

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

MRS. WILSON GIVES RECIPES FOR CHILDREN

Well-Cooked Meat and Vegetables Are Necessary for the Growing Boy or Girl

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

By MRS. M. A. WILSON

FEEDING 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 cooked.

This means that the cellulose structure of the vegetables must be softened so that the starch content should be dextrinized and ready for digestion.

Cook potatoes by first thoroughly scrubbing them to cleanse and then dropping them into boiling water 4 or 5 minutes before cooking until tender.

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.

Do not parboil much of the valuable mineral elements lie directly under the thin, paper-like skin and are needed by the growing child for bone and tooth tissue structure.

Well-cooked carrots, cut into dice, spinach, cauliflower, mashed turnips, celery, onions—all afford a splendid variety.

Never use soda for any purpose in cooking your children's food. Soda and other salts destroy the available vitamins, but it also causes other digestive disturbances. Allow all foods sufficient time to cook thoroughly.

Meat may be given to children from the time the child is two years old. Tender, well-cooked beef, minced or scraped fine at first; beef and lamb steaks or baked in casserole dishes; chicken, broiled or baked fish free from skin and bones all offer wide opportunities.

Do not give young children bacon, ham, pork or veal, sausage or corned beef or any other pickled or preserved meats. Fat, roasts, steamed or stewed, cold and broiled potatoes 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 milk and a liberal serving of pure creamery butter and well-baked home-made bread. Do not season lightly any of the children's food. Spices and seasonings all result in overstimulating the liver and kidneys.

Beef Stew

Place a half pound of hamburger steak in a saucepan and add:

One and one-half cups of boiling water.

One branch of celery.

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 parsley.

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

Dinner

Beef Stew with Toast

Baked Potatoes Spinach

Apple Tapioca Lettuce Cocoa

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 hastens 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 cakes, fresh bread, biscuits or pastry. There is a beautiful Irish legend that the boys and ladies who eat their bread, 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.

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, to be held next week, starting Monday, at the First Regiment Armory, Broad and Callowhill streets.

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

Cheese Omelet

Place in a mixing bowl Yolks of two eggs. One-half teaspoon of paprika. One-half teaspoon of salt. One-quarter teaspoon of white pepper. Four tablespoons of evaporated milk. Six 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.

A SIMPLE DESIGN, BUT LINE IS GOOD



Jet is the trimming that forms these rings all over the frock of black satin. Jet also edges the short sleeves and trims the neck 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 you may know already. However, if you are like the majority of women you do not fully realize it. That is, that the smart things of this season are really very simple in design. In spite of all their responsibility of color, their embroidery, beaded effects and their metallic brocades, the design itself is not elaborate. In fact it is very simple.

How much more successful would the women be who make their own frocks or who have them made by the small dressmakers if they only realized this fact! The trouble so often is that they attempt something intricate. They plan a frock for some special gorgeous occasion and they look through the fashion magazines and select one of the most intricate of the designs. It would be far more sensible to select a simple design and concentrate on that, making sure that the line was well carried out 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 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 interesting—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.

Take any group of small-town women gathered at a tea or card party—women who spend freely on their clothes, women who think more than they would like to admit about what they wear. First you are struck with the fact that with very few exceptions they are not well dressed—rich fabrics are there to be sure, lovely lace and prettier furs mayhap. 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 dressmakers. It is usually the fault of the women who have not opened their eyes to the fact that it is the line in fashion that plays the important part and that the frock that is too much trimmed is robbed of its good line.

The Woman's Exchange

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. L. V. B. letter about the old-style piano being in her way and the owner who would not come for it.

I would like to publish in your paper for use in your 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 some time 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.

Needs Physical Culture

To the Editor of Woman's Page: Dear Madam—My neck is very bony and my chest 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? H. F. M.

Surprise Freedom Party

To the Editor of Woman's Page: Dear Madam—I am going to give a freedom party to my boy and I want it to be a surprise party, too. Kindly inform me how to go about it; how to keep the party a secret until the guests arrive. Also, how to make the party a success. I am sure you will be all his boy's friends. READER.

Arrange the table with a large bunch of flowers in the center and candlesticks at the four corners and centerpiece. Keep the party a secret until the guests arrive. Also, how to make the party a success. I am sure you will be all his boy's friends. READER.

Sash for Velvet Dress

To the Editor of Woman's Page: Dear Madam—I have a velvet dress and would like to know what kind of sash or bow would be appropriate to wear with it. MISS M. K.

A girdle of soft satin with long ends would be pretty on a velvet dress, or one of the metal girdles, "centaurs," they are very popular now. These metal things are used in a single row, not low about the hips. A belt of velvet, finished with a pretty buckle, would look well, if you have any of the material.

Wants Help in Essay

To the Editor of Woman's Page: Dear Madam—Please, as a favor answer the following questions: I am a schoolgirl ready to graduate from high school. We have to write a temperance essay about prohibition. Give some facts and words from various states as to the benefits from prohibition from state prohibition. Second, when will the eighteenth amendment become a law and what do you understand it to mean? There are some of the questions that I do not understand. E. M. M.

Adventures With a Purse

I AM willing to wager that you have never seen the paste or glue holders today's advertisement brought to light. They are small round china jars measuring two or three inches in height, and are beautifully decorated. Handle, lid and base are all in one. The lid is gold finished and the handle is brightly colored in red or yellow. In rereading this I fully realize that I have not done justice to their beauty. But this I can assure you, if you stop to see them, I know you will purchase one either for your own desk or the desk of a friend.

It is had enough to have shoulder-straps on one's undergarments, good news news, but certainly if they are going to show they had better be of attractive appearance. One shop sells ready-made silk shoulder-straps for canvas and vests. They are edged with tiny lace resembling tating and they are all ready to sew on your lingerie. Thirty-five cents is the price for a pair. You will never appreciate their convenience until you have tried them.

It may have taken a man to discover that a woman's crowning glory is her hair. He has taken a woman to discover a way to tend her hair which would bring out all its lovely luster and preserve its soft glossiness. The preparation I speak of is used after shampooing. It is a soap bar has been rinsed out. And it will bring out every tint and gleam of color. A good-sized bottle may be had for \$1.20, and the assurance is that you will be delighted with the results.

What have you done with the pictures you had taken this summer—snapshots and the like? Instead of pasting them in your book, which is a tedious and uncertain job, why not use specially prepared paper. They are backed with glue, and all that you need do is to moisten them and press one on each corner of the picture, holding it flat on the page of the book. I am sure that you will find them a great convenience. And certainly their price is most reasonable, for you can get an envelope for ten cents containing 100.

Send a self-addressed, stamped envelope to the Editor of Woman's Page, or call Walnut 3000, for names of shops where articles mentioned in Adventures With a Purse may be purchased.

SHE'S WARM ENOUGH



The owl is known to be a wise old bird, but he never did anything wiser than to perch right on the front of this hat to make it more attractive. The soft tones of his coloring are in perfect harmony with the shadings of the nutria coat worn with the hat.

TELLING HOW HARD IT WAS TO GIVE A GIFT OR FAVOR

Does Not Make the Person Who Receives It Any More Appreciative—On the Contrary, She Hates to Accept It

"Did you really make it all your self?" one of them asked one day, admiringly. "Indeed I did," she answered, enthusiastically. "Every single stitch! And you may think it was easy, too. Those little tucks—they look pretty now, but I tell you there were times when they didn't look pretty to me. You'll never see me making them for every little inch of that, and I don't know how soon I'll make another one, either. Not until I have more patience than I have now, anyhow. And nobody could blame that friend for thinking to herself, 'Well, if it gave you so much trouble, perhaps I'd better give it back.'"

All the while she was holding court she was conscious that this Jimmy boy was keeping close to her, that he never relaxed his hold on her for a moment. Once she looked around for Kathleen, she saw her sitting in a chair, looking guiltily conscious of the sight of relief that she somehow could not repress. She felt it unfair to Kathleen, disloyal, but the feeling that Kathleen would not like her to be popular.

"See here, now," Jimmy said to her after a time. "Can't we get away from this crowd? Haven't had a chance to say a word to you since we got here." 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. I have an idea we'll find some others there too."

The school was built with a central building and wings on each side. When they reached the door of the sorority room from the outside which was attractive. Inside the wings were connected with the rest of the building by wide swinging, bare-covered doors. The sorority rooms were in the west wing. Going up the stairs, Jimmy Anderson reached suddenly for Virginia's hand. She felt it and her fingers close quickly on his and he had jumped, as she snatched it quickly away.

"Don't!" she said childishly. She felt a sudden sense of estrangement from him. It spoiled things. He had been so friendly, and now, this! Then she reached the door of the sorority room and pushed it open. Jimmy holding back the long black curtain that hung before it. In the gloom stood Kathleen and the blond girl whose name Jimmy had told her in his arms, and Virginia noticed with a shock of disappointment that Kathleen was holding her face up to his. Virginia knew that Kathleen did not know his name, had never met him until tonight, but how could she allow him to hold her that way, how could she?

"CINDERELLA'S DAUGHTER"

By HAZEL DEYO BATCHELOR

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

MISS MASLAND, the head of Palmerton school, was not the splinter-like, dried-up type of school mistress that is so often painted in fiction. She was tall and stately, with a crown of white hair, and she made a genuine effort to make the girls happy, to be as broad as she could be and still keep the reins of government over 200 girls in her own hands. Therefore, after giving the blonde made their entrance into the reception hall, even though Miss Masland was startled, she did not do anything impulsive.

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 rest of its members dressed that way. Nevertheless, she did not call Kathleen over and make her change. Kathleen went to her room and looked at her reflection in the mirror, but only for a moment, for he turned immediately to Kathleen and had no time to look at her own.

Men looked at 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 look in her reflected glory. The man Kathleen had called Jimmy came up with the blond man whom Kathleen had not met. Virginia found herself looking up into very blue eyes that she had never seen before, but only for a moment, for he turned immediately to Kathleen and had no time to look at her own.

He had laughing brown eyes and gave the impression of being small because of his smiling, boyish face and a charming manner. He took possession of Virginia in a way that was very flattering.

They Write of Many Things to Cynthia

Some One Stands up for O. B.

Dear Cynthia—Would you please print this in defense of "Old Bachelor"? 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 backs 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. I belong to the woman hater's union, too. 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 publishing the stamp alphabet so often. We will send you a printed copy.

Another Guess About Cynthia

Dear Cynthia and fellow-readers: I declare that the guessing contest regarding Cynthia has not run too abruptly, so I hope to be the means of renewing it. I suppose Cynthia will smile at my description, but I'm sure she had to smile at some other equally absurd. Cynthia, I think, has seen a good deal of the world and has experienced both sorrow and happiness. She has an optimistic view of life, and if she were 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, a brilliant, talented woman, not more than forty. Am I right or wrong? DAY DREAMER.

Cynthia Answers E. E.

As you expect to be married so soon and will have your home to look after, a husband to take care of, and 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.

She's for the Marines

Dear Cynthia—I want to say a little to Miss Marine Hater. I have known a great many marines and all of them were boys that any girl would like to marry. They are a fine lot of fellows, and if you get hold of a first-class marine, (and that's easy enough), you'll find a man who will take care of you. Miss Marine Hater, marines are not stuck up, but even if they were, they would have a lot to be stuck up about. U. S. M. C. SUPPORTER.

Answers "Bobbie"

Dear Cynthia—Just a note to "Afraid-to-be-Feministic Bobbie." Now, "Bobbie," I know you will think I am just the least bit insulting, but I must not let you talk about the Philadelphia girls. I am sure that you girls would not let me hear from them. There are some very fine girls in Philadelphia, and even if I do say it myself, I am one of them. I am a good plain cook. I don't use any reference, my cooking speaks for itself. Who wants to stick in the kitchen all her life? If that's the kind of wife you are looking for, you'll get a long way these days. These are the days you don't get anything for nothing. Never say never, as never is a long way off. Any man who speaks of some of the girls would not let me hear from them. There are some very fine girls in Philadelphia, and even if I do say it myself, I am one of them. I am a good plain cook. I don't use any reference, my cooking speaks for itself. Who wants to stick in the kitchen all her life? 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