

MRS. WILSON ADVISES USE OF MANY FRESH VEGETABLES

Menus for Meals on Sunday Include Knuckle of Veal, Bourgeois Style, for Dinner, With Strawberry Cornstarch for Dessert

By MRS. M. A. WILSON

It is the time to change from purchasing foods in small quantities and get back to the old before-the-war period. Plan to purchase a basket of the various green vegetables each week and to utilize one-half for the table and then place the balance in jars for future use.

If you have an opportunity to work one of the war gardens, by all means do it. It is not too late to start one. Because of the shortage of farm help the farmers are unable to plant, so avail yourself of this chance while there is time. Plant foods in these gardens that you can place in cans for future use. Tomatoes, string beans, lima beans and beets are most important.

Abundant green foods in the markets will help us to solve the high cost of living by using these health-giving greens. The menu for Sunday this week will be:

BREAKFAST Sliced Bananas Coffee Bacon Garnish Waffles

DINNER Tomato Appetizer Knuckle of Veal, Bourgeois Style New Potatoes Peas Colelaw

Strawberry Cornstarch Pudding Coffee

SNAPPER Colelaw Radishes Cold Slices of Veal Potatoes and Celery Salad Sliced Tomatoes Custard Baked Tea

The market basket will require One-half dozen bananas, One box of strawberries, for pudding, One half pound of bacon, Five tomatoes, New potatoes, One and one-half pound heads of cabbage.

One green pepper, for soup, One dozen eggs, Onions, Two carrots, Three beets, One bunch of soup herbs, One head of lettuce, One stalk of celery, One knuckle of veal, And the usual weekly staples.

Knuckle of Veal On Saturday, have the butcher crack the knuckle. Then wash and place in a saucapain and add Three onions, Two carrots, diced, Green tops from celery, Bring to a boil and cook slowly until the meat is tender. Then let cool in the broth To prepare for Sunday dinner, cut

the meat from the knuckle and select the largest slices for supper. Now place in the frying pan One-half cup of shortening, Two-thirds cup of flour, Cook until a rich mahogany brown and then add the cold stock and simmer slowly for one-half hour. Strain and then lay one-half aside to cool. This is to be used for mock turtle soup on Monday.

Place the remainder of the stock in a saucapain and add the vegetables, carrots and onions and three cooked beets (diced) and The meat, One cup of sliced onions, One-half cup of diced celery, Simmer slowly for one-half hour and then turn into a "casserole" dish and cover with my biscuits. Place in a hot oven and bake for thirty minutes. Serve from the casserole.

Strawberry Cornstarch Pudding Place in a saucapain Two and one-half cups of milk, Eight level tablespoons of cornstarch, Stir to dissolve and then bring to a boil and cook slowly for five minutes. Now add One-half cup of sugar, One whole egg, One-half cup of milk, Beat hard to blend and then remove from the fire and add one teaspoon of vanilla. Cover with crushed and sweetened strawberries and top with a fruit jelly made of One-half glass of apple or currant jelly.

Potato and Celery Salad Shred fine One stalk of celery, One green pepper, Place in a mixing bowl and add Three cups of sliced potatoes, Four onions, sliced thin, Two cups of shredded leaves of lettuce, Toss gently to mix. Then pour on four tablespoons of French dressing and allow to marinate for two hours. Turn into a salad bowl and serve with a cooled salad dressing.

Cooked Salad Dressing Place in a saucapain One-half cup of vinegar, One-half cup of water, Three level tablespoons of flour, Stir to dissolve and then bring to a boil and cook for five minutes. Remove from the fire and add One well-beaten egg, Four tablespoons of salad oil, One teaspoon of mustard, One teaspoon of salt, One-half teaspoon of paprika, One teaspoon of sugar, Beat to blend thoroughly and then

Hot Rolls and Butter Jellied Prunes and Whipped Cream Coffee

SALES SLIP Hamburg .35 Tomato puree .10 Potatoes .10 String beans .10 Lettuce .10 Cucumber .05 Mayonnaise .05 Four eggs .10 Gelatin .10 Cream .14 Hot rolls .10 Butter .05 Sugar .05 Coffee .05 Total \$1.50

Mrs. W. L. Hiff 119 South Thirty-seventh St.

MENU Bouillon Beef Loaf Mashed Potatoes Tomato Sauce Breads Spinach Bread and Butter Lettuce Salad with French Dressing Top Milk Rice Pudding

SALES SLIP One can of bouillon .12 One-half pound round steak .23 Chopped fine, a lb. .02 Two slices of state bread .12 One onion .02 Four potatoes .10 One-half can of tomato soup (use as sauce) .10 Two bunches of beets, 4 lbs. each .40 Total \$1.50

ARE YOU on the honor list of the Prize Menu Contest?

Be sure to join the ranks soon. There are three prizes offered for the best menu for a dollar and a half dinner for four people.

FIRST, \$2.50 SECOND, \$1.00 THIRD, \$1.00

Rules—The foods used must be staple and in season. The sales slip for all materials must be included. The name and address of the sender and the date must be clearly written. Write all menus and prize lists on one side of the paper only and address all menus to

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

If you don't win a prize you'll receive a friendly criticism of your efforts. In the meantime you'll be cutting the high cost of living by your careful planning.

No First Payment required before delivering right into your home—the phone number without a peer.

EASY TERMS DAVIES' Phonograph Company S. W. COR. 6TH AND YORK Come in This Evening

Mrs. H. P. Bonney 953 East Tioga Street

MENU Pot Roast Brown Gravy Mashed Potatoes Asparagus With Cream Dressing Lettuce Lemon-Meringue Pie

SALES SLIP Small boneless chuck roast .58 Two eggs .07 One head salad .07 One and one-half loaf bread .08 One-half peck old potatoes .08 Two onions butter .09 One-half pound sugar .09 Two ounces coffee .02 One lemon .16 One-half bunch asparagus .07 One pint milk .07 Two ounces butter for potatoes .06 Total \$1.48

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Table with 2 columns: Item and Price. Items include One quart of spinach, One loaf of bread, One head lettuce, Vinegar, salt, pepper, Coffee, One quart of milk, One cup of coffee, One-third cup of rice, Nutmeg, Sugar.

Mrs. William A. Mehmel Hollyoak, Del.

MENU Radishes Lake Trout with Mustard Sauce New Potatoes String Beans (Cranmed) Tomato and Lettuce Salad Boiled Custard Coffee

SALES SLIP Two lake trout .45 Mustard and seasoning .02 One egg .04 Vinegar .02 One-eighth peck potatoes .22 One small head lettuce .10 Two small tomatoes .10 One pint string beans .06 Butter, seasoning and milk .05 Two bunches radishes .10 One-half loaf bread .08 One-eighth pound butter .09 Milk .07 Egg .04 Cornstarch and sugar .03 Coffee .02 Total \$1.50

The Woman's Exchange To S. D. G.

Your "helpful" suggestion about the above study is much appreciated. The editor of the Woman's Exchange regrets that it did not reach her in time to be followed. Such studies will happen, you know!

Wanted—A Poem To the Editor of Woman's Exchange: Dear Madam—Will you kindly print in your columns the poem entitled "You," by Ella Wheeler Wilcox?

Are you sure this is the correct title? I have looked through a volume of Ella Wheeler Wilcox's poems and can find nothing by that name. If you could give me the first line, it would be easier to find it. I am sure that this is the full title. Perhaps there is more to it than that.

"Partaking of" Soup To the Editor of Woman's Exchange: Dear Madam—To decide an argument about the "partaking of" soup, I would like to publish in your paper the answer to the following question: A said, "You eat soup; B said you drink soup; C said you sip soup. Kindly answer which of these opinions is correct and give an explanation why you are correct.

If you are served cold jellied consommé, you should take it as it is. If you have bouillon in a cup, you should take it as it is. If you are served a hot soup, you should take it as it is. If you are served a cold soup, you should take it as it is. If you are served a hot soup, you should take it as it is. If you are served a cold soup, you should take it as it is.

Removing Scotch Stains To the Editor of Woman's Exchange: Dear Madam—Will you kindly tell me how to take Scotch stains out of a white mitt, also out of a white lawn dress? I am to graduate from public school at the end of this term. I would like to have the girls to wear ribbons in their hair on commencement night. We are all above the age of fourteen.

If the stains are not very bad, ordinary washing with soap and water will remove them. If they are bad, wash them with soapy water and allow them to remain in it for an hour. A said, "You eat soup; B said you drink soup; C said you sip soup. Kindly answer which of these opinions is correct and give an explanation why you are correct.

The Question Corner Today's Inquiries

1. How can a common kitchen chair be made attractive enough for the summer dining room?

2. What practical idea for the ironing board is convenient when ironing dark clothes with a wet cloth or pressing suits?

3. Describe a charming summer porch seating bag.

4. When black kid gloves become shabby and white at the fingertips how can they be successfully blackened?

5. What pretty hanging vase is attractive for the summer house?

6. Describe a novel giraffe for a long-waisted frock.

Yesterday's Answers

1. A pair of faded, sunburned silk-alive curtains can be dyed with soap dye and made into pillow covers, table covers, etc.

2. A pair of ordinary tin book ends can be covered in tan linen, or unbleached muslin, and embroidered or cross-stitched in dull shades.

3. A dainty, novel way of trimming shoe trees is to add a bouffant box of tulle with a rose in the center, the usual covering of twined ribbon.

4. A long, narrow case of patent leather having compartments for pencils and ruler is convenient to hang above the desk of the child who likes to write and draw.

5. Introducing a guest to all the assembled company at a party is correct, but not necessary, and so embarrassing as to be better left undone.

6. Navy blue and silver are a popular combination for street suits and dresses.

Separate Skirts A Daily Fashion Talk by Florence Rose



They may be made of plaid silk with pockets at the hips like the one shown at the left of the cut, or they may be checked silk, plaited, with buttons to trim them. Still another attractive style is shown at the right in a figured silk with the belt and pockets bound with silk to match the figure in the skirt.

SPORTS skirts and separate skirts; the skirt is usually placed at the left hip. Nothing is simpler than their construction. A yard and one-half of material is usually what is allowed. This is folded into the belt at the top and disposed of in a hem at the bottom. The single seam and placket are made where the two ends are joined. Silks and woolen and even cotton fabrics of interesting design are chosen and considerable variety may be gained in the selection of belt and pockets, even though there is little variation in cut or design.

At the left in today's sketch is shown a plaid silk skirt, with pockets at the sides on the hip line. The wide belt, fastens at the left side and shows trimmings of the color of the skirt. The center figure wears a skirt of checked silk, cut on the bias and plaited. The curved pockets at either side of the front are ornamented with buttons to match those on the belt. At the right is a figured silk with pointed pockets and a belt bound with silk to match the color of the figure in the foundation silk.

(Copyright, 1929, by Florence Rose.)

She Has a Hobby Dear Cynthia—May I thank you for publishing my comment on "Tropical Tramps" criticisms of womanhood in general and American women in particular? I appreciate your kind and generous "American Woman" and wish, too, that we might indulge in an exchange of views on our fellow countrymen. Perhaps our paths may cross in a sufficiently tangible fashion to permit us to do so.

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Dear Cynthia—I have written you before, but have never received an answer, but am positive that it was not my fault. I am a constant reader of your column and as you have given sensible advice to people who were perplexed, I am about to ask for advice.

I am a young lady of eighteen, and attractive, but not very lovely, for I have not many brothers or sisters. I have no means of having any good times. I have a very good position, but only very much older women are in the same office.

I also attend church, but the young people do not associate with me in any other way outside of the church. I can dance, but not very well, and for I do not care for public balls.

I would thank you very much if you would tell me where I can get acquainted with young men and girls, for I lead a very lonesome life. Of course I could easily get acquainted with young men, but one never knows who the acquaintances are. LONESOME.

Since you are so alone, it would be wisest to consult the clergyman of your church. He will know nice girls and boys and will be better able than any one else to introduce you to them. Be perfectly simple and straightforward with him and he will understand and help you.

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Please Tell Me What to Do

By CYNTHIA

Can Fraternity Pins Be Pawned? Dear Cynthia—We wish to settle an argument. Would you be so kind as to tell me whether fraternity pins can be pawned? "CLAUDE." You will have to ask a pawnbroker. Cynthia cannot give the information.

Wastes Stamps Aelia B.—You must want to waste stamps, dear child. The last time you wrote there were five letters that meant ten cents in stamps and now two more; four cents. In these days of the H. C. of L. better not spend money foolishly. Cynthia is glad to help you with problems always. Do you go much to the movies?

Cannot Help Out Wm. S.—Cynthia is sorry, but she knows of no paper or magazine which encourages correspondence between men and women who are strangers to one another. Why arrange to the yard and get some of the young men to introduce you to some nice girl, or go to your clergyman and ask him to help you in this way?

Wedding Breakfast Dear Cynthia—I have a daughter who is getting married this month. It is an early morning wedding and I am at a loss to know what to wear. I should like to wear a dress that is simple and yet elegant. I have a white georgette with a white satin collar. She is going to have a full skirt which will form a graceful line. I would like to know what she should have for the dress "made of." It should be about two yards in length and of a kind of material it should be and in better taste. I have a white kid wide. Also, she has a white kid wide. Also, she has a white kid wide.

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