ECONOMY IN COOKING-WOMAN'S EXCHANGE-DAILY FASHION TALK-THIS TIME LAST YEAR

MRS. WILSON ADVISES USE OF FOODS CONTAINING FAT

Directions for Using Vege- Where You Can See table and Salad Oils in Making Pastry for Pies and Cakes

By MRS. M. A. WILSON

THE Hberal use of foods containing fat, during the fall and winter. furnishes the body with the necessary fuel. Butter, used as a spread for bread and upon vegetables, is good. but when used for cooking, the high temperature causes the fatty particles to separate and thus set up an active decomposition.

Now this breaking up of the fatty particles under the intense heat makes the butter unsatisfactory for cooking purposes. Bacon and ham fats give a splendid flavor to foods that are cooked in them; also, try adding two or three tablespoons of bacon or ham fat to vegetables while they are cooking and note the improvement in flavor of these vege-

The various salad and cooking oils table dishes. on the marl r a have replaced lard in many homes where economy is especially featured. These fats may be repeatedly, straining them after each using, and then they can be used until none of the fat is left. Fish, oysters, onions, doughnuts and fried pies may be cooked at one time in the same kettle of fat and each food will not acquire the flavor of its neighbor.

The reason for this is that the oil is nonabsorbing and it will not pick up the food odors. The use of these modern fats is economical for the housewife and they may be used to replace butter and lard for making cakes, cookies, pastries and various sauces and dressings; they can

Mrs. Wilson Answers Queries

Mrs. C. J.: Soft or bruised fruit may be used for making vinegar. To one basket, one-half bushel size, add five gallons of cold water and then bring to a boil. Add five pounds of brown sugar and then cool and add a add yeast cake, stir to dissolve and then set in a sunny place and allow to ferment for two months.

To Make Crabapple Jelly Using Crystal White Sirup

Wash and cut the apples in small pieces and then place five pounds of apples and one three-pound can of fold in the stiffly beaten whites of crystal white sirup in a preserving the two eggs, adding kettle. Bring to a boil and cook slowly until the apples are very soft. Strain out the apples and boil the sirup until it will jell or until thirty-five minutes. Cool and ther 221 degrees Fahrenheit is reached ice on the candy thermometer.

using this same method.

No. 46

My dear Mrs. Wilson:
Kindly publish the best and most practical way of canning stewed green apples so that one could have apple sauce in the winter when green apples are very expensive. Also, will you kindly give the best recipe for canning pie pumpkins so that one canning pie pumpkin so that one can have pumpkin pie in the cold winter days when green fruits are scarce. By so doing you will oblige one who takes great interest in your valuable recipes.

(Mrs.) J. E. C.

See apple recipes issue, August 25; lesson on pumpkin cooking coming soon. See pickle recipes, issue August 11.

No. 48
My dear Mrs. Wilson:
Kindly give me recipes for light and dark caramels, butter scotch, molasses candy, bitter sweets, peppermints and cream. E. S.
There are a series of candy-making lessons can be a

ing lessons coming soon; watch for them. Sugar shortage will prevent also replace the fat salt pork in

IF YOU LOVE -

Flowers you will be interested in THE CENTURY FLOWER SHOP



IF YOU ever tried butter of which you could honestly say: "It's the best butter I ever tasted," wouldn't you keep on buying it? Of course, you would—and that's what every one does who tries A. K. N. Your grocer sells, or can get A. K. N. Butter. Have him send a pound with your next order.

H. R. AIKEN 128 N. Deiaware Avenue Philadelphia



Mrs. Wilson's Movies

These interesting cooking pic tures that are so popular among the housewives of the city will be shown again all this week. They

CORN MUFFINS

Tuesday-Princess Theatre, 1018 Market street. Thursday and Friday Great Northern, Broad and Eric avenue

CHARLOTTE RUSSE Tuesday-New Broadway, Hope

and York streets. Thursday and Friday—Empress Theatre, Main street, Manayunk.

LEBANON CRUMB CAKE Tuesday Giobe Theatre, 5001

Market street. Thursday, Friday and Saturday Market Street Theatre, 333 Mar-

ket street. For copies of the recipes apply at the box office of the theatre or sensi-n self-addressed envelope to the editor of Woman's Page.

baked beans and chowders and vege-

To Make Pastry Using Vegetable powder. and Salad Oils Use level measurements. Place in

a mixing bowl Three cums of sifted flour.

One tenspoon of salt, One level tublespoon of baking

Sift to mix and then chop in, using a spatula, eight tablespoons of salad vegetable shortening; turn the flour each time you chop in the shortening and turn over from the bottom of the bowl, to distribute the fat equally. Do not chop in the fat too fine. Stop when it is in lumps about the size of a pea. Then add; Nine tablespoons of cold water and then cut and fold the mixture until a smooth dough forms. It is most important to know that if you squeeze and roll the dough in a ball it will be tough. Roll on a floured pastry board and use as needed. Cake made with oil for shortening.

Place in a mixing bowl One cup of white sirup.

One-quarter cup of sugar One-half cup of salad or vegetable cooking oil, Yolks of two eggs.

Beat to mix thoroughly and then

Three and one-half cups of flour, Two level tablespoons of baking powder.

One cup of milk or water, One teaspoon of vanilla or other favoring.

Beat hard to mix and then cut and

One cup of chopped peanuts. Turn in a well-greased and floured pan and bake in a moderate oven for

To Use Sirup for Icing Cake Pour into glasses and store in the Place one and one-half cups of usual manner. Use equal parts of white corn sirup in a saucepan and irup and water; boil cook until it forms into a soft for ten minutes for canning other when tried in cold water. Then pour fruits. All jellies may be made in a fine stream upon the stiffly beaten white of egg. Beat to blend thoroughly and spread on the cake

> while warm Fruit Cake Place in a saucepan Two cups of sivup or molasses,

White Corn Sirup Instead of Sugar Is Satisfactory in Making "White" Icing With an Egg

One cup of cold leftover coffee, One-halt cup of salad oil, One cup of seeded raisins, One and one-half cups of finely

chopped peanuts. One level tublespoon of cinnamon, One level teaspoon of nutmeg, One-half level tenspoon of allspice, One-quarter level teaspoon of

One-half cup of cocon

clover.

Bring to a boil and cook slowly for three minutes, then turn into a mixing bowl and let cool. Then add One teaspoon of baking sada, dis-

salved in One-half cup of sour wilk or

Four cups of sifted flour, Three level tablespoons of baking

Beat hard to mix thoroughly and then pour in well-greased and floured pan and bake in a slow oven for fifty minutes. Let cool and wrap in wax paper and set aside for one week to

To Prepare French-Fried Potatoes Wash and cook large even-shaped potatoes until nearly tender, then drain and remove the skins and cut as for French frying. Fry until girls

The Question Corner Today's Inquiries

What distinction has Miss Florence King of Chicago, president of the National Woman's Association of Commerc and an attorney at law? How can window shades be

elenned ensity? What convenient utensil for the kitchenette or camping outfit is for sale in housefurnishing departments?

Describe a fascinating book for the children. What is a good way to keep bills folded together in a pocketbook handbag?

How can porcelain be polished so as to look bright and new?

Saturday's Answers The fringed shawl, the wrap of

former days, is coming into use The woodbox beside the fireplace can be made doubly useful if it has a back built on it, or is placed close against the wall so that it can be used as a sent.

A piece of charcoal placed in the water will prevent the dis-integration of flower stems before the blossoms themselves have Wide lace used as a straigh

panel on a negligee will make stout person appear more slen-5. Graphite will stay the annoying

squenk of a piano pedal.

6. Brown is predominant in the new clothes for all times of the

When you want to make flaky biscuit, delicious muffins and gems, real doughnuts and cake of fine texture - then you need



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Two Washable Blouses A Daily Fashion Talk by Florence Rose



The waist at the left is of georgette crepe with filet lace collar, yoke and cuffs. The other bloose is of white net, embroidered in white in a delicate design

Please Tell Me What to Do

cooked in this manner will not be soggy, soft or moist. Care must be used not to overcook the potatoes.

There is no way to trent him but to ignore him, unless you meet him in his cousin's home; then speak politely, but do not seek to draw him into a conversation. It is always better not to to not seek to draw him into a con-versation. It is always better not to say to others what you think of a per-son, whether it is good or bad. Either say it direct to the person himself or keep it to yourself.

eep it to yourself.
I would find other friends, my dear.

Be Polite, That's All

A. C. L. D., 2d, answered:
My dear, you are only in love with love. You cannot, deep down in your heart, admire this young non who is so promisenous in his attentions to giels.

I have just one girl friend with whom I have been chums for years. We always agree and she thinks the same as I do about this.

I would like to have the readers' opinion of this.

A FELLIOW HATER.

Yes, dear, many men and women who have learned to bear and forbear have lived together as many as fifty years of married life and died loving each other even more than when they first married. There is no greater happiness in the

world than a happy marriage. And the pity of the world today is that some men and women have grown so selfish that neither will give in in small and unessential things; and build out of little differences a misunderstanding which ends in a drifting apart.

You are too young to be carring about

Will She Ever Marry? Dear Cynthin—I am a young girl it my teens, but my mother always said my ways and mind are much older than I am myself. Somehow I never took a liking to fellows; sometimes I think I hate them. I have gone with some a few times, but never kept steady company. I never hain or powder and just wear my hair and clothes plainly. Do you think I'll ever get married? Do you know any way in which I might take a liking to them? I just make believe I like them, as I never speak my thoughts. Cynthin, will you please tell me whether there is a true love that lasts forever, or is it as my mother says, just lasts for a few years, then you settle down to sober life?

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and the aid of appliances that do better work than

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and ready for use,

dampened and ironed.

portion of your wash.

hands and with less effort.

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ARMISTICE DAY BRINGS BACK THE SACRIFICES OF THE WAR

And Makes Us Wonder Whether We Are Still Worthy of the Boys Who Put November 11 in the History Books

A RMISTICE Day! Only two words, him, with the rest of the crowd, laughbut what a dictionary full of meaning they carry! And how they take us headed, freekled, lovable corporal, was back to that November 11 last year, coming home, Back to that day that started so early when the glad news was shricked from with that noisy early dawn, and clutchthe joyous throats of millions of factory whistles and sirens all over the country. That "Mothers' Duy," when the mother in costly furs walked beside the mother in rags and a called apron as they met in the crowds and said with deep, quiet joy, "It's over. My boy will come home."

That was the day when Father roamed the streets, aimlessly, thumping other boys' fathers on the back, shouting when the happy sob in his throat would let

Adventures With a Purse

CCTAR soap makes an excellent shampoo," we are told by one beauty expert. And by another, "never let soap touch your hair when you are shampooing it." Between the two, we don't know where "we're at." But one ingenious woman has got around this in fine shape. She has made the tar part possible without the solid cake soap. For she has made a shampoo—n liquid—of pine tar soap. The price is 68c a bottle. It makes an excellent shampoo preparation.

I do not know why they are called "dance bags"—probably because their different shape makes them more comdifferent shape makes them more com-modious for holding the extra powder puff and "one more" handkerchief. In-stead of being broader than they are long, they are longer than they are broad, measuring possibly four inches wide by six inches long. They are made of morocco leather, with the ever neces-sary mirror and pocketbook. and they come in black or tan. Their price is \$2.95 cach. is \$2.95 each;

There is something very luxurious about a faintly scented soap. Particularly if sit is a good soap and has a pleasant scent. For your very best soap—the cake you use when you are dressing to go out in the evening—there is a soap I have found which rivals in richness and luxuriousness any soap I ever saw. It is scented with alluring gardenia, and somehow, when you use it, you feel that it will impart to your hands the pure whiteness of that lovely flower. You would keep it, of course, for high days and holidays, for its prefer is 35c a cake.

- For names of shops, address Woman' Page Editor. Phone Walnut 3000.

"American girls," that day, woke up ed that precious piece of overseas mail under their pillows, and smiled and cried a little for thankfulness—and later went out and paraded and smiled and cried some more. Their boys were coming home.

Do you remember it? Censless, im-

promptu parades, singing, cheering snowstorms of confetti! Relief, relax-

THOSE two words take us back beyond that November 11, in 1918.
Beyond that arrly dawn to those anxious of a reader of the second that carry dawn to those anxious of the second that carry dawn to those anxious of the second that carry dawn to those anxious of the second that we have to keep worthy of those boys who came home, no one would ever deny that we still owe a beauty debt of worthiness to those other boys who never came back after days of wondering, waiting, working Armistice Day.

and hoping. Sometimes I think perhaps we were all better during those war-times. All we did was sacrifice, all we thought was giving, of time, of work, of money, and of ourselves. We were trying so hard to be worthy of those boys we had sent overseas.

They expected us to be fine, then, because we expected them to be brave. They knew that we were working and sacrificing just as they were lighting and not complaining. There was that common purpose in the lives of us here at home, and our boys across the ocean, to do and give all we could and had to get this thing over and to pick up the lives we had interrupted in 1917. When November 11 came all of us

When November II came all of us were tired. We felt that we couldn't have stood much more. I wonder if we could? I should hate to feel that we could? I should hate to feel that we were our hard-working, self-sacrificing wartime characters like uniforms that we took off early in the morning on Armistice Day, and put away in the chest of remembrance. It would be a good idea to get them out again once a year, on the 11th of November, and try them on, just to find out whether they still fit. For even if we don't feel now that we have to keep worthy of

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