Various Helpful Suggestions and Recipes for Warm Summer Evenings-Baked Salmon and Rice Is Wholesome and Tempting

By MRS. M. A. WILSON All right reserved.

HEESE belongs to the protein group which also includes eggs, fish, milk, and meats, and it hardens in heat and thus becomes tough and -therefore, it is difficult to di-

A low temperature, much below the point, will insure a tender, decreamy rarebit. When cooking with macareni or other dishes use a este oven only. Sprinkle the becas between the layers of the cooked

Cucumber and Cheese La Vida Wash and pare four medium-sized cocumbers and then cut in small pieces. Place in a saucepan and cover with bolling water. Cook until tender and then turn on a piece of cheese cloth and remove the seeds and then mince

Two mediux-sized onions, One green pepper.

Place three tablespoons of shortening a frying pan and add the onions and uppers. Cook slowly, taking care not Now cut four tomatoes in dip in flour and brown and dip in flour and brown
Lift to the baking dish and
the tomatoes with grated
then with fine breadcrumbs. ason and cover with cooked cucum-tase and the prepared onions. Sprinkle thone-half cup of fine breadcrumbs done-half cup of grated cheese-ter with top layer of fried tomatges. ace in moderate oven for twenty min-

Baked Salmon and Rice Wash two-thirds cup of rice and ok slowly in three and three-quarters

of boiling water until the rice is One and one-half teaspoons of salt,

One leaspoon of white pepper, Three onions, minced fine,

One green pepper, minced fine. Add one and one half cups of well-drained peas. Open a tall can of salve the skin and bones, break into finkes and add

Two cups of cream sauce, One teaspoon of salt, One-half teaspoon of white pepper,

half cup of finely chopped para-Place a layer of the prepared rice in baking dish and dot with tiny dots raixture. Repeat until the dish is full, having the rice on top. Bake in a hot oven twenty-five minutes and then sprinkle three tablespoons of grated cheese on top. Return to the oven to melt the cheese. Dust with paprika and serve in the following menu:

Chilled Cantaloupe Baked Salmon and Rice med Squash Corn on Cob Tomato Salad Coffee Sliced Peaches

Checolate Cornstarct Pudding Place in a saucepan Two and one-half cups of milk, One-half cup of cocoa, One-haif cup of cornstarch.

Stir to disseolve the starch and then to a boil and add Two-thirds cup of sugar, One and one-half cups of crushed

custard cups with cold water, in the custard and chill. Serve

ith fruit whip or stewed peaches.
A simple old English cheese dish that very attractive as a hot dish with evening meal during the warm days: Toast six slices of bread and cut into inch blocks. Shave one-half pound of store or cheddar cheese. Place a layer of toast in the casserole dish and sprintle lightly with finely minced onion, and minced parsley and then a layer of cheese. Repeat until the dish is full, having the toast on top. Now place in a mixing bowl

A strictly southern meal might be a change for many, so I shall tend one in herewith. I trust it will win a prize.

Two cups of milk, Three eggs, One teaspoon of salt,

Your Name Will

Be in the Paper! If you happen to be a winner of the

PRIZE MENU CONTEST. announced on Monday for the best menus for a \$1.50 dinner for four people. The prizes are:

> First\$2.50 Second\$1.00 Third\$1.00

Rules: The foods used must be staple and in season. A sales slip showing the price of all materials must be sent with the menu. The name and address of the sender and the date must be written plainly Address all menus to

Mrs. Wilson's Menu Contest Evening Public Ledger Independence Square.

One teaspoon of paprika. Beat to blend and then pour over the slow oven for thirty-five minutes. Many dishes during the warm weather can be prepared in individual casserole

or custard cups and thus prevent waste, and also make for quick and efficient Serve for dessert, chilled melon and cantaloupe and sliced and stewed blackberries and huckleber ries, chilled and served with a generous slice of homemade gingerbread—this is

clicious on a warm evening.

For variety try jellied potato salad. in thin slices six cold-boiled potaoes and then mince very fine

Three medium-sized onions. wo green peppera. Sufficient parsley so that when chopped fine it will measure one-half

Soak three level tablespoons of gelatine in one-half cup of cold water for one-half hour. Place cup with the gelatine in a saucepan of warm water to melt and then strain into a bowl and add one-half cup of cold water

Four tablespoons of vinegar. One cup of salad dressing. One and one-half teaspoons of salt, One teaspoon of papriku.

Reat until mixture begins to thicken hen turn in prepared potatoes and seasoning, tossing with a fork to-mix thoroughly. Rinse the mold with cold water and drain, then turn in the prepared salad and set on ice to chill thoroughly. Garnish with sliced hard-Return to the oven to boiled egg and pickled beet. Serve in Dust with paprika menu, planned as follows:

Tomato Bouillon Radishes
Salted Nuts Rye Bread, Cheese and Salted Nuts Jellied Potato Salad Salad Dressing Sliced Tomatoes

Sponge Cake To prepare the salad dressing, place n a saucepan :

One cup of vinegar, One cup of water, One-half cup of flour.

Stir with wire whip to dissolve the flour thoroughly and then bring to a boil and cook slowly for three minutes. One well-beaten egg,

One-half cup of mayonnaise dressing, One and one-half teaspoons of salt. One teaspoon of paprika, One teaspoon of mustard.

Beat hard to blend. This dressing, placed in a fruit jar and covered with wo tablespoons of salad oil, will keep a a cool place for two weeks. To make the mayonnaise, use this eggless recipe. Place three tablets of evaporated milk in a soup plate and

One-half teaspoon of mustard, One-half teaspoon of paprika. Beat to blend and then whip in one-half cup of salad oil and add: One tablespoon of vinegar, One tablespoon of sugar

Beat to blend. Menu Contest Honor List

Mexican Rabbit Mexican Rabbit
Endive and Grapefruit Salad
Cobbled Cherries
Bread and Butter Iced Tea
Wafers Banana Snow
SALES SLIP One-half pound of cheese ... One tablespoon of butter ... one can of corn one cup of tomatoes one cup of tomatoes . ree-quarters cup of sugar Che lemon
Box of wafers
Bread
Butter
Loed tea

M. G.

Mrs. A. Riley, 2852 North Garnet street

MENU MENU
Baked Macaroni With Cheese
Stuffed Tomatoes (Baked)
Buttered Beets
Hard-Boiled Egg Salad
Lemon Meringue Ired Tea
Bread and Butter SALES SLIP

acaroni Oreesing, home-made

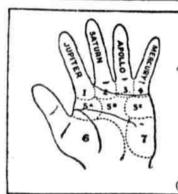
MENU
Casserole of Beef, With Potatoes and Onions
Buttered Beets Salad Tomatoes
Dressing

SALES SLIP (one-half of quarter peck)

Marion Greylock, 229 West Salad Tomatoes (two at five cents)

Mt. Pleasant avenue Dressing Butter Butter

Your Soul's in Your Hand



Fingers and Mounts

Mounts of 1, Jupiter; 2, Saturn; 3, Apollo; 4, Mercury, 5a, Lower Mount of Mars; 5b, Plain of Mars, indicating a flery temper when either very high or very deep; 5c, Upper Mount of Mars; 6, Verue; 7, Luna or Moon.

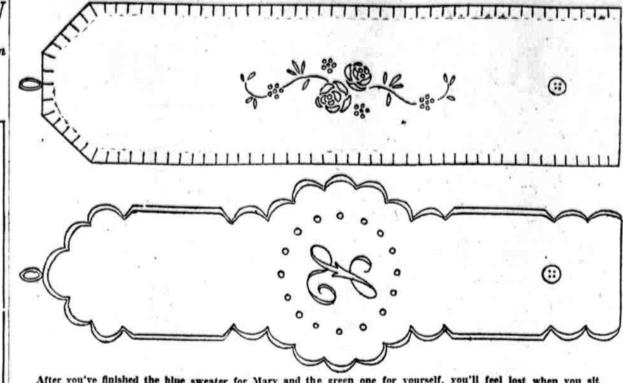
By Irving R. Bacon

Under the lead of d'Arpentigny, a brainy hand-reader of the eighteenth century, the more philosophical hand-readers have considered humanity as divided into seven primary types, with as many modifications of these types as

Dressing, home-made 10
Bread 08
Butter 15
Butter 25
Butt

The characteristics of each of the types will be discussed in the order just types will be discussed in the order just enumerated. after which will be given the rules for judging exactly how each manifests itself in any particular individual.

(To be Continued) ight, 1980, by Public Ledger Co. EASY "PICK-UP WORK"



After you've finished the blue sweater for Mary and the green one for yourself, you'll feel lost when you sit down on the porch in the afternoon. And yet you won't want anything very hard. Why don't you try something like this? You often want extra napkin rings. They're fine for Christmas presents and they really are necessary for those members of the family who are so young that they think silver napkin rings were put there to be played with during the meal. The upper design is worked in colors on tan linen, with an edge of blanket stitching. The other is all white, in either eyelet or solld work. Both are easy and pretty

WHAT'S WHAT

By HELEN DECIE

thing to do and when to do it.

No well-bred man keeps a woman

A girl familiar with social conven-

If she is wise, Penelope will declin

Local Sec

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

The marriage of Barbara Knight and Keith Grant, although both young people began their married life with every possible thing they could have had for happiness, after a year could not be called a success. But it was not the fault of either one so much as it was the fault of her society circle, which had spoiled Barbara's ideas, robbed her of individuality and made her the victim of her "set." It wasn't until Keith showed interest in people outside Barbara's own crowd that the real Barbara asserted herself and set out to win back and hold her husband.

IT IS a strange truth that being brought face to face with a situation about which one has dreamed and imagned things for a long time often of anges the matter entirely. Katherine, or instance, had been drifting with the ide where Keith Grant was concerned. She was too sensible to believe that sh was in love with him, but her vivid imagination had pictured his home life very differently from what she imagined it was after she had met Barbara. She had fondly thought that she herself was responsible for much of Keith's enjoyment. Wasn't she with him in the office all day and didn't he make it quite plain that he liked her companionship out of the office as well? At the Thursday nights, too, he made it quite evident that he liked her; that he liked to talk with her, to see her dark face light up with enthusiasm, to hear her argue flercely about things that Barbara did not even know existed. imagination had pictured his home life

women in Barbara's set did not read the newspapers. It was considered smart to keep up with the current fiction, to read the latest book of poems, and Barbara subscribed to many of the magazines which she skipped through in a desultory fashion. But as for reading anything meaty, anything about which an argument could be started, the idea was simply ludicrous.

Katherine had met Barbara in Keith's office and thought her one of the most not even know existed.

onselvy hout things that parents of the control of

on that Thursday night after she had met Barbara at Elise Bartiett's apartment, Keith had not come in until after 3:30. All the way home that evening Katherine's thoughts had turned to Bob Craig, so that by the time she turned the corner and hurried along to her own apartment she was filled with a sort of an anticipation at the prospect of seeing him. On Thursday night he generally dropped in to dinner, but when she reached the apartment and let herself in with her key, the shining mahogany table was set for two, and her quick inquiry for Bob, another thing that was most unusual, met with no response from Mrs. Newbery.

Strange to say Katherine's whole thoughts were centered on Bob that evening. She had him in mind when she slipped into a cool little summer dress after dinner was over. Each time the hell rang her heart leaped and she rushed to the door expecting him, but he did not come. She was still expecting

after dinner was over. Each time the bell rang her heart leaped and she rushed to the door expecting him, but he did not come. She was still expecting him at 9:30 when, respendent in full dress. Keith came leaping up the stairs. Bob did not come at all, and for the first time during their long friendship he had been in Katherine's mind for an entire evening. The evening seemed dull, somehow, conversation did not sparkle. Katherine did not feel exhilarated. She realized how often she had taiked brilliantly.

The Question Corner Today's Inquiries
Who is Mrs. Henry Eldridge
Goodhue, of Boston?

Goodhue, of Boston?

When a cotton petticoat is too thin to wear under a thin dress what will make it both thick and more comfortable to wear?

In making a baby's bib what precaution will save the dress under-neath it from getting wet and How can grease spots be removed

from matting? If the "Annette" of a bathing suit is too short how can it be lengthened? What simple courtesy shown by the guest at a house party will insure pleasant relations between the hostess and her maids?

Yesterday's Answers
The windshield of an automobile
can be kept clear in the midst of a rainstorm if it is covered with glycerin, which sheds the drops. A good home-made shampoo for the hair is made by boiling a quarter of a cake of soap chipped in small pieces in a quart of water, and adding the juice of a quarter of a lemon. Coating bed springs with alumi-num paint will prevent them from

rusting in damp weather and soiling the bedelothes. Water spots on a waxed floor can be removed by rubbing in a cir-cular motion with a cloth wet with turpentine, and following with a dry flannel. A convenient pan for boiling vegetables which must be drained before they are served is equipped

with a cover which has a strainer attached to it. A picturesque rack for children's clothes is a white pole held by a little wooden girl in a blue dress. The cross pieces at the top are also white.

Violet and white-checked gingham in a simple but becoming style is attractive enough for any summer affair. The vest collar, cuffs and sash of this frock are of white organdle. The hat is of the same gingham with a hand of the same

The Woman's Exchange

To a Dally Reader

If you will send me a self-addressed envelope, I will send you the name of a place where you can buy these rubber brassieres that you asked about. Your circulation may be in poor condition, thus causing the oiliness of your skin. Get plenty of exercise, every day at regular times—this will also help you to reduce lots of fresh air good whole.

To Whiten a Dark Skin to the Editor of Woman's Page:

Dear Madam—Kindly advise me what to do about this. I have a very dark skin and would like to whiten it. Is there any possible way? If there is, will you kindly let me know as soon as possible?

MISS NO NAME. sible? MISS NO NAME.

Lemon juice is a good skin whitener, and there are certain creams and lotions sold for that purpose. Why don't you try one of these, and then he very careful about your diet? Over-rich or greasy foods or too much sweet food-often makes the circulation poor and the skin dark. If the skin bleach does so the your careful.

Wants Her Eyebrows Arched

o the Editor of Woman's Page: Dear Madam—Like many others I am riting to you for some information. I intended having my eyebrows arched but several friends have advised me no to, saying if I arched them it would give me cancer. I am anxious to know if there is any truth in this remark. Could you supply me with any information along this line? I certain would appreciate it.

DAILY READER.

A Good Idea

Farmer's wives living in the vicinity of Manhattan, Kan., have established an up-to-date clubroom in town, where they may take their luncheon and rest during their shopping tours and gather for the discussion of matters of common interest.

GINGHAM IS WORN

FOR AFTERNOON, TOO

The living their shopping to the discussion of matters of common interest.

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FOR AFTERNOON, TOO

The living their shopping to the discussion of matters of common interest.

The living the feet is 100. Most of your axim make up you could give you the proper exercises to do at home. But, if you cannot do this, then make up your own as well as possible. The best way to straighten your back and strengthen your arm muscles, is to have a pair of wooden handles fustened on each side of a doorway. Then stand just off the threshold, grasp the handles and swing your arms. That pulls your chest out, straightens your back, strengthens your arms. Then pull back until you are hanging back on your arm muscles of your arms are this as many times as you can, but of course don't do it too many times a first. Just until your arms feel the the swing your arms and dance as much as you can and take don't do it too many times a first. Just until your arms feel the cannot take the proper exercise. It would be better if you could give you the proper exercises to do at home. But, if you cannot do this, then make up your own as well as possible. The best way to straighten your back and strengthen your arm muscles, strengthens your arms. That pulls your chest out, straightens your back, strengthens your arms. Then pull back until you are hanging back on your arm muscles of your arms. Then pull back until you are hanging back on your arms teel the living the pull of your weight on the muscles of your arms. Then pull back until you are hanging back on your arms to the proper exercise. It would be better if you could give you the proper exercise. It would be better if you could give you the proper exercise. It would be better if you could s

at first. Just until your arms feel the least bit tired.

Then swim and dance as much as you can, and take deep, long, slow breaths before you go to bed at night. Drink lots of water, eat wholesome food, not rich or too sweet or greasy, and see that you get some regular exercise besides your "stunts" every day. This will make your muscles firm, your circulation good, and that will straighten your back, make your eyes clear and bright, and give you good healthy color. That is, if you are sure that it is only need of exercise that is wrong with you. Before you start any vigorous exercise, you had better consult a physician and find out whether it will injure your heart to do the exercise. If he says go ahead, then take up your tennis, swimming, dancing and arm exercises with all your might. But do them slowly. If you work your arms fast and hard, it won't do a bit of good. It is the slow, even, regular movement, that makes the gain and does the good. Remove the blackheads by using a good cleansing cream every day, and occasionally a facial soap.

Cuticura Soap Clears the Skin and Keeps it Clear Soap, Ointment, Talcum, Mc. everywhere. Samples free of Outlews Laboratories, Dept. Z. Malden, Mass.

When you're shopping and begin to "feel the heat." step in for a long, frosty glass of Iced

"Salada" demonstrator at Gimbels will gladly serve you a complimentary glass.

Please Tell Me What to Do

Says She Lost Her Temper

Shame on you for getting angry at a babe. But then, I thank you for your delightful flattery concealed in the words, 'his young, unsophisticated way of writing.' That's me, 'F. B. H.' I expect to remain young all my days. Bil leave it to these wonderful women to be sophisticated and worldly wise. Away from them lie peace and contentment.

Take her, "Dan B." You may gain something, but it's very unlikely that I will lose anything. For your consideration and future guidance, "F. B. H." let me say that letters are never written in the height of anger by the better people. Furthermore, it is a trait of those without thinking minds to attack the writer, rather than his theories. Sorry you can't play, dear girl, but you lack self-control.

The maid, a middle-aged stopped and looked at her unples "Well, now, I don't know," she sharply. "There's been a towe ing out of that room, and you I'm responsible for the towels."

Dear Cynthia—Permit me to present you herewith a little Jingle, expressive of the sentiments I felt on reading "Croix de Guerre's" letter in your col-umn a few evening

few evenings ago. But, glving you my honest opinion of that highly amusing epistle, I must say that I don't believe any young man could possibly have such a case on himself without passing away as a result of cerebral inflammation. I believe that the guilty party (and I am half inclined to think it was a girl) merely wrote the letter in order to fetch your readers' animals.

TENNESSEE.

Here's a man of much formed headly.

wrote the letter in order to fetter your readers' animals. TENNESSEE.

Here's a man of much famed beauty.

With the profile of a god.
One short glance will sure convince you He is not of common sod.
Those large eyes of clearest crystal But enhance the marble dome.
And that nose of faultiess sculpture Seems to say, "Nobody home."
After all is said and finished.
I still have a sneaking doubt Whether beauty is a blessing When the brains have been left out.

Shall She Keep Up Friendship?

be friends, simply acquaintances

What Shall He Do? Dear Cynthia—I am a young man of nineteen, and have been going around with a girl of eighteen for about three months. When I first met her she treated me just like a brother, but now she has to be cranky; she wants everything her way, and every time I ask her a question I get no answer.

SHE HAS TO BE HANDLED WITH GLOVES OF PURE SILK

By CYNTHIA

Dear Cynthia—It grieves me deeply to have to tell "F. B. H." that she has lost. The person losing her temper is licked. Step out, girlle; you lost first crack out of the box.

He Waxes Poetical

TENNESSEE.

Shall She Keep Up Friendship?

Dear Cynthia—I have been a nightly reader of your column and am now coming to you for advice. I am a girl of nineteen years. At a party recently I met a young man about five years my senior. We became very well acquainted, and he then visited me at my home. One evening we went to a theatre, and coming out after the show this young man met a few young girls who I know have a bad reputation. He seemed to be very well acquainted with seemed to be very well acquainted with a few young first who is the seemed to be very well acquainted with seemed to be very well acquainted with a few young three-quarter length and are

PERPLEXED. You must not condemn any one because of his or her acquaintances. You do not know anything of the circumstances of this friendship; they may not be friends simply acquaintances. You in any case, have you proof that the reputations are true ones?

ASCO.

ASCO.

Her First Idea Is to Make a Fuss When She Is Asked Anything

SATURDAY afternoon! The two "Nice morning!" she suggested, as she hurried along with her pile of clean sheets. office, arrived at the hotel where they had engaged a room for the week-end. They were hot, tired after the train trip, and full of dust and cinders. The first thing they wanted to do was to "clean up." There was plenty of water in the tiny room which they were to share, but only one towel. Fortunately a maid was passing along the hall just

the girls opened the door.

"Could you give us another towel?" she asked. "There's only one on the rack in here."

The maid. a middle-aged woman, stopped and looked at her unpleasants. "Well, now, I don't know," she said, sharply. "There's been a towel missing out of that room, and you know I'm responsible for the towels on this I'm responsible for the towels on this floor, and I have to account for any that's missing. You know towels and things like that cost a lot, nowadays, and I can't——"

"Well, I know," replied the girl in the door. "But we just got here, and we haven't had a chance to lose any towels yet. There is only one here, and the property of th

we haven't had a chance to lose any to towels yet. There is only one here, and we're entitled to two, you know."

"Well." grumbled the woman, unlocking the door of a closet in the hall, things, and if any towel gets lost—"
She brought out a fresn tower, and handed it to the persistently smiling girl in the doorway. Then, in spite of herself, she had to give a reluctant, half-scowling smile. "It's awful the way they lose things around here," she

YOU see, as long as she was handled with gloves, and they had to be silk ones, too, she was just as amiable and polite as anybody else. But she had to be managed. I wonder whether women like this realize how easy they are to read? Their frowning, threatening manner isn't any, more convincing one day than their sweet, gracious smile is the next. When they scold and fuss, you just smile persistently and wait.

"Nasty thing, she'll do it for me as soon as she gets her foolish grouch out of her system!" you think, still smiling at her, still standing your ground and

When they finally discover that you are not going to be frightened by their manner, and that you really don't mean

half-scowling smile. "It's awful the way they lose things around here," she muttered, as if to make up to herself for the smile. The next morning the two girls met her in the hall as they started toward the elevator. They both said good morning pleasantly. She smiled as if they had all been life-long friends.

Wes, they're easy to read, not very hard to manage, but why should they waste so much perfectly good time making reading and managing necessary at all? Life is so short and so busy to be half-filled with explanations and managements, and "comings down" off of perches.

Adventures With a Purse

and After That She Smiles-Her Smile Is Not Convincing

waiting.

I am not quite sure of the technical never seen one-an idea based, I will admit, on my own experience, for it Of course, if he always keeps bad company you should not cultivate him, but otherwise do not be too narrow in your point of view.

Usually we have enough to do to reform ourselves, let alone reform others. the salt and pepper shaker is a silver finish egg cup, making the complete in-

For the names of shops referred to in Adventures With a Purse, send



I met a young man about five years my senior. We became very well acquainted, and he then visited me at my home. One evening we went to a theatre, and coming out after the show this young man met a few young girls who I know have a bad reputation. He seemed to be very well acquainted with them. Now, dear Cynthia, do you think I can continue friendship with this young man, as I like him very much?

PERPLEXED.

One of the shops has a very convenient going away invariably you have a package of tags. When you are going away invariably you have a package or two you want to mail either to your destination. This box consists of twelve mailing tags with string conveniently attached. This is a mighty handy thing to have about and a reasonable one, too, for the price is fifteen sonable one, too, for the price is fifteen cents for the twelve.

> Interesting Women One of the most successful auctioneers in London is a woman.

Mrs. Agnes Gilmour, a Scottish cen-tenarian, knitted 200 pairs of socks for soldiers during the war. The present vogue for painted furni-ure in England owes its success chiefly to the efforts of Lady Kinloch, who de-

ture in England owes its success chiefly to the efforts of Lady Kinloch, who de-cided upon this method to provide un-known artists with a medium for get-ting their work before the public. Pompeian Olive Oil



Pat. June 18, 1912. No solash or dunk complete, without them, shut-off saves water. Ask your for Savill's Swan-neck faucets. THOS. SAVILL'S SONS



ASCO. ASCO.

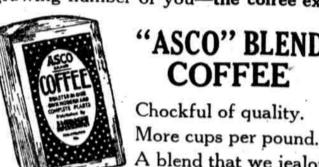
YOU ARE THE BEST JUDGE of Coffee IN THE WORLD!

You are the greatest coffee drinkers on the face of the earth. Americans are known the world over as the most critical judges of this most delicious beverage.

Then—

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