

MRS. WILSON TELLS ABOUT SOME TENNESSEE RECIPES

Fruit Season Gives Opportunity for Making Some of These Delicious Custards, Fritters and Cakes

By MRS. M. A. WILSON

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WHILE in sunny Tennessee an opportunity led me to help prepare some wholesome country foods for a church social. And now that the fruit season is in full swing, I thought perhaps you would enjoy some of these delightful farm foods. You know that the southern housewife is a true aristocrat in her kitchen; she looks well to the ways of her household and is very proud of her old family recipes. For these gentle mothers of the southern households will say that whether or not they have help, they simply do not care to eat bought foods.

So, with the help of a charming daughter, we planned and served puddings and cakes.

Black Chocolate Nut Cake

Place in a mixing bowl One cup of brown sugar. One cup of molasses. Two-thirds cup of shortening. One egg.

Cream well and then add Two-thirds cup of cocoa. One cup of flour. Four cups of sifted flour. Three level tablespoons of baking powder.

Two and one-half cups of finely chopped nuts. Two teaspoons of cinnamon. One-eighth teaspoon of cloves. One-half teaspoon of nutmeg. Two teaspoons of vanilla.

Beat hard to mix and then pour into two well-greased and floured loaf-shaped pans and bake in a slow oven for forty-five minutes. Cool and then ice with

Lemon Water Icing

Place in a bowl Two-thirds cup of XXXX sugar. One tablespoon of cornstarch. Sift to mix and then use just enough hot lemon juice to make a mixture that will spread. Ice just the tops of the cakes and cover with a knife, which has been dipped in hot water, to make marks for the slices. Do not cut this cake until a day old. Peanuts may be used in this cake.

Raspberry Shortcake

Place in a mixing bowl Two cups of flour. One teaspoon of salt. Two level tablespoons of baking powder. Two level tablespoons of sugar.

Sift to mix and then rub in four tablespoons of shortening and use ten tablespoons of milk to form a dough. Work in the bowl until smooth and then turn on a pastry board and roll out half-inch thick. Cut with cookie cutter and then spread each biscuit lightly with shortening. Put both sides, covered with shortening, together sandwich style. Place on a baking sheet and bake in a hot oven for fifteen minutes.

When baked remove from the oven, split and fill with crushed and sweetened raspberries. Cover with more crushed raspberries and serve with cream.

Rice Caramel Cake

Rub one cup of cold boiled rice through a fine sieve, place in a mixing bowl and add One cup of sugar. One cup of molasses. Two-thirds cup of shortening. Yolks of two eggs. Two and one-half cups of flour. Five teaspoons of baking powder. One cup of milk. One teaspoon of cinnamon. One-half teaspoon of nutmeg. One-eighth teaspoon of allspice.

Beat to mix thoroughly and then bake in well-greased and floured round cake pan in a slow oven for fifty minutes. Cool and then ice with caramel icing, which is made as follows: Place in a saucepan

Two cups of brown sugar. One-half cup of evaporated milk. One tablespoon of butter. Cook until the mixture forms a soft ball when tried in cold water. Pour in a fine stream from the stiffly beaten whites of two eggs, adding Tiny pinch of salt. One teaspoon of vanilla. Spread the cake. This cake will keep

moist for nearly a week. A cup of cooked and mashed sweet potatoes may replace the rice if desired.

Blueberry Pudding

Place in a bowl Three-quarters cup of syrup. One-half cup of shortening. One egg. One and one-half cups of flour. Four teaspoons of baking powder. One-half teaspoon of salt. One-half cup of milk. Two cups of well-washed and cleaned blueberries.

Beat to mix and then turn into well-greased and floured deep layer cake pan and cover the top thickly with blueberries. Bake for thirty minutes in a moderate oven. Serve hot, cutting in diamond-shaped pieces and cover with custard sauce.

Raspberry Cup Puddings

Place in a mixing bowl one cup of stale bread crumbs. Pour over the crumbs one cup of boiling milk. Now add six teaspoons of shortening and beat hard to blend, then add One egg. One-third cup of sugar, preferably brown. One and one-quarter cups of flour. Two cups of crushed raspberries. Four level teaspoons of baking powder.

Beat to mix and then pour into well-greased custard cups, filling the cups about two-thirds full. Set the custard cups in a baking pan but do not add water. Bake in a moderate oven for twenty-five minutes. Serve with custard sauce and garnish with raspberries.

Fruit Fritters

Place in a mixing bowl Two teaspoons of sugar. One cup of flour. One level teaspoon of salt. Two level teaspoons of baking powder. One-half cup of milk. One tablespoon of salad oil.

Beat hard to mix and then add one and one-half cups of well-washed and drained fruit. Mix gently, just to cover fruit with the batter. Drop in small spoonfuls into smoking hot fat and fry until golden brown. Lift and then drain for a moment on a wire spoon, turn on a platter covered with a paper napkin to absorb the excess fat. Serve with crushed and sweetened fruit. Summer apples, pared and cut in thin slices, peaches and other fruit may be used for variety, as well as the berries.

Bran Wafers

Place in a bowl Three-quarters cup of sugar. Three-quarters cup of shortening. One egg. In mixing bowl and cream well. Now add One-half cup of sour cream. One teaspoon of baking soda. Beat to mix and then add Two cups of bran. One teaspoon of vanilla. One teaspoon of cinnamon.

Work to a smooth dough and then roll out one-quarter-inch thick and cut with a cookie cutter. Brush the top of each cookie with shortening and cover thickly with finely chopped peanuts. Bake in moderate oven for eight minutes.

Oatmeal Wafers

Place in a mixing bowl One and one-half cups of fine ground oatmeal. One and one-half cups of flour. One cup of bran. One teaspoon of salt. One cup of brown sugar. One teaspoon of nutmeg. Mix between the hands to blend thoroughly and then rub in two-thirds cup of shortening. Now place in a cup

One-half cup of milk. One teaspoon of baking soda. Beat to mix and then use this to form the dough. Now add two cups of seeded raisins and work to a smooth mass. Roll out one-half inch thick, cut with a cookie cutter and then brush each cookie with milk and sprinkle lightly with brown sugar.

Both of these delicate cookies are delicious old-time dainties; they will keep until used, if kept under lock and key. Run the oatmeal through the food chopper, and use the finest or nut butter knife.

Table with 2 columns: Item and Price. Includes Creamed Peas, Mashed Potatoes, Stewed Prunes, Bacon, Cucumber, Salmon, Peas, Eggs, Stale bread, Milk, Potatoes, Bread, Butter, Prunes, Coconut, Sugar, Salt, pepper, flour.

Total \$1.44. There is not sufficient green food in this menu. Menus should be planned with the season of the year in mind.

Honor List

Mrs. Therese Froendhoff, 2701 South Mole street.

MENU

Baked Spanish Veal Balls, Tomato Sauce, Scalloped Potatoes, Glazed Carrots and Peas, Endive, Russian Dressing, Bread and Butter, Coffee.

SALES SLIP

Table with 2 columns: Item and Price. Includes One and one-half pounds veal, One can tomato puree, Half quart peck potatoes, Three carrots, One head endive, One box strawberries, One loaf bread, Coffee, Salt and pepper, Vinegar, mustard and olive oil, Milk, Butter, Onion, Flour, One egg, One lemon, One green pepper, Sugar.

Total \$1.50. Mrs. M. J. Gulick, Yorkship Village, Camden, N. J.

MENU

Baked Tomatoes, Mashed Potatoes, Buttered Beets, Peas, Fresh Lettuce Leaves, Bread, Bread Pudding, Tea.

SALES SLIP

Table with 2 columns: Item and Price. Includes Four large tomatoes, One-eighth peck old potatoes, Two bunches beets, One head lettuce, One can peas, One loaf bread, Flour, One pint milk, Filling, Seasoning, Sugar, Tea.

Total \$1.40. Mrs. R. McCavland, Media, Pa.

MENU

Baked Macaroni and Cheese, Stewed Tomatoes, Mashed Potatoes, String Beans, Lettuce, Tea or Coffee, Bread and Butter, Steamed Rhubarb.

SALES SLIP

Table with 2 columns: Item and Price. Includes One-half package macaroni, One-fourth pound cheese, One pint milk, Three small tomatoes, One-fourth peck potatoes, One quart string beans, Two eggs, Tea or coffee, Sweetening, One loaf bread, Three bunches rhubarb, Seasoning, One-fourth pound butter.

List of Clothes

To locate garments that have been packed away, be sure to tack an itemized list on the inside cover of the chest. This same plan is convenient for the bundle bag. Any time a garment is added to the chest write it down on the list.

Please Tell Me What to Do

By CYNTHIA

Believe in Good-Night Kiss Dear Cynthia—Kindly have this printed in answer to "M. R. M." whose item appeared in Saturday night's Evening Public Ledger, stating "he does not kiss her." This is our first letter to your column and we hope to see it in print.

We are two respectable young New Yorkers and we have many friends of both sexes. We also keep steady company with two very nice young men who escort us to theaters, dances, parties, etc. But the point is this: we believe in the "good-night kiss" as there is absolutely no harm in it and it can never darken your honor, and as for calling your gentleman friend down for merely putting his arm around you, why, we would call that the first step towards the old maid's home.

"What we believe in is 'one' real 'kiss'." We do not believe in accepting presents such as rings, etc., however. Hoping Cynthia can find space for this, we remain, "TWO RESPECTABLE NEW YORKERS."

Praising "Ex-Top Kick"

Dear Cynthia—Just a line to thank the "Ex-Top Kick" and his buddy, "A Mere Corporal" for taking up for me. I read your letters and I think they are just wonderful. You said a word when you say that "Merry is in jealousy."

A Broken Hearted Lassie—Your other letter was answered. But you looked for the reply in the PUBLIC LEDGER, you did not find it of course. The PUBLIC LEDGER and the EVENING PUBLIC LEDGER are two separate and distinct papers, though owned by the same company.

Cynthia answers letters on the Woman's Page of the EVENING PUBLIC LEDGER.

You are making a mistake in encouraging the young man in question! He does not think enough of you to want your car, and you do not want your people's advice and do not worry over the young man. There are plenty of other "good fish" in the sea.

She Does Not Hate Herself

Dear Cynthia—To friend "Bachelor": This is just a simple note to express my opinion of his letter.

As the letter was true and the other half was not.

Mr. "Bachelor," I am a college graduate, but have not as yet met a man I find a singer, dancer and a very good business woman. At the present time, I am holding an executive position and last but not least the best pal a man or woman could find.

I have also met the type of woman you described in dance halls, and also on Market street, etc. Yet "Bachelor," I have also met the real girls.

I often think that life is sad as it is. I have friends, oh, lots of them, but they are not as yet my good ones—sounds funny—but I had to laugh them out for the men I would never have married.

I know "Bachelor," it's hard to find the real, true, natural folk nowadays, but they are here. I am a very good dresser; use no paint or powder; for the simple reason I don't need any. I have a little run-out of my own and I take a spin every night. Sometimes I like to ride alone and think; other times a young man is very acceptable.

I certainly would like to know you, "Bachelor," it's too bad we have to obey some rules, but still we may meet yet, and if we ever do I am quite sure you won't be disappointed.

Cheer up, "Bachelor," look for a girl like your dear mother. They exist. And when you have found her write in.

A TRUE PAL.

JOIN the PRIZE MENU CONTEST

and send in the best \$1.50 dinner for four people that you can think up. You may win one of these prizes:

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

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

A COOL SILK DRESS FOR THE SUMMERTIME



The side cascades are the principal features of this dainty frock. They are made of the silk, pleated and full enough to give a little bouffancy at the hip. Metallic ribbon ornaments the girdle. The wide-brimmed hat is made of white taffeta with a sash of the same ribbons.

The Woman's Exchange

Studio at Betzwood To the Editor of Woman's Page: Dear Madam—Could you please tell me the name of studio in Betzwood? Car you go by trolley? If so, how? ANXIOUS.

This is known as the Betzwood Studio. It is not possible to get there directly by trolley, but there is a train from Broad Street Station which takes you directly to the studio.

Ice Cream Stains

To the Editor of Woman's Page: Dear Madam—You have helped me once before in your valuable column, so I hope you will help me again. I have a bright lavender evening gown of satin. Can you please tell me the best way to clean it so it will not fade? Also what is good to clean my iron? It is all rusty from not being used for some time. J. C.

Carbon tetrachloride, which you can buy at any drug store, is the best thing to use for removing these stains. It will not injure the satin, and it usually removes stains of this kind perfectly. The article with a piece of ordinary zinc to like the chemical way of cleaning silver, is to attach a piece of ordinary zinc to the article with a piece of wire, and let it lie in a pan of water to which a little sulphuric acid has been added. The acid should be washed thoroughly and oilied afterward.

The Question Corner

Today's Inquiries

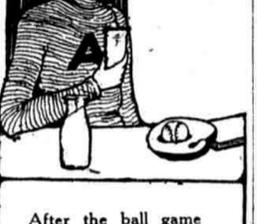
- 1. What color shade or bulb for an electric light is easiest on the eyes? 2. In what convenient shape is a pillow made to fit the end of a sofa? 3. How is an attractive lamp shade fashioned out of stiff silk? 4. What material forms a pretty collar for a dark blue serge cape? 5. What flowers are very popular in trimming for evening gowns and hats this season? 6. Describe a useful device for holding a young baby in an automobile.

Yesterday's Answers

- 1. Half a cup of vinegar to a gallon of water should be used to set the color in pink cotton material. 2. An attractive basket for sewing flowers made of loops of bright-colored yarn. 3. A charming color combination for the porch flower box can be achieved by planting pink geraniums in a light green box. 4. An adjustable baby carriage convenient for use in stormy weather has a water-proof hood that pulls up over the top, and side curtains that are transparent. 5. Dainty white slippers for the bride are attractively trimmed with bouffant ruffles of white tulle. 6. A convenient device for poaching eggs has a high brim that keeps them in the proper shape and place, while the bottom is perforated to let the water drain off when the eggs are removed from the pan.

PARKER'S HAIR BALSAM. Restores Color and Promotes Growth and Faded Hair. Sold at all drug stores. Price 50c. Parkers, N.Y.

There is a certain shoe shop here in town that has a most interesting sale after the beginning of the season. At those times you can find these bargains that will delight you. And by good luck I was passing there the other day and noticed that one of these sales is now in progress. Shoes that were originally priced at \$11 and \$12.50 have been lowered to \$8.50. Shoes that once bore the prices \$12.50 and \$15 can now be had for \$10.00. And there are even some miscellaneous styles that have been reduced to \$6.00. Among these many shoes you will find all styles and colors. I saw black dress pumps, white pumps and oxfords, and those smart low shoes, white, with bands of tan or black leather across them. Here you will find excellent values.



After the ball game the finest thing for a real he-boy to take is a refreshing, up-building glass of good Buttermilk. It takes that tired feeling a way in a jiffy!

ABBOTTS CREAM BUTTERMILK

is the standard of what a good Buttermilk should be. It does not vary from day to day—and this is due to the absolutely scientific way in which it is made. It is wholesome, palatable, does you a world of good—and is fresh every day!

May We Serve You a Quart Tomorrow? Phone Baring 205

Abbotts Alderney Dairies, Inc. 31st and Chestnut. Both Phones

Have You Tried Abbotts Ice Cream?



"IF IT WEREN'T SO AWFUL IT WOULD BE FUNNY!"

People Who Are Blessed With the Gift of Laughing at Themselves Even in a Sorry Plight Have an Easier Time Than Others

"IF IT weren't so awful it would be funny!" exclaimed the June bride, as she pushed a straggling lock of hair into place. Her voice was a half hysterical mixture of exhaustion, exasperation and helpless laughter. They had been working all day, she and her new husband, to get their furniture arranged in the new apartment. They had come home from their honeymoon a day or two before the two weeks were up, so that they could fix things themselves. The furniture was almost all in place, the rug was down in the living room and half the china was unpacked. The dining room and kitchen were still in that chaotic state which has come so near to causing mental breakdowns in everybody who has ever moved or "moved in."

In desperation they appealed to a neighbor, called up a plumber, but it was a waste of time. The plumber, after hours and he was sorry but he couldn't help them.

The bride looked about at the desolate scene, the tasty little supper she had prepared for her new husband, and she sighed, between a laugh and a sob, "If it weren't so awful it would be funny."

The new husband followed her glance, saw the elusive funny side of the situation and chuckled. Then they sat down and laughed until they were weak.

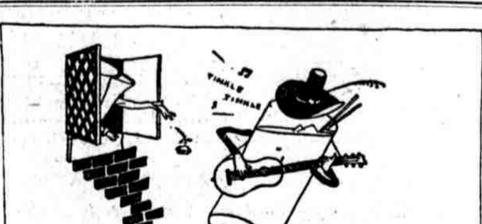
By the time they were able to talk a neighbor had come to the rescue with some hot coffee. With this and some cold sandwiches they were able to sustain themselves until morning.

Food—we couldn't get along without it, of course. But that saving grace, the ability to realize that a night is as necessary as food. There are so many of us who aren't blessed with it, so many of us who forget it when we need it most. If only it could be cultivated! It helps over so many dark places, through so many dark times. There isn't a crisis that isn't made just a little bit easier by the ability to say, "If it weren't so awful it would be funny."

Added to all that this June bride and her husband had happened upon a hot day for their unpacking. At the end of the day they stopped for a while. The bride prepared a tiny little meal and found a pan in which to boil some water for coffee. The new husband rummaged in his pockets for matches, produced two and turned on the gas.

IT DIDN'T light. He waited until the match burnt his finger, then used the other. There was no mistake. The gas had not been turned on. They called the janitor, but he was out. They flew to the telephone to call a plumber, but the telephone had not been connected.

Ask for Mrs. Morrison's Puddings. A body building food for children, easily digested yet richly flavored. A treat for all the family. Quickly prepared. No eggs required. CHOCOLATE GOLDEN VANILLA. It Your Grocer's. Mrs. MORRISON CO. N.Y.

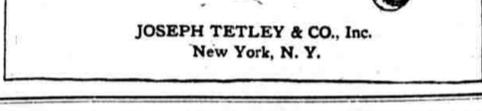


A most musical sound on a hot summer day is the tinkle of the ice in a frosty glass of Tetley's fragrant, good-tasting Orange Pekoe Tea. There's something about its delicious flavor that makes one forget all about the heat!

TETLEY'S TEA

makes good tea a certainty. It's the skillful blending that makes Tetley's such good tea. There's a hundred years blending experience back of it.

JOSEPH TETLEY & CO., Inc. New York, N. Y.



ABBOTTS CREAM BUTTERMILK

is the standard of what a good Buttermilk should be. It does not vary from day to day—and this is due to the absolutely scientific way in which it is made. It is wholesome, palatable, does you a world of good—and is fresh every day!

May We Serve You a Quart Tomorrow? Phone Baring 205

Abbotts Alderney Dairies, Inc. 31st and Chestnut. Both Phones

Have You Tried Abbotts Ice Cream?



—when "delicious and refreshing" mean the most. THE COCA-COLA COMPANY ATLANTA, GA.

Mrs. Wilson's Menu Contest

Mrs. William K. and Mrs. C. H. G. sent only a marked list, but no menu.

My dear Mrs. Wilson—I submit the following menu for your criticism in the menu contest.

MRS. C. D. D.

Table with 2 columns: Item and Price. Includes Creamed Peas, Cabbage Salad, Radishes, Scallops, Iced Tea, Rhubarb Pie, Hamburg steak, Potatoes, One dry onion, Peas, quarter peck, Milk, Cabbage, Mayonnaise, Bread, Butter, Radishes and scallions, out of garden, Tea.

Total \$1.33. This is a splendid menu, but where, oh where, can you buy one pound of hamburger steak for fifteen cents? Your allowance would permit you to purchase the meat at a regular price.

My dear Mrs. Wilson—This is my menu for four people.

MRS. E. R.

Table with 2 columns: Item and Price. Includes Cucumber, Salmon Croquettes, Hair Kept Beautifully Wavy, Indoors or Out!

If you will apply a little liquid water before doing up your hair it will have a setting wave and curl than probably it has ever had. The hair will be soft and perfectly natural, and the hair will be sleek and shine like silk. It will remain in curl the longest time, and you won't have to use any oiling or setting with loose strands or fluffing.

Liquid silerins is, of course, entirely new. It leaves the hair silky, glossy or streaky trace. It is also non-toxic and does not irritate the hair, keeping it delightfully soft and silky. A few ounces from your druggist will last for weeks. It will be applied with a clean tooth brush or a comb, and then the full length of the hair—40c.

Howard's Buttermilk Cream is only sold on a positive guarantee of satisfaction.

HUSBAND'S THE MAGNESIA DOCTORS RECOMMEND

For Constipation, Acid Stomach, Indigestion, Headache, Nervousness, and all ailments of the bowels.

PEARL BORAX SOAP CHIPS

are made from the famous Pearl Borax Soap. Is any further recommendation necessary?



Ladies! Use Buttermilk to Beautify Complexion

This Delightful New Vanishing Cream Containing True Buttermilk Is Guaranteed To Make You Look Younger or Money Back. Just Try It.

Get a small quantity at any pharmacy by simply asking for Howard's Buttermilk Cream and massage it daily into the face, neck, arms and hands. The directions are simple and it costs so little that any girl or woman can afford it. Your complexion must quickly show a decided beauty when you use this cream. It will return your money without question should you be dissatisfied.

No matter whether you are troubled with wrinkles, hard little lines around the mouth and eyes, coarse, yellow, faded-looking skin or simply roughness and unevenness of skin and color, you will find that all these things quickly disappear with the use of this old-fashioned beauty restorer brought up to date.

Howard's Buttermilk Cream is only sold on a positive guarantee of satisfaction.

Year After Year The same people eat Grape-Nuts

and year by year new thousands become converted to the same good custom.

Grape-Nuts is distinctive among prepared cereals, not only in form and flavor, but chiefly because of its surpassing food value.

Grape-Nuts builds tissue for body and brain. In this food are preserved, in easily digested form, the concentrated nourishment of all the best that wheat and malted barley can provide.

Trial shows a way to better health and sturdiness. There is no better breakfast food than

Grape-Nuts "There's a Reason"

Made by POSTUM CEREAL COMPANY, Inc., Battle Creek, Mich.

