GOOD FRUIT RECIPES-ADVENTURES WITH A PURSE-WOMAN'S EXCHANGE-CAREFUL DRESSING

HOW TO GET FUN

MRS. WILSON ADVISES EATING AN APPLE OR MORE A DAY

This Fruit Has Nutritive Mrs. M. A. Wilson to Give and Medicinal Value as Well as Delicious Cooking Possibilities

By MRS. M. A. WILSON

(Copyright, 1919, by Mrs. M. A. Wilson, All rights reserved.) FIRE old slogan that an apple a day Reeps the doctor away is still as good as in the days of yore. The analysis of the apple shows:

Pretein and nitrogeneus matter, about .08.
Carbobydrates, 12.05.
Water, 82.00.

Fats, .05. Acids, 1.00. Cellulose, 3.02.

The nutritive and medicinal value of the apple in the daily diet may be easily understood when the physicians tell us understood when the physicians tell of that those who live on a diet of over-rich foods and fall heir to the diseases induced by this sort of food are quickly relieved when a liberal diet of apples becomes their daily portion.

The apple is surely the king of all the control of the control

fruit and it may be eaten both raw and cooked. There need be no actual waste to good, sound apples. The par-ings, cores and seeds may be used for making jelly. SOME UNUSUAL APPLE RECIPES

Southern Fried Apples

Apple and Macaroni Betty

One and one-half cups of sirup, Pour tablespoons of cooking oil.

Dust the top with fine breadcrumbs and dust well with cinnamon. Bake in a slow oven for fifty-five minutes.

Serve with sauce.

Line a deep pie plate with plain pastry, then place a layer of thinly sliced apples, then a layer of seeded raisins. Repeat until the plate is full.

Place in a mixing bowl: Three-quarters cup of brown sugar, One-half cup of shortening.

One cog.

The first of a series of short stories about everyday people in situations that are interesting because they happen to you and your neighbor every day, begin in the EVENING PUBLIC LEDGER Dext Saturday December 13.

FANNY HURST

who writes these stories, not only knows what she is talking about, but talks about what she knows. Her first heroine is a salesgirl in a department store. Miss Hurst was once a saleswoman herself, and she knows the work, the weariness, the struggles and the temptations of the position. She knows more than this she knows how to tell about vivid way as to giv the reader the impression of being in a theatre seeing every scene real istically enacted.

You'll Enjoy This Story





Acne Cream

This cream is applied after

Economy Talks at Bazaar

Mrs. Mary A. Wilson, food econo mist of the EVENING PUBLIC LEDGER, will give food-economy talks and demonstrate new sugar less and eggless recipes every after-neou and evening this week at the 109th Infantry Bazaar, in the First Regiment Armory, Broad and Cal-

THIS AFTERNOON 2:30 o'clock-Sugarless spongecake,

eggless muffins.

8 o'clock-Sugarless crullers, eggless mayonnaise, cream cabbage, bis-

cuits. TOMORROW

2:30 p. m.-Corn dodgers, corn muffins. p. m,-Meat-cutting demonstration, gingerbread.

a moderate oven for twenty minutes. Put together with caramel filling. Caramel Apple Filling

Place in a saucepan: One and one-quarter cups of brown

One cup of grated apple.

Three tablespoons of shortening.

Cook until it forms a soft ball in cold Wash and wipe dry and cut into inch silces. Dip in flour and fry in hot bacon fat, turning with a spatula or cake turner. Serve for breakfast with hot cakes and bacon.

My Apple Sauce

Cook one package of macaroni in beiling water for ten minutes. Drain, then place a layer of macaroni in the bottom of a greased baking dish and sprinkle with cinnamon. Now place a layer of apples, pared and chopped fine. Repeat until the dish is full, having on the top a layer of apples.

Now add:

Select part green and part red apples, then wash and cut into pieces. Place two quarts of the prepared apples in a saucepan and add three cups of water. Cook until soft and then rub through a sleve to remove the skins, cores and seeds. Sweeten the sugar and flavor with nutmeg. Using part green and part red apples gives a beautiful rose-colored sauce. Select part green and part red apples,

Apple and Raisin Pie

Apple Cake With Caramel Apple Filling Now sprinkle lightly with three level tablespoons of flour and

Tico-thirds cup of brown sugar, One teaspoon of nutmeg, Cover with top crust and bake in a slow oven for forty-five minutes.

Two cups of flour,
Four level tenspoons of baking Mrs. Perkins's New England Pan Dowdy

Beat to mix, then bake in two well-greased and floured layer-cake pans in "WHITE GOODS"

Bowdy

Grease well a deep baking or casserole dish and place in the bottom a layer of sliced apples. Sprinkle with cination and brown sugar and a few seeded raisins to each layer. When the dish is full, turn over the apples a cornstarch custard. Cover with plain

In Bad Weather

An attractive and practical raincoat and tam-o'-shanter hat appear in a smart leather shade. The rubberized side turns to the storm and the silk canton side to the wearer. The tam is of the same material as the coat and

Mrs. Perkins's New England

pastry and bake in a slow oven for one

Custard for Apple Dowdy One cup of sirup,
Tico cups of cider or juice made from
cooking the apple paring with water,
One-half cup of cornstarch,
One teaspoon of cinnamon,
One-quarter teaspoon of nutmeg,

and Deep Pie

Pinch of allspice. Stir to dissolve thoroughly the starch, then bring to a boil and cook for three minutes. Pour over the prepared dowdy and cover with the crust as directed

French Baked Apples

Select medium-sized apples. Core and remove inch-wide strips of paring from top and bottom and center of apples. Place in muffin pans and add

Today's Inquiries

 How can suede shoes that are shiny with wear be freshened?
 What new kind of smelling salts convenient to carry in the handbag are being sold now?
Describe a gift that would be appreciated by the man of the

house.

How can stains be removed from tiled floors?

What weekly treatment should be given winter house plants?

Describe a pretty and useful device for helping the memory in the matter of mailing letters.

Yesterday's Answers

Norway has taken a sten inter esting to women in appointing a woman to sit in the assembly of woman to sit in the assembly of the league of nations.

A charming evening dress for a young girl has a bodice, girdle and flaring yoke of light blue vel-vet. To the yoke is attached a bouffant overskirt of light blue chiffen, edged with a row of tiny nink rows.

nink roses.

In cleaning painted walls the precaution should be taken of not using yellow soap or washing soda, as this causes discoloration of the residence.

soda, as this causes discolora-tion of the paint. Shoe trees can be enameled in a light shade and decorated with tiny painted roses for Christmas 5. A perforated bottle top sold in the stores will make clothe sprinklers out of ordinary bot

The latest style of powder box has a tiny edition of the painted wooden milliner's models as han-

The Woman's Exchange

Would Be Movie Actress'

Pan Dowdy Is a Combination of Brown Betty

Dear Madam — Would you please give me this information if possible, or if you haven't it, perhaps you could refer me to some one who has:

Is there are studie in Different Dear Madam — Would you please give me to some one who has: refer me to some one who has:

Is there any studio in Philadelphia where a young lady could apply for a position who has had experience in motion pictures?

CURIOUS. There are no studios in Philadelphia now. The nearest is at Betzwood. A motion-picture magazine could give you the name of the company that is located

About Social Service Work

Dear Madam-Wonder whether you could help me out? I would like very much to know to whom and where I must go to find out about "social" work. I have a few hours each day to spare, and would love to devote them to that line of work, only do not know where to go for information. M. F. Y.

Select medium-sized apples. Core and remove inch-wide strips of paring from top and bottom and center of apples. Place in muffin pans and add One tablespoon of water.

Two tablespoons of sirup.

Bake in a slow oven for forty minutes. Baking the apple in muffin pans and wasting as in the usual baking pan. It is also possible to pare and bake apples in this manner. If you wish to pare apples before baking do not core them.

The Question Corner

Have you had experience in social service work? I am sure that you would be welcomed at the Society for Organizing Charity, 419 South Fifteenth streets, at the home service section of the Red Cross, or at any of the neighborhood or settlement houses, if you have had experience in this kind of work. If there is no work at any of these places that you could do in part time, no doubt the women in charge will tell you of something of the kind that you could do. Your other letter was answered some time ago. Haven't you received it yet? If not, I hope you will let me know so that I can answer it again, for it must have been lost in the mail. Have you had experience in social

way, only, of course, it would be shorter than it would be if you had the recep-

OUT OF WALKING Please Tell Me What to Do

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. The

By CYNTHIA

a good meal. As my metner is dead I keep house for my father and brother, and I bet I can cook as well as your mother.

Naomi B. is too easy with you when she says she would like to give you a good tongue-lashing; for my part I would like to give you a good shaking. You had better take my advice. "Old Backelor," End take another chance, because some day you will be an old man and won't have any one to take care of you. wan and went have any one to take care of you.

What do you say, Dan B.—am I right? And as Cynthia says, "Old Bachelor,' really you know you do not mean what you say; you just want to start something," SPITFIRE.

NEAT-LOOKING CLOTHES FOR THE BUSINESS GIRL

Minnie Thought It Wouldn't Make Any Difference to Look Untidy When She Applied for a Position, but It Did

I THINK it's so silly," a girl ex-claimed the other day, "for people to think that if a girl isn't beautifully to think that if a girl isn't beautifully might easily have been so much fresher. and signed with the full name. The name will not be printed with the letter.

She'd Like to Shake Him
Dear Cynthia—I have been reading your column and would like to tell "Old Bachelor." you certainly do make me angry when you say there's not a girl in Philadelphia who can cook like the old-fashioned girl. You are wrong. I am a girl, sixteen years old. I use just enough powder to take away the shine, and would use paint if I needed it, and I can cook a good meal. As my metier, is dead and neat and all that, she isn't officient. What difference does her appearance make to her work? If she's good, what she looks like doesn't make any difference; why should a little thing like a petticoat below the skirt have anything to do with the efficiency. But it has a great deal to do with her chance to display her efficiency. Listen to the tale of Minnle.

Minnle started out to answer an advertisement for a competent stenographer, knowing well that she answered the requirement. Her mother called to head and neat and all that, she isn't officient. What difference does her appearance make to her work? If she's good. What she looks like doesn't make any difference; why should a little thing like a petticoat below the skirt have anything to do with the refliciency. But it has a great deal to do with her chance to display her efficiency. Listen to the tale of Minnle.

Minnle startification is at her untidy desk in a shirtwaist that might easily have been so much fresher, her belt slipped to show the safety pin that kept waist and skirt together, and the inevitable hole just above the leel of the patent leather pumps. He saw the work that we have been so much fresher. her belt slipped to show the safety pin that kept waist and skirt together, her belt slipped to show the safety pin that kept waist and skirt together, and the inevitable hole just above the leel of the patent leather pumps. He saw the work is too dor with the inevitable hole just above the safety pin that kept waist and skirt together, her belt slipped to show the s

rapher, knowing well that she answered the requirement. Her mother called to her as she left, "Wait, Minnic," she said, "You have two buttons off the front of your coat."

"Well, that won't make or break me," "Bring the stopped just outside to pat some powder on her nose, and trotted off to another office, thoroughly disgusted. Perhaps personal appearance doesn't make a girl incompetent. Perhaps she can do as good work as the girl who is always neat and clean and carefully put together, if not better work. But how will she ever get the chance to prove it, if she is so repulsive to every one who interviews her? If she is so utterly incompetent in taking care of herself. able, her hair was loose on the sides, incompetent in taking care of herself and her gloves were badly split out at and her clothes, how will any one the fingertips. Then he looked into the future.

Adventures With a Purse

Announcing Engagement
To the Edicar of Woman's Place:

Dear Madam—Please he kind enough
printed invitations be sent?

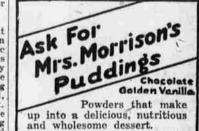
If not, should the virtue invitations specify
should the evening the speat? Should
printed invitations be sent?

For YOU are much of a pedestrian—
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A Daily Fashion Talk by Florence Rose
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Changing from Old to New

Endorsed by Alfred W. Mc Cann, pure food expert of the New York Globe

When the motor-car was first offered to the public people were skeptical about its real value. Trey had always used horses. Many thought the motor-car must be a failure. But they have long since changed their minds.

Science won in giving the world a new kind of transportation. And Science has done as much for foods in making a new kind of butter from the fats of cocoanuts and peanuts combined with fresh pasteurized milk and churned into

the Modern Butter

Don't be disappointed Ask for First Prize by name.

First Prize is really delightful. Its flavor is all its own. It furnishes the fats that your body needs. It tastes good. First Prize is wholesome, pure, rich. It is the modern butter that is used by thousands who can afford anything they want. And all can afford First Prize.

First Prize is a change from old to new in butter. It is creamy and smooth. It satisfies palate and body. It is clean. It is packed with the care it ought to have. Try it. No benzoate of soda nor any other preservative is needed to keep First Prize sweet.

Your grocer sells First Prize or can get it for you. Try a pound today.

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Including Bench, Cabinet & 24 Latest Music Rolls

THIS brand-new, full-size Tennyson Player-Piano, plays all standard 88-note rolls. It is plain in design, being built on the most modern artistic lines. It has a five-point motor, bell metal plate, spruce sounding board, ivory keys and ebony sharps and all the latest improvements. It is priced far under prevailing prices for equal quality. This is possible only through the foresight of our factory in purchasing, months ago, the necessary materials to increase its output. Everywhere piano dealers and even manufacturers are short of stock, while our factory has nearly doubled its output for this year. Large production means the reduction of cost of has nearly doubled its output for this year. Large production means the reduction of cost of manufacturing as well as overhead cost, which is shown in the price quoted herewith. Now is the time to make your selection before a change in conditions sends prices up.

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MUSIC ROLL CABINET & 24 Q.R.S. MUSIC ROLLS

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