

MRS. WILSON ADVISES USE OF NEW FRESH VEGETABLES

Friday's Market Basket Contains Materials for Omelet aux Fines Herbes and Other Delicacies

HAVE you joined the PRIZE MENU CONTEST?

Cash prizes will be awarded each week for the best menus for a dollar-and-a-half dinner for four people. The prizes are:

- FIRST—\$2.50
- SECOND—\$1.00
- THIRD—\$1.00

SEND IN YOUR MENU if you think you are pretty good at planning wholesome, economical dinners. The foods that you mention must be staples and in season. You must be able to produce the salad, the main materials used. Your name, address and the date must be written distinctly.

Address all menus to

Mrs. Wilson's Menu Contest
Evening Public Ledger
Independence Square

SET YOUR WITS TO WORK AND MAKE THE HIGH COST OF LIVING APOLOGIZE TO YOU

By MRS. M. A. WILSON
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THE market stalls are abundantly supplied with garden greens and southern vegetables, and while they are not cheap by any means, it is important that the frugal housewife be alert in their use. These early succulent greens contain valuable spring tonics and for this reason should be served only in small quantities. In the days gone by when spring came the housewife dressed the whole family with sulphur and molasses. Nowadays we have both the young and old garden onions, which give us the sulphur in a more palatable form. Spinach and watercress will afford liberal doses of iron and when combined in a meal with whole wheat bread and milk, they furnish a valued tonic for the sluggish blood stream. So be liberal with Mother Nature's remedies.

Planning three meals for Sunday:

BREAKFAST

Omelet aux Fines Herbes
Waffles
Coffee

DINNER

Clear Tomato Soup
Scallops
Stuffed Skirt Steak
Brown Gravy
Spinach
Coleslaw
Rhubarb Pudding
Coffee

SUPPER

Baked Macaroni and Cheese Sauce
Dandelion Greens
Cup Cakes
Strawberry Sauce
Tea
The market basket will require:
Three bunches of scallions.
Two bunches of parsley.
One quart of onions.
One stalk of celery.
One-quarter peck of spinach.
One bunch of asparagus.
One small head of cabbage.
One dozen peppers.
One bunch of rhubarb.
One box of strawberries.
One dozen eggs.
One can of tomato soup.
One and one-half pounds of skirt steak.
Four ounces of salt pork.
One package of macaroni.
Four ounces of cheese.
One quart of dandelion greens.
Two tomatoes.

Omelet aux Vines Herbes

Trim green tops from two bunches of the scallions and use these for dinner and add the other bunch of scallions and one bunch of parsley and three onions; chop all very fine; mix with one-half cup of bacon or other shortening in a frying pan and add the finely minced herbs and cook very slowly until tender without browning. Lift out the cooked herbs on a plate and break three eggs in a bowl and add:
Two tablespoons of milk.
One-half teaspoon of salt.
One-quarter teaspoon of pepper.
Beat to mix and then pour three tablespoons of shortening in a frying pan and when hot add the beaten eggs and shake. Cook slowly and when nearly ready to lift spread one-half

The Question Corner

- Today's Inquiries
1. What is a convenient pad to place under a crocheted centerpiece on the dining room table when a plate is placed on it?
 2. What becoming style of collar has returned to favor?
 3. When white or brown kid gloves become shabby, what can be done with them to freshen them?
 4. What novel use is now made of fillet crocheting?
 5. At a wedding reception should the bride or host be the first in the receiving line?
 6. What noticeable feature is seen on most of the new bathing suits?

Yesterday's Answers

1. A convenient noise refrigerator for a small apartment or hotel room is a small dome-shaped container of white plaster which keeps its contents cold after being submerged in cold water for a few minutes.
2. Embroidery in white wool is used attractively on a crepe de chine smock.
3. A bride who is married in her traveling dress usually has no attendants at all, or else just a maid of honor.
4. Polytone decorations are the many-colored tints, seen most often in candlesticks, mirror frames and vases, made with raised fruit and flowers.
5. Flowers that are to be sent a long distance should be split a little way up the stem; filled with salt and wrapped in a wet paper.
6. A roller window shade can be used as a cover for the front of a dresser which has no door.

Stuffed Skirt Steak

Have the butcher make a pocket in the steak and then mince fine

One-half bunch of parsley.
The green tips of the celery.
Three onions.
And add:
Two cups of prepared bread.
One and one-half teaspoons of salt.
One teaspoon of pepper.
One teaspoon of poultry seasoning.
One egg.
One-half cup of salad oil.

Mix thoroughly and then fill into the steak and then sew the steak with a string. Put one-half cup of flour into the meat and then brown quickly in a hot frying pan. Lift to a saucepan and add one cup of water. Braise slowly for one and one-quarter hours. Make one and one-half cups of gravy. To serve: pare bread soft stale bread in cold water until soft, press dry, rub through sieve to remove lumps.

Rhubarb Pudding

Wash and cook the rhubarb, but do not sweeten. Now place in a mixing bowl:
Three-quarters cup of sugar.
One egg.
Yolk of one egg.
Six tablespoons of shortening.
Two cups of flour.
Four level teaspoons of baking powder.

Rhubarb Sauce

Mince fine four ounces of salt pork and brown lightly in a frying pan. Add three tablespoons of vinegar and one-half teaspoon of paprika. To serve: One-quarter teaspoon of mustard. Two grated onions.

Cup Cakes

Place in a mixing bowl:
Two-thirds cup of sugar.
One egg.
Six tablespoons of shortening.
Cream well and then add:
One and three-quarters cups of flour.
Four level teaspoons of baking powder.
One-half teaspoon of nutmeg.
Three-quarters cup of milk or water.

Fruit Salad

Pare and dice into bowl:
One apple.
One banana.
Add one-half cup of coconut. Toss to mix. Turn into nest of lettuce and serve with fruit-whip for salad dressing.

Safe Milk

For Infants & Invalids
No Cooking

A Nutritious Diet for All Ages

Quick Lunch at Home or Office
Avoid Imitations and Substitutes

Mrs. Wilson Answers Queries

Dear Mrs. Wilson.—Please give me a recipe for baking two or four loaves of bread, as my family is very small.

Kindly give me, also, a recipe for fruit salad when I am invited to a party. See November 10, 1919, for method of preparing yeast-raised doughs. Bread recipes have appeared at frequent intervals.

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Please Tell Me What to Do

By CYNTHIA

Answers "T. B. P."
Dear Cynthia—May I have a few words with "Buck Private"? Thank you. What do you think of that yawning and yawning for his girls? Buck is supposed to yell "hammered" or get out "razor" Mr. Buck, you are getting on my nerves. I get plenty of attention from the male variety and I wear a fine blushing (silly) red lip color and carry a powder bag. Horrors! Well, it shows that all the gals weren't devoured by the squirrels, because I'm as far from being shunned by the girls as some real boys; and evidently you will put the fellows that like me (and my very nice dress) in a class with the nuts? Yes? So many of the girls have explained to you and other bright males that the only reason that they take the trouble and go to the expense of "blowing up" is to please you boys. So if you don't like it, "Buck Private," look for the unpaired, for there are plenty of fellows that go out of their way to enjoy the best of ones.

Anxious Mother
Dear Cynthia—I would greatly appreciate your kindness if you will answer me. I have a little girl and she was bitten by a dog about a year and a half ago. She is now four years old and I find I found it out the next morning, and then I put her on it. Today I was talking to a woman and she is the one that may go mad at any time from the bite. She says she can give me a little information about it. She says it is not a dog, but a rat. For your own peace of mind, why not consult a doctor? Unless the dog was mad, there really is no danger, but a doctor could tell you positively and save you anxiety. Let him see the child's teeth.

Apologize to Him
Dear Cynthia—I am coming to you for advice. I went with a young man for about five months and he has never object to me, he knows his own mind, although it wasn't anything but a girl. Now about three weeks ago I met a young fellow and went with him a few times, and my other friend tried to stop me to talk to him. I am not sure that I am a girl, I am sure that I am a girl, I am sure that I am a girl. I am sure that I am a girl. I am sure that I am a girl. I am sure that I am a girl.

Remove Paint Splashes
Dear Madam—Please tell me through the exchange column how to remove paint splashes from windows and plaster from new floors.

A Correction
Dear Madam—In reading over your page in one of the copies of the EVENING PUBLIC LEDGER I find you referring to some young woman to the Federal Employment Bureau for Women, at 238 Chestnut street. I write to correct this statement, and to inform you that this bureau has been out of existence for some time. I am sure that this department has been turned over to the Y. W. C. A., together with some of the staff of this bureau, B. D. M.

Remove Paint Odor
Dear Madam—You have often helped me about my work, and I was having to repaint and the painter asked whether I would not like my job. I had painted the inside of the porch, and when we are all trying to get the odor out of the house, and I do not like to put anything in it, as there are some foods that draw odors. Will you kindly tell me of something that will either disperse with the odor or render the chest harmless for food?

Reknitting Wool
Are you going to use the wool of your last year's sweater to make a new one for this summer? And are you undecided as to how to get it straightened out? Well, in the first place as you unravel it, wind it loosely about a piece of wood or cardboard about five or six inches wide. Make several cards of it. Then place the cards in a colander and set the colander over a pan of boiling water. Cover it, and let it remain until the steam has gone all through it, and straightened out all the links. Let it dry in the air, and when it is thoroughly dry all through, rewind into balls and go ahead with your knitting.

Better biscuit - Quickly made
Heckers CREAM SELF RAISING FLOUR
Fit for a King!
SUMATRA BLEND
Direct From the Roasters
48c lb.; 3 lbs. \$1.40
The Best Coffee we have
DANNENHAUER & HERRE
106-108 So. 2nd St.
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POMPEIAN OLIVE OIL Sold Everywhere

The Woman's Exchange

Bleaching Tan Linen

To the Editor of Woman's Page:
Dear Madam—Please tell me the best way to bleach tan linen without injuring the material. Can it be successfully accomplished at home? F. H.

Removing Paint Splashes
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A CHARMING FROCK FOR A BRIDESMAID



It is of printed georgette crepe, with large circles of fringed taffeta neckline with a circular band of white net below it. The hat is of white lorgnon face with blue taffeta, and trimmed with ribbon that makes streamers down the back.

A Daily Fashion Talk by Florence Rose

THEY say you know that many a young girl has her bridesmaid's costume all designed, the color and exact shade settled on and the list of bridesmaids' frocks at their wedding arranged. And true it is that most young women are as eager to have attractive dresses as they are to have a becoming wedding dress.

Are you going to use the wool of your last year's sweater to make a new one for this summer? And are you undecided as to how to get it straightened out? Well, in the first place as you unravel it, wind it loosely about a piece of wood or cardboard about five or six inches wide. Make several cards of it. Then place the cards in a colander and set the colander over a pan of boiling water. Cover it, and let it remain until the steam has gone all through it, and straightened out all the links. Let it dry in the air, and when it is thoroughly dry all through, rewind into balls and go ahead with your knitting.

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STARTING AN ARGUMENT AFTER ASKING ADVICE

You Sometimes Wonder Why People Ask You for Your Opinion in the First Place When They Object So After They Get It

HAVE you ever met this kind of woman on the trolley car? She is a stranger to you, but she asks you where to get off to get to Jones' store. You tell her to get off at Chestnut road, that the store is right on the corner. "But I thought it was on Green street," she objects. "It's on the corner of Green and Chestnut road," you explain. "This is Green street that we're on now." "Oh," she replies, doubtfully. There is a pause, during which you study the advertisement of a shop that makes soiled gloves cleaner than they were when you bought them. The trolley rolls on down Green street. "But I thought Chestnut road went the other direction," she suddenly remarks, accusingly. "How can it make a corner with this street?" "You're thinking of Chestnut lane," you tell her with an indulgent smile. "That's way up in the other end of town. It's just a blind street that runs parallel with this for about two blocks and then—" "Well, I was sure that Jennie told me it was on Green street," she interrupts. "And she didn't say anything about a corner." "By that time you've reached your own street, and you get off thankfully. You can imagine her going on down the street asking the same questions of everybody and arguing them out of all their answers.

"WHAT did you ask me for?" you want to retort when people do this. Some one consults you about the ingredients for a cake sometimes.



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No more will your clothes-making be looked upon as a drudgery if you discard the old-fashioned treadle machine and substitute the

FREE-WESTINGHOUSE Electric Sewing Machine
Costs only one cent to operate for three hours. Easy, Swift, Efficient. The only electric machine with a built-in motor. See it demonstrated at your electric dealer's or ask us.

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Morning Sip Coffee is the blend of many different kinds of coffee. Its wonderful flavor will more than please you. If you or any of your folks are real "coffee critics" Morning Sip will soon prove that there is one good coffee. Morning Sip Coffee is always fresh—it sells so fast your grocer has a fresh supply at all times. Try it today.

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MORNING SIP COFFEE

Packed in tin to keep the flavor in.
Roasted and Packed by Alex. Sheppard & Sons, Inc. Philadelphia, Pa.

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Save You Money BIG BARGAINS THIS FRIDAY and SATURDAY

STEAK MEATS All Kinds 30¢ a lb.

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|-------------------------------------|-----|------------------------------|-----|
| Rib Roasts (best cuts)..... | 28c | Legs Yearling..... | 34c |
| Chuck Roast (best cuts)..... | 22c | Shoulders Yearling..... | 20c |
| Hamburg Steak (freshly ground)..... | 18c | French Yearling Chops..... | 30c |
| Lean Rolled Pot Roast..... | 20c | Lean Rib Yearling Chops..... | 28c |
| Lean Rolled Brisket..... | 20c | Loin Yearling Chops..... | 35c |
| Bolar Roast..... | 26c | Breast Yearling, 2 lbs..... | 25c |
| Cross Cut Roast..... | 26c | Legs of Genuine Lamb..... | 46c |
| Stewing Beef (Brisket)..... | 12c | Shoulders Lamb..... | 32c |

BONELESS BACON, 32c lb.

Nice and lean in 2 and 3 lb. pieces.

EGGS! EGGS! All Strictly Fresh-Laid, Big Meaty Ones in Cartons 48c a doz.

Roasting Chickens..... 46c
Stewing Chickens..... 43c
Fancy Table Butter, 63c lb.

Shoulders Pork City Dressed 28c lb.

Nice and lean. 5 to 7 lbs.

Loin Roast Pork (rib cut)..... 29c
Shoulder Pork (picnic style)..... 23c
Fresh Hams (whole or cut)..... 37c
Pure Lard, 1-lb. package..... 24c

Nut Margarine..... 32c
Oleomargarine..... 40c

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In spite of the advancing prices all along the line, MITCHELL'S MEATS CONSISTENTLY LOWER THAN ELSEWHERE!

4 LBS. CHUCK ROAST	195c
4 LBS. HAMBURG ROAST	20c
4 LBS. SHARP BUTCHER'S ROAST	

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STURGEON'S STEAK A SPECIALTY

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Phone—Lombard 6110; Main 3289.
THIS IS OUR ONLY STORE

THEY STAY CRISP IN MILK

The big, golden brown Jersey Corn Flakes are relished to the last bite because of their natural corn flavor and the fact that they stay crisp in milk.

The difference in JERSEY Corn Flakes The Original Thick Corn Flakes is instantly recognized.

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