MRS. WILSON GIVES IDEAS FOR SERVING VEGETABLES

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

THIS isn't the end of the

PRIZE MENU CONTEST

of all menus sent in will be given very soon. Nobody but the writer will recognize Her own menu, and the criticism will help her, and other women, too.

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

is diuretic, acting directly on the kid-neys. It is easily digested, and should be cooked until the stalks near the end are tender. Rapid boiling will destroy the tips. The stalk should be cooked meal as tender for about five inches of its length potatoes.

and then caten. This material pro-

scavenger of the intestinal tract.

Celery and radishes are valuable for

their bulk, and when enten in the raw cup of state they furnish large amounts of nat-cooked ural distilled water to the blood stream Lettuce, endive, or escarole and corn salad contain abundant mineral salts. Spinach and watercress and parsley are true seavengers of the stemach, and

Onlors, scallions, young onlors all contain sulphur and provide a splendid tonics Beets are cooling and they furnish energy. Potatoes, parsuips, turnips, carrets, peas, string beans, lina beans, articlokes all have a place in the average diet, and it depends entirely value to ber in the menu building. Fomatoes and encumbers are valuable licious.

ellies for those of us who really wish to of meat. be physically fit: they contain large quantities of valuable mineral salts and distilled water. They should have a of cabbage very fine, as for slaw, and prominent place in our daily menu.

Braised Cabbage

Shred one and one half pound head of cabbage very fine, as for slaw, and then place in a large pan of cold water

Buying fresh vegetables in small he will agree with me that 'tis far better to be a "dummy" at a wheel than a slave to the whims of womankind.

Let me repeat. The man who expects to make something of his life should seek his recreation and pleasure in a carrather than in the company of girls. It is cheaper, is more fun and there is no danger of "falling" as it is put, till he is independent and can follow Romance without feer and with full harse and with fact. RESH 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 argumenting physical efficiency. chased by the housewife who cater to a family of four or five.

The average family is seldom, if ever, sainted with an overdose of fresh green peas, so plan to serve them the first meal as green peas with diamonds of

and then eaten. This material pro-vides splendid bulk for the intestinal tract.

Shell the peas and then allow a gen-crous baif cup to each member of the family. Wash and scrape new potators abbage, cauliflower, Brussels sprouts and then dice and parboil for ten min and breecoli are also cooling and puri-fying to the blood stream; they are laxative and may be truly called the laxative and may be truly called the Drain the water from the vegetables be-Add the cooked peas to the pocooking either the peas or potatoes. Dear Cynthia—Just to follow up "Gas-lirain the water from the vegetables be fore mixing and then season. Place one cup of water in which the peas were cooked in a saucepan and add.

One and one-half cups of raid with.

One half cup of flour.

I se the Dover egg beater to blend and bring to a boil. Cook slowly for five minutes and then beat constantly.

This gives a beautiful creamy blended sauce. Now some of the ream that in nine out of ten classes you have more fur with a readster than you do with a girl; but all fellows are not so lucky as these young gentlement of the road and do not own one myself. I have a with a first come mexit.

This gives a beautiful creamy blended sauce. Now some or the part of the road and then beat constantly.

I also agree with they also furnish iron to the human sys- This gives a beautiful creamy blended of Now season and add:

Sprinkle with a little grated cheese and close, then with finely mineed parsley, and buck age diet, and it depends entirely garnish with two nicely browned strips of bacon for each person. This is de-Just try it when you are tired

Braised Cabbage

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

During the summer serve at least four times a week a vegetarian meal.

France serves many combinations in vegetable menus. These people are astonished at the immense amounts of meats that we Americans eat. They realize that a diet of meat produces the serious kidney complications that cause us to lead the world as sufferers from kidney diseases.

A HEI DELLI Company and then drain. Now mince well he dresses: "or what kind of a car be overy fine four ounces of salt pork and place in a same pan and add two thirds can of finely sliced onions. Cook slowly without browning, and then turn in the cabbage and toss to mix; then cover closely and let steam or braise. Turn frequently until the cabbage is very structly and this afterneous while walking in thesitual street, it was to be successful to the same and a half cups of cream same. Mix thoroughly and then turn in the chose and a half cups of cream same. Mix thoroughly and then turn in the cabbage is very structly and the valking in the same. Are we letting our American women, but a mafraid our American women, but I am afraid our American will an afraid our American spirls are turn in the cabbage is very structly and cabbage is very structly and contains the same cabbage is very structly and cabbage is very st

Her Brother Objects

You should talk with the little girls harouts before you enter into a first But you are both

A DAINTY FROCK FOR A YOUTHFUL MISS

Please Tell Me

By CYNTHIA

'De Jure" Answers "Jeanne L." Dear Cynthia-I thank "Jeanne L.

or offering proof of another reason for

preferring a car to a girl. She demon-

strates in a marked manner the charac-

language, does not discuss the question with an open mind and believes her sex

For you see, dear ally, you prove noth-

ing. I maintained that more fun could be

with a girl and not impede a man who is

striving for better things. No. I'm not lever, but it will be evident to any one

Gasoline Gus" stated the facts nicely, fore power to your motor old man, and may your chocs never blow out! and

Agrees With "Gasoline Gus"

the sole source of happiness for men.

What to Do



just an attractive funic. The lace that edges it is also used to form the perky little pockets. Frills of organdie edge the neck and sleeves and a black bow finishes the neck-

A Daily Fashion Talk by Florence Rose TT IS a funny thing about aprons. 1 We seem to be more willing to wear

them when they don't serve as a working garment than when they do. And it is just possible that the present vogue for the utterly useless, entirely when I get the chance its me for the trondster; girls come next.

I also agree with them that it is cheaper to buy gasoline than to take a girl to the show, buy her a box of camiyed then go to some place to eat afterward. Believe me I know, for I had "my beg pulled more than once," as the saying suces. wishing your column the best of every woman's wardrobe during the size is \$7.50.

ERNEST V B. war.

Thinks Girls Are Changed

That Cynthia Since coming back from the other side, it seems to me con ething has happened to the girls note in America. I have been throughout in America. I have been throughout in the front, as is the case with the two little pockets are added ruse the two little pockets are added ruse the two little pockets are added ruse in the front, as is the case with the two little pockets are added ruse the two little pockets are added ruse in the front, as is the case with the two little pockets are added ruse the two little pockets are ad

SYRUP

A whole-

delicious cane

sugar

syrup

The Franklin Sugar

Refining Company

for every use"

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 breathless word. He slowed up again, bigh. The trolley car was filled still dwelling a little on the horror with great big people who swayed very of it. close together over his very young head.

"You come along!" she exclaimed There were bumps and bangs, and it again, irritably. Reaching across with the other hand, she slapped him—slap-was so high up to mother's hand. When they started to get off at their corner he couldn't see where he was going, and sometimes he lost mother entirely in the darkness so near the floor. He just had the feeling of her hand to assure him that she was still these constants.

sure him that she was still there, somewhere ahead of him.

She reached the platform and dropped his hand. He was filled with ferror.

Nothing was ahead of him but dark. face up in all that crowd and look for a friendly face.

in that desperately lonely place, so dark, so near the floor? His frightened little heart thumped and his small feet scraped nervously on that floor. His short arms rose up in a panicky atscented so auxious to step on him. All f ight, all alone in that strange, dark place below the level of faces, deserted -and then the crowd parted before him and there was mother!

"You come along!" she exclaimed

"Now, don't you cry and make a fuss!" she said, briskly. "I'll tell doddy about you when I get you home!"
When you've been lost and terrified and then suddenly made happy again. upfamiliar skirts. There was nothing behind him but vague darkness, with no helpful, sympathetic hand to cling and won't listen and you're only a real that make a specific control of the suddenty made nappy again, and then that mother that you've been within a suddenty made nappy again, and then that mother that you've been within a suddenty and then that mother that you've been within a suddenty and then that mother that you've been within a suddenty and then that mother that you've been within a suddenty and then that mother that you've been within a suddenty and then that mother that you've been within a suddenty and then that mother that you've been within a suddenty and the suddenty as a sudden face up in all that crowd and look for a friendly face.

Mother wasn't anywhere. Was she going to leave him there, then, always, in that desperately lonely place so in that desperately lonely place. ou again? Maybe she wanted to lose on. Why?

It's hard to reason things out for yourself when you're only about a yard high, and things terrify, and rejoice. and hurt you so. If those people whose faces are so high above you don't unplain you get very unhappy. You wonder and wonder about it all

and there was mother! and finally just before you go to bed you say again: "Mother, I thought you were lost." all in one breathless word. n joy at finding her. So she hadn't And if mother doesn't put her arms left him, after all. So the world wasn't around you and tell you carefully that not be always dark and lonely and she would never, never let her little boy wible. The panic that went so quick lose her like that, you keep that little left him a little blank at first. His unhappiness always. And you decide of that reassuring, firm clasp. His to stand up and not be afraid of people "Come slong," urged his mother imstatiently, jerking with that firm clasp.
"Mother, I thought you were lost."
The large la little.
In trolley cars, you'll run right away from mother, and then see if she'll be serry. Your feelings hurt so easily when you're only about a yard from the explained to her all in one rapid.

Adventures With a Purse

So, FAR as I can understand, only one garnet carrings and pin, glistening and flashing in the sunlight. One can picture are very new. They are the new luncheon cloths, to all intents and pur- with hair piled high. And here is seem to be more willing to wear luncheon cloths, to all intents and purpose made in Japan, although really poses made in Japan, although really made in France. They are, of course, ust possible that the present purclinen. And they are decorated with once may have reposed on the bosom of a dame of old Philadelphia. And here is a set of jet carrings and pin worn the overdose of very useful this colored design. It is blown on with the overdose of very useful this colored design. It is blown on with the overdose of very useful this colored design. It is blown on with the colored design is not painted on, nor is it woven in the overdose of very useful this colored design. It is blown on with the overdose of very useful this colored design. It is blown on with the overdose of very useful this colored design. It is blown on with the overdose of very useful that the overdose of very use Three tablespoons of butter.

To serve: Lay a slice of toust on each plate. Place the peas and potatoes on teast and cover with cream sauce.

To serve: Lay a slice of toust on each plate to eat after only the same place to eat after only the same only the same place to eat after only the same of the same of the same only the same of the same of the same only the same of the same only the same of the same

For summertime—more lingerie, more toward the price of the pin or ring that nightgowns, plenty of changes of one's takes your funcy. And in making your underthings! And so of course if one selection you have the comfortable asneeds a lot, one cannot afford to pay surance that the price you are paying is too much for them. Which is why you should be particularly interested in the okes for nightgowns and combinations, which are among my list of real bar gains. They are hand crocheted for the most part, not those lacy, elaborate things, but neat filet designs, and their sources, it is often desirable to deterprice is \$1.75 each. Think of it, \$1.75 mine their freshness. The method for a hand crocheted yoke!

queer jewelry! Here one finds a set of between the eye and a light so as to

FRANKLIN L.Stone @

old gold and silver any place in the city

Testing Eggs

On receiving eggs from outside or a hand crocheted yoke!

Such a fascinating collection of old, dling," and consists in holding the egg tor 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.

Clean milk—a big fac-

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

The air space in a perfectly fresh egg is very small, and as the egg loses part of its contents by evaporation this air space increases in size with the age of the egg. Fresh eggs should appear clear and bright, showing no dark spots. Those accustomed to "candling" soon learn to detect stale eggs with a good degree of accuracy and rapidity.

If bad they will stand on the small ends. The older the egg the more upright it stands, and if very old to will be suspended in the water or even float on the surface.

Making Over

Make over only things that are needed and suited for immediate use. This involves planning the wardrobe, and making a careful selection of the things that are needed and suited for immediate use. This involves planning the wardrobe, and making a careful selection of the things that are needed and suited for immediate use. This involves planning the wardrobe.

making a careful selection of the thing it should contain. A made over dress that does not harmonize with the cost and hat that must be worn with the represents a sad bit of misdirected

Another method employed by some that down have not a great number to test is to put the eggs in a basin of water.

If good they will lie on their sides; energy.

milk. Walker-Gordon Milk being Certified by the clean sells for a higher price, but is Philadelphia economical because it can be used Pediatric Society, to the last drop.

It costs money to produce clean

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A HELPFUL CRITICISM GIVEN BY MRS. WILSON

win a prize. Mrs. Wilson reproduces

Second meal. Cut very thin, it is fine the menu and tells why it did not win.

Stuffed baked heart, 4 pounds at

Four new potatoes, at 1 cuts. One-half head new cabbage for slaw, at 24 cents. Pound new onions. Four rolls, at 2 cents

One-half quarter pound coffice, at One-quarter pound sugar, at 28 One-half quarter pound butter.

at 72 cent.
One-half box gelatine and one banana for dessert.

Cut strings part out of nice fresh beef heart and put in iron boiler and brown and simmer, same as not roast, until tender, which will take five or six hours. As the juice 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 till with a stale broad heart is tender till with a stale brent filling, put back in jot and simmer one-half hour longer. Carve very thin, long way of the heart, so that the slives are larger. Serve on a hot plate. You will have enough meat to serve four people for dinner and two more meals for four till the slives.

liver, etc., but cooked carried and served as directed, unless too tall tour guests, they will not know that they are eating heart ment. A small spring of them and some of the water in which the onions are holled added from time to time while the heart is cooking Of course, this must be cooked over a

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Iti bested potators

slow fire and watched that it just siz.

zles, covered tight.

Second meal. Cut very thin, it is fine served with horseradish same.

Another meal may be had by cutting cold heart in small squares, sorved with two hard hoiled eggs and cubes of old belied potators.

Mrs. Wilson says: Mrs. I. M. C. of Canden, sent this menu, and it is a very good one, with one exception. She has spent her money very well, except.

Has a brother who objects to her going with me.

I love this girl very dearly and would like your advice. Now, dear Cyntha, what would you do if you were me. Would you leave the girl? Would the all fight fo keep it a secret? We love each other so much that we are out almost every night. I told her in case she leaves me. I promised, and made un my mind, that I would not go with any other girls. I love her very much and would do anything in the world for her. Although I realize that we are too young yet, we are waiting for that day to come.

that nearly one half of the \$1.50, or, to be exact, seventy two cents, was spent for most. This is too much. A spent for most would have been gained by having less meat and then a said and more cooked dessert, as rhubarb shortcake, rhubarb pie or pud ding. Try again, Mrs. C. WORRIE

WORRIE

You should talk with the little intends to be the form of each other and more of other and girls. If after that test you would do to marry.

The following recipe was sent in to slow fire and watched that it just siz-the MENU CONTEST, but did not zles, covered tight.

'A Franklin Cane Sugar

Another Royal Suggestion

From the NEW ROYAL COOK BOOK

PIES and PASTRIES

one further reason for worrying about table variety. The new Royal Cook Book gives new suggestions for every meal every day. The book is so full of surprises there will never be another dull meal in the home. Here are a few suggestions from the new Royal Cook Book.

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

2 cups flour Steaspoons Royal Baking Powder

cold water Sift together flour, salt and beking powder; add shortening and rub in very lightly with tips of fingers (the less it is handled the better the paste will be). Add cold water very slowly, enough to hold dough together (do not work or knead dough). Divide in halves; roll out one part thin on floured board and use for bottom crust. After pie is filled roll out other part for top.

Rich Pastry 2 cups pastry flour teaspoon Royal Baking Powder Sift flour, baking powder and salt; add one-half shortening ROYAL **BAKING**

POWDER Absolutely Pure

and rub in lightly with fingers; add water slowly until of right consistency to roll out. Divide in halves; roll out one half thin; put on in small pieces half remaining shortening; fold upper and lower edges in to center; fold sides in to center, fold sides to center again; roll out thin and put on pie plate. Repeat with put on pie plate. Repeat with other half for top crust.

Apple Pie 14 cups flour
15 teaspoons Royal Baking
Powder
2 teaspoon salt
2 tablespoons shortening
4 apples, or I quart sliced apples
3 tablespoons sugar
1 teaspoon milk

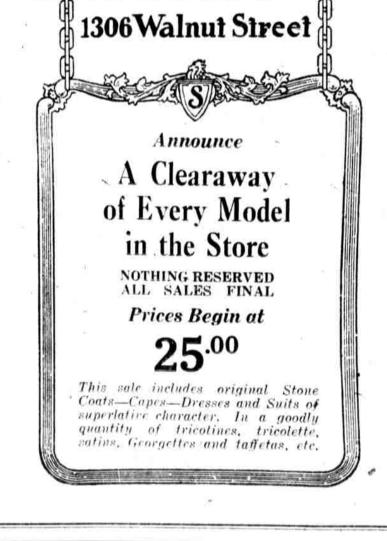
Sift flour, baking powder and salt; add shortening and rub in very lightly; add just enough cold water to hold dough to-gether. Roll half out on floured board, line bottom of pie plate; fill in apples, which have been washed, pared and cut into thin slices; sprinkle with sugar; flavor with cinnamon or nutmeg; wet edges of crust with cold water; roll out remainder of pasry: cover pie, pressing edges

FREE

oderate oven 30 minutes.

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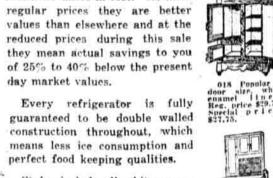
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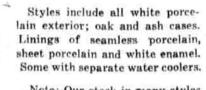
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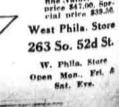
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