

MRS. WILSON ADVISES LIGHT MEALS FOR SUMMER

And Gives Several Sample Menus, Showing How Salads and Other Tasty Dishes Can Take the Place of Meat

THE PRIZE MENU CONTEST

Offers the following prizes for the best menus for a dollar and a half dinner for four persons: First, \$2.50 Second, \$1.00 Third, \$1.00

Call a conference of your wits and see how good a meal you can plan. Mrs. Wilson will tell you why your menu isn't good if you fail to win a prize.

THE ANNOUNCEMENT OF LAST WEEK'S PRIZE WINNERS WILL BE MADE TOMORROW ON THIS PAGE

By MRS. M. A. WILSON. Dainty and attractive tables during the summer are pleasing to the eye and tickle the palate. They cause the housewife but little extra trouble.

Remove the crust from a loaf of bread and cream the butter and season with a little mustard and paprika and spread lightly upon the bread. Cut into thin slices, and then fold together.

This does away with the bread-and-butter plates, and somehow on a hot day this seems especially good. Have the salad cold and crisp and use a variety of dressing.

A suggestion for planning a cold evening meal: Tomato Canape, Hoem-Mad Relish, Deviled Egg, Bacon Garnish, Potato Salad, Asparagus, Cherry Pie, Iced Tea or Coffee.

Sardine Canape, Cold Cuts of Roast Chicken, English Cream Sauce, String Bean Salad, Cup Custard, Coffee.

Jellied Bouillon, Young Onions, Chicken Salad, Stuffed Tomatoes, Cherry Shortcake, Coffee.

Little Neck Clams, Crabmeat Ravigote, Sliced Tomatoes, Sour Cucumber Dressing, Fresh Fruit, Coffee.

Fresh Sardine and Potato Salad, String Beans and Sliced Onions, Dressing, Coffee, Cherry Roly-Poly, Coffee.

Cheese and Watercress Sandwiches, Tomato and Onion Salad, Bread Pudding, Caramel Sauce, Coffee.

Fruit Cocktail, Salmon and Tomato Salad, Deviled Eggs, Mayonnaise Dressing, Coffee, Fruit Cornstarch Pudding, Coffee, Deviled Eggs.

Hard-boil three eggs and then remove the shell and rub the egg through a fine sieve. Then add: One teaspoon of salt, One-half teaspoon of paprika, One-quarter teaspoon of mustard, Two drops of onion extract, Two tablespoons of grated cheese, Two tablespoons of melted butter.

Mix with a fork and then form into eggs and roll in finely chopped parsley and garnish with strips of bacon.

Mrs. Wilson's Menu Contest. Dear Mrs. Wilson—I would like to submit following menu for contest. MRS. D. C.

Rice, Spinach, Egg, Parsley Sauce, Red Radishes, Bread and Butter, Steamed Strawberry Pudding, Iced Tea.

SALES SLIP. Three-quarters cup of rice, One-quarter cup of spinach, Milk, parsley, egg sauce, Eggplant, Parsley, seasoning, lard, egg, Red radishes, One box of strawberries, One-half pound of sugar, One and one-half cups of water, Iced tea, lemon, sugar.

Total \$1.42. This menu is hardly sufficient for four people. Dear Mrs. Wilson, I submit the following menu for the contest. MRS. S. E. B.

Radishes, Eggplant, Filling, Potatoes, Lettuce, Cucumber, Scallops, Parsley, dressing, cream, Crackers, Jolt and pepper, Bread and butter, Oil, vinegar and spices, Ketchup, Shortening, Sugar, Tea.

Total \$1.53. If you had added a green cooked vegetable this would be a splendid meal. It does not come quite within the price limit, though. Dear Mrs. Wilson—I am sending a dinner menu for four at a total cost of \$1.50. I hope it will win a prize. I try so hard to cook well at small cost. MRS. E. B. M.

Ragout of Mutton, Crisp Plain Lettuce, Strawberry Flummery with Cream, Tea or Coffee. This menu needs a green cooked vegetable and a starchy food.

Please Tell Me What to Do

By CYNTHIA

"Byrne" to "De Jure" Dear Cynthia—Through you may I answer "De Jure." Your letter was also exceptional. True, I speak of the future, for it is what the future has in store for us that is worth living for.

What you say regarding the vine-climbing type of girl is true. They endanger the lives of the average young fellow. Saving a few hundred dollars and relying on your salary is seldom practical or sound in theory.

Why Refuse to Introduce? Dear Cynthia—Lately quite a few of the readers of your column have asked you to acquaint them with writers to your column whom they are interested in.

There is only one mistake in your letter, and that is that the readers of the column who have asked for introductions have, in all instances been referred to the Y. M. C. A.

"Betty Bonnet" Dear Cynthia—Just a few lines to "Betty Bonnet." Thanks, "Betty Bonnet." You're a good soul. I do know that I could not have done it better myself.

THE EX-TOP KICK. Cynthia apologizes to "Betty Bonnet" and "Ex-Top Kick." This letter, with several others, though some might be a bit long, is a very good one.

Adventures With a Purse. ARE you one of those fortunate ones who can get fresh country eggs all summer long? Or is it all winter long that one gets fresh eggs?

Dear Mrs. Wilson—I would like to submit the following menu for the contest. MRS. F. B.

Clear Soup, Cream Fluff, Hot Corn Muffins, Raisin Pie.

SALES SLIP. One-half cup of barley, Three-quarters pound of veal, One-half pound of butter, Parsley, One onion, One-sixth dozen eggs, One-half pound of cornmeal, One pound of flour, One cup of milk, One cup of raisins, One-quarter pound of raisins, One-half pound of sugar, Eight potatoes, Six ounces of lard, Salt and pepper, One lemon, Tea.

Total \$1.49 1/4. This meal is lacking in balance; there is no provision for a salad or green, which is necessary for the proper diet.

Mending Gloves. When kid gloves split near the seam try this method of mending: Turn them wrong side out, pull the edges very carefully together and paste them with a piece of black court plaster on a suitable size. This not only mends the split together, but makes it invisible.

THE DRESS OF NATIONS



Photo by Central News

The Marriage Trifler

By HAZEL DEYO BATCHELOR. Copyright, 1920, by the Public Ledger Co.

Introducing Katherine Newbery. (Barbara Knight, the acknowledged leader of the younger set and a girl accustomed to adulation from childhood, is apparently the most eligible man of the season.)

WHILE hundreds of girls brought up to wealth are having their breakfasts in bed, are spending the early afternoons shopping or being fitted for new gowns, there is a girl named Katherine Newbery who is not so well bred, and just as well educated as the Barbara Knights of the world.

Barbara's idea of the girl who works was very vague. During the war she had a great deal of the business entrusted to her old hands and capable brain. She had begun there at \$16 a week, but when she received \$50, this, with the small annuity which her father had left her, enabled Katherine and her mother to manage very well.

ASK FOR and GET Horlick's The Original Malted Milk. For Infants and Invalids. Avoid Imitations and Substitutes. Summer-time is salad-time. Make a delicious salad with imported POMPEIAN OLIVE OIL.

JERSEY Learn the JERSEY difference. A special toasting process brings out in full the delicious corn flavor in JERSEY Corn Flakes. The Original Thick Corn Flakes. At Your Grocers. THE JERSEY CEREAL FOOD CO., Cereal, Pa. Also Makers of Jersey Whole Wheat Pancake Flour.

The Woman's Exchange

Removing Water Stain. Dear Madam—Will you kindly tell me how a water stain can be removed from a new piece of radium silk (gray blue shade)? MRS. C. A. M.

Getting Rid of Centipedes. Dear Madam—Will you kindly advise me how to rid a cellar of centipedes and other disagreeable insects? Also, is cocoa butter harmful if used on the face for fattening the cheeks? DAILY READER.

Washing a Blouse. Dear Madam—I would like to ask you a few questions concerning the washing of middie. My daughter has a number of middies that she does not like to wear because they have turned gray.

An Egg Shampoo. Dear Madam—Will you please give me the following information: How can white silk stockings be cleaned? How can white silk gloves be cleaned? How can a skirt be cleaned in a home? How is an egg shampoo made? Have you any more information concerning the shampoo I am afraid I did not make myself clear enough as your answer wasn't what I wished to know.

A CONSTANT READER. There are cleaners that are sold for white and light kid shoes. Have you tried them? These are the best I have seen. It is washed at night in lukewarm naphtha suds.

Accordian plating cannot be done at home. There is a steam process which must be gone through in order to form the plating and this is done in a professional plating establishment can do it.

Your letter about the egg shampoo must have been misunderstood. Did you ask how it is made? It is simply an egg or two eggs beaten until they are light and then rubbed on the hair just like any other shampoo.

White silk will not turn yellow if it is washed at night in lukewarm naphtha suds. It is not necessary to put anything else with the eggs in order to make the shampoo. This will give an ammonia effect to the hair and makes it light and fluffy.



Electric Washer Sale. Closes Tomorrow! YOUR big opportunity to buy one of the well-known Prima Electric Washers at its present extremely low price and on the special terms closes tomorrow, Tuesday, at 5 o'clock.

Save \$35 by buying your Prima Electric Washer tomorrow! Right now the Prima costs \$20 less than any other washer in its class.

Very easy terms of payment—\$10 with order and \$10 a month. Remember: These special terms will not hold good after 5 P. M. tomorrow—Tuesday.

PHILADELPHIA ELECTRIC CO. The Modern Soap for Modern Methods. One Package Will Do a Large Family Wash.

MARGARET DISCOVERED THAT SHE HAD GROWN UP

She Thought the Distances Had Shrank in the Town Where She Lived as a Child, but She Found She Had "Stretched"

MARGARET was all excited! For the first time since she had really grown up she was going to visit the town where she had lived most of her childhood. The family had moved away when Margaret was about ten years old, and she had been back there several times on short visits, but not since she had reached the grown-up state.

She remembered, as the distressingly "local" train neared the terminus, that it was quite a long walk from the station to the house where she was going to stay. It was a warm day, and she hoped there would be a "back" of some kind to take her up.

In about two minutes she was at her destination. This "long walk" that she had been thinking about had shrunk into not more than two blocks. Another miracle seemed to have taken place, too. Margaret remembered the house as set back from the street, but it had taken about three steps forward until it was perched perilously close to the gate.

Yet, as she stood for a moment and looked back into the "yard," behind the house, there was the back gate coming right up to meet her. The mysterious path led down to it in the most commonplace, straightforward way, with only a slight twist in two places. The vast lawn was scarcely large enough for one good-sized tennis court.

THE same disappointing surprise greeted her everywhere during her stay in the town. The houses that had looked so huge to her when she lived there seemed only moderately sized, and strangely close to the street. The porches almost hung out over the sidewalk in a most disconcerting way, as if they were in danger of falling over at any minute.

Then all at once the explanation came to her. She had grown too tall. The reason that houses and gardens and distances had seemed so great to her was because she had been so tiny in comparison. Nothing had shrunk. She had just grown herself; that was all.

It is just a little sobering when you realize this for the first time. You know that you are older than you used to be, but then, you flatter yourself, you feel exactly the same as you did when you were only a child.

Loose Chair Rungs. Common jar rubbers that are not good enough to use for preserving this year are excellent for mending loose rungs in chairs. To do this, remove the rung, place a small piece of rubber around the end and put back into the hole.

The Question Corner. Today's Inquiries. 1. What economy can be practiced in making ice cream at home? 2. How can an ecrú or khaki-colored linen table or pillow cover be kept the same color after repeated washings?

Saturday's Answers. 1. If an evening dress is too tight from the hips down, it can be widened by inserting panels which form organ pleats standing out at the hips. 2. A garland of flowers cut from wall paper can be pasted across the top of a window frame instead of a curtain valance.

MATTRESSES Renovated. BRASS BEDS RELACQUERED. FEATHERS STERILIZED AND MADE INTO MATTRESSES. BEST BATTERED MATTRESSES REBUILT. 37 yrs. experience insures extra satisfaction.

CHOCOLATES FORTY KINDS 60c lb. Compare them with any \$1.00 kind anywhere else. JOHN G. HOLLIS, 920 Chestnut St.

PEARL BORAX SOAP CHIPS. Electric Washer Sale. Closes Tomorrow! YOUR big opportunity to buy one of the well-known Prima Electric Washers at its present extremely low price and on the special terms closes tomorrow, Tuesday, at 5 o'clock. Save \$35 by buying your Prima Electric Washer tomorrow! Right now the Prima costs \$20 less than any other washer in its class.