EVENING PUBLIC LEDGER-PHILADELPHIA, TUESDAY, FEBRUARY 17, 1920

BABY'S FIRST FOOD-LATEST IN HATS-WOMAN'S EXCHANGE-CYNTHIA'S ADVICE-RESTLESSNESS THAT FEELING THAT COMES

MRS.WILSON SUGGESTS Please Tell Me FOOD FOR YOUR CHILD What to Do

Milk Is Still Very Necessary for Babies Even After They Begin to Eat More Solid Food

Some Easily Followed Recipes for Nutritious, Wholesome Dishes That Will Appeal to Children

By MRS. M. A. WILSON

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My Dear Mrs. Wilson-How shall I feed my young child? Faby is just beginning to cat, and I am⁻¹in a quandary as to how I shall care for his physical needs. V. E. B. his physical needs.

MILK is still your child's best ally-MILK is still your child's best ally-plenty of good, pure milk to drink will care for any deficiency in the diet. A baby just beginning to cat solid foods preds milk just as much as he did in his sarlier days. Mothers frequently consider the cost and then begin to cut down the milk supply. This causes thousands of children to suffer from medless diseases, due to lack of proper putrition, so keen the fact plainly in mind that the child from time of birth until the time he is lifteen years of age needs milk three times daily-cut down the amount of meat and sub-stitute milk to its place. The child just beginning to cat needs

The child just beginning to cat needs to have a mean so planned that while ft will supply ample neurishment. it will not overload the stomach; so plan to arrange the daily mean into five

Breakfast, 7:30 to 8 A. M. ee Cereal and Mill Buttered Toast Orange Juice 11 A. M. Glass of Milk Bread and Buiter (cut in finger strips 1 P. M. Cream Soup Baked Potate, Finely Shredded Lettuce Baked Apple Glass of Milk

3:30 P. M. Glass of Mill-

6:30 P. M.

Cup of Custard Bread and Butter Glass of Milk Glass of Allik For variets, serve poached eggs, a ta-blespoon of finely minred broiled steak, lamb chops, or roast beef. Cocoa may be substituted for the cold milk oc-casionally; be sure to give the baby some well-cooked green food at least buce a day-lettuce may frequently be served with good results.

• Milk contains every necessary ele-ment needed by the young child for its growth and well-being, and for the busy inother it eliminates the cooking between meals. One quart of a good grade of milk will equal in food value

Eight eggs or Three-quarters pound lean beef, Three pints of oysters.

Three pounds fresh codfish. Three quarters pound of pork or Two-thirds pound of ham.

The fat-soluble A-or the living vital element, found in milk is neces-eary for physical well-being and rowth. The lack of this element by the absence of milk in the child's diet is the real cause of many ills which doctors declare are due to a faulty diet.

Water-soluble B-one of the newly discovered food elements, is present in milk. Noted physicians declare this

Ask Mrs. Wilson you have any cookery prob-, bring them to Mrs. Wilson. She will She will be glad to answer you through these columns. No perthere is a great discussion going on about our navy. I am well acquainted with many sailors. Maybe you don't think that the sailors liked to be talked about as the people of Philadelphia talk about as the people of Philadelphia talk about them. But why should they worry? It is only the silly, nonsensical neople 'hat show they are so ignorant about 'our boys in blue.'' I was talking to a sailor boy not long ago, and I said. "How wonderful it would be when they would station you in Philadelphia?" He grinned and said. "No, I hat to think of being stationed in Philadelphia. The people don't appreciate us." sonal replies, however, can be given. Address questions to MTS. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphin.

Three level tablespoons of cacoa. One-quarter cup of cold water. Place on store and bring to a boil, cook slowly for ten minutes, sweeten slightly and serve either hot or cold with one teaspoon of marshmallow whip

with one tenspoon of marsimilation with the stationed in Philadelphia. The people don't appreciate us." I went out with a sailor by a few weeks ago and everybody on our street was talking about me. But I didu't measure one pint, place in a saucepan and then add Three cups of cold water, One half teaspoon of grated onion. Cook slowly until the lettuce is a soft pup, then rub through a fine siger.

Add to one and one-half cups of the lettuce puree one and one-half cups of the lettuce puree one and one-half cups of milk and five level tablespoons of flour. Stir to dissolve the flour and tring to a boil: cook slowly for fifteen minutes, season and serve.

Ye Old-Tyme Bread Custard

Grease custard cups with butter, now lace one level tablespoon of cracker rumbs in each cup, then fill cups with flowing mixture Place in a bowl Four level tablespoons of sugar. Tico cups of milk, Volks of three eggs, White of two cana:

Beat with egg beater to mix, then fill cups, place custard cups in a bak-ing pan and half fill pan with warm water, bake in slow oven until firm in conter, test by inserting a silver knife, cool, pile with fruit whip and serve. WILLIAM STRATE

ł	Place in a bowl	
	While of one egg. One-half glass jelly (apple, currant or quince).	
ș) 	Beat until the mixture will hold its shape.	3

Mrs. Wilson Answers Queries

My Dear Mrs. Wilson-I write to ask for a good recipe for white bread. Kindly give recipe for four loaves to a baking. The trouble I have is my bread gets very hard and seems solid or compact. Do I use too much flour? I have used a great many of your recipes and had very good suc-cess. MRS. M. M.

referable

Repeated instructions have been given for making bread: look over the back files on the paper for the recipes.

My Dear Mrs. Wilson-Will you kindly tell me how to make stuffed proces and dates, such as are bought, stuffed with outs? I may have ao idea how to make them, but I would rather have your kind advice. 1

thank you. A DAILY READER. Remove the stones from large prunes and dates and fill the cavities with the nothing.

Dear Cynthia-Two years ago 1 met a nice boy in the country. He showed me

Chic Millinery A Daily Fashion Talk by Florence Rose

Pincapple straw makes the brim of the piquant hat on the left, while its crown is of fine straw. The central figure wears a charming creation of

veils that will even be worn on garden party hats. Sometimes the veils are

there is no end to the trimming. One thing you may put down as settled—hats will be worn as far for ward on the forchead as ever. The tendency will be as it has been for a season or more, to have the crown fit snugly. There will be nothing slouchy in the way the bat is worn, but the effect will be to let the hat come well down over the cyebrows. Sometimes down over the cyebrows. Sometimes down over the cycbrows. Sometimes made of fine straw and the brin of the crown is fairly shallow, though large pineapple braid. A small fancy of fine straw trins the bat at the right then the hat is adjusted so as to show more of the hair in back and at the ide.

where of the hair in back and at the side rather than more of the eyes and brow. Undenbtedly women are going to think

SMILLING CHARLES. Drar Cynthia-I am a girl in my teens and I've been going with a fellow for three years. He was in the payr of the three years. He was in the payr of teens and now be's out of it and he is living with his sister out the transformation of the issue with him and haven't heard from him for nearly two weeks. We had a fuss after Christmas, but spoke again, and now I'm on the outs with him again. Do you think I should write to him and ask him to call on me, or should I just let him stay away, as it is breaking my heart to be away from him? I don't want to coax him. I've been true to him. I don't

 $\mathbf{E}^{\mathrm{VERY}}$ once in a while there is that do not have it very often at home. Yet I know of a shop that has large bot-plan for spring clothes. Out comes the act-of delicious clam bouillon essence. following mixture: One-half cup of finely chopped nuts, Three tablespoons of brown sugar. Mix and then fill into the dates and roll the dates in either granulated sugar or finely chopped nuts. Brazil nuts. English walnuts or almonds may be used also without chopping. Making up each time? Making up

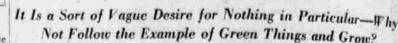
organdic, and come in the most

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 spring The collar is long sink, blue or white, a great deal of kindness and we soon found out we were in love. In the city we met but never spoke. I loved him and straight, and the cuffs are deep, and pointed at the tops, fastening with a single pearl button. Just to look at these sets, which are priced at \$1, is to picture one on oneself. And incident-ally the prediction is that they are to urchased.

The Woman's Exchange

A Parchment Shade To the Editor of Women's Pap Dear Madam-Would it be possible

for you to give me directions for pre-



JUST BEFORE THE SPRING

There is an imitation parchment that is often used for making these shades, which is less expensive than the real parchment, and not so crackly. You can buy it at stores where artists' supplies are sold. There is a fluid which comes

parehment, and not so crackly. You can bling size you want, where you want to go, and you want to go, and you want to go, and you want is is an used. This size you want, where you want to go, and you want is parehment, it so used. There is a fluid which comes that makes the parehment transparent to the work in this disk, that is simply painted on with a brush. Then, after than ever to get rid of them all, way from the moist black earth benches have eclor a time-but as soon as you have a minute to thick, that desperate longing comes back again. This goes on for several weeks, some-as you wand to go way from the world be at follow feeling.
To the reach you yras, and manicur, the one day the soun stains be removed that would not come out in washing from a light blue wooler world. The spring. The the world the world the spring. The the world the discust that would not come out in the synther. And Easter is spring. That's all it is -just spring. That's all it is -just spring. That's all it is spring. That's and the synthet have used is on the spring from a light buy world. That's all it is spring. That's and it is spring. That's all it is spring. That's all it is a spring. That's and all we can spring the world is and the would be at clear mind and as a spring throw with our quarter of a pound of a consol work, and there would be at clear mind and as a spring throw with a clear mind and and and the would be at clear mind and and the would be at clear mind and an an theart.

A Word Three Miles Long-A Big Drop in Beef Back to the Old Prices Again Finest Rump Steak—well trimmed..... Nice Lean Top of Round—without any bone Finest Sirloin Steak—no waste..... Pin Bone Roast—any size..... Butcher's Roast or Rump Roast..... Prime Rib Roast—middle cut..... Fresh ground Hamburger Steak..... Half-Smoked Sausage19c It Will Pay You to Visit the "Wonder Store of West Phila." Do Your Marketing on Friday, and Avoid the Crowd of Saturday MARKET ST. BEEF CO. Very Extraordinary



tich hard with flowers and silk plaitings, aut and wooden beads, ostrich, curled blophane, leather fancies, lace, wool fruit and wooden beads, ostrich, curled and uncurled, burnt and glycerined, cellophane, leather fancies, lace, wool and silk embroideries, oats and blondine —there is no end to the trimming. If people would only look at a sailor from a standpoint that includes both his work and pleasures, they would not condemn him so quickly. and

A SAILOR'S SWEETHEART.

They're Always Fussing

By CYNTHIA

Another Navy Fan

Dear Cynthia-1 am very interested your column and especially now when here is a great discussion going on

She Likes Them, Too

They're Always Fussing Dear Cynthia-I am a young man righteen years of age. I was going with a girl my own age and we had a falling out. How can I win her love back? I have been going with her for the past year. We were always fussing. Do you think she is worth bothering with, as it is breaking my heart to be away from her, and now she is a yamp.

SMILING CHARLES.

him. I've been true to him. I don't see why he should get sore at me for BROKEN-HEARTED MARY.

My Dear Mrs. Wilson-Kindly tell



An Ideal Occupation for Young Women

YOU would work near your home and have short hours with attractive surroundings and hot lunches at cost.

During the first four weeks while learning you would be paid \$12 per week and rapidly advanced thereafter.

Your position would be permanent with anniversary payments, sick benefits and vacations

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reduced.

AND

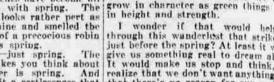
\$35.75.

PHILADELPHIA

263 So. 52nd St.

100

stock and



milk. Noted physicians declare this element is necessary for nutrition and growth, and for this reason one quart of milk with a variety of other foods is necessary to the young child. Teach the baby to eat well cooked cereals; do not sweeten if possible; the less sugar the young child ents, the better his digestion will be; teach baby to eat from a spoon very slowly, and to drink by sipping slowly from a cup or glass.

Care of Baby's Milk

Take the milk at once upon its de Take the milk at once upon its de-livery to the house and wash bottle under running water, where and remove the cap and turn glass down over the top. Set milk in part of refrigator set aside for milk, butter and eggs. Plucing it close to strong-flavored foods will spoil the milk. If you do not have be in the winter time, place the milk in a pall and till to within three inches of the top with cold water and set in cool place where it will not freeze; milk left to freeze is not the proper food for haby, and is ant to disturb his digestion. haby, and is apt to disturb his digestion. When making erram soups, cocoa, junket, custards and puddings, cook enough for two or three meals and then cool, cover and set in refrigator or eover and set in refrigator or cool place.

Cocoa

Coroa Cleanliness in cooking, careful scour-ing and scalding of all utensils, dishus and spoons employed in neoparing his food, will save baby from many size spells; have one or two saucepans for Pcooking the young child's meals and keep them for that purpose and do not use or permit any one to use them for nany other purpose. These atends are porous and it is care for the utensil to absorb odors. Now for preparing the coroa for baby: Pub sauceman limit are to battant

Rub saucepan lightly on the bottom of water with butter, place two copy of milk in out of case, saucepan and add

The Question Corner

Today's Inquiries

. Describe a clock that is conven-

2. What will clean tarnished silver lippers'

3. When a gas oven will not stag-lighted evenly what should be

4. What feature is often noticeable

in many of the new frocks? Of what material are pretty sashes for children's dresses 5. Of made

Is it correct to drink bouillon from the cup or to slo it from a 6, 1

Yesterday's Answers

The additional protection of an asbestas mat on the end of the froning board where the iron-holder stands will save the board

from scoreling. Some of the newest short sizeves are made in puffs held in with close bands.

A pretty paste jar for the desk is decorated in black and white stripes and clusters of roses. The lid is of brass.
 A popular style of rollar for spring is a double ruffle of chif-fon.

Waxed paper can be used to pro-tect uncovered food in the refrig

erator. The new cotton materials that are sold for summer dresses are much more sheer than formerly.

me how to upenare and cook celery root and I will look for answer in paper. B. R. Celery Root

llowing mixture:

Talk of tico cods.

Cream and then add

Wash and pare root and then cut in ne-half-inch blocks. Place in a saucevery much and was almost heartbroken. when he never spoke to me. I tried to forget, but I couldn't. After a year I met another nice boy. He wasn't what you rall handsome: he showed me respect and praised me a great deal and told pon and cover with boiling water and cook until tender. Drain and then sea-son and cover with cream sauce.

My Dear Mrs. Wilson-Would you kindly give me a recipe for fruit cake? Should it be a stiff batter? What is people that he cared for me. I saw him every night and when he didn't appear my heart throbbed until at last 1 found that I was in love. He made me forget Should it be a still patter? What i he advantage of baking the cake in a pan of hot water, such as you spoke of recently in your articles? Than you very much. MRS. K. S. Place in a mixing bowl that I was in love. He made me forget the first love and I had buried the past. Now, Cynthia, we had a misunderstand-ing and we didn't speak, but one night he spoke to me and I never answered. Do you think I was wrong? I was very sorry at last. Dear Cynthia, what shall I do? I love him and I'm afraid that he will never speak to me again. I love him more because he made me forget. Is this love? Thank One and one-half cups of sugar. Cream well and then add Three-quarters cup of saft butter. Is this love? Four cups of flour, One level tablespoon of baking powder,

One and one-quarter cups of milk. Beat just enough to mix and then fold stiffy beaten whites of eggs and add Two tablespoons of flavoring.

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One pound of raisins, seeded, One pound of currants, Two cups of chopped nuts, Three-quarters cup of finely chop-

ed citros One-half sup of finely chopped figs.

Line a cake pan with three thick-nesses of paper and grease and flour the paper. Bake one and one-quarter hours in a slow over. Recipes using liquor will not be given. Placing the fruit cake in a pan containing a small amount

prevents scorehing and drying

kindly tell the how to make sausage. What kind?

Dear Mrs. Wilson--Will you please tell me whether or not there is any substitute for suet in your bolled puddings? Have you a recipe for banana sandwiches? If so, I would thank you for the same.

MRS. F.

Yes, use any shortening desired, using one half, of the amount called for in suet, as, for example, recipe calling for one cup of suet—use one-half cup of any shortening. For banana sandwich—butter thin sliced of bread with sweet butter, then cover thickly with thinly sliced ba-nanas and sprinkle with a little lemon julce and fine-chopped maraschino cherries. herries

Avoiding Mixups

While fashion demands that the ounger children wear white stockings, nd where there is more than one child a the houre it is quite a task to match he pairs returning from the laundry and return them to the rightful own-rs. One very good method of doing his is to sew the end of a piece of tape this is to see the cull of a piece of tape about three inches long to the top of each stocking and much the owner's initial in indelible lak on the part sewed to the top. When the stockings are forwarded to the laundry, just the the two tapes together. All the trou-ble of sorting is done away with when they are returned in this way, and you have only to look in the top to discover the rightful owner.—The Deover the rightful owner.-The Dee exceedingly popular.

Diamonds, rubies, sapphires-all are ovely when set in pretty rings. But, after all, for the unusual expression of a distinctive personality it is the eavy silver ring with the jade or lanis rdouyx that rests against a slen-chite hand and adds to its charwhite acter. And it is of these striking rings that I write. In an interesting collec-tion which has been reduced from \$7. \$5 and \$9 to \$4.50, are real stones.

Spring Hats

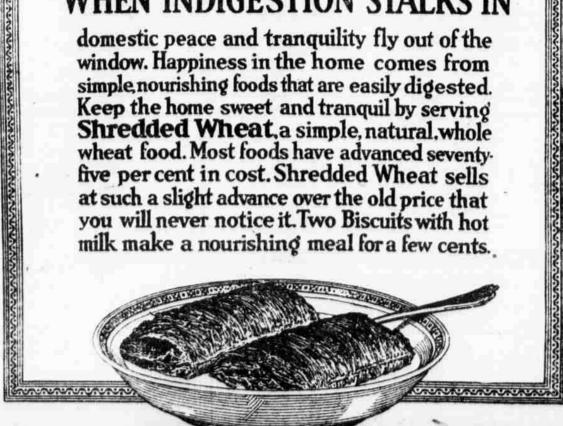
Oh, yes, it's time to think about hem. Even if you can't quite imag-ne straw ones yet, although they have een seen, you can wear these convenint between-seasons fabrics. them are satin, taffeta, grass-cloth and one is shiny black cilcioth, not patent leather, but plain kitchen cilcioth. It softer than patent leather, forn o charming shapes and requires lit more trimming than stitching (opaque, in virile, vivid colors, in hand-wrought settings, many of them in the hite or a color. artistic Italian leafwork.

Games for Party

HEART-BROKEN TWICE. Yes, dear, it was wrong of you not to speak to him, for he evidently was try-ing to make up the quarrel. If you really to the delightfulness of her cooking is to the delightfulness of her menu. She is Are you going to have a party on Washington's Birthday? If you get "stuck" with your decorations or want some games that are a little different from the usual ones introduced the by thim, write him a nice note and tell the unusalness of her menu. She is from the usual ones, remember that is some the volume of the woman's Page will show the loves you, he will come back. If he does not answer, of course, you will have to forget him.

WHEN INDIGESTION STALKS IN

> domestic peace and tranquility fly out of the window. Happiness in the home comes from simple nourishing foods that are easily digested. Keep the home sweet and tranquil by serving Shredded Wheat, a simple, natural, whole wheat food. Most foods have advanced seventyfive per cent in cost. Shredded Wheat sells at such a slight advance over the old price that you will never notice it. Two Biscuits with hot milk make a nourishing meal for a few cents.





flear Mrs. Wilson-Will you