

MRS. WILSON INCLUDES SATURDAY DINNER IN MENU

Cold Boiled Beef Is Nice for Sunday in Warm Weather and Will Last for Another Meal—Cherry Rolypoly Is Good

By MRS. M. A. WILSON (Copyright, 1920, by Mrs. M. A. Wilson. All rights reserved.)

THE market conditions, quality and the prices must always be considered when any quantity of food is purchased. The purchasing agent for hotels and other large establishments must think of these facts, and also of the law of supply and demand, if he is to render good service and supply his house with the needed materials at the best possible price. In order to do this he must be daily in the markets noting which foods are plentiful, knowing that the abundance of food will regulate the price. Now, this rule applies to the housewife as well as the buying agent. Do not buy decayed or spoiled foods, no matter how cheap they may be. Once decay starts the food is lost, undesirable bacteria are present and oftentimes cooking does not destroy them—then they are the cause of intestinal disturbances. When buying fish and shellfish, be sure it is absolutely fresh. Cook at once and then cool in place on ice to keep chilled until used. This week I am planning a menu that will include the Saturday evening meal.

- SATURDAY DINNER Sliced Cucumbers, Colcawl, Crab Meat au Gratin, Baked Potatoes, String Beans, Stewed Cherries, Coffee. SUNDAY BREAKFAST Sliced Bananas, Broiled Fish, Hashed Brown Potatoes, Watercress, Coffee. DINNER Radishes, Young Onions, Tomato Canape, Cold Boiled Beef, Sour Cream Cucumber Sauce, Baked Stuffed Green Peppers, String Beans, Cherry Rolypoly, Coffee. SUPPER Potato Salad, Bacon and Egg Garnish, Sliced Tomatoes, Baked Custards, Tea. The market basket will require: One-half peck of sour cream, One and one-half pound head of cabbage, Three cucumbers, One-half dozen bananas, Three pounds of cooking cherries, Two bunches of radishes, Two bunches of scallions, One bunch of watercress, One-half peck of potatoes, Two heads of lettuce, Carrot, One-quarter peck of string beans, One-half pound crab meat, Eight green peppers, Bunch of parsley, One and one-half pounds of fish, Three-pound cut of steaming beef, neck or brisket, One-half pound of bacon, Three eggs, Onions, And the usual weekly staples.

Crab Meat au Gratin

Make two cups of cream sauce and then add: One onion grated, Four tablespoons of finely minced parsley, One green pepper, minced fine, Two teaspoons of salt, One-half teaspoon of paprika, One-half teaspoon of mustard. Beat to mix. Add the crab meat and then turn into a baking dish and spread the top smoothly with thick white bread crumbs and three tablespoons of grated cheese. Bake in a moderate oven for twenty-five minutes.

Cold Boiled Beef

Tie the meat securely to hold its shape and then plunge into a saucepan containing sufficient water to cover. Now add: Three onions cut in slices, One carrot, One bunch of soup herbs. Reduce the heat and cook slowly just at the simmering point until the meat is tender. Usually 3 to 3 1/2 pounds of meat requires 1 1/2 hours. Let cool in the liquid and then place on ice to chill. It is best to cook this dish on Saturday. This amount of meat will serve two meals. Use balance for Monday evening meal.

Sour Cream Cucumber Sauce

Pare the cucumbers and then stand in ice water for ten minutes. Drain and then grate and add: One cup of sour cream, whipped stiff, One teaspoon of salt, One teaspoon of mustard, One teaspoon of salt, Two tablespoons of vinegar. Beat to mix.

Baked Stuffed Green Peppers

Prepare the peppers by removing the seeds, then wash well. Now place in a bowl: One and one-half cups of bread crumbs, Three onions grated, One teaspoon of poultry seasoning, One-half cup of finely chopped sweet, One teaspoon of salt, One-half teaspoon of paprika, One well-beaten egg, One-half cup of milk. Mix and then fill into the peppers. Place them in a baking pan and add one-half cup of boiling water to prevent the peppers from bursting. Bake in a moderate oven for thirty-five minutes and then place a thin strip of bacon on top and brown before removing from the oven.

Cherry Rolypoly

Stone and cook the cherries on Saturday. Make a crust for the rolypoly as follows: Place two cups of flour in a bowl and add: One teaspoon of salt, One tablespoon of baking powder. Sift to mix and then rub in seven tablespoons of shortening and use five tablespoons of water to mix to a dough. Roll out thin and spread with shortening and well drained and sweetened cherries. Roll up as for jelly roll and tuck in the ends securely. Place on a baking sheet and bake for forty minutes in a moderate oven. Serve warm, using the cherry juice for sauce.

- Flour, baking-powder, salt and shortening \$1.12 Total \$1.41 Alma S. Williams, Germantown, Pa. MENU Lamb Stew, Chocolate Pudding, Bread and Butter, Tea. SALES SLIP Two pounds breast of lamb, at 15 cents .30 One-eighth peck potatoes .15 One bunch carrots, per peck .12 One-half pound onions .08 One-half can tomatoes, at 8 cents .04 Flour for thickening .01 Three-eighths peck spinach, at 15 cents per one-quarter peck .09 One egg .05 One cucumber .08 One large onion .01 Tea .03 Milk .03 Sugar .02 Bread and butter .02 Chocolate pudding .10 One quart milk .14 Total \$1.46 Mrs. H. A. Lacy, 243 North Seventeenth street. MENU Veal Pot Roast With Thick Brown Gravy, Browned Bermuda Onions, New Potatoes. Lettuce Salad With French Dressing, Cold Bread-and-Butter Pudding, Bread and Butter, Iced Tea. SALES SLIP One and one-half pounds veal .45 Onions .04 Potatoes .15 Peas .12 Salad .10 French dressing .10 Two slices bread and butter .04 Plain milk .08 Raisins .03 Sugar .02 Bread and butter .10 Tea, lemon and ice .12 Total \$1.50

Mrs. Wilson's Menu Contest

Dear Mrs. Wilson—I wish to send in the following menu for the contest. MRS. T. S. MENU Tomato Soup, Masked Potatoes, Peas, Croquettes, Radishes, Tea, Bread and Butter. Surely, Mrs. T. S., you can send in a real home-cooked menu; fried and broiled meats are taboo in this contest. Dear Mrs. Wilson—Seeing your contest open I thought I would try to help others by sending in my menu, as I have four in my family and always manage to have it cost no more than \$1.50. I think I have a pretty good menu, as it contains every body-building thing. MRS. G. V. C. MENU Asparagus Soup, French Fried Potatoes, Scrambled Eggs on Toast, Cold Ham, Stewed Tomatoes, Salad, Coffee, Bread and Butter, Suet Pudding with Lemon Sauce. SALES SLIP Asparagus \$.13 Milk, butter, seasoning .09 French potatoes and grease .15 Three eggs .12 Toast, cream sauce, seasoning .09 Cold ham .10 Peas .10 Stewed tomatoes, thickening, sea-soning .12 Salad with dressing .12 Coffee, cream and sugar .06 Butter .06 Bread .05 Suet .05 Raisins .05 Molasses .05 Milk .03 Flour .03 Baking soda .01 Lemon sauce .05 Total \$1.50 This menu is out of season; it is entirely too rich and would suit only active out of door workers. Try something lighter next time.

Honor List

- Mrs. H. Moss, Hatboro, Pa. MENU Baked Meat Pie, Brown Gravy, Fresh Peas Buttered, Lettuce, French Dressing, Bread, Butter. Tea or Coffee, Strawberry Shortcake. SALES SLIP One-half pound meat, (chuck), at 25c pound .38 Two quarts of peas at 10c quart .20 One head lettuce, at head .06 Tea or coffee .04 One-half loaf bread, at loaf 15c .08 One-fourth pound butter, at 48c pound .17 One-half pound sugar, at 24c pound .12 One carrot and one onion for meat pie .02 One quart of potatoes, new .10 (Salad, dressing, flour, mustard, salt, vinegar and milk for three times) .12

Please Tell Me What to Do

By CYNTHIA

It Can't Be Done "Very Patiently Waiting"—Cynthia hopes you have a lot of patience, young man, as you would certainly have to wait a long, long time for your wishes to be filled. Acquaintance cannot and will not be brought about through the Cynthia column, but acquaintance between girls or boys, or girls and boys, if you can't get along with the girls you know, you would not do better with strangers. The fault must be at home.

Says She Won't Rave

Dear Cynthia—May I say a few words about "Acquaintance"—letter in this evening's Evening Public Ledger? In fact, Mr. Acetylene invites fickle-minded girls to "rave." Well, I don't intend raving or anything like that, but merely state a well-known fact to many "sensible" people. That is, that boys with machines usually try to "pitch" the girls who have a better knowledge of the situation. I know that when two girls walk on Broad street at night, one out of every ten machines stops and the male invites the girls to go with him for a ride. To girls, some do go. It really is a temptation. I usually 3 to 3 1/2 pounds of meat requires 1 1/2 hours. Let cool in the liquid and then place on ice to chill. It is best to cook this dish on Saturday. This amount of meat will serve two meals. Use balance for Monday evening meal.

"Brown Eyes" Writes Again

Dear Cynthia—It seems that "De laide" has not been associating with our young girls very much. He seems to be taking the field too seriously. Don't give up. "The life" she has been giving up to find the right one; remember the saying, "Right heart never wrong fair lady." There are plenty of our nice girls who have pulled your kind out of ruts. The next time you try to fall in love so soon and you won't lose your friend so easily, because when a girl knows you think you are "high road" and when you meet a girl who does not try to vamp you, she will be little more than "Gasoline Gus." Cynthia, I think that "Gasoline Gus" has changed his mind about his road—he has found a girl that was better than that "little reader" because he did not challenge my remark that "he could not get a girl." BROWN EYES.

What Shall She Do?

Dear Cynthia—As you will no doubt recall, I asked your advice and I am grateful to you for it. You told me to forget him and go with my friends, but you don't know it all, and therefore I tell you a better girl and that I would step aside. I will tell you why I did this. I had called on him on the phone that evening and when I did the clerk in the store answered that he had gone out with a girl, and I told myself what he had said to me the evening previous. I was in doubt whether he was serious or not, and I decided to call him not being hasty. I called him on the phone the next day, and the answer was that he meant to go to the office and then I felt about it. I could not see him again. But having an appointment with his mother, I called her up. I told her the story and she wouldn't go with me, but his mother told him to wait, and so it resulted in this. My friends gave me up when I was going with him and I haven't any one to turn to. I tell you myself how very difficult, being that the girls nowadays are very hypocritical. I was going to see him every day and nothing will be left of me, so please tell me what to do as I can't do without him. What's your advice? ANXIOUS.

If you love this young man so much and he wants you to be engaged to him, why don't you? It seems to me you have tied yourself all up into a knot over a trouble which does not exist. And you have made this trouble by talking to every one but the man himself first, and then trying to tell some one on the telephone who wants to tease you. Make some decision and stick to it. Either be engaged to the man or drop him. Otherwise you'll have no peace of mind.

Weaver Store Orders. So easy to use. Buy everything for your family at one place. Home, Hardware, Jewels and General Merchandise. Mrs. H. A. Lacy, 1112 Chestnut St. 7th Floor.

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IF YOU DON'T WIN A PRIZE MRS. WILSON WILL TELL YOU WHY. Rules—The foods used must be staples and in season. The menu must be accompanied by a sales slip showing the cost of the materials used. The name and address of the sender and the date must be clearly written. Address all menus to Mrs. Wilson's Menu Contest, Evening Public Ledger, Independence Square.

Coquettish Parasols A Daily Fashion by Florence Rose



The trimming of frills or fruit makes the sunshade even more charming than usual this year. The one at the left shows an attractive arrangement of red cherries, while the one at the right is a more staid affair of dark blue and green. The lady in the cut is dressed with her set of matching parasol and hand bag, trimmed with ostrich feathers.

The Marriage Trifler By HAZEL DEVO BATCHELOR Copyright, 1920, by Public Ledger Co.

The Wedding

(Barbara Knight, the acknowledged leader of the younger set, marries Keith, the most eligible man of the season. Both families are delighted and the young people are wonderfully well-satisfied. However, no one seems to realize that girls in Barbara's class, accustomed to having every wish granted, are apt to look at life carelessly and not as girls who have had to take life more seriously than that "little reader" because he did not challenge my remark that "he could not get a girl.")

THE sense of strangeness that had persisted until Barbara met Keith's eyes at the altar, and knew that she loved him and nothing else mattered, was gone entirely at the big wedding reception that followed the ceremony. She was in her element here. She was radiant, delicious, and people kept pressing up around her and gazing at her and telling her how lovely she was. Her dress and excitement were still with them and they had to maintain a reserve. Barbara's slim fingers caught in her lap, and she suddenly turned and looked out of the window. She felt that strangeness envelop her again that she had felt all day, and then she was alone at the big limousine. For a moment there was a constraint between them, as though the artificial excitement was still with them and they had to maintain a reserve. Barbara's slim fingers caught in her lap, and she suddenly turned and looked out of the window. She felt that strangeness envelop her again that she had felt all day, and then she was alone at the big limousine.

Talcolette. After shaving, Delightfully soft, soothing and healing. 25c. Free Sample a jar tube. At your dealer's.

Family Laundry Service Solved My Servant Problems. "I thought I could get over the washing problem by having a washwoman come in; but that proved both unsatisfactory and uncertain. Only one thing solved the main problem for me—Family Laundry Service. Now all my maid has to do is pack up the soiled clothes and give them to the laundryman." "When the clothes come home they are delightfully sweet and clean, and a great many pieces are already ironed. The heavy things, bed linens, table linens, that are so terribly hard to iron and take so long."

Freezone. A tiny bottle of Freezone costs but a few cents at any drug store, but is sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation. Freezone is the sensational discovery of a Cincinnati genius.

The Woman's Exchange

Two Deserted Kittens To the Editor of Woman's Page: Dear Madam—Having noticed several times in the Evening Public Ledger that you had procured homes for little kittens, I thought I would ask you to try to find homes for two little ones whose mother has deserted them. I would gladly keep them, but owing to the fact that we keep a dog it is impossible to do so. R. Y. Who's going to be first in asking for the little kittens whose mother deserted them? An address is also ready for any one who wants the kittens and will write or call on the telephone to know where they live.

Charge for Short Stories To the Editor of Woman's Page: Dear Madam—In reading over your delightful pages for today, I see where some one has asked your advice about where to send short stories and you promised to help if they would send a self-addressed envelope to you. Dear Madam, will you also do me that favor, as I want to try to get into a magazine. I am an invalid, and on account of more sickness in the family I am going to write a story and see if I can do my share in making ends meet. I've read somewhere that manuscripts should be sent in triplicate and very expensive. Will you kindly answer telling me the requirements? WORRIED.

Adventures With a Purse WILL you take a chance with me? You see, it's this way, I have seen some things today I would like to tell you about, and the chances are ten to one that if you see about them at once they will still be there. They are worth while things, and I am determined that you shall be told of them. First of all, there are the silk gloves. One shop has an odd lot of assorted sizes. The quality is excellent—nice heavy silk—and they may be had in several colors, gray, black and tan. And the price is eighty cents a pair. When you see them you will know how I have acquired my reputation for shopping.

The Question Corner

- Today's Inquiries. 1. How can the working surface of a gas stove be raised to a comfortable height? 2. Describe a striking street dress with an unusual combination of materials. 3. In what form is a good remedy for ants made? 4. How are they used on many of the new summer dresses? 5. What type of bedroom slipper is convenient to carry when traveling? 6. In cooking with tin utensils what precaution should be taken? Yesterday's Answers. 1. Unbleached muslin piped with colored tape is practical and inexpensive for summer furniture covers. 2. An attractive sports hat to wear with a sweater is made of drop-stitch tricotee. 3. A leather case that fits just below the knee is convenient and safe for carrying jewels. 4. The two-toned ribbon used on formal bouquets can be utilized to form the collar of a crepe kimono. 5. Rubber heels are now made to fit over French heels. 6. Attractive door curtains for the summer house are made of taffeta.

HUSBANDS The magnesia doctors recommend. For Constipation, Acid Stomach, Indigestion. Can be used as Milk of Magnesia. Sold only by the bottle—never by the dose.

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Morning Sip Coffee. There is Economy in Buying Coffee Packed in Tins. Look at a can of Morning Sip Coffee and then at a package of bag-packed coffee to realize why it is economical to buy Morning Sip. Bag-packed coffee loses much of its aroma and strength because the package is not air-tight. Morning Sip Coffee is packed in tightly sealed tins that keep all the strength and aroma in the coffee. That is why Morning Sip Coffee makes better coffee with half the quantity you ordinarily use.

Morning Sip Coffee. Sold By All Good Grocers. Packed in tin to keep the flavor in. Roasted and Packed by Alex. Sheppard & Sons, Inc. PHILADELPHIA, PA.

TWO LITTLE WORDS FILL VACANCIES IN OUR SPEECH

When We Don't Know What to Say or How to Say It, We Stick in a Helpless "You Know" and Let It Go at That

"I THOUGHT I'd like to—you know—go to the party!"—said Elsie as she took off her hair net and began taking out hairpins. "I'm not so crazy to go but—you know—I'd sort of like to." "Sure," agreed Violet, watching her with the fascination that girls always feel when other girls fix their hair. "Well, I told Joe that I'd go with him, you know, in the car and all. What are you going to wear?"

"I thought I'd wear that, you know, sort of pink dress with the tulle on it, you know, it's kind of old, but it'll, you know, do sort of." "Sure," Violet replied amiably. "Well, I'm going to wear that new white one. It's awfully pretty; you know, plain like, but nice." The conversation went on in the same way until her hair was all brushed and arranged and held down with the net again. By this time the air was quite full of "you know's" dropped generously into the midst of every sentence. Sometimes they meant something, sometimes they had no meaning at all. Occasionally they supplied a much-needed help in an explanation. More often they simply filled a space that would otherwise have been comfortably empty.

Business probably causes this superfluous use of the phrase. It's too much trouble to think up other words with which to explain more fully. However, there's this much to be said for the practice—it requires such rapid, clever brain work on the part of the listener to find out just exactly what that "you know" refers to that it encourages fast thinking.

NOW THAT YOU have bought your wife a new house, buy her an electric washing machine—no house is complete without one—she can do the family wash in one hour and a half. Of course she will use PEARL BORAX SOAP CHIPS. For names of shops, address Woman's Page Editor or phone Walnut 3000.

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