# ORIENTAL DISHES-EXCHANGE-ADVENTURES WITH A PURSE-A POOR WELCOME-CYNTHIA

## MRS. WILSON GIVES RECIPES FOR SOY BEANS

Ask Mrs. Wilson

through these columns. No per-

My Dear Mrs. Wilson—Will you kindly publish a recipe for cranberry jelly? I have quite a few cockbooks and they all have a different way of doing it. I have just tried a recipe, but failed; it did not jelly. Would like this recipe as soon as possible. Thanking you in advance.

Thanking you in advance.
MRS. H. B. B.

then rub through a sieve and strain. Return to the saucepan and add

The Woman's

Satisfied and Contented

So you could really be satisfied with-

Exchange

Place in a saucepan

Tico cups of sugar.

Orientals Use This Vegetable in Several Ways to Supply Protein Which Rice Lacks

Croquettes Are Delicious

Copyright, 1920, by Mrs. M. A. Wilson. All

THE soy bean is an erect anual' plant foliate hairy leaves, with modest violetshaded flowers. The seeds range in color from a whitish rellow to a greenish brown, shading to a black. This leguminous plant is a native of China and forms an important part of the diet

of that country. It is also exported and is used for making an edible fat for salads and cooking purposes.

The soy bean contains about 38 per cent protein and 17 per cent fat. It is considered as a staple food next to rice, which is deficient in protein. When the rice is served with the beaus the soy bean balances the diet. Inland, where fresh fish is scarce, the soy bean is daily food.

The Orientals also use the soy bean for making shown or sey sauce. Sey

The Orientals also use the soy bean for making shoyu or soy sauce. Soy bean cheese is a real Oriental delicacy.

The American housewife may add the soy beans to her list of low-priced foods, and if they are properly prepared the family will welcome them. Physicians have for years used the soy bean, both in the bean and flour form, in treating various kidney troubles, particularly diabetes.

ticularly diabetes.

Soy beans may be served plain, as a yegetable, baked in many forms, made chops, into vegetable or substitute meat dishes and entirely replace meat on the menu. The soy bean will require the menu. The soy bean will require longer soaking than the navy bean, usually sixteen to eighteen hours, in a cool place. This gives the best results. Wash the beans and sort over carefully, then place in large bowl and cover with warm water. Set in a cool in the solution of the few lines below. Watch ing the snow falling gave me an inspiration, and I jotted it down at once.

place and soak for the given time.

To cook, place in a saucepan and cover with boiling water. Bring to a turn into a colander to drain. Let the cold water run on the beans and then return to the saucepan and cover with cold water. Bring to a boil and cook for five minutes and then drain and blanch. Return to the kettle and cover with cold water and gook until soft. Drain and season and serve as a embroider, but generally a person won't trust a girl of my age with fancy work.

wegetable, either whole or mashed.
To bake, turn into a bean crock or baking dish after the second blanching and cover with warm water and Four tablespoons of molasses.
One-half cup of good salad oil.
One and one-half teaspoon of nepper.
One-half teaspoon of mustard.
Three onions, chopped very fire.
Mix thoroughly and then bake in a slow oven for four hours. One and a half cups of tomatoes may be added if desired, or one pound of salt pork cut into small pieces.

embroider, but generally a person won't trust a girl of my age with fancy work.
This is the poem:
Whirling little snowflakes.
Falling from your home—the sky:
How you make my lonely heart ache
God on high.
Twas during such a starry shower
That my loved one passed away:
Now she's resting neath a bower
Till the call on Judgment Day.

"IMAGINATION."
You can send your poems to any of the

Soy Bean Croquettes

Mince fine four large enions. Place mr tablespoons of fat in a frying pan

Three cups of masked soy beans. One and one-half tablespoons of finely minced parsley.
One and one-half teaspoons of salt.

Mix thoroughly and then turn into croquettes, round cakes or cutlets, dip in flour and then in beaten egg and fine bread crumbs. Fry until golden hrown and serve with temate, creele or cream the Woman's Exchange, 114 South sauce.

Try this new way of making

Creole Sauce Place in a saucepan One and a half cups of water Three quarters cup of catsup-Five level tablespoons of flour

One level teaspoon of sugar. Stir to dissolve and then bring to One-half cup of onions chopped very fine. Two canned pimentos, chopped fine,

One teaspoon of paprika, One teaspoon of salt. One-quarter teaspoon of mustard. Cook slowly for ten minutes and then

fruit-jar and store. Use for hashes. minces or in stews. Soy Bean Loaf

Place in a mixing bow! Four cups of cooked say beaus. One cup of finely chapped anions. Three pimentos, chopped fine, One-quarter cup of finely chopped

parsley.
Two level teaspoons of salt, One level teaspoon of pepper One-half cup of catsup.
One-quarter cup of salad oil. Work to a smooth mass, then grease and flour a loaf shaped pan and pack the mixture into it firmly. Set this

#### The Question Corner Today's Inquiries

1. What use can be made of mailing

2. What is ereps vermeil?

2. What is crope verneal?
3. Describe a precity vest appropriate for wear with a tailored suit in the late winter.
4. When a pen point is clogged and dirty how can it be oleaned off?
5. What makes a good penwiper that can be thrown away after it has been used once?
6. Of what pretty material are dainty pajamas made?

Saturday's Answers

1. An unusual set of utensils for toasting and reasting before an open fire consists of a two-pronged fork called a frizzler and two spears called respectively, a jabber and a dujab.

2. Crepe de chine and georgette should be stretched gently before being hung up to dry after washing in order to prevent shrinking.

wide lapels that continue from the collar of an attractive dress are made to run the entire length of the skirt, making a panel down the front breadth. The newest popular shade of blue is bluebird blue.

Feather trimming is used to edge a panel of velvet down the front of an unusual net evening dress.

If a woman has a title of her own, as doctor, it is correct for her to use her Christian name instead of her husband's on her card.

## THE GLAD SURRENDER

By HAZEL DEVO BATCHELOR

introduced to Laurel Stone, just as she meets for the first time Granville If you have any cookery prob-lems, bring them to Mrs. Wilson. She will be glad to answer you How she loves and marries, finds that her husband does not love her and then loses her love for him. is told in a series of events install-ments that are all full of interest and suspense, and the climar of the story comes in the revelation of the two characters. sonal replies, however, can be given. Address questions to Mrs. M. A. Wilson, Evening Public Ledger,

One quart or pound of cranberries, One cup of water, Cover closely and cook until soft,

Bring to a boil and stir constantly. Cook for ten minutes and then turn

She Writes Verse Too

To the Editor of Women's Page:

Dear Madam—You have helped me before so now I come again with my problem. As a correspondent said the other night. I write verse when the inotion strikes me." I write verse when the initiated into him an nature. She was not opinion of the few lines below. Watch in grain and I albo ask your opinion of the few lines below. Watch is notion strikes me." I write verse when the spiration, and I jotted it down at once. Now what I would like to know is this all to word the interviewer. Usually all to word the interviewer. Usually in the sun of falling gave me an in spiration, and I jotted it down at once. Now what I would like to know is this all to word the interviewe. Usually a few moments will be the signal for her to proceed.

Now what I would like to know is this in the point of the few many of the process. In the process of the process of the process of the process. In the process of the process of the process of the process of the process. In the process of the process of the process of the process. In the process of the process of the process of the process. In the process of the process of the process. In the process of the process of the process. In the process of the process of the process of the process. In the process of the process of the process. In the process of the process of the process. In the process of the process of the process. In the process of the process of the process. In the process of the process of the process. In the process of the process of the process. In the process of the process of the process of the process. In the process of the process of the process. It was possible to be the signal for her to proceed.

Granville Burton did not act according to the process. In the process of the process of the process. In the process of the process of the process. In the process of the process of the process. In the process of the process of the process. In the process of the process of the process. In the process of the process of the proce

In this first chapter of Mrs. desk, and she found herself annoyingly Batchelor's new serial the reader is self-conscious for no reason that she introduced to Laurel Stone, just as could imagine. She had no chance to study him because she was at too close range; she was precipitated into the interview without being given a chance to make any observations. Granville Burton had given himself the advantage

During the interview, which was per-functory. Laurel handled her subject with peculiar ease and while Burton answered her questions thoughtfully he studied her. She was sitting with her face to the window and the wind blow-Made From This, and a Loaf of It Can Be Used More Than Once

By MRS. M. A. WILSON

Copyright, 1920, by Mrs. M. A. Wilson. All with branching, bairy stems, tricollate hairy leaves, with modest violet.

My Dear Mrs. Wilson—Will you

My Dear Mrs. Wilson—Will you

Made From This, and a Loaf of It Can Be Used

More Than Once

Chapter I

GRANVILLE BURTON could be face to the window and the wind blowface to the window and the wind blow
face to the window and the wind blow
face to the window and the wind blow
face to the win

cstate, the grounds of which sloned to the sound, where he spent the summer months.

When Laurel Stone, special writer for the Chronicle, was assigned to interview Burton as one of the biggest corporation men in the city, she made an appointment to see him in his office. After a brief conversation with Miss Rhodes, the efficiency secretary, who received a pay envelope of \$40 a week and wore her black hair held sleekly to her head with an invisible hair net, Laurel was ushered into the sanctum sanctorum.

Burton's office was very much like the offices of other successful business men. There was the long expanse of room that seemed to stretch out indefinitely before one's eyes reached the polished mahogany of the desk with its glass top and its arrangement of essentials. There were a few mahogany book shelves, some chairs placed meticulously just without the richness of the Persian rug, and golden brown curtains at the windows through which the light was tempered to a soft mellowness.

There was nothing in the business or social world that could frighten or awe Laurel. She had been with the Chronicle three years and had developed into a first rate newspaper woman. The men liked her; Benton, the city editor, said she had the coolest head of any utterly. His one regret was the fact the fact to thought the fact the summer of the

has told me he loves me, and I like him

It is easy to understand if the young

man is "down on his luck" that feels badly to have to acknowledge has no "job" yet. If he is all ye

Vera Goldstein, five years old, wa slightly burned last night when a candl

slightly burned last hight when a candle she was carrying ignited her dress. Her mother in attempting to smother the flames was painfully burned on the hands. They were taken from their home, 518 Norris street, to St. Chris-topher's Hospital.

# Please Tell Me What to Do

Answers "Fay" Dear Cynthia-Kindly publish this in

Dear Cynthia—Kindly publish this in answer to "Fay":

Dear Unknown Sister—You wanted to know what the readers would like to do if they owned \$1,000,000. There is only one way for those people who love all "humanity" in the world. You are right with your opinion, and you decided well; certainly this is our debt to help the porcer people in the world. But we know that every reader has a different opinion: many people are between us, egoists, because they do not see clearly this short "life," and they do not the last few weeks I have not heard from him. Do you really think he is the last few weeks I have not heard from him. Do you really think he is the last few weeks I have not heard from him. Do you really think he is the last few weeks I have not heard from him. Do you really think he is the last few weeks I have not heard from him. Do you really think he is treating me fair if he loves me, and I like him very much. A couple of months ago he to know what the readers would like to do if they owned \$1,000,000. There is only one way for those people who love all the poor of the last few weeks I have not heard from him. Do you really think he is treating me fair if he loves me, and I like him very much. A couple of months ago he cause this and other frocks showing ruffs are immediately going to super-sede all other types of neck finish. They not they will be worn here and there by women who wish to achieve the ultra in fashion. The frock is of taffeta navy blue. The edge of the tune is scalloped and embroidered with bright blue sis calloped and embroidered with br You can send your poems to any of the magazines that I suggested to the other young poetess—Harper's. Seribner's, the contemporary Verse or the Poetry egoists, because they do not see clearly Contemporary Verse or the Poetry Magazine. I am sure you stand a chance of having your work accepted, but, of course, I cannot guarantee your success. I can only wish you good luck and advise you to stick to it and send your poems around until you get them accepted. The Evening Public Ledger and they do not know what shall be after that. And also, dear girl, you cannot guarantee yoursuccepted. The Evening Public Ledger and they do not know what shall be after that. And also, dear girl, you cannot reach so high, only 25,000 to show, etc? I would be satisfied to an our universe; the airplane cannot reach so high, only 25,000 to also dear girl, you while he couldn't afford to take me even us. No new universe; the airplane cannot reach so high, only 25,000 to an overland the space. to a movie show. I care for him a great deal and think of him almost continuous moon and see around the space, endless. But wishes cannot be fulfilled for anybody here, only in eternity.

Poor metaphysician. S. S. B.

Wants to Be Rid of Him

Deer Couthin While on my year. the Woman's Factange, 114 South Seventeenth street, to be passed on by the committee. If it is accepted, you

know, it is sold on commission and you may be able to make some money in that Dear Cynthia—While on my vacation last summer I met a young man staying at the same hotel with his aunt and cousin, who introduced me. We were together a great deal, although I really did not care for him very much. After coming home he started to call to see me. About two months before Christmas we had a falling out and he stopped calling. Nevertheless, he bought me a valuable gift, which I received through another person. I kept the gift, although I was o the Editor of Woman's Page: Dear Madam-Will you kindly try to help us settle an argument in your valuable column? The subject is two words, satisfied and contented. words, satisfied and contented.

"A" says that centented and satisfied mean the same thing. For example, he says that if you are contented you must be satisfied, or if you are satisfied you must be contented.

"B" says that they do not mean the same. He says that you can be consame. The satisfied or you me, and for conventionality's sake I

same. He says that you can be contented but still not be satisfied, or you can be satisfied and yet not contented.

Will you kindly let me know who is correct and why? Any information relative to these two words as to their proper unage will be very much appreciated by a steady reader. N.Y.S.

There is a very delicate sinde of meaning in these words. They do mean the same thing. Satisfied means literally "made full," and contented comes from the word which means "contain." But satisfied implies that there is something which gave the satisfaction. That is, antisfied should be used with a preposition "with" or "about"—"I feel satisfied with that." Contented implies as it generally is a week ahead. Pleaze satisfied with that." Contented implies a note thanking him for remembering me, and for conventionality's sake I also asked him to call, much against me, and for conventionality's sake I also asked him to call, much against me, and for conventionality's sake I also asked him to call. much against me, and for conventionality's sake I also asked him to call. much against me, and for conventionality's sake I also asked him to call. much against me, and for conventionality's sake I also asked him to call. much against my wish. He has called several times since; in fact, he asks if he may see me every week. I do not care to keep "steady company." as I am only six teen and have lots of friends of both sexes. I seem to dislike this young man more every time he calls to see me. He is not a bit talkative or sociable I must do all the entertaining and talking if we spend an evening indoors.

I would like to have your opinion of how I could get rid of him. He always makes a date before he leaves, and I do hate to tell him I have another date, as it generally is a week ahead. Pleaze s, satisfied should be used with a probability of "about"—"I feel obtain "with" or "about"—"I feel do hate to tell him I have another data satisfied with that." Centented implies nothing beyond a state of being. That is, you don't feel contented about something, you simply are contented.

SWEET SIXTEEN.

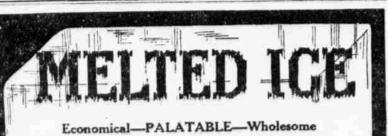
So you could really be satisfied without being contented, because there might
be some things that gave you satisfaction, but not enough to make you contented. But I don't think you could be
contented unless you were thoroughly
satisfied with everything about you.
Have I made this clear to you? It is
difficult to explain in such small space.
A and B are both right and both wrong.

What Shall She Do?

A and B are both right and both wrong.
I'm afraid you will have to toss up to choose the winner!

What Shall She Do?

Dear Cynthia—A certain male friend of mine bas been calling to see me



In a lecture on the sanitary aspects of ice, Dr. Wm. T Sedgwick, Professor of Sanitary Science, Boston Institute of Technology, mentions "the significant fact that while thou-sands of tops of ice have for many years been annually consumed by all sorts and conditions of people, not a single epi-demic of infectious disease has been satisfactorily fastened upon any ice supply."

Ice Publicity Association of Philadelphia and Vicinity, Inc.

#### THE WOMAN WHO RESENTS BRIGHT BLUE TRIMS THIS FROCK OF NAVY A STRANGER IN HER CHURCH

Is Not a Loyal Representative of the Congregation-She Fails

to Back Up the Assurance That "All Are Welcome"

"All Are Welcome," remarked the sign on the standard in front of the church. This is merely another way of saying that tall the seats are free. And so the woman who had heard a great deal about the service and the clergyman in that particular church did not hesitate for a minute to enter. Walking up to the middle of the church, she sat down in a pew in which there was one other person. There was plenty of room for both women, but the woman who was sitting there turned and stared at the newcomer as if she had broken into a private house without ringing. Looking her up and down, she almost sniffed at the "intrusion."

All through the service the "intruder" was uncomfortable. "Have I trespassed upon her private pew?" she

be alone. You must be a stranger, it deed, to have the impertinence to choo this place of all others!"

T WONDER whether we all realize the responsibility that lies upon us as resentatives of every place that we requent? It may be that a business

### Adventures With a Purse

T WONDER if you like your desk as much as I do mine. I don't mean your in-an-office business affair, if you have one, but your own private desk at home-with its brass desk set, and its frivolous blotter of blue or yellow! Now. of course, on such a desk you do hate to put the ordinary business-office paste jar, den't you? I did, so when Peter presented me with an adorable little round china paste pot, I was delighted to say the least. It has striped black

Decidedly Frenchy this dress of crisp taffeta. Its sleeves are mod-ishly short and its ruffled collar is

because this and other frocks showing ruffs have emanated from Paris

Flannel Patches

part will soon be out of proportion and

for the exclusive

Office Equipment

218 Walnut St. Bell Phone, Lombard 2074

ASK FOR and GET

Horlick's

The Original Malted Milk

For Infants and Invalids

of last summer. It is fuller and it is held in a tight-fitting band. It gives had different look to the frock. And somehow there is a certain unity of design how there is a certain unity of design for \$3 a pair up. Even in the achieved by uniting this sleeve with the ruff at the neck, which, like the bands on the sleeves, is of white chiffon. Now don't try to convince yourself that just.

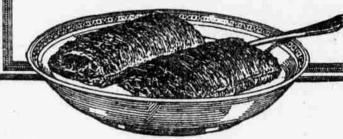
For names of shops address Weman's

every week for the last six months. He don't try to convince yourself that just | Por names of shops address Woman't

the amount, it would seem more rational to make all the meals lighter than to omit one. The very fact that When you are patching old flannel the custom of cating a number of meals garments be sure to use old flannel. If a day has so long been almost universal there is none of this at hand wash and indicates that it must have some adthere is none of this at hand wash and indicates that it must have som shrink the new flannel before it is vantages which instinct, based joined to the old, otherwise the mended experience, approves and justifies. vantages which instinct, based upon

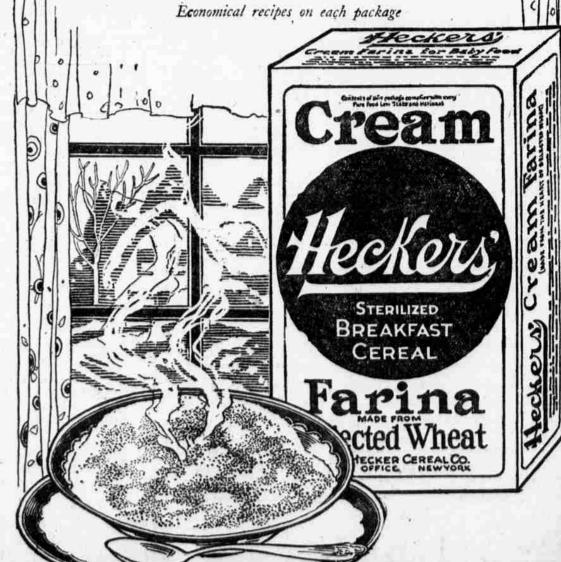
## AND STILLYOU SHIVER!

Pile on all the clothes you can - and still you shiver! That is because your food is lacking in real nutritive elements, or is not perfectly digested. Bodily warmth comes from perfect digestion of real food. Shredded Wheat Biscuit is a real food. It 18 100 per cent whole wheat prepared in a digestible form. It gives natural warmth in a natural way. Two Biscuits with hot milk (or hot water) make a nourishing, satisfying meal for a few cents.



### will not fit properly into the garment A Hot Breakfast WE ARE PHILA, AGENTS "CUTLER" DESKS and other high-grade DELICATE grains from the heart of selected wheat. A. E. SNYDER Furniture

Delicious—when served hot for breakfast or as dainty desserts -Farina Pudding and Farina Jelly. A nutritious delicacy when fried and served with syrup.





and proper attention

Don't wait thinking they will dis-appear in time. Perhaps they will, but in the meantime you are suffer-ing from the burning and itching, and allowing your nerves to become badly effected, when a little Resinol Ointment would doubtless re-

Unless the skin affection is caused by some internal disorder, Resinol Ointment usually clears it away because it contains harmless, and soothing antidotes for such condi-tions. It can be used easily for it is so nearly flesh-colored it does not attract attention. At all druggists.

Kesinol