EVENING PUBLIC LEDGER-PHILADELPHIA, SATURDAY, JULY 31, 1920



And Gives Some Delicious New Recipes for Various Kinds of

Croquettes-Some Tasty Sauces to Use Over Them

By MRS. M. A. WILSON (Copyright, 1980, by Mrs. M. A. Wilson, All rights reserved.)

THE art of deep-fat frying is little understood in the average home oday. Yet this method is not only the dependable, but it really is more healthful than sauteing. Sauteing is cooking foods in a hot frying pan with minimum amount of fat ; food cooked this manner is usually greasy, heavy

nd unsightly. Deep-fat frying is cooking the food persing it in hot fat at a temperre ranging from 350 to 400 degrees ahrenheit ; no given temperature fs artrary. Crullers and croquettes are at cooked at a temperature of 350 degrees Fahrenheit, while the French-fried onions and noodles and French-fried potatoes cook best in a higher temper

The correct utensil plays a very foods. A flat-bottom pan at least six inches deep is a proper utensil to use, with sufficient fat to cover the article to be cooked. Do not have the fat within three inches of the top. Now cooked. this method can be made most economi if, you will but learn to coat or ip the article properly and then main tain sufficient temperature to cook the food without letting it absorb the fat.

When cooking, do not place over four or five pieces of food in the fat at one time, else this will lower the tempera-ture and cause the food to absorb the Therefore, if properly managed, deep-fat frying is most economical. Be not to overheat the fat, and then strain it into a bowl after cooking. This fat can then be utilized again. As a matter of economy it will pay you to invest in a thermometer for frying.

ow to prepare croquettes, cutlets, for deep-fat frying :

After compounding the recipe, place me mixture on a shallow plate to cool and allow about two hours, then form into croquettes or cutlets and shape. Roll in flour, then dio in beaten egg and and then roll in sifted bread

crumbs. Now, the consistency of the croquettes or cutlets makes it either a dry, tastemass or a delicious creamy mixture t the epicures delight in. So it is that the epicures delight in. So it is necessary to have it creamy. Croquettes of cooked peas, lima beans, navy or lentils or soy beans are really delicious. Just simply wash one cup of the dried vegetables in three or four flour. brown and then add lukewarm waters and then drain. Place in a big earthen bows and cover with an abundance of warm water. Let soak overnight ; in the morning drain and place in a large saucepan and cover with cold water. Bring to a boil and cook for five minutes. Turn into a colander to drain. Return to the saucepan and Bring bring bring bring bring bring bring to drain. oil and cook slowly until cover with cold water. Bring quickly Strain. to a boil and cook until tender, then drain, saving the liquid. Rub through a sieve into a bowl and add

One large onion grated and rubbed through sieve. Que-quarter teaspoon of powdered

Four tablespoons of bread crumbs.

boil and cook for five minutes. and one-quarter teaspoons of One-half traspoon of white pepper.

Mix and then form into croquettes or cutlets; roll in flour, dip in egg and milk and roll in fine crumbs, then fry in hot fat until a golden brown. Garrish with parsley and serve.

A Standard Croquette Foundation

One cup of milk. Seven level tablespoons of flour. Place in a saucepan and stir to dis-Bring to a boil and then cook slowly for five minutes. Now add One tablespoon of grated onion. One-half teaspoon of onion estract.

THREE PRIZES will be awarded on Monday for the best menus for a dollar-and-a-half dinner for four people sent to the PRIZE MENU CONTEST The prizes are as follows: First. \$2.50

Second, \$1.00 Third. \$1.00 Rules: The foods used must b

staples and in season. Each menu just be accompanied by a sales slip showing the cost of all the materials. The name and address of the sender and the date must be dis inctly written.

Address all menus to Mrs. WILSON'S MENU CONTEST EVENING PUBLIC LEDGER INDEPENDENCE SQUARE

One cup of finely chopped ment for

neat croquettes. Two hard boiled eggs, rubbed through There are courses in interior deco-rating at the School of Industrial Art. Broad and Pine streets, and at the School of Design. Broad and Master streets. The course at the School of Design starts in the fall, but the other ierr, for egg croquettes. One cup of any cooked vegetable, well drained.

Turn on a platter and let chill could get in there, however, for it started the first part of this month and the classes are all filled. There is a three hours. Form into the desired either croquettes or cutlets shape. four round like a fishcake, then dip in flour and dip in egg and milk, roll in fine crumbs and fry until golden brown. the classes are all filled. There is a winter course there, too, which starts in the fail. You can get a catalog now if you apply to either of these schools. The full course in this work takes four years just like any other work. This line of work is not overcrowded. Some sauces to use with croquettes

and cutlets : Tartare Sauce One cup of mayonnaise.

One large onion grated. One-half cup of finely chopped pars

that sour pickle, chopped fine, Pinch of thymr. One-quarter teaspoon of mustard.

thee-half teaspoon of paprika. Mix and then chill and use. **Onion Sauce**

One traspoon of salt.

Place in a saucepan

One cup of milk.

chich regetables were cooked.

One-half traspoon of pepper One-quarter teaspoon of t Three cups of cold water.

A Vegetable Sauce

probably learn the proper combination, of colors and certain necessary knowl-edge of that kind, but there is a sense of values, a feeling for the correct-ness of things that you could never acquire if you didn't have at least a little Mince very fine sufficient onions to neasure one-half cup. Then place oneof it already in you, half cup of shortening in a frying pan. Add the onions and one-half cup of

thume.

To Clean the Sink to the Editor of Woman's Pape:

Cook until a deep mahogany Dear Madam-1 saw in the paper that Mrs. F. J. wished to know what will take stains from a porcelain sink. I have never tried your remedy, but I use One teaspoon of kitchen bouquet. lemon and sait. I just sprinkle coarse sait in the sink, and rub real hard with the lemon, which I have cut in half. I have been believed the lemon, which I have cut in half. I have been helped so many times through Stir to blend and then bring to a your page I thought I would send little mite CONSTANT READER. Thank you very much for the suggestion. It sounds as if it might be very good. And it wouldn't leave the dis-agreeable odor that kerosene does,

Wants Long Hair

think you can help me. I would like

to know how to get my hair long and thick. It is blocked. I am nine years

You have done the best thing to

make your hair grow long and thick.

When you are only nine, blocking your

hair is the best way to make if grow

Take good care of it and brush it out

well every night and in the morning

Wash it whenever it seems to need it.

but try not to do it too often, be-

cause too much washing makes the hair

dry and brittle. Keep it blocked as

long as you can, and see if it doesn't

get long and thick as soon as you let it

Interior Decorating

Dear Madam-Although I have never

before come to you for advice. I find a little of your help would benefit me greatly. Could you please name a few of the best schools in Philadelphia for a course in interior decorting? Is the fullon heavy for this course?

About over what period of time does this course last? Is this line of work overcrowded? Would you advise any one to follow this line of work?

although decorators are not in the leas

ainough decorators are not in the least scarce it is not a business to go into unless you have some artistic sense, how-ever, for you would never be suc-cessful against competition unless you have that to guide you. You could

to the Editor of Waman's Page:

LENORA.

E S

blo

grow

greeable odor that kerosene does, ither. I am glad the page has helped ou, and hope it will always have a tile something that will be new and One and one-half cups of stock in you. helpful to you. Two-thirds cup of flour. Stir to dissolve and then bring to a

Going to Be Married To the Editor of Woman's Page: Dear Madam-1 am a young lady ers going to be married about the middle of ed.

One and one-half teaspoons of salt. One traspoon of pepper. One-eighth traspoon of thyme. One-half cup of finely minced pars-

ley. Stir to blend and then bring to oil and remove from the fire and serve.

Sauce Fine Herbs Four onions. Three bunches of scallions. One bunch of paralcy. One green pepper. One red pepper. Add to the vegetable sauce with

Two tablespoons of butter, Tico tablespoons of lemon

COTTON CREPE FROCK The Woman's FOR HOT WEATHER Exchange



+++++

THE DAILY

This material stands dampness and salt breezes better than the crisp

organdie that gets limp so easily. Velvet streamers edged with net

plaitings trim this charming frock,

and a wide ribbon, tied in back, forms the girdle. The hat has a

straw brim and taffeta crow trimmed with a feather fancy

Dear Cynthia-Should a girl accept an invitation given through a young man to an informal evening party at another girl's home? L. L. If she knows the girl well and has had a message from her through the young man, it would be all right. But if she does not know the girl well, she should not go to her home unless in-vited by the girl or her mother.

Asks What "De Jure" Means

Please Tell Me

By CYNTHIA

It Depends

What to Do

Dear Cynthia—May I inquire why "De Jure" in his letter published last month refers to my liking a certain girl better than a roadster? You see, it's rather puzzling, as I've bars

Shall She Ask Him?

Dear Cynthia—You have helped others and now I am coming to you for advice. I have met a boy about three times and we have had fun together. He has never taken me home nor asked me out, but is always asking me to come and see his sister. (We are great friends.) When we met out he always had a girl and I was with a boy, so he never had a chance to ask me very well.

Now, I have a ticket for a dance and Now if have a ticket for a white me. I would like to ask him to go with me. I don't expect to see him before the dance, but do you think it would be forward for me to call him on the telephone and ask him to go with me? MARIE. It seems since you have only met this Dear Cynthia—I am sure you will advise me what to do. I am seventeen years of age and considered good-look-ing. Although young in years I am old in ideas. I do not run around to dances It seems since you have only met this boy three times, it would be better to let the first advances to friendship come

from him. Ask some one else to take you to this dance. It's never a good plan to run after a man, as it were. Let him do the seeking.

Dear Gynthia—May I spoil some more white paper to tell "A Man" to put on his chains, he is starting to skid? Listen "A Man." I did not say those who dis-agreed with me knew not of what they spoke. Look it up and you will see I'm right. Thought I might as well call time, for no one to date including your-self has proven my original theories wrong. Savy?

Savvy? I dared Now Cynthia, I love this fellow very much and my thoughts are always of him. He returned about a week ago. He saw me but never spoke a word to me. I believe he has heard about my people disapproving of my friendship with him through his relatives. I would like are much to resume our your answer to the question and I'll show you by some clean-cut logic that your ideas on the subject are all wrong. Now call my bluff.

Your tips are laughable. How won-derful that you are married and telling me where to buy oil. Refer you to a little treatise of mine on lubrication any time you are interested in the subject. Never, fear, Miss Right does not trespass on the highroad, she isn't born yet and I'm nearly convinced her mother is dead

broken? WEEPING. As you are very young and your parents disapprove, you would do welt to listen and not enter into an engage-ment with this man. At the same time he should be given the right to clear himself of their charges. DE JURE. Why not write to him and assure him of your friendship and ask him to come and see you? Then have a talk with have faith in him, but feeling as you are have faith in him, but feel as you are still very young you must wait till you are older before having any engagement.

PEG ISN'T "ENTERTAINED" UNLESS THERE'S A MAN NEAR

Her Friends Don't Invite Her to Visit Them When Men Are Scarce, Because They Know She Won't Enjoy Herself

"HOW'S Peg?" inquired the hostess for the week-end. "I'd love to have your feet—without a man to dance her down here, but there are so few wouldn't have a good time."

I wonder whether Peg would be hu-miliated if she could hear why she isn't invited? Would she really admit that she would prefer the hot, noisy, dusty city to the cool, quiet, clean sea-shore because there would be no man to fortering her if she wont to the sea. entertain her if she went to the seashore? Perhaps she wouldn't admit it, but her friends all know it.

Her idea of going on a visit is just of entertainment after an-

one piece of entertainment after an other. And that word "entertainment includes the idea "escort." She mig She migh girl prefers having a man somewhere within call when she's out for a good enjoy getting into her good-looking bathing suit and going out in the hot sun to play around for a while, and then plunge into that glorious, sparkling ocean-if she was sure that a masculine eye would see and admire the glint strong hand is there to pick you up again. It's undoubtedly more interhot sun on her wavy hair. would have to be certain of somebody esting to have a man to look admiring-ly at your pink organdie dress and hat who could throw a ball at her, and laugh because she didn't catch it; some-body who would race into the water after it, and then chase her, laughing, breathless and delighted, into the waves.

BARBARA always looked back upon

Becond. Barbara was up in her room with Eleanor seated in the wide window seat after breakfast the next morning. when Zella brought her a note. "It's from Kendall Randall," she said, her eves support with the said.

her eyes running quickly through it. "He wants to see you."

ten. And every girl knows that, although What is the fun of going bathing, she would think, if there isn't a man along to jump you over the waves and occa-sionally hold you under and make you "mad" at him for a while? girls can dance together and have a delightful time, there is bound to be a moment when the girl who is leading forgets that she isn't being led or doesn't quite know whether she wants to turn

"mad" at him for a while? Peg loves to sail, and you can't go sailing with any safety if there's not a man or two along, unless you hap-pened to be a seasoned mariner your-self; and, anyhow, the long, lazy, rest-ful "loafing" that you can do at the seaschere in the afterment descrit an or reverse. It's all fun, of course, but it isn't anything like so much fun as dancing under the firm, smooth guidance of a man. course it's more entertaining Of

time.

time.

reashore in the afternoon doesn't appeal to her in the least. Sitting on the beach, the porch or the pier watching the waves wave seems a sheer waste of time to her. And the evenings! Those perfectly good nights, with the breeze manless—seashore? sometimes to have a man to "play with." But is it worth the price of perfectly good invitations to spend the week-end in the breezy salt air of the clean, exhilarating-

The Marriage Trifler By HAZEL DEVO BATCHELOR Barbara Knight has never taken anything in life seriously and conse-quently her marriage to Keith Grant does not touch her very seriously, not enough to cause her to give much thought to it There is a wide differ-ence between her own and Keith's thoughts and ideas about life, but Borbara does not realise this until she hears of Keith's friendship with Katherine Newbery, his private secre-tary. Then all at once it is as though her eyes were suddenly opened, and she is forced to see her little sister Eleanor, influenced by the life she sees the shallowness of society, and she is forced to see her little sister Eleanor, influenced by the life she sees about her, almost make a fear-ful mistake.

although she had thought that there must be some of the little girl innocence left in Eleanor, had despaired of its ever coming to the surface, so deep was it buried under her hard sophistication, her blase manner. Eleanor Legged her not to tell Keith the truth of the matter and she prem-

thing but entertainment to reg. And entertainment doesn't mean anything if there ign't a man to make it. And so when her friends are living in a

place where men are scarce and there is nothing to do but just enjoy life they don't invite Peg to visit them be-

cause they know she won't have a good

There's no denying that it

more fun to have a man there to laugh

teasingly when an unexpected wave knocks you down-and you know his

when you go strolling off to afternoon

It's an unfortunate way to be.

Eleanor Legged her not to tell Keith the truth of the matter and she prom-ised. She put Keith off when he asked about it, and he did not press the mat-ter. He rather admired Barbara for keeping Eleanor's secret and he drow both girls up to town in his own road-ster. Now that they were going back to town, Barbara felt the burden of her own life and her own problems one own life and her own problems once more. That awful feeling of uncertainty gripped her again. of not knowing

stipped her again, of not knowing whather Kelth cared enough for her to justify her fighting for him. She realized a great many things now that she had never thought of much before. She sat in the car with Eleanors hand held in hers and thought about life.

they would be. Eleanor had a good At the same time he should be given he right to clear himself of their tharges. Why not write to him and assure him of your friendship and ask him to come ave faith in him, but feeling as you are ill very young you must wait till you te older before having you must wait till you

and Barbara turned and met the girls blue eyes "Let me come over and stay all night with you tonight will you?" Eleanor

asked. Barbara nodded. "We'll have an old-time talk," she said, with a little catch in her voice. It was something to have the old Eleanor back again.

wants to see you." Eleanor shuddered. "Oh, I couldn't. Eleanor shuddered. "Oh, I couldn't. Barbara. I couldn't speak to him alone." "Do you want me to see him?" "O. would you do that for me, would you?" Eleanor's tone was pathetically eager. And so it was that Barbara met Kendall Randall downstairs and heard him make his apologies. Monday-Bhrbara takes an Important step

Many teas are palatable

NOVELETTE AN ISLAND IN THE FAMILY wrong. By JOHN ELIOT WESTON SEATED in the couch hammock, Jean awaited the arrival of Porter Phil-She would be glad to see him, yet she dreaded the news he might bring relative to the passing of a certain bill. If that bill had passed, Jean would lose her island, with its pines and rocks and low, gray-shingled bungalow

** 1.2+

For certain legislators, become aware f the fact that most of the islands in of the fact that most of the islands in the lake were being held under "squat-ters rights," had proposed that all such properties be taken over by the state and made into a reservation. Only own-ers with clear titles would not be affect-ed. Jean had no clear title. Hark! there was the old Pipedream now! With a quickening of her pulse, she ran down to the landing. "Porter, I'm awfully clead to see you. Did the

home every evening, reading, sewing or crocheting. About a year ago I became acquainted with a soldier. I only knew him for a week when he left for a distant city. Before he left he asked me to correspond with him, which I did, and our corres-pondence was very regular. He was "De Jure" to "A Man' with him, which I did, and our corres-pondence was very regular. He was away about one year and three months. During that time my people learned of my affection for this young man and objected to my correspondence because they heard disagreeable things about his character. His boy friends and girl friends all think and speak highly of his character with the exception of a few, whom I believe do not like him. Now Cynthia, I love this fellow very much and my thoughts are always of

wrong, Savvyr About that love question I dared Billie, and T. B. P. by the way, and I dare you, I said I would blow their theories to pieces. Come on, variet, give theories to pieces the question and I'll

with him through his testime our would like very much to resume our friendship as before. Will you please advise me what to do as I am heart-WEEPING. Your tips are laughable. How won-

dead. Summing up, your letter was based on wrong ideas and is naturally in error.

WHAT'S WHAT

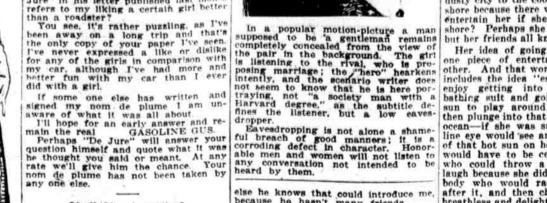
By Helen Decle

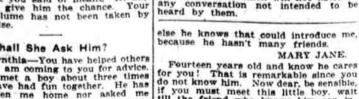
else he knows that could introduce me because he hasn't many friends.

Parents Do Not Approve

and clubs as other girls do, but sit at home every evening, reading, sewing

A Clever Idea





do not know him. Now dear, be sensible, if you must meet this little boy, wait till the friend who knows him can in-troduce him. But you would do much better not to think so much about boys. Take lots of good exercise and keep in the open air and grow into a fine, healthy woman. Then there'll be plenty of time to have beaus.

