

MRS. WILSON PLANS MEALS WITH ECONOMY AND TASTE

Baked Rhubarb and Prunes Are Delicious for Sunday Morning Breakfast—Sweetbread Patties for Dinner

By MRS. M. A. WILSON

ON JUST what the term green vegetables signifies to the busy housewife may depend the true secret of the family health.

Greens, such as spinach, lettuce, radishes, asparagus, new beans, peas, beet tops, etc., contain large amounts of chlorophyll.

Specialists tell us that the family for whom a planned diet is used that includes an abundance of the greens in the early spring and summer are repaid by clear eyes, steady nerves, and a good physical health in general.

There are also the auto-scorbutic vegetables, as tomatoes, cucumbers, cabbage, celery, watercress, lettuce, endive and escarole salad plants.

To prepare the uncooked vegetables for the table, it is most important to wash or cleanse these plants thoroughly.

All this may seem troublesome to you, but it is necessary if you wish to avoid danger.

The use of baking soda in cooking these greens spells danger; aside from the fact that baking soda destroys the valuable mineral contents of the vegetables, which are the vitamins, it also causes a chemical reaction that frequently is the cause of serious intestinal troubles.

PLANNING THREE MEALS FOR SUNDAY

Baked Rhubarb and Prunes, Fried Tomatoes, Cream Gravy, Toast, Watercress, Coffee

DINNER: Radishes, Sweetbread Patties, Rice Croquettes, Asparagus, Cabbage, Coffee

SUPER: Macaroni, Cheese Sauce, Egg and Tomato Salad, Corn Muffins, Baked Apples, Tea

The market basket will require One-half pound of prunes, Three bunches of rhubarb, Two green peppers, One bunch of watercress, Two bunches of radishes, One bunch of asparagus, One bunch of celery, One head of cabbage, One head of lettuce, One bunch of scallions, One stalk of celery, One pound or two medium-sized sweetbreads, One-half dozen eggs, One package of spaghetti, Six apples, and the usual staples that are required every week.

Baked Rhubarb and Prunes: Wash one-half pound of prunes and cover with cold water for one hour. Wash again and then place the prunes in a baking dish and add: One bunch of rhubarb, cut in inch pieces, One-half cup of sugar, One-half cup of boiling water. Place in the oven and bake slowly until the rhubarb is soft.

Sweetbread Patties: Cut slices of bread three inches thick and then with a spoon scoop out a deep well in the center. Trim off the crusts and then place on the baking sheet in the oven and toast to a delicate brown. Place sweetbread in cold water to cover just as soon as they come from the market. Add one tablespoon of lemon juice and let stand for two hours. Now drain and remove the fatty tubes, place in a saucepan and cover with boiling water. Bring to a boil and cook for fifteen minutes. Drain and cool and place on ice until needed for dinner.

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Stir with a fork to blend and then bring quickly to a boil and cook for three minutes. Now add:

Two green peppers, minced fine, One cup of celery, cut into inch pieces and parboiled until tender, Two hard-boiled eggs, quartered, One and one-half teaspoons of salt, One-half teaspoon of pepper.

And the prepared sweetbreads cut into inch blocks. Heat slowly to the boiling point and then fill into the heated pattie cases. Sprinkle with finely chopped parsley and serve.

Mrs. Wilson Answers Queries

Dear Mrs. Wilson—Kindly publish a recipe for good, rich ice cream made of all cream, milk, also tell how to cook evaporated peaches to be very good; mine were not very good.

MRS. J. W.

Ice-Cream, Using Evaporated Milk

Two cans of evaporated milk, Three cups of water, Three-quarter cup of cornstarch in a saucepan. Bring to a boil. Cook three minutes. Now add:

One and one-half cups of sugar, Two well-beaten eggs.

Beat to blend. Now add: Two cups of crushed fruit or three cream-ombs of vanilla extract. Bake evaporated fruit in slow oven.

Dear Mrs. Wilson—Have tried several times to make a layer cake, and do not know why it is that the cake does not rise. Would you kindly publish your recipe?

Would also like to know how to make the whipped cream; or, in other words, a layer cake and dress it with the cream and coconut.

A READER OF YOUR COLUMN: See cake recipes week of December 18 to 24. Space here is too limited to go into detail. Perhaps your trouble is in incorrect or careless measurements.

Adventures With a Purse

THE new lamp is the most original and distinctive I have yet seen. But I find it difficult to describe. In the first place it has no base. That is to say, no standard or base as we are accustomed to seeing. The shade is of lovely painted parchment. It is oblong in shape, with rather pointed ends, and it stands probably ten or twelve inches high. I say "stands" advisedly. For the lamp is self-supporting. The shade rests on a round, flat piece of metal which also holds the bulb. I wonder if I have given you a clear idea of this lamp, after all. At least perhaps I have told you enough so that you will want to go see one. One would be a most individual note in a living room. The price, complete, is \$15.

And now for the pearls I mentioned yesterday, and which I promised to tell you about today. In the first place, they are to be had at a little shop that makes a specialty of pearls, and generally you will find there an excellent assortment at reasonable prices. These are three-quarter or opera length. And the colors and lights in them. The pink of the most delicate sea shell, the fire of the opal, the translucency of the sea. Indeed, if one cannot afford Oriental pearls, one could not do better than have a string of these. The price is \$15.

If there is one thing that adds to life's complications when traveling, it is the presence of the inevitable umbrella. What with pocketbook, coat and bag or suitcase, that umbrella adds insult to injury. Which is the strongest argument I know for the folding umbrella. To all intents and purposes it is the meekest, most innocent-looking one you would want. It is silk, of course, and a responsive model of the well-tasteful. One would never think to look at it that the handle folds back and the ferrule folds up, and before you know it it reduces itself to a sufficiently small size to tuck in any suitcase or bag. And, of course, it folds into a neat silk case.

For names of shops address Woman's Page Editor or phone Walnut 3000.

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Please Tell Me What to Do

By CYNTHIA

Cheer Up; Be Kind to Him

Dear Cynthia—I have read the letter of "One Who Knows" and the answer to it. I am an American girl and I know better, married an Italian fellow. I am married five years to him. I am only twenty years old and what I have suffered nobody knows. I am writing to warn American girls, as Italian people have no use for Americans. I stand by the "One Who Knows."

A wife should live with her husband, of course, dear, and if she marries him knowing that she must live with him, she should not get away from him. My husband better, but he doesn't intend to take me. It's five long solid years of coaxing, but still he won't leave. "When I get ready I'll take you. I guess you want to bum, too." From "ANOTHER ONE WHO KNOWS."

Holds True Love is Spiritual

Dear Cynthia—A word to "Sort of Country Girl." I agree with you that the "three reasons" ought to be revised, or rather the order, placing the spiritual first, and then mental and physical. But the different reasons in the order in which I discussed them and not according to the order in which you placed them. I ought to look for in choosing a life partner in godliness, which, I think, covers the things any one could desire. To love a person for the godliness in him is the only true love; anything else is a poor example of love. The one thing which places man above the animal is the soul which God has breathed in man and which animals do not possess. If, therefore, human beings love each other, they are loving the souls they possess. How is their love different from that which an animal has for his mate? But if you love your soul, love the souls of others, you are exercising that part of our nature which God gave us when he made us in his own image. God loves us for our spirituality, our souls; therefore, if two people love each other for their souls, their love is akin to the love of God and God surely dwells in them. Christ himself said, "He who dwells in love dwells in God and God dwells in him." So love is eternal. Any other love will die, because our bodies and our minds will die, but our souls will live forever and will meet in the hereafter. I think Cynthia gives wonderful advice to the young people for her column.

COUNTRY BOY OF 28.

Not Sure She Loves Him

Dear Cynthia—I am a reader of your column and would like to ask you some questions that are of importance to me. I am a boy of eighteen and love a girl who I have known since I was a child. I love her, or seem to see, that she loves me. This gets to my knowledge and I tell her she loves me, but she tells me she doesn't. I prove it to her. Another thing is that we quarrel, but always get friendly again. Her actions, however, cannot understand, sometimes make me disgusted, so that I want to go away. I love her too much for that. Please tell me what to do through your column.

PERPLEXED.

Your best plan would be to take a lot of outdoor exercise. Eighteen years old and wondering if a girl loves you! You are old enough to marry, but your health requires air and sensible exercise for several years.

Commends "Acetylene"

Dear Cynthia, I have never contributed to your column but I am doing so now for the purpose of congratulating "Acetylene" for his "Plain Mary" and "One Who Loves Her Home." They surely have sound common sense and the right view on life and love. I have some regard for my home as "One Who Loves Her Home" does for hers; also I can do better on life and love than how to do. Powder, in moderation, is all right and an occasional "movie" or dance for those who care for such things, which should be on the go, readily they are welcome to it, but for my part give the home the preference. If folks choose to be "on the go" readily they are welcome to it, but for my part give the home the preference. If folks choose to be "on the go" readily they are welcome to it, but for my part give the home the preference.

Cynthia is sure that "Acetylene" will appreciate your communication.

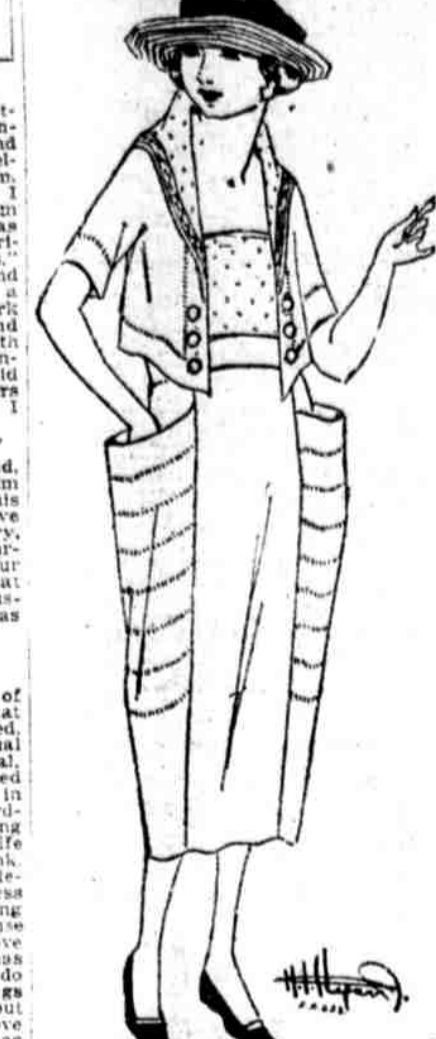
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THE LINEN DRESS IS SMART FOR SUMMER



This is a one-piece dress, in spite of the coat effect given by the collar. The suit is in a color arranged to form pockets at the hips and the collar and vest of the dress are made of dotted swiss. The hat is black straw with a facing of bright green.

A Daily Fashion Talk by Florence Rose

FASHION defies the price of linen and goes her own sweet way, convincing us that among the heavier fabrics nothing is more alarming for summer wear. Recently I saw a suit of bright blue linen that showed in the reversed collar and cuffs. Suits of linen will be soon worn in a great variety of colors, both in town and out, and in the meantime the frocks made of linen are attracting the eye of the woman who has begun to think seriously about her summer wardrobe.

The linen suit is much cooler than the woolen suit for warm days, but better still is the linen frock that is so constructed as to make it possible to be worn without jacket or coat. The coat effect in the one-piece frock is especially good, and I am showing you an especially good example of this model. It has been developed in several of the smart colors. There is a shade that I should like to call old yellow, because it is so yellow what old blue is to blue, or old rose to rose. This is one of the shades that look especially well in linen. Then there is an oyster white—always good in linen, a soft blue and a gray, and gray, by the way, is becoming increasingly smart in Paris.

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DORA RUINED A WHOLE SHOW BY OVERACTING HER PART

She Attracted So Much Attention That the Harmony of the Chorus Work Was Broken—The Audience Couldn't See Anybody Else

THE annual bazaar for the hospital this year had a "show" in connection with it. The show consisted of a number of songs sung and acted with gestures by one or two soloists and a chorus of girls, all in costume. On the whole it was a success. That is, the songs were well sung, the costumes were pretty and the attractive chorus "acted" in graceful unison. When members of the audience were asked about it, however, they all said one thing: "Who was that jumping-jack on the front row?" She spoiled the whole thing. Nobody could see anything but her.

She was one of those whole-hearted enthusiasts who monopolize a whole performance. She had been a delight to the director of the chorus, for she was always ready, almost too ready to come in on the first beat. She seemed to have absolutely no self-consciousness about the gestures, either. Some of the girls waited for the others to fling out their arms in passionate pleading before they did it, because they "felt so silly" doing it. Others did it at the right time, but their "passion" looked more like a request for aims. Of course, there were some who knew how to do it, although many of them did not. But Dora thought she was the only person on the "stage." She "registered" passion with the greatest sincerity, she smiled and showed her teeth, and pressed with a medium-hot iron brush the flower-like ones that are cut in points. It is often hard to sew them without having the stitches show. To overcome this, the material just as you would for sewing, then cut a strip of white mending-tissue, the size of the hem, place between the hem and material, press with a warm iron and the hem is finished.—McCall's.

Shiny Places

Clothes that have worn shiny may be sponged with ammonia water (one tablespoon of ammonia to one quart of water), covered with a wet cloth, and pressed with a medium-hot iron brush. The pressing cloth is almost dry. The cloth should then be removed, the garment brushed with a stiff brush to raise the nap, covered with the cloth again and pressed, care being taken not to let it become dry.

Sewing Ribbon

In making ribbon bags, especially the flower-like ones that are cut in points, it is often hard to sew them without having the stitches show. To overcome this, the material just as you would for sewing, then cut a strip of white mending-tissue, the size of the hem, place between the hem and material, press with a warm iron and the hem is finished.—McCall's.

It WASN'T necessary for her to go to so much trouble even to please the director. The rest of the girls managed to furnish an attractive background for the soloists, and even to sing their own songs prettily, gracefully, satisfactorily, without making so much fuss over it. If they had been real chorus girls of course they would not have been considered good. Being just girls in a chorus, their naturalness was pleasing, their half shyness charming. Dora's professional manner, however, was pleasing simply because it was so un-called for. She seemed to want to make herself seen and heard apart from the other girls.

She always manages to get into the limelight, no matter what she does. If she is in a glee club or chorus society, in which the union and harmony of the voices are sought after more than anything else, she ruins it. She sings so loud that her voice is strained and harsh. She starts first and manages to

finish last. The audience hears this one voice above all the others, seeks it out—and sees and hears nothing else for the rest of the concert.

At first you approve of Dora. She has lots of pep, she's good, you decide. Then after she has taken possession of every song, every action, every situation and the eye of every spectator, you begin to regret that pep. You begin to admire the girls who allow the sweetness of their tones to remain sweet in spite of their softness, and merge their gestures and voices with those of their neighbors for the sake of the general effect. You wish that, if Dora is so determined to monopolize the center of attention, she would hire herself a little stage and have a whole show of her own without anybody else in it. Then maybe these people could have their harmless, harmonious little shows in peace.

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