MRS. WILSON TALKS ABOUT KEEPING FOOD IN SUMMER

And Gives Some Timely Suggestions for Using Leftovers in Tasty, Wholesome Dishes—Eggplant Croquettes Good

By MRS. M. A. WILSON (Copyright, 1920, by Mrs. M. A. Wilson, All COODS that are rich in protein or are of a nitrogenous character are ery prone to quick decomposition during the summer. This produces a on which is extremely dangerous to

the human body. The ptomaine poison germ will quickly develop in a warm, moist temperature. For this reason it is very important that all meats, fish, eggs and milk be kept in a cool place. The food need not be spoiled or decayed to develop this

Examine the meat carefully to make sure that the intruding flies have deosited no eggs; wipe all meats with a clean, damp cloth which has been wrung from a mixture of equal parts of vinetar and water or rub the meat with the

cut surface of a lemon.

If you desire to keep the meat two er three days it should be hung in the cebox. A handy man about the house can make a little rack or tripod to fit the compartment under the ice cham-ber in the refrigerator. Use hooks ber in the refrigerator. Use hooks made of heavy wire to bang the meats and thus prevent the escape of the juices, as the chilled air in the icebox causes the surface of the meat to become dry and thus seal the juices in come dry and thus seal the juices in this membrane.

that is next to the skin should be re-neved, as this decays quickly and will alot the meat. Never, never place meat in the icebox wrapped in the paper in which it came from the

Never lay fish or meats directly upon the ice. Use none but strictly fresh traction to the corn spoil very quickly. Fruits and berries require a cool storage place.

Spread the berries in a single layer to gravy

prevent spoiling.

Never place warm food in the ice-box. Set it aside until it is thoroughly Do not mix hot and cold foods and, above all, do not put food in the refrigerator without ice.

It is poor economy to attempt to economize on ice. The ice chamber needs to be filled daily. Do not wrap the ice in paper or cloths; remember that he abiast is to be a seconomized to be that the object is to keep the box thoroughly chilled, and not to conserve

Select dishes that fit comfortable in the refrigerator and keep them for this purpose alone. Wipe the box out daily with a cloth which has been wrung from warm borax water. Do not permit the leftovers to accumulate and then spoil; this brings undesirable bacteria in contact with the other food.

If auts get into the refrigerator, wash it thoroughly and then scald with boiling water and sprinkle with a mixture of borax and cayenne pepper. Set the casters of the icebox into four small pans and then fill the pans with coal nearly sufficient to cover the caster. that the icebox does not touch wall and it will then be impossible for these pests to enter, unless they are on the food which is placed in the box. Cover the milk bottles with jelly ses and place the butter in a covered thin wall.

There Won't Be Any EVENING PURILIC LEDGER on Monday, July 5, because that is a holi

day. The winners of the PRIZE MENU CONTEST will be announced on this page on Tuesday evening instead, so

Don't Worry! By the way, have you sent in a menu for a dollar-and-a-half dinner for four people? That is what the

following prizes are offered for: First, \$2.50. Second. \$1. Third, \$1.

Your menu must consist of foods that are staple and in season. A sales slip for all materials used must accompany it. Your name and address and the date must be clearly written. Address all menus to

Mrs. Wilson's Menu Contest Evening Public Ledger

Set the refrigerator in a cool, dry place out of doors; where it is subject to the elements is not a wise choice. The real function of your icebox is to enable to store perishable foods until they are needed for the meals and to safeguard utilized. How to Use Leftovers

A little meat, and about one cup of gravy from a beef stew: to utilize this mince the meat fine and then place in a saucepan and add:

Three onions, chopped fine, One green pepper. Two thirds cup of water.

Cook slowly for fifteen minutes and

Two cups of cooked rice. Form into croquettes and then dip in flour and then in beaten egg and roll in fine bread crumbs and fry until golden brown in hot fat. Serve with brown sauce, which is made from the leftover

Clear Tomato Soup Rice and Beef Croquettes Brown Sauce Boiled Macaroni String Beans Coleslaw

Peach Shortcake When you have two or three small ots of cooked vegetables left over, comnine them and add a raw tomato, one mion, diced, and serve on lettuce with ussian dressing. Baked eggplant and eggplant croquettes are particularly appetizing at this season of the year.

To Bake Eggplant

Cut the eggplant in half the long way of the plant, that is, from stem to blos-Scoop out, leaving just a Cover the pulp with boiling

This is entirely too heavy for city people, but very good for active out-ofdoor workers. I want you to try again : don't use steaks or chops or canned soup. Try using a fruit or vegetable cocktail in place of the soup. Write on one side of the paper only and use ink.

Dear lary. Wilson-I am sending you my dianer menu for four people.
MISS H. C. Tamata Saup Roant Beef Radishes Lettuce Bread Lemon Pie SALES SLIP Butter

One can of stgained tomatoes00

Stewed Strawberles Bread and Butter Sales Slip

Three-quarters pound top of round Potatoes, one-eighth peck New peas, quarter-peck Lettuce half of large head Dressing ... Strawberries, one box (stewed and thickened makes enough for two meals)
Bread
Butter
Coffee

Please Tell Me What to Do

By CYNTHIA

Thanks for Sonnet Charles B. W.—Cynthia thanks you for your kind offer, but just at present space would not permit a daily poem as an adjunct to the column.

Says "Acetylene" Has Girls Goats Dear Cynthia—I have been watching your column with interest and noticed especially letters written by "Acetylene" and wish to say a few lines to these girls he invites to "rave."

I do not like to butt in on these girls, but can't you see that "Acetylene" is getting amusement galore from the answers?

Talk about getting your namy. Oh. boy!

If you were broadminded enough you could see through the scheme, because he got a little mixed once. You'd do well to just laugh instead of giving him the chance to laugh.

It will do you no good to "rave." because he has got you by the neck and it is impossible to get away. HYDROGEN.

Send Him a Postcard

the ages of eighteen and twenty-four, and none of them ever attempt to be anything but nice, respectful comrades. It all depends upon the value which one places on one's self. That makes me sound rather priggish, but I assure you I am just as fond of a good time and have as many of them as the next girl, and I never want for dates.

The fraid this letter is much too long for your column. Please foreign.

The Marriage Trifler

Im straid this letter is much too long for your column. Please forgive me. Being Irish, I'm rather loquacious. I always enjoy reading your column, Cynthia, though this is the first I've written to it. IMPATIENT. There is no reason why you should not send the birthday card and say on it besides the expression of your good wishes. "Why don't you drop me a line?" or some such sentence.

She's Glad She Married Him Dear Cynthia — "One Who Knows" may think she knew what she was talkmay think she knew what she was talking about; but all Italians are not the
same. I am an American gir; and married an Italian man eight years ago, and
I would do the same thing over tomorrow, I have a very nice home and five
lovely children and we also belong to a
building and loan association I am
very home. I have nothing to worry very happy. I have nothing to worry about and that's saying a lot these days.

And the same of the control of the c

Dear Cynthia—I am an American girl of eighteen summers and would like some advice from you.

I do not go out very much, and there fore do not dance. I have a girl friend who calls me an old maid for that

reason.
I do not care for dancing and think I do not care for dancing and think it is more like work, as you get tired after dancing for a while.

Now, what I want to know is this. Do you think a girl of my age must know how to dance and go out with young men in order that she may not be called an old maid? I believe I have plenty of time for all of that.

ONE WHO DOESN'T DANCE.

A LAMP FROM THE TRENCHES



Dear Cynthia—I am a young girl and for the last winter have been great friends with a very spice, gentlemanly young man. He was a regular pal and I know he liked me a lot, though he was never sentimental. About a month ago when our men were fighting in France. That thought carries us up to those shells that almost every boy, home from France, brought with him as souvenirs. What in the world shall we do with them? Here's a suggestion. Now the point is this: His birthaday comes in about a week. Would it be all right for me to send him a card and day comes in about a week. Would it be all right for me to send him a card and then incidentally ask why he doesn't write? I hate to let him just drop out of my life, but he sitate to write him as letter just to ask why the silence. What Please allow me to say to the girls.

The approach of Independence Day brings war to our recollection, and our thoughts turn back to this day two years ago, when our men were fighting in France. That thought carries us up to the open of the cord years ago, when our men were fighting in France. That thought carries us up to the open of the lamp. One end of the cord years ago, when our men were fighting in the electric light carries us up to the open of the lamp. Here's a suggestion. What in the world shall we do with them? Here's a suggestion. The lamp illustrated was made from a shell casing fourteen inches high and three or four inches high and thre The approach of Independence Day derstand connecting up electric wires, brings war to our recollection, and our it can be done at home. A hole is first

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

Katherine Begins to Think

Rarbara Knight, who has diways had her own weay, marries Keth Grant, the most eligible man of the season, and prepares to go on having her own way for all time. She is a leader in the younger set, and although her ideas are those of the people she associates with—ultra-sophisticated associates with—ultra-sophisticated—she loves her husband as he loves her, underneath the social veneer. Keith however, reaches out for the real things of life, real friends and real talk, not the small patter of people who are not thinkers. Katherine Newbery, his private secretary and a college woman, offers him just this friends, too; and although there is nothing in it that he would not tell Barbara, still he feels that she would not understand and therefore keeps everything to himself.

about and that's saying a lot these days. It is a mistaken idea that Italian men want to keep their wives tied down; they like them to live so no one can say anything about them. They are perfectly willing for them to go out, but they want to know where they are going and who they are going with. They are ground and who they are going with. They are ground and who they are going with. They are ground and who they are going with. They are ground and who they are going with. They are ground and who they are going with. They are ground and who they are going with. They are ground and who they are going with the ground and therefore keeps everything to kinself.

BOB CRAIG felt this change in Katherine toward himself. Never had she given him the slightest reason to suppose that she cared for him. Their make American meals. I can cook both and do.

How lofts and impressive be The sounding service meant for me; How long and fervent be the prayer,

Just this is all I ask, the day I take the silent road and gray, That on my simple stone they hew, Some little children leved him.

What else they write about me there, I do not care.

In these days when metal crafts are taught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in our schools there is sure to gray the aught in the cord, as the end is brought up through the shell. Unfasten the screws, wrap the corresponding wires found in the cord, as the end is brought up through the shell. Unfasten the screws, wrap the corresponding wires found in the cord, as the end is brought up through the shell. The shell is to a metal worker and have the design wrought.

When the design has been hammered the screws, wrap the corresponding wires found in the cord, as the end is brought up through the screws, wrap the corresponding wires found in the cord, as the end is brought up through the screws, wrap the corresponding wires found in the cord, as the end is brought up through the screws, wrap the corresponding wires found in the cord, as the end is brought up through the screws, wrap the corresponding wires found in the cord, as the end is brought up through the screws, wrap the cord each, and screw them back in place again. Now pull the cord tight the cord is a screws, wrap the cord, and the cord, as the end is brought up through the screws, wrap the cord each, and screw them back in the account of the screws, wrap the cord each, and screw them back in the account of the screws, wrap the cord each, and screws, w

bara where he had been that night. Having decided in his own mind that it would do no good to tell her about these friends of his, he ceased thinking about it. Of course he had no idea that she might be curious at his failure to say anything about it, and his conscience was too clear to make him feel in the least guilty.

That Barbara was curious was true. She thought a great deal about it, but her life kept her so busy and took up so much of her time that the worry was for the most part subconscious. She Barbara Knight, who has always for the most part subconscious. She would have thought nothing of it. If Keith had said he was going to the club, or if he had made any of the other excuses that men make when they don't wish to return home. It was his curious failure to say anything about his engagement before or afterward that puzzled Barbara. There seemed to be a conscious effort on his part not to allude to that evening, and yet she could not the most part subconscious.

-Good Housekeeping.

The Woman's Exchange

To the Editor of Woman's Page;
Dear Madam—I have been reading your precious column, and I am very much interested in it. I am very much in doubt about this question, What na tionality ranks first in America? JIMMIE.

Can some of the readers tell him which nationality ranks first in America? There are a good many of them represented here.

To the Editor of Woman's Page: time during the summer and would like to publish the one I wrote last. I should like very much to see my story published in the Evening Public Ledger, and I would be pleased if you could give me a little advice about it. It is pretty long, and I think it would have to be centinued for two nights. Where shall I send it? If it is not accepted, will I receive any pay?

The Evening Public Ledger does not buy stories directly from the authors. Most of them are furnished by syndicates. I am sending you a list of syndicates to which you could send your dicates to which you could send your discovered in sudden movement. There was a terplosion comes, setting the rags on fire and sending them flying through the fire bang and Jock, scared wide awake.

I should inke two used is the ball dout the bag toward him, and then put his hand in again. Jock's ears went back, his tail drooped him, and then put his hand in again. Jock's ears went back, his tail drooped him, and then put his hand in again. Jock's ears went back, his tail drooped him, and then put his hand in again. Jock's ears went back, his tail drooped him, and then put his hand in again. Jock's ears went back, his tail drooped between his legs and he crept silently away to hide under the bed for the next two days.

Oh, how he dreads this day. No matter how far he-burrows under a bed or into a closet, he can still hear the true of the first of the figure bends over it the belated extends a termination. There is an instant blaze which are rific bang and Jock, scared wide awake.

Mother can define the figure bends over it the belated extends a termination. There is an instant blaze which and sending them flying through the air. There is an instant blaze which are rowally the figure bends over it the belated extends a termination. The figure bends over it the belated extends a termination of the figure bends over it the belated extends a termination of the figu time during the summer and would like a sudden movement. There was a ter-

Most of them are furnished by syndicates. I am sending you a list of syndicates to which you could send your story. Have it typewritten, if possible, and write your name and addressed distinctly in the upper left-hand corner of the first sheet. Send a self-addressed, stamped, large envelope, for either the return of the manuscript or the check in payment for it. You will know that it is not accepted, of course, if it is sent back to you. If it is accepted, you will receive the usual price paid by the particular syndicate which buys the story. Your story may not be published in the Evening Public Ledger, even if it is accepted, for the syndicates furnish a great many papers with stories, but you will be sure to see it in some paper or magazine, if it is accepted—and I hope it will be.

The Ouestion Corner

Today's Inquiries What is a good average height for the level of the ironing-

2. How should a varnished floor be 3. When a hair brush becomes soft how can the bristles be hardened and made stiff again?

4. What convenient tape is sold at notions counters for binding and trimming? 5. How can linoleum that is dull and shabby be freshened and pre-

served?
6. Describe a convenient device for

heating water for the bath in a house that has no regular Yesterday's Answers Tin watering cans should be painted with any leftover paint of

any color to prevent them from rusting. Matting should be cleaned with ammonia and cold water. A delicate, slightly worn shawl of old lace can be used to make flowing sleeves on a negligee if it is lined with flesh-colored chif-

A striking centerpiece for the Fourth of July table is made by hanging a red, white and blue covered hoop from the chandeller

to that evening, and yet she could not be sure that this was so. It was all very vague in her own mind.

FREQUENT TURNS CAMDEN RISK OF ACCIDENTS OCEAN CITY OCEAN CITY

HOW ARE YOU CELEBRATING THIS FOURTH OF JULY?

There Are Some People Who Dread This Day Because They Remember What Happened on Other Fourths That Were Not Safe and Sane

IT WAS the day before the Fourth of July and Jock was sitting on the porch half asleep, lazily watching Johnny fumble about in a paper bag. His tongue began to water as he sus-Writes as a Pastime

To the Editor of Woman's Page:

Dear Madam—I write stories as a pas
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were perfectly harmless, she was told, and she waved them about and gloried in the flying sparks that she could touch with her hand without being burned. Then, toward the end of the day, when she was all dressed for supper in a ruffled white dress and a pink hairribbon, she felt tired and sleepy. She waved her sparkler about until it burned down to the end. Her hand drooped and she let the sparkler drop wearily down toward her shoulder. The red in the flying sparks that she could touch down toward her shoulder. The red hot core was still alive and the big bow of pink on the carefully arranged curls flamed up in a second. She can still remember the insistent, stinging burn that caused that brownish, rough place on her smooth cheek. Yes, she knows how Jock feels today.

THERE'S a mother who approaches I Fourth of July with dread. She remembers a Fourth when there was a little boy running excitedly about shout-ing orders to his "men" and advancing fearlessly on mud forts. She can still see that happy little figure kneeling down to fix a firecracker in the toy can-She can hear the delighted erg carried away a part of the "enemy's" stronghold. But there's another picture that blots this out, no matter how



PHOTOPLAYS The following theatres obtain their pictures through the STANLEY Company of America, which is a guarantee of early showing of the finest productions. Ask for the theatre in your locality obtaining pictures

Alhambra 12th, Morris & Passyunk Ave. MODEL 425 SOUTH ST. Orchestra e-HOPE HAMPTON in "A MODERN SALOME" MCLEAN AND MAY in "23% HOURS' LEAVE" McLEAN AND MAY In

Great Northern Broad St. and Erie RATHERINE MacDONALD in THE BEAUTY MARKET

IMPERIAL 60TH & WALNUT STS.
LEWIS STONE in "THE RIVER'S END" LEADER "ST & LANCASTER AVE MAE MURRAY, "ON WITH THE DANCE Added, Mack Sennett's "By Golly!"

LIBERTY BROAD & COLUMBIA AV.
MATINEE DAILY
TOM MIN IN
"THE DAREDEVIL!"

333 MARKET STREET THEATRE GRACE DARLING In

Fourth, and enjoy your day of rest, your baseball game, your picnic, or your house party in peace and quiet? If you really have to make a noise, you can get a hammer and a piece of wood, you know, and make just as disagreeable a hang as any firecracker that was ever

Porch Floors

In the summer I have my purches horoughly scrubbed and washed. Then have them waxed with any of the good floor waxes. After this treatment the floors are polished with a polishing brush, just as one would do in polishing hardwood floors. This method preserves the floor, and after the porch is treated in this manner one does not have to put water on it during the entire season. Have the porch gone over daily with a broom or a floor mop. Much time is saved thus in hot weather. She and a porch treated in this manner always looks well.-Good Housekeeping.

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The following positions are open for first-class men at excellent salaries, with good living conditions, at a sugar mill in Cuba: Accountant With Railway unting Experien

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OVERBROOK 63D AND HAVERFORD AVE. "THE DEADLIER SEX" PALACE 1214 MARKET STREET 10 A. M. to 11:15 P. M. BERT LYTE/L/1/2
"ALIAS JIMMY VALENTINE"

REGENT MARKET ST. Below 17TH 9:45 A. M. to 11 P. M. ETHEL CLAYTON in "A LADY IN LOVE"

RIALTO GERMANTOWN AVE.
AT TULPEHOCKEN ST.
PAULINE FREDERICK in
"THE PALISER CASE"

RUBY MARKET ST. BELOW 1TH
10 A. M. to 11:15 P. M.
MAN LINDER In
THE LITTLE CAFE. SAVOY 1211 MARKET STREET

A. M. TO MIDNIGHT

DOROTHY DALTON IN
"THE DARK MIRROR"

SHERWOOD 54th find Baltimore Mar. 2: Evs. 6:30
"WHY CHANGE YOUR WIFE?" STANLEY MARKET ABOVE 16TH
EUGENE O'BRIEN IN
"A FOOL AND HIS MONEY"

VICTORIA MARKET ST. AR. 9TH

PAULINE PREDERICK IN
"THE WOMAN IN ROOM 13" W The NIXON-NIRDLINGER THEATRES

BELMONT 52D ABOVE MARKET MAY ALLISON IN CEDAR GOTH & CEDAR AVENUE

HLANCHE SWEET IN COLISEUM MARKET BETWEEN 59TH AND BOTH Bebe Daniels. Thomas Meishan, Gloria Swanson in "Why Change Your Wife,"

JUMBO FRONT ST. & GIRARD AVE.
Jumbo Junetion in Frankford "L"
W. S. HART IN
"JOHN PETTICOATS" LOCUST 52D AND LOCUST STREETS JOHN BARRYMORE IN "DR. JEKYLL AND MR. HYDE"

NIXON 52D AND MARKET STS.
"THE LOST CITY." NO. 11. Added.
Sunshine Comedy. "Dangerous Eyes" RIVOLI 52D AND FANSOM STS. William Parnum in "A Tale of Two Cities" Sunshine Comedy, "Should Dummies Wed."

STRAND GERMANTOWN AVE. ENID BENNETT in "THE FALSE ROAD"
Mrs. Drew, "Stimulating Mrs. Barton"

WEST ALLEGHENY Alleghent MAREL NORMAND In MICKEY are Saturday evening and Sundah