

SUNDAY'S MEALS—WOMAN'S EXCHANGE—ANOTHER CENTERPIECE—ADVENTURES WITH A PURSE

MRS. WILSON TELLS ABOUT EARLY PLANTS

Abundance of Vegetable Foods Is Said by Physicians to Be Precaution Against Illness

Delicious Suggestions Are Given Here for Breakfast, Dinner and Supper on Sunday

By MRS. M. A. WILSON

OSTER plant, or salsify, is a splendid vegetable that deserves to be more popular. This plant has a fine foliage and a long, tapering root, shaped similar to a carrot and, when cooked, it resembles the oyster in flavor—hence the name.

In Europe the young tops are frequently used as a vegetable green and the oyster plant is usually sold in bunches of six or more plants.

The oyster plant may be served boiled, with cream sauce, or dipped in a batter and fried until golden brown in hot fat or served cold, boiled in the form of a salad.

Peas arrive from the southern markets very early in the spring and from the northern markets early in August. Peppers—of which there are many varieties—include the sweet, bell and the hot peppers; the cherry pepper is hottest.

As to the potatoes, both the sweet and white varieties are very well known. Pumpkins can be used for pies, bread, tarts or served as a plain boiled vegetable. The West Indian sugar-striped variety is very good.

Radishes are the early harbingers of the growing season and are in the markets the year round, with little variation in the price.

Rhubarb, which is one of the earliest fruits, comes as a very welcome change after a long winter diet of the heavier foods. Spinach, the early spring and late fall and winter succulent green, is very valuable for its mineral salts. The dehydrated and canned variety is the advanced stage of this valuable plant, and this form saves time in cleaning and preparing.

Squash, the succulent vegetable, harvested in mid-September, is much in demand for its valuable mineral properties.

Tomatoes—early in 1900 the tomato was called the love-apple and was grown more for ornamental purposes. Today, it is considered one of our best antiscorbutic foods. The beefsteak, pear-shaped, cherry and many other varieties, which include the yellow and the tomato, afford an abundant choice for the housewife.

Turnips—the white and yellow are common varieties; the small and medium-sized ones are the best choice. The large Russian rutabaga belongs to the turnip family. Vegetable marrow is a species of the gourd family. It can be served fried in a batter or steamed, mashed and seasoned well.

The classification of the vegetable kingdom gives the housewife a slight botanical knowledge of the vegetables that are available for use in the daily diet.

Physicians today insist that if we are to avoid many ills we should materially reduce the amount of protein foods and increase abundantly our vegetable foods, particularly the succulent green ones. Use milk and fresh cream; butter.

Europe has known and unknowingly practiced this for many years. Economic conditions compelled the working folks to eat abundantly of the cheap vegetables which they are able to raise and thus restrict the use of the very expensive meats.

A SUGGESTIVE SUNDAY MENU BREAKFAST: Steamed Raisins, Cereal and Cream, Stale Bread, Griddle Cakes, Sirup, Coffee. DINNER: Ye Old-Time Vegetable Soup, Veal Potpie, Carrots and Peas, Mashed Turnips, Celery Salad, Spanish Cream, Coffee. SUPPER: Cheese Pudding, Tomato Sauce.

The Question Corner Today's Inquiries: 1. How can stiffening be removed from a taffeta petticoat? 2. Describe an inexpensive hand-bag that has a stylish appearance. 3. What kind of gloves are comfortable and practical for housework? 4. How are some unusual door knockers painted? 5. What is the newest way to wear a blouse? 6. How can pretty Valentine favors be made from stiff paper drinking cups? Yesterday's Answers: 1. This is a silky, loose-woven material that resembles ratine. 2. A scarf of yellow wool is prettily embroidered in a conventional flower of black chenille. 3. In an emergency, an electric iron may be inverted on its stand and used as a heater for a pan of water. 4. A pretty afternoon dress of soft silk is made in dull tan, with flowers of old blue embroidered on waist and skirt, and a low, narrow girde of old blue velvet. 5. A pretty trimming for a taffeta dress is narrow raffling of silk. 6. A pretty centerpiece for the Valentine table is made out of a heart-shaped piece of pastebord, covered with red crepe paper. Red crepe paper, doubled around folded newspapers in a heart shape, is glued to the edge and forms a box, which should be heaped with favors.

Ask Mrs. Wilson

If you have any cooking problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

Potato and Celery Salad, Tapioca Pudding, Tea. The market basket will require one package of seedless raisins, two cans of evaporated milk, one and one-half pounds of shin bone, two pounds of breast of veal, one can of tomatoes, one can of peas, two carrots, one quart of turnips, one bunch of potatoes, one large stalk of celery, one-half pound of cheese, three eggs.

And the usual staples that are purchased semiregularly. Ye Old-Time Vegetable Soup: Wash the shin bone and then place in a soup kettle and add two quarts of cold water and

One-half can of tomatoes, rubbed through a sieve, One carrot, cut in tiny dice, Two turnips, diced, One cup of finely chopped celery leaves, One faggot of soup herbs, One-half cup of barley.

Bring to a boil and cook slowly for three hours, then season and serve. Spanish Cream: Soak two tablespoons of gelatin in one-half cup of cold milk for one-half hour and then place in a saucepan

One and one-half cups of cold milk, Four tablespoons of sugar, Lots of two eggs. Stir to dissolve the sugar. Bring slowly to a boil and then remove from the fire and add the prepared gelatin and beat to dissolve the gelatin. Let cool until beginning to set and then add

Caldonian Cream: Whites of two eggs, One glass of apple or currant jelly. Beat with a Dover egg beater until the mixture holds its shape.

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Please Tell Me What to Do

By CYNTHIA

She Worries Because He Likes Her

Dear Cynthia—I am very much interested in your column, but I have never written to you before. Now I'm coming for advice. I am a girl seventeen years old. Now, Cynthia, dear, I have a dear girl friend, the same age as I am. She is keeping steady company with a very nice fellow. She has a brother I always did like. Lately wherever I go, he likes to be there and take me home. This has happened three or four times now, and it was always at parties, and one time at a wedding, so, you see, everybody thinks we are together. Last week we went to a show. We had a very nice evening, but he never said anything to me as yet. Do you think he is making a fool out of me? He knows what kind of a girl I am, as his mother and my mother are friends since they were little girls and his sister and I just love each other, and both families are going to see each other all the time. I could have had other boy friends, but I always thought I was going to marry him. Now, I don't like this fellow very much, but what shall I do if he doesn't ask my company soon? I wouldn't like to go around so much if I know he doesn't want me. I would like to be engaged to him, but, you see, he thinks I'm going with this other.

What shall I do? It worries me so much. I don't like to say anything to his sister, for I know I would hurt her feelings, as she seems to be so glad to see us together. Thank you for your advice and good luck to you, Cynthia, dear. I. D. D.

Would it be necessary for you to give up all your other boy friends just because this boy likes to go out with you? Why can't you sometimes visit with him and sometimes with others? I am afraid you are worrying about something that is not worth worrying about. If the young man asks you to go with him, go by all means, but do not put off other boys on that account unless you are engaged to him. Plenty of girls go to parties with boys who are engaged to other fellows, but they are good friends and don't worry about "keeping company."

Come Again, Sailor

Dear Cynthia—I hope you will print this letter in your daily little column for the benefit of "An American" and also for "Seventeen."

Oh, "An American," how could you say that the people don't appreciate sailors? If I had hold of you I believe I would give you a little shake and a walloping for daring to say such a thing. It's only the ungrateful people who don't like them, and you are one of them. They are the first ones to kick when we need our boys. And "Seventeen," God bless you for standing up for them. I am sure they are a lot of them must like you, you are just so sensible. I would love to meet you, although I guess you are pretty busy with all your friends. Will you please write me "Seventeen," and let me know you will oblige. A SAILOR.

Four Good Reasons, T. B. P.

Dear Cynthia—in answer to "Buck Private's" question, why girls close their eyes when they're kissed? Well, we're four girls and we have asked each other.

First said she enjoys it better. Second said it's just enough kissing to let alone looking at him. The next said they are so close to another she is afraid she'll get cross-eyed if she looks at him. The other said her eye lashes are so long and thick, they might tickle the fellow. EVERY GIRL.

He's Changed His Name

Dear Cynthia—It just occurred to me tonight what a sweet-tempered and obliging young man "Buck Private" is. I was so interested to know that he is really old enough to share, for his first letter left me in the impression that he was a mere youth in knickerbockers trying to act grown-up by writing for advice or information from your column.

I am sure you carry for a number of things, "Buckie"—namely, that you do not know your address, that you do not know what "handoline" is, that I am not selling it and that I can't send you any. Let's drop this subject, and I won't try to work on "Buck Private's" feelings by giving an account of my financial affairs, for I would certainly not like to discourage him in his, so far, successful (?) career. Such a thing would be a dirty trick. Keep right on, "Buckie," and be sure you always do pay your honest debts. You are making a fine start.

Although I am not a resident of Philadelphia, I must hand her a lot for the many pleasant times she has shown me. I will always stand up for her. "Buckie" reminds me of a little school-boy—when he is out of sarcasm and bright remarks he resorts to the ancient custom of talking about one's home town, not mine, but probably yours, Cynthia.

The name suggested for me by my friend is most acceptable, if only he will accept it. I might suggest and which I cannot write publicly. The next time that I need christening I intend to ask "Buck Private" to be my godfather. I perceive rivers and oceans of dry wit in my unknown and unsophisticated friend. When we start calling each other names let's do it with gloves on.

As for getting rises out of people, I think, from your letter, that I have returned the compliment. What is your opinion, Cynthia? MAUDLIN, ALIAS MONDRAIN.

I thought it would be snappy. But "Mondrain" did you see the "Buck Private's" handsome apology for that remark about Philadelphia? Don't be too hard on him after that.

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More Wool Embroidery A Daily Fashion Talk by Florence Rose



You can have your hat bordered with colorful wool, or your collar, whether it be silk or cotton, finished with design or fringe of wool. Or perhaps you would like one of the French gilets like the one in the sketch embroidered in wool.

PARIS does not seem to grow tired of wool embroidery. It has persisted through several seasons and through a strange contrariety of fashion comes into greater prominence now that spring fashions are again thought of.

We used to embroider wool with silk, but the order now is to embroider silk with wool, and truly the effect is more pleasing. Sometimes even cotton is embroidered with wool. You might not think that this would be effective, but it really is, even when the cotton is sheer and thin and the wool is fairly heavy.

In Paris this season the milliners are using raffia with wool and this gives a note that meets with favor on the part of the women who really are the ultimate judges of what shall be and what shall not be fashionable. Then again wooden beads are used sparingly with the wool to give little accent marks, as it were, in the embroidery.

Sometimes the colors of old samplers are duplicated in this wool embroidery, and when these colors are reproduced on a tan or beige that is of the hue of an old-time yellow sampler, the effect is charming. Hats of all sorts are charmingly trimmed with wool—straw hats or brads.

Not so long ago—and I forget where it was and what it was about—I read an advertisement in a magazine which spoke about the distinction which the use of silver in your home will bring. "Low lights reflected in gleaming silver," etc. It read, and it convinced me, that it is not the silver that is important, but the use of silver in your home will bring a distinction to the living room table. They are just little things, on the side of which is a small holder for a cigarette or cigar. Their very plainness and simplicity will attract you to please you, perhaps you will be interested in a preparation made by these very same sisters of whom I told you yesterday. The assurance is that it really will make them grow, and as a further proof, the nice salesperson who told me about this says that she has as many number of calls for it, which sounds as if it should be good. The price of a jar is fifty cents.

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THE GIRL WHO IS SUPPOSED TO BE IN MOURNING NOW

Thinks She Is Showing Respect for the Dead, but She Is Really Only Respecting and Dreading the Opinion of Others

THE girl in the blue suit was refusing an invitation. "Well, you see," she explained, "I don't believe I'd better go, because I'm supposed to be in mourning now, and I'm not going anywhere at all. I'm afraid I'd be awfully criticized if I did."

SHE thought she was showing respect for the memory of her aunt, who had died so recently. She had not known her aunt very well, perhaps, and her grief over the death was not very deep. She did not think it worth while to go into black; she wore no sign of crepe, and yet she was "supposed" to be in mourning.

SORROW cannot be felt over the death of a relative who has never been either very near or very dear. Often the relatives whom parents love are not known to the children at all. Conventional mourning is not worn so much since the war as it used to be. Both these things depend entirely upon the individual. But surely we can be honest about it. We can let our own

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innermost feelings determine our actions, not the opinion of others. If we cannot feel deep grief after a death in the family, let us not apologize for it. Let us show the respect that is due by all means, but if we cannot mourn we need not explain the fact to every one outside.

Human beings were not meant to be always sad. We feel a loss deeply, painfully, and that empty space in the family life hurts cruelly. But after a time our spirits naturally rise, not because we have forgotten, but because we have become adjusted, and the inclination of our natures is upward. We find that we can laugh again when we thought we had forgotten how. Must we keep down that natural uplift of our spirits and pretend that we are always downhearted? Just because we should be criticized if we didn't? It seems to me that we should deserve far more criticism if we did crush our honest feelings beneath a weight of insincere gloom and depression.

That girl who was supposed to be in mourning sincerely felt that she was

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