They Should Be Made on Saturday Night for Eating on Sunday Morning at Breakfast—Bacon-and-Deviled-Egg Garnish

ARE you following the

PRIZE MENU CONTEST

Plan a \$1.50 dinuer for four people and send in your menu. The

FIRST-\$2.50 SECOND-\$1 THIRD-\$1

Even if you don't win one you will be helped by sending it, for Mrs. Wilson now gives a

Helpful Criticism

of the menus, telling why they are not good and how to correct them. Remember to use staple foods that are in season and be able to show the sales slip for materials needed. Write your name, address and the date distinctly and address your menu to

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

GET BUSY AND SEE HOW FAR YOU CAN MAKE A DOLLAR AND A HALF STRETCH!

Seven tablespoons of salad oil,

One tablespoon of vinegar. Beat to a creamy mixture and the

ur over the potato salad. Bacon fat

Today's Criticism

bread cut in small squares.... Breaded veal chops, one pound...

reamed lima beaux, one pound.

Lettuce salad

This menu is poorly balanced. Cream

soup, breaded yeal chops, macaroni and cheese and creamed lima beans are all

representing the protein group. Any one of them placed in a properly balanced menu will be all that is required

To Mrs. E. B. and Mrs. J. D. H.: You have entered a bill of purchase

but no menu, and consequently no criti

filling the conditions of the contest,

Adventures

price is only \$2.95.

ism can be given, as this was not ful-

With a Purse

RATHER unusual little blouse for

A RATHER unusual actions and a dark blue spring sail is made of

about these matters you will welcome a blouse of a rather tailored effect that

has long sleeves instead of short. You will also be glad to know that the

ves. Dorothea liked it so much that sh wanted a copy for her own, so I to

A fragrant, effec-

tive skin beautifier.

10 and 12

Free Sample

At your dealer's

middling light blue organdic. It is dot-ted with darker blue, and the polka dot

MRS. M. E. H.

lacaroni and cheese

of this group.

By MRS. M. A. WILSON

THE housewife who sallies forth with

regetables or fruits when they appear at the flood time of the markets.

Because of the perishable character of the fresh fruits and vegetables this abundance lasts but a few days and sometimes for a week. For the next few weeks strawberries will be plentiful, so arrange to give the family enough berries to satisfy them.

Planning a menu for three meals on Bunday:

Today's Criticism.

BREAKFAST Strawberries

Toasted Muffins

DINNER Clam Broth Celery Braised Lamb Chops

Potatoes Tomato Salad Strawberry Shortcake SUPPER

Potato Salad Bacon-and-Deviled-Egg Garnish

Sliced Tomatoes Strawberries The market basket will require: Three baskets of strawberries,

One pound of bacon, One-half dozen eggs One-half dozen clams, One stalk of celery. One quart of new potatoes, One bunch of watercress, One bunch of parsley. One-quarter peck of peas.
Two pounds of old potatoes.
Four tomatoes.

One head of lettuce, And the usual weekly staples. To prepare the toasted muthus for Sunday morning breakfast, bake the muffins on Saturday evening, and in-the morning split and toast. They are elicious when done this way.

Muffins

Place in a mixing bowl: Three tablespoons of sugar. Three tablespoons of shortening. Cream until lemon color, and then

dd contrast is exceedingly effective. A tiny dark blue frell edges the collar and One teaspoon of salt.

Two level tablespoons of baking are long. If you feel the way I do

One cup of milk or water.

Beat to mix thoroughly and then pour into well-greased muffin pans and bake in hot oven for twenty minutes,

Braised Lamb Chops

Have the butcher cut the chops from either the neck or the rack end of the lamb. To cut the chops from the neck.

It is seldem that I talk to you about books, although I can think of nothing more delightful than to exchange book experiences with you, asking about your lamb. To cut the chops from the neck, experiences with you, asking about your do not split or divide, but cut in slices favorites and telling you of mine. But or chops about one inch thick. Dip the chops in flour and then brown quickly. Lift into a sancepan and add one cup of boiling water and simmer slowly for thirty-five minutes. Season and then serve with garnish of watercress.

Wash new potatoes thoroughly and with a sharp knife remove a thin strip of peel about one-half such wide from the chops and the peel about one-half such wide from the chops and telling you of mine. But I am going to tell you about a book today, for although in general or opinious about reading might not be the chops with garnish of watercress.

Wash new potatoes thoroughly and with a sharp knife remove a thin strip of peel about one-half such wide from the chops in flour and then brown quickly. It is just a light little story, told by a man who ranks among the writers of which trained has every cause to be recommended.

of peel about one-half inch wide from around the entire potate. Place in a saucepan and cover with boiling water. And is redelent of rich wit and tende cook until tender, usually eighteen minutes, and then watch the normales like a fairy tale—you know from the closely, as they quickly break if cooked beginning that it is going to turn too long. Drain and then tuck a clean right—and you want it to. And cloth over the top of the potatoes for a yes. Dorothea liked it so much that few minutes to absorb the moisture and wanted a copy for her own, so I

You may use either the sponge cake tion for 68 cents. I'll tell you, too, for the Sunday described a shortcake if you'll ask me. for the Sunday dessert.

Potato Salad

Wash the old potatoes and place in saucepan without paring. Cover with boiling water and cook until tender.

Drain and then cover with a cloth to
absorb the excess moisture. When cool enough to handle, pare and cut in thin Place in a mixing bowl and

One-half cup of finely chapped onions, One-half cup of finely chapped pars-

One cup of finely chopped celery. Use the coarse outside branches of

the celery. Toss gently to mix and then cover with one-half cup of thick French dressing, which has been made as follows: Place in a bowl One and one-half tenspoons of salt, One teaspoon of paprika.

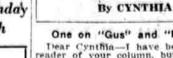
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In splie of the advancing prices all along the line.
MITCHELL'S PRICES have always been CONSISTENTLY LOWER THAN ELSEWHERE!
BEEF BRISKET, 15e

4 LBS.
REAL
SHARP
CHEESE 95C Chuck Roast
Hamburg Roast
Butcher's Roast

Mitchell's Market, Inc. S. Delaware Ave.

One-half teaspoon of mustard, One-half teaspoon of sugar,



One on "Gus" and "De Jure" Dear Cynthia—I have been a steady ader of your column, but this is the st time that I am contributing to

Please Tell Me

What to Do

first time that I am contributing to same.

I would like to say a few words to "De Jure," also to "Gasoline Gus,"

Now, friends, "Gasoline Gus" and "De Jure," I have read letters that you have written to Cynthia and to my mind you two are automobile salesmen, or in some way you are connected with the nutomobile business and I think if you want to advertise your business, Cynthia's column is not the proper place of the paper to put it in. Why not be a sport and pay for your advertising?

After you read this letter, I would appreciate if you would answer, stating whether you two are in business tothether you two are in business to ether. FRIEND.

Suggests Settlement House

Suggests Settlement House.

Dear Cynthia—This is a suggestion the person who signed himself. "Sure Outta Luck." We have in Philadelphia quite a number of recreational and settlement centers where activities of various kinds go on. Why not go to one of these centers and get some information about clubs, classes, etc?

I am speaking of one particular neighborhood center, where you will find dances, classes and clubs of every description. Try and see if this won't help you make some friends. There are plenty of nice girls and boys there, and I feel sure you would gain some friends. ONE INTERESTED IN SETTLEMENT WORK.

A Fine Letter

THE housewife who sallies forth with her market basket upon her arm derives a double benefit from the marketing trip, because it acts as an outing during the pleasantest hours of the morning and it also affords one the opportunity to see the stalls of the markets loaded with the appetizing things of the season.

From this time on there is what the farmer calls the seasonable harvest, or a time when each crop reaches its maturity. Now the frugal housewife who is trying to lower the high cost of living will take advantage of these opportunities and purchase a large basket of vegetables or fruits when they appear at the flood time of the markets.

Because of the perishable character of the fresh fruits and vegetables this hardened losts but a few days and of the fresh fruits and vegetables this hour and vegetables this hours and vegetables this hour and vegetables this hours and vegetables and vegetables this hours and vegetables and vegetables and vegetables this hours and vegetables and veget

true women no matter where you go. Methinks that the results of his experience have shown that his mind has not broadened with his travels. If he approaches life with all of its ramifications in the same state of mind, and with the same state of mind, and with the same state of mind. with the same marrow viewpoint, it is just as well that women let him alone I am unwilling to think, however, that he is past redemption. My advice to him would be to think of his mother. Let him make of her an ideal; she was a woman; if he loves her as he should he cannot frown upon womankind.

Bon yovare young man and when Cream of tomato soup..... \$.12 Croutons, three slices of toasted

Bon voyage, young man, and when you are prone to think on woman and her attendant bad manners, think of something like the following, from which

The Question Corner

Today's Inquiries What simple device will make spilling impossible in filling an oil lamp from an oil can with a short

How can a drawing tape in a pet-ticoat be prevented from pulling too far out at one end and in the

What is the easiest way to clean frying pans that have had deep fat in them? 4. Describe a dainty afternoon frock

What is an easy way to separate 6. How can a convenient towel rack

Vesterday's Answers
A new window shade of celluloid, made just like the linen ones, keeps drafts out without keeping out the light.
Marking stocking

2. Marking stockings with various pieces of different dress materials will make the pairs easier to match when they come from the laundry.

A dainty vanity case made of shirred ribbon in a silver case is Agate were should be boiled in

soda water to remove grease, then rubbed with a wire brush or sand soap. A convenient tea wagen that keeps dishes hot while the meal is being served is made with a small

oven beneath the tray, heated

with a red-hot brick. A thick soft powder puff can b made by cutting a round piece of velour and covering the back with

OF BLACK TAFFETA . POLLY COULDN'T DECIDE WITH SLENDER LINES WHICH DRESS SHE WANTED

Although One of Them Was Becoming and Fitted Her Perfectly, She Was Afflicted With Indecision and She Couldn't Say "Yes" or "No"

before the mirror, wondering. "Do you like it?" she asked the girl with her. "I can't make up my mind. I don't like the collar very much."

Dence again.

Then she found that she couldn't live in peace at all. There was something missing in her life; and for once she

"Do you like that last one you just tried on? That fitted you perfectly and it was becoming, too.

"Yes, I liked that one better than any of them," began Polly, hesitatingly.
"Well, then, why don't you take it?" snapped her friend, impatiently. "If you like it and it's becoming, why waste any more time wondering about it?"
"Well, I don't know," Polly answered slowly, beginning to turn over the dresses on the table undecidedly. "I don't know what to do. Would you "I don't know what to do. Would you take this one? Oh, I guess I won't take any of them now. I'll think it over for a day or two, first."

a day or two, first."

Slipping back into her street clothes, she took the other girl by the arm and walked cheerily out of the shop. The look of worry and anxiety that she had been wearing dropped from her like a loosened veil. Having put off the making of a decision for a while longer, she was perfectly heavy. was perfectly happy.

SHE would rather wash and wipe a to the million dishes than make a decision. It isn't only in things like choosing a dress or deciding what to eat for lunch disaster, as the hen sometimes does, or that Polly hesitates. Why, one time unhappiness, as Polly almost did. It she was in love, but she couldn't make seldom ends happily, for there is nothshe was in love, but she couldn't make unhappiness, as Fony athors did. It she was in love, but she couldn't make up her mind to say "yes" decisively. She hedged and hesitated and wondered and put off her final decision until the "yes" without saying afterward, "well, man who was waiting for his answer no-Oh! I don't know. I'll tell you thought she didn't care. He stopped tomorrow!"

Insect Pests

Insect pests in the home are a menace to health and life and the sooner and more energetically the campaign for their extermination is carried on the less work there will be to do. Emma Gray Wallace in May Good Housekeeping says:

"If, for any reason, the family cat or dog has brought fleas into the house, which have found a pleasant habitation in the nap of your favorite carpet, vacuum-clean it thoroughly, close up the room, and place a fresh sheet POLLY was buying a dress. The process was not so simple as the statement, for Polly was surrounded by dresses and she was standing doubtfully before the mirror, wondering.

> in peace at all. There was something missing in her life, and for once she had a clear, distinct idea—she was in had a clear, distinct idea—she was in love with that man and she could never be happy until he came back. Fortunately he did and his decision was there waiting for him. But she had many hours of unhappiness and humbled pride before she gained happi-ness again. It was not easy to tell

> him.
> It is a sort of mental cowardice, this indecision. The person who cannot decide is afraid of what may come, afraid of changing his mind after he has made it up, afraid of all kinds of vague possibilities and afraid more than anything sibilities and afraid more than anything else of exerting the will power necessary to force out that final "yes" or "no." Sometimes you do it in little things like declaring your preference for one thing against another. It's easily conquered then in the first stages, but, if you don't catch it right away it will grow. Before long you'll be like a beau grow. Before long you'll be like a hen in front of an automobile—running with frantic cackles from one side of the road to the other, unable to decide which is

> In some cases this indecision ends in

THE WOMAN'S EXCHANGE

Putting Away Fur Coat the Editor of Woman's Pape:

The material lends itself admirably to plaitings and frills. The tiny plaitings on the skirt form a Ve-lasquez silhouette, while the square neckline is most popular in Paris.

The ruffles on the sleeves are of ofgandie

A Daily Fashion Talk by Florence Rose

SHALL it be black satin or black taffeta?

Every woman, young or old, rich or poor, fat or lean, blonde or brunette,

seems either just to have bought a black afternoon frock or to be contemplating such a purchase. For the black slik frock has come to be indispensable in

the well-dressed woman's warm-weather

Usually the black taffeta frock is of

the more bouffant, outstanding type, while when satin is used the fullness is disposed of by means of drapery. That

is the essential difference between the two fabrics—the one adapts itself peer-

details that remain in favor. Organdie forms tiny ruffles on the sleeves and is

shaped into a collar trimmed with lace

to finish the square neckline-and the square neckline, bear in mind, is meet-

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D

ing with much enthusiasm in Paris.

Dear Madam-As I am going to put away my winter coat, is there any better way than putting it in a bag with camphor balls? Should the coat be turned inside out, as it is a plush coat, with fur collar and cuffs?

I have embroidered a few pieces; would you advise me to wash them defore putting them away in my hope

What weight should a girl have who is seventeen years old, height 5 feet 6 inches? What kind of food should stout people avoid? Thanking you ever so much. I must admit that your column is a great help to me. As I work in an anything to use is a good trap. That does the work more quickly than anything. Bait it with toasted cheese, and place it where you know the rats will be sure to come. After you have caught them have the holes plugged up is seventeen years old, height 5 feet 6 lessly to rufflings and plaitings and frill-ingse, while the other naturally disposes wear? The pure camphor is considered bet-

of itself in long, graceful up-and-down ter than the moth balls for fur coats. So you see if you are of quite perfect Place it in the pockets, in the cuffs and proportions you may select either fab-rie—if you are like the nursery book's notion of Jack Sprat, select taffeta; but everywhere that there is a place to hold it. Turn the coat inside out, and The frock sketched today is typical of what the clever designers are doing with black taffeta, but, as you can see, it is not intended for Mrs. Jack Sprat. The plainings of the black taffeta extend all the way from the hipline to the lower edge of the control of the same than the same that are hard to get out when they have been folded in so carefully. Wrap them up in an old sheet that has been dipped in blain old sheet that has been dipped in the same than th with black taffeta, but, as you can see, it is not intended for Mrs. Jack Sprat. The plaitings of the black taffeta extend all the way from the hipline to the lower edge of the skirt, producing a Velasquez squareness to the skirt vilhonette that is charming on the lither figure. Furthermore, a large bow is formed at the center back by the ends of the taffeta sash, adding a little bustle suggestion at the back.

Then there is the low waistline, the fairly short skirt and short sleeve—all details that remain in favor. Organdic

Fixture

have a dark dress with white collar and cuffs. Serge is best for winter, and organdle, volle, linen or gingham for

Getting Rid of Rats To the Editor of Woman's Page:

Dear Madam—I would like to know how to get rid of rats. We have no cellar. They get under the house and come up around the waste pipes at the kitchen. I have tried several rat kitchen. I have tried several rapoisons, but to no avail. I have got several good hints from your column.

office, what style of clothes should I with putty and tin so that the rats can not get through again. Your othe query has been referred to Mrs. Wilson



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