings are fragile apply squares of firmer stocking material at the top where the garters clamp. 6. Apply a cork first to the cake of sewing soap and then use the soap as usual.



MRS. M. A. WILSON

attractive meal with a good substantial dessert and a heavy full meal with a light dessert. With a view to economy, plan the entire week's menu, arranging the meals to utilize the left-overs either for breakfast or luncheon. A clean, attractive table is within the reach of the poorest housewife, for surely the cloth may be snow white, the china free from blemishes, the glasses sparklingly clean and the silver bright. A small lot of growing greens makes an attractive centerpiece. Never use artificial flowers for this purpose. If nothing else is available a clump of chives or a root of parsley may be used, and it will furnish a variety of seasoning as well as garnishing the table.

of the aluminum thinning out and breaking through in following this plan. Thank you, though, for sending in the suggestion. It will set us to experimenting.

Halloween Menu: Dear Madam—Would you kindly suggest a menu that would be suitable for a Halloween party? F. H. H.

If you want a real old-time Halloween menu serve baked beans, brown bread, doughnuts, coffee or cider and nuts and apples. Another good menu consists of nut and apple salad with mayonnaise, pumpkin pie, cheese and coffee.

Halloween Costumes: Dear Madam—Kindly give me a few suggestions for a Halloween costume, and what materials to use. I prefer inexpensive ones. Also for a boy. The girls and boys in question are about fourteen years of age.

YOUNG READER: I think it would be great fun for a girl and boy or several girls and boys to represent a set of popular characters in the funny paper. You can study out the costumes from the paper and even use the expressions associated with these characters. For instance if you chose the "Gumps" from the EVENING PUBLIC LEDGER, "Ob, Min" would be an expression every one would recognize. For materials use cambric, chess-cloth, cardboard, crepe paper, etc. Other costumes suitable for a girl of fourteen are the rosebud butterfly and the balloon girl. The rosebud costume can be made entirely of pink and green crepe paper. The skirt represents the petals and the waist the calyx. The cap is an inverted rose. Watch the question corner for a description of the butterfly and the balloon girl.

Don't you think there might be danger



Scratches and marks on furniture certainly look badly, and they can be so easily removed with "LAVA-VAR."

It dries quickly overnight, leaving a hard, smooth, mirror-like surface.

You can keep all the woodwork looking fine with "LAVA-VAR."

Advertisement for LAVA-VAR Floor Finish, featuring a product image and text: "It is so inexpensive compared with the results. At Your Dealer's All Colors and Clear. Felton, Sibley & Co., Inc. Philadelphia. Manufacturers of Colors, Paints and Varnishes since 1862 (19-21) LAVA-VAR Floor Finish Dries Hard as Lava"

Please Tell Me What to Do

By CYNTHIA

Advice to "Zadee": Dear Cynthia—In reply to Zadee's appealing letter in Saturday evening's issue, may I express to her through your paper a few words of encouragement?

I, a commissioned officer in the navy, with more than two years of service in Europe, have seen all classes of women in all the prominent countries of the East, and from observation I would say that the girl that appeals to me most is one who doesn't have a string of men trailing after her, but one who appreciates her home and surroundings.

Understand me, I don't say that a girl shouldn't go to a dance, private, or course to the theatre, to tea, or anywhere she may derive some means of enjoyment, but for your own, your future husband and family's sake don't think of every night being on the go.

Your parents should entertain in your honor. Have a nice crowd of girls and boys at your home some evening and show them that you are the best little hostess there is and have things attractive, add something to have them talk about, and make them go away with the feeling that you are all that could be asked, a queenly woman. Any other inquiries which should come up in your mind I would be more than pleased to try to answer.

ENIGMA

An Answer to "Zadee": Dear Cynthia—"Zadee's" letter is indeed a refreshing draft in the pell-mell modern times when "common sense" is "uncommon."

Possibly "Zadee" has a manner bidden and secreted about her person that she is not aware of. Do you appear in public like a first cousin to an ice trust? Do you assume a holier-than-thou attitude? Do you take on the high and mighty exclusive role of rent profiteer who is monarch of all he surveys? Again, although just dying to get acquainted, you may sneeze and kiss the windy ozone, completely wrapped up and surrounded with the outward suggestion that "Zadee" is a silk-lined girl. One of those who would say "pooh" to anything in trousers that wasn't tailor-made and is ready to wear success. Something in the 1920 model class, the sort that is nicely cleaned, scoured and pressed, easy to slip on and "show off" to the neighbors.

Haven't you put too much dependence on that good dress allowance? Most girls do, and thereby defeat the very end of it. You are a girl of Courtship is romance, but marriage is reality and realities have the unpleasant trait of demanding affluence like money, clothes, rent and "some other things." Why not attend the free library a few nights in the week, leave "swell fronts" alone for a while, read serious subjects and do some "interior decorating." Take into your wardrobe a useful fad and hug it close to the bosom. Appear to the passing crowd as one with a mission, some one with a cause for being here, not simply a block of wood that's just sticking around and waiting for a funeral.

Personality is a possession, my dear "Zadee," which is not to be lightly sneezed at. It is that magnetic something that draws us on in spite of ourselves, demands applause and encores after the first meeting and makes one forget material things as we gaze down deep into the clear, limpid depths of steady unblinking eyes. It makes us think of slippers and the fire, and "a skin you love to touch." However, I've not the shadow of an uncertainty that "Zadee" will come out on the sunny side of life. Her mental picture proves that, and in due time she will see her heart's desire, live man of men, and all the world will seem good, true and blessed. KENNINGTON.

To "Somebody's Stenog": Give a little party at your home some evening and invite these young men. Treat them in friendly jolly fashion, but don't "jump down their throats." Have as much fun as well to show you are not pining away for them. Have other attractive girls too, and altogether make the evening as interesting as possible. If this does not renew the friendship I would make up my mind to drop it, because running after these boys would only make them avoid you all the more. If you do regain their friendship, be independent in the future.

For the Dainty Woman A Daily Fashion Talk by Florence Rose



The dainty woman rejoices to know that collars and cuffs are in their hey day this season. Those shown in the sketch are some of the newest

EVERY woman—or most every woman—welcomes back the separate collar and cuffs of white, for these little accessories are the means in the hands of the dainty woman, of adding much piquancy and smartness to the appearance.

There is an appeal akin to that of demureness about the simple white organdie collar-and-cuff set shown on the figure in the sketch. It is the type of accessory that appeals to the woman with good taste—the city woman who habitually wears what is simplest and most conservative in street attire or informal day clothes. The only decorations used in this organdie set are bands of the same material. At the left in the sketch is a collar and a revers set of white satin, a good investment if you have a one-piece day frock of navy blue that you want to refurnish and bring into line with the new things.

That high collars are stealing back into favor you may see from the center sketch. It is organdie with baby Irish, that has recently been revived by smartly dressed women. Embroidered medallions form the trimming of the plaited collar on the right. (Copyright, 1919, by Florence Rose)

MOTHER ALWAYS KNOWS JUST WHERE TO SEARCH

In Order to Put Her Hand Right on the Thing That Albert Has Been Looking for So Long in Vain

MOTHER was sitting quietly in the living room darning Johnny's socks. Johnny rushed in, hair on end, eyes wild, voice high. "Hey, where's my bicycle?" he shouted, "I left it right there—"

"Across the path where everybody could fall over it," interrupted Mother calmly. "So I put it away on the back porch where it belongs." She smiled at him serenely. Johnny closed the mouth that had been hanging open in righteous indignation and departed, much in the manner of a hurricane. Mother returned peacefully to the large hole that was surrounded by a remainder of Johnny's stocking.

After dinner that evening Mother was called abruptly upstairs by a loud roar from Albert, her older son, seventeen, just beginning to go to large evening affairs. She found him wandering aimlessly around his room in his bathrobe. "Where's my dress shirt?" he demanded. "I've looked all through the drawer and—oh, everywhere. What did you do with it?" "Did you look carefully?" inquired Mother. And, opening the drawer, she lifted a few clothes, found the shirt and in about two seconds landed it to the open-mouthed Albert.

HAVE you ever noticed the method a boy uses in looking for a lost treasure? He searches speedily in the place where he left it, if he can remember where that was; looks vaguely in the general direction of corners, under chairs and tables and even casts a desperate glance up the walls as at the ceiling. When he has exhausted every resource to the best of his ability he runs to Mother and demands breathlessly, "Where?" And she is always able to tell him. It seems to be a part of the much-talked-of feminine intuition to know where everything is, or at least where and how to look for it. Perhaps if boys were trained from babyhood to look for their possessions until they found them, they would grow up with greater ability to keep track of things. It might save them a great deal of

trouble. No doubt it would save Mother much time. But I wonder whether it wouldn't deprive her of a great deal of pleasure, too?

WHEN Albert was a chubby little bunch of active helplessness, throwing his rag doll over the side of his couch, then exploring vainly for it with a wigly, fat arm, Mother used to love to pick it up and give it to him, just to be rewarded by the delighted smile and gurgle with which he always took it. After he got old enough to leave his iron toys and bicycle in the way of every passerby, Mother used to scold a bit when she came across them and put them away, but it was amusing to see the puzzled wrath on his face turn to satisfaction when she told him where they were.

Now she loves to get that appreciative grin and sheepish blush that the seven-year-old gives her when she steals some lost article that was right under his hand all the time. And later on, when Albert begins to lose his pipe and tobacco, it will still be worth the trouble to watch his expression when she replies, "Right where you left it, dear, on the side table." Yes, I'm sure that if boys ever learned to search for things in the right place and find them, Mother would feel as if half her mission in life had been taken farcibly away from her.

Little Fashion Hints: Most of the new tunics are transparent. There are more and more widths at the sides. The square neck is usually the most becoming.

IF YOU LOVE: "Lovers you should be interested in THE CENTURY FLOWER SHOP 18th Below Chestnut St."

Warm, Downy Accessories: If there is any one thing in which specializing should play the most important part, it is bedding. No one thing is more intimately associated with you and it is generally poor economy to buy bedding where it is only an item in a great lot of merchandise. Bedding, and accessories are our principal business, we have specialized in them so long and successfully that our productions have won the honorable title of "Faultless."

Now that it is time to have Blankets and Comforts—remember this. "Your whole Winter's comfort depends upon it."

Dougherty's Faultless Bedding: Hair Mattresses, Box Springs, Bedsteads, 1632 Chestnut Street

Kellogg's TOASTED CORN FLAKES advertisement with logo and text: "WON ITS FAVOR THROUGH ITS FLAVOR. The sweetheart of the corn. Unchanging quality—inimitable flavor—over-fresh taste—we keep the favor of our millions of friends. W.K. Kellogg. Every grocer everywhere sells Kellogg's everyday."

Advertisement for Steigerwalt shoes, featuring an image of a shoe and text: "To Their Great Delight women are finding the preferred Steigerwalt shoes less expensive than the same grades in other good shops. Steigerwalt 1420 Chestnut St. Where Only the Best Is Good Enough."

Advertisement for The Harper Shoe Co. featuring images of shoes and text: "Petite Louis Heel Oxfords With or Without Spats. Nothing smarter or more practical has been produced this season. Exquisitely made and of the finest quality throughout. Russia Calf Patent Leather Black Russia \$13.50. Petite Louis Heel Pumps \$8 and \$10. The Harper Shoe Co. WALK-OVER SHOPS 1022 CHESTNUT ST.—4238 MARKET ST."

Advertisement for Bidding Tailors featuring an image of a woman and text: "Bidding 1422 WALNUT ST PHILADELPHIA West of Bellevue-Stratford. WRAPS, TAILLEURS, DAYTIME DRESSES, EVENING GOWNS, MILLINERY, FRENCH NOVELTIES, RARE FURS AND BLOUSES. PRESENTING Fashions both Distinctive and Complimentary in a selection more extensive and uniformly consistent with the mode—in all its phases—than is to be seen at any other shop of its kind."