

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, seasonable 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 70 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.

Try the real croque way of cooking rice; purchase the natural or brown rice and first measure the required amount of rice and wash in three waters to cleanse thoroughly. Now place the water in the saucepan; the water needs to be exactly five times the amount of rice used; that is, if you 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.

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. Add the rice and heat until smoking hot. Turn into a dish and then sprinkle with grated cheese and garnish with strips of bacon. This dish may be served in place of meat for a luncheon or supper dish.

Rice and Shrimp Curry

Cook one-half cup of rice as directed and then open one can of wet pack shrimp and turn into a dish. Now mince very fine

Four onions. One green pepper. Place in a frying pan one tablespoon of salad oil and heat the onions 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 roan color. Add one and one-half cups of cold water and stir to blend. Bring to a boil and then cook for three minutes. Add

One and one-half teaspoons of salt. One-half teaspoon of white pepper. One level teaspoon of curry powder. Four tablespoons of catsup. Beat to mix and then add the shrimp. Turn out the rice on a hot platter and 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

- 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 easily be 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 rough stains and then washing will remove them from a tablecloth. 2. To make potted plants grow more successfully, water 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 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. If a love that is true would not last three years it would be better to find it out in those three years than after marriage. Marriage lasts a lifetime and love should be lasting, too. Remember, "Ambitious." "Nothing venture, nothing have."

You Might Give a Party

Mary and Fannie—You might have a little party on party some evening, your cousin and this young man. Tell them to call for you at your home, and when they come bring with them the four tickets which you should have already bought, and have him give them at the theatre. Have a few sandwiches and lemonade for them at your home after the theatre or movie, if you prefer to that, and ask them in. Be sure that your mother meets the young man. The rest of the things you ask about were what he is excepting that would not go anywhere with a young man who is not known by your parents.

She Wonders

Dear Cynthia—I have in the past two months taken quite a fancy to a gentleman who has a right to be handsome. I do or where I go. I have him on my mind.

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 to a girl he will be jealous, no matter if he is broadly educated or not. There are many things that he can do to help her. If he has spent a lot of money on a girl and she has encouraged his attentions, she should consider his feelings and sacrifice that much for him.

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 chiropody is a profitable profession? 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 that I am depressed that I scarcely know what to do. I keep house for my aged father and help him with his business. I feel that I am worrying me in this. 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. Now, dear Cynthia, I am afraid 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 to any place for fear the people will notice it. If I go into the car, to church or even downtown some of the people will laugh at me, so really, dear, I am afraid to go out. I have got so sensitive about it and I feel so had about it that I am afraid to go out. I am afraid to go to any place for fear the people will notice it. If I go into the car, to church or even downtown some of the people will laugh at me, so really, dear, I am afraid to go out. I have got so sensitive about it and I feel so had about it that I am afraid to go out.

For better biscuits—Made in 15 minutes

Heckers CREAM SELF RAISING FLOUR. Already prepared—no guessing—no failures. Do you not think, dear, that you are over-sensitive. No one but an ignorant would laugh at the affliction of another. Make up your mind to go out more among your friends and do not think about it. This nervousness is natural and friendly and it will soon be better. Consult a good doctor about it and follow his orders strictly.

Embarrassing skin troubles

Resinol. 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.

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 other person dance and waltz. I would be very much obliged if you could tell me through your column the nearest dancing school that would teach dancing free; if not, the nearest inexpensive school.

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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. The next day she got up and again, loathing every minute of it. Hair, how she hated the sight of it! How they did fuss, these senseless women who wanted to have it waved, if she didn't make the first ripple just above the forehead tight enough!

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. When the hair began to grow she discovered that by cutting it in a certain way it would grow stronger. She got her loathing for the human head of hair. She began to look for other scalps to treat and bring back to normal. She pretended that she was a "scalp doctor."

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 humdrum 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.

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, averagely slightly curved in the figure and slightly widened at the hips.

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FORBES

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Fine Furs Fur Coatees Fur Coats Scarfs and Choker Scarfs

Priced Fully 50% Below the Market

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.

\$59.50 Seal Stoles \$29.50 \$34.50 Fox Chokers, \$19.50

64 in the group. Wide, lustrous Australian seal scarfs with fine silk linings. Exceptional values. Solid animal effect scarfs in the wanted taupe and brown.

\$165 Coney Coats, \$89.50 Smart 3/4-length models; large cape collar and cuffs.

\$195 Nutria Coats, \$117.50 Full-fared sports model; large shawl collar and cuffs.

\$250 Hudson Seals, \$165.00 Short wrap model; made of fine, selected skins.

\$350 Mole Coatees, \$245.00 Latest style model of fine, dark Scotch Mole.

\$350 Beaver Coatee, \$245.00 Jaunty, youthful model of splendid selected skins.

\$595 Mink Coatee, \$495.00 Dark Eastern Mink; richly lined.

Very Special! \$7 Stone Mar-24.50 ten Chokers \$49.50

Pay a Small Deposit Now. Have Your Selections reserved. Balance can be paid in small amounts from time to time.

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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. Fine Willow Taffeta; 40- 2.00. French Serge; 50 to 54 in., 2.98. All-Wool Serge (sponged); 49-in., 2.49. Fruit of Looms; 56- 38c. Bed Spread; 84 in., 2.98. Mohawk Sheeting; 2 1/2 yds. wide, 98c. Long cloth; 1 1/2 yds. in, 4.00. Blankets, quilts, gingham, volles, percales greatly reduced.

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