# DISHES FROM CANADA - WOMAN'S EXCHANGE - CYNTHIA'S ADVICE - OVERDRESSING A CHILD

A DAINTY SHIRTWAIST

## THE CANADIAN RECIPES Please Tell Me GIVEN BY MRS. WHLSON

Mixture of Nationalities Shows in Cooking of These Housewives of the Cold North

Chateaubriand Steak As

By MRS. M. A. WILSON right, 1920, by Mrs. M. A. Wilson, All rights reserved.

TORTHEAST CANADA is truly cosmopolitan in its variety of community cooking. English, Irish and French-Canadian housewives all have commingled their recipes so that one may visit a Canadian home and find the nenu includes dishes from all three nationalities.

As it is intensely co'd in the winter time, the folk up there must cat abundantly of the heat-producing foods, if they are to maintain their physical balance. So, for this reason, I have changed some of the recipes to conform the diet used in the States.

Chateaubriand Steak

Have the round or rump steak cut t least one and one half inches thick. Divide into fillets and remove all fat. Pound well to make tender and then place in a china dish and cover with the following mixture. Place in a cup One tablespoon of lemon juice, Three tablespoons of salad oil.

One-quarter teaspoon of paprika, One onion grated.

Turn the steaks frequently and mar-inate for about one hour. Lift to the broiler and broil for twelve minutes. While the steaks are broiling, place in

Two tablespoons of bacon fat.

Three tublespoons of flour. Brown until a deep maiogau) color and then add one cup of cold water. Stir to blend and then bring to a boil and cook for five minutes. Then add

Juice of one-half lemon, One teaspoon of salt. Two tablespoons of catsup.
One-half teaspoon of pepper.
Two tablespoons of finely minced

Two tablespoons of finely mineed Two tablespoons of butter.

Beat to mix and then lift the steaks on rounds of toast on a hot platter and cover with a sauce. Garnish with Pickled red cabbage makes a spiendid

animent for these steaks. Pickled Red Cabbage

Shred a head of red cabbage very time d then place in a bowl and cover with cold water. Let stand for two hours and then drain. Now place in a deep

Four tablespoons of bacon or ham fat. Three onions, minced fine. The drained cabbage.

Cover closely and then let steam; soking slowly and tossing frequently blend thoroughly. Cook until cabbage is tender, usually about thirty minutes, and then add

One traspoon of salt. One-quarter teaspoon of pepp One traspoon of sugar Five tablespoons of vinegar

Chop fine and then mix the season ing thoroughly through the cabbage.

Eggs a la Buckingham

Place in a saucepan Two cups of milk.

Rix tablespoons of flour One tablespoon of grated onion.

Stir to dissolve the flour and then bring to a boil and cook slowly for three minutes. Season with one tea-spoon of salt and one half teaspoon of paprika. Make a slice of toast for paprika. each service and then place the toast on a hot platter and cover the toast on a hot platter and cover the toast with sauce. Now place the scrambled eggs on each slice of toast. Cover with sauce and sprinkle with finely chopped parsley. Serve the eggs a la Buckingbam in the following menu:

LUNCHEON Clear Temato Soup

Eggs a la Buckingham Asparagus Salad Cold Cabinet Pudding

Cold Cabinet Pudding

Place two level tablespoons of gela-tin to soak in one half cup of cold water for one half bour and then place in a saucepau. Two and one half caps of milk.

One-quarter cup of curustarch. Stir to dissolve the starch and then bring to a bort and nell the volks of

One-half cup of sugar. Beat hard and then cook for two

minutes; remove from the fire and add One tablespoon of exactly. One-quarter teaspoon of salt.

The prepared gelutin. Beat hard to blend and then rines the mold with cold water and decorate the bottom with raisins and citron. Place the mold in the pan of cracked ice and salt. Now with a spoon, lift just epough of the pudding to cover the bottom, when set add one inch layer of grated stale crumbs and a few raisons. Make the crumbs from either sponge cake or stale crumbs and a few raisons. Make the crumbs from either sponge cake or lady fingers that are stale, then add a layer of custard and repeat until the mold is full. Be size each layer is formed before unding a second one Place on ice to chill and then serve with fruit whip or with Caledonian cream.

Caledonian Cream

Place the whites of two eggs in a bowl, then add one glass of corrant jelly. Beat with a Dover egg beater until the mixture holds its shape. In alividual molds may be used if desired. Pet Roast of Beef With Yorkshire Timbal

Select a four-pound out of heef, wither rolled brisket, flank or bolar out. Pot roast in the usual manner, making about one quart of rich brown gravy. About thirty-five minutes before serving the meal, prepare the timbal follows:

Yorkshire Timbal Place in a mixing bowl One and one-half cups of milk,

Two cups of flour, Two c. 08. One-quarter teaspoon of sall. One-half teaspoon of pepper. One tablespoon of grated onion. Two tablespoons of finely minced

Two level teaspoons of baking powder. Bear hard for five minutes, using a

## Ask Mrs. Wilson

If you have any cookery prob-lems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. sonal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

Thateaubriand Steak Is

Delicious French Dish,
While Yorkshire Timbal

Is From England

Is From England

Is Pour over one-half cup of gravy and sprinkle with three table
gravy and sprinkle with three table-

Mashed Turnips Colesiaw Apple Custard Mrs. Wilson

Answers Queries

piease publish how to dispose of cight and one-half pounds of government jelly? I mean I want to put it in glass jars. Should it be coked before putting into glasses?

(Mrs.) G. J. S.

Heat the jam slowly to the boiling point in a saucepan and then place an asbestos mat under the kettle to prevent scorching. Cook for five minutes and Dear Cynthia—Although then fill into sterilized jars or glasses. Cover with parawax and store in a cool

My Dear Mrs. Wilson-Please send me the recipe for oysters a la King.
(Mrs.) N. T. K.

Oysters a la King
Parboil twenty-five large frying oysters, then drain and use this liquid for
making the sauce. Place in a saucepan
One and one-half cups of oyster stock.

One and three-quarters cups of milk, One-half cup of flour. Stir to dissolve and then bring to a and cook slowly for five minutes.

cap of parboiled mushrooms,

Their pimentas, chopped fine, One and one-half teaspoons of salt. One teaspoon of paprika,

ECRU IS BECOMING

TO THE BRUNETTE

Black satin forms the skirt, bodice and short sleeves. The drapery on the hips is of black net, but the tunic is of ecru lace. In case of its becoming out of sixle on ac-count of the bouffant hips, there would be nothing easier than to remove the net drapery and disclose a frock with long straight lines

If you love tea and your quest is ever for the perfect cup, you will find it in "Salada."

If you've never before cared for tea, "Salada" will make you as great a devotee as Samuel Johnson, "who with tea amused the evening, with tea solaced the midnight, and with tea welcomed the morn-



# What to Do

By CYNTHIA

An Odd Problem

Dear Cynthia-1 have a very, very lear gentleman friend who lives in Wisconsin and to whom I have been in-debted for saving my life while swim-ming. It has been four years since then, and we have been keeping a steady, regular correspondence.

He is a Catholic and I a Protestant, and we also are of a different nationality

hot plate. Pour over one-half cup of gravy and sprinkle with three table-spoons of finely mineed parsley. Serve hy cutting in wedge-shaped pieces with the pot roust in dinner menu as follows:

DINNER.

Celery Sweet Mixed Pick'es
English Pot Roast of Beef
Yorkshire Timbal Brown Gravy

have had more sense than to neept the proposal from him. His regions for not liking me to marry him are that he is French and I an American. Can you enlighten me to what might be suitable to tell my fiance, as I have to tell him that the engagement must be broken. This nearly breaks my heart, and I have lost my love for father.

BROKEN-HEARTED SYBIL If you had stated your age it would have been easier to answer you seems strange that you should now a man's attentions even to the setti

of a date for your marriage within the knowledge of your parents. And is equally strange if you are a grewoman that you are immediately will to give this man up without affering im a chance to see your father and o "make good" in his eyes. However, as your love is evident not deep or you are perhaps very you

it night be just as well to break the engagement. But you should tell the young man the whole truth about the matter. Mixed marriages (in points of "Ted" Answers "Ruth" and "Rose" Dear Cynthia-Although I read you column every night and find many teresting letters, sarcastic and silly let ters, I have never before made an at

tempt to render my ideas of any of the subjects discussed.

I must first of all congratulate you r the broad-minded answers you give some of your writers, although at les I believe I could add a little more some of them, especially to some of these sixteen year old girls who are writing sad love stories when they should be studying their lessons; also to some of the older ones who write to you, where, if they had any common sense at all, they could solve their problems themselves. I also would like to congratulate "Buck Private," "F. Top Kicker" and a few of the others for their interesting letters.

interesting letters. person who is disgrace that a greater that it is false pride when she refuses to go with one who is not dressed ast stylishly as she is. Some of the best men are dressed poorly and some of the worst are dressed like a millionaire. If it is blouse for \$3.50 as by his or her dress that you girls are judging a person. I pity you in the long run. If every one was judged that way a large part of the girls would be constantly judged as masqueraders. Maybe you would—no one can tell.

Little people love their might, and hay for clothes. Particu

TEO. You must remember. Ted, that it is no reason many mothers buy to leg, but sadly demolished as to foot. Which is one reason many mothers buy to guards. They come in a number yeary much "tied up" in their own problems, and want an unbiased point of yiew. So it is not always a second of sizes and fit snugly over the foot. common sense.

Now. I have a large "bump" of curiosity, and I want to ask something of Buck Private." Why do hoys close their eyes when they kiss you? I kept mine open once and "he" had his closed. Well, "Tom is calling and the car is waiting, so I will have to depart." Run along with a snappy "come-back," It P. And keep up your reputation.

M. D. S., ALIAS "CURIOSITY." Four girls have asked this same quesnot a man or girl has answered Cynthia is beginning to believe the readers know, as she does, there is a t any answer to either question.

tucks close to the neck at the shoulder make all the fullness that is necessary. Simplicity is its keynote, and yet it is dainty, pretty and dressy enough for afternoon as well as morning wear

After all, there are few materials that make such pretty waists as fine

lawn, especially when it is trimmed with an edging of narrow filet lace

and lines and squares of drawn work. The cuts match the collar. A few

## Adventures With a Purse

I WANT to tell you of a l'ttle lle ise, could make it myself. But I do know rather tailored in effect, which would about the clive oil and I do know that I want to say a few things to "Ruth" I rather tailored in effect, which would and "Rose," whoever they are, or look exceptionally well with a dark blue whoever they think they are. You have suit. It is of a crisp, white material, heard the saying "You can't judge n hook by its cover when the saying the sayi

book by its cover, nor can you judge a made with a rather long collar. The a girl by her dress." It's quite true that a girl does not like to go with a nerson who is disgracefully dressed, but it is false pride when the reference of the collar and cuffs are edged with a finely pleated frill of deep rose, and this same like for the collar and cuffs. The little frill trims the neat cuffs. The colored frill forms a very striking con-

Little people love to play with all their might, and have a tine disregard for clothes. Particularly are stockings treated with a splendid indifference. Letters addressed to Cauthin, Ear. Out peep little toes, and many a tiny NING PUBLIC LEIGER, Sixth and Chest-stocking is discarded which is whole as

> need for a good cold cream, to be applied to the face at least occasionally, yet there are some of us who cannot use the regular cream used by ear more fortunate sisters whose skin is not ensitive or delicate. Thus the ordinary cream will leave the face blotchy" and spotted. But there is a cream which is specially made for deli-cate skin. It has soothing olive oil in and-well, if I knew just exactly what was in it and the proportion, I

A real treat for

the kiddies-

Supplee Ice Cream

All children like candy, cakes, and pastry, but—watch their little faces light up when

is a real treat; there's delight in every spoon-

ful. It satisfies that craving; for this delicious

refreshment is both food and sweet combined.

Besides, Supplee Ice Cream is rich and creamy

-and has that freshness of flavor so typical

corner. If you want to know the dealer near-

There's a Supplee dealer just around the

of all Supplee-Wills-Jones products.

est to you telephone Baring 140.

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Philadelphia, Atlantic City, Ocean City, Chester.

Ice cream-especially Supplee Ice Cream-

ice cream is announced.

it is highly recommended. A generous-

Did you know that one shop, famous for its delicious candy, makes a special box, consisting of all sorts of candy, molasses flavored? There are molasses kisses, hard molasses candies and some, trast and the result is as smart a little libelieve, of molasses caudies and some, libelieve, of molasses cocoanut. The blouse for \$3.50 as you would see in is an irresistible temptation. Eighty ents will buy one for you.

sized jar may be had for seventy-five

envelope to the Editor of Woman's Page, or call Walnut 3000, for names of shops where articles mentioned in Adventures with a Purse

### Cleaning the Tub

roblems, and want an unbiased point of sizes and fit snugly over the loot. The stocking goes on over this, fitting ommon sense.

No One Answers

Dear Cynthia—This is my first "of-lanse." I have read with a great deal of interest the letters in your column. The stocking goes on over this, fitting well and feeling perfectly comfortable, the only difference being that the stocking stain upon the white porcelain. This can often be removed by hard rubbing with a scrubbing brush, hof water and one of the commercial cleaning powders. But sometimes it is stubborn, and no matter how hard you rub, a tiny mark still shows. That is the time for your to get stubborn and make up your mind to get that stain off. And the way While none of us will dispute the need for a good cold cream, to be applied to the face at least occasionally, yet there are some of us who cannot use the regular cream used by sor more fortunate sisters whose skin is not the disputation of the same to the sisters whose skin is not the same to go to any flame.

Rheumatism and Neuritis

Why Suffer Longer? Drink

Mountain

Valley Water

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you where it may be found. Also

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ELECTRIC SUPPLY CO.

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eries and upholstery spotless.

ing Machine.

## The Woman's Exchange

No Patterns Furnished

To the Editor of Woman's Page:

Dear Madam—I should like to know, please, if I could get a pattern for this girl's dress in a fourteen-year-old size.

MRS. W. J. P.

Dear Madam—Will you kindly tell me where I can apply for a position as a welfare worker? I know there are headquarters somewhere in Philadelphia. WELFARE WORKER.

The Society for Organizing Charity is at 419 South Fifteenth street, and the home service section of the Red Cross is at 1607 Walnut street. Either of these organizations would be glad to have you if they have room for more workers and if not they are tell you workers, and if not they can tell you where such workers are needed.

#### To Become an Actress

To the Editor of Woman's Page:

Unless girls have a special "pull." the only way they can become motion-picture actresses is by going to the studies and accepting small bits as "extras." If they have any ability, they are usually seen and picked out for better parts. Sometimes there are contests run by motion-picture producers or magazines by which girls may break into this kind of work. Keep in touch with all the activities of the movie world and watch your chances all the time. You never can tall. movie world and watch your chances all the time. You never can tell when something of the kind will turn up.

Thank You, "Devilish"! There's nothing like a little pat on the back once in a while. Here's one in

the form of a poem:
Now, listen here,
You're a dear:
You're like mothers,
You help others. To editor of page for women, from

#### The Question Corner Teday's Inquiries

 What has been made of the former bar of the Hotel Petrograd in Paris?
 How should smeeking be ironed? 3. Of what material is an attractive fam-o'-shanter and scarf to

match made? I. What is the best way to serve formal refreshments at a card

party? How can new silk stockings be made to last just a little longer?
6. What attractive feature is used on many spring street dresses?

#### Yesterday's Answers

1. The first ship launched since national prohibition went into effect and christened with water instead of champagne was given the name Blue Triangle, after the wartine insignia of the

Y. W. C. A.

2. Oilcloth in black and dark colors is pretty for a between-seasons'

A coat that is expected to be popular for spring is a tan polo coat trimmed with leather.

Ribbons will not lose their color if they are washed by a quick shaking about in a quart of beiling water to which a teaspoonful of baking soda has been added. It is correct to take a visiting guest to a tea if the hostess is informed beforehand by telephone

Turkish towels in guest size are a new accessory for the bath that would be an addition to the guest

## DAINTY LITTLE GIRL WHO WENT TO HER FIRST PARTY

Had to Overbalance All Her Daintiness by Wearing Too Elab. orate a Dress Because Her Mother Wanted Something Dressy

please, if I could get a pattern for this girl's dress in a fourteen-year-old size.

MRS. W. J. P.

I have no patterns for these dresses that appear now and then ou the page. They are simply pictures of ready-made frocks. I am sure you could find a pattern very much like this dress in a fourteen-year-old size.

The little frock she was scorning would have been lovely for a party. It was a simple organdic dress of blue with a plain white collar and cuffs and a little yoke of smocking. The child who was to wear the dress was just the dainty type who would have looked with girl in it. But because her mother wanted something dressy she had to go to the party in a dress that was loaded with ribbons. The result was that she lost all her daintiness and became simply an insignificant little figure all covered with trimming.

Wants Welfare Work

To the Editor of Woman's Page:

Dear Madam—Will you kindly tell me where I can apply for a position as a welfare worker? I know there are with trimming.

Dear Madam—Will you kindly tell me where I can apply for a position as a simple organdic dress of blue with a plain white collar and cuffs and a little yoke of smocking. The child who was to wear the dress was just the dainty type who would have looked with ribbons. The result was that she we have don't realize the same truth in regard to our clothes? For dressy occasions let us be appropriately dressy, but in doing it let's find out whether we have don't realize the same truth in regard to o

ply an insignificant little figure all covered with trimming.

Poor little girl! She will have to submit to this submerging of her personality under fancy clothes until she is old enough to choose for herself. By that time, perhaps, the idea will have been impressed upon her so distinctly that she will still choose elaborate, fussy things instead of the simple plain ones that are becoming to her. She will have acquired the habit of overdressing.

as well dressed without elaborate trimming as with it. And when we array our little girls for their first parties give them a chance to establish their own identities, instead of giving them artificial ones of ribbon and lace and trimming.

Ironing Linen

Mats, doilies and similar articles of special shape should be ironed first

To the Editor of Women's Page:

Dear Madam — Having culled from your column much useful information. I am asking you to let me know how girls can become moving-picture actives.

CATHERINE.

CATHERINE.

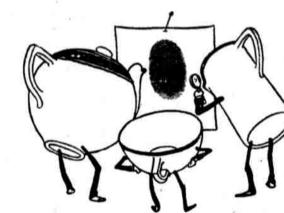
CATHERINE.

CATHERINE.

Fortunately, for the last few years dressmakers, fashion writers and all those who have anything to do with the setting of styles have been advising plain, simple clothes. The newest frocks from Paris have depended almost entirely upon their cut, and the smartness of their lines for their style. If there is any trimming, there is only one kind. Sometimes it consists of plaits, sometimes tucks, sometimes braid or beading, embroidery in wool or silk; but there have been very few claborate things requiring but a slight there have been very few elaborate cate this gowns. And how much more style there dressing.

special shape should be ironed first without any starch. Then spread them NOT so many years ago it was con-flat on the board, cover with a thin cloth wrung out of cold starch and press several different kinds of trimming on them dry. This will give enough stif-

elaborate cate things requiring but a slight



# Identifying Good Tea

You don't need to-we identify it for you! We choose the leaves carefully, blend them until the tea taster himself smacks his lips over the flavor. And then so there'll be no mistake, we wrap it in air-tight packages bearing the name

# TETLEY'S TEA

We've been blending tea for a hundred years. We ought to know how to blend it-and

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must be good or we wouldn't serve it to you-must be good or so many persons wouldn't have it served to them!

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