

WHOLESOME MENUS—NEWEST NECKWEAR—WOMAN'S EXCHANGE—CYNTHIA—OLD PERIODICALS

MRS. WILSON PLANS FOR SUNDAY'S MEALS

Proper Seasoning for Various Meats Should Be Learned by Housewife Who Provides Wisely

Gingercake With Cherry Sponge Filling Is a Delicious and Easily Made Dessert for Supper

By MRS. M. A. WILSON

MEATS, as well as other foods, have appropriate seasons, and the housewife who is planning to cut the high cost of living by intelligent purchasing will, if she acquiesces herself with the proper seasons for the various meats, materially reduce her budget.

The Seasons for the Various Meats Beef ranks first among the meats. Beef furnishes fibrin, albumin, fat, mineral, gelatin and water. Fibrin is that substance which causes the blood to coagulate when shed and it is insoluble in either cold or hot water. Albumin is soluble in cold water and coagulates in being heated at a temperature of 130 degrees. It becomes solid at a temperature of 165 degrees Fahrenheit. Albumin is found both in the blood and in the muscle of beef. Gelatin is a tasteless, transparent substance obtained from skin, bone and tendon as well as the cartilage, membranes and ligaments of the joints. It is a nitrogenous substance but affords little real nourishment. The fat is found distributed all through the tissues and directly under the skin it is used by the body for fuel and energy.

A Suggestive Menu for Three Meals on Sunday BREAKFAST Grapefruit Cereal and Cream Poached Eggs on Toast Pimento Sauce Coffee

DINNER Orange Cocktail Young Onions Radishes Veal Cutlets Potato Pancakes Corn Creamed Onions Cherry Sponge Lettuce

SUPPER Macaroni au Gratin Celery Salad Gingercake with Cherry Sponge Filling

The market basket will require Two grapefruit, One-half dozen eggs, One small can of pimentos, One quart of milk, Four oranges, One bunch of watercress, One bunch of young onions, One stalk of celery, One head of lettuce, One and one-half pounds of veal cutlet, One quart of potatoes, One can of corn, One quart of onions, One package of cherry gelatin, One package of macaroni, And the usual staples that are purchased semi-monthly.

Pimento Sauce Open a can of pimentos and then rub them through a coarse sieve. Place in a saucepan and add One and one-half cups of milk, Seven level tablespoons of cornstarch, Six to dissolved in the starch and then bring to a boil and cook slowly for five minutes. Season with salt and pepper.

Orange Cocktail Strain the juice of four oranges and then strain and add One-half cup of cold water, One-half cup of finely chopped ice. Serve in thin glasses.

Potato Pancakes Wash and then pare and grate eight medium-sized potatoes. Place in a mixing bowl and then add Two onions, grated, One and one-half teaspoons of salt, Two cups of flour, One level tablespoon of baking powder, Two well-beaten eggs, Three-quarters cup of milk. Beat to mix and then drop by the spoonful in a frying pan containing smoking hot fat. Turn, cooking them like fritters.

The Question Corner Today's Inquiries 1. How can a label be removed from a bottle without tearing the paper? 2. What dainty type of smock is predicted as a popular blouse for spring and summer? 3. Is it correct to invite a new-comer in a neighborhood to a tea before calling upon her? 4. What helpful device for threading needles is convenient for the sewing basket? 5. When short sleeves are not becoming, what kind of longer sleeve is also in good style and can be substituted? 6. How can corn be made to pop more quickly in a corn popper?

Yesterday's Answers 1. Doilies should be thoroughly dried after washing and then covered with a damp well-starched cloth to be ironed. 2. A tooth brush is convenient for cleaning the narrow corners of the bathroom tiles. 3. A plumed bouffant cap has tiny ruffles turned back off the face and a wider upstanding ruffle across the very middle of the top like a cockscomb. 4. A man should keep his hat off when he enters a woman's office. 5. Knife plaiting is used as a novel insertion on pockets or collar and cuffs of a cloth street dress. 6. A novel hat or scarf trimming can be made by cutting slits in the material, and drawing a strip of the same material through them.

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.

Three-quarters cup of New Orleans molasses, Seven tablespoons of shortening, Two cups of flour, Two level tablespoons of baking powder, One cup of milk or water, One teaspoon of ginger, One teaspoon of cinnamon, One-half teaspoon of allspice.

Beat to mix and then bake in well-greased and floured oblong pan in a moderate oven for thirty-five minutes.

Mrs. Wilson Answers Queries

My Dear Mrs. Wilson—Often following your recipes in the paper, I am coming to you for help. Will you publish the recipe for crullers, also for the real sticky cinnamon buns and inform me what it is they use to make it so very sticky? Wishing you much success, I am G. A. J.

See November 10 for cinnamon buns and also November 17 for other recipes requested.

Crullers Place in mixing bowl Five cups of sifted flour, One teaspoon of salt, Three level tablespoons of baking powder, One and one-quarter cups of sugar, One teaspoon of flavoring.

Sift to mix and then rub in Three tablespoons of shortening. Place in a small bowl One cup of milk, One egg.

Beat to mix and then use the well-beaten egg and milk to dough up the flour. Roll out the dough one-half inch thick and then cut and fry in hot fat until a golden brown.

Novelties

A champagne glass is surely not taboo when ribbon-clothed and filled with a delectable powderpuff. Two-thirds of a yard of 5/8-inch ribbon covers the base and the cup and the top of the puff. 3/4 yard of No. 1 1/2 ribbon winds the stem and puff handle. The handle is ingenious—a wire hairpin sewed to the puff at the loop end and the sharp ends inserted in a small cork. A fringe of maline and clusters of roses decorate the top of the puff, roses and passementerie cover gathering at top edge of glass and around the stem.

The most ordinary tale-can become very lovely in pale blue brocade with an overdrift of plaited maline caught down by alternating strips of rose and blue ribbon tied with pink and blue baby roses. A bit of rosebud braid surrounds neck of can.—Modern Priscilla.

A Knee Cushion

When you scrub floors—and almost everybody scrubs a floor occasionally in these days—don't give your stockings and your knees extra wear and tear by kneeling on the hard, unyielding floor. Get an old sofa pillow, one of those that are just kept around because they used to be so pretty long ago that you can't sit on them with pink and blue baby roses. A bit of rosebud braid surrounds neck of can.—Modern Priscilla.

Poppy Land—A Lullaby

Sleep, little tired eyes, close to the heart of me, Sleep while the sun trembles low in the west, You were a dream of my dreams, and a part of me— Sleep with your head lying warm on my breast. Dear, there's a land that is filled with red flowers, Poppies, they call them that sway sometimes their petals, in soft scarlet showers. Fall in your dreams that are high as your knees, Sleep with your head lying warm on my breast. Waving your arms in an effort to creep, Gently, gently, and as the wind sings its soul through them Sleep, little tired eyes, sleep.

Dear, in this land there's a sky like a feather, Blue in some places, or white as a star, And there's a fragrance—a plant that's called heather Grows in the spot where the butter flies are. Dear, there are pastures as gay as glad laughter, Dotted with hundreds of woolly white sheep, Dear, you can pat them, for they'll follow after You, as you sleep. Dream, little tired eyes, close to the breast of me, Wander in fields where red flowers are gleaming, All of my heart wanders with you, the rest of me Watches your dreaming. Margaret E. Sangster, in Good Housekeeping

Please Tell Me What to Do

By CYNTHIA

Betty Bonnet Explains to E. T. K. Dear Cynthia—May I again enter your column? I want to thank "T. B. P." first of all. I am glad to be the first Philadelphian to congratulate you, "Buck." Stay around a while, and you'll find that Philadelphia is rightly named the "City of Brotherly Love." I would also like to say a few words to the "Ex-Top Kicker," and he sure can kick.

Dear "Toppie": I am squelched, overwhelmed, amazed, just gasping. Please, what did I ever do to you to deserve such an awful scolding? My dear boy, you surely must have misunderstood my letter to "T. B. P." There was nothing in it, so far as I remember, that besmirched the grand old khaki uniform. I was not saying anything about buck privates in general. I just expressed my former opinion of one.

I know the only way to find out anything is to ask questions, boys, now, and I'm doing it whenever I have the opportunity. And "Toppie" don't you dare accuse me of pointing a finger of scorn at our uniformed heroes who dared that we women of the nation, might be safe. I'll stand by the uniformed man now and forever.

I hope I have cleared my reputation, "Toppie." The buck privates always did say the top sergeant was a kicker, but I never thought he kicked so hard. Yours for the army and navy, BETTY BONNET.

Was She Right or Wrong?

Dear Cynthia—I want you to please print the answer to this in your column, and this is the question. I am a girl of seventeen years. I had been going with a fellow for one month, last summer. And then I gave him up. Now, I met this fellow in the moving picture, but I did not answer him. Please tell me if I did wrong or right. Now, I met this fellow again this time, and he was buying stamps. When I came out he was mailing a letter, and he spoke to me and said: "Did you write the letter yet?" And I said "not yet." Was I right, then, to answer him?

M. C. K. Perhaps you did not make yourself clear in your letter as to what you do not say why you broke off your friendship.

Unless the man was rude to you, there is no reason why you should not speak to him.

Thinks No One Knows

Dear Cynthia—Do not think that there can be much of a reason for boys and girls closing their eyes when moving picture, only it may be that the kisser is so good they just feel as if they could hold it forever, and if one keeps his or her eyes open the other may open his eyes and then they are out and the kiss won't be as long. I am a poor guesser at this, but it is my idea. Dear Cynthia, if you know why won't you let me know? I don't think I know or the ones that did would surely speak.

Puzzled

Dear Cynthia—Can you tell me one thing that I cannot understand about the draft? Although the war is over, still I am puzzled. I know a young man who claimed that he was not going on. Now he claims he is, and I know he had his first citizen's papers when the war was going on and even before.

I know he paid a certain amount of money to get out of the army. I always think that it is not fair for one to fight and a slacker to stay home. He is a tailor, and I think that he ought to have his business shut down and sent off as a slacker who didn't want to fight for his country. The reason I asked was because I read so much about the Bergdoll case and I think the government ought to treat every slacker alike. PUZZLED.

If you can prove the statements you make in this letter you should report the matter to a member of your local draft board or at City Hall.

All Kinds of Collars A Daily Fashion Talk by Florence Rose



The collar in the center is decidedly new, having a high rolling effect that is always becoming. The Elizabethan ruff is shown in modified form at the left, and the woman who likes a low neck will find her favorite to the right of it. The collar that is high in back and low in front is attractive, and for the dress that has an open vest the affair at the extreme right is just the thing.

JUST as the craze for the "period" figure. If she does not see one that is becoming to her, it is her own fault. So, although there undoubtedly is a tendency toward the high collar in the new French openings, it would be absurd to say that the "high collar" is supreme, for there are just as many interesting and smart collars with a low neck line. Collars that are very high in the back, but lower in the front, following the sample of the Medici collar, are perhaps more generally becoming than any other sort, and these are in very high favor on the new frocks and in separate neckwear. Ruffs are reported at many of the most recent Paris openings, and these are already to be had at the neckwear counters, so that you can achieve a very new style quite simply. I am showing you one of these at the extreme left of the sketch today. Then there is the new high-rolling collar that I think you will be interested in, and this you will find at the top of the sketch. At the lower right there is a gilet with a high collar that bears the earmarks of the mode of 1920. Above it is a graceful organdy collar that would suit the woman who appears best with a really low neckline, and at the lower center of the sketch is a quaint little collar with the straight piece in front that is worn by so many smartly dressed young women.

Adventures With a Purse

I BELIEVE that there is scarcely a woman alive who is not thankful for the very low corsets. Those great, high, stiff, old-fashioned ones were so uncomfortable. I happened to be in this shop, however, today, and learned that while going over some things which had been tucked away quite a number of these trays were discovered. So you can still get one. Incidentally, the new supply which has been ordered will be higher priced, so it would be a good plan for you to buy yours now. They are mighty attractive and very convenient.

Well, so many were the calls for these trays that the shop's supply was soon exhausted, and several who tried to purchase one were obliged to leave disappointed. I happened to be in this shop, however, today, and learned that while going over some things which had been tucked away quite a number of these trays were discovered. So you can still get one. Incidentally, the new supply which has been ordered will be higher priced, so it would be a good plan for you to buy yours now. They are mighty attractive and very convenient.

Send a self-addressed, stamped envelope to the Editor of Woman's Page, or call Walnut 2000, for names of shops where articles mentioned in Adventures with a Purse may be purchased.

One Quality and One Price for All We Trim Our Meats, But Not Our Customers

Table listing meat prices: Finest Sirloin Steak—no suet 28c lb, Finest Rump Steak—no waste 25c lb, Finest Top of Round Steak—no bones 20c lb, Prime Rib Roasts of Beef, Middle Cuts 25c lb, 7th and 8th Cuts of Rib Roasts 20c lb, NICE LEAN PICNIC SHOULDERS 17c lb, LEAN SKINBACK OR REGULAR HAMS 29c lb, Roasting Chickens, 42c lb, Stewing Chickens, 35c lb, Best Selected Eggs, in Cartons 60c doz, Nut Butter 30c lb, Finest Creamery Butter 65c lb, Animal Butter 42c lb, Fats in Prints 25c lb.

These Specials Are For All This Week Save time by coming for your meats on Friday. You get the choice cuts, and avoid the jam of the Saturday crowds. It Will Pay You to Visit the "Wander Store of West Phila." MARKET ST. BEEF CO. 5221-23-25 MARKET ST.

Our Exclusive Method of Cleaning Evening Gowns, Suits & Dresses is not an expense to you, for it adds to the life of your clothes while enabling you to enjoy the satisfaction of always being well dressed. No injurious chemicals nor destructive processes are used. We call and deliver. Men's clothes thoroughly cleaned. We cater to particular people. 1115 Chestnut St. Main Office and Works 1616-28 N. 21st st. FOR QUICK SERVICE PHONE DEPT. L. POPLAR 7660

The Woman's Exchange

To Mrs. H. A. H. The only way for you to reduce and make your flesh cold is to exercise regularly and faithfully. An expert will be able to give you the proper exercises. This ought to take away the roll of fat, too, unless that is something more serious than just a "lump." Have you consulted a physician or a physical culturist?

A Woman's Height To the Editor of Woman's Page: Dear Madam—Please publish in your column the normal weight of a woman five feet ten inches tall and twenty-six years of age. A READER.

The normal weight for five feet ten inches is 154. The age has nothing to do with the proper weight.

Books for Boys To the Editor of Woman's Page: Dear Madam—Kindly inform me, through your column, some names of story-books suitable for boys between the ages of five and eight that can be read to them before going to bed.

Some good books of this kind are the John Martin book which comes out periodically; the Peter Rabbit book; Davy and the Goblins; all the Nursery Rhyme books and the children's poems of Eugene Field, Robert Louis Stevenson and James Whitcomb Riley.

Talks on Patriots To the Editor of Woman's Page: Dear Madam—Could you advise me in this matter at such short notice? On the first Sunday of each month I give a patriotic talk to the junior department in our Sunday school. Last month I had Lincoln, and I would like to have a lesson on another famous patriot. I have that of Washington, but is there one under the name of G. W. C. Davis or one whose birthday is around the last of February or the first of March, A. B.

None of the Presidents was born later than February 22, but two were born in March—James Madison was born on March 16, 1751, and Andrew Jackson was born March 15, 1767.

To Freshen Fur To the Editor of Woman's Page: Dear Madam—I am remodeling a set of black lynx furs and would greatly appreciate it if you could tell me of some method to freshen up the fur. Thanking you in advance, C. E. M.

If the fur is dirty you can clean it by rubbing with moistened bran or with whiting. If you use the whiting let it stay in the fur for over night, and then shake it out well before you start to brush. It will have to be brushed very thoroughly and carefully to remove all traces of the whiting. The bran should be rubbed with a cloth and the fur shaken and brushed to remove it. This is easier to remove than the whiting.

There Is Something

There is something stronger, mightier, Than the love of man for man; There is something stirs the heart and soul As that love never can. It is scattered through the nations Of the whole wide world abroad, And is called Man's Love of Country, And the Love of Man for God. —Julia Chain, in Woman's World.

WHEN YOU GET THROUGH READING YOUR MAGAZINE

Do You Ever Stop to Think About the Other People Who Would Also Like to Look It Over?

WHAT do you do with your old magazines? You must have magazines sometimes. Nobody could resist the appeal of those pretty girls smiling out from their symmetrical rows on the newsstands. There is something about even a plain cover with nothing more exciting on the back than the date and a partial list of the contents that makes you wonder and think and wish about the inside of it. Then you buy it and take it home, and the rest of the family read it one by one. You comment on it, "Will you tell me what that story meant? But that other one was good." Or perhaps it's a theatrical or motion-picture magazine, and you look over its news of your favorites, with admiration at the smiles of actors and actresses, and get almost as much recreation from it as if you were really in a theatre. Then what do you do with it? Do you throw it away, to be picked out by the ash man on Saturday morning? Do you let it hang around your living room table until you hate the sight of its fascinating smile, and then banish it to that ever-increasing pile in the attic, or the store room, or the cellar? Do you keep it and sell it for waste paper? Do you just forget it, or do you give it away?

HOPE you give it away. There are so many places where it would be appreciated. For there are people, you know, who love to read and look at pictures, but they can't afford to buy magazines—even the twenty-cent ones. There are Navy Yards, Army and Navy hospitals that have nothing but old magazines, read and reread, by rest-less, convalescing patients. They would like to have your old magazines that are just lying about taking up room.

Then there are people in those far-away places that are written of and pictured in the magazines; people who live in frozen Alaska; people who live on southern islands with one mail a day, and sometimes not even that; people who are isolated, lonely, yearning for a word from the world outside when some of them used to live. One magazine, just one, in a community of that kind is passed from house to house, from family to family, until there is hardly any cover left on it. This out-of-date paper that seems so worthless to you when it has been read and is just in the way in your house, is worth more to them than priceless jewels. That twenty-cent thing that you see reproduced so many times, in the houses that you visit, seems to them like a lone flower in the midst of a barren field.

Perhaps you don't know how to get their address, in order to send them your read magazines. Your church does (some churches have branches of the Church Periodical Club, which does this and nothing else), and so do the charity organizations in the city. Oh, there are ways to find out their addresses. The next time you look over a magazine and enjoy its stories, and find so many times that you have seen it, remember that there are lots of people in the world who haven't seen it yet. They'd love to look it over.

Gidding's Temporary Quarters. Second Floor of the Present Location. 1422 Walnut St. We are now showing in our temporary showrooms advance models of Gidding's Fashions for Spring. We Will Remove to the Ritz-Carlton as Soon as Alterations Are Completed.

AMERICAN STORES CO. More Than One Million, Five Hundred Thousand Hens are kept busy throughout the year supplying the Egg Wants of Our Customers. A few weeks ago we made the statement in one of our advertisements that it required the production of a million hens to keep us supplied with eggs. On submitting the figures to an expert we find that we had underestimated the number by more than five hundred thousand hens. Our immense output, therefore, will keep 1,500,000 Hens busy the entire year to fill our egg requirements. To bring these figures more within your comprehension—a number almost equalling the entire population of the city of Philadelphia in 1915. There is just one answer to this—QUALITY. We will let the price talk for itself. For the Sickroom, Poaching or Boiling "Gold Seal" Eggs carton 65c. Strictly Fresh EGGS dozen 60c. Everywhere in Philadelphia and Throughout Pennsylvania, New Jersey, Delaware and Maryland.

Ask for Mrs. Morrison's Puddings. A healthful food for the kiddies as well as a tasty dessert for the whole family. Popular Flavors: Chocolate, Golden Vanilla. At Your Grocer's.

BUY YOUR MEATS WHOLESALE! Stewing Beef 10c, 4 lbs. Real Chuck Roast 18c, Sharp Cheese 95c, Rump Roast, Butcher Steak, Boneless Bacon 33c. When You Want Fresh Fish, Oysters, Clams, See Us. (Shipments Daily). FRESH SHAD — (SEA FOOD) — FRESH SHAD OYSTERS IN GLASS JARS, 45c. MITCHELL'S MARKET, 10 & 12 S. DELAWARE AVE., PHILA.