

SUNDAY'S MENU—UNUSUAL GIRDLES—WOMAN'S EXCHANGE—CYNTHIA'S ADVICE—ADVENTURES

MRS. WILSON SUGGESTS THREE GOOD MEALS

Baked Salt Mackerel for Sunday Breakfast Appeals to Every Housewife and All Her Family

Recipes for Saute Pig's Feet for Dinner and Layer Cake for Supper Are Also Given

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson, All rights reserved.)

MARKETING at this season of the year should be a cheerful task to the housewife.

A Suggestive Sunday Menu For three meals on Sunday:

BREAKFAST: Sliced Oranges, Syrup and Cream, Baked Salt Mackerel, Boiled Potatoes, Toast, Coffee.

DINNER: Saute Pig's Feet in Oil, Mashed Potatoes, Creamed Onions, Lettuce, Apple Dumplings, Coffee.

SUPPER: Macaroni au Gratin, Cheese Sauce, Celery Salad, Layer Cake, Tea.

Wash the mackerel in warm water to free from the loose salt, then place with the skin side up in a large pan and cover with cold water.

Baked Salt Mackerel: Wash the mackerel in warm water to free from the loose salt, then place with the skin side up in a large pan and cover with cold water.

Saute Pig's Feet in a Oil: Wash and cleanse the feet early on Saturday. Place in a deep saucepan and add:

Layer Cake: Three-quarters cup of white corn syrup or honey, Yolk of one egg, Four tablespoons of shortening.

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Mrs. Wilson Answers Queries: My Dear Mrs. Wilson: Last June I commenced fixing some small fruits and kept on with the different fruits and sugars.

A Holiday All Year: In something every woman who has a home should have the comfortable knowledge that her home has been made appealing with the elegance that really comes—like

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Mrs. Wilson to Speak at Soldiers' Bazaar

Mrs. M. A. Wilson, the EVENING PUBLIC LEDGER cooking expert, will give lectures and demonstrations twice daily at the bazaar of the 100th Infantry.

ding consisting of some red wine? I would also like you to tell me how to bring it in blazing to the table.

No. 21: My Dear Mrs. Wilson: Will you kindly tell me, when a sweet chocolate coating is desired for study, in that proportion of sugar to use with the chocolate coating recipe published in the paper this week, and oblige.

Please Tell Me What to Do

By CYNTHIA: Cynthia wishes to remind her readers that letters should be short, written on one side of the paper only and signed with the full name.

Three "Vamps": Dear Cynthia—We are three charming girls, considered beautiful by both sexes.

Not an Enemy Exactly: Dear Cynthia—An important question has arisen in my young mind and I would like to have your earnest opinion about the matter.

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would you treat a boy supposedly your friend but in truth an enemy? This exact same thing has been done to me by a girl.

CONFUSED: I would not call these friends enemies because they gave parties and did not invite you.

Be polite to this boy and girl when you meet them and do not act as if you were hurt.

The Question Corner: Today's Inquiries: 1. What small device can be bought to keep moths out of the clothes closet?

Yesterday's Answers: 1. In wearing rubber gloves for housework it should be remembered that rubber stains any silver with which it comes in contact.

Yesterday's Answers: 2. A pretty method of using fur or a band of embroidery on a dress is to edge a diagonal opening of the waist from the right shoulder to the belt, and then continue straight down the side of the skirt.

Yesterday's Answers: 3. Leather is unusually popular for sport coats this year.

Yesterday's Answers: 4. A pretty "hanging fern" can be made by cutting the top of a carrot and making a lunette in the end.

Yesterday's Answers: 5. An interesting invention for winding up the clothesline has cross bars with forked ends and a wheel to roll in the line.

Yesterday's Answers: 6. A convenient powder puff that can be carried loose in a handbag is a flat one that opens at the top to be filled with powder and is guaranteed not to spill the powder unless it is pulled out.

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Metal Belts in Style A Daily Fashion Talk by Florence Rose



There are many different varieties and forms of metals used for these cinchures, as the attractive girdles are called. Some are links, some are strands and some combine both.

CEINTURES—the French call them—these new belts of metal that have come to us from overseas. Some of them, to be sure, are made in this country, but the inspiration was of French origin.

There is a very large demand for these new girdles—partly because women are just waking up to the fact that they are extremely smart and then because it is near Christmas.

Over the overblouse the metal girdle is especially desirable. And if your overblouses were bought with a mere silk cord for a girdle then you can "dress them up" very well by adding one of these new metal girdles that fits loosely around the waist, crosses over on itself at the left side and hangs unobtrusively at the left hip.

Some of them are merely made of links of metal, others are in the form of metal beads, while some are made of strands of metal—silver or gold or bronze or that interesting metallic green that is so much in vogue.

Sometimes for the frock or blouse that is already provided with a wider girdle the metal girdle may be added to hang slightly lower than the wide girdle, the ends hanging in graceful lines at the side.

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The Woman's Exchange

Better Stick to Teaching: To the Editor of Woman's Exchange: Dear Madam—As a reader of the EVENING PUBLIC LEDGER, I desire information on the following matter and hope you will be able to give me the necessary advice.

I have had six years' teaching experience and have a teacher's county professional certificate. I also have had four years' experience in dressmaking.

I wish to take a course in domestic arts or dietetics, which would enable me to teach same or to become a dietitian in an institution.

I would like to enter school after the holidays, if possible, and to be qualified for a position next fall. I have no objections to hard study or work.

I have been talking to some one who knows a great deal about schools and colleges. She told me that the only money would be by scholarships, but the dietetics course is so hard that you would not have time to do any other work.

Universally give this course, but there would be no way for you to make any money while you are studying.

In becoming a dietitian you would have to take a two, three or nine months' course in hospital work before you could fill any position.

Since you have had the teaching experience and the dressmaking experience, I think you would really do better to stick to that.

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THE SUCCESSFUL SINGER WHO WANTS TO SING IN OPERA

She Is Wearing Her Nerves Out Worrying Because She Has "Failed"—Others Would Like to Be That Kind of a Failure

I KNOW a woman who is worrying herself into a serious breakdown because she is a very successful concert singer.

No, she doesn't get nervous and the work doesn't tire, for she knows to sing. The reason is that she wanted to be an opera singer.

She slaved at it, gave up her entire time to that ambition, dreamed dreams of thrilling large audiences as Marguerite or Carmen—but her voice was not dramatic enough.

Her presence not commanding enough to make the attempt worth her efforts. So she had to give it up and devote herself to concert work.

Her voice is one of those beautiful lyric voices; her soft, gentle high notes in the midst of a song bring tears to the eyes of her audience; her laughing little encores have them all smiling.

And there are depths to her tones that sound as if another voice had been added to her own. She is successful and popular—but she is unhappy because she could not be what she wanted to be.

What waste of worrying power, when there are so many other things to worry about, the coal shortage, the H. C. of L., the speediness of traffic, the league of nations, national prohibition, the peace treaty, the existence of mice in quiet rooms, the price of candy, the most becoming hair arrangement—the weather!

Everybody tries to do her little share of worrying about these affairs, and to use up so much on wanting to be something that you were not meant to be leaves so little to exert on important matters like this.

But, really, how unnecessary it is!

CHILDREN behave like this sometimes. Fond parents take them to get ice cream. They demand chocolate. There is no chocolate, but they can have vanilla. And then follows the little episode of Johnny lying straight down on the floor, kicking the table and howling because "I want chocolate!" Usually Johnny is told in emphatic terms that he cannot have even vanilla and that he will be sent to bed "as soon as I get you home."

This grown-up singer is not denied the vanilla and she is not sent to bed. She has to give up her chocolate, but she can keep her eyes open it seems to me she is really very fortunate!

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It is creamy, rich, smooth and healthful. It is First Prize the Modern Butter.

and it furnishes the fats that your body needs. The flavor of First Prize is all its own. It is the choice of thousands of families who must have the best there is in food.

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Miss Princine Pure Phosphate Baking Powder This Baking Discovery Best in 50 Years. Uncertainty is removed from your baking and success is assured if you use Miss Princine. For this new-fashioned baking powder rises in the oven, but better required to develop its leavening strength. Thousands of housewives prefer it above all others. Order a cup today and see the reason why. 1 lb., net weight, 35¢. At Your Grocer's. 1/2 lb., net weight, 20¢.