

BREAKFAST FOODS—PLAY APRON FOR CHILD—WOMAN'S EXCHANGE—CYNTHIA'S ANSWERS

MRS. WILSON GIVES RECIPES FOR CORNMEAL AS CEREAL

This Makes Ideal Heat-Producing Breakfast Food for Cold Mornings of Wintertime

By Mrs. M. A. Wilson (Copyright, 1919, by M. A. Wilson. All rights reserved.) CORNMEAL is essentially a winter food, rich in heat-producing elements and reasonably priced. It may be freely used during this season. With the free use of this meal several things are necessary if we wish to prevent overloading the body with fuel foods that will make the blood stream overly rich and heavy. First, is to supplement with a liberal diet of fresh vegetables and salads. Second, as this food is rich in oil, it should have very little fat added to it. Third, do not use cornmeal with pork products unless the family is employed in heavy manual labor. Hearty foods of this character are entirely too rich in fat for the person who works indoors.

However, cornmeal is an ideal part of the winter diet. Here are some old-time recipes, made with cornmeal. Yankee Mush Place in a saucepan Two and one-half cups of boiling water. One-half teaspoon of salt. One-third cup of cornmeal. Sift the cornmeal in boiling water very slowly and then stir with a spoon to prevent lumping. Draw the saucepan to the side of the range and allow to cook very slowly for one-half hour. Serve in the place of the morning cereal with honey and milk. For variety add One-half cup of chopped seeded raisins, or One-half cup of finely chopped peanuts. One-half cup of finely chopped figs. One-half cup of finely chopped dates. One-half cup of finely chopped seed prunes. One-half cup of finely chopped dried apricots. One-half cup of finely chopped coconuts. Europe also gives us some novel methods of using cornmeal. Try Italian Polenta Place in a saucepan Two and one-half cups of boiling water. And then add One teaspoon of salt. One teaspoonful of paprika. One tablespoonful of grated onion. Two-thirds cup of cornmeal. Stir to prevent lumping and cook for three-quarters of an hour very slowly. Now add one-half cup of grated cheese and stir well to blend thoroughly. Serve with a tomato sauce and a little tomato sauce and finely grated cheese. Polish Corn Dish Place in a saucepan Two cups of boiling water. One-half cup of finely chopped onion. Two-thirds cup of cornmeal. Stir to prevent lumping and cook slowly for twenty minutes. Now add One-half cup of finely shredded dried beef. One teaspoon of paprika. Beat hard to mix thoroughly and then serve with tomato sauce. Fried Mush Place in a saucepan Two cups of boiling water. One teaspoon of salt. Two-thirds cup of cornmeal. Stir to prevent lumping and then cook slowly for one-half hour. Now rinse a bread pan with cold water and turn in the mush. Let mold for twenty-four hours. Cut in one-half-inch slices. Dip in flour and fry brown in hot fat. Cornmeal Sausages Place in a saucepan One and one-half cups of boiling water. One cup of finely chopped onion. One cup of finely chopped leafy meat. One teaspoon of salt. One teaspoon of white pepper. One-half teaspoon of poultry seasoning. Two-thirds cup of cornmeal. Stir well to prevent lumping and cook slowly for one-half hour. Turn into a bowl and let cool. Form into sausages, then roll in flour and brown in hot fat. Serve with brown gravy, cream or tomato sauce. Corn Muffins Place in a mixing bowl One and one-quarter cups of flour. Three-quarters cup of cornmeal. One teaspoon of salt. Two level tablespoons of baking powder. Four tablespoons of sugar. Two tablespoons of shortening. One and one-quarter cups of water or milk. One egg. Beat very hard to mix and then pour in well-greased muffin pans and bake in hot oven for thirty minutes. Ye Old Virginia Batter Bread Place in a mixing bowl One cup of cornmeal. One-half cup of finely grated cheese. One-half teaspoon of nutmeg. One teaspoon of salt. Four tablespoons of shortening. Three tablespoons of shortening. Pour over one and one-half cups of boiling water. Beat to blend thoroughly, then let cool and add Three-quarters cup of flour. One well-beaten egg. Four level teaspoons of baking powder. One and one-quarter cups of milk. Beat to mix thoroughly, then pour in a well-greased baking dish and bake in a hot oven for thirty minutes. Serve from the dish. Ye Kentucky Corn Dodgers Place in a saucepan One and one-half cups of boiling water. One teaspoon of salt. Two-thirds cup of cornmeal. Stir to mix thoroughly, then cook for twenty minutes and cool. Form into sticks the size of a bread stick, roll in flour and brown in hot fat. Corn Sticks Place in a saucepan Two cups of boiling water. One teaspoon of salt. Four tablespoons of sugar. Two tablespoons of shortening. One-half cup of cornmeal. Stir to dissolve thoroughly, then cook for ten minutes. Then add One well-beaten egg. One-half cup of flour. Two teaspoons of baking powder. One-half teaspoon of cinnamon. Beat to mix thoroughly, then form into corn sticks and roll the sticks in shortening. Brown in hot oven for eighteen minutes. Carolina Corn Pone Place in a saucepan Two cups of boiling water.

Where You Can See Mrs. Wilson's Movies

These interesting cooking pictures will be shown during this week at the following theatres on the following days: CORN MUFFINS Wednesday, New Broadway Theatre, York and Hope streets. Thursday, Friday and Saturday, Grand Theatre, Camden. CHARLOTTE RUSSE Tuesday, Somerset Theatre, Twenty-sixth and Somerset streets. Thursday and Friday, Broadway Theatre, Broad and Snyder avenue. LEBANON CRUMB CAKE Tuesday, Fifty-sixth Street Theatre, Fifty-sixth and De Laneoy streets. Wednesday and Thursday, Sherwood Theatre, Fifty-sixth and Baltimore avenue. Friday and Saturday, Dazzland, Frankford avenue and Birch street. For copies of these recipes apply at the box offices of the theatres or send a self-addressed stamped envelope to the Editor of Woman's Page.

The Woman's Exchange

Pongee Waist Ran To the Editor of Woman's Page: Dear Madam—I have a pongee waist smocked with brown, and the first time it was washed the brown ran into the smocking leaving a yellow tint. Can you tell me what I can do to remove the discoloration? E. D. This is a thing you can do with the yellow, using the same recipes for mullin and waffles and mush, etc. No. 49 My dear Mrs. Wilson: Kindly give me a recipe for apples on the stick, the red kind, also what kind of apples should be used. Thanking you for all the successes we have had in using your recipes. (Miss) G. G. Use small firm apples; Jonathans are best. Place in a saucepan: Two cups of sugar. One cup of sugar. One tablespoon of vinegar. Two tablespoons of shortening. Bring to a boil and cook until 300 degrees Fahrenheit is reached on the candy thermometer or until the candy forms into a soft ball when tested in cold water. Place the apples on a stick and then roll in the sirup. Place on a greased plate to harden.

Mrs. Wilson Answers Queries

No. 43 Mr. dear Mrs. Wilson: Please publish in your columns what is the cause of so much water forming on jackets. I have made it several times and there is as much water as there is juice. I only make the milk lukewarm. And will you please tell me how to make soap, washing or scrubbing soap. Thanking you. A. CONSTANT READER. Use milk 300 degrees Fahrenheit, and do not disturb until firm. Moving the jacket causes this trouble. See directions on can of lye for soap recipe. No. 45 My dear Mrs. Wilson: Kindly give me a recipe for making apple jelly or apple apples or if there is any other way that I can do up apples. (Mrs.) J. F. G. See apple recipes, issue August 25. No. 47 My dear Mrs. Wilson: I have some Old Virginia cornmeal. It was given to me and I want to know, please, if it can be used the same as, or in place of, the yellow corn meal. Perhaps you have one or two good suggestions to give. Thanking you in advance, also for the other good recipes I am using through the kindness of Mrs. J. A. F. Use the white cornmeal in place of yellow. No. 51 My dear Mrs. Wilson: Kindly give recipe for tuber articles. Cook the same as the artichoke and serve with various sauces, or mash and season well and then place in an au gratin dish and bake. Braise, and Hollandaise sauces or serve cold in salads with tartar, mayonnaise, ravigote or Russian dressings.

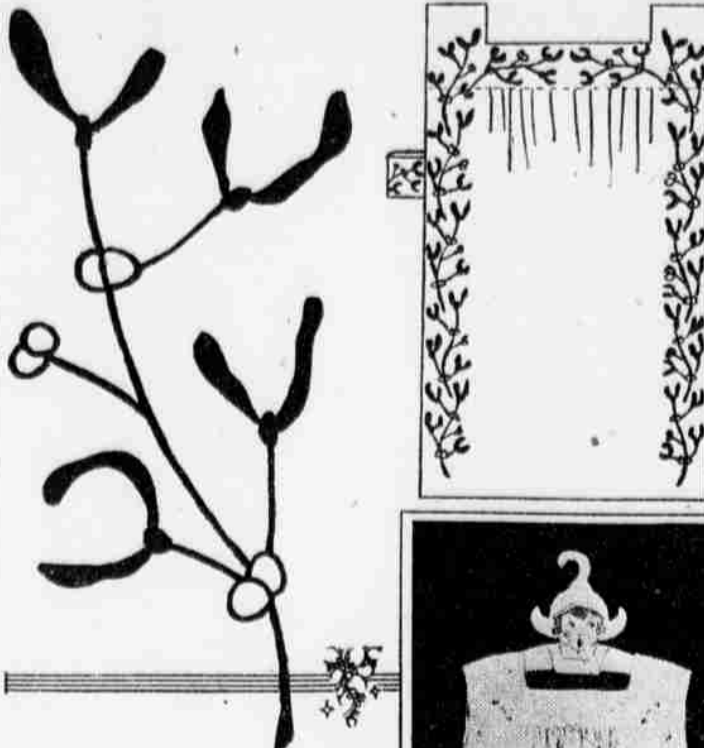
The Question Corner

Today's Inquiries 1. What is Miss Mary Dingham? 2. Who is a noticeable feature of the belts used on this year's dresses and suits? 3. Why is a nail file better than nail scissors for shortening the nails? 4. What style of gloves is popular for street wear this season? 5. Describe a pretty spoon holder that would be attractive for a Christmas gift? 6. What is a good window cleaner? Yesterday's Answers 1. A practical and pretty gift for the kitchen or household shower for the bride-to-be is a dust cover of flowered percale or dimity. 2. In sprinkling clothes for ironing remember that thin and thick garments need more dampness than others of medium weight. 3. Kimono sleeves, a noticeable feature in many evening coats for winter. 4. Keep ants away from shelves by sprinkling borax along the edges. 5. The pansy means "thoughts." 6. Many coats or wraps for afternoon are lined with the same silk as the dress they are worn with.

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IDEA FOR CHRISTMAS GIFT



ONE could hardly find a more appropriate Christmas gift for the wee kiddie than this attractive mistletoe apron. The design is embroidered in white on tan-colored linen, and is easily reproduced from the single motif given above. The border around the sides and top of the apron is made up of this simple spray of mistletoe repeated many times. The apron consists of two straight pieces joined together at the shoulders, with a square opening cut for the neck. If one desires a little fullness a shallow yoke may be made at the top and the lower part joined to it with gathers through the center. The dotted line on the diagram indicates the yoke. Two straps under the arms hold the back and front of the apron together, and each is embroidered with a single spray of the mistletoe. For a child two years old the apron should measure twenty-one inches from top to bottom and twelve inches across the line where the yoke is sewed on. If it is to be full the bottom will measure sixteen inches across. The straps under the arms are four and one-half inches long and finished inches wide. These are all finished measurements. The design given for the spray of mistletoe may be transferred to the apron by means of carbon paper. The design is for the right side of the apron and the border is formed by repeating it five times down the side, as indicated on the diagram. For the left side the spray is turned around or transposed. This may be done by tracing the design given to a piece of paper and by holding the paper up to the light, drawing the design on the reverse side. Transfer the border to the left side, as indicated above. The two sprays across the top are put in last. The spray on the right side is taken from the left-hand design, and the spray on the left from the right-hand design. A glance at the diagram will make this point clear. The right and left hand sprays are transferred to the two underarm straps. The embroidery is done in a combination of satin stitch and eyelets. The leaves and stems are worked in the satin stitch and the berries are open eyelets.

Adventures With a Purse

ONE of the many advantages of the Italian silk canvas is that they wear very well—exceptionally well. I might say. Another advantage in the ones I saw is their pleasing appearance. They have elastic around the bottom, which holds them snug and firm, and they are trimmed with deep bands of lace. They come in pink and white, and are priced at \$1.50. I wanted to make sure before I told you about them that they would still be there when you went to see them. The nice salesperson assured me that they would, but added that when they are gone it will not be possible to get any more. The domestic tranquility of my modest and generally peaceful household has been disturbed more than once by Peter's unfortunate habit of dropping his keys on the floor. His most common excuse is that they are good for the rug, and will keep away the moths unless he mops them. I've heard that tale too often! And then, to make matters worse, two or three times the keys have blown out of the ash receiver. That has been the "most unkindest cut of all." Incidentally it has been the means of my writing this particular adventure for I tell of a satisfactory, protected ash receiver that combines with these virtues a jolly appearance. It resembles a fat, sleek frog, with its mouth much wider open than my normal frog could possibly stretch, and by its peculiar construction it keeps cigarette ashes where they belong. These ash receivers, costing fifty cents, are very popular. They would be very nice for the living-room or den. I ran across a very interesting face lotion as I was adventuring around. The name of the maker appearing on the bottle brings confidence in its efficacy, for it is a well-known name. This lotion is for oily skins and enlarged pores, neither one of which is a pleasant thing to have. It carries with it an assurance that you will notice an improvement within a very short time, and certainly it is worth a trial. The price is \$1.50 for a bottle. For names of shops address Woman's Page Editor, or phone Walnut 3000.

Care of Hands

LEMON juice once a day on the hands takes off the stains of housework, and refines the skin. Peter's unfortunate habit of dropping his keys on the floor. His most common excuse is that they are good for the rug, and will keep away the moths unless he mops them. I've heard that tale too often! And then, to make matters worse, two or three times the keys have blown out of the ash receiver. That has been the "most unkindest cut of all." Incidentally it has been the means of my writing this particular adventure for I tell of a satisfactory, protected ash receiver that combines with these virtues a jolly appearance. It resembles a fat, sleek frog, with its mouth much wider open than my normal frog could possibly stretch, and by its peculiar construction it keeps cigarette ashes where they belong. These ash receivers, costing fifty cents, are very popular. They would be very nice for the living-room or den. I ran across a very interesting face lotion as I was adventuring around. The name of the maker appearing on the bottle brings confidence in its efficacy, for it is a well-known name. This lotion is for oily skins and enlarged pores, neither one of which is a pleasant thing to have. It carries with it an assurance that you will notice an improvement within a very short time, and certainly it is worth a trial. The price is \$1.50 for a bottle. For names of shops address Woman's Page Editor, or phone Walnut 3000.

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Please Tell Me What to Do

By CYNTHIA

Scores "Marine Hater" Dear Cynthia—I read a "Marine Hater's" letter and a "Former Marine's" answer. He sure gives her some good advice. I hope she appreciates it. Because she found one marine wasn't all she wanted him to be, she condemns the whole marine corps. Ye gods! Wait, Marine Hater, till you get tired of the navy and give the army the glad smile, then you can write again and sign yourself the "Glad Hater." Familiarly breeds contempt. Miss Marine Hater, do you kiss all your sailor boys good night? I have an honest-to-goodness friend in the marine corps, also one in the navy. But it has always been my motto to like all and love none, then we have a chance of being loved by one. Don't you agree with me, Cynthia? JUST TWENTY.

They Want Advice

Dear Cynthia—We are two girls, fourteen years old, and would like to know if it is all right to have two boys call at our homes at night if a practice is not made of it. We would also like to know how we should invite them, what we should have as refreshments and how to entertain them. TWO BLONDES. If your mothers will allow you to have boys call and the boys ask if they may, tell them you will be glad to see them. Or say: "Mary is coming to my house this evening. Don't you want to get Henry and come over for a while?" You might talk a little while, play cards or other table games, and if you want refreshments have lemonade or orange-ade and cakes. You are pretty young to have callers in the evening.

A Bit Further Back, However

Dear Cynthia—Another contribution toward the paint and powder question? Didn't some one write that they thought we (the girls of today) should be more like our grandmothers, great-grandmothers, ancestors in general? Maybe the other writer will think we are not quite so bad when he reads this paragraph from Tucker's "Life in Athens."

"Athenian women adopted every known device for improving nature's handiwork. When they were too short, they of course wore high cork-soles to their shoes. The Athenians did not believe in wash-like waists, but if their figures were distinctly not perfect they did not shrink from padding or some physical compression. They not only avoided their hair—as every one was supposed to do—but dyed it and wore false additions. They were liberal with rouge, vegetable dyes, white lead and other preparations. They rubbed lanolin or sulphuret of antimony under their eyes and on the brows." Girls haven't gotten so terribly much worse after all; have they? MISS 1919.

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THE ART OF LOOKING WELL IN LAST YEAR'S CLOTHES

Has Just Been Discovered by Girls Who Have to Think About It for the First Time in Their Lives

"COME American Girls" have suggested a way to fight the high cost of living. "We want everybody to join us in looking our best in old clothes," they wrote. "We have given our last year's hats a new velvet bow and covered a spot on a gown with some needle work. Let's see which looks the best, the 'worry' look, or the smile of the 'I should worry'." It's a very good suggestion, but it came so late. It seems such a pity that it took a horrible war and all its tosy-turvy aftermath to make American girls realize that there is such a thing as looking well in last year's clothes. And not necessarily clothes that are old enough to throw away. When a suit is worn out there is no sense in keeping it, and buying a new one every year is the one luxury that is every woman's privilege. But there are girls in this world, in this country, in this state and town who make fifteen dollars a week and never think of wearing a suit for seasons. It would never have occurred to one of these girls, before the war, to make her silk dress into a waist after it was worn out in the blouse, or to buy a little chiffon and drop an overskirt of it over the place where she spilled the ice cream on her skirt. That dress was done for, fit to be thrown away or given away. And as for having last year's suit dyed and wearing it again—impossible. It had to be a new suit because Susie Green, who lived around the corner, had just appeared in a brand-new one, and it was too much for Mary. So the endless chain went on, and lunch money was hoarded up until it was given out in a lump for a georgette waist.

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