

WILSON PREDICTS POSSIBLE FOOD SHORTAGE

And Advises Housewives to Put Up as Many Preserves as They Can and Also to Use Potato Substitutes

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

MARKET conditions show little change in the price of potatoes and, from the present outlook, it seems as though there will be little or no fall lowering in the prices of foods for at least another year.

Among the causes for this condition of affairs is the let-up of the home gardener, who feels that, now that the war is over, he will be willing to take a chance about the food.

The high wages for unskilled labor in cities has led to the wholesale dealers from the farms and, as the farmer is unable to compete with the wages offered in cities and in the large industrial plants, he has decided to let the city folk do their own farming; it is impossible for him to plant all his land—he has no help and he cannot do it all himself.

However, if Europe and the other countries should not be prepared to ship us food we shall know the real meaning of hunger, and the bread lines will once more be formed to prevent starvation.

Begin now and do not waste food. Because you are able to buy it now is no excuse for wanton waste. Can and preserve every bit of food that you possibly can, and while sugar is so expensive and rare remember that jams and jellies may be used as a spread for bread.

Wheat cereal, the macaronies, rice, cornmeal, hominy, beans, oatmeal—these may be used to replace the potato. Many of these foods, such as cornmeal, hominy, barley and oatmeal, are adjusted to the warm weather, and it is better to leave them until the end of the winter. Wheat cereal, the macaronies and rice are available, for they may be combined in any number of ways for the sake of variety.

When boiling add two-thirds cup of wheat cereal and then turn the heat down to a low simmer. Add salt and butter. When done, add a little milk and butter. This mixture may be molded into croquettes or croquets and then dipped in flour, then in beaten egg and milk and finally rolled in fine bread crumbs and fried until golden brown in smoking-hot fat.

To cook rice so that each grain is tender, dry and flaky is easy if the housewife will learn not to boil rice. Cover rice with water, then boil until they are a soft mush. Use a double boiler for cooking rice.

Wash one-half cup of rice in plenty of water, and then drain with a good strainer. Add two and a half cups of boiling water and the prepared rice. Cover and cook until the water is absorbed and the rice is soft. Remove the lid and cover the rice with an old napkin or a piece of cheesecloth; let stand for five minutes and then turn the rice into a vegetable dish and dust lightly with paprika. Serve as a vegetable.

table to replace the potato. Make into rice cakes or croquettes for variety.

The Italian Pastes The splendid variety of the macaronies gives a wide choice, and if the housewife will but vary the cooking it can be made to appear three or four times weekly upon the table without the family tiring of it.

Some Ways of Serving Macaroni There is the Italian style, plain boiled with tomato sauce; Neapolitan, boiled with tomatoes, onions and peppers; au gratin, boiled and covered with cream sauce and cheese, then baked country style, boiled and then covered with cheese sauce; a la Coma, plain boiled and then covered with fried crumbs and finely grated cheese.

Macaroni can be cooked, chopped fine, well seasoned and then formed into cakes, croquettes or sausages, which can be rolled in flour, then dipped in beaten egg and finally fried until golden brown in hot fat.

How to Cook Macaroni Rub the bottom of a saucepan with salad oil and then place one quart of boiling water in the pan and add: One teaspoon of salt. One-half pound of macaroni. Boil continually for twenty minutes; turn into a colander and rinse under cold running water; return to the saucepan and season well. It is then ready to be served in any form desired.

Macaroni a la Messina Wine a one-pound piece of shin beef with the bone in it with a damp cloth. Roll in flour and then brown in hot fat. Now add four tablespoons of flour to the fat in the pan and brown the flour until a dark mahogany color, then add:

One quart of cold water. One cup of finely chopped onions. Two green peppers, minced fine. Two carrots, cut in tiny dice. Two turnips, cut in tiny dice. One-quarter teaspoon of thyme. One-eighth teaspoon of sweet marjoram.

Cover slowly and then bring at once to the boiling point, then place on the simmering burner and cook slowly until tender. Season with salt and pepper. Be sure that there is a full quart of gravy. If not, add sufficient boiling water and then cook one pound of macaroni as directed. When cooked, turn on a large meat platter. Remove the bone from the meat and with two forks break the meat into small pieces. Put meat and gravy over the cooked macaroni and sprinkle with finely chopped parsley. Serve this dish in the following menu:

Italian Dinner Cucumbers and Scallops Macaroni a la Messina String Beans Summer Squash Cabbage Salad Sliced Pineapple

This meal would provide abundant food for the family of five and would cost about \$1.25; it can be spent as follows:

Table with 2 columns: Item and Price. Includes Cucumbers and Scallops (.10), One pound of macaroni (.15), One and a quarter pounds of beef with bone (.25), One quart of string beans (.10), Two squash (.10), One pound of cabbage (.10), One pineapple (.20), Biscuits (.13), Butter, seasoning and coffee (.12), Total \$1.25.

THE KIND OF THING FOR STREET WEAR

Have you planned a dollar and a half dinner for four people for the PRIZE MENU CONTEST?

Well, you'd better get busy at it! You might win one of these prizes: FIRST—\$2.50. SECOND—\$1.00. THIRD—\$1.00.

Rules—The foods used must be staples and in season. The sales slip for all the materials must be sent with the menu. 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

HOW WHOLESOME CAN YOU MAKE A DOLLAR AND A HALF GO INTO FOUR? Flour for gravy .02, Potatoes .18, Butter (buttered) .12, Lettuce, one-half head .06, French dressing .05, Roll and butter .15, Coffee .10, Two tablespoons cornstarch, two tablespoons butter, three tablespoons sugar .10, One pint milk .07, One pound butter .20, One-half box berries .13, Padding .35, Total \$1.49.

Miss M. Boehmle, Rockledge, Pa. MENU Liver and Onions Mashed Potatoes Stewed Tomatoes Plain Salad Bread and Butter Coffee Lemon Gelatin

SALES SLIP One and one-half pound liver .27, One quart potatoes .13, One pound butter .20, One-quarter pound onions .02, Lettuce and all ingredients .20, One pound butter .20, Coffee, milk and sugar .10, One package gelatin .16, Total \$1.43.

The Woman's Exchange To Sell Stamps To the Editor of Woman's Page: Dear Madam—I have a number of canceled stamps, among them several Columbian stamps.

Stains on Silk Again To the Editor of Woman's Page: Dear Madam—Please tell me how, as nearly as it is possible, to remove perspiration stains from pink crepe de chine. I hope you will answer soon, as I need the dress.

Woodmen of the World To the Editor of Woman's Page: Dear Madam—I read the EVENING PUBLIC LEDGER every day, and know that you give out information, so I am writing you to find out if you can tell me where the Woodmen of the World meet in this city. I am a member of that lodge in another city.

Honor List Miss C. Barrett, 5042 Portico street. MENU Beef Stew Potatoes Peas Lettuce Mashed Tomatoes Bread and Butter Bread Pudding Coffee

Table with 2 columns: Item and Price. Includes Meat \$1.18, Chicken \$1.29, Pork \$1.15, Beef \$1.15, Lamb \$1.18, Bread \$1.18, Butter \$1.18, Coffee \$1.10, Total \$1.42.

PLEASE TELL ME What to Do

By CYNTHIA A Bit Stangy Dear Cynthia—I have read your column, Cynthia, for many, many months and always found it to contain interesting things. Also enjoy reading everything.

Dear Cynthia—I have read your column every evening, and lately we girls are being knocked shamefully, especially by the "Gas Gue" and "Mr. Bachelor." I think the trouble is we can't get a girl to look at them.

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Dear Cynthia—I am a steady reader of your column, but I never wrote to you before. I hope the men and boys would not stare at a young girl when they see her travel alone late hours of the night.

Dear Cynthia—I am a girl eighteen years old in love with a young man six years my senior. About two years ago this young man was called away to serve his country.

Dear Cynthia—I am a girl who is a little broken-hearted. I wrote you a letter about a week ago, and you answered it very kindly.

Dear Madam—I have a number of canceled stamps, among them several Columbian stamps. Kindly tell me where I can dispose of same. Can you give me the name of any collectors of stamps?

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SHE WAS WISTFULLY PRETTY UNTIL SHE BEGAN TO SPEAK

But She Allowed Her Voice to Come Straight Through Her Nose and the Ugly Nasal Tone Spoiled Her Whole Effect

ANOTHER perfectly good dream I wasted! She couldn't be the daughter of the great king with that voice. The king's daughter might use a little mild slang now and then just to prove that she is modern, but she wouldn't, she couldn't, even if she were the seventh and last daughter, she couldn't talk through her nose that way.

Every one agrees that the soft voice, the full, rich voice, the sweet voice of the musical voice—any of those voices that we call "cultured"—is prettier than one of these nasal, twanging tones that sound like a certain note on a violin. Yet it's the last thing that most people seem to cultivate.

Adventures With a Purse WHEN I saw them, there were just six left, and we conferred together seriously as to whether it would be wise to tell you about them. But they are so pretty, and the chances are ten to one that there will be some left, so here goes—and if you are interested, you had better see about them at once.

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TEA AND COFFEE ARE HARMFUL

to children, and frequently disturbing to grown-ups. INSTANT POSTUM is healthful for young and old. Postum contains no caffeine.

WE CLEAN AND DYE Little Brother's baby things will outfit the new arrival in suit to us. Anton Dorfner & Sons Cleaners and Dyers 1324 Girard Ave. We call & deliver in Phila. & suburbs.

"DANDERINE" Stops Hair Coming Out; Doubles Its Beauty. A few cents buys "Danderine." After an application of "Danderine" you can not find a fallen hair or any dandruff, besides every hair shows new life, vigor, brightness, more color and thickness.

FRANKLIN GOLDEN SYRUP Made by the refiners of Franklin Package Sugars. The Franklin Sugar Refining Company "A Franklin Cane Sugar for every use"

For the names of shops referred to in Adventures With a Purse, send a self-addressed stamped envelope to the editor of the woman's page, enclosing the name of the article and the date on which it was published. For immediate information call Walnut 3000 on the telephone.

THE HIGH PRICE OF SUGAR SHOULD MAKE YOU THINK OF Grape-Nuts

The Sugar Saving Cereal This food of delicate sweet flavor is rich in its own sugar—developed from wheat and barley in making.

As a cereal for breakfast, Grape-Nuts needs no sweetening. Sprinkled over berries or fresh fruit, Grape-Nuts is especially delightful.

The cost is moderate and there's no waste, for every bit of this ready-cooked food is eatable.

All Grocers Sell Grape-Nuts The Cereal That Needs No Sugar "There's A Reason"

Made by Postum Cereal Company, Inc. Battle Creek, Michigan Write for booklet if you cannot visit CANTILEVER SHOE SHOP 1300 Walnut Street Over Conrad Office Philadelphia

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"Nor Was Paris Built In a Day" —The French Say THE Shelton Looms have not achieved their present immense size overnight. For many years they have progressed and grown, continually producing more and finer upholstery materials.

BACHMAN CHOCOLATE

The most delightfully flavoured sweet eating Milk Chocolate sold. With or without almonds—equally delicious.

BACHMAN CHOCOLATE MANUFACTURING COMPANY MT. JOY, PENNA. "The Finest Chocolate in the World"

Try Freezone! Your druggist sells a tiny bottle for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without one particle of pain, soreness or irritation.

When the first signs of redness or roughness appear; smear gently with Cuticura Soap and hot water to cleanse and purify. Finally dust on the refreshing Cuticura Talcum, a delicately scented, equally scented powder, for use for every-day toilet purposes. Cuticura soap must be used to prevent skin trouble.

Let Cuticura Be Your First Thought Always

Sample each Free by Mail. Address: "Cuticura Laboratories, Dept. 100, Lowell, Mass." Full directions, Soap, etc., on label. Talcum, etc., in separate boxes. Cuticura Soap always without cost.

YOU'LL LAUGH! DOESN'T HURT TO LIFT CORNS OUT

Magical! Costs few cents! Just drop a little Freezone on that touchy corn, instantly it stops aching, then you lift the bothersome corn off with the fingers. Truly! No humbug!

Miss Minnie 13th above Chestnut Take Elevator to 5th Floor Hairdressing and Manicuring For Appointment Phone Walnut 7820

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