

MRS. WILSON GIVES WAYS OF PREPARING COOKED RICE

This Cereal May Be Eaten Plain or Served in Combination With Other Food as Croquettes or Curry

PRIZE MENU CONTEST!

LISTEN to this, housewives! Here's a chance to show how clever you are at cutting the high cost of living. Can you feed four people for dinner on \$1.50? If you can

SEND IN YOUR MENU

And join the contest in the EVENING PUBLIC LEDGER for the best menu each week. There will be cash prizes.

- First—\$2.50. Second—\$1.00. Third—\$1.00.

Rules: The foods mentioned in the menu must be staple, reasonable foods, and the winner must be able to present the sales slip for the materials used. Write your name, address and the date distinctly. Address all menus to

MRS. WILSON'S MENU CONTEST. EVENING PUBLIC LEDGER. INDEPENDENCE SQUARE.

Show others how you fool the H. C. of L. and make some pin money into the bargain. THE CONTEST STARTS TODAY.

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

RICE is a cereal which is grown in nearly every country, and it is a staple article of diet for nearly one-half of the population of the entire world.

In this country Arkansas, Louisiana, Texas and the Carolinas are the largest states which produce rice as a staple crop.

The composition of the natural rice is about 79 per cent carbohydrates and 8 per cent protein and 7 per cent fat.

The white of polished rice loses its mineral and fat content when the little brown outer shell is removed.

Rice may be included in the diet with an assurance of the fact that the use of the natural rice will be an ideal starch food; it may be used extensively to replace the potato.

A little trick for the successful cooking of rice; it must be thoroughly understood, if we are to use one-half cup of rice, there must be placed two and one-half cups of water in a saucepan.

Bring water quickly to a boil, add rice, and then cook until the water is absorbed and the rice is tender, which usually requires about thirty minutes.

If you are apt to forget it on the stove then use a double boiler. When the water is absorbed and the rice is tender, remove the lid of the saucepan and cover the rice closely for a few minutes with a piece of cheesecloth or a clean napkin.

This will give you a mass of light fluffy, snowy white grains that retain the full food values of the rice. The rice is now ready to serve plain or it can be turned into any number of attractive dishes.

If it is desired to serve the rice plain then add one-half teaspoon of salt to the water when it starts to boil, before adding the rice.

Spanish Rice Cook one-half cup of rice as directed and while it is cooking mince fine

Four onions. Three tomatoes or one cup of sliced tomatoes. Place one-half cup of bacon or other good shortening in the frying pan, add the vegetables and cook slowly until the onions are soft.

Place in a frying pan one tablespoon of salad oil and the onion and green peppers. Cook very slowly and do not let brown. Now add five tablespoons of flour and stir and brown the flour until a deep mahogany color.

Beat to mix and then add the shrimp, pour the curry and shrimp over the rice. Sprinkle with four tablespoons of finely chopped parsley and serve.

Rice Croquettes Rice croquettes may be used to replace the vegetable or starchy part of the menu, or as a dessert, containing fruit centers. Both methods will be given.

Rice Croquettes as a Vegetable Cook one-half cup of rice as directed

The Question Corner Today's Inquiries 1. Describe a pretty raffia shopping bag.

2. In what quick, easy way can ink stains be removed from the hands? 3. How can pearl buttons be fastened to a dress so that they can be easily removed for washing the dress?

4. What is the easiest way to mix the coloring with butterine? 5. In what attractive way are pockets made on an apron that has straps crossing in back and attached at both shoulders and hips to the apron? 6. Describe a dainty summer dress of blue dotted, white dimity.

Saturday's Answer 1. Placing fine glycerin on each stain and then washing will remove them from a tablecloth.

2. To make potted plants grow more successfully, the soil in the ground in which they are planted instead of the plants themselves. 3. A novel and attractive whisk has a painted head of wood for a handle. The cover is of black patent leather.

4. A snap fastener under a turn-back cuff at the front will keep it from turning down over the hand and will not hold it close about the wrist.

5. If the china closet has no ridge in which platters standing up on edge can be set, screw in a round brass curtain rod as a substitute rack.

6. When the key opener of a tin can gets stuck and will not turn it can be moved by placing a screw driver through the handle and using it as a lever.

Please Tell Me What to Do

By CYNTHIA

She is Worried My dear, you had better let the matter drop. It was all right to be under the circumstances you cite but do not carry it any further. Make other friends and put this one from your thoughts.

Try and See "Ambitious"—As I said before, the only thing to do is to bring things to a point. Speak from the shoulder out. Say you could not marry for three years, but that you love her and want to know if you have a chance with her.

You Might Give a Party Mary and Fannie—You might have a little party for your young man. Tell them to call for you at your home, and when they come bring them the four tickets which you should have already bought, and have him give them to the girls. Have a few sandwiches and lemonade for them at your home after the theatre or movie, if you prefer.

She Wonders Dear Cynthia—I have in the past two months taken quite a fancy to a gentleman, but I don't know whether I do or where I go. I have him on my mind. He is a widower, but he has known me since childhood. He wants to marry me, and he has said to me two or three times, but I don't know whether he is joking or not but I am quite anxious to know if he really means it.

Does Not Like Cynthia's Stand Dear Cynthia—I don't like the stand you take on some matters. It is too much of a purely woman's standpoint. For example, your view on the subject of jealousy. Now, if a man comes for a girl he will be jealous, no matter if he is broadly educated or not. There are exceptions, but he can't help it.

Some Business Advice Dear Madam—I have found your column so useful that I cannot help but seek some of the good advice it offers. I will be very grateful if you will answer the following for me: Do you think that a girl who is a profitable professional? And would you advise a young man to take it up, and then do you think he will be able to make a living by it? Some people say that chiropody is fitted more for women than it is for men.

Gymnasium Work Dear Madam—I should like to attend a gymnasium in the evenings where the cost would not be much, and I thought you would be able to advise me of one. I am nineteen years of age, am 5 feet 4 inches in height and weigh 147 pounds, and because of my overweight I thought gymnastic exercises would be about the most beneficial thing for me. Do you think that this would really help me? If you can suggest anything more helpful I should be most grateful to you.

Has Nervous Affliction Dear Cynthia—I have written you before and have told you some of my troubles. It is not all. Now, I want to tell you that six years ago I lost a dear, gentle mother, and at times I get as lonely as a lonesome bird. I feel as if I were depressed that I scarcely know what to do. I keep house for my aged father and help him with his business. I feel as if I were worrying him and I have a nervous affliction and it has affected my face and am dreadfully handicapped by having it. I have doctored for it, but it hasn't done me any good. Slowly, but surely, I feel that I am going to have an affliction like that? I would never know I had it if people wouldn't be talking about it. I am afraid to go out. I have got so sensitive about it and I feel so had about it that I cannot get out. I have a very dear friend in the world, my mother, but to get such a thing as this is distressing. I only have had it a few months, but I feel as if I could get out and meet some nice people and join some classes. I think this might ease, but thinking about it, I am afraid to go any place. I will never get better. I am getting so tired of being alone, as I am ambitious. I know this is a very long letter, but really, dear, I haven't any one else to tell my troubles to. I hope you will be able to give me a little bit of encouragement and advice.

For better biscuits—Made in 15 minutes Hecker's Cream Self-Raising Flour Already prepared—no guessing—no failures

Embarrassing skin troubles that burn and itch and keep you in constant discomfort, can be speedily relieved and finally cleared away completely by using RESINOL OINTMENT. Even the most aggravated cases of skin trouble and other itching skin disorders respond to its healing, antiseptic properties. Sold by all druggists.

Resinol

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.

Wool Embroidery on Cotton

By Florence Rose



Something new in the realm of trimming, not the wool, but the use of it on a cotton frock. It is really very attractive, can easily be washed with a little care, and is easy to do at home. Velvet ribbons add to the trimming. The strap slippers are very popular this season for young ladies of this age

THE WOMAN'S EXCHANGE

To Be a Notary Public Dear Madam—Kindly let me know the requirements for a notary public and to whom I shall write in order to become one.

Dancing Lessons Dear Madam—I am a girl fifteen years of age. I would very much love to know how to dance. Whenever going out I never can enjoy the evening unless every one else is dancing. I would like to be very much obliged if you can tell me through your column the nearest dancing school that would teach dancing free; if not, the nearest inexpensive school.

Some Business Advice Dear Madam—I should like to attend a gymnasium in the evenings where the cost would not be much, and I thought you would be able to advise me of one. I am nineteen years of age, am 5 feet 4 inches in height and weigh 147 pounds, and because of my overweight I thought gymnastic exercises would be about the most beneficial thing for me. Do you think that this would really help me? If you can suggest anything more helpful I should be most grateful to you.

Has Nervous Affliction Dear Cynthia—I have written you before and have told you some of my troubles. It is not all. Now, I want to tell you that six years ago I lost a dear, gentle mother, and at times I get as lonely as a lonesome bird. I feel as if I were depressed that I scarcely know what to do. I keep house for my aged father and help him with his business. I feel as if I were worrying him and I have a nervous affliction and it has affected my face and am dreadfully handicapped by having it. I have doctored for it, but it hasn't done me any good. Slowly, but surely, I feel that I am going to have an affliction like that? I would never know I had it if people wouldn't be talking about it. I am afraid to go out. I have got so sensitive about it and I feel so had about it that I cannot get out. I have a very dear friend in the world, my mother, but to get such a thing as this is distressing. I only have had it a few months, but I feel as if I could get out and meet some nice people and join some classes. I think this might ease, but thinking about it, I am afraid to go any place. I will never get better. I am getting so tired of being alone, as I am ambitious. I know this is a very long letter, but really, dear, I haven't any one else to tell my troubles to. I hope you will be able to give me a little bit of encouragement and advice.

FLORENCE WANTED TO STUDY THE SCIENCE OF MEDICINE

But She Had to Be a Hairdresser—She Was Unhappy Until She Learned That She Could "Doctor" Scalps Instead of People

FLORENCE wanted to study medicine and become a physician. There was something about the study and curing of human ills that fascinated her and made her yearn to adopt it as a profession. But her father had a hairdressing establishment and he wanted her to learn the business.

There was nothing to do but obey. She hated it, oh, how she hated it. Sometimes she felt that if she had to put in one more week she would let her hair get too hot and burn off every hair. At night when she came home she would go to her room and cry and cry until she had no more tears to cry with.

Then one day she gave a treatment. The girl whose scalp she was rubbing had been ill and her hair had come out badly. The hairdresser who wanted to be a doctor became interested in the "case." As the treatments went on, she tried various tonics and pomades until she found the ones that made the hair grow and stimulated the scalp.

Before long Florence was content. She had forgotten her hatred of everything connected with hairdressing. The women who wanted the first ripple over the forehead put in tight were no longer senseless. The girl who wanted to be a doctor had discovered a way of getting her heart's desire out of the hum-drum of everyday life. She was happy.

CAN you do that? Can you make happiness for yourself out of disappointment? The average person, deprived of the chance to develop or fulfill an ambition, cannot rise from under her disappointment. She just sits and mourns about what she would like to have done if she had been allowed to. Her nature is not quite big enough to "pretend" her ambition into the task at hand.

Sometimes I think it would be a good thing to let girls do the wild things that they just know they could do if they were only given a chance, just for a little while. Of course, it wouldn't be practical. There would be too many starts left unfinished, too many heart-breaking failures that would hurt others at the same time that they taught their bitter lesson. But if only some of us everyday people could know that if we were allowed to go on the stage or become missionaries or run dress-making establishments, we wouldn't be anything but failures, we'd be so much better satisfied with our stenography.

our salesclerks, our clerks, and our housekeeping. However, that's one of the hills that make this pleasant life such steep climbing sometimes, having to be content with the work that's given us to do instead of being able always to follow our own inclinations in defiance of opportunity and fitness. If we have the power to find something in that work that is a little like the vacation that we yearn to follow we're lucky. If we are able to make ourselves happy without even finding that something, we've built characters worth having.

New Dresses

A frock of dark blue serge opening in front over an underdress of striped silk, striped crosswise, is striking. A girdele of blue serge attached to the overdress is laced together across the striped silk. This frock has a straight silhouette, very slightly curved in the figure and slightly widened at the hips.

FORBES 1115 CHESTNUT ST. (OPPOSITE KEITH'S) Anniversary Sale of Furs New Stimulus Monday A Week of Extra Attractions Fine Furs Fur Coatees Fur Coats Scarfs and Choker Scarfs Priced Fully 50% Below the Market

\$59.50 Seal Stoles \$29.50 \$34.50 Fox Chokers, \$19.50 In order to give every one of our friends an opportunity to profit by the good-will savings of our Anniversary Sale, this special week-long drive.

\$165 Coney Coats, \$89.50 \$195 Nutria Coats, \$117.50 \$250 Hudson Seals, \$165.00 \$350 Mole Coatees, \$245.00 \$350 Beaver Coatee, \$245.00 \$595 Mink Coatee, \$495.00

Very Special! \$7.50 Stone Mar-24.50 ten Chokers \$4.00 Pay a Small Deposit Now. Have Your Selections reserved. Balance can be paid in small amounts from time to time.

DEWEES FUR CO. FOUNDED 1858 1122 Chestnut Street Quality and Standard Famous Over Half a Century Suits Reduced Prices Go to Half Tomorrow Every Suit in Our Stock

SALE—DRESS GOODS We are going out of business and will sacrifice our entire stock of woollens, silks and cotton goods. Crepe de Chine; 40-in., 1.75 42-in., 2.00 44-in., 2.25 46-in., 2.50 48-in., 2.75 50-in., 3.00 52-in., 3.25 54-in., 3.50 56-in., 3.75 58-in., 4.00 60-in., 4.25 62-in., 4.50 64-in., 4.75 66-in., 5.00 68-in., 5.25 70-in., 5.50 72-in., 5.75 74-in., 6.00 76-in., 6.25 78-in., 6.50 80-in., 6.75 82-in., 7.00 84-in., 7.25 86-in., 7.50 88-in., 7.75 90-in., 8.00 92-in., 8.25 94-in., 8.50 96-in., 8.75 98-in., 9.00 100-in., 9.25

The Fur & Millinery Shop, Inc. 1423 Walnut Street 20% REDUCTIONS ON ALL CLOTH COATS Spring and Summer Fur Capes and Coatees DISTINCTIVE HATS Fur Storage—5%

USARO CLOTH MADE FOR U.S. AIRPLANES 360 Self-Reducing For the Stout 375 Kop Service For the Slender Forty-one Other Styles at Popular Prices