

OLD ENGLISH MENUS—LITTLE GIRLS' WRAPS—WOMAN'S EXCHANGE—CYNTHIA ANSWERS LETTERS

MRS. WILSON PLANS GOOD MEALS FOR THIS COMING WEEK-END

Ye Olde Tyme Liver and Kidney Pye a Delicious Reminder of Suppers in Old-Time England

By MRS. M. A. WILSON
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MANY post roads and the King's highway lead out from London town. Along these roads, before the day of the motorcar, at convenient distances apart, usually from eight to twelve miles, were old inns and taverns that made a specialty of caring for man and beast.

Usually the cooking in these places was under the direct supervision of the innkeeper's housewife. She had a couple of bright-eyed and rosy-cheeked lassies to assist her. Many of these inns are still in existence and the folk now motor out to try Mother Caspwell's liver and kidney pie.

The old inn, with its sturdy oak beams, aged to a blackness that equaled old mahogany, was surrounded by great oak trees. The heavy door opening into the taproom occupied the center of the building, while close by was a door that led to the sidersoom, with its immense fireplace. Here in this sidersoom, with its ancient furnishing, one may still eat ye olde tyme liver and kidney pye.

A SUGGESTIVE SUNDAY MENU

- Breakfast: Sliced Bananas, Cereal and Cream, Bacon, Cornmeal Griddle Cakes, Sirup, Coffee.
Dinner: Home-Made Relish, Celery, Ye Olde Tyme Liver and Kidney Pye, Mashed Potatoes, Creamed Onions, Lettuce, Coffee.
Supper: Shrimp and Celery Salad, Corn Muffins, Tea.

The market basket will require:

- Three pints of milk, One dozen bananas, One-quarter pound of bacon, One large stalk of celery, One pound of liver, Three lamb 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 Cake

Place in a mixing bowl One cup of cornmeal, Two tablespoons of shortening, Two tablespoons of sirup, One teaspoon of salt. Pour over the meal one cup of boiling water and then stir to mix and let cool. Now add One and one-half cups of milk or water, One cup of flour, One tablespoon of baking powder. Beat to mix and then bake on hot, well-greased griddle. Save the bacon fat and use for the pie for dinner.

Ye Olde Tyme Liver and Kidney Pye

Wash liver and kidneys and then place in a saucepan and cover with cold water. Bring to a boil slowly and then turn into a colander and let cold water run on the meat. Return to the saucepan and add One fagot of soup herbs, Two onions. Cover with boiling water and cook until tender, and then, while the liver and kidneys are cooking, chop fine sufficient onions to measure three-quarters cup and

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Mrs. Wilson Comes to the Rescue

And offers practical suggestions for overcoming the lack of sweets during the present sugar shortage.

This Is Her Advice

When the recipes call for one cup of sugar, use one cup of white corn sirup in place of the sugar and then reduce the amount of liquid required in the recipe to one quarter. This means that a recipe that calls for:

- One cup of sugar, One-half cup of milk or water, may be adjusted to this formula: One cup of white corn sirup, Four tablespoons of water, or One and one-half cups of sugar, One cup of milk or water, in place of which you may use: One and one-quarter cups of white corn sirup or molasses, Eight tablespoons of water or milk or one-half cup.

The regular amount of shortening, flour and baking powder may be used that the recipe calls for. (Copyright, 1919, by Mrs. M. A. Wilson. All rights reserved.)

cup of cold water for twenty minutes. When the liver and kidney are tender remove from the saucepan and cool. Cut into dice and then line the deep pie pan with pastry. Place a layer of the diced kidney and liver in the bottom of the pan and then a layer of the sauce, and then a second layer of meat and a last layer of sauce on top. Wet the sides of the pastry and then place on the top crust, pinching the edges closely together. Cut three small gashes in the top crust to permit the steam to escape. Brush with water or milk and then bake in a slow oven for one hour.

To prepare the pastry, use part of the bacon fat and part 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 tablespoons of bacon fat; after the bacon fat is well blended rub in four ounces of finely chopped suet and mix to a dough with three-quarters cup of ice-cold water. When mixing the dough take care not to knead, but to chop by cutting and folding over. This will give a delightful and fine flaky crust.

Banana Custard

Place two cups of milk in a saucepan 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. Now 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. Drain well and pour in the custard and set aside to mold.

Now mix White of one egg, One-half glass of jelly. Beat until it forms a stiff meringue. Use to garnish 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 mix thoroughly and then pour into well-greased and floured pan, spreading higher on the sides

Bananas Made Into Custard and Cake Make Delicate Dessert to Follow an Appetizing Dinner

and ends 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 oblong cheese-cake pan is best for this cake. Batter and griddle cakes may be prepared on Saturday evening and placed in the icebox until ready to use on Sunday.

Mrs. Wilson Answers Queries

No. 6 My dear Mrs. Wilson: Please give me a few recipes for using grapes in jam, jelly and grape butter and oblige. (Mrs.) S. A. See grape recipes, August 20, 1919.

No. 7 My dear Mrs. Wilson: Would you kindly explain to me how to fry scallop and how to make tartar? Thanking you in advance. R. K.

Wash the scallops and then season some flour with salt and pepper. Dip the scallops in the seasoned flour, coating them lightly. Prepare an egg dip as follows:

- One egg, Four tablespoons of evaporated milk, One teaspoon of Worcestershire sauce, One teaspoon of paprika. Beat to mix and then dip the scallops in this dip, and then in fine crumbs. Fry in hot fat until golden brown.

Tartar Sauce

Add to one-half cup of mayonnaise One tablespoon of finely chopped onions, Two tablespoons of finely chopped parsley, One sour pickle, chopped fine. Mix well and then use.

No. 11

My dear Mrs. Wilson: I appreciate your suggestions of platter dinners more than anything. I use your biscuit recipe, only I use two spoons of baking powder and one spoon of soda, with sour or buttermilk. Please tell me if poached eggs may be served in individual cups they are cooked in? Please describe bouillon cups and cocktail glasses. Can various fruits be mixed? I live in the country and have a great deal to do, but like a nice table and good cats. Don't buy only very few things. I have had the bread-mixer recommended by a few writers; can you recommend one? Thanking you for your services, I am (Mrs.) J. O. B.

Poached eggs may be served in individual cups and garnished with finely chopped parsley. Bouillon cups are shaped similar to tea cups; they have two handles; or, in other words, a bouillon cup is a two-handled cup. Cocktail glasses are bowl-shaped glasses on short stems. Fruit juices and fruit and vegetable cocktails may be used in these glasses. Good bread can be made using a mixer or by the old-fashioned method.

Dainty Costume for "Baby" A Daily Fashion Talk by Florence Rose



This little miss wears a coat of pink broadcloth with a beaver collar. The hat is pink velvet which matches and has the same kind of fur edging. The smoking on the coat is interesting.

The Question Corner Today's Inquiries

- 1. What is a bon voyage letter? 2. How can a little free booklet on influenza be obtained from the government? 3. What book on babies can also be obtained free from the government? 4. When children's rubbers are tight, what useful implement ought to be used? 5. How can a very effective preparation for softening hands, roughened by housework, be made with olive oil and cornmeal? 6. Why does the use of cold cream on the nose lessen its tendency to excessive shine?

Yesterday's Answers

- 1. A very funny Halloween costume can be effected at the last minute by simply wearing the clothes backwards. A false face is worn over the back of the head and a bonnet or hat over the face. 2. Cotton batting can be made very light and fluffy for filling pillows by cutting it into small squares and letting them heat in the oven. Put them in a pan, being careful they do not scorch. 3. An egg-beater will work up soap flakes into fluffy suds immediately. 4. Four labor-saving devices for the kitchen are: cake mixer, half-teaspoon measure, aluminum silver-cleaning pan and the fireless cooker. 5. Hanging a broom up lengthens its wear. 6. A long-handled dustpan saves a woman a great deal of wearisome bending.

Fashion Hints

Navy blue and black is a favorite color combination for suits. The new hats sometimes use quills as effective ornaments. Many of the evening gowns have floating panels and side puffs.

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life in exchange for money is anything but appetizing to a normal girl. And "Twenty-one," don't waste your anxiety on the men. They are very clever bargainers when it comes to marriage; just be clever enough to marry the man you want, let him not be too poor, for money spells success, and what girl wants a stupid man! FAIN SAY IT.

Would It Be Proper?

Dear Cynthia—I am a daily reader of your paper and thought perhaps you could help me out on this subject: I am a young girl of nineteen and am engaged to a young man who has a sister who has taken such a liking to me that she has asked me if I would come out to her house and board with them. She has a mother who is a very dear woman and she has also asked me to come out. You see, this girl has no steady girl friend, and she isn't old enough to get with boys, so she insists on my coming to live with her and go around with her. Do you think it would be right for me to go, as I am only boarding with them? Dear Cynthia, if you don't mind, will you please publish my answer as your paper and I'll thank you very much, as I don't quite know what to do.

A VERY ANXIOUS READER.

I would not call it improper exactly dear, but it seems wiser not to board in your fiancée's home. No doubt you would be a comfort to the mother and sister, but it is wiser not to go there to stay. When do you intend to marry? Will the engagement be a long one? Tell me a little more and perhaps I can advise further.

Kissing Games

Dear Cynthia—Your column has always been of great interest to me, but I have never written to you, as I never had any questions to ask. Now, however, I am going to ask your opinion about something on which my friends and I disagree.

A friend of mine is giving a Halloween party, and "kissing games" is one of the pastimes. Is it right for boys and girls between fifteen and seventeen to play kissing games, Cynthia? I don't think so. In the first place I think it shows too much partiality, don't you? My friends are surprised, because I am a girl who likes boys and am not a bit bashful. I feel at home with them just as if they were girls. I have many boy friends and we are all pals. But still, I don't think it right for girls and boys of our age to play it. Please give me your opinion about it, Cynthia. SIXTEEN.

Kissing games are not wrong strictly speaking, but they are apt to lead to much familiarity, and there are many other good games to play.

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WATCH OUT FOR THE FAIRIES ON THE NIGHT OF HALLOWEEN

It's Their Time to Play and They Work All Kinds of Mischief on Poor, Unsuspecting Mortals Who Can't Hear Them Laugh

HALLOWEEN'S here! And, oh, the plans for parties, for costumes, for decorations and for mischief! For Halloween is the one night on which the fairies mingle with the elves and raise havoc with mortals. Men think it's the wind that blows the smoke from bonfires into their eyes at this time of year, but children know that it's just the naughty little sprites who can't wait until that one night to start their mischief. They fly about with their tiny bellows and send the smoke stinging into growing-up eyes whenever they see a bonfire, and then they laugh. Some people think it's the crackling of the leaves on the outside of the fire, but children know that it's just the giggling of the gay nites as they scamper away in search of more victims.

Nearly grown-ups feel the presence of the goblins, too. They have their parties indoors on Halloween, but when a girl pares an apple and swings the paring three times round her head then lets it go upon the floor and finds that it makes an almost perfect F, and then looks up with scarlet cheeks to find Fred looking just as scarlet and shining-eyed, she knows that somehow or other she hasn't got her house and tugged at that apple until it looked that way. And when she starts down the cellar stairs in the scary dark carrying a wiggly candle and a shabby mirror she knows that it was a snickering elf that made the candle suddenly flicker and almost go out, but she doesn't give him away. She just giggles a little and says airily, "I was so scared. It must have been a sudden draft that blew the candle that way."

REAL grown-ups know about the mischievous fairies, too. On the morning after Halloween, when they come out on their porches and find their gates taken off and carried away and their porch chairs turned over, and corn thrown all over the front walk, they smile and remember when they were young, and you hear them say, "Well, the fairies were at work out here last night, all right!" Then they straighten things up again and go in the house and say, "William Jones, I told you you could do anything but knock those chairs over and take that gate off!" There's a funny feeling about Halloween. The smell of burning leaves and the tang of October in the air.

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