# MRS. WILSON ADVISES DAINTY DISHES FOR SUMMER

And Suggests a Menu for Saturday Dinner and Three Meals on Sunday With This Fact in Mind

## By MRS. M. A. WILSON Copyright, 1996, by Mrs. M. A. Wilson. All Rights Reserved.

UGUST days bring a feeling of sur feit of the meat dishes and a natural nging for the nonheat-producing oca that are satisfying and cooling

nd that appeal to the eye. Many housewives fail to realize that the contact between the eye and the stomach is of the utmost importance. for if the food is appealing to the eye it promotes the appetite. facilitates the recess of digestion and promotes a reeling of good fellowship around the board, for no matter how grouchy or temperamental a member of the family may be, attractive food. served in a dainty and appetizing man-ner brings forth remarks of approval

So, with this fact in mind, we will plan a four-meal market list for the riday market basket, that will include Saturday evening meal.

SATURDAY DINNER Clam Broth Tomate Aspic with Rayagotte Sauce Deviled Egg Garnish Potato Salad

Coffee Peach Pudding SUNDAY BREAKFAST

Sliced Peaches ritters Bacon Garnish Squash Fritters Bacon Garman Sliced Tomatoes Coffee DINNER Cheese Canape requettes Parsley Sauce Eggplant Croquettes Parsley Sauce Boiled Potatoes Corn on Cob Tomato and Onion Salad Vanilla Sauce Blackberry Rolypoly Coffee

SUPPER Fried Tomatoes on Toast, Cream Sauce Rice Pudding With Sliced Peaches Tea

The market basket will require One-half dozen clams. One dozen eggs. One carrier of peaches, Two squashes. One-half peck of tomatoes. One large eggplant, One-half dozen cars of corn One pint of onions. One-half peek of potatoes. One box of blackberries. bunch of parsley. Three green peppers. Two heads of lettuce. One-quarter pound of cheese, One box of gelatin, bouillon cubes. One-quarter pound of bacon, One quart of vegetable cooking oil. And the usual weekly staples.

Tomato Aspic Wash and slice Five tomatoes. Two onions. Place in a saucepan and add Three cups of water. One bay leaf. Pinch of cloves.

Cook until the tomatoes and onions soft and then rub through a sieve add the two bouillon cubes. Som Soak half cup of cold water for one-half hour, and then add to the hot tomato purce. Now rinse large baking pan with cold water and turn in the mixture. et aside to chill. It usually requires three or four hours to become frm. When ready to serve, cut with a bis-enit cutter and place two rounds to-Mask with the ravagotte sauce and garnish with tiny deviled eggs.

## **Ravagette** Sauce Place in a saucepan

One and one-half cups of milk.

PRIZE MENU CONTEST offers three prizes for the best dollar and a half dinner for four people.

The prizes are as follows: First. \$2.50 Second, \$1.00 Third. \$1.00

Rules: The foods used must be staples and in season. Each menu must 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 distinctly written.

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

Beat to mix and then let chill and spread over the tomato aspic. Deviled Eggs Rub three hard-boiled eggs through a

sieve and then add Two tablespoons of grated cheese. One teaspoon of salt. One-half teaspoon of paprika. One-eighth teaspoon of mustard, One tablespoon of melted butter. Mix and then form into tiny eggs, Peach Pudding

Place in a saucepan One cup of flour, One tenspoon of salt. One tablespoon of baking powder. One-half cup of sugar. Four tablespoons of shortening, One cup of bread crumbs.

Beat to mix and then turn into wellgreased baking dish and bake in a mod-erate oven for thirty minutes. Serve with vanilla sauce. Squash Fritters Pare and grate two squashes and then measure the pulp, and if not sufficient, add enough cold water to make two cups. Place in a mixing bowl and add One and one-half teaspoons of salt. One-half teaspoon of pepper. Three cups of flour. One tablespoon of sugar. Four level teaspoons of baking pow Two well-braten cggs

Beat to mix and then fry in hot fat. or bake on a griddle Eggplant Croquettes

Pare and cook the eggplant until tender and then turn on a piece of cheesecloth and squeeze dry. Turn in a mixing bowl and add One and one-quarter cups of fin bread crumbs Two well-beaten eggs. One and one-half teaspoons of salt.

One-half teaspoon of pepper. One onion, grated. One-half cup finely minced paraley.

# roll in flour, then dip in beaten egg and roll in fine crumbs. Fry until golden

wn in hot fat. Blackberry Rolypoly Place in a mixing bowl Two cups of flour. One level tablespoon of baking powder. One leval teaspoon of salt.

L'ANT STATE The Woman's Exchange

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Wants to Reduce To the Editor of Woman's Page Dear Madam-I have read how you helped other girls and women in their different troubles, so I thought I would ask for your help in my trouble, I would like to know how to reduce a large bust. I am slim, but a big bust

Summer Baos

is the only sign of fatness on me. Also I would like to know of a cure for pimples, resulting from rich blood. VIOLET.

You would have to consult a physical culture expert for exercises that will reduce your bust. If you diet you would probably reduce all over, and you do not want that. Diet, however, would be about the best thing for your other trouble. You had better see a physician Adventures With a Purse more serious if it is not attended to NATURE has been proving that she immediately. In the meantime, keep

up your general health by eating wholesome, not rich or greasy food, drinking is confronted with the problem of what lots of water and getting plenty of to take for a wrap that will not occupy sleep, fresh air and exercise. One cup of brushed peaches, Two well-beaten eggs, Two-thirds cup of milk.

To the Editor of Woman's Page Dear Madam-What are the latest style summer bags? What will remove freckles without injuring the skin or complexion?

Should people clap for the organist in a theatre after he has finished playing? I never do. Beaded bags and taffeta bags continue

Beaded bags and taffeta bags continue to be in style for summer. Some of the very newest ones for summer are of white watered silk with ivory tops; but, of course, these are not practical for everyday use. Then there are some made of organdie ruffles that are sensible only for summer afternoon use with a light dress. The best and most useful styles are the beaded ones, either the oblong ones made of loops of beads or the round ones with a mirror set in the top or the usual silk ones that match your street dress. Lemon juice is very good for removing I would suggest is that if you are

Jour street dress. Lemon juice is very good for removing freckles and does not harm the skin. Then there are various creams on the market that are made for the purpose of removing freckles. Have you tried any of them? They are not harmful to the skin, either. to the skin, either. If the organist has given a selection during intermission or as a special feature of the show in a theater, it is considered polite to applaud, although this is optional, just as it is at any concert or recital. If he is simply play-ing during the movies, it is decidedly bad form to applaud.

Mix and then form into croquettes

## Surprise Packages

To the Editor of Woman's Poar:

Sift to mix and then rub in the

with a

340

with

in the

Photo by Central News

This is an interesting type of the

newest styles for fall. It is of

velvet, in cochin, the new golden

brown that is to be used so much.

with the front of the brim creased

same cochin

usually cool weather, and the vacationer

much room. I saw the answer to that

problem today in the form of a jersey

cloth sports coat, in tan, green or

cerise. These coats are the same length

as a suit coat, and worn with a light

skirt or dress are very smart. They

sell for \$10-which is less than half

A girl I know always carries hand-

color. Just a short time ago I told you of some that were priced at \$8 and something, wasn't it? And now I have seen some for \$5. They are perfect

beauties, and as you know are quite the

newest thing in bracelets.

their usual price.

A READER. A READER. ta bags continue -a habit I have rather envied, but have

in folds. It is trimmed

stripped peacock plumes

THE NEWEST STYLE

## DREAMLAND **ADVENTURES** "CHUMS IN THE WOODS" By DADDY

15:25----

CHAPTER V

Hunting Wild Candy ONESOME BEAR was feasting Li the blueberry patch on the top of the hill when suddenly he looked up and called to Peggy and Bully, who were among the dewberry vines not far away.

"How would you like some wild candy?" he asked them. Peggy and Billy had never even heard of wild candy. The only kinds of candy they knew about were the sweets they bought at the candy store or the taffy and fudge mother made at home on the kitchen store.

they were ready to change to wild candy. "Er-coof! We're going to hunt wild candy." called Lonesome Bear to Tod-die. "Would you like to come along?" "Woof! Woof! I'd rather hunt a beafsteak or a pork chop." barked Tod-die, turning away from his search for

snalls. Lonesome Bear led them from

Lonesome Bear led them from the berry patch to a sunny spot where the honeysuckle vines grew thick. Here he sat down as if to admire the beauty of the flowers. Peggy, Billy and Toddle Punkins sat down to watch him. They didn't stir or make a sound for they knew hunters often have to stay still waiting for game to appear, but finally Toddle Punkins grew a bit tired. "Is the wild candy in those flowers?" he asked. "And they taske good but not as good

"And they taste good, but not as good as real candy." said Billy, who had been nibbling slyly on a blossom, for the same thought had come to him as had caused Toddle Pupkins to ask his "Sh-sh-sh!" warned Lonesome Bear "Sh-sh-sh'!" warned Lonesome Bear. "The wild candymakers will hear you!" That warning sounded queer to Peggy, Billy and Toddie Pupkins. They looked closely at the honeysuckle vines. but they couldn't see a sign of wild candymakers. But they stopped talking and sat very still until of a sudden Lonesome Bear jumped to his feet and set off at a lively pace. "Come on." he murmured low. "We are on the trail of a candymaker and

To the Editor of Woman's roat: Dear Madam-May I come to you again for advice for a surprise party of six couples? My cousin and wife leave for a trip West the last of this month and we would like to give them a sur-prise and a royal send-off. What would you suggest for a surprise package for I was merely walking by the counters.

prise and a royal send on. What would you are interested. I speak of a sink said, you suggest for a surprise package for it was merely walking by the counters, them to open on the train, one package from each couple, to be opened on dif-ferent days, as dated on package? We would like some useful articles, also coup e de chine for \$2,657, and glistening the wild candymakers at work."

#### WE HAVE THE DESCENDANT The OF THE "CLINGING VINE" NOW Marriage Trifler By HAZEL DEYO BATCHELOR She Is the "Leaning Tower" and She Is Impossible to Get Copyright, 1920, by Public Ledger Co.

Away From-You Sit Next to Her in Trolleys and Trains

der to pull your chair up a little give her more room. That settled, you begin again on your A come between you. She walks

never allowed him to call her by her first name, and she never chatted with him in a friendly fashion. But this morning she did drop into the chair by his desk, she felt as if she had to tell some one about Bob. "I'm going to be married," she con-fessed a little shyly. "Katherine!" Keith's 'surprise was genuine.

"Katherine!" Keith's 'surprise was genuine. "To Bob Craig." she said raising her eyes to his. In their depths was the look that Barbara's eyes had worn when they had been alone together in the mountains. It was a holy look and yst radiant with winging dreams. At that moment Keith knew that Katherine hardly saw him, that Bob had suddenly appeared before her and stood there glorious in the illusions that she had woven about him. He knew suddenly that his splendid

He knew suddenly that his splendid friendship with Katherine would never again be quite the same. Life was that way, and all the while he was telling her how much he hoped she would be happy, his own thoughts were busily telling him that already there was a big difference.

(Tomorrow-Barbara finds herself

Sarah Bernhardt

It has been humorously suggested that by living so long, Mme. Sarah Bernhardt, the eminent French artress, is defeating her own ends, for she has already tested her coffin by sleeping

getting very hot and mixed up; just in order to pull your chair up a little

WOULD you like to be married to a person just because you

had been expected to from the time

you were ten? Would you find life

with that kind of a person very in-

teresting? That's what happened to

"CARELESS HEARTS"

the new serial story by

Hazel Deyo Batchelor

Start it when it appears on Mon-

day, August 9,, and find out what

It's Worth While

Kinney

Also

big difference.

the man and woman in

they did about it.

to give her more room.

### **Barbara** Remains Firm

No. We haven't many "clinging vines" nowadays, but we have the "leaning tower," which is a direct descendant and quite as hard to be fond of. You sit next to this species at the lunch counter and the chairs somehow seem to be very close together. You take your feet off the rungs of your chair and go to all the bother of drop ping your bag, picking it up, swiping your bat across the whipped cream of you fat across the whipped cream of your just the same. Darbara Kemains Firm The marrigae of Barbara Knight and Keith Grant has not turned out so well as was expected. Barbara thought too lightly of life to feel it mocessary to probe Keith's likes and dislikes. Consequently each wise and dislikes. Consequently each wise and dislikes. Consequently each wise and off for own way, Barbara doing so-olety fourishly and Keith looking to about for friends. It wasn't until Barbara heard of Keith's friendehly wolth Katherine Neubery, his private secretary, that she was brought up with-a sharp jerk and set to thinking. She eaw that Keith liked Katherine for certain qualities she possessed, qualities which she did not have, and suddenly she realized that what she wanted most was worth anything to her. Katherine had been fathered by Keith's attention into neglecting her other friends and most of all, Bob Grad, a newspaper man, who is in love with her. But after Katherine and Barbara meet, things change, and Katherine-realizes that she is how with Bob. She promises to marry him. That settled, you begin again on your interrupted sandwich. But your neigh-bor still seems to need more room. She is uncomfortably close to sitting on your lap and her elbow constantly scrapes your arm. As soon as the person on the other side of you leaves you yank your chair another inch or two along the counter, and there is a good four or

KEITH could not understand Bar-bara's refusal to take the Challoner house. To him it simply meant that she was foolish and wanted her own way. He could not know that she was entirely unselfish in the matter and that she wanted to do what would please him. Barbara could not tell him that, she was too proud. As Keith argued, it was silly not to room, really. She is a "leaning tower." No matter how much or how often you move she is right with you. If you moved five feet away from her she probably would lie down on the chair, so that she could rest some part of her-self on your lap! She sits with you sometimes on the train or the trolley. Always on a hot asit down without coming anywhere near you. You want all the air and open riding five minutes you feel the slightest

As Keith argued, it was silly not to settle the matter. They ought to be getting out of town immediately, every one had left, and to take the Challener

at the candy store or the taffy and fudge mother made at home on the kitchen store. "What is wild candy, and where do you get it?" asked Peggy. "Wild candy is the sweetest kind of candy," answered Lonesome Bear, "and it is found in trees. I cat lots of it. "I don't want it. mother. I've de-cided that it's too much of a responsi-builty." "Shall we go hunting for wild candy?" "Yes! Tes!" engerly shouted both Peggy and Billy. They had eaten a big meal of blueberries and dewberries and they were ready to change to wild candy." "Er-oof! We're going to hunt wild candy." "Woold Zoo II do the come over to find out what was wrong, was adamant. "I don't want it. mother. I've de-cided that it's too much of a responsi-builty." "At first you said that Keith did not want the piace, and now that Keith tells you to take it, that he wants it settled once and for all, you are holding out and acting foolishly about the entire thing. You must know that I have gone out of my way many times to help you and to set you on the right track. An older woman experienced in the way of so-clety is invaluable to a younger one just setting out."

"Oh, I know that, mother," said Bar bara, impulsively slipping her finger

into the older woman's carefully mani-cured ones. Marcia drew her hand away. She was offended. She thought Barbara whimsi-cal, and now she had Keith to support her in her belief. "Let's settle it once and for all." Bar-bara said firmly. "I don't want the Challoner place." "But what do you want, and where are you going? Have you anything else in mind?"

Barbara shook her head, and Marcia finally left her in high dudgeon. between his wife and his mother.

between his wife and his mother. Also he was plqued and angry now that he had made up his mind to go through with it, that Barbara would not take the Challoner place. Surely she could not hope to find anything better for her needs. "Very well, Barbara," she said in leaving. "If you will have your way, there's nothing more to be said about it. I think you'll be sorry when you've thought it over, and then it will be too Katherine came into the office, and he smiled at her as she handed him his mail. Something about her face was different. There was a radiance in it that had not been there before; it was as though a repressed power had sud-denly leaped into prominence.

"You believe that it isn't just a whim "You believe that it isn't just a whim with me. don't you, mother?" 'Barbara asked almost humbly. "Not unless you tell me your reasons." "I can't do that, yet." Barbara re-turned, and she was forced to let Marcia go with a decided breach between them.

turned, and she was forced to let Marcia go with a decided breach between them. All this had happened early one morn-ing before Keith had left for the office. and consequently when he got downtown he was still upset with the argument

"Come on." he murmured low. "We are on the trail of a candymaker and if we follow him swiftly we will find the wild candy factory." Lonesome Bear trotted along with his nose and his eyes up in the air in-stead of close to the ground, as was his usual way of hunting, and he went so fast the others had trouble keeping up with him. As they ran along Peggy and Billy strained their eyes to catch a glimpse of the candymaker, but the candymaker might have been a spirit.



