

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 Olive 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.

Soak in a moderate oven twenty-five minutes. Serve from the dish.

Remove the coarse outside leaves of the celery and chop fine and use for the salad.

Saute Pig's Feet in a Olive Oil. Wash and cleanse the feet early on Saturday.

One clove. Two onions, cut in half. Sufficient boiling water to cover.

Five tablespoons of water. One-half teaspoon of flavoring. Beat to mix thoroughly.

Place the white of one egg and one-half glass jelly in a bowl and beat until the mixture holds its shape.

Wash one cup of navy beans or soy beans thoroughly. Soak overnight in cold water.

Four tablespoons of molasses. One-half cup of canned tomatoes. Two onions chopped fine.

Mrs. Wilson Answers Queries No. 22 My Dear Mrs. Wilson:

No. 25 My Dear Mrs. Wilson: Will you kindly give me a recipe for a somewhat elaborate plum pud-

Talcolette VANISHING CREAM after shaving. Delightfully soft, soothing and healing.

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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A Nutritious Diet for All Ages Quick Lunch; Home or Office Avoid Imitations and Substitutes

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

H. C. ROBERTS ELECTRIC SUPPLY CO. Wholesale Distributors PHILADELPHIA

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.

3. What new kind of thermos bottle has been made? 4. How can copper be cleaned? 5. What unusual combination of color for a new dress?

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

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

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.

Some of them are made in this country, but the inspiration was of French origin and we were much behind the French in taking to them.

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.

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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.

CINCHURES—the French call them links of metal, others are in the form of metal bands, 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.

My means, however, are limited and I desire to enroll in a school where I could defray all or part of my expenses.

Can you give me the name of a training school of this kind? Just what would you advise me to do? 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.

AMBITIOUS. I have been talking to some one who knows a great deal about schools and colleges. She told me that the only penance would be scholarships, 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.

You can surely get a position as teacher and make something save enough to take this "course" at a college or school. If you do this it will really pay you better than attempting the domestic science, for that takes at least two years for the course even with hard work.

I doubt if you would be ready to take a position in the fall, and then there is the extra time necessary to find the position to fill. If you stick to your original kind of work you can probably find a civil service position. These positions pay well, I am afraid I have discouraged you, but at the same time I think I am really helping you by telling you the truth of the matter. I hope you will have success in whatever work you do take up.

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 has 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 for that woman (and she is not alone; there are many like her) to work herself up into nervous prostration over something which she has neither the power nor the right to control.

If she had an opera voice and had let it go all these years, using it merely as a "parlor trick," then she might well be ashamed of having "been a failure in life," as she insists now. But to possess the power, denied so many of us, of giving pleasure to a whole "audience-full" of music lovers, to do this successfully for years—and then to start in grieving because she has come short of her hopes, seems not quite worth the energy it takes.

There are so many people with just "sweet" voices who would like to be this kind of "failure."

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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Kellogg's KRUMBLER BRAN for Better Health. It doesn't look like bran— It doesn't taste like bran— But it is all bran! KELLOGG'S Krumbled Bran—the new, different, delicious cereal, is ready to eat. Enjoy it with milk or cream, or add it to any cereal you eat.

Do You Eat Antique or Modern Foods? We all pride ourselves on our advanced thought. We all like modern things and ideas. But we cling to some very old ones because we are bound by habit. Certain fats have always been used as food. People have thought there was no other kind. There is. Scientists know that the fats of coconuts and peanuts, combined with fresh pasteurized milk, make the most delicious butter you've ever tasted. 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.