

MRS. WILSON'S TASTY MENUS FOR THREE MEALS ON SUNDAY

Chicken, Cuban Style, Is a Delicious Dish for Springtime. Dried-Apple Pie Is a Good Dessert

By MRS. M. A. WILSON

MAY markets bring to the housewife the flood tide of the luxuriant southern markets and the earliest of the northern greens. Now, if we will but follow Mother Nature's advice and eat abundantly of these succulent greens, we will reap large dividends in vitality and health.

It is hardly possible to serve fruit out of place during this season—raw as a first course for breakfast, then either stewed or raw for luncheon; and then as an appetizer for dinner, as a compote with a entrée or a roast and then as a salad or a dessert.

Asparagus is delectable when served plain boiled, with butter, cream, Hollandaise or Bernaise sauce or in the form of a garnish or a salad with Russian, Thousand Layer or Bernaise dressing, or, as the epicure would delight in, asparagus vinaigrette.

A SUGGESTIVE SUNDAY MENU

Monday evening dinner included.

BREAKFAST

Radishes, Watercress, Coffee

DINNER

Radishes, Young Onions, Chicken, Cuban Style, Hollandaise Sauce, Lettuce, Coffee

SUPPER

Creamed Chicken and Noodles, Celery, Hot Biscuits, Strawberry Shortcake, Tea

Planning the Monday evening meal, utilizing the leftovers.

Chicken Noodle Soup, Celery, Ye Old-Time Chicken Pie, Butter Sauce, Tomato Salad, Coffee

Dried-Apple Strudel, Coffee

The market basket will require two boxes of strawberries, one stalk of celery, two bunches of radishes, one bunch of watercress, one bunch of scallions or young onions, two green peppers, one bunch of asparagus, one head of lettuce, one-half pound of dried apples, one lemon, eight eggs, one glass of jelly, and the usual weekly staples.

Celery Potatoes

Place in a saucepan three cups of chicken broth, one and one-half cups of water, and add the coarse outside branches of a stalk of celery, the green tops and leaves, chopped very fine, and one onion, minced fine. Simmer slowly for twenty minutes, then strain and return to the saucepan and season to taste. Then add one-half cup of stale bread crumbs, two well-beaten eggs.

Stir rapidly with a fork to mix thoroughly, then bring to the boiling point and add three tablespoons of finely minced parsley and serve in bouillon cups.

Chicken, Cuban Style

Singe the chicken and then cut as for fricasséeing. Wash and place in a saucepan and add two quarts of water, three onions, the well-cleaned root of the celery stalk.

Bring to a boil and cook slowly until tender. Let the chicken cool in the liquid and when cold remove the breast and divide the meat into four fillets. Wash one-half cup of rice in plenty of water and then place in a saucepan and add

two onions, chopped fine, one green pepper, chopped fine, and the well-washed rice. Cook slowly until the rice is tender and the water is absorbed. Season and then make two and one-half cups of brown gravy, using the chicken stock.

Place the cooked rice in a casserole and lay the fillets of the breast of chicken on the rice. Pour the gravy over it and then place in a hot oven for twenty minutes. This amount will

serve four people, and add the two wings for a fifth portion.

Dried-Apple Pie

Wash the dried apples in plenty of cold water, cover with one and one-half cups of warm water and let simmer slowly for fifteen minutes. Cool. Turn into a pie plate which has been lined with plain pastry. Now place in a small bowl

one-half cup of brown sugar, two tablespoons of flour, one teaspoon of cinnamon.

Rub between the fingers to mix and then spread over the pie. Cover with a crust of pastry and bake in a slow oven for forty-five minutes.

Creamed Chicken and Noodles

Prepare the noodles as follows: Place in a mixing bowl, one cup of water, one-half teaspoon of salt, one-quarter teaspoon of pepper, one tablespoon of grated onion, three tablespoons of parsley, three tablespoons of water, one egg.

Beat with a fork to mix and then add sufficient flour to make a stiff dough. Knead until smooth and elastic, then cover and let stand for five minutes. Now roll on a pastry board until as thin as paper and roll as for jelly-roll. Cut with sharp knife into strings

the size of a shoe-lace for five minutes. While the noodles are drying, pick the meat from the neck and carcass of the chicken, chop the giblets and skin fine. Now prepare two cups of thick cream and season with

one teaspoon of salt, one-half teaspoon of paprika, one small onion, washed, one green pepper, chopped fine, one-quarter cup of finely chopped parsley.

Add the minced chicken and simmer slowly while cooking the noodles.

To cook the Noodles

Place one quart of boiling water in a saucepan, bring to a boil and add the noodles. Cover for twelve minutes, drain and then turn on a hot platter and cover with the creamed chicken.

Use the bones of the chicken to make more stock and for the old-time chicken pie for Monday evening dinner.

Use the thighs and legs of the chicken for making the dumplings to replace the potatoes. Turn into a baking dish and cover with thin strips of pastry and bake for forty minutes in a moderate oven.

Mrs. Wilson Answers Queries

Dear Mrs. Wilson—Will you kindly inform me the uses in cooking that can be made of chicken fat?

Also of the "milk" found in coconut.

HOUSEWIFE.

Chicken Fat

Use chicken fat for pastry, cakes and for seasoning vegetables in place of butter.

Use milk of coconut in sauces, puddings and salad dressing in place of milk or water, adding sufficient milk or water to make up the required quantity.

Dear Mrs. Wilson—Would you kindly inform me how a restaurant roasts the meat that it serves, as it is very delicious?

A CONSTANT READER.

This meat is roasted before open fire.

Dear Mrs. Wilson—Will you kindly publish recipe for codfish tongues and how to serve them? M. F. M.

Freshen tongues in cold water. Bring to a boil. Cook slowly until tender. Drain. Serve with well-seasoned cream sauce.

The Woman's Exchange

Costs of War

To the Editor of Woman's Page: Dear Madam—My brother and I would like to know a total amount of money that the United States spent in the war. I read your column every evening and night, and I know you have helped many girls out of difficulties, so I am coming for help.

The League of Nations

To the Editor of Woman's Page: Dear Madam—I read your column in the Evening Public Ledger every night, and I know you have helped many girls out of difficulties, so I am coming for help.

In our class we are having a debate. Our side has "Why the United States should not be in the League of Nations," and as I want to be good in this talk I am coming to you for help.

A FAITHFUL READER.

Come to the reference room of the paper and ask for the clippings and articles on the League of Nations. This is too big a subject to be condensed in this column. And, anyhow, I think you are meant to work out your own or yourself, aren't you? You will understand the subject better if you do and will be better able to "refute" any speeches of the opposing side. I hope you will be successful, and I know you will be able to get plenty of information on the subject by looking over the back files of the newspaper.

Present is Unnecessary

To the Editor of Woman's Page: Dear Madam—Having helped others I hope you will do same for me. A person I know invited me to attend a reception his sister is giving. They were married two weeks ago. Kindly inform me if it is correct to congratulate the married couple or give a present. What kind of present will be good one as I don't know my friend's sister who got married. R.

It would be correct for you to congratulate the bridegroom and bride, but not to take a gift. Since you did not know the bride and did not go to the wedding a gift is not at all necessary. It is only when you know either the bride or the bridegroom and have been invited to their wedding and reception that you send a present.

The Question Corner

Today's Inquiries

1. What is the newest fad in feather fans?

2. When making a buttonhole in very flimsy material how can a firm edge be made on which to work?

3. What new kind of ribbon is at present in vogue for trimming?

4. How could a novel porch pillow be made out of scraps of flowered cretonne?

5. What method of cleaning pane does away with the necessity for scraping out burned or "stuck" places?

6. Describe an attractive touch of light color on a black tulle evening dress.

Yesterday's Answers

1. Miss Emily Farnum is the first woman to be appointed chief of a division in the Department of Commerce.

2. The "Cleopatra hat" is one which comes down over the ears on the sides and goes up in front.

3. In having white material the use of black or colored thread will make the line easier to follow on the sewing machine afterward.

4. A light-colored organza dress should be washed in lukewarm soap, rinsed in cold water and ironed before it is entirely dry.

5. To make two different evening dresses out of one make a detachable overskirt of lace and net to match, so that the dress can be worn plain or with the overskirt.

6. When a hall is long and narrow, arranging the furniture in groups, with wide spaces between, instead of stringing it out all along the walls, makes the hall appear shorter.

BLACK TAFFETA EMBROIDERED IN RED



The puffed sleeves prove that it is the newest style, for they are the very latest. The red embroidery is a note that is extremely popular now and the narrow ribbon that encircles the waist is also red. The hat is black horsehair with a black ostrich tassel at one side.

A Daily Fashion Talk by Florence Rose

OUT of the powders into the now seems to describe the origin of many a fashion fancy that appears suddenly and enjoys vogue among the more progressive of smart women. Recently there was a sudden appearance of red-trimmed frocks. Several were worn about simultaneously in different quarters. To be sure there were red-trimmed frocks among the creations presented by Paris dressmakers, but then there were frocks trimmed with various other colors as well and no one fore-saw that this idea of red trimming would appeal especially to the smartly dressed American woman.

As yet it is one of the fashion fancies that is distinctly exclusive. If you like the idea, enjoy it while you may, before every one else has taken advantage of it. You might, you know, if you had a black taffeta frock that you would like to refurbish, add red silk embroidery and thus achieve your desired result. Or you might select one of these black taffeta frocks, red embroidered, that are making their appearance in some of the smartest shops. In the model here shown the sleeves are finished with a puff of the taffeta, and that shows that the dress is one of the newest models, for these sleeve puffs are quite the newest accepted development in sleeves. The tunic is set on the sides of the skirt at the hip-line and headed with a fine shirring. A narrow ribbon encircles the waist and ties at the center front. The hat is of black horsehair braid trimmed at the right side with a tassel of black ostrich.

WHEN YOUR NERVES RUN AWAY WITH YOUR GOOD DISPOSITION

Don't Pay Any Attention to Them—It's the Only Way to Prevent Becoming Cranky and Impossible to Please

SUPPOSE it's a rainy evening, and you're getting home late from the office. You stop to get some French pastry for dessert, and you come out of the shop with that, and your newspaper and that piece of music you bought under your arm; your umbrella, of course, sticks when you try to open it. You manage somehow to pry the stubborn rib open, and by that time the cord has caught in another rib and you have to pull that out. A surge of indignation at inanimate things, rainy evenings, and everything you can think of goes over you. And you don't do anything to stop it.

You start up the street toward the trolley, slipping now and then on the wet pavement. Two girls coming along just behind you seem to find their situation or yours terribly funny. They giggle and giggle, just as if they and everybody else were perfectly happy. They lose control of their umbrella and it hits you with a bump. This is a screamingly funny joke.

"Senseless things!" you mutter to yourself bitterly. "How can they laugh in such a disagreeable way—don't they know it's raining and late?"

Two boys without umbrellas push out of an office building with a double shout. Joyously, fearlessly, they run, one of them sliding carelessly on the slippery flags. You shudder, and grind your teeth in annoyance. "Why will they take such chances? They might have bumped into me and knocked me down on this wet street!"

Your handbag slips slyly down to the ends of your fingers, and you reach for it desperately. The roll of music seizes the opportunity to slide streetward off your hip. The newspaper spreads helplessly in your grip. By this time you are tense and you hate everything intensely. You feel sorry only for yourself and you have deep contempt for everybody who is in the least bit cheerful.

The crowd pushes you as rainy-night crowds always do.

"Oh, why do people always have to push so?" you ask yourself through your teeth. And then you push, just exactly in the same way, against the people ahead of you. They fail to give way, and you wonder whether they are glad there.

WHEN you finally reach your trolley you are completely exhausted. You sit there steamed in dejection and self-

At the next street a woman gets on the car with her little girl. Neither of them has an umbrella. The little girl sighs with relief on getting into the car, goes skipping back to the only empty seat, climbs up on it and gives a silvery little giggle out at the rain.

"My shoes are all wet!" she announces proudly to her mother. It's an adventure to her. You wonder whether you were ever young enough to take the hardships of life so gleefully. And then you come to "Hardships!" You look back and see yourself walking grimly up the street making unnecessary hardships out of every unfortunate incident. Why, you were funny! You look over at the little girl and smile apologetically. She has made you feel like such a crabbed old simonist.

You can't help letting your nerves run away with your disposition sometimes. But you can keep this condition from becoming chronic. When you feel it coming on, just go right ahead and hate everybody and everything in sight, but don't tell yourself about it. Let your mind think if it wants to, but without your help. If you don't you'll begin to believe it, and before you know it you'll find yourself one of those persons who take every situation seriously. In short, you'll make yourself into a fine young specimen of a "cranky old maid," be you man, woman or child! And that would never do.

Iodine Stains

Of late years iodine has come to the front as a disinfectant. Its more common use has been productive of an increased number of stains on clothing.

"The Seventh Day"

was Minnie's make-believe day, when she became part of another world and forgot the notions counter where she worked. This clever story by

FANNY HURST

will appear complete in one installment in this paper tomorrow. Be sure to read it.

It's Clever!

but iodine stains are easily removed, say scientists in the United States Department of Agriculture. For unstarched materials use one of the following agents in removing iodine stains: Water—Wash the stain in an abundance of water or soak it for a number of hours in cold water. These stains can be removed also by wetting with water and drying in a warm place, such as over a radiator, repeating this if necessary. Ammonia—Sponge the stain with dilute ammonia. Alcohol—Sponge the stain. This agent frequently can be used on materials which water would injure. Starch—Prepared as for laundry purposes; for washable materials, immerse the stained place in the starch and boil; if first turns blue and then disappears. Flour—Used in the same manner as starch. For starched materials use one of the following agents: Sodium thiosulphate ("hypos")—Immerse the stains in a dilute solution of the agent and then rinse thoroughly. Sodium sulphite—Applied in the same way as the thiosulphate.

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