# MRS. WILSON GIVES HINTS OF PROPER WAY TO PROVIDE

### Planning Well-Balanced, Economic Meal Not So Hard if the Housewife Puts Her Mind on It

## 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 STARTED YESTERDAY.**

By MRS. M. A. WILSON

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LACK of management in purchasing and poor methods of utilizing the food purchased may safely account for many housewives' failure to obtain definite and lasting results from the forming of the household budget.

There is today, I may safely say, a steadily increasing majority of thinking women who feel that they must keep constantly in mind the fact that planning a balanced meal is not a fad, or an experiment, but a vital necessity. If we are to obtain the true value for the money we spend, for maintaining life—now is the time. We do this to help cut H. C. L.

Now it is quite easy for the most inexperienced housewife to plan a balanced meal and a budget to fit her needs, and to accomplish this she must of necessity plan a menu for several days, if not the entire week.

And unless her family are employed at strenuous and exhausting manual labor, she can safely cut down during the warm weather about two-thirds of the meat supply, and replace it with a liberal diet of fresh vegetables, entrees and made dishes, salads and good desserts.

Do not send the child to the store and then expect satisfactory results. The expenditure of money for the food to maintain life is serious fact, and far beyond the knowledge of the child, so for this reason slip on your hat and coat and personally visit the markets.

Many statisticians claim, and with personal investigation to substantiate their claims, that in a large city nearly 40 per cent of the food purchased by the family is bought by the children and that 45 per cent is selected over the telephone and that only 15 per cent is personally selected by the housewife herself.

To help the inexperienced housewife to plan a menu that will feed a family of four, she should serve a protein food once a day, preferably in the evening, allowing as an average four ounces of uncooked meat per person. With this she must serve a starchy vegetable, one green vegetable, a salad and a dessert. The choice of soup is optional.

The soup is stimulating and helps to prepare the digestive tract for the food. One-half pound of lima, navy, soy or kidney beans, dried, green peas and black-eyed peas or lentils may replace the meat portion. Three ounces of cheese, in cutlets, two hard-boiled eggs, in cutlets, and one-half can of crushed corn in corn pudding, vegetable loafs and croquettes are also available.

The expensive chops, steaks and roast are taboo by the woman who is fighting the high cost of food. When it is necessary to have meat daily it may be combined with cereals for meat loaf, or croquettes or as an entree or with the Italian pastas. This provides a splendid variety to the housewife at a minimum cost.

To the woman who is most anxious to conserve her money the fireless cooker is a valuable ally. This cooker, old-time Swedish hay-box, is a real factor in the reduction of the food budget. Europe today is featuring this method of cooking food as an economical way of saving fuel and food; food placed to cook in the fireless cooker cannot burn up, waste or evaporate or boil away; the actual loss of meat, due to shrinkage of tissue, during the process of cooking is 25 per cent less than that which occurs while the food is cooked upon the surface of the stove. For this rason alone it is of vital value to the home.

It also conserves the flavor or essence and the juices which naturally escape during the process of cooking and which, if the food is cooked upon the stove, evaporate or boil away. In the fireless cooker these juices are all conserved in the form of a gravy.

Extravagance in any form is vulgar, while true economy is the essence of refinement. Unnecessary waste makes a woeful want. Help the high cost of living to a speedy death by personally supervising all the purchasing of your food and then see that each ounce is fully utilized in some palatable way.

## Mrs. Wilson Answers Queries

Dear Mrs. Wilson — Would you kindly let me know how to make mayonnaise dressing, the kind in which eggs, lemon and olive oil are used? My doctor has told me to use it as it is very good for my particular ailment. I have looked all through your recipes but cannot find one. Will appreciate very much if you can help me out. MRS. M. D.

**Mayonnaise Dressing**

Rub yolk of one hard-boiled egg through fine sieve. Now add

*Yolk of one strictly fresh raw egg,*
*One-quarter teaspoon of mustard,*
*One-eighth of teaspoon of paprika,*
*One teaspoon of lemon juice.*

Beat to mix; then add slowly one cup of oil. Season to taste.

## The Question Corner

**Today's Inquiries**

1. What use can be made of a faded velvet tam-o'-shanter hat crown?
2. Describe a novel accessory for the summer porch.
3. What pretty headdress is attractive for the June bride-maid?
4. How can the skirt of an silk or satin evening gown be used after it has become too shabby to be used as a dress?
5. What fad is being introduced by some hostesses at teas and wedding breakfasts?
6. How is organdie used with light taffeta dresses?

**Yesterday's Answers**

1. A pretty raffia shopping bag is made in a filet mesh, with a woven handle, and is decorated with flat felt flowers in bright colors.
2. Ink stains can easily and quickly be removed from the hands by moistening the head of a match and rubbing it over the stains.
3. To fasten pearl buttons on a dress so that they are easily removed when the dress is to be washed, sew them on a safety pin. Removing the pin, attach the buttons to the dress by single cord, and run through the dress and between the under side of the button and the crossed threads.
4. The easiest way to mix colorings with butterine is to set it on the stove while cooking is going on and allow it to melt until very soft. It is then easily molded, and the color evenly distributed.
5. An apron that has straps crossing in back and attached both at the shoulders and at the hips has attractive pockets made by the joining of the straps at the hips.
6. A dainty summer dress of blue-dotted white dimity has rows of narrow ruffles edged with plain blue around the skirt, separating to form a plain panel in front.

## Adventures With a Purse

YOU have Helen to thank for this adventure, for, strictly speaking, it is not my adventure at all. She came in yesterday fresh from a most exciting and satisfying shopping trip. "For weeks," she said, "I have threatened to buy a dress, but I honestly hated to start looking, what with prices and one thing and another." But, anyhow, to make a long story short, if you know what I mean, she has bought her dress, and I hasten to tell you about it. It is a dark blue taffeta, with a round neck adorned with a crisp little white collar and vest. The skirt is embroidered with round circles in gray yarn, and at each hip is a tiny wing that stands out pertly, giving a decided piquant effect. It, the dress, of course, had been reduced to $27. Now I have no particular reason for supposing that you want a dress exactly like Helen's, although, dear knows, you could go far and do worse; but my point is this—there are other dresses at the same shop, very smart and at surprisingly reasonable prices.

"What is that pretty piece that everybody is humming and all the orchestras are playing?" questioned Dorothea, as she industriously sewed the hem of her new overblouse. "Does it go like this?" I asked, as I took on a serious manner and carefully hummed the first few bars. "Yes," she exclaimed delightedly, "that's it." Now I have no doubt that you have heard it; for it has quite captured our city. But I thought that perhaps, like Dorothea, you do not know the name of it. But I shall be glad to tell you the name, and then when you go where I shall tell you and ask the nice man to play it for you you will sigh with relief, "Yes, that's it." At last I know the name of it."

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.

## The New Sleeves

### A Daily Fashion Talk by Florence Rose

**They are nearly all short or open, flaring ones. The corded affair in the center is very new and the slashed sleeve at the left shows the chiffon foundation through the opening. The cuffed sleeve with buttons is attractive, and the style at the right is worn more than any other, the short kimono sleeve**

WORD comes from Paris that long sleeves are daily increasing in favor—but as far as New York goes the abbreviated sleeve still looks too good to be discarded. You must always reckon with the fact that our climate is quite a bit more trying in summer than is that of Paris.

However, the sleeve that still occupies first place in popularity is quite the simplest sort of sleeve that you could imagine. It is cut in one with the bodice and ends above the elbow. It is a joy to the dressmaker, amateur or professional, who needs vex herself over no cuff or elaborate trimming.

Now, although this simple sleeve is still in favor, there is some tendency to change the shape of the sleeve. There is a fullness at or below the elbow that is suggestive of Directoire styles. At the right of the sketch today you may see the simple, straight kimono sleeve, just mentioned, which was launched last summer in Paris and which we were so reluctant about taking up.

On the figure in the center is the new corded sleeve that is quite a simple affair, but shows the new placing of the fullness. It extends in simple gathers to a line midway below the elbow and wrist, where the fullness is disposed of on three cords. It is finished with a tiny ruffle of the same material.

Below this is a picturesque sleeve finished with a very wide cuff embellished with four large buttons. The prototype of this sleeve was to be found on the coats of men in the Directoire period, and is suitable principally for cloth.

At the left of the sketch is a three-quarter-length sleeve of silk, with the foundation sleeve of chiffon showing through the opening. This is really reminiscent of Elizabethan fashions, when it was the fad to wear slashed garments—slashed doublets and slashed stomachers—with the object, of course, of showing the elaborate materials worn beneath.

(Florence Rose will help you with your clothes problems. Send your letter with enclosed stamp to this newspaper for reply.)

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## THE WOMAN'S EXCHANGE

**Entertaining the Bride**

*To the Editor of Woman's Page:*

Dear Madam—I would thank you to advise me as to the proper procedure in full detail for a tea or some kind of party to be given in honor of a June bride, by one of the bridesmaids, at the home of the bridesmaid in the evening, inviting only the bridal party, which I believe, consists of fourteen in this particular case.

I would also like to have advice in regard to decorations, refreshments, etc. and especially should a gift be presented to the bride-to-be from the bridal party as a whole, besides the individual present given at a date near the wedding?

Should I as a bridesmaid entertaining, give favors of some sort for the occasion, or give corsage bouquets to the girls and something else to the boys, or just what should I do in a case like this?

I hope I have given you sufficient information to enable you to ascertain just what I am trying to do and I know you will be able to give me some very interesting information and pointers along this line. S. F. S.

Why don't you have a miscellaneous shower for both the bride-to-be and her fiance? Tell all the other guests to bring foolish, inexpensive little gifts, that will be more jokes than gifts. Ask them to bring the gifts ahead of time so that you can hide them and have a hunt.

Have an informal buffet supper of salad, rolls, coffee, and ice-cream, either early in the evening, or later, according to whether you have your party starting at dinner time or afterward. If you have the refreshments first, play a few games afterward. I am sending you some games, and you can have the hunt for the gifts as a surprise. For decorations use the June flowers in profusion, and have little white "wedding bells" hanging from doorways and chandeliers.

On the refreshment table have a shower of the bells and white ribbons hanging from the chandelier, and directly under it have a "bride and bridegroom," two little dolls, dressed in bridal attire. It would be very nice for the bridal party to give a present to the bride, but it is not at all necessary. The individual wedding presents that each one will give are plenty.

It is not necessary for you to have favors at this party, but they would add to the enjoyment, if you want to have them. You could give the bouquets to the girls and boutonnieres to the boys, or you could give the girls inexpensive lingerie clasps and the boys necktie clasps or scarf pins, but it is not at all necessary.

If you have dancing you might have one leap year dance in which the girls ask the boys to dance, and favor them with one of these little gifts. Then let the boys favor the girls in the next dance.

**A Grapefruit Stain**

*To the Editor of Woman's Page:*

Dear Madam—I am a daily reader of your column and have come to you for help. What will remove a stain from grapefruit out of a navy blue satin dress? The stain is stiff from the sugar that was in it. "WORRIES."

Sponge the stain with clear water to remove the sugar. Then after it has dried dissolve a teaspoonful of hyposulphite crystals, which can be bought at the drug store, in a quarter of a cup of water and apply it to the stain. It may require several applications of this to remove the stain entirely.

**Just a Little Early**

To the "Reader who could not get to bed unless I read your page": It is just a little bit early for such a light suit as you describe. If the weather gets a little warmer by Sunday you could wear it, though.

# SHE HUNG HER HANDBAG ON THE BACK OF HER CHAIR

### So That It Lay on the Lap of the Woman Behind Her—When She Forgot It She Suspected the Other Woman of Having Taken It

SHE was sitting in a box at the theatre. Her handbag annoyed her by constantly sliding off her lap, and so she hung it carelessly over the back of the chair. The fact that it was almost on the lap of the woman behind her, and that it bumped the other woman's knees every time she moved, made no difference to her. She calmly disposed of the bag, and went on to enjoy the play.

The other person forgot about the bag in the fascination of the stage before her. When the performance was over, she rose to go, gathered up her things, and started out of the box. The other occupant of the box reached the door at the same time, and she stood aside to let her pass.

The first woman reached the door of the theatre before she discovered the loss of her bag. She hurried back to the box, but the bag had gone. She had a sudden recollection of the other woman standing aside to let her go out first.

"She saw the bag hanging there on my chair," she decided, "and saw her chance when I went out first. Well, I'd know her if I saw her again. She wore a blue dress with henna embroidery on it. But, aren't they clever, though?"

An usher bustled up importantly to know what she had lost.

"My bag," she said. "The woman in the box with me must have taken it. It was hanging on the back of the chair—" But the usher bent over and groped in the darkness beneath the chairs and brought up the bag. It had simply fallen off the chair.

"Oh!" remarked the woman, her suspicion all gone up in smoke. "Thank you. Well, she might easily have taken it, mightn't she?"

SHE might, indeed. That would have been one reason for not hanging the bag so carelessly over the back of the chair. She might have been tempted, if she had been that kind of person, by the alluring jingle so close to her hand. She might have seen that the bag was still hanging there when its owner started to go. What would be easier than that courteous standing aside at the door, and then the easy, nonchalant, "pick up" of that jingling bag?

Yes, that would be a very good argument against placing your bag on the back of your chair so that it lay on somebody else's lap—aside from the discomfort to the other person.

Then there's another reason for not doing it. If the person behind you was not that kind of person, and had no feeling except annoyance at having your jingling bag resting upon her knee, the incident might have put her in a very unpleasant situation. Upon reaching the door and finding that your bag had "turned up missing," you would naturally remember hanging it over the back of the chair. Then when you got back to the box and found that it had been removed from the chair and was not on the floor or anywhere, your suspicions would naturally turn toward that woman behind you.

"Circumstantial evidence!" She would have no way of proving that she didn't take the bag—and the real thief would probably be enjoying the contents of the bag all free and unsuspected. So there's another argument against this little practice of putting temptation or annoyance in the way of others. It isn't fair to them. It puts innocent persons in the way of being suspected of crimes that they never think of committing.

And aside from that most women have enough to hold on their laps in the theatre without having other women's valuable handbags landed on top of it all!

## Please Tell Me What to Do

By CYNTHIA

**"Joy" to "Happy"**

Dear Cynthia—May I address a few lines to "Happy"? Thank you.

Dear "Happy"—I was so glad to hear from you again. I missed your letters so much. Yes, "Happy," I too have had my trials, but have tried to do my best.

Ever since I can remember I have had some unpleasantness to contend with—a damper to my happiness. Mine has always been a case of duty, mistaken, perhaps, who knows?

I would like to hear some of the readers' views of the girls who have sacrificed their happiness not once but many times for that strong sense of duty to family.

But for real sorrow, my heart goes out to "Happy's Pal." Books are a source of forgetfulness and pleasure. The land of romance keeps us young and happy. So, when worried and despondent, read and forget. I am sure the world is much brighter for having known our dear Cynthia and for the "Happys," and I hope for a little

JOY.

Thank you, "Joy." Cynthia wants very much to add to the happiness in the world if she can do so. She is glad you think she does, and is sure that you and "Happy" help along the good work.

**Replies to "Pep"**

Dear Cynthia—Will you be so kind as to print this reply to "Pep"? Thank you, I thought you would.

"Pep," old boy, you expressed my thoughts to a T. I read this column of Cynthia's every evening, wouldn't miss it for anything, and then laugh myself into a healthy appetite for supper. The way I figure it, "Pep," old boy, is that if I read this column long enough, I will become so fat that Ringling Bros. and Barnum & Bailey will soon be paging me for their sideshow.

I have often wondered "how do they get that way?" and tried to express it, but it seems that I couldn't make it strong enough. The way you express it in your letter made me see more clearly how ludicrous these heartrending tales of shattered ideals and broken hearts really are. If some of these Romeos and Juliets of seventeen summers, and as you say, who knows how many winters, would, by studying and paying more attention to their means of livelihood, forget about the false lovers who broke their hearts and shattered their ideals and try to get somewhere in this world, they would be healthier and happier. Who ever heard of any one getting anywhere by pining for "Handsome Harry" or "Amiable Amelia"?

"Pep," I think if Cynthia would try some gentle "riding" on some of her "customers," there would be less "lovesick lassies" and similarly affected ladies pining away their youth and health for nothing, for, after all, what is love? Nothing. JIM T.

Remember, "Jim T." and "Pep," it is not Cynthia's province to make fun of those who write to her. Letters which seem great jokes to you may express a real heartache. Cynthia knows this to be true, but is glad that some can take fun out of it, if it so appears.

**"T. B. P." Welcomes "B. P. 2d"**

Dear Cynthia—It is only fitting that the Buck Private should welcome his namesake, Buck Private 2d, to your column. And at the same time let me return his compliment, for he, too, is apparently another kid who has some sense. And I'm with him to the bitter end in the fight he fain would wage over paint and powder, especially "to extremes." If there's anything which makes me feel disgusted all over and ashamed to think that I belong to the same family of human animals, it is to gaze upon the female of the species done up in her war paint. Talk about advertisements? Why, one of those females is so darned well advertised that a brass band is needless. Lest she pass a blind man who cannot appreciate the disclosed charms she is wise enough to sling about enough perfume to gas a dog. But at that the blind man is for once lucky—he misses so much! I am not protesting against powder in moderation for I do dislike the sight of a shiny face. But I do wonder at the inneness of paint, when cold water and a little energy will bring the same results to any healthy face, and I do protest against paint and powder in quantities which require a razor to remove them and against cheap perfumes, which, instead of heralding the refinement of the bearer as intended, shout of her vulgarness. Why are mortals such fools and when will they cease to be? Come, oh ye "Rosy Cheeks," "Drug Store Advertisements" and "Painted Squaws," come ye, bluster and shout your defiance. Cynthia's corner has a newly formed alliance and what one member of the alliance can't say in rebuttal the other can. Other applications for membership in the alliance are welcome. THE BUCK PRIVATE.


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**COOKIES and SMALL CAKES**
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WHEN the children romp in hungry as young bears, here are some wholesome, economical delights that will not only be received with glee, but will satisfy the most ravenous appetite in a most wholesome manner.

**Cookies**
½ cup shortening
2 cups sugar
½ cup milk
2 eggs
¼ teaspoon grated nutmeg
1 teaspoon vanilla extract or grated rind of 1 lemon
4 cups flour
3 teaspoons Royal Baking Powder

Cream shortening and sugar together; add milk to beaten eggs and beat again; add slowly to creamed shortening and sugar; add nutmeg and flavoring; add 2 cups flour sifted with baking powder; add enough more flour to make stiff dough. Roll out very thin on floured board; cut with cookie cutter, sprinkle with sugar, or put a raisin or a piece of English walnut in the center of each. Bake about 12 minutes in hot oven.

**Cocoa Drop Cakes**
4 tablespoons shortening
1 cup sugar
1 egg
½ cup milk
1¾ cups flour
3 teaspoons Royal Baking Powder
½ cup cocoa
¼ teaspoon salt
1 teaspoon vanilla extract

Cream shortening; add sugar and well-beaten egg; beat well and add milk slowly; sift flour, baking powder, salt and cocoa into mixture; stir until smooth, add vanilla. Put one tablespoon of batter into each greased muffin tin and bake in moderate oven about 20 minutes. Cover with boiled icing.

**Orange Cakes**
4 tablespoons shortening
1 cup sugar
⅔ cup milk
1 egg
2 cups flour
3 teaspoons Royal Baking Powder
¼ teaspoon salt
1 teaspoon orange extract
grated rind of 1 orange

Cream shortening; add sugar slowly, beating well; add milk a little at a time; then add well-beaten egg; sift flour, baking powder and salt together and add to mixture; add flavoring and grated orange rind; mix well. Bake in greased shallow tin, or individual cake tins, in hot oven 15 to 20 minutes. When cool cover with orange icing.

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PUBLIC LEDGER
**SHIP BY TRUCK—GOOD ROADS PRIZE ESSAY**

For the best essay on the subject of
**SHIP BY TRUCK—GOOD ROADS**
limited to 500 words, and received here not later than May 29th, accompanied by a three months' subscription to the Public Ledger and remittance of $3.25, a
**Four-Year Scholarship**
at the University of Pennsylvania will be awarded.

This contest is limited to High School students, boys and girls, in the States of

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This is an unusual opportunity for you to secure the advantages of a college education.

The name of the successful student will be published in the Public Ledger Sunday, June 20th, with his or her photograph, and a reproduction of the essay.

Contestants should send their essays by mail, written on one side of sheets only, either typed or penned, with their name and address, school and principal, to

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