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

MANDARIN EVENING COAT

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, All Rights Reserved.

THE cheery old gentleman has lost much of his vim and energy and now he sits moping around the house, claiming that it wearies 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 saysage, red meats, pastry and hot breads. Change his menu and give him plenty of stewed 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 celety, cabbage, spinach, asparagus, onions, lettuce and the like, with along of pure drinking vater. with plenty of pure drinking water.

The liver has become lazy and needs to be stimulated in the natural way before he can cheer you with his "I re-member that once—" and then he will put on his hat and take his cane and seek again his old eronics to remi-nisce of the days that have gone.

Or perhaps granded is thin and all ways complaining that he is cold; this makes aim restless, cross and irritable. This condition is caused by lack of suf ficient food to furnish heat and energy.

A diet of fat, rare beef and good country butter with whole-wheat brend and plenty of rich milk, together with an about the middle of June?

The bridgeroom-to-be wants to wear a regular business suit. Would it be proper to wear a white vest with this? tables, will have him as right as a The brutiet in no time.

At this season of the year it is wisest a veil.

to have the family physican to look over the old folks. Elderly people who are quite active and use considerable energy may have an abundant diet that includes a well-cooked cereal or eatmeal cake, with a good rich milk or cream. Boiled, baked or broiled fish 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 cople do not chew their food sufficientand thus care should be used to that their food is well cooked and tender and adapted to their conditions

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

Some Recipes for the Old Folks

Orange Souffle

Place in a glass Strained juice of one orange. One teaspoon of sugar,

Yalk of one egg. Beat to mix and then carefully fold in the stiffly beaten white of the egg. Sprinkle with nutmeg and serve as an appetizer. This is particularly good to

build up the body after an illness or very good for a rundown condition.

Oatmeal Custard

Place in a saucepan One and one-half cups of water. time half tenspoon of sail. tine half teaspoon of natures.

Bring to a boil and then add one half club and in this are a large number of

enp of catmeal. Cook slowly for fifteen minutes and then stir frequently to boys and girls who continually tense a about him because of his name, which prevent lumping. Remove from the fire is Nicodemus. and ndd

with thin custard sauce or pinin milk.

This dish can easily be made from

left-over verval. Grease the baking dish and cover the battom with left-over natural. Then place a inver of well succeed thick apple sauce and then a layer of seedless raisins. Repeat, filling the dish and having the last layer of abple same. Place in a moderate oven and take for thirty-five minand take for thirty live minSome either hot or cold with a
Some either hot or cold with a
S thin cornstance or custard sauce

time cap of this appre sauce. Our rup of wilk.

for the time—the eyes are not only closed, but hearing also is at a low ebb. as in deep concentration—and all the One gup of state bread crumbs. thou for five minutes and then turn into a bowl and let cool. Now add receptive powers of the brain are focused on the sense of feeling, which, because sight has been cut off, is able to register One and one half cups of milk.

The Question Corner

Today's Inquiries

dildren's december

theoribe a striking dainty evening areas of infleta.
 Is it correct for a woman to take

for spring clothes? 6. How is a very small hat of fin-

A smock made of duinty chiffun and embroidered in yarn is pro-

needles is a wooden block with place for a spool, and a small magnifying glass attached. When short sleeves are not be-

is a substitute. 6. If corn is wet with water before it is placed over the fire it will pop much more quickly in the

Ask Mrs. Wilson

If you have any cookery probems, bring them to Mrs. Wilson. Sho will be glad to answer you through these columns. No per onal replies, however, can be given, Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER

One whole egg. Yolk of one egg, One-half cup of augar. One-half teaspoon of satmey, Two tablespoons of butter.

Reat to mix thoroughly and then turn in a well-greased baking dish and bake for thirty-five minutes in a modcrate oven. Serve Serve with Caledonian

I se the white of one egg and one-half glass of apple, quince or current jelly to make the Caledonian cream or fruit

Fried or greasy foods have no place in the diet of elderly people.

The Woman's Exchange

About the Ocean

Dear Madum-Kindly tell me if there ANXIOUS MARY.

Yes, there is a "bottom of the ocean," although away out in the mid-dle it has never been reached. Divers have reached it neaver shore, where the water is not so many miles deep.

For a June Wedding

To the Editor of Woman's Page: Dear Madam-Will you be so kind as to instruct me regarding the correct dress and formalities of a very quiet.

The bride-to-be expects to wear a white dress made of very old, lovely silk, with 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.? J. S. l'uless the bridegroom wears a blue

at with white transers, which would be perfectly appropriate for a June sidding, he should not wear a business if. He should wear the regulation arraway coat, with striped trensers and black vest. The ushers wear the same bridegroom and all the ushers

should wear gloves. In many cases the bride and bridesmaids wear gloves, but that is entirely a matter of personal taste. Gloves are being worn more now than they were for a few years, but some brides still prefer the ungloved hand and arm. The flower girls, of course, would not wear them. But they and the bridesmaid should wear hats. Of course, the dresses at a June wedding beed not be very elaborate and, in fact, they will be much pretties of the fact, diagram, and cut the said on the

His Name Is Nicodemus

with the bighest percentage of clearness.

Strong for the French

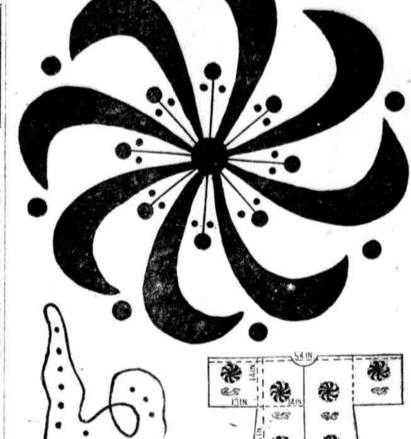
is evident that he is not familiar

ith the better qualities of the French

To think that in this advanced age

SOPHISTICUS.

some advice.



eam as you would a kimono, leaving the lower part of the underarm seam open about ten inches from the bottom. This forms a short slit on each side of the coat.

Turn up the bottom of the coat two inches and catch this hem lightly to the material on the wrong side. The hemming stitches should not show on the right side. Turn up the bottom of the sleeves one-bulf inch and turn in The mandarin evening coat sketched above is simplicity itself when it comes to the making. These embroldered comes to the making. These embroldered comes are straight standing collar three-fourth-

> Transfer the embroidery and braiding patterns given below to the coat, using curbon paper, and arrange the designs as indicated in the diagram. The conventional chrysanthemum is embroidered satin stitch with heavy rope silk. while the conventional Chinese dragon s done in braid touched up with French knots. The designs may be arranged in the same position on the back of the cont or changed to suit individual taste.

The entire coat is lined with India silk or other lining material and is fastened in the front with silk frogs, which may be purchased at any trimming counter. This cost made of dull of course, the dresses at a June wedding using the measurements given on the blue broadcoth with embroidery in a diagram, and cut the coat out double. The braiding is done in black to give simple and rely on their daintiness and the front of the coat open down the character. The braiding may also be the front of the coat open down the

Answers "Ruth" and "Rose" Dear Cynthia-For some time quite a few letters have appeared, signed by "Billie" and "Black-eyed Billie." I believe that I was the first to use that name. That was some time ago, in answer to "A Jewel's" letter. I would like to claim that name by right of first use, as that is the only way we can

for their for their toward all a course in English. You need it. It is such as you who make styles the freakish things they sometimes are, who stand up as treatment when short skirts disgracefully short when short skirts are the fashion, and then change to skirts that almost sweep the streets, or else wear them so tight that they make you knockkneed.

little hard on "Ruth"

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

tures. I still retain the memory of a certain something I thought to be quite new, and which I afterward learned to be quite out of fashion. But knowing that I am playing perfectly safe this time. I am going to tell you of some watch chains, gold-finished, and guaranteed for ten years' wear. They were originally priced at \$5, but they have been lowered to \$3.50, and I signed by 'Just a Country Boy of 24.'
He desired an answer. The following is the answer I would like to give him. To the Country Boy of 24-You are

TELLING SOMEBODY ELSE ABOUT YOUR TROUBLES

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

do that because she was too fond of this girl and not fond enough of any other girl to call her a best friend. So there she was, and there she would have to stay. There really wasn't any problem at all. But when she left she felt so much better for having talked the whole thing out that she was all.

You may feel heave and plucky and the whole thing out that she was almost ready to realize how unnecessary and foolish it all was. She had told

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. She finally broke into the middle of it, which is the easiest way of starting a thing when you don't know how to begin, and then gradually the whole story came out.

There really wasn't any problem at all. She was just unhappy, as so many girls are unhappy, because the girl

There really wasn't any problem at all. She was just unhappy, as so many girls are unhappy, because the girl whom she considered her best friend would never let her have any boy friends. As soon as she became friends with a nice boy this girl would come along and prove more attractive, and the boy would like her better. Of course, there was nothing to do but have a different "best friend." Yet she couldn't do that because she was too fond of ashamed of having made so much of

You may feel brave and plucky and fine when you keep your woes all to yourself, but more often than not, when somebody and that was the best remedy she could have had.

HAVEN'T you often had a terrible tragedy straighten itself out in this easy, ridiculous way? You feel depressed and worried about this thing that seems to have no solution, and you discuss it with yourself until you was to the places in your consciousness. And nine times out of ten you give that friend a chance to unburden some of her own grievances.

THE GLAD SURRENDER By HAZEL DEVO BATCHELOR

clously.

Laurel Stone's marriage to Gran She teas a newspaper woman and he belonged to the society which is only possible through money. He was not in love with Laurel and she was desperately in love with him.

CHAPTER XXX THE younger set Marion Worth had created the impression that if it had not been for Laurel she herself would have become the wife of Granville Burton. It was not hard to do this. Every one knew that Harriet Long had taken Marion up, and although Marion had no money, her family was an old one and she went everywhere and did all the things that the wealther did. Besides, there was the jeal-y that Laurel had created among girls because of the allegiance of

the men, and there was the feverishness always present where there is too much pleasure, the delight in nevelty, in change, in the breath of something new. Marion's attitude toward Laurel was beautifully calculated. The girl was elever and she did not overdo the thing. but she managed to convey to every o that she was still a girl while Laurel was weighted with the cares of a marwas weighted with the cares of a mar-ried woman and had a small baby at home in the nursery. Laurel had been particularly nice to Marion. She rather liked the girl and faintly pitied ber; there seemed to be so much bitterness in shaple and rely on their daintiness and color for their attractiveness.

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

Yidual for whom the coat is made. Cut the braiding may also be character. The braiding may also be character.

For Christ Himself said "God is love.
He that dwelleth in love dwelleth in God and God in him."
Such love is eternal. Any other love will die, just as you said. Why? Because our bodies and our minds will die but our souls will live forever and will meet in the hereafter.

JUST A COUNTRY GIRL OF when they were growing up. of launching them into the

Orange Pekoe

is 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.

It's the tea that once tried is always used. The song of the teakettle is fast becoming a National airfittingly accompanied by-



too much, that her manner was too gay. She mentioned this to Harriet one ening when she and Granville were at the Longs for dinner.
"I don't think that Marion Worth
is happy," were her exact words.
Across the low centerpiece of tulips

growing in moss Laurel could see old Mrs. Maddox, wrinkled and shrewish. raise her brows meaningly.
"That's not surprising," she said now, and she said it with such meaning now, and she said it with such meaning that Laurel was forced to take her up.

"Is there something that I don't know about Marion that I should know?" she asked.

Harriet flushed. She did wish her mother would not hint at things like

this. Laurel was too valuable to quar rel with.

"Marion was very much interested in Granville before you put in an appearance," the old lady said mali-

Laurel turned starry eyes to her hus-band. 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."

"She couldn't grieve very much about
any one," interposed Fred.

"Poor child." said Laurel, with real

feeling. This discovery made her posi-tion as Granville Burton's wife even less stable than ever. He did not love her, and he certainly had not loved Marion Worth. Laurel couldn't be-lieve that. But he might have married Marion and been fairly happy with her, if she (Laurel) had not interfered in his life, and Marion would have een happy. Laurel was sure of that

(To be continued.)



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"A History of France," by William Stearns Davis, professor of history at the University of Minnesota, is an admirable compendium on the subject for American readers. It will not, of course, supersede the valuable work by Victor Duruy, probably the best of the shorter histories of France, but it has several advantages over that book.

It is, for one thing, still more con-

densed, making it better available for

the general reader whose time is limited; it spans more ground, taking the chronicle to the treaty of Versailles! covering the Gallie glories of the Great War (whereas Duruy terminated his parrative with the other Franco-Prusnarrative with the other Franco-Prussian war) and thereby incorporating a vast deal of interesting, vital and somewhat inaccessible information concerning the progress of the French Republic for the last half century, and it is historical in its method and objective in its attitude where Duruy was naturally subjective. Despite its summary quality it is not of the dry-as-dust variety. Doctor Davis writes fluently and at times with real distinction. As a historical novelist he developed the knack of graphic and colorful style.

Although Poland has been continuously in the news for the last five years of ly in the news for the last five years of ly in the news for the last five years of world warfare and now a year and more after the armistice is still front-page newspaper material on account of its strategically perilous buffer position on the new map of Eurèpe, most readers of the latest tidings of the new republic have very hazy ideas about its past, and its past—its racial consciousness and its nutionalistic aspirations—have much bearing on its present and future. much bearing on its present and future A. Bruce Boswell, M. A., fellow in the University of Liverpool, has undertaken to describe both the country and the people of Poland in "Poland and the Poles" for the information of the English reading public.

A HISTORY OF FRANCE, By William Steams Davis. Boston: Houghton Minis POLAND AND THE POLES. By A. Bruc-Boswell, New York: Dodd, Mead & Co.

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Why don't you speak to me I can't break off—I am reads

The Man From Tall Timber All Booksellers George Sully & Co., New

about him because of his name, which Do you think that this is such a queer name? In my estimation he is beautiful.

JUST A GIRL.

One and one-half cups of milk,
One well-beaten egg.

Beat to biend thoroughly and then turn into a baking dish and bake in a slow oven for thirty minutes. Serve with thin custard sauce or minimally.

Beat JUST A GIRL.

If you loved him you would not mind his name. Of course, it is not an ordinary name, but one of biblical origin and not often used. There is nothing queer about it. However, girls of seventeen are pretty young to be madly in with thin custard sauce or minimals. Oatmeal Betty

Place in a saucepan

Bring to a boil and then add

 What is a convenient helder for neitrick features that are to be teamed over a kettle? 2. How can a pretty, easily made triuming be made on the lems of

off her hat at an afternoon tea?

5. What is the latest make of tricor signs trimmed to give an effect or height to a small woman's

Yesterday's Answers To remove a label from a bottly althout tearing it, wet it there oughly then hold it over a flame to that the steam will loosen the

should be called upon before shis invited to a ten. 4. A helpful device for threading

just as good style and can be used

They Write of Many Things to Cynthia

narrower material is used, more will be required, for the sleeves will have to be

joined as indicated by the dotted line on the diagram. Some of the heavy

on the diagram. Some of the near, silks make a most attractive cont, but these must be lined and interlined to

Dear Cynthia-I am a steady reade Give Your Opinions; of your column and I am writing to you I am seventeen years of age and re-cently met a youth of twenty-four years. I am madly in love with him and I am Is A or B Correct?

Dear Cyrthia-I would like to ask he 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. B disagrees with

in my own country.

One French mother wrote a letter to my mother in broken English and told her to rest assured that her boy was in eves when kissing or being kissed you genuine good fellowship toward Americans.

It is, I think, an elementary physical fast that for the formula of the control of the con

Charity Begins at Home Kissing is reported to the brain especially by the sense of feeling, and to emphasize this act there is an attempt your reasons for allowing your youngers is other senses inoperative or sisters and brothers to be put in a

me and leaving home yourself, "Char-

ity begins at home." dear.

The French are indeed a tine people.

Did it ever occur to you that you should make yourself get along with your father and that you should keep a home for him and the younger chil-dren? That is for better than any social Sorry. Sophisticus, but as the small service work for str. Low said to the dog. "Ain't goin" to be nother would have no crumbs." Cynthia instats "there isn't not answer "tit's "just because." This is my judge. service work for strangers. Surely your mother would have wanted you to keep

This is my judgment from the little you tell me of your case. There may be good reasons for the arrangements al-reads made, but you do not give them Thear Cynthia - As a first attempt in a riting to your column, let me say a lew words in answer to a letter appear. Commends "Country Boy" ing in the issue of March 3, signed "Broken-Hearted Sybil."

I wish to extend my sympathy, not so much to her, as to her father, because much to her, as to her father, because the signed by "Just a like as of Love."

is the answer I would like to give him.

To think that in this advanced age there are still some people who clips to the idea of race harred or dislike, because of the race listeff, as though it were the most that makes the man what he is!

There is a father who will break the ment of his daughter before he will see her heart of his daughter before he will see her heart of his daughter before he will see her heart of makes the man what he is!

Love, as you define it, in my opinion, is the only true love. Anything short father.

Love, as you define it, in my opinion, is the only true love. Anything short of that is animal love. For the one thing that places man above the name of the dear Lord, who made us all, what has your father against the French, the people who have glorified themselves during the war, endeared themselves during the war, and while there met all classes of people who hate her?

I was in France eighteen months during the war, and while there met all classes of people, among whom were some of the nicest people I have ever met in my life.

They took me in their homes from

Says Cynthia "Passed the Buck"

Dear Cynthia—I was greatly pained and surprised this everting to notice in your reply to "Curiosity" that on the much-discussed but little understood question of why boys or girls close their gives when kissing are lightly the same motherly way. I shall always remember them, not only for their ways remember them, to only for their ways no lightly the same motherly way. I shall always remember them, to only for their ways remember them, to only for their ways no doubt do, you would spend some growth as the might school and take up and follows the same ways remember them.

THE ORIGINAL BILLIE. Suppose you keep to this last signa-ture. "The Original Billie." Are you

TT IS not often that I venture into the realm of "men things" in my adven-

