

PREPARING DRIED BEANS—EXCHANGE—ADVENTURES WITH A PURSE—CYNTHIA'S ANSWERS

MRS. WILSON TELLS ABOUT VEGETABLES

Dried Lima Beans, Peas and Lentils Are Good for Winter Cooking as Variety in Food

Some Tasty Recipes for Using Legumes in Pie, Cutlets, Loaf or in Sauce for Other Dishes

By MRS. M. A. WILSON

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IN THE old days of long ago the popular winter vegetables were the dried lima beans, peas, marrowfat or navy beans and lentils.

The housewife in those days had little real knowledge of the food value of these vegetables, so she used them to replace the garden peas of the growing season.

Today even the little housewife in the outlying communities knows that these dried vegetables contain the food elements that compare favorably with those contained in the meat, fish and such foods.

Dried legumes require soaking from eight to fourteen hours before cooking.

Do not use soda to help make these foods soft and tender. Soda destroys the vital life-giving elements in these foods and thus destroys much of their food value.

Now, while it is not wise to use these foods to entirely replace meat in the diet, they can be served two or three times a week in many attractive dishes that will materially help to reduce the family budget.

How to Cook the Legumes
Very carefully discard all bruised and wormy ones.

Wash in warm water and then place in a dish or bowl sufficiently large to hold about four times the quantity of beans you intend to use.

Fill the dish with warm water and set aside overnight.

In the morning wash again and then place in a saucepan, cover with cold water and bring slowly to a boil.

Boil for five minutes and then turn into a colander and place under the cold running water for five minutes.

Return to the saucepan, cover with boiling water and cook slowly until tender. Drain. The beans are now ready to use in the following dishes.

Dried Lima Beans Pudding
Prepare one cup of lima beans as directed and then mash fine and rub through a fine sieve. Now add:

One small onion grated.
Two tablespoons of finely minced parsley.

One and one-half teaspoons of salt.
One teaspoon of paprika.
Three tablespoons of bacon fat.

One and one-half cups of thin cream sauce.

Beat to mix and then pour into well-greased custard cups.

Put the cups in a baking pan and fill baking pan three-fourths full with warm water.

Bake in a slow oven until firm in the center.

Turn out on rounds of toast and serve with cheese sauce.

Dried Lima Beans Pudding
Prepare one-half cup of lima beans, one-half cup of dried peas, one-half cup of navy beans.

as directed and then when tender drain. Now place in a frying pan six tablespoons of shortening and add four large onions, minced fine.

Cook slowly until tender and then add one-half cup of flour and cook until a deep rich mahogany brown.

Now add two cups of cold water. Stir to blend thoroughly and then add:

One-half teaspoon of thyme.
Three tablespoons of parsley.
Two teaspoons of salt.
One-half teaspoon of white pepper.
Six tablespoons of catsup.

Place the prepared lima and navy beans and peas in a baking dish and pour the prepared gravy over the vegetables.

Cover with a crust of plain pastry and bake in a slow oven for thirty-five minutes.

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.

Two tablespoons of catsup.
Mix thoroughly and then turn into a well-greased and floured loaf-shaped pan, packing in firmly.

Place the pan in a larger one containing about two and one-half cups of water.

Bake in a slow oven for one hour and then serve either hot or cold with asparagus, cheese or mock Hollandaise sauce.

Asparagus Sauce
Open a small can of asparagus, drain the liquid into a measuring cup and add sufficient milk to measure two cups.

Place in a saucepan and add six tablespoons of flour. Stir to dissolve the flour and then bring to a boil.

Cook slowly for five minutes and then add one-half of the asparagus which has been rubbed through a sieve and add the last liquid to her home has convinced me that she is in love with me, and, furthermore, laid all her future plans around our marriage which she seems to believe is all settled, although I have never spoken of it.

Now I admire this girl tremendously. She is all a man could wish for, a sweet, winsome, lovable girl, but I don't love her and I am sure it would break her heart if I told her that we can never marry. I hardly know what to do.

I don't want to black her dreams and it would hardly be fair to either her or myself to marry and then have her learn the bitter truth afterward.

I do not want to lose this girl's friendship, as she has taken a mother's and sister's place in my heart.

She expects our marriage to take place within three months. It seems a sacrifice to disillusion her. What would you suggest, Cynthia?

DESPONDENT
It may be hard, but you must tell this young woman that you do not love her and then, as it were, "put it up to her."

On the other hand you think it is quite fair for a man to take up so much of a woman's time, laying bare his troubles and confiding every worry to her, asking for advice and giving nothing in return?

It is all very well to expect an older woman to be a mother to you, but it's a bit raw to ask a young girl to take all this interest and simply because you like to talk about your troubles to some one, I would not call it very unselfish on your part.

However, you probably had only good intentions, so do your best to undo any further unnecessary suffering by telling the truth now.

Youth Holds Sway
Dear Cynthia—Perhaps you or your readers could help solve this foolish question for me.

What do you think is the matter with a girl of eighteen when she falls in love with every pair of long trousers she sees, or in other words, with every Tom, Dick and Harry?

The matter with this little girl is that she is eighteen years old. Cheer up; she'll get over it.

Agrees With I. L. Seventeen
Dear Cynthia:
I would appreciate it very much if you would publish this letter as I agree with Innocent Lonely Seventeen.

I think it is really a shame for any one to condemn the sailors as they are doing. They did their bit in the Great World War but they always were called roughnecks, and I am afraid the name will not be changed.

I have met several very refined and well-to-do sailors, and yet I have met some rude and unrespectably sailors, but, of course, I did not bother with them, who did not know how to act.

There are good and bad in this world, and I do not see why the sailors are condemned. They are good sports. ANNA T.

To Remove Stamping
Dear Madam—While reading your column I saw that you give some information to daily readers.

I have a pair of khaki shirts and they are rather new. Somehow I found stamping in black on one side of them. Would you tell me how I could remove the stamping, whether I could redye them khaki again, or another color suitable for a young man?

A DAILY READER.
Use a saturated solution of sodium salicylate, which can be bought at drug store. Follow this with water. It will not hurt the silk nor destroy the color, so you will not have to dye the shirt over again.

Remove a Label from a Bottle without Tearing the Paper or Scraping the Bottle, Wet the Face of the Label with Water and Hold for a Moment over a convenient flame. The steam formed penetrates the label and softens the paste.

When the children's underclothes are taken off at night, a fine plan is to fasten each set of underclothes on large safety pins, ready for the dressing in the morning. This saves much time and patience on the part of mother or nurse.

CHECKS ARE PRETTY FOR SPORT CLOTHES

The Woman's Exchange

A Way to Make Money

To the Editor of Woman's Page:
Dear Madam—Can you suggest any method by which our Sunday school class can make some money to increase our Lenten offering?

Our class is composed of girls between ten and fourteen years of age. We are to have a cake sale, but would like to have some other means of making money, as our class wishes to have the honor of presenting the largest offering.

E. L. M.
When you have your cake sale have a sewing opening for dolls with it. Let each girl make some article of dress for a doll, in the very newest styles.

Then fix up a booth in which to display and sell the clothes, and have several "models" dressed in the most gorgeous gowns.

Sell the dresses and hats for whatever price you think they are worth. If you talk mysteriously about this spring opening for dolls so that all the little girls who know who have dolls will be interested, you ought to be able to get up a lot of enthusiasm about the show, and when they get there they'll just have to buy the things. I hope you will make lots of money.

Sewing Club to Have Party
To the Editor of Woman's Page:
Dear Madam—I am the president of a sewing club of girls from ten to fourteen years of age. We have \$8 in our treasury and we want to give a party.

Will you please send me plenty of games to amuse us? Also ideas for decorations, such as banners, streamers, etc. We have some refreshments, too, please.

E. B.
I am sending you some games to play at your party. Decorate with flowers on the refreshment table, instead of having a bowl of flowers, with artificial flowers fastened to the handles.

You can get these at a five and ten cent store. Fill them with candy and use them for favors. Let the guests draw them out of the sewing basket after the refreshments.

For refreshments have sandwiches, ice cream and cakes.

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Please Tell Me What to Do

By CYNTHIA

You Must Tell Her
Dear Cynthia—I find your column in the EVENING PUBLIC LEDGER very interesting. Perhaps you can help me.

In 1916 I began corresponding with a young lady and some time later she "adopted" me as a big brother.

It was not until after the war and I came back from France that the opportunity presented itself to visit her.

While there she seemed only to be a big sister, kind and considerate, listening to all my troubles and advising me to the best of her ability.

Six months passed and as no one had yet entered into my life she virtually laid claim to me, and the last visit to her home has convinced me that she is in love with me, and, furthermore, laid all her future plans around our marriage which she seems to believe is all settled, although I have never spoken of it.

Now I admire this girl tremendously. She is all a man could wish for, a sweet, winsome, lovable girl, but I don't love her and I am sure it would break her heart if I told her that we can never marry. I hardly know what to do.

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Blue and white-checked flannel forms this attractive frock, which has the skirt cut to make the popular bouffant hip.

Blue and white-checked flannel forms this attractive frock, which has the skirt cut to make the popular bouffant hip. Blue and white also are shown in the hat, which is of white with a blue band. The flowers are pink roses.

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MARJORIE IS THE ONLY GIRL WHO DOES EVERYTHING WELL

Her Fiance Thinks This Is Because He Loves Her So—She Knows He Isn't Perfect, but She Loves Him in Spite and Because of It

"WHEN you come to dinner with us in our new house," a young man told his assembled friends, "you must get Marjorie to make some of her scalloped potatoes. They're wonderful."

"My wife makes those," a bridegroom of about six months' standing told him proudly. "They certainly are good, too."

"Well, yours may be good, but they aren't like Marjorie's," his friend hastened to assure him. "Hers are different from anybody's. You never tasted anything like them."

The conversation drifted along, as conversations will, until someone mentioned dancing. Everybody agreed that a certain young girl was an unusually good dancer—everybody but the young man who had mentioned the potatoes.

"Well, she's pretty good," he admitted, "but she doesn't dance anything like as well as Marjorie does. Why, Marjorie is so light—"

He was just engaged, that's all. As Marjorie says herself, she catches him at this "senseless raving," as she calls it, "any girl could make those potatoes; all you do is follow the recipe exactly. I happen to have a good recipe; that's all."

But to him it seems only her magic touch that accomplishes the happy result. It is the same with everything she does. That waitess who wears the other day—it is the most exquisite waist that anybody ever put on.

She made it herself, that's why. Other girls might make shirtwaists and look very well in them, of course, but there could never be anything quite so lovely as this one that Marjorie made, just because she made it. She can do anything.

She can cook and sew, she's the best dancer he knows, and when she is about "all's right with the world," she's the Only Girl.

HE doesn't know he's funny. All his friends tell him he'll get over it, but he knows he won't. Why, Marjorie will never get over being the most wonderful girl in the world. How could he ever get over realizing it?

Marjorie's love for him is just as deep, but because she is a woman she knows (and loves) all his faults as well as his virtues. She likes to fuss about the way he "keeps the moths out of the rug" by dropping his cigarette ashes on them, but she would hate to have him remember to get an ash tray.

His choice of neckties worries her dreadfully, but if he knew how to buy them she would be deprived of the joy of teasing him about them.

She knows she's silly, too, and that she'll get over it, but she loves that, too. A man in love cannot see anything wrong with his bride-to-be. She may be a drab, colorless, homely person who insists upon wearing unbecoming colors. But he will gaze at her as she arranges a dull pink hat upon her head and wonder why he is the first man to realize her beauty.

A woman is not so blinded by her love. If her fiance's looks could be improved upon she knows it and loves him the more for it.

"He's not what you'd ever call handsome," she says to her best friend, "but he certainly is a nice thing."

Isn't it all funny? But isn't it all delightful?

EXPLORER GIVES LECTURE

Says Quantity of Clothes Has Nothing to Do With Morals
The quantity of clothes that a people wear has no effect upon their morals, according to Dr. Carl Lumholz, explorer, who spoke last night before the Geographical Society of Pennsylvania, in Witherspoon Hall, on "Through Central Borneo."

According to Doctor Lumholz, the natives of Borneo wear as little clothing as possible, if not even less than that, but he said that the people of Borneo neither steal nor lie and that they inflict the death penalty upon those who break their marriage vows.

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