FOOD FOR LITTLE ONES-CYNTHIA'S CORRESPONDENTS-WARM WINTER COSTUME-EXCHANGE

SHE'S WARM ENOUGH

MRS. WILSON GIVES RECIPES FOR CHILDREN

Well - Cooked Meat and Mrs. Wilson to Speak Vegetables Are Necessary for the Growing Boy or

Beef Stew on Toast With Baked Potatoes Is Nutritious, Inexpensive and Appetizing

By MRS. M. A. WILSON rights reserved.) At Wilson. All

DEEDING the growing child properly well-cooked food makes the mother realize that haste makes waste and that for the physical well-being of her child it is vitally important that all vegetables and meat should be well

means that the cellulose struc-This means that the collulose structure of the vegetables must be softened and that the starch content should be dexterized and ready for digestion.

Cook potatoes by first thoroughly scrubbing them to cleanse and then dropping them into boiling water and cooking until tender. Drain free from the water, cover with a piece of cheese-clath and allow to steam for five min.

oth and allow to steam for five min-ites on the back of the range. This will produce a dry mealy potato that When the potatoes start to cook bring the water quickly to the boiling point and then reduce the heat so that the water will boil evenly and allow, for small potatoes about 18 minutes; for medium-sized potatoes, 25 minutes; and for large potatoes, about 30 minutes.

But Line is eapproale in the stiffly-beaten whites of two cook in the usual omelet style.

A SIMPLE DESIGN, BUT LINE IS G.

Do not pare; much of the valuable ineral elements lie directly under the thin, paper-like skin and are needed by the growing child for bone and tooth ge structure.

Well-cooked carrots, cut into dice, sinach, cauliflower, mashed turnips, slery, onious—all afford a splendid

Never use soda for any purpose in cooking your children's food. Soda not, only destroys the valuable titamines, but it also causes other digestive dis-turbances. Allow all foods sufficient time to cook thoroughly.

Meat may be given to children from the time they are two years old. Tender, well-cooked beef, minced or scrapped fine at first; beef and lamb stews or baked in casserole dishes; chicken, boiled or baked fish free from skin and bones all offer wide opportunities. not give young children bacon

ham, pork or veal, sausage or corned beef or any other pickled or preserved meats. Pot roast, steamed or stewed or baked and broiled methods may be used for cooking. Never permit fried foods. either meats or anything else; dried beef or smoked fish have no place in the child's diet.

Supplement the regular menu with at least three glasses of good, rich milk and a liberal serving of pure creamery autter and well-baked home-made bread. Do not season highly any of the children's food. Spices and seasoning all react in overstimulating the liver and kidneys. Beef Stew

Place a half pound of hamburg steak a saucepan and add One and one-half cups of boiling

One branch of eclery,
One-half onion.

Bring quickly to a boil then place where it will simmer for three-quarters of an hour. Thicken with cornstarch, then season and add
One teaspoon of finely chopped para-

Pour over well-buttered toast. This amount will serve three small or two large children in the following menu: Dinner

Baked Potatoes Lettuce Beef Stew with Toast

Apple Tapioca How to Bake Potatoes

Wash the potatoes thoroughly, then place in a saucepan and cover with boiling water. Bring quickly to a boil and cook for ten minutes. Drain and wipe dry, then rub with shortening and place in a hot oven to bake. This has ens the process of baking by thoroughly heating the potato.

Be careful about utilizing leftovers; rather cook sufficient for the meal. Use day-old bread and toast; never hot rakes, fresh bread, biscuits or pastry. There is a beautiful Irish legend that the lads and lassies who cat their bread

Mrs. Wilson Answers Queries

My Dear Mrs. Wilson:
Will you please print a recipe for cheese appetizer again? Cheese Appetizer

Prepare an oblong piece of toast for each service. Now place in a bow!

One-half oup of grated cheese.

One-half teaspoon of white pepper,

One teaspoon of grated onion.

Three tublespoons of mayonnaise.

Mix and then place on toast, This is enough to serve four people.

No. 26

My Dear Mrs. Wilson:
Would you kindly tell me how to make candy citron? Thanking you Is. B. To Candy Citron

Wash and cut the citron. Remove a seeds and soak for seventy-two ura in brine that will float an egg, an wash and drain, place in a n wash and drain, place in a pre-ving kettle and boil slowly until ten-Now drain for six hours and then

pounds of sugar, oup of water

s preserving kettle, boil for ten

No. 27
Dear Mrs. Wilson:
ill you kindly publish a recipe cheese souffie and cheese omelet? It recipes have keiped me wonderty. Thanking you very much,
MSS. S. E. B.

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 109th Infantry, to be held next week, starting Monday, at the First Regi-ment Armory, Broad and Callowhill

The lectures and demonstration will be at 2 and 8 p. m. Mrs. Wilson will show how to cook with sirup instead of sugar.

Five level tablespoons of flour.
Stir to dissolve, then bring to a boil and cook for two minutes. Now add:
One-half cup of grated cheese,
Yolks of two eggs.
One teaspoon of salt,
One-half teaspoon of white pepper,
One teaspoon of grated onion.
Best two is the results then cut and

Beat to mix thoroughly, then cut and fold in the stiffly beaten whites of eggs. Turn into well-greased souffle dish and set in a pan of warm water and bake in a moderate over until firm

Place in a mixing bowl Yolks of two eggs. One half teaspoon of paprika. One half teaspoon of salt. One quarter teaspoon of white pep-

Four tablespoons of evaporated milk, Nix tablespoons of grated cheese. Beat to mix, then cut and fold in the stiffly-beaten whites of two eggs. Cook in the usual omelet style.



rings all over the frock of black satin. Jet also edges the short sleeves and trims the net for the girdle. The home dressmaker would not find this at all difficult to follow and yet it is the height of good style

Daily Fashion Talk by Florence Rose THIS is just to show something that I you may know already. However, if you are like the majority of women you do not fully realize it. That is toasted will have the shiniest eyes, the whitest teeth and the curliest hair, so teach your little ones to chew each mouthful of food before swallowing it. Gulping food means intestinal disorders. The design itself is that the smart things of this season are really very simple in design. In spite of all their resplendency of color, their embroidery, beaded effects and their never seen the paste or glue holders metallic brocades, the design itself is that the smart things of this season are metallic brocades, the design itself is not elaborate. In fact it is very simple.

How much more successful would the and are beautifully decorated. Handle, women be who make their own frocks lid and brush are all in one. The lid is or who have them made by the small gold finished, and the handle is brightly fact! The trouble so often is that they justice to their beauty. But this I can attempt something intricate. They plan assure you, if you stop in to see them, I know you will purchase one either for a frock for some special gorgeous occasion and they look through the fashion magazines and select one of the most. It is bad enough to have shoulder

There are rings of jet nailheads all over the frock and a narrow jet fringe on the smart short sleeves, and jetted net is used for the girdle and the bow.

Now the less skillful designer might have given in to the temptation to add just a little more here or there. She might have touched up the frock with a lace collar or added some skirt drapery or let a little fullness in the bodice—and if she had, the dress would have ceased to be lateresting—ceased to be a work of art. For the art in this frock, as in almost all other frocks this season, depends on its simplicity.

Convenience until you have tried them.

It may have taken a man to discover that a woman's crowning glory is her hair, but it has taken a woman to discover a way to tend her hair which would bring out all its lovely lights and preserve its soft glossiness. The prenarious of its soft preserve its soft glossiness. The prenarious of its to be used after shampooing when the soap has been rinsed out. And it will bring out every obtained them. this season, depends on its simplicity.

Take any group of small-town women

The Woman's Exchange

Wants That Old Plano

Wants That Old Piano
To the Editor of Woman's Page:
Dear Madam—I read your paper every night and find some very helpful things in it. I read Mrs. T. F. B.'s letter about the old-style piano being in her way and the owner who would not come for it.

Will you kindly publish in your paper for me a letter to Mrs. T. F. B. and tell her if the owner does not want the old piano I would be glad to take it out of her way? I have been wanting an old one for practice for a long time and it does seem a great pity to cut it up if it could be tuned up for practicing music.

MISS L. H. W.

Lufortunately, I have not kept Mrs.

ticing music. MISS L. II. W. Unfortunately, I have not kept Mrs. T. F. B.'s address. If she has found out that the owner of the piano does not want it I hope she will write to me so that I can send her name and address to Miss L. H. W., who would be so glad to take the piano out of her way. This seems like a most satisfactory arrangement, if the owner of the piano is agreeable to it. I hope it will work out all right.

Needs Physical Culture

Dear Madam—My neck is very bony and the bones in my chest are very prominent. Will you tell me how I can overcome this? How can I make my legs thinner? They are very stout. I do a great deal of walking. Do you think that causes it? How can I reduce a large bust? R. F. MeS. Walking is that the cause of the can be a large bust?

half teaspoon of paprika,
half teaspoon of salt,
oquarier teaspoon of white peror tablespoons of evaporated milk,
tablespoons of grated cheese,
t to mix, then cut and fold in
iffly-beaten whites of two eggs,
in the usual omelet style.

IMPLE DESIGN,
BUT LINE IS GOOD

MULTINE IS GOOD

Walking is just the right thing for
you to do. When you do it take deep,
loog breaths, inhaling for several steps
and exhaling just as slowly. This will
help develop your chest, and cover the
prominent bones, if you do it regularly
enough. Consult a physical culture expert for exercises that will make your
circulation more regular and reduce
your legs and bust. The walking would
not affect your legs, except to make
them firmer. Regular prescribed exercise will reduce you where you want to
develop, but an expert will have to

stand it to mean? These are some of the questions that I do not understand. E. M. M.

If you go to the public library, Thirteenth and Locust streets, and ask the librarian to help you. I am sure you will be able to get these questions straightened out by yourself. That will do you more good than having metell you about them. Couldn't you go to your teacher for an exchanation of the onestions? They are evidently given to make you think unusually hard, and it would not help to think hard if I it would not help to think hard if I gave you all this information without any effort on your part at all. I hope you will be able to find out about the questions in time to write a good essay,

Adventures With a Purse

dressmakers if they only realized this colored in red or yellow. In rereading this I fully realize that I have not done your own desk or the desk of a friend.

intricate of the designs. It would be straps on one's undervest show, goodintricate of the designs. It would be far more sensible to select a simple design and concentrate on that, making and concentrate on that, making going to show they had better be of attractive appearance. One shop sells and that the material was properly cut and draped.

Now in the frock I am showing the material is black satin, which continues to be one of the most highly favored fabrics with the high-priced designers. There are rings of jet naitheads all over the frock and a parrow jet fringe on

with the results.

Take any group of small-town women gathered at a tea or card party—women you had taken this summer—snapshots who spend freely on their clothes, women who think more than they would like to admit about what they wear ty-four hours, then set aside for ty-four hours, then set aside for ty-four hours to drain. Add one of sugar to the sirup, then add citron and let simmer slowly for hours. Set aside for twenty-four a and then drain and roll in powlars.

No. 27

Dear Mrs. Wilson:

If you kindly publish a recipe cheese soulie and cheese omelet?

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If you kindly publish a recipe cheese soulie and the like? Instead of pasting them in your book, which is a tedious and uncertain job, why not use specially prepared to be aure, lovely laces and priceless furs may hap. What is the matter?

Usually if you observe closely you will see that most of the frocks are too much trimmed, too complicated. There are too many fashions begun and too few carried out. You can't always blame the Gressmakers. It is usually the fault of the women who have not one of the page of the book. I am sure that you will find them a great convenience.

Send a self-addressed, stamped envelope to the Editor of Woman's Page, or call Wainut 3000, for names of shops where articles mentioned in A What have you dong with the pictures



The ord is known to be a whee did held, but he were did another to gard will be all his boy, and girl.

Arrange the late of the order to the contrary, She Hates to Accept he are a were different to the successful control of the contrary. She Hates to Accept he are a were similar to the contrary, She Hates to Accept he are a were different to the successful control of the contrary. She Hates to Accept he are a were similar to the contrary of the hates to accept the form of the contrary. She Hates to Accept he are a were similar to the successful control of the contrary. She Hates to Accept he are a were similar to the contrary of the hates to accept the form of the contrary. She Hates to Accept the successful control of the contrary of the contrary. She Hates to Accept the successful control of the control of the contrary. She Hates to Accept the successful control of the control

talk like that, but you know very well that you can't do it and that I have to. Talk is easy."

SHE does beautiful needlework, and Sher friends love the dainty gifts that she always gives.

SHE does beautiful needlework, and what would ever become of that joy that comes only with the real giving of oneself along with it?

"CINDERELLA'S DAUGHTER"

By HAZEL DEVO BATCHELOR Copyright, 1919, by Public Ledger Co

Virginia West enters boarding school and immediately becomes friendly with Kathleen Foster, the leader of the school, Virginia's friendship is disinterested, but Kathleen's is selfish, and the matter of the annual school play proves this, for Virginia unexpectedly shows talent mimicry and is given a leading t, which does not exactly please

evening, when Kathleen and Virginia to be popular, made their entrance into the reception hall, even though Miss Masland was startled, she did not do anything impulsive this crowd? I

She was shocked at Kathleen's ap-She was shocked at Kathleen's appearance. The girl was beautiful, but she looked like a vampire in a moving picture. Her dress was not only entirely unsuited to her, but it gave a wrong impression of the school for the townspeople to see one of its members dressed that way. Nevertheless, she did not call Kathleen over and make her change. Kathleen was given a chance to have her small triumph, and her entrance with Virginia, who was tall and slim and very virginal looking in her simple crepe gown, was quite sensaple crepe gown, was quite sensa-

Men flocked about her, and Virginia felt for the first time the wonderful drawing power that this girl possessed. And Kathleen scintillated, dimpled and laughed with all of them and allowed Virginia to bask in her reflected glory. The man Kathleen had called Jimmy Mattheen had called Jimmy Mattheen had not met. Virginia found herself looking up into very blue eyes as she arknowledged the introduction, but only for a moment, for he turned immediately to Kathleen and had no immediately to Kathleen and had no eyes for any one clese the rest of the beautiful beauti Men flocked about her, and Virginia

confided to Virginia, glancing at the tall blond giant hovering over Kathleen.

"Couldn't see any one else in the play, but, to my mind, there was some one else I thought much better."

But when you stop to think about it, there aren't many young men nowadays with old fashioned ideas, either.

I'm pretty sure you'll meet the right little girl some day. It's just because you have not met her that you feel the you have no mutual friend to introduce you I am afraid you will have to go through life with an unrequited affection.

Do not be foolish, dear. You could not love a person you do not know, man or woman.

I really think you are a very nice you'll meet the right to go through life with an unrequited affection.

She Has a "Kid" Brother

Virginia liked this gay method of reproach, and she laughed. And then people began to press up to her and to tell her how splendid she was in the play, and Virginia, with spots of flame in her cheeks, laughed and talked with an abandon she had never thought herself canable of until she had played the part of the naughty peddler in the play.

Some Wrist

Joung man beauto you.

Won't you please answer this letter and say you've changed your mind? and say you've changed your mind? to help me. I feel sure I am not the play one who has this sad case to will just think you wonderful and big and manly. "Jack's" letter just went to my heart. I just felt like giving this and I'm the middle child. I have an land I'm the middle child. spots of flame spots of the spots on that this Jimmy boy was keeping close to her. that he never released his hold on her for a moment. Once she looked ground for Kathleen. Under the spots of the sigh of relief that she somehow could not repress. She felt it unfair to Kathleen, disloyal be and still keen the reins of government over 200 girls in her own hands. Therefore, after the play that evening, when Kathleen and Virginia made their entrance into the recent of the spots of the sigh of relief that she somehow could not repress. She felt it unfair to Kathleen, disloyal be and third that the spots of the sigh of relief that she somehow could not repress. She felt it unfair to Kathleen, disloyal be and third that the spots of the sigh of relief that she somehow could not repress the flame spots of the sin

"See here, now," Jimmy said to her after a time. "Can't we get away from this crowd? I haven't had a chance to say a word to you tonight." Virginia thought immediately of the sorority room, and suggested going up to see it. He laughed.

"Oh, I forgot, you've seen it of course," she said quickly. "Oh, yes, I've been here before." he said easily. "But let's wander up there. I have an idea we'll find some others there too."

The school was built with a central building and wings on each side. It gave the building a fan shaped appearance from the outside which was very attractive. Inside the wings were connected with the rest of the building by wide winging halze covered does. The wide swinging, baize-covered doors. The sorority rooms were in the west wing. Going up the stairs, Jimmy Anderson reached suddenly for Virginia's hand. She felt his hard fingers close quickly on hers and her heart jumped, as she snatched it quickly away.

Dear Cynthia - Would you please. Can the Readers print this in defense of "Old Bachelor" Help Him Out? Say, brother, what do you think of Naomi B.? She says she would like to

give you a tongue-lashing. Don't mind that kind; they get off their base every once in a while. They are like a cat-spit at you from a distance and quiet when you talk to them. Stick to it, old man; I'm with you. belong to the woman haters' union, LONE WOLF.

Write to Woman's Page Editor To Harry C.—Send a self-addressed envelope to the editor of the woman's page. Lack of space prevents our pubpage. Lack of space prevents our lishing the stamp alphabet so often. will send you a printed copy.

Another Guess About Cynthia

DAY DREAMER.

Cynthia is afraid you'll have to guest again about some of those details. Your poem will be published next week in the column.

Cynthia Answers E. E.

As you expect to be married so soon and will have your home to look after and a husband to make happy, you would do well to prepare for that. It takes several years of training and extraordinary talent to, be successful in the line you ask about.

Youth is Really an Asset

Cocclia—If this young man really cares for you your youth will only attract him more. Just be patient and if he loves you he'll tell you so in time. His brotherly attakude is to be commended. This constant desire for protestations of love and love-making is not sensible, dear. Be a good friend to him; let love take care of itself.

And She Raps, Too

Dear Cynthia—These are just a few lines to "Old Bachelor." Before I read your letter this again.

Deer Cynthia—Please print this letter for "Old Bachelor":

Dear "Old Bachelor": I'm glad you at least have will-power enough to hold your resolution.

But I'm pretty sure you don't mean what you said, do you? I do not blane you for not wanting the painted "dolls," but, you know, all girls don't paint and rowder. I myself do not use it, and I long for the good old-fashioned days, But when you stop to think about it, there aren't many young men nowa.

T. B. P.—Cynthia is very sorry about that wrist. Have you seen the dector and are you taking care of it? She is very glad the advice helped. It's well to be a philosophor. Perhaps the O. B. has no sense of flumor. How is Merion?

To "Unknown Friend"

It is not possible for Cynthia to arrange meetings between correspondents to the column. She is sorry, but must

Thinks Mother Unjust

Thinks Mother Unjust

Dear Cynthia—I am a young man, seventeen, am working steadily, earning a fairly good salary, which I turn over to my mother every week, keeping only a small amount for spending money. Now, a society of which my father is a member, is giving a banquet, show and dance for the members of the society and their families. My mother sad father are going together and I have been invited to go along. I expressed my desire to invite a girl to go, too, as I felt I would be out of place, not knowing any of the young folk there, and not wanting to stick around and hear the older people gossip. My father had no objection, but my mother said that I was too young, notwithstanding the fact that both she and my father would be there. I believe my mother is rather unjust in this matter. What is your opinion?

'As to this "doll" argument that ha As to this 'doll argument that has been filling your column for the last few weeks, why not leave the said dolls alone in their folly? If they want to destroy their natural complexions with paint and powder. let 'em do it. It is nof fair to condemn all the girls on account of a few. There are a lot of fellows, too, who are a disgrace to the rest of our sex.

fellows, too, who are a disgrace to the rest of our sex.

I refer to the lounge-lizards, those who go around wearing tight-fitting trousers, hats pulled down over their eyes, fur-collar overcoats, etc. They are just as bad as the girls. I am a fellow, and, of course, stick up for the fellows, but I don't like to see all the discent girls disgraced by a few who have no better system, and the same with

They Write of Many Things to Cynthia

Dear Cynthia-I have two girl friends and both of them are serknow what to do. How can I tell which one I love most? Tell me how to get rid of the other, for I am awfully depressed and bothered.

proverb. "People who live in glass houses shouldn't throw stones." With your permission. Cynthia. I will place my application for the member of the K. U. H. C. May I?

DISABLED SOLDIER.

"HAPPY." Of course, you may join the K. U. H. C. Welcome in, I would not say that mother is exactly unjust. She

works. I do not know this you but I see him about twice a day.

older brother, who never bothers my friends or myself.

When I have young men call my "kid" brother comes in and "grabs" all the conversation. Indeed, he knows some of my friends better than I do, from his going to the same school as they do. But when he comes in and monopolizes everything we say it's perfectly awful.

My mother and father won't do any-

fectly awful.

My mother and father won't do anything with him. You can't blame them, for he has been through so many accidents that he is very dear to them, so he is very spoiled.

My friends all like him, and I would not mind his coming in and saying a "good evening" or something, but when he refuses to leave the room till my friends must go. I'm in despair.

Please, Cynthia, print this letter, and I would like to have some of our mutual friends answer. They may know of something that can be done.

IN DESPAIR.

IN DESPAIR.

Another Guess About Cynthia

Dear Cynthia and fellow-readers: I declare that the guessing contest regarding Cynthia has ended too abruptly, so I hope to be the means of renewing it. I suppose Cynthia will smile at any description, but I'm sure she had to smile at some others equally absurd.

Cynthia, I think, has seen a good deat of the world and has experienced both sorrow and happiness. She has an optimistic view of life, and if she was ever jilted she does not show it, nor empty the vials of her wrath upon the heads of all men, as "Old Bachelor" does to women.

Altogether I consider her a charming, sympathetic listener, a good talker and a brilliant, talented woman, not more than forty. Am I right or wrong?

DAY DREAMER.

Cynthia is afraid you"ll have to guess. Do you know, Cynthia thinks you are not have any more trouble

At the same time, dear, be careful not to get sentimental with these boys. Perhaps your older brother would talk to the younger for you,

Wants Nice Friends Dear Cynthia—I am a giri of nine-teen and have quite a few friends, both boys and girls, and this is the question

pink ribbon embroidered in blu and equipped with four gold safe

ty pins to pin them to the cami a steel vacuum bettle that does not break with change of temperature or rough usage. Copper can be cleaned with tur-

pentine.

A shawl collar with long ends that cross in front and hang down on each hip, passing through loops on the side of the waist, is shown on some of the new frocks.

A striking combination of colors for an evening dress, is rose pink and samphire blue.





Breakfast Luncheon Dinner Supper

Any time that any one wants

a delicious drink with a real, satisfying, sustaining food value. We guarantee its purity and high quality. We have been making chocolate and cocoa for nearly 140 years.

WALTER BAKER & CO. Ltd

