

MRS. WILSON GIVES IDEAS FOR SERVING VEGETABLES

Peas With Diamonds of Potatoes Are Delicious as a Substitute for Meat—Braised Cabbage Also Good

PRIZE MENU CONTEST

There's plenty of time for you to get up your best dinner for four people on \$1.50 and send it in.

- A FRIENDLY CRITICISM
FIRST PRIZE, \$2.50
Second Prize, \$1.00
Third Prize, \$1.00

Write your name and address and the date plainly. Use staple foods that are in season. Be able to show the sales slips for the foods used. Send all menus to Mrs. Wilson's Menu Contest, Evening Public Ledger, Independence Square

SEND IN YOUR MENU AND LEND TO HELP OTHERS. CLIMB ABOARD THE GOOD SHIP HOME COOKED FOOD!

By MRS. M. A. WILSON

FRESH green vegetables contain medicinal properties that are valuable as a tonic and the practical and efficient housewife will try to use these succulent greens to a splendid advantage in promoting physical efficiency.

Cabbage, cauliflower, Brussels sprouts and broccoli are also cooling and purifying to the blood stream; they are laxative and may be truly called the scavenger of the intestinal tract.

Celery and radishes are valuable for their bulk, and when eaten in the raw state they furnish large amounts of vital distilled water to the blood stream.

Spinach and watercress and parsley are true scavengers of the blood stream; they also furnish iron to the human system.

Onions, scallions, young onions all contain sulfur and provide an splendid tonic. Beets are cooling and they furnish energy. Potatoes, parsnips, turnips, carrots, peas, string beans, lima beans, asparagus and green beans are the average diet, and it depends entirely upon the housewife's idea of their actual value to her in the menu building.

Tomatoes and cucumbers are valuable for those who really wish to be physically fit; they contain large quantities of valuable mineral salts and distilled water. They should have a prominent place in our daily menu.

Many physicians tell us that a liberal diet of these succulent greens will reduce high blood pressure and other intestinal disorders, so the intelligent housewife has largely in her own hands a remedy that will give splendid results.

During the summer season at least four times a week a vegetarian meal, France serves many combinations of vegetable menus. These people are astonished at the immense amount of meats that we Americans eat. They realize that a diet of meat is the cause of the serious kidney complications that cause us to lead the world as sufferers from kidney diseases.

A HELPFUL CRITICISM GIVEN BY MRS. WILSON

The following recipe was sent in to the MENUS CONTEST, but I did not win a prize. Mrs. Wilson reproduces the menu and tells why it did not win.

- The Menu
Stuffed baked fish, 4 pounds at \$1.25
Four new potatoes, at 1 cent each, 16
One-half head cauliflower, 25
One-half head cabbage, 25
Pound new onions, 25
Four rolls, at 2 cents each, 8
One-half quarter-pound coffee, at 12 cents, 6
One-quarter pound sugar, at 25 cents, 6
One-half quarter-pound butter, 6
One-half box gelatine and one banana for dessert, 50
\$1.74

Cut strings part out of nice fresh beef heart and put in iron boiler and brown and simmer, same as pot roast until tender, which will take five or six hours. As the fire cooks out of the heart pour off and save until the heart is tender, then make nice brown gravy to serve with the meat. When the heart is tender all with a stale bread filling, put back in pot and simmer one-half hour longer. Carve very thin, long way of the heart, so that the slices are larger. Serve on hot plate. You will have enough meat to serve four people for dinner and two more meals for four.

Some people object to eating heart, liver, etc., but cooked and served as directed, unless you eat your guests, they will not know that they are eating heart meat. A small quantity of thyme and some of the water in which the onions are boiled added from time to time while the heart is cooking gives a new flavor.

Of course, this must be cooked over a fire.

TEA & COFFEE AT WHOLESALE PRICES

GREEN'S, 4TH & VINE STREETS

MATTRESSES Renovated BRASS BEDS RELACQUERED

ACME RENOVATORS 2ND & WASHINGTON AVE.

AN AWFUL DEATH LAPIN'S HANDY PAD

A DAINTY FROCK FOR A YOUTHFUL MISS

Please Tell Me What to Do

By CYNTHIA

"De Jure" Answers "Jeanne L." Dear Cynthia—I thank "Jeanne L." for offering proof of another reason for preferring a car to a girl. She demonstrates in a marked manner the characteristics of the female—selfish, narrow-minded and confused.

"Gasoline Gus" Just to follow up on "Gasoline Gus" letter and to make the same point as "De Jure" I agree with them that in nine out of ten cases you have more fun with a roadster than you do with a girl.

Think Girls Are Changed Dear Cynthia—Since coming back from the other side it seems to me something has happened to the girls here in America. I have been throughout in condition ever since.

Braised Cabbage Sliced one and one-half pound head of cabbage very fine, as for steak, and then place in a large pan of cold water for one hour.

Her Brother Objects Dear Cynthia—I am a young man past nineteen and I am really in love with a girl two years my junior.

Another Royal Suggestion CHEER UP! There is no further reason for worrying about table variety.

Plain Pastry This recipe is for one large pie with top and bottom crust

Rich Pastry 2 cups pastry flour 1/2 teaspoon Royal Baking Powder

ROYAL BAKING POWDER Absolutely Pure

By all means get the new Royal Baking Powder—just what you need for all your delightful baking recipes.

ROYAL BAKING POWDER CO. 118 Falson Street New York City

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HE WAS ONLY A YARD HIGH AND HE THOUGHT HE WAS LOST

But When He Tried to Explain to Mother How It All Happened She Slapped Him Because He Walked So Slowly

HE WAS so little, only about a yard high. The trolley car was filled with great big people who swayed very close together over his very young head.

She reached the platform and dropped his hand. He was filled with terror. Nothing was ahead of him but dark, unfamiliar skirts. There was nothing behind him but vague darkness, with no helpful, sympathetic hand to cling to.

HE ALMOST screamed his relief and joy at finding her. So she hadn't left him, after all. So the world wasn't going to be always dark and lonely and terrible.

Adventures With a Purse SO FAR as I can understand, only one shop in Philadelphia has them, and they are very new.

What this new apron effect amounts to is nothing more nor less than a tunic that extends apron wise in front, the effect being even more amusing if the two little pockets are added right in the front.

Testing Eggs On receiving eggs from outside sources, it is often desirable to determine their freshness.

Such a fascinating collection of old, queer jewelry! Here one finds a set of garnet earrings and pin, glistening and flashing in the sunlight.

Such a fascinating collection of old, queer jewelry! Here one finds a set of garnet earrings and pin, glistening and flashing in the sunlight.

L Stone Co

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A price that we cannot hold for long, because these are our finest goods, selling usually for nearly twice as much—and worth it!

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Where Only the Best is Good Enough

note the contents. This should be done in a darkened room, using one of the egg testers on the market or simple homemade tester.

Making Over Make over only things that are needed and suited for immediate use.

Clean milk—a big factor in preventive medicine

Hot weather is a severe test of milk quality.

Walker-Gordon Milk is clean. It has no foreign taste or odor, while carelessly produced milk has both.

If costs money to produce clean milk, Walker-Gordon Milk being clean sells for a higher price, but is economical because it can be used to the last drop.

Certified by the Philadelphia Pediatric Society

Walker-Gordon Milk Company has for thirty years set standards of cleanliness.

SUPPLEE-WILLS-JONES MILK COMPANY

Walker-Gordon Milk JUST AS IT COMES FROM THE COW

Japanese INCENSE Bath Salls

Silver like crystals Delicately scented with the most charming perfume of the Orient.

AT ALL GOOD SHOPS

Quadruple Essence Sachet Body Talc Vanishing Cream Sachet Powder Toilet Water Face Powder Bath Salls

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This is Refrigerator and Kitchen Cabinet Week

May 24th to 29th inclusive

Good refrigerators are scarce this Spring, and this special sale is an opportunity that comes but one week in the year.

Every refrigerator is fully guaranteed to be double walled construction throughout, which means less ice consumption and perfect food keeping qualities.

Every refrigerator is fully guaranteed to be double walled construction throughout, which means less ice consumption and perfect food keeping qualities.

Styles include all white porcelain exterior; oak and ash cases. Linings of seamless porcelain, sheet porcelain and white enamel.

Note: Our stock in many styles is limited and we therefore advise an early selection. Mail orders filled as long as stock lasts. Free delivery within 50 miles of Philadelphia.

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