

MRS. WILSON PLANS FOR SUNDAY'S MEALS

Entire Menu, Consisting of Saturday Dinner and Three Meals for Next Day, Can Be Bought for Five Dollars

By MRS. M. A. WILSON

MOTHER frequently feels that this season of the year a lassitude that draws a deep sigh from her, for she must get something to eat for the family on Sunday, and unless she is careful to plan a menu she is apt to hear the family say, "Is that all for dinner today?"

Quite a few years ago I had the great pleasure to work with a dear thrifty Scotchwoman to whom the doctrine that the waste of a mickle was sure to lead to the want of muckle was a rule of her existence. Often-times she was sorely beset as to what to get for her hungry heirs and the man that she would plan a menu like the following:

SATURDAY EVENING MEAL Lamb Stew Browned Potatoes Stuffed Cabbage Tomatoes Stuffed with Colelaw Green Apple Pie Coffee

SUNDAY Breakfast Sliced Peaches Tomato Fritters Cream Gravy Hashed Brown Potatoes Radishes Coffee

DINNER Lamb Collops, Highland Style Baked Potatoes Baked Tomatoes Succotash Lettuce Coffee

SUPPER Cheese and Potato Omelet Tomato Salad Tea

For the four meals she would purchase Three and one-half pounds of broast of lamb.

One-half peck of potatoes, One head of cabbage, One-quarter peck of tomatoes, One quart of radishes, One quart of onions, One bunch of lima beans, in shell, Three ears of corn, One bunch of parsley, One head of lettuce, One bunch of carrots, One carrier of peas, One green pepper, for stew, One-half pound of cheese, One-half pound of butter, One-half pound of cheese, and the usual weekly staples.

To prepare the lamb stew and collops for the Sunday dinner, this dear little Scotchwoman today thinks that this is her master recipe. Wash the lamb and then place in a saucepan and cover with cold water. Now add:

One-half dozen onions, One bunch of carrots, Pare and cut the carrots in quarters. Cook slowly until the meat is tender and then lift the meat and vegetables into separate dishes. Strain the broth, which should be about three pints. Now return to the saucepan

One-half of the cooked lamb, All the onions, Place three cups of broth in a bowl and add:

One-half cup of flour, Two teaspoons of salt, One teaspoon of pepper, One-half cup of finely chopped parsley.

Stir to dissolve thoroughly and then add to the meat and bring quickly to a boil. Simmer for ten minutes. Now to dish on the service platter. Toast a slice of bread for each person and lay on the hot platter. Lift the lamb on the toast and lay the vegetables around the dish. Pour over the gravy and sprinkle with finely minced parsley.

Tomato Fritters Place in a sauté bowl:

Two and three-quarters cups of flour, One teaspoon of salt, Four level teaspoons of baking powder, One teaspoon of sugar, One and one-half cups of cold steered tomatoes, One well-beaten egg.

Beat to mix and then fry as for fritters in smoking hot fat or bake on the griddle.

Lamb Collops, Highland Style Remove the bones from the balance of the lamb which has been laid aside for Sunday dinner. Add:

Three and one-half cups of lamb stock, Stir to blend and then bring to a boil and cook for ten minutes. Then add:

One teaspoon of kitchen bouquet, One tablespoon of Worcestershire sauce, One-half teaspoon of salt, One-half teaspoon of pepper.

To serve, lay two collops on a service plate and crush slightly with a spoon and cover with gravy. Sprinkle with parsley and garnish with bread. Prepare Saturday and then baked and reheated for Sunday dinner.

Cheese and Potato Omelet Break four eggs into a bowl and then add:

Three tablespoons of milk, One teaspoon of salt, Three tablespoons of finely minced parsley.

Now rub three bell-peppers through a sieve and then add to onions grated. Place four tablespoons of fat in a frying pan and when hot add the potatoes and let crust over, then add the eggs. Shake gently until set and then fold and turn. Garnish with finely minced parsley.

Now it is possible to purchase this entire menu, including all the staples, for about \$5 or less, at the neighborhood where you purchase your supplies will largely determine the price you must pay. While it involves a little extra expense, it may be prepared on Saturday and the family will enjoy the novelty and change. So let us begin and shop around and see how we can, by the abundance of this early harvest, give our family good palatable food at a minimum cost.

MENU VERMA E. STEWART (Fifteen years old), 2912 West Lehigh avenue.

Wrapped Cabbage Boiled Potatoes Steamed Rice Spanish Salad Bread and Butter Tea Stewed Peaches SALES SLIP

One head of cabbage, \$0.18 One-quarter pound of cheese, \$0.13 One cup of buttered crumbs, \$0.08 One loaf of bread, \$0.10 One-quarter pound of butter, \$0.10 Four tomatoes, \$0.16 One onion, \$0.02 Two peppers, \$0.02 Vinegar, \$0.04 Seasoning, \$0.02 Potatoes, \$0.16 Sugar, \$0.02 Stewed peaches, \$0.13 Rice, one-half cup, \$0.08 Total, \$1.15

This is a splendid meal, but you know that both potatoes and rice are starchy foods.

Mrs. J. W. Bernicker, Riverside, N. J.

MENU Brown Veal Stew with Potatoes Stewed Tomatoes Butter Beans Tomato Salad with Pepper and Onion Bread and Butter Coffee Apple Pie SALES SLIP

One and one-quarter pounds stewing veal, \$0.44 One-quarter peck fresh tomatoes, \$0.10 One quart butter beans, \$0.08 One-eighth peck potatoes, \$0.10 Seasoning for everything, \$0.02 Tomato salad with pepper, onion and vinegar, \$0.09 One loaf bread and to thicken beans, \$0.11 Coffee, sugar and milk, \$0.15 Flour, and apples and sugar for pie, \$0.22 Gas for all, about, \$0.09 Total, \$1.41

Pot Roast String Beans Browned Potatoes Colelaw on Cob Bread and Butter Huckleberry Pie SALES SLIP

One and one-quarter pounds beef, \$0.48 One and one-quarter pounds medium size Cabbage for colelaw, \$0.05 One-half dozen corn, \$0.08 One-quarter peck string beans, \$0.08 One box huckleberries, \$0.22 One egg, \$0.06 Butter substitute, \$0.05 Total, \$0.99

THE PRIZE MENU CONTEST

offers three prizes for the best menu for a 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

Six onions, One-half cup of parsley, The carrots left over, Put through food chopper and then turn into a bowl and add the seasoning to taste and

One-half teaspoon of thyme, Two small cups of crumbs, One cup of fine bread crumbs, Mix and then lay aside until needed. Place in a bowl

Two cups of flour, One teaspoon of salt, One level tablespoon of baking powder

Sift to mix and then rub in seven tablespoons of shortening and mix to a dough with six tablespoons of water. Roll out one-quarter inch thick and then cut in four-inch squares; make ten squares. Divide the lamb mixture into ten even lots and then take between the hand and flatten like a thick oyster. Lay on the prepared square of pastry. Lay a thin slice of tomato over the collop and then fold the pastry as for apple dumplings, first wetting the edges of the pastry with cold water and then pinching together very firmly. Place in a baking pan and brush with milk. Bake in a moderate oven for thirty minutes. Serve with brown sauce.

Place one-half cup of shortening in a frying pan and add one-half cup of flour. Cook until a deep mahogany color, then add

Three and one-half cups of lamb stock, Stir to blend and then bring to a boil and cook for ten minutes. Then add:

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MENU Ethel Shaifer, (Thirteen years old), 5513 Baltimore avenue.

Beefsteak Mashed Potatoes Sliced Tomatoes Bread and Butter Cocoa Oatmeal Cookies SALES SLIP

Five potatoes, \$0.13 Three tomatoes, \$0.18 One loaf of bread, \$0.10 Bread and butter, \$0.10 Cocoa, \$0.05 Oatmeal cookies, \$0.05 Total, \$0.61

Ethel, you spend your money well. Fry again. Steaks are taboo, you know.

MRS. WILSON'S ANSWERS Dear Mrs. Wilson—Will you kindly publish a recipe as soon as possible for the famous champagne sauce so often served with lamb? I believe there is no liquor used.

MRS. B. J. D. Use elder. Place in a saucepan (level measurements) One and one-half cups of cider, One-half cup of brown sugar, Three tablespoons of cornstarch, One-half teaspoon of cinnamon, One-half teaspoon of cloves, One-eighth teaspoon of nutmeg, One teaspoon of vanilla.

Dissolve the starch and then bring to a boil and cook slowly for five minutes. Now add Two tablespoons of vinegar.

Dear Mrs. Wilson—I have heard of a new product called supercream. Would you be kind enough to give me the full information about it? Is it real cream? I am very anxious to learn about this product, as I think it would be very convenient for all occasions, especially for the fine table cream. Send for booklet giving instructions and recipes. Supercream is an all-weather cream 24 per cent butter fat and is a concentrated cream. Will keep until used. Dilute with equal parts of milk now that fruit is in season. L. M.

DAINTY AND COOL

And what more do you want of a summer evening dress? It is made on becoming lines, with the white embroidered net draped just a little to give the necessary idea of bouffancy at the hips. The front of the bodice and the skirt are heavily spangled with pearls.



Photo by Joel Feder, Central News.

CARELESS HEARTS

By HAZEL DEVO BATCHELOR (Copyright, 1920, by Public Ledger Co.)

LUCK IS WITH DIANA Diana once told Long, after dining together for three years, finally deciding that love, as the poets wrote it, had never been there. They had missed the thrill in life, because when they were married they had known each other from childhood. So they decide to get divorced, strictly and unemotionally and directly after it is all over. Diana drops out of the old circle of friends.

AND so it was that Diana passed definitely out of Julian's life. As he thought it over, he admitted to himself that he hadn't expected quite this. After all, Diana had been his wife for three years, and he was expected to provide for her, to see her occasionally. He had not dreamed that she would take matters into her own hands and disappear in this fashion. It troubled him. It took something out of his life, something in-genuine, because it cost him feeling for Diana, and he couldn't have told her he should have any feeling toward her when she was gone.

After all Diana had matters taken out of her own hands as far as her work was concerned. She had been settled in her new flat in the apartment for several days during which time she had been trying to map out a career for herself. She had never had any work, and she had collided with a gray-haired woman who was hurrying along with bent head, but she had never looked at her. She had seen her next minute, were shaking hands and uttering soft little ejaculations and she had not had time to wonder what they had not met in some time.

"Rita Graves," Diana exclaimed delightedly. "The other woman said quickly, 'It's Madame Naldi now, have quite a new name. I remember that you used to have a lot of talent with clothes. I wish you didn't happen to wear a job do you?'"

Diana gasped. "Are you serious?" "Of course I am, but heaven, I didn't think you would be," taking in Diana's smart street clothes with a practiced eye. "Aren't you lovely?" she said. "Oh, I'm not, it's a long story. Rita, but we didn't make a go of it. There wasn't any feeling, but she was so shrewd, so we decided to break it off."

Rita Graves nodded her head quickly. She understood in a moment, the manner in which she said, "I think this is a woman who was willing to accept the situation as it couldn't allow Julian to go on paying my bills, and besides I didn't want to run the chance of bumping into her when she was looking at me. I moved downtown, and I have only just begun to wonder what I could do to earn a living. My apartment is just a few blocks down. Let's go there and have tea. Have you time?"

Rita Graves nodded, and fifteen minutes later they were in Diana's pretty little living room talking over the situation. "My chief designer has left me and I can't try one out in her job. I can get your clothes fixed to nothing if you buy from the establishment. How about it?" And Rita's kindly eyes, she had always liked this tall, unusual looking girl. They had met in the street, she had had typhoid fever and she had gone back to a mountain camp to get well, and she had met Rita. Rita was a family to each other, perhaps because they were so different. Rita was somewhat more than Diana and there was a strain of worldliness about her that had

impressed the younger woman. Diana had never thought of talking about Julian to Rita simply because she did not actually care for Julian any more than she did for any of the other men in her life. She had known him longer and she knew that some time she would marry him, but at that time no engagement had been made. She was glad that Rita had never met Julian. It made things so much more comfortable all around and she responded eagerly to Rita's offer to try designing.

"If you think I can do it," she finished. "Do it? Of course you can do it. Do you remember that little white lace dress of mine that you combined with an old black taffeta skirt into the most Frenchy little thing imaginable for that impromptu dance?"

Diana nodded. "Well," said Rita briskly, rising. "I must go. I was on my way uptown. When do you want to begin? Monday? Why don't you run in before then just to look over the place? And she handed Diana a card.

"I'll come in tomorrow," promised Diana. "Madame Rita Naldi," she read holding up the square of pasteboard irresolutely. "I'll try to live up to it, Rita."

(Tomorrow—At Madame Naldi's)

A NEW FRENCH MODEL OF DISTINCTIVE LINE

A Daily Fashion Talk by Florence Rose DESIGN IS IMPORTANT. It is important to have clothes that are made of becoming colors and it is important to have clothes that show careful workmanship. A frock or suit to have the right look must also be free from cheap trimmings. Far better have it severely trimmed than cheaply trimmed. Better a blouse without any lace at all than one with the cheap imitation variety.

Those things are all important, but now more than ever before we realize the importance of high-grade materials, fabrics of real quality. We realize this especially now because the high prices have made it necessary for clothes makers so often recently to make use of cheap, shoddy-looking materials of a sort that would not have been thought of some years ago.

And quite often the thing that makes the difference between the suit at \$70 and the suit at \$150 is simply the quality of the material. And you do not have to feel of it to note the difference. High-class velvet, for instance, hangs differently from the cheap variety. A good quality navy blue serge has a soft, shaggy nap, and a cheap serge can never have the color actually seems to depend on the weave and texture of the goods.

(Florence Rose will help you solve your clothes problem. Send addressed envelope care this newspaper.)

The Question Corner Today's Inquiries

1. What convenient means of giving directions to strangers is being used in London? 2. How can a bread board be made clean and white? 3. Describe a comfortable "pen" for the lady to play in out in the air on summer mornings. 4. How can time be saved in the drying of a grater after washing? 5. What new type of salt cellar is easy and convenient to use? 6. How can paint brushes that are too hard to be softened with turpentine be cleaned?

Yesterday's Answers 1. A convenient device that saves time and trouble in emptying refuse into the garbage can is an auto attached to the lid of the can which turns and lifts off the lid in response to pressure on the paddle at the foot of the support.

2. A pretty bathing suit is decorated with two gracefully curved fish in contrasting colors applied on the sides. 3. A striking, dainty pillow for porch or garden is made of diagonally barred cretonne, in the shape of a basket, with flowers applied on the top.

4. An eyeshadow dropper that no longer "drips" can be covered with shirred silk, equipped with a ribbon loop, and hung up to be used as a bathin holder. 5. A novel skirt that can be worn in two different styles has a long shape in the back which may be looped up and tied with sash ends in front, or pulled up to the waist between the feet in front and tied in back, to form a "harem" skirt. 6. A new rolling pin of glass, which can be filled with cracked ice, makes good, light pastry possible in hot weather.

This charming frock with its wide, high collar and big sleeves is made of tan velours, elaborately embroidered in bright blue silk. The hat worn with it is of blue satin that matches the embroidery, with a tan feather fancy at one side

Please Tell Me What to Do

By CYNTHIA

Wants to Dance Dolly—There are very good dancing schools and teachers in this city. They charge reasonable amounts for tuition. Most of the teachers have night classes. Read the advertisements in the daily papers and write to the various schools for particulars.

He Is Twenty Years Older E. M. G.—You are still very young to decide, but you owe it to the man not to discuss it with all your friends. Tell him the truth that you think you love him, but on account of the difference in age would like to wait a year or two to be sure. If he is satisfied with you and your parents are, it is the business of no one else.

How to Make Friends Dear Cynthia—How can I make and keep the friendship of some decent, jolly fellows?

I love to dance, and know how, too. I can play a little on the piano and give quite a few gatherings. I am not bashful; neither am I noisy. I am a girl's friend. My girl friends are all different types, although we always travel together.

Always Be Upright, Kind and Polite to the boys you meet. Be friendly to them and never repeat what they say, nor make fun of them. You'll soon be very popular.

Keeping Company Eighteen Months Dear Cynthia—I am a daily reader of your column and certainly can say I enjoy it very much. I have some of the questions that arise in same.

Now I am coming to you for help and I know that I am a girl's friend. I am eighteen years old and am keeping steady company with a fellow three years my senior. He is a very nice fellow and keeps company with him, but said nothing in reference to matrimony. I consented to go to college with him, but he did not go for approximately eighteen months. We both go with a crowd of young people, but he has no attention to this other girl, but if I am not around they just have a glorious time. Now, Cynthia, what shall I do in this case, where a young man wants my company and yet is not fair? Shall I let him know that I am not interested in him, but I think that all he wants her for is a good time, not because he likes her.

Does it not go to show how mistaken this fellow is in his estimate of me? Do you get it? You are not engaged to be married and have no right to do that. On the other hand, why should a man not flirt and have fun with any girl he meets? It is his right. I think another? You would do well to stop the company keeping at once.

Dear Cynthia—Tonight, while clearing dead matter from my files, I ran across some mementoes of my early days. I was a member of some of your readers. Some years ago, while still young and somewhat foolish, I had a girl friend. She was really really worth. Since money is really a standard for comparison, I was glad to see this. The method was simple, several fellows were given a list of names of the girls, that is, their ages, types, nationalities and religions. I found that the girl I was in love with was not on the list. I found that at a certain point in the experiment a fellow was often wrong in trying to find out the name of the girl. He was right in trying to find out the name of the girl. He was right in trying to find out the name of the girl. He was right in trying to find out the name of the girl.

And, lastly, there are the rubber aprons for grown ups. I cannot speak for you, of course, but as for me, I cannot wash dishes or have my hands in water five minutes without finding the entire hand sore and stinging. Which is annoying and hard on the dress. These aprons are just like those for the little people only they are grown-up size. They, too, are dark, so that they do not soil easily, and they have a long front and a large protecting bib. Their price is seventy-five cents.

Human-Curios A Man at Six With the exception of an extraordinary appetite, which could be satisfied only by large quantities of rice, bread, chestnuts, bacon and the other simple fare of the French peasants, Jean Diarmid, a native of Bouzouquet, in France, appeared to be a perfectly normal child until he reached the age of six. He had a habit of sucking his thumb, however, he commenced to grow with extraordinary rapidity, and at the age of five, he was six feet six inches tall. He had a head in proportion to his height, and he was very strong. He was very strong. He was very strong. He was very strong.

Monday—Mary East Livable Porches You can make your porch livable no matter how tiny it is—a canvas wicker couch, hung from the ceiling and adjusted as possible toward the end, being as possible to give space, and piled with cretonne pillows, one or more wicker chairs, positively without a porch is small and preferably always without them, as armchairs, without rockers, are now being made so that they are more comfortable than rocking chairs, and they are in much better taste. They, necessarily, the rest of the furniture may be of the folding kind, tiny camp chairs with backs and a table, a pretty material, a folding Japanese table, for tea, cards or flowers; a few extra pillows for people to sit on if you are not present the cozy, homelike things may be kept out of the way when not needed. The porch may be furnished with its color scheme, its cushioned chairs and wicker furniture, and the most luxurious porch imaginable.

WHAT'S WHAT

By HELEN DECIE



Inquisitiveness is one of the 700 deadly sins of ill breeding. Unless we are hired detectives we must not seek to know more of the affairs of others than they choose to divulge to us. The woman who asks personal questions solely for the sake of ferreting out the innermost feelings of another is guilty of a peculiarly vicious rudeness which should be rebuked at once.

Well-bred men and women never ask personal questions. Also, their training enables them to parry this form of discourtesy with a sarcastic humor discomfiting to the Paul Pry tribe. Thus, in the drawing, Madame Fry usually objects to attack the young and the sensitive who have acquired the larger offensive weapons of sophistication.

Making More Money There's no doubt that you have the knack of trimming hats, but you certainly don't expect people to motor way out here to buy them, do you?

That's what the residents of Summer, Wash., said to Mrs. Jane McEwie when she found it impossible to get something to her income in order that her boy might continue his college course. She knew by experience that she could make millinery, but there weren't enough people in and around Summer to buy them, do you?

Her first move was to get one or two friends in Tacoma know that she was doing a little extra work at home and would be glad to supply their hats at a more reasonable figure than they could buy them "in town"—simply because her overhead was not great and she was doing it all herself. These friends made purchases and told other people about the venture. In spite of the needs of her patrons, in the city, she built up a brisk trade in hats at country prices, specializing in models designed particularly to fit the individual needs of her patrons. In the city, she built up a brisk trade in hats at country prices, specializing in models designed particularly to fit the individual needs of her patrons.

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Clothes for Labor Day To the Editor of Women's Page: Dear Madam—Being a constant reader of your page, I would like to ask a few questions. I am a girl of eighteen years of age. My hair is fairly long, but very thin. Would having my hair cut short or the bobbed fashion help to grow thicker? Bobbed hair would be very becoming to me, I am sure. Is bobbed hair still considered the style of the day?

Cutting the hair is very beneficial, and if you have to wear a hat, it is better to have it cut short. It is better to have it cut short. It is better to have it cut short. It is better to have it cut short.

Entertaining Girls To the Editor of Women's Page: Dear Madam—Will you please give me advice about my exercise? If you take different exercises and eat proper food (not pastry) and do those things a good complexion requires, will you become stout?

I am a girl thirteen years old and would like to know ways of entertaining girls when they come to my house. I always converse with them or play a few numbers on the piano. I don't know what else to do.

You may become a little stouter if you take exercises and eat wholesome food, but not too much. You may become a little stouter if you take exercises and eat wholesome food, but not too much. You may become a little stouter if you take exercises and eat wholesome food, but not too much.

Entertaining Girls To the Editor of Women's Page: Dear Madam—Your kind advice has helped me before, so here I am again. I am fifteen (that is, will be this month) and am rather stout, but especially about the hips and abdomen. What can

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"I'M NOT SUPERSTITIOUS," WE ALL CLAIM VALIANTLY

But Just the Same There Are Certain Things We Don't Like to Do—Today Is Friday, the Thirteenth