

RECIPES FOR GRANDPA—WOMAN'S EXCHANGE—CYNTHIA'S ADVICE

MRS. WILSON GIVES DIET FOR ELDERLY

Enervating Days of Late Winter and Early Spring Make Light Meals a Necessity

Some Appropriate Recipes Include Orange Souffle, Oatmeal Dishes and Good Bread Pudding

By MRS. M. A. WILSON

Copyright, 1920, by Mrs. M. A. Wilson.

THE cheery old gentleman has lost much of his vim and energy and now he sits hunched around the house, claiming that it worries him to death to walk a few blocks. This feeling may have been caused by an overabundant diet of rich, starchy foods, such as buckwheat cakes and sausage, red meats, pastry and hot breads. Change his menu and give him plenty of steamed or baked apples, prunes, figs, raisins, oranges and grapefruit, day-old wheat bread and skim milk to drink.

Cut down the meat portions and give him an abundant diet of green vegetables, such as celery, cabbage, spinach, asparagus, onions, lettuce and the like, with plenty of pure drinking water.

The liver has become lazy and needs to be stimulated in the natural way before he can cheer up with his "I remember that once—" and then he will put on his hat and take his cane and seek again his old cronies to reminisce of the days that have gone.

Or perhaps granddad is thin and always complaining that he is cold; this makes him restless, cross and irritable. This condition is caused by lack of sufficient food to warm and serve as an appetizer. A diet of fat, rare beef and good country butter with whole-wheat bread and plenty of rich milk, together with an abundant diet of fresh fruits and vegetables, will warm him as right as a tripe in no time.

At this season of the year it is wisest to have the family physician to look over the old folk. Elderly people who are quite active and have considerable energy may have an abundant diet that includes a well-cooked cereal or oatmeal cream, with a good rich milk or cream. Baked or broiled fish, baked and baked potatoes, with vegetables, may also be put on the list.

The declining years of life may be made comfortable and pleasant by careful attention to diet. When the teeth are gone or in poor condition the old people do not chew their food sufficiently and thus care should be used to see that their food is well cooked and tender and adapted to their conditions and habits.

Nearly all elderly people have a sweet tooth and they love the good old-fashioned desserts. Rather than deprive them of their sweets, omit the potato and cut down the amount of cereal. Sweets contain the energy and heat-producing elements and should be recognized in planning the diet.

Some Recipes for the Old Folks

Orange Souffle. Place in a glass... Beat to mix and then carefully fold in the stiffly beaten white of the egg.

Oatmeal Custard. Place in a saucepan... Beat to blend thoroughly and then turn into a baking dish and bake in a slow oven for thirty minutes.

Oatmeal Britty. This dish can easily be made from a left-over cereal. Grease the baking dish and cover the bottom with left-over oatmeal.

Bread Pudding. Place in a saucepan... Cook for five minutes and then turn into a heated buttered custard.

The Question Corner. Today's Inquiries. 1. What is the best recipe for a cold cream that will keep for a long time?

Yesterday's Answers. 1. To remove a label from a bottle without tearing it, wet it thoroughly with water and let it stand for a few hours.

Strong for the French. Dear Cynthia—As a first attempt in writing to your column, let me say a few words in answer to a letter appearing in the issue of March 3, signed "Broken-Hearted Sybil."

Dear Cynthia—As a first attempt in writing to your column, let me say a few words in answer to a letter appearing in the issue of March 3, signed "Broken-Hearted Sybil."

Ask Mrs. Wilson

If you have any cooking problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns.

One whole egg. Yolk of one egg. One-half cup of sugar. One-half teaspoon of salt.

The Woman's Exchange

About the Ocean. Dear Madam—Kindly tell me if there is a bottom to the ocean?

ANXIOUS MARY. Yes, there is a "bottom of the ocean," although away out in the middle it has never been reached.

For a June Wedding. Dear Madam—Will you be so kind as to instruct me regarding the correct dress and formalities of a very quiet, suburban church wedding to be held about the middle of June?

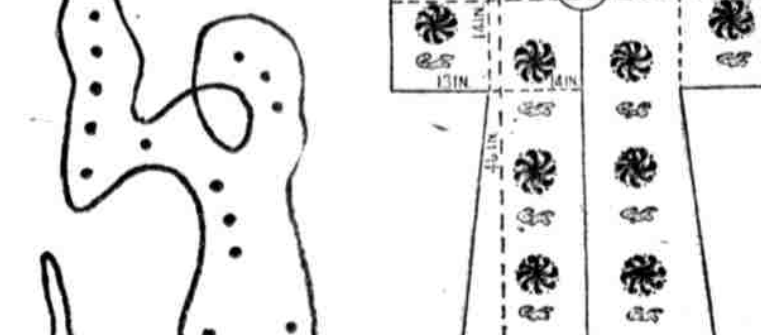
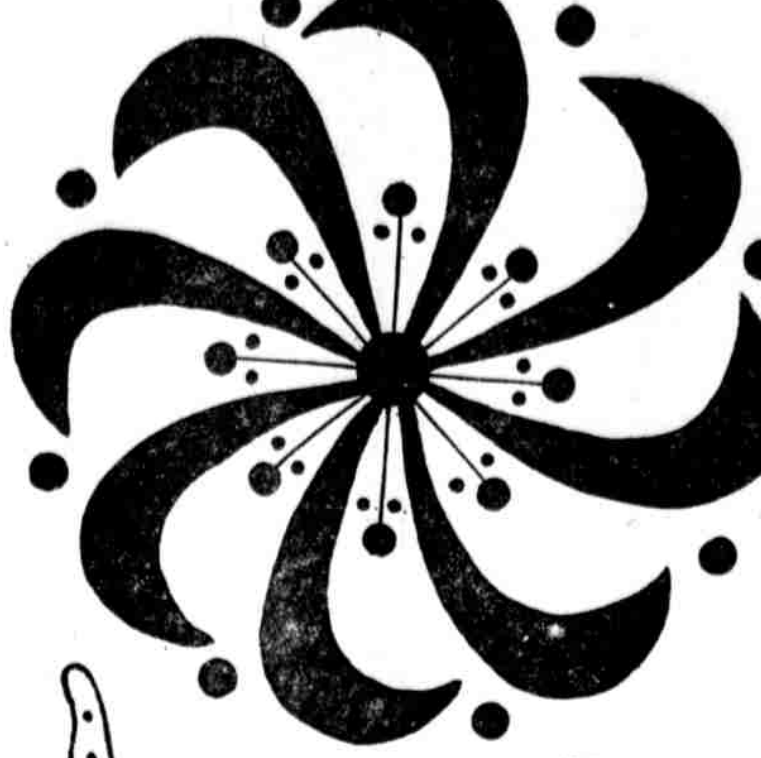
The bridegroom-to-be wants to wear a regular business suit. Would it be proper to wear a white vest with this? The bride-to-be expects to wear a white dress made of very old, lovely silk, with a veil.

There will be one bridesmaid, three flower girls, one twelve years old, and the other two about five and six. Will you please instruct me who in the bridal party should wear gloves; how the ushers should dress, etc.?

The ushers should wear a blue suit with white trousers, which would be perfectly appropriate for a June wedding. He should not wear a business suit.

I hope these suggestions will help you, and that your wedding will be a very happy one.

MANDARIN EVENING COAT



The Mandarin evening coat sketched above is simplicity itself when it comes to the making. These embroidered coats, when purchased in Oriental stores are expensive, but with very little labor can be made at home.

Transfer the embroidery and braiding patterns given below to the coat, using carbon paper, and arrange the designs as indicated on the diagram. Some of the heavy silk make a most attractive coat, but these must be lined and interlined to give warmth.

TELLING SOMEBODY ELSE ABOUT YOUR TROUBLES

Always Eases the Burden of Them and Sometimes Makes You Realize How Silly and Unnecessary Thy Really Are

SHE told me that she was very unhappy, and that she thought I could help her. So I told her to come see me and tell me her troubles. She looked very worried when she came in, but she seemed to have some difficulty in starting her story.

HAVEN'T you often had a terrible tragedy straighten itself out in this easy, ridiculous way? You feel depressed and worried about things that seem to have no solution, and you discuss it with yourself until you wear your forehead into lines that

THE GLAD SURRENDER

Laurel Stone's marriage to Granville Burton had far-reaching results. She was a newspaper woman and he belonged to the society which is only possible through money.

CHAPTER XXX. IN the younger set Marion Worth had created the impression that if it had not been for Laurel Stone herself would have become the wife of Granville Burton.

Laurel turned stony eyes to her husband. He was eating his salad, and appeared entirely unmoved.

"Nonsense, mother!" Harriet said quickly. "Don't be absurd. Marion might have liked Granville, but she isn't going about grieving for him now."

"Poor child," said Laurel, with real feeling. This discovery made her position as Granville Burton's wife even less stable than ever.

"If this is not the great American novel, it is surely first cousin to that elusive, always-to-be-written book."

"The Great American Novel"

says The Chicago Daily News.

RASPBERRY JAM

A "Fleming Stone" Detective Story. Sanford Embury refused his wife an allowance. He is found dead in bed. Was his wife a party to the murder?

Black and White Shop

Spring Opening. Exquisite Creations in Chic Millinery. The most exclusive original and imported models in Tailored and Dress Hats suitable for every occasion.

Don't Miss The TIN SOLDIER

By Temple Bailey. 6018 Thousand. PENN PUBLISHING CO., PHILADELPHIA.

JACOBS FOR BOOKS

1628 CHESTNUT STREET. STATIONERY AND ENGRAVING.

I. W. MULREADY

125 South 10th Street.

FRANCE AND POLAND

Histories of Convenient Size and Careful Compilation

"A History of France," by William Stearns Davis, professor of history at the University of Minnesota. It is an admirable compendium on the subject for American readers.

It is, for one thing, still available for the general reader whose time is limited; it spans more ground, taking the chronicle to the treaty of Versailles.

Modern China. A Political Study. By S. G. CHENG. Net \$3.25. A valuable and timely volume throwing a clear light on the chief problems of modern China.

Medieval & Modern, a History. By A. HASSALL. Net \$3.25. A history to be kept near at hand, to be picked up and read at quiet moments.

Russia. From the Uragians to the Bolsheviks. By C. R. BEAZLEY, N. FORBES & G. A. BIRKETT. Net \$4.25.

Evolution of Prussia. The Making of an Empire. By J. A. R. MARRIOTT & C. G. ROBERTSON. Net \$3.25.

Italy. Medieval & Modern, a History. By E. M. JAMISON, C. M. ADY, K. D. VERNON & C. S. TERRY. Net \$3.25.

Portugal. Old & Young, an Historical Study. By GEORGE YOUNG. Net \$3.25.

The Eastern Question. An Historical Study in European Diplomacy. By J. A. R. MARRIOTT. Net \$4.25.

The Balkans. By N. FORBES, A. J. TOYNBEE, D. MITRANY, & D. G. HOGARTH. Net \$3.25.

Guardians of the Gate. Historical Lectures on the Serbs. By R. G. D. LAFFAN. Net \$3.25.

Japan. The Rise of a Modern Power. By R. P. PORTER. Net \$3.25.

Maternal Anxiety. Do not let fears of what might be dull the joy of what will be. Barter's "The Expectant Mother" tells you how to care for yourself and the child before the baby comes.

At Bookstores or W. B. SAUNDERS CO. PHILADELPHIA.

Why don't you speak to me? I can't break off—I am reading The Man From Tall Timber. All Bookellers. George Sully & Co., New York.

They Write of Many Things to Cynthia

Give Your Opinions; Is A or B Correct?

Dear Cynthia—I would like to ask the readers a question. A says that the boys who don't run around with girls get married much quicker than boys who do run around with girls.

Answers "Ruth" and "Rose". Dear Cynthia—For some time quite a few letters have appeared, signed by "Ruth" and "Rose" which I believe that I was the first to see that name.

Write to Beauty Corner. J. P.—Cynthia does not have the Beauty Corner in charge. Write to that department for your answer.

Adventures With a Purse

IT IS not often that I venture into a realm of "men things" in my adventures. I still retain the memory of a certain something I thought to be quite new and with afterwards learned to be quite out of fashion.

Commends "Country Boy". Dear Cynthia, just Friday evening, February 27, you had in your column an article entitled "His Ideas of Love."

One shop has a squat little sugar and cream pitcher for \$2 for the set. They are out glass, or if they are not, so well done in the making that they are desired to be used under glasses and are exceptionally nice for the money.

Send a self-addressed, stamped envelope to the Editor of Woman's Page, or call Walnut 3900, for names of shops where articles mentioned in Adventures with a Purse may be purchased.

"SALADA" Orange Pekoe. It's served when the debutante makes her bow to society. It's the tea men like. It's the tea served in homes where the afternoon tea-hour is the pleasantest of the day.

On Ideal Occupation for Young Women. Telephone operating means work near home, short hours, agreeable associates, attractive surroundings and hot lunches at cost.

The Bell Telephone Company of Pennsylvania. Talk with Miss Stevenson, 1631 Arch St., about this.

Black and White Shop. Spring Opening. Exquisite Creations in Chic Millinery.

Don't Miss The TIN SOLDIER. By Temple Bailey. 6018 Thousand. PENN PUBLISHING CO., PHILADELPHIA.

JACOBS FOR BOOKS. 1628 CHESTNUT STREET. STATIONERY AND ENGRAVING.

I. W. MULREADY. 125 South 10th Street.