

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

THE CANADIAN RECIPES GIVEN BY MRS. WILSON

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

Chateaubriand Steak Is Delicious French Dish While Yorkshire Timbal Is From England

By MRS. M. A. WILSON

NORTHEAST CANADA is truly cosmopolitan in its variety of community cooking. English, Irish and French-Canadian housewives all have contributed their recipes so that one may visit a Canadian home and find a menu including dishes from all three nationalities.

As it is intensely cold in the winter time, the folk up there must eat abundantly of the best producing foods. If they are to maintain their physical balance. So, for this reason, I have changed some of the recipes to conform to the diet used in the States.

Chateaubriand Steak
Have the round or rump steak cut at least one and one-half inches thick. Divide into filets 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 of water.

Pickled Red Cabbage
Shred a head of red cabbage very fine and then place in a bowl and cover with cold water. Let stand for two hours and then drain. Now place in a deep saucepan.

Eggs a la Buckingham
Place in a saucepan
Two cups of milk
Six tablespoons of flour
One tablespoon of grated onion.

LI SCHEON
Clear Tomato Soup
Eggs a la Buckingham
Asparagus Salad
Cold Cabinet Pudding

Black satin forms the skirt, bodice and sleeves. The drapery on the hips is of black net, but the tunic is of eruv lace. In case of its becoming out of style in accordance with the latest fashions, there would be nothing easier than to remove the net drapery and disclose a frock with long straight lines.

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.

Dinner
Celery Sweet Mixed Pickles
English Hot Roast of Beef
Yorkshire Timbal Brown Gravy
Mashed Turnips Peas
Apple Custard Coffee

Mrs. Wilson Answers Queries
My Dear Mrs. Wilson: Will you please publish how to dispose of eight and one-half pounds of government jelly? I mean I want to put it in glass jars. Should it be cooked before putting into glasses?

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

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

ECRU IS BECOMING TO THE BRUNETTE



Please Tell Me What to Do

By CYNTHIA

An Odd Problem
Dear Cynthia—I have a very, very dear gentleman friend who lives in Wisconsin and to whom I have been indebted for saving my life while swimming. 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. He is French and I an American. He has proposed to me, and said I would marry him. So the date was set for the marriage.

BROKEN-HEARTED SYBIL
If you had stated your age it would have been easier to answer you. It seems strange that you should accept a man's attention even to the setting of a date for your marriage without the knowledge of your parents. And it is equally strange if you are a young woman that you are immediately willing to give this man up without allowing him a chance to see your father and so "make good" in his eyes.

"Ted" Answers "Ruth" and "Rose"
Dear Cynthia—Although I read your column every night and find many interesting letters, sarcastic and witty letters, I have never before made an attempt to render my ideas of any of the subjects discussed.

Letters addressed to Cynthia, EVENING PUBLIC LEDGER, Sixth and Chestnut streets, always reach me. You must remember, Ted, that it is not always easy to use common sense in one's own case. Very many become very much "tied up" in their own problems, and want an unbiased point of view. So it is not always a want of common sense.

No One Answers
Dear Cynthia—This is my first "fat" topic. I have read with a great deal of interest the letters in your column. Now I have a large "bump" of curiosity, and I want to ask something of you. Why do boys 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," B. P. And keep up your reputation.

M. D. S., ALIAS "CURIOSITY"
Four girls have asked this same question and not a man or girl has answered. Cynthia is beginning to believe we read along with a snappy "come-back," B. P. And keep up your reputation.

A DAINY SHIRTWAIST



After all, there are few materials that make such pretty waists as fine lawn, especially when it is trimmed with an edging of narrow flit lace and lines and squares of drawn work. The cuffs match the collar. A few tucks close 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.

Adventures With a Purse

I WANT to tell you of a little life, rather tailored in effect, which would look exceptionally well with a dark blue suit. It is of a crisp, white material, made with a rather long collar, the collar and cuffs are edged with a finely pleated frill of deep rose. The little frill trims the neat cuffs. The colored frill forms a very striking contrast and the result is as smart a little blouse for \$3.50 as you would see in many a day's walk.

Cleaning the Tub
Sometimes the bathtub spigot drips steadily until the water makes a brown stain upon the white porcelain. This can often be removed by hard rubbing with a scrubbing brush, hot 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 you to get stubborn and make up your mind to get that stain off. And the way to do it is to pour just a little kerosene on it, and then rub with a soft cloth. It comes off beautifully, and if you turn the water on full the kerosene washes out easily. Of course, you have to use the oil carefully and don't let it get near any flame.

Rheumatism and Neuritis
Why Suffer Longer? Drink Mountain Valley Water
Famous curative water from near Hot Springs, Ark. ENDORSED BY PHYSICIANS. Mountain Valley Water Co., 718 Chestnut St. Phone Walnut 5497.

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.

I have no patterns for these dresses that appear now and then on the page. They are simply pictures of ready-made frocks. I am sure you could find a pattern very much like this dress in any reliable fashion book, and you could add your own touches. It is things suggested in the picture, for a very pretty, sensible dress for a growing girl, don't you think so?

Wants Welfare Work
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 410 South Fifteenth street. 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 can tell you where such workers are needed.

To Become an Actress
Dear Madam—Having culled from your column much useful information, I am asking you to let me know how girls can become moving-picture actresses. CATHERINE.

Unless girls have a special "pull," the only way they can become motion-picture actresses is by going to the studio 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 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 like my mother, You help others, To editor of page for women, from DEVILISH.

The Question Corner
Today's Inquiries
1. What has been made of the former bar of the Hotel Petrograd in Paris?
2. How should smoking be ironed?
3. Of what material is an attractive fam-o-shanter and scarf to match made?
4. What is the best way to serve formal refreshments at a card party?
5. How can new silk stockings be made to last just a little longer?
6. What attractive features 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 wartime insignia of the U. S. Navy.
2. Gilech in black and dark colors is pretty for a between-seasons' hat.
3. A coat that is expected to be popular for spring is a tan polo coat trimmed with leather.
4. Ribbons will not lose their color if they are washed by a quick shaking about in a quart of boiling water to which a teaspoonful of baking soda has been added.
5. It is correct to take a visiting guest to a tea if the hostess is informed beforehand by telephone or note.
6. Turkish towels in guest size are a new accessory for the bath that could be an addition to the guest room.

DAINTY LITTLE GIRL WHO WENT TO HER FIRST PARTY

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

"BUT that's so plain," objected the woman who was looking at children's dresses, "I want something she can wear for parties." The little frock she was scoring would have been lovely for a party. It was a simple organdie dress of blue with a plain white collar and cuffs and a little yoke of smoking. The child who was to wear the dress was just the dainty type who would have looked well in it. But because her mother wanted something dressy she had to go to the party in a dress that was loaded with embroidery and lace, and bedecked with ribbons. The result was that she felt all her daintiness and became simply 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.

Ironing Linen
Mats, dollies and similar articles of special shape should be ironed first without any starch. Then spread them flat on the board, cover with a thin cloth wrung out of cold starch and press them dry. This will give enough stiffening.

Doilies are generally laid away on tubes of proper length, but napkins may be put away likewise, as creasing weakens the fiber. They may be folded by hand when taken out for use. If linen is creased, it is advisable to wash the lines every time it is washed, so that the wear will not come in one place.

To do the finest work, linen should be dampened more than other fabrics. The best way to do this evenly is to bring out one-half of the piece in warm water, then fold over the other half and roll tightly. Colored linen should either be ironed on the wrong side or have a thin cloth laid over it to shield it from the heat of the iron. The cloth dampened with cold starch is practical in laundering many other delicate things requiring but a slight dressing.

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 we do!

The First Thing You Get in the World Is Milk
Nature never makes a mistake. She starts you right—then it's up to you—to keep going right. Drink more milk—it's good for you—providing, of course, it's good milk. ABBOTTS MILK 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! Phone us to deliver a bottle tomorrow—Baring 295. Abbotts Alderney Dairies, Inc. 31st and Chestnut Streets. Both Phones. Branches—Atlantic City, Wildwood, Ocean City. Have You Tried Abbotts Ice Cream?

A real treat for the kiddies—Supplee Ice Cream
All children like candy, cakes, and pastry, but—watch their little faces light up when ice cream is announced. Ice cream—especially Supplee Ice Cream—is a real treat; there's delight in every spoonful. 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 of all Supplee-Wills-Jones products. There's a Supplee dealer just around the corner. If you want to know the dealer nearest to you telephone Baring 140. SUPPLEE ICE CREAM "Has a Better Flavor" Supplee-Wills-Jones Milk Co. Philadelphia, Atlantic City, Ocean City, Chester.

A Helper Upon Which You Can Always Depend
No need to worry about your work being done thoroughly and efficiently. This modern electric cleaner leaves your rugs, draperies and upholstery spotless. OHIO-TUEC Electric Cleaner See the Ohio-Tuec at your electric dealer's or 'phone us, and we will tell you where it may be found. Also the Free-Westinghouse Electric Sewing Machine. H. C. ROBERTS ELECTRIC SUPPLY CO. Wholesale Distributors Philadelphia

"SALADA"
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 so-laced the midnight, and with tea welcomed the morning." Place in a mixing bowl One and one-half cups of milk, Two cups of flour, Two eggs, One-quarter teaspoon of salt, One-half teaspoon of grated onion, Two tablespoons of finely minced parsley, Two level teaspoons of baking powder. Boil for five minutes, using a