SUNDAY MENUS—ADVENTURES WITH PURSE—WOMAN'S EXCHANGE—CYNTHIA—TRAVELING CAFES

MRS. WILSON PLANS SOME UNUSUAL MEALS

Directions Are Given for Planking Steak and for Making Colbert Sauce to Serve With It

Cheese and Pepper Sandwiches Are Novel and Delicious for Supper on Sunday Evening.

By MRS. M. A. WILSON

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My Dear Mrs. Wilson:

I have read and tried many of your recipes with very good results. I wish you would kindly publish in your columns how to plank a steak, also a gravy or sauce to go with it. Thanking you in advance.

A. F. B.

JUST before the approach of the holidays the housewife is frequently hard put to find variety for the Sunday meal. This is an ideal time to plan a planked steak meal for the family.

A SUGGESTIVE SUNDAY MENU

Breakfast

Grapefruit
Cereal and Cream
Waffles Honey
Coffee

Dinner

Celery Radishes
Planked Steak Colbert Sauce
Lettuce Russian Dressing
Banana Tarts Coffee

Supper

Cheese and Pepper Sandwiches
Potato Salad
Apple Cake Tea

The market basket will require

Two medium-sized grapefruit,
One bottle of honey,
One bunch of radishes,
Two and one-half pounds of rump or sirloin steak, cut one and three-quarters inches thick,
One bunch of parsley,
One-quarter peck of potatoes,
One bunch of carrots,
One quart of onions,
One head of lettuce,
Three peppers,
Three bananas,
Cottage cheese,
Three apples,
The usual weekly staples.

In planning to plank a steak, a planking board of well-seasoned white oak is necessary. Wash the board and soak in warm water for several hours. When ready to cook the steak place the board in the oven to heat.

Broil the steak in the usual manner and when ready to lift place on a hot board. Put a border of well-seasoned mashed potatoes around the plank, using a pastry bag to pipe the border in. Place in the space between the border and the steak some carrots and braised onions. Dust lightly with salt and paprika and place in the broiler for a few minutes. Send to the table with Colbert sauce, in a small bowl or tureen.

Colbert Sauce

Place the trimming from the steak in a saucepan and add:

One onion,
Trimming for the carrots,
Two cups of water,
One-half teaspoon of thyme.

Bring to a boil and simmer slowly for half-hour. Now place three tablespoons of bacon fat in a saucepan and add five tablespoons of flour. Blend well and brown a deep mahogany color. Then add one and one-half cups of stock and bring to a boil. Simmer slowly and then add:

One-half cup of finely chopped parsley,
Juice of one lemon,
One teaspoon of salt,
One teaspoon of paprika.

Add one tablespoon of butter when ready to serve.

Banana Tarts

Place in a mixing bowl:

One cup of flour,
One-half teaspoon of salt,
One teaspoon of baking powder.

Sift to mix and then rub in three tablespoons of shortening and mix to a dough with: Four tablespoons of water. Roll out one-half-inch thick and cut into squares. Fill the center with sliced bananas and fold as for apple dumplings. Brush with milk or water, place on a baking sheet and bake in a moderate oven for twenty-five minutes. Serve with lemon sauce.

Lemon Sauce

One cup of white corn sirup.
Grated rind of one-half lemon.
Juice of one lemon.
Three-quarters cup of water.
Three tablespoons of cornstarch.

Stir to dissolve, then bring to a boil and cook for three minutes. Cook and serve.

Cheese and Pepper Sandwiches

Turn one cup of cottage cheese into a mixing bowl and add:

Four tablespoons of Russian dressing.
One onion grated,
One green pepper,
Two branches of parsley,
One teaspoon of salt,
One teaspoon of paprika,
One quarter teaspoon of mustard.

Mix thoroughly and then place:

Two ounces of butter

in a small bowl and add:

Two tablespoons of finely minced parsley,
One tablespoon of grated onion,
One-half teaspoon of mustard,
One-half teaspoon of paprika.

Beat to a cream and use a spatula to spread on the bread. Cut slices very thin, spread with a leaf of lettuce and then the cheese mixture. Cover with a second slice of bread, then cut into a triangle and pile on a platter covered with a napkin.

Potato Salad With Cooked Dressing

Boil seven medium-sized potatoes in their jackets and when cool remove the skins and cut in slices into a mixing bowl. Now add the coarse outside leaves of the celery, diced, and

Three onions, minced fine,
One green pepper, minced fine,
Four branches of parsley, minced fine,
One cup of the prepared dressing.

Toss to mix thoroughly and then turn on a large platter and line with lettuce, then mask with the dressing.

Boiled Salad Dressing

Place in a saucepan

Three-quarters cup of evaporated milk,
One-half cup of vinegar,
One-half cup of water,
Seven tablespoons of flour,
One tablespoon of mustard,
One-half tablespoon of paprika.

Stir to dissolve thoroughly, then bring to a boil and cook slowly for three minutes. Now add:

Two tablespoons of sugar,
Five tablespoons of salad oil.

Beat hard to blend thoroughly, then chill and use. Thin with vinegar if desired.

Apple Cake

Place in a mixing bowl:

One cup of flour,
One-half teaspoon of salt,
Three teaspoons of baking powder,
Two tablespoons of sugar.

Sift to mix, then rub in two tablespoons of shortening and mix to a dough with one-half cup of water. Spread evenly on well-greased and floured layer cake pan. Cover the top quickly with thin sliced apples. Sprinkle with brown sugar and cinnamon and bake in a slow oven for thirty-five minutes.

Mrs. Wilson to Lecture on Sugarless Recipes

Mrs. Mary A. Wilson, food economist for the EVENING PUBLIC LEDGER, will give food economy talks and demonstrate new sugarless and eggless recipes this week at the 109th Infantry Bazaar, in the First Regiment Armory, Broad and Callowhill streets.

Tonight

8:00—Old-fashioned English crumpets; eggless, sugarless fruit-cake, gingerbread.

Tomorrow

2:30 p. m.—Pastry, quick bran bread; eggless, sugarless fruit cake.
8:00 p. m.—Gingerbread, biscuits; eggless, sugarless fruit cake.

The Woman's Exchange

A Christmas Thought

To the Editor of Woman's Page:

Dear Madam—I know this is entirely out of your line, but I thought you would possibly help me.

I am making a collection of pictures and would you please send me the addresses of Vivian Martin, Marguerite Clark, Louise Huff, Wallace Reid, Douglas Fairbanks and Harrison Ford?

Mother would like to know if you have the names of two or three deserving families with small children whom mother could remember with stockings, toys and sweets as she did last year. She would thank you very much for same. Yours, MISS M. K.

Vivian Martin, Harrison Ford and Marguerite Clark are all with the Morosco studios. Louise Huff is with American Cinema, and Wallace Reid is with Lasky. Douglas Fairbanks has his own company. You can find the addresses of the various companies in the motion picture magazines, or if you cannot find them, letters addressed to the stars in care of the Mabel Condon Exchange, 6035 Hollywood avenue, Los Angeles, Calif., will be forwarded to them.

I think it is very lovely of your mother to want to remember other mothers' children at Christmas. I will send you some names.

I hope your Christmas will be all the more merry on account of your kind thought for others who are less fortunate.

Wants to Work at Home

To the Editor of Woman's Page:

Dear Madam—Will you please tell me what I can do at home to make some extra Christmas money. My husband was in the service and we are up against it at present. I have a little six-months-old baby and can't leave it to go to work out. Could I do anything at home at spare times?

EVENING PUBLIC LEDGER LOVER.

You might be able to get some piece-work to do at home if you apply at wholesale clothing establishments or factories. You can find the addresses in the business directory of the telephone book. If you do fancy work or make cakes or candy of any kind, you could send it to the Woman's Exchange, 114 South Seventh street, to be sold on commission. Watch the advertisements in the papers for opportunities of getting envelopes to address or something of that kind that you could do at home. You could leave your baby at a day nursery while you go out to work. Have you called any of them up. There is a list in the telephone book, and you can choose the one most convenient to your home. The baby will be well taken care of and be perfectly safe and comfortable there at the nursery.

Mrs. Wilson Answers Queries

No. 14

My Dear Mrs. Wilson:

We have quantities of peppers, both the sweet and the hot varieties. A large number we have used already in various kinds of pickles. Can you give us a recipe for canning those that remain? Thanking you, I am,

E. S. R.

Place the peppers in hot oven to blister. Remove the tops and seed and the skin. Pack into sterilized jars and cover with boiling water containing one teaspoon of salt to each quart. Adjust the rubber and lid and partially tighten. Process in a hot-water bath for thirty minutes, counting the time from the minute the water starts to boil. Remove, fasten or seal securely and then let cool. Dip in melted paraffin and store in a cool, dry place.

The Question Corner

Today's Inquiries

1. How should the clothes wringer be adjusted for wringing linen?
2. Describe a pretty overskirt made of fringe.
3. Is it correct for a physician's wife to be called "Mrs. Doctor Smith"?
4. What precaution should be taken in making a skirt of striped material?
5. When long window curtains wear out at one end what use can be made of them?
6. Describe a striking hair ornament seen in the shops.

Yesterday's Answers

1. Suede shoes that are shiny with wear can be freshened by rubbing with sand paper.
2. Smelling salts convenient to carry in the handbag are made in the shape of capsules covered with crocheted silk. They must be crushed in order to give out the fragrance, but the silk prevents spilling.
3. A gift for the man of the house is a pair of leather slippers with a traveling case for them.
4. Remove stains on tiled floors by rubbing with a solution of two parts of water to one part of oxalic acid.
5. A weekly sprinkling in the bath-tub should be given winter house plants to free them from any dust.
6. A device to help the memory in mailing letters is a burlap bag marked "mail" in cross-stitch, hanging right beside the front door where it cannot miss the eye of the person going out.

IRONING ISN'T SO HARD WHEN YOU HAVE THESE HELPS

The ironing board is fastened to the wall with a hinge that allows it to be folded up out of the way when not in use. A brace is also hinged on the board, and may be made long enough to reach back to the wall, or merely long enough to reach the floor like a table leg. If you have this kind of a board and the electric iron that the housewife in the picture is using, what's to prevent your cheating the laundry out of a half the usual bill by doing some of your ironing at home?

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. The name will not be printed with the letter.

Toys Will Come

Mrs. De T.—Do not worry about the toys. Please give me the ages of the four babies. Go to the Domestic Relations Court about your trouble. Also apply to the Organized Charities at 419 South Fifteenth street. They should be able to help you along.

Paint and Powder Again

Dear Cynthia—In the matter of this paint-and-powder war that is waging more or less constantly in your column, don't you think it's such a hopeless battle that it's a waste of space to carry it further? Robert Herrick wrote:

No fault in women to lay on
The tincture of vermilion,
And there to give the cheeks a dye
Of white, where nature doth deny.

And Herrick died in 1674. If the scrap hasn't been settled yet there's little hope that it ever will be. If we can't bury the powder puff and the rouge pot let's at least bury the hatchet on the subject. SNAKE.

Aren't you helping a bit to keep the discussion going? It would be well to drop it. It leads to nothing, but while correspondents keep on writing, the letters will be printed.

Is He Too Tall?

Dear Cynthia—My fiance is extra tall, being six feet three inches in height, while I am only five feet tall. I often feel embarrassed when I am out with him because of the difference of our heights. When he kisses me he has to pull me up to him, as he says if he leans over so far he gets a pain in his back. He also persists in eating onions, when I ask him not to. He says when a girl loves a fellow she overlooks such things. But I love him in spite of his faults. Shall I marry him? LEVIGNE.

If you love him marry him. His faults are not serious. Learn to eat onions yourself, then you won't notice them.

Disabled Soldier

Simply be good friends with both these girls you speak of.

You do not love either one. You would know it if you did.

Dan B. Is for the Ladies

Dear Cynthia—I wish to say a few words to the "Lone Wolf." When you picked that name I believe you named yourself correctly. Your brusque manner, as indicated in your letter, is typical of only the wolf. To insult the noble institution—woman—reminds me of a saying that reads, "And they shot men like Lincoln."

Adam made no complaint when Eve subdued him in the Garden of Eden. So why a fellow in the twentieth century should seek to bring up an argument that has been dead for generations and generations is beyond me. Also, did you ever stop to consider that if a woman didn't seek knowledge by eating of the tree of knowledge we men would be just as ignorant this day as a herd of cattle? Put this in your little nightcap of two seventy-five per cent and see if you get the desired kick.

And finally—don't forget your mother was a woman. Thank you, Cynthia. Your large column this evening afforded me a great pleasure.

Yours in defense of the ladies.

DAN B., U. S. N.

Sadie Barnet had never seen an anemone in the spring. All spring meant to her was

"WHITE GOODS"

Piled high on the counter before her, ready for the spring opening of the department store in which she lived most of her commonplace, uneventful existence.

FANNY HURST

author of the story of one catastrophe that happened and another that almost happened, to break the monotony of Sadie's life, tells it in a simple, unaffected style that makes the reader sorry that the installments run only a week, but glad to know that there are more stories to follow. The first chapter appears tomorrow, **Saturday, December 13.**

Adventures With a Purse

THERE is something very smart and trim about a strictly tailored shirt—particularly for business. For a long time I have wanted one, but have not known just where to find it. But I know now, and so am passing the information along to you. They are regular boys' shirts, in white, of a heavy basket weave, with a self collar attached. One wears them with a soft black four-in-hand tie. The price is only $1.75, which I consider a real bargain. And then, the same shirt comes in a lovely quality of heavy white silk for $5. But you can get the silk ones in only two sizes, 13 and 13½.

I want to tell you about something I think would make a particularly nice gift for the girl who is not living at home and who counts but one room her kingdom. It is one of those new candy jars that remind one of an urn. It is of cut glass, of a light cut, and costs only eighty-five cents. It would be nice for her to have for when she has company. Personally, I consider it one of the best values I have seen for some time.

Then I discovered another mighty nice gift—for the girl who plays. It is a collection of piano numbers, bound attractively in a cloth cover of dull green with gilt lettering. The collection is a very good one, too. There are a number of selections from operas, some nice little waltzes—one by Chopin, and Chopin's beloved Nocturne in E flat. They all have been rearranged so that they are remarkably simple. I know that I for one would be mighty glad to receive such a thoughtful gift. And, oh, yes—I almost forgot—you can get the same edition in a collection of songs from grand operas. The price is $1.50, which I consider mighty reasonable.

I am strong for system. It always makes shopping seem so much less complex if I can know the price of things almost before I examine them. Perhaps that is why I liked the shop I happened into today. Or maybe it was because I had made up my mind just how much I could pay for certain gifts. Or again it might have been that I was impressed with the values. On one table I saw the sign, "$1.25," and there were nice little glass butter dishes with tops of silver finish. Another bore the figures "75c," and there were cunning glass mustard jars and the like. Another marked "50c" had distinctive bar pins and combs. There was even a table of thirty-five-cent gifts.

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.

JAM SANDWICHES AND PICKLES ALL DAY LONG ON THE TRAIN

Mothers Who Allow Promiscuous Eating of This Kind Must Have Great Confidence in the Digestions of Their Children

THEY were, respectively, six and four, and they raced through the station platform at about 9 o'clock in the morning. Six-years-old carried a large pickle in one hand and a "gooey" cake in the other. Four wore a jam sandwich on most of her face, and clutched desperately at another large pickle. They rushed over to the water cooler and Six thrust the pickle hastily into her mouth while she put the penny in the slot for the paper cup. After a hearty drink, she filled the cup again for Four, who ruined it by receiving most of one side enthusiastically into her mouth. Then they turned and raced back again to Mother, who sat surrounded by boxes, coats and hats in the waiting room. She made no move to wipe the jam off Four's face. She seemed to like it.

Their train was ready after a noisy time, during which they ate more pickles and found some pretzels. Mother looked suddenly at the clock, got up hastily, and began gathering up boxes.

"You come here, Sister," she shrieked at Six, who was wandering round the station inspecting telephone booths and patting the walls affectionately with her sticky hands. "Put Baby's coat on, can't you?" And Six bustled up, yanked Four's arm into her coat, pushed the coat up on the other arm, and slapped a cap on her head. Four, in the meantime, was thoughtfully insecting the middle of another sandwich. They left. Mother dragging boxes, Six dragging Four and Four just dragging.

AND just imagine the sequel! Hurrying on the train, sitting down, Mother and the boxes! Six going on down the aisle with Four, being hurried back by a sudden scream from Mother. Then the settling down, removing the coats, looking out at the "Oh, horses! And look at that, what's that, why do they have those funny wagons?" Then the inevitable basket and boy walking down the aisle, "Choc'uts, cho'cuts, fifteen cents a box," and loud exclamations, "Oh, can I have some? Please buy us some!"

The fastidious passenger across the aisle gets more and more nervous as the hours pass, the train keeps up its motion, and the little jaws never cease for a minute. She dreads that moment that she knows must come when the bananas are brought out and pushed down on top of cake, sandwiches, pickles, candy and pretzels. When it does, she knows that Four will begin exploring the aisle of the train, fondling every "nice kitty" that she finds on neckpieces and muffs.

There have been many improvements in traveling conditions in the last ten years. But traveling will never be a real pleasure until there are private compartments installed for the mother who carries a cafeteria with her and keeps it open from breakfast until bed time, for the benefit of the powerful digestions of her roving children.

"Cool" Fur Hats

A Daily Fashion Talk by Florence Rose

The metal ribbon crown of the first hat lightens the becoming somberness of the turned-back beaver crown. The central hat is made entirely of squirrel with a threading of ostrich ending in a snappy little "fancy." Even the tam is made of fur and has a blue duvetyn scarf, edged with fur to go with it

THERE are some women who object to fur toques or fur hats of any sort, on the ground that they are overheating. And that is perhaps because they have worn them when the weather did not justify them. However, from primitive times dwellers in near arctic climes have worn fur headgear with no injurious effect on hair or health and when our own weather becomes arctic then we are wise in following the example of the Eskimo.

However, you'll admit that we have rather improved on the primitive headdress of fur. This season there are some especially charming models. I have selected for the sketch three that seemed to be most attractive. The one at the left is less heating than an all-fur hat, for the crown is of metal, while the brim only is of beaver. This is a good selection for the hat that you wish to wear regularly throughout the winter—regardless of the degree of cold. The one at the center, however, is made entirely of squirrel in the increasingly fashionable off-the-face shape. Ostrich is threaded through the pelts and there is a little ostrich fancy sticking jauntily out at the right side. Of squirrel also is the tam shown at the right. To wear with it is a scarf made of blue duvetyn, edged with the same fur—petit gris, as the French call this favorite of the season's furs. This sort of thing makes a useful and charming skating or snow-shoeing outfit and the set shown in the sketch was chosen at Thanksgiving time by a sport-loving college girl home on vacation.

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