MRS. WILSON SUGGESTS WAYS OF PREPARING RHUBARB

This Fruit Contains Mineral Elements That Are Necessary After Winter Diet of Meats and Heavy Foods

By MRS. M. A. WILSON

(Copyright, 1920, by Mrs. M. A. Wilson. All rights reserved.)

THE destiny of nations depends entirely upon the quality, quantity and kind of food that they consume. Gastronomic changes are necessarily a part of progress and yet we hustlers of the twentieth century must needs heed this ancient mandate, with all due respect, if we are to be physically fit.

The changes in conditions that are due to modern housing and other environments must naturally bring changes in one's diet. The old idea that my parents and grandparents ate this or that and it is good enough for me would be quite true if we were living under the same conditions and in the same times, but we are not.

In the days of yore, meat was vitally necessary three times daily, if one was to be fit. The conditions under which the people lived made it necessary for large amounts of protein foods to be consumed. Today the conditions, due to modern inventions, are entirely the reverse. A large and abundant diet of various vegetables is vitally more important than meat.

Celery, lettuce, watercress, spinach, cabbage, parsley, onions, leeks, radishes, young onions or scallions, corn salad, young carrots, turnips and beets the size of a small egg—all these contain the living and vital elements that the human body needs, under the high pressure of our present-day mode of living.

Spring, the growing time of the year, means that the housewife not only must plan the housecleaning of her premises, but also she must plan a physical housecleaning of the human family—not by physics, but by real co-operation between the doctor and the members of the family. Don't wait until two or three members of the family are laid low by various illnesses, rather have the physician look over each member and know that they are in good physical condition and then plan a diet that is best suited to the individual needs.

For sedentary workers, eliminate the morning cereal and in its place serve a succulent green, such as watercress, lettuce, radishes or young onions. Eggs from now on will be plentiful and more reasonably priced and they should replace the heavy meat proteins. Try serving the family souffles, baked custard, French egg salad and the like in place of the heavy cooked evening meal.

Our earliest fruit is the rhubarb; this contains the valuable mineral elements that the human system craves after a long winter diet of meats, potatoes and starchy foods.

Some Attractive Rhubarb Recipes

Wash and cut in one-half inch pieces one bunch of rhubarb and then place in a saucepan and add

One-half package of seedless raisins,
Three-quarters cup of brown sugar.

Simmer slowly until thick and then serve on toast for breakfast or as a relish with the meal.

Baked Rhubarb and Prunes

Wash one-half pound of prunes and then place in a saucepan and add one bunch of rhubarb cut in small pieces and

Three-quarters cup of brown sugar.
One-quarter teaspoon of cinnamon,
Three-quarters cup of water.

Place in a slow oven and bake for three-quarters of an hour.

Rhubarb and Orange Marmalade

Place in a saucepan

Juice of two oranges.
Grated rind of one orange.
One quart of rhubarb, cut in one-half inch pieces.

Simmer slowly until the rhubarb is soft and then measure and return to the saucepan and add three-quarters of a cup of sugar for each cup of the mixture. Cook slowly until thick, like jam, and then add one-half cup of crystallized ginger cut into tiny pieces. Cook for ten minutes.

Rhubarb Betty

Grease a baking dish and then dust with fine bread crumbs. Now place in a mixing bowl

Two cups of unsweetened stewed rhubarb,
One and one-half cups of fine bread crumbs,
One and one-quarter cups of brown sugar,
One-half teaspoon of nutmeg.
Two tablespoons of melted butter,
One tablespoon of baking powder.

Beat to mix thoroughly and then turn into the prepared dish and bake in a moderate oven for thirty minutes. Serve with butterscotch sauce.

Butterscotch Sauce

Place in a saucepan

One and one-half cups of brown sugar,
Three-quarters cup of milk.

Bring to a boil and then cook slowly until it forms a soft ball in cold water. Now add

Three tablespoons of flour,
Three-quarters cup of water.

Dissolve the flour in water before adding to the mixture. Stir to blend thoroughly and then bring the mixture to a boil and cook slowly for three minutes. Now add

Two tablespoons of butter,
One-half teaspoon of vanilla extract.

Beat to blend and then serve.

Mrs. Wilson Answers Queries

Dear Mrs. Wilson—I am recovering from a long illness and my physician advised me to take juice extracted from raw beef. Will you kindly give me a recipe for extracting the juice from raw beef, and if any special cuts of beef are needed? Should the juice be heated before drinking so as to avoid tuberculosis germs?

CONVALESCENT.

Beef Juice

Have meat chopped as for hamburg steak, place in hot pan and toss to sear, turn in meat press and extract the juice by pressure. The cuts from neck, bolar and chuck contain the largest amount of juice. Juice need not be heated; little danger of this trouble after searing meat.

Dear Mrs. Wilson—Kindly give a reliable recipe for "putting down" June butter for winter use. E. M.

Scald large crock, fill with cold water to chill. Now line crock with scalded and cooled cheesecloth, allowing it sufficiently large to fold over the top. Place one-inch layer of salt in bottom, pack in butter on each layer, sprinkle with salt, repeat until within one inch top; fold over cloth, then place one-inch layer of salt, place lid on top cover with wax paper and tie securely. Store in cool place.

Mrs. L. L. S.—Send me stamped envelope for information desired.

The Woman's Exchange

Stunts for April 1

To the Editor of Woman's Page:

Dear Madam—Am expecting to entertain the club girls at my home about the 1st of April, and would like to have it in the form of an April fools' party. Could you suggest a novel way of entertaining, also what to serve? There are about twelve in the club. We are not allowed to serve anything elaborate.

X. Y. Z.

When you greet your guests stand just outside the door of the room where you will have the party. Tell each one to "go right in and enjoy yourself." Have the door partly closed, or else have a curtain or screen before it. Then just where it will be the first thing to greet any one who enters the door hang a sheet from the ceiling to the floor, bearing the words "April Fool." Have large fools' caps made of bright-colored paper hung from ribbons here and there throughout the room. Inclose the opening with paper and fill the caps with confetti or candies or paper flowers, etc. Let a ribbon hang down tantalizingly so that one of the guests will be tempted to pull it. Of course, when it is pulled the paper is torn and a shower of confetti or candy or flowers comes down.

During the course of the evening announce a "fool performance." Have some one who is clever at monologues come out from behind a curtain and give a foolish speech or sing a song, with appropriate gestures. But have this clever person dressed as a clown or a jester or a "Folly," with a false face on the back of his head, and hair or a headdress over his face. Have him put all his clothes on backward, and stand with his back to the audience when he talks. The effect will be ridiculous. Then you might have a shadow dance with the same effect. Have lights behind a curtain, and have about four people, dressed backward in very fantastic costumes, do a loose-jointed, jumping-jack dance between the lights and the curtain, backward.

For refreshments have ice cream, cake and candy, but have imitation fruit or crullers or something of the kind passed to the guests. There are imitations of this kind that are filled with candy, and make very nice favors, but they would deceive anybody at first sight. For a centerpiece have "fake" flowers of crepe paper on a centerpiece doily of paper lace.

Please Tell Me What to Do

By CYNTHIA

Thinks She Knows T. B. P.

Dear Cynthia—Having read most of "Buck Private's" articles in your valued paper, also a number of answers to his articles, I simply cannot resist doing a little writing myself.

My reason for wanting this to appear is because I think I know "Buck Private" and I would like him to write a little about his dear self, so that I can substantiate my belief. I would like to write him direct and would like him to give me a number where I can address him. Thanking you in advance for putting this in your column, I am,

MISS R. H.

You evidently have not been reading the column very long. If you had you would know that even if the "Buck Private" gave his address, which would be very unlikely, Cynthia would not pass it on.

Ex Top Kick Again

Dear Cynthia—Heavens, what a terrible person I find myself to be. I had no idea when I wrote my poor little answer to the B. P. that I would be called such "awful" names. First, I am accused by our New York friend of being in the S. O. S. or in the Q. M. C., and now our Q. M. S comes across with his little story.

First of all, let me assure our New York friend that I was neither in the S. O. S. or Q. M. C., but a "pill-roller," who was lucky enough to have my ambulance blown from under me and will carry twelve little scars on my body for the rest of my life.

Now for our friend of the Q. M. C.: First of all, he tells us he is a sergeant, then he says I did not have sense enough to remain a B. P. Rather funny we both lacked that sense, eh.

He also tells me that he and a good many others hated my type. Yes, that is true. We had a good many shirkers in the army who hated any one who insisted that they do their duty.

As for red hair and Mexican diamonds, sorry to say I have neither, and onions, yes, I eat them and, what is harder to confess, I like them.

That I suppose is due to the plebian taste of us poor "top-kicks."

He asks me if I think for a moment that a nice girl would waste a kiss on a chap like me. I wonder if he thinks any nice girl would waste a kiss on any fellow unless she was engaged to him. I don't. As for buying kisses with good times, that brand of kisses are not worth having.

How kind of our Q. M. S. to take the B. P.'s part. I wonder if he remembers the many times he let some B. P. catch the deuce at inspection just because he was too lazy to fit him out with clothes when he needed them?

Yes, my friend, beware how you knock the B. P.'s, for you are in Dutch enough as it is. The wisest course is to handshake with them now, as you did with the officers during the war.

THE EX TOP KICK.

Has Every One a Special Mate?

Dear Cynthia—Just getting a glimpse of the personal side of T. B. P. and also a glance at the name of a popular song has made me ponder a bit. Perhaps it might be of interest to you and the contributors of "Our Column" to follow me in this one.

Is there such a thing as "Every One is Meant for Someone?"

I am young and I'm in love with love and to this I attribute my having an ideal. With this one person whom I will marry I expect to be as devoted, attentive and wonderful as my dreams are and making her out to me.

Are these dreams to be shattered if I supposedly meet the girl for whom I am intended?

I'll cite an instance with which I am closely related.

The man is about twenty-seven years of age, handsome, a tall and talented American. A decided success socially and in business, he has no encumbrances in the way of family objection and his character and position is assured, yet among all those women he has met he has never been moved to become romantic.

Must an ideal man simply marry because of his longing for a home and because the urging that he gets from his family makes him marry, regardless of whether he has met that ideal mate who was meant for him or not?

Not every one was meant for someone. Someone's castles in the air must either be shattered or their way of thinking must undergo a change. It still remains to be thought out and I'll leave that to Cynthia and then to the other members of the column.

TOWARD TWENTY.

A man's family should not interfere in such matters. In time the young man in question will probably meet the right woman.

Many men do not marry before thirty. In any case it would be his own affair.

Time Will Tell

Waiting—Why not ask the young woman to go with you to the theatre or movies? Do not talk of love to her so soon. Be good friends and let time tell.

She's Richer Than He

Dear Cynthia—I am in love with a girl who is wealthier than I. As I have heard that marriages between rich and poor always result in unhappiness, I don't know what to do. Shall I break our friendship.

A LOVE WORN GUY.

Why break friendship? Be good friends and if you really love each other, the money should not make any difference.

Go and See Her Father

D. N. W. T. Do—If you want to court this young woman, go openly and honorably to her father and tell him so. Tell him when you will be in a position to marry, and ask permission to visit her in the meantime—you should not meet her without her parent's knowledge.

The Question Corner

Today's Inquiries

1. Describe a pretty decoration for the Easter table.
2. How is a pretty hat made of flowers and tulle?
3. In dyeing a brown dress black how can a reliable color be obtained?
4. Is it correct to serve informal tea in the dining-room?
5. Describe a novel handbag of black and light blue.
6. What precaution should be taken in weekly saturation of house plants?

AN EASTER CENTERPIECE

The Bunny Rabbit wears a ruffly dress of yellow crepe paper and balances carefully on the edge of a black and white striped hat in order to water the yellow tulips. The little favors are in pink and blue, also belonging to the rabbit family. But loveliest of all is the tablecover of crepe paper with Peter Rabbit and all his friends on it. They're in colors, too

Adventures With a Purse

SUCH a lovely tray—and at such a real bargain price! It measures, I should judge, about eighteen inches by twenty-four inches, is painted a shiny light blue, and is decorated around the border with a neat gold band. It is one of the most colorful trays I have seen in all my peregrinations—which is nothing more than my new name for the Adventures—and the price of the tray has been lowered from $5 to $2.50—a real reduction.

Ordinarily, I would hardly think that you could summon the least enthusiasm for blankets in this kind of weather. I should hope rather that I could arouse your interest in a summer breeze or a fragant bouquet of violets. But that is only ordinarily. And that which I have to tell you about blankets is sufficiently extraordinary to arouse your enthusiasm, whether or no. For I write of a sale of lovely soft California blankets, downy and cuddly, with delicate pink or blue borders, and bound securely with the same color. Their value is $16.50—and I doubt not that next year you will pay even more than that for them. But this year, right now, their price is $12.50 for a double-bed-size pair. You would be prudent to buy a pair now.

Send a self-addressed, stamped envelope to the Editor of Woman's Page, or call Walnut 3000, for names of shops where articles mentioned in Adventures with a Purse may be purchased.

ALICE LOVES TO SING BUT ONLY WITH A CROWD

Her Friends Always Embarrass Her by Insisting Upon Her Singing Solos, Although She Protests That She Cannot Do It

ALICE loves to sing. She took singing lessons for a while, and the joy of her life is to stand beside a piano and sing exercises while somebody plays chords that add harmony to the tones, or to stand in the midst of a crowd and sing to the great content of her heart—with everybody else. But there is a certain moment which always comes at every party that Alice goes to. She dreads it before it comes, hates it when it arrives, and speeds it on its way with a tortured, thankful heart. That moment is usually about half-past nine or ten o'clock. There's a lull in the dancing or card-playing, or whatever is going on. Somebody gets an idea and exclaims, "Oh, Alice, you sing, don't you? Do give us a song. I'd love to hear you sing!"

Everybody else joins in the pleading and after a very bad ten minutes, during which she writhes, pleads and insists that she can't sing solos, doesn't want to sing solos and knows that nobody wants to hear her sing solos, Alice finally has to give in and sing. She gets through a song about a rose in a gar-den, or a wee, winsome, maiden, according to the range of her voice, and drops hopefully into a chair. But her audience, having let themselves in for it, all exclaim politely, "What a lovely song! Do sing another." And she has to repeat the horror.

It isn't that Alice hasn't a pleasing voice. She has. It isn't that she thrusts her vocal powers upon her friends at every opportunity. She doesn't. But for some reason or other, people always seem to think that when a girl has taken singing lessons she must have a voice. Because she has this voice they decide she must be anxious to show it off. And out of the kindness of their hearts, nothing else, they give her the chance to show it off—indeed compel her to show it off.

But oh, what mistaken kindness this is! They think Alice's protests are merely a becoming modesty, or a desire to be coaxed. If they could only know how wretchedly embarrassed she is when they insist so. She only gives in because she wants to get the agony over. She knows her voice is not suited for solo work, she knows that her audience is going to realize that before the first verse is over—and oh, how she dreads that kind, polite, inevitable insult, that is sure to follow the last note, "What a lovely song!"

SOME day, Alice determines each time she goes through this ordeal, she's going to sing her weakest, her least powerful, and then she's going to say, defiantly: "Now, do you admit that I can't sing a solo? Now, have you learned that when I say I can't sing I mean it and I know what I'm talking about? Now, will you let me go on peacefully warbling to myself under cover of plenty of other voices?"

We "mean well" when we insist upon somebody's showing off this way, but the alibi doesn't help the victim to appreciate our efforts. When we show an artist the feeble drawings done by our youngest "all by himself," we very seldom accomplish more than helpless, shamed embarrassment on the part of the youngest. When we exhibit the straggly results of sister's "first embroidery," to a group of admiring friends, who can measure the depth of sister's red-faced suffering humiliation!

Sometimes the artistic temperament makes people too modest about their powers and they need encouragement. But when they protest so vehemently and sincerely against showing off, it's kinder to take their word for it, and let them stay peacefully in obscurity.

Indispensable in THE SICK ROOM
Be Ready With a
WIRT ELECTRIC HEATING PAD

Far superior to a hot-water bottle. Keeps even, permanent temperature. Inclosed in sanitary, washable cover. No possibility of shock in this pad.
$5
Standard Electric Supply Co.
223 N. 13th Street, Phila., Pa.

"Why People Get Bald"

Dandruff is the forerunner and Nature's warning that there are Germs in your Scalp absorbing the LIFE-GIVING NOURISHMENT to your Hair.

FEROND'S (MILNSHAW) HAIR GROWER penetrates, invigorates and stimulates the action of the Scalp—stops itching, the formation of scales and the subsequent loss of hair.

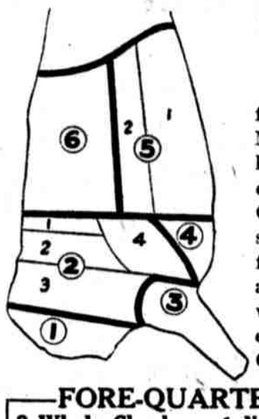
Faithful use of FEROND'S (MILNSHAW) HAIR GROWER will POSITIVELY remove dandruff, stop falling hair and nourish the scalp.

Price $1.00 & $2.00 a bottle.
"Just rub it on."
At your Druggist or Toilet Counter. If they cannot supply, order direct.
JULES FEROND COMPANY, INC.
424 Sixth Ave., New York.
Telephone Watkins 380.
Parcel Post, 10 cents extra.

EASTERTIDE
GOWNS FURS MILLINERY
The peak of attainment in apparel of distinctive grace and workmanship.
Fre De Man
1302 Walnut Street

Girls! Your hair needs a little "Danderine"—that's all! When it becomes lifeless, thin or loses its lustre; when ugly dandruff appears, or your hair falls out, a 35-cent bottle of delightful, dependable "Danderine" from any store, will save your hair, also double its beauty. You can have nice, thick hair, too.

We Are Co-operating With the Government in Its Campaign to "Save Money on Meat"
There's More Than One Way to Beat the High Price of Meat—
BUY FORE-QUARTER BEEF CUTS



We are making a special offer during the present "Save Money on Meat" drive to have the housewives try the cheaper cuts of beef. Fore-Quarter Cuts come from the same steer as other cuts; are fed with the same good corn, are just as nutritious and wholesome, and make dishes every bit as appetizing, BUT COST LESS!

FORE-QUARTER BEEF CUTS
2 Whole Chuck: 1 5th Rib Roast, 2 Chuck Steaks, 3 Pot Roast, 4 Clod, Boil, Stew or Roast.
1 Neck
3 Foreshank
4 Brisket (Boiled Beef)
5 Plate: 1 Navel (Boiled or Corned), 2 Rib Ends (Short Ribs)

FRIDAY & SATURDAY SPECIALS!
Stewing Beef 9c lb. Brisket Beef, 2 lbs. 15c
Chuck Roast, HAMBURG STEAK, Short Ribs, Hanging Tenderloin — 15c lb.

Try These Recipes That Mrs. Wilson Has Specially Prepared

Chopped Beef au Casserole
1½ pounds clod of beef, ground.
Tabasco sauce
¼ cup tomato relish.
1 can beets.
Mix chopped beef with tomato relish, add one-quarter teaspoon tabasco sauce (more if desired). Season well with salt, put in glass casserole and bake two hours, basting frequently with a high quality of table sauce. A few strips of bacon across the top of any meat loaf adds to its richness and improves flavor. Served garnished with one can beets, quartered. This will serve 5 people.

Escalloped Corn Beef
2 cups cooked corn beef, cubed.
1 cup medium white sauce.
1 stalk celery, chopped fine.
2 slices onion, chopped.
Cook celery and onion in sauce. Put the corned beef in a shallow baking dish; remove celery and onion from sauce. Add sauce to meat. Sprinkle with bread crumbs moistened with melted butter or butter substitute; brown in hot oven.

FOR EASTER
Small Sugar Cured . Regular Hams . . . 33c lb.
Shoulders Pork (for Roasting) .....19c lb.
Smoked Picnic Shoulders .....19½c lb.
Fresh Pure Lard (in 1-lb. cartons) .....24c lb.
Best Boneless Bacon (in piece) .....30c lb.
Fine Fowls .....38c lb.
Fresh Eggs (in cartons) EVERY EGG GUARANTEED 52c doz.
ESCOURT'S 6121 Woodland Ave. S. E. Cor. 10th & Vine Sts.
MAIN OFFICES AT 908-10-12-14 Ridge Ave.

L. Stone Co.
1306 Walnut Street
FOR
Tomorrow an Extraordinary Spring Sale in All Departments
at
49.50
This is truly a very unusual saving event—think of it—the opportunity of selecting an L. Stone fashion at Easter-time at mid-June clearance prices. To appreciate these values you should see them the first thing tomorrow morning—the earlier the better.
32 Beaded Georgette Dresses — Black, Navy and Brown, Flesh and White — Value 79.00-110.00
12 Dance Frocks — Were up to 110.00
12 Tricotine Dresses — Were up to 85.00
32 Tricotine and Velour Capes — Were up to 110.00
30 Tricotine Suits — Navy and Beige — Were up to 125.00
11 Tricollette & Paulette Dresses — Taupe, Navy, Black — Were up to 125.00
15 Satin Dresses — Were up to 95.00
No Credits No Approval No Exchange

A Piece of Ice that Measures 12in. on Each Side Weighs 57½ lbs.

In a Signed Statement
DR. WILMER KRUSEN
Former Director of Bureau of Health, Says:
"I do not believe that there is any practical danger of infection of food from ice in the present system of refrigeration as used in the average home of Philadelphia. The fact that ice is made from filtered water, the same that is used for drinking purposes in thousands of homes in this city with safety, is a guarantee that pathogenic or disease-producing germs are not present. Another point is that the average refrigerator has a separate compartment from that in which ice is contained.
"To condemn the ice supply of Philadelphia is to condemn its water supply, which is not warranted by the bacteriological tests."
ICE PUBLICITY ASSOCIATION of Philadelphia and Vicinity, Inc.

Special—Today, Friday & Saturday
EASTER HAMS Any Size Any Brand 30c lb.
REGULAR or SKINBACK
Nice, Lean, Smoked PICNIC SHOULDERS 18c lb.
COTTAGE HAMS or SMOKED BUTTS 32c lb.
Native Beef SIRLOIN STEAK 35c without suet
RUMP STEAK No Waste 35c lb.
TOP of ROUND No Bones 35c lb.
FRESH SELECTED EGGS, 50c Dozen in Cartons
Prime rib roasts of BEEF any cut you wish 30c
7th & 8th Rib Cuts, 25c
LARGE SLICE HAM, 40c
It Will Pay You to Visit the "Wonder Store of West Phila." and get interested in our new system. We give each customer an itemized receipt which enables them to keep an accurate account and economize in their meat bill.
MARKET ST. BEEF CO.
5221-23-25 MARKET ST.

RITTENHOUSE BROS.
Penny Profit MEAT STORE
S.W. CORNER 60TH AND MARKET
Don't Miss Our
Big Easter Bargains!
Thursday, Friday and Saturday
Come in Friday If Possible — Immense Assortment
Tons of Boneless Bacon, 29c — Nice and lean, 2 to 4 lb. pieces.
1900 Smoked PICNIC Hams, 20c — Nice and lean. Average 4 to 6 lbs.
A Special Sale of 1000 Easter Hams 34c lb — They'll average from 8 to 12 lbs. each and their nice and lean.
500 Small Cottage Hams, 38c — Nice and lean. 2 to 4 lbs. average.
200 Small Skinback Hams, 35c — No waste. 8 to 10 lbs. each.
5000 Dozen Strictly Fresh Nearby Eggs! Eggs! 49c dozen in cartons — Big Meaty Ones. They should fly at this price.
Some Real Low Pork Prices! Loin Roast (any size)...27c; Shoulder Pork (Blade Style) 28c; Fresh Hams (Whole or Cut) 33c; Shoulder Pork (Picnic Style) 22c
Awful Low Yearling Prices: Shoulder Yearling...24c; French Yearling Chops, 35c; Legs Yearling...38c; Loin Yearling Chops, 38c
Still Another BIG BEEF SALE! Chuck Roast (any cut), 20c; Rib Roast (best cuts)...28c; Lean Rolled Pot Roast, 18c; Hamburg Steak...18c; Bolar or Cross Cut...28c; Stewing Beef (brisket)..12c
All Kind Steak Meats Rump Round Sirloin 30c lb.
Tons Fresh Killed Poultry Roasting Chickens 42c lb. Stewing Chickens 38c lb.