EVENING PUBLIC LEDGER-PHILADELPHIA, FRIDAY, JUNE 4, 1920

MR'S. WILSON SUGGESTS MENU Please, Tell Me clover and butter and eggs, and a daisy here and there, peace and distance, and color-you'd like to ery over the beauty of it all. It's so still. You glory in the sunny, vast, enveloping quietness of it. Later on, when your hands are full of wild flowers and your soul is full of peace, the sun drops back of the woods and the shadows lengthen across the fields. You start to think about home--and supper. As you make your way to WHEN YOU'RE DOWNHEARTED Neck "Fixings" GO INTO THE OPEN COUNTRY **CONTAINING FRESH FISH** A Daily Fashion Talk by Florence Rose What to Do And Spend an Hour or Two in a Field of Flowers, With Noth-And Gives Recipes for Preparing Other Tasty Foods to Fill By CYNTHIA **Out Three Meals on Sunday** ing But Stillness and the Song of Birds helds. You start to think about home-and supper. As you make your way to-ward the trolley line and everyday life, a wood robin, hidden somewhere in the silent woods, begins his twilight soug. If you had no soul at all you would gain the transmitter to that transmitter Another Word to Miss North Phila. Dear Cynthia-May I say a few words "A RE you downhearted?" Is there you or makes you unhappy, so that your laugh doesn't bounce? Even the most light-hearted people have these weeks sometimes. You try to be a stoic about it and ty MRS. M. A. WILSON spricht, 1920, by Mrs. M. A. Wilson, All rights reserved.) Now lift the mackerel, using a cake turner to prevent breaking, onto a silce of toast and cover with sauce. Garnish to "Miss North Philadelphia"? You say that you are as attractive as any one in response to that tranquil, conof the girls; you are not afraid to use UST now there is an abundance of with a slice of hard-boiled egg and serve. tented song. You wonder how anybody could a little rouge and powder in the evegood fish in the markets and it is Strawberry Blanc Mange light-hearted people have these weeks sometimes.
You try to be a stoic about it and keep it all to yourself, although you have long ago reached the sereaming stage inside. You necept your friends, remarks about "How well you re looking." as graciously as possible, but you exchange a grim smile with your inner self.
''If she only knew,'' you remark to that self. "how 'well' I feel!"
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''If she only knew, but it seems big to you because it shows no hopeful signs of ever being cleared up. When you reach the state that makes you feel old, and ugly, and disagreeable, and ning; and there is only one young man nably priced, or perchance the olk are devotees and disciples of Walton and they may spend Sat-Place one-half can of evaporated milk who calls on you. You do not like the young man. It may be that you are not of age yet or some of the young men have not had the chance to call on you. "Miss N P.," you know that no young man will call on you or be good friends with you if there is an-other young man calling oh you now. saucepan and add ay helidays with the red and reel, lowever, he it as it may, as the old w England fisherwoman says. "Fish is to bee and fish will surely bee"; Two cups of water. Eight level tablespoons of cornstarch. Stir to dissolve the starch and then bring to a boil and cook slowly for five minutes. Then add if no angler from the domicile be One-half cup of sugar. then the housewife may saunter MR. NORTH PHILADELPHIA. One-half teaspoon of nutmeg extract, th to the markets and select a nice Yolks of two eggs. Beat to mix and then rinse custard p, fresh mackerel for the piece de ance for the Sunday meal. "De Jure" Holds to His Point Dear Cynthia—To "Byrne" Foffer my hand. An exceptional letter and one worthy of a reply. But you speak only of the future, a dismal homecoming, the dropping of the enchanted mask of ob-livion. All this may come to pass, but he is lost to whom it happens before his spurs are won. It is not entirely the high cost of hoving that I warn against; it's that heady cocktail of moonbeams, pouteo lips and clinging arms that is the chief source of danger. You can easily see that the average young fellow cannot afford to ruin his future by marryina too soon. It's all well in theory to save a few paltry hundreds and take a chance with your salary, but it's a poor practi-cal proposition. Is it not far better to be independent, something more than a wage slave, before taking the plunge? Hence I say, get a car, forget the giris in the fun it gives and with a clear mind lay slege to the fortress of success. Really, I'm not particularly prejudiced against girls. They have their sphere of usefulness, but the wise chap steers clear of their when until he has ar ived. And sheuld it lien be too 'hate wood robin! "De Jure" Holds to His Point it is, but to your cars, surfeited with the rumble of traffic, the twang of nasal conversations, and the ceaseless hum of a city, it will be almost too beautiful to bear. cups with cold water and then turn into blane mange and let cool. To serve, HOW TO PLAN THE MENU unmold into a dessert plate. Cover with crushed and sweetened berries and garnish with fruit whip made from BREAKFAST Strawberries Slice of Ham and Eggs Hashed Brown Potatoes tolls Watercress heartedness, but you'll come back re-freshed, strengthened, comforted, You'l you reach the state that makes you feel old, and ugly, and disagreeable, and miscrable about it, but proud of it, too. get on a trolley car. Choose one that will take you as near as possible to the real, wide, open country. Take a con-genial friend with you if you can get One-half plass of apple or currant Rolls Beat until the mixture holds its shape Coffee Devil Food Cake DINNER Place in a mixing bowl One cup of sirup, One-half cup of shortening, One-half cup of cocoa, Two cups of flour, One-half tenspoon of sall, Tomato Canapo rilled Fresh Mackerel Ottawa Sauce Boiled New Potatoes Peas The car will be crowded, of course French Dressing -trolleys always are on Sunday-and you'll dislike everybody on it. You'll trawberry Blanc Mange SUPPER Two .evel tablespoons of baking Rgg Croquettes Crea Sliced Tomato Salad Bread and Butter Cream Sauce pourder. The Woman's One cgg. Its Quality One cup of cold water. Net and organdie are most popular for these dainty accessories, some of Devil Food Cake The market basket will require Two boxes of strawberries. Tea One teaspoon of cinnamon. them being tucked like the one on the left, others slightly lopsided like Exchange One-half teaspoon of nutmeg, the one below it, to be worn with a surplice waist. The gilet in the center is attractive, and the collar at the right closes in back. Cuffs to Pinch of allspice. One small slice of ham. **Does Not Vary** Beat to mix and then bake in two layers in well-greased, floured layer-cake pans in a hot oven for twenty minof usefulness, but the wise chap steers clear of their wiles until he has an rived. And sheuld it then be too late to win a maid, what does it matter? For has it not been said: "He has suc-ceeded who has lived well and iaughed often; gained the respect of intelligent men and the love of little children; who has left the world better than he found it, whether by an improved poppy, a perfect poem or a rescued soul"? So shoot another iwenty gallons in the tank—the wilds are calling softly. match are also worn a great deal Reduce by Exercise One dozen engs, Reduce by Exercise To a Daily Reader—The best thing to do is to take some regular exer-cise for this in order to reduce as you want to. There are certain rubber an-pliances that are said to be very good for this if you care to try them. A physical culturist will tell you just how to exercise in order to reduce in one place without getting thin all over. Paraley. One-quarter peck of new polatoes, One-quarter peck of peas, One bunch of watercress, Cool and use marshmallow whip THE STREETS OF LIFE for filling. Is the "cream line" always the Now place One cup of XXXX sugar, One quart of onions. By HAZEL DEYO BATCHELOR same in the milk you buy? Is the Four tomators, One head of lettuer. One-half cup of cocon, Our tablespoon of cornstarch, Copyright, 1920, by the Public Ledger C flavor always the same? One three pound fresh mackerel, Two cans of evaporated milk, in a bowl and then sift to mix and use sufficient hot water to make the mixture Geraldine's Remorse the tank-the wilds are calling sweetly, tempting Get Walker-Gordon Certified Milk One can of tomato soup. DE JURE. Frogs Are Fickle spread. Beat and spread on the cake, And the usual weekly supply of every day and you can say "Yes" to both Reproves Miss North Philadelphia Reproves Miss North Philadelphia Dear Cynthia-May I give "Miss North Philadelphia" my first impression of her letter, and incidentally the cause of her trouble? Ordinary, narrow-mind-ed snobbisiness. Also, I fear, "Miss N. P.," that in spite of "the strictest Chris-thin principles," your mind is not so strictly Christian as it might be, or you would not find occusion to use your word questions. The same cows furnish Walker-**Tomato** Canape The Prize Menu Contest Gordon Certified Milk every day; they eat Prepare and then slice toast for each is still going on, and there are three rvice and spread the tonst with wellthe same balanced rations of clean grains seasoned mayonnaise dressing. Then by a thin slice of tomato on the pre-pared toast. Sprend the tomatoes with prizes waiting for the best menus Then and sweet alfalfa hay; they are always a DOLLAR AND A HALF DINNER FOR FOUR PEOPLE.

pared toast. Sprend the tomatoes with mayonnaise, dust with paprika and with sprig of watercress as a

Grilled Fresh Mackerel

garnish

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Have the fish dealer split fish for Wrap in wax paper, then in oiling. neveral thicknesses of newspaper and place directly on the ice until needed. When ready to prepare, out inter when ready to prepare, cut into suit-table pieces for serving. Roll lightly in flour and then place in well-greased thallow baking pan and baste lightly with well-seasoned French dessing and broll in the broiler until nicely brown or than then place in the over for ten ton, then place in the oven for ten

Open a can of tomato soup into a nall saucepan and then add One cup of finely chopped onious. One-half cup of finely chopped pars-One teaspoon of mustard, Due teaspoon of musicaro, Pinch of allspice, One teaspoon of paprika, One teaspoon of salt. Simmer slowly and when ready to

Juice of one lemon.

strictly Christian as it might be, or you would not find occasion to use your word "suggestive" so many times in describing innocent pleasures. I cannot understand why a girl who has had wholesome en-vironment all her life should have such a stilted viewpoint of pleasures. Harm does not exist when one does not give it a thought. I know this to be so, since no one has a happier time than I, and the "sordid side" has never touched me; and I dance, attend shows and "movies" FIRST PRIZE, \$2.50. SECOND PRIZE, St. THIRD PRIZE, \$1. Rules-The foods used must be staple and in season. The sales slips for the materials must be included The name and address of the sender

and the date must be clearly written nany times. I cannot help but feel sorry for "Miss North Philadelphia." She is missing the playtime by her morbid and un-

Forget your "silly" reasons, "Miss N Apply a little Christian thinking too harsh,

percentage of cream is kept constant from Certified by the day to day. Philadelphia This unchanging quality of Walker-Pediatric Society Walker-Gordon Milk is also de-

Distributing Agents for Philadelphia, Atlantic City and Vicinity Telephone, Poplar 3503 Walker-Gordon Mil JUST AS IT COMES FROM THE COW AT THE PROPERTY OF THE PROPERTY OF

unhappy in the midst of this world. Ha-manity seems so trivial, and its troubles so petty. You don't mind the ride back in the noisy, jammed car because you're only half conscious of where you are, Your thoughts are back there in that warm, still field, surrounded by distance, except where the woods stretched away and hid the wood robin with his peaceful evensong. How you love that

cared for and milked under the same exceptional conditions of cleanliness; the

Gordon Certified Milk, the regularity with which it is delivered, the knowledge that no milk could be safer for even children to drink-all make its users highly satis-

fied. Telephone your first order today.

