FRIDAY MARKET BASKET BASED ON INDIAN LORE

Mrs. Wilson Gives Recipes for Dishes Honored by Aborigines, When Vegetables Were Plentiful

By MRS. M. A. WILSON ight, 1928, by Mrs. M. A. Wilson, All rights reserved, DEPTEMBER markets are showing n abundant harvest and the true of vegetables is just reveling in luxuriant tastiness.

tells us that the Indians planted their corn and vegetables and cultivated them closely until late in July, then they left them standing in the ground and journeyed to the sea-shore to bask on the bosom of the sea: shore to bask on the bosom of the sea; they returned early in September for their fall festivities or autumn har-vest thanksgiving to the great Spirit for His abundance. Hence, today, I am bringing to you, for the Friday Market Basket, two old Indian dishes. Try them and you will like them immensely, I am sure.

A Suggestive Menu includes Saturday evening inher; three means of

SATURDAY DINNER

Tomatoes French Dressing Coffee Chilled Cucumber

SUNDAY BREAKFAST Sliced Peaches

Corn Fritters Sliced T Boiled Sweet Potatoes Watercress Coffee DINNER

Clear Tomato Soup Pudding Parsley Sauce Corn Pudding Parsley Sauce Baked Sweet Potato Pone Lima Beans Lettuce

SUPPER let Fried Corn and Sweet Potatoes Tomato Salad Sliced Peaches

MONDAY

DINNER Radishes
Corn Custards Parsley Sauce
weet Potatoes Baked Tomatoes Corn Custoes Bakeu Shind Cucumber Shind Coffee

For a family of six or seven the teapest and best method of purchasing food for Friday until Tuesday will be by the basket. The market basket

One basket, or four dozen ears of One basket of medium-sized sweet

One basket of peaches.
One peck of tomatoes.
Two heads of lettuce.
One large or two small cucumbers,

One-quarter peck of onions. One watermelon, Tico bunches of radishes.

One bunch of parsley.
One-half peck of lima beans,
Two pounds of fish.
One and one-half dozen eggs. One-quarter pound of salt pork. And the usual staples that are pur-chased semimonthly.

Corn Fritters

Scrape the pulp from three large medium-sized ears of corn. brown them and add One small onion, minced very fine, Three-quarters cup of milk,

The winners of the PRIZE MENU CONTEST

for last week have been appounced Three prizes are offered each week 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 nust be accompanied by a sales slip showing the cost of all the ma-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

One-quarter cup of finely minced paraley, One teaspoon of salt,

One-half teaspoon of pepper, One egg. One and one-half cups of sifted flour, One level tablespoon of baking

Beat to mix and then fry until golden brown in deep fat or bake on a griddle. Peach Shortcake

Place in a mixing bowl Tico-thirds cup of sugar, Five tablespoons of shortening. One egg. Cream well and then add

Two cups of flour, Four level teaspoons of baking powder. Seven-eighths cup of milk,

One level tablespoon of baking Beat hard to mix, then turn into well-greased deep layer-cake pan and bake for thirty minutes in a moderate oven. Cool and then split and fill with crushed and sweetened peaches. Cover the top with sliced peaches and dust

with pulverized sugar Corn Pudding Grate the corn from six ears of corn then place in a bowl and add

One-half cup of fine bread crumbs. One-half teaspoon of grated onion, Three tablespoons of finely minced

parsley,
Well-beaten egg,
Two tablespoons of melted butter. Beat to mix, then butter five custard cups and turn in the prepared mix-ture. Set the cups in a baking pan containing water and bake in a slow oven for thirty minutes. Remove from oven and let stand for a few minutes. Loosen the edges of the pudding from the side of the cups and turn out on a slice of toast and cover with parsley

Baked Sweet Potato Pone Wash the sweet potatoes, then cook until tender, drain, remove the skins and mash. Season with salt and pep-

One teaspoon of salt, One-half teaspoon of pepper, One and one-half cups of milk. Two tablespoons of melted butter.

Beat to mix and then grease six custard cups and pour in the mixture. Set the cups in a baking pan containing water and bake in a slow oven until the custards are firm in the center.

Menu Contest Honor List

Mrs. B. Budgen 19th st. and Sedgley ave.

None of Choice
Potatoes
Combination Salad
Bread and Butter
Baked Ment Lonf
Stewed Tomstoes
Peach, Cottage Pudding
Ten or Coffee SALES SLIP pounds at eighteen cents coatoes, one-eight peck

omatoes, one-eight peck extuce, per head Vineger Sugar, one pound Sugar, one pound Peaches, one-eighth pound Milk, one can Flour, one-balf pound Bread, one-half loaf Butter, one-eighth pound Incidentals, gas, etc.

> Mrs. Rose C. Powell 448 W. Glenwood ave.

Pot. Rosst Beef
Baked Potatoes and Gravy
Corn on Cob
Stewed or Sliced Tomatoes
Homemade Apple Pie
Tea or Coffee
Sugar and Milk
Bread and Butter

SALES SLIP one-half pounds pot reast

me-made apple ple

Mrs. F. Swartley North Wales, Pa.

Fried Tumatoes orn Lima Beans Salmen Salad Bread Butter Iced Tea SALES SLIP

Ellen Cahill Berreyn, Pa.

Beef Stew With Garnish of Carrots
Steamed Sweet Peppers Stuffed With
Rice
String Beans Bread and Butter
India Relish
Apple Pie With Vanilla
Ice Creum Coffee

SALES SLIP Four peppers One-third pound rice String beans One-third losf bread One-quarter pound butter Home-made relish One-half pound flour .\$1.50 One-nair pound noor One-quarter pound lard Apples One-quarter pound sugar

MRS. WILSON'S ANSWERS

Dear Mrs. Wilson-I am very much interested in your recipes in the paper and find good results from them, so will you please let me know through the paper how I would jar beets? I have so many in the garden and cannot use them all. Just jar them, not pickle them, I mean, I jarred some beans, but some of them have gone bad. If not asking too much, will you kindly let me know how to jur spinach also?

CONSTANT READER. To can beets wash the beets and then cook until tender. Cool and remove the skins. Fill into jars and cover with boiling water, using one teaspoon of salt to every quart of water. Adjust the rubber and lid and partially tighten. Place in hot-water bath and process for one-half hour. Remove the jars and then seal and cool. Dip in melted caraffin and then store in a cool dry paraffin and then store in a cool, dry

wrench or pair of pincers, for large, light articles. Short sleeves are worn in the street without long gloves, but it is much better form at least to See issue of August 16 for string-

THE SILK DUVETYNE HAT Please Tell Me What to Do



The small upturned hat is still in vogue for the fall. If you like to wear a face vell, this kind of hat is just the thing. A novel motif to this hat is the steel and metal bead ornament which is placed at intervals around the brim.

Tomorrow-A Woman's Way

Making More Money

Uses of Passepartout

CARELESS HEARTS

By HAZEL DEYO BATCHELOR

Constance Loring

Diana and Julian Long, after three years of married life, decide to separate. Theirs has been a marriage based on a friendship of long standing, and they had missed the bio thrill of life. Immediately after the divorce, Diana, determined not to allow Julian to provide for her, takes a position as chief dealgner with a fashionable-dressmaking establishment. After a time both Julian and Diana meet other men and women and make interesting men and women and make interesting friendships, but romance does not put in an appearance. Diana's friend-

Graw and the other one of Constance Loring. Hortense had seemed to have an almost uncanny brilliance about her that night. She flushed and sparkled, and there was that look in her eyes that women wear when under a strong emotion. Bill McGraw was big and heavy set, and with a certain attraction about him that even Julian admitted. He was evidently used to dominating women and Julian saw that his feeling for Hortense was based largely on the fact that her type was strange to him. It was interesting to watch them together.

As for Constance Loring from the

As for Constance Loring from the time when Julian had first met her strange light blue eyes, he had been instantly attracted by her. She was tall and very slim with black hair which grew so thick on her head that it seemed almost too heavy for her slender white neck. She was very graceful every movement was a delight to watch, and afterward, when Julian had walked back to her hotel with her, they had been drawn together by a common interest in Hortense.

10 or awn together the college, and the

"He's extremely likable."

"Yes, and the only type that could ever attract. Hortense. I am convinced of that."

"And yet he won't make her happy."

"She'll he happy, but never contented, I den't know but what it will be best for her to seize her moments of happi.

The Question Corner

Today's Inquiries

and lucrative method of making a good living.

"Prairie Flower," the girl in question, was the daughter of an educated Indian. She had made application for a position at the store of the distressed merchant and had been informed that there was no opening at the table of the distressed merchant and had been informed that there was no opening at the store of making a good living.

"The Question Corner of the distressed merchant and had been informed that there was no opening at that time. On the way the should should be making a good living.

"The Question Corner of the distressed merchant and had been informed that there was no opening at that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store of the distressed merchant and had been informed that there was no opening at the store

Today's Inquiries What glass utensil is a help in

making lemonade?
When fudge is being made to be sent away, how can it be guaranteed to arrive in unbroken con-What is the best thing to use for bowls and vases in decorating for

4. How can a pretty lampshade be made for the bedroom electric When crocheting or doing any needlework that is apt to make the needle run into the finger, what protection can be used? How can the full, gathered crown

of a silk hat that is out of season

church fair?

Yesterday's Answers In preparing the hem of a dress for sewing, time can be saved by pressing the hem in instead of

basting it. Cotton batting covered with mus-lin makes a satisfactory surface for an ironing board.
A convenient device for the cigarette smoker is a small trough

filled with tobacco, and fitted with a bandle which turns the tobacco into a paper placed in position, leaving nothing but the finishing touches for the smoker to do. A ratt-cracker makes a satisfac-tory substitute for a monkey

carry the gloves.

Warm food, or a warm dish, should be cooled before being placed in the ice chest.

By CYNTHIA

her after six months or mer, cell her do.

Wants to Take Him From Another

Dear Cynthia—I would like to have react the self of the self that any sum girl search to early a year. He made a date with me one evening and there would not have to the port of a houseman. There is something up and i didn't go, when I puss he looks up and smiles. So them, of a group cut with him again. His girl sure is a vanne—the way she paints girl sure is a vanne—t

Asks Explanation of Cynthia

Dear Cynthia—(Hope you'll pardon me for calling you "dear"). Yes: I'm masculine gender; and thereby hangs this tale.

While looking over your column last night (and, by, the way, it's a nightly occurrence). I came across the letter of one who signed herself "Worried." In your answer to her you said it was a mistake for a girl to seek after any man (exact words). As I said before, I'm masculine; and I'd be very much relieved—that is, I mean enlightened—if you'll teil me why it's a mistake (no: I'm not joshing; it's a fact). I can't seem to see it your way; also I'm from Missouri. Eh! what! DISTRAIT.

Cynthia rather doubts that you are a man. If you were you would know that man likes to do his own seeking. And it is always a mistake for a woman to seek a man, obviously. Of course, if she is wise she will bring things about to put him in the way of seeking her; but also if she is wise she will never let him or any one else know.

A man likes to find out for himself him or any one else know.

A man likes to find out for himself that he loves a woman.

Photo by Joel Feder.

Vogue for the fall. If you like to is just the thing. A novel motif to rnament which is placed at intervals the brim.

Dear Cynthia—I have read "Mr. N. L. M.," you are knocking the girls from Pennsylvania, New Jersey and New York, I'm a girl from New York, and I hate to have a stone thrown at mebecause I'm from New York, and I hat to have a stone thrown at mebecause I'm from New York, New York girls are just as good and just as spretty as the girls from New England, and just as sensible, too. And I'm quite sure that more than half of us girls are not looking for a "meal ticket" for life, We want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a home, of course, and a "happy home" for life; want a man to give us a ho

Just how and what shall I do, or what could be done to have our friendship complete, as I do not want to be separated from him?

ELLA W.

This man is not free and has no right to show you attention. Whether he intends to live with his wife again or not is his affair, not yours; but it is your business not to encourage the friendship of a married man. of a married man.

Adventures With a Purse FOR a long time now, a certain little cleaning pad has been very popular, due both to its convenient and quick way of taking spots from dark clothes, and to its reasonable price. It is no bigger round than a fifty-cent piece, and is about three-quarters of an inch thick. One dampens it, rubs it on the offend One dampens it, rubs it on the offend-ing spot, and, presto! the spot van-ishes. This spot-cleaning pad now comes in an improved form, having a little stiff-bristled brush attached to it. I would not be without one of these pads myself, and I can heartily recom-

mend it. Think of its convenience-no bothering with a strongly scented clean-ing fluid, no trouble whatever. Its price is twenty cents. It is said that a woman generally tells her husband everything. I am not

money due.

"You needn't pay me a cent unless I get it," she added, "and then I only want the regular commission, together with the promise of additional work of the same kind in the future."

"If you can make Smith come through," declared the dealer, "you'll have all the collection work you can handle. Go to it!"

Less than a week later Prairie Flower came in with a check for the major portion of the Smith debt and a note for is having a sale of athletic union suits. Less than a week later Prairie Flower came in with a check for the major portion of the Smith debt and a note for the remainder.

"It wasn't hard." she explained. "The first time I called I wore civilized first time I called I wore civilized to the next clothes and was rebuffed. The next clothes are clothes and was rebuffed. The next clothes are clothe real bargain. Embroidering dresses for the small baby is like taking three steps forward

the remainder.

"It wasn't hard." she explained. "The first time I called I wore 'civilized' clothes and was rebuffed. The next time I wore my Indian costume and casually informed the neighbors of my mission. My third call was my last, for I was followed by such a crowd that Mr. Smith did not dare refuse me. The same method will work with equal ease on others."

It did—and Prairie Flower never has same method will work with equal ease on others."

It did—and Prairie Flower never has to make more than one call in her "war paint" to secure the payment of past-due debts. What's more, her commissions give her an excellent income.

Tomorrow—The Woman Who Started at Sixty

Tomorrow, and if one buys wisely one can get them at surprisingly low prices. can get them at surprisingly low prices. I know of a shop that has cunning little dresses for babies for \$2.65 and \$3.35. Keep several rolls of passepartout binding in different colors in your kitchen cabinet. It makes neat labels for fruit jars, spice-boxes, or jelly glasses, and is good to mend the sugar or flow sack that has became broken. It will answer in place of string in binding up a wound. Cut small plece, moisten slightly and paste over end of dressing; it is firmer and neater than string. It is equally convenient in the desk, where it can be used to mend papers, books or magazines. It also makes a nice way to mount your kodak pictures. Get the binding the same color as the leaves of your album, paste a small triangular and it will hardly be noticed. It saves putting paste directly on picture, which sometimes discolors or causes them to wrinkle. You will find new uses for it every day.—Modern Priscilla.

WHAT'S WHAT By HELEN DECIE



Acknowledging Letters Letters offering dogs to Mrs. H. C. F. have been received from J. S. C., Phoebe A. B. and Mrs. O. J. K. They will be forwarded to Mrs. H. C. F.

Wants Matrimonial Magazine

the Editor of Woman's Page: Dear Madame—Would you kindly in-form me through your column if there is a matrimonial paper or magazine pub-lished, and if so, where I can obtain it? A STRANGER.

There is no matrimonial magazine or paper that we can recommend in our columns.

Wants P. O. Locality To the Editor of Woman's Page:

Dear Madam—Kindly Inform me in what part of the city Postoffice Station O is? Also between what two streets 2300 Germantown avenue is, and how far away from Kensington and Lehigh.

OUT-OF-TOWN READER. Postoffice Station O is at the corner of Tenth street and Columbia avenue. The 2300 block on Germantown avenue is between Dauphin and York streets, and about two miles from Kensington and Lehigh avenues.

maked seminonthly.

Corn Chowder

Misce fine four outcress of sait park
hen place in a deep kettle and add
One and one-quarter cups of finely
hepped onions.

Cook until the difference transport of the course of t His was remarkable for her beauty and soon became a favorite, not only of the emperor, but also of the imperial household as a whole.

Two years after she had entered the emperor's circle of wives. Tsi-Hsi gave birth to a son who, upon the death of his father, five years later, ascended to the throne of China, his mother taking the title of empress of the western palace and ruling the entire nation with a rod of iron. Her resourcefulness and determination are apparent from the manner in which, after the sudden death of her son, she substituted a three-year-old cousin of the dead boy for the emperor and forced the council of mandarins to accept him as their ruler.

Rumor states that Tsi-Hsi was a slavegirl of low origin, sold into bondage in the south of China where her beauty attracted the attention of a court official who bought her and brought her to Pekin, only to have her taken from him by the emperor, who was fascinated to Pekin, only to have her taken from him by the emperor, who was fascinated by her charm. During her experience as a slave she is said to have met Li Hung Chang, also in humble circumstances, and to have made a pact with him that should either ever achieve power, they would assist the other, a compact which was carried out to the letter in later verse.

letter in later years.

The death of the "peasant empress" was in complete keeping with her un-known origin. Shortly after her seventy-fourth birthday—November 3, 1908—she died of a sudden and mysterious illness and it was then discovered that the em-peror had died some days before.

Monday-The Man Who Died of Fright ern Priscilla.

HE WASTED SO MUCH TIME ON WHY HIS WARES WERE GOOD

That He Disgusted His Prospective Customers-He Made

things among them will be the things that the ladies would like to buy. Then I take them along, and I'm perfectly sure that my wares are going to be appreciated."

The PAUSED for breath and opened the lock of the bag that he had been carrying.

The women on the porch leaned for.

The women on the porch leaned for-ward curiously—why didn't he show them what he had and finish his lecture and let them say, "No, thank you, not But he had no thought of showing win it.

WE SOMETIMES feel that we can by convincing people of our intention to

But more often than not we just bore them.

"Now, I have here," he started again, "things that you couldn't get in the stores for the prices that I'm offering.

"They're first-class articles, and all things that you need.

But more often than not we just bore them so that they aren't sorry when we fail.

It pays better to get to the point right away, state the case, and win the victory afterward; at least, this way doesn't make us so unpopular.

> Two Minutes of Optimism By HERMAN J. STICH

Because He Said It STHAT was great work, old man. We're all proud of you."

And as he congratulated the salesman, he grasped him by the hand and looked squarely into his eyes with that look which makes men's hearts glad. The road man flushed with genuine pride and pleasure and his spirits took His was a springier step as he left the office, whistling.

The bookkeepers noticed his cheerful bearing and caught the contagion. Their sallow faces softened and colored, and the long rows of figures smiled As the office boy entered to ask for some information, their usually snappy roices mellowed as they made some good-natured sallies about his ultra-fash

And upon returning to the outer office he ventured some sly flings at the battery of stenographers and typists.

They dropped their air of serious tenseness and their eyes shot back symathetic, twinkling glances. A prospective customer was passing through and he was impressed by the

ervading atmosphere of whole-hearted, happy enjoyment of work, of gay seriousness depicted on all the faces. The staccato click of one of the machines stopped for an instant as the pperator lifted her smiling head to the visitor.

He was infected with the prevailing spirit and his eyes laughed as his face broadened responsively. He was ushered into the president's office, and in his receptive frame of Well, we should like to record that one of the most profitable deals in the

istory of the firm was consummated. We hope it was. It would have been most natural thing in the world. The fact is we don't know. What we do know is that it was the permanent policy, principle and im-

pulse of the head of the firm, whenever his employes "did a good job" to tell them, to EXPRESS his approbation and appreciation. If they failed or did poorer work than was expected, he encouraged them. zed the setback, imbued them with his faith and confidence with whom he came in contact to fight for him to the last drop.

Where he was, there was co-operaton, efficiency, Because he said it. And his kindly remarks, which were the cheapest things in the world, were

the most treasured by those who received them, and they were the greatest pro

ducers of worth-while dividends, both for employe and employer.

How's This for an Idea! Put a piece of phosphorus about the size of a pea, in a long-necked bottle and pour seething oil over this until the bottle is about one-third filled with oil, then carefully cork the bottle. When the light is wanted, take off the cork for the light is wanted, take off the cork for a moment and replace it immediately, when the empty space in the bottle will give a good light. Should the light vanish after some time, it is only necessary to take off the cork for a moment to allow fresh air to enter the bottle, when there will be a good light again. Such a piece of phosphorus and oil should make a good light for about five or six months.

Modern I riscella.

How to Save Rugs Rugs that have worn at ends can be fixed by sewing skirt belting at ends. I sew them right on my machine.—Mod-

Baker of Good Biscuits Since 1846 now makes Dr. Von's Health Blacult, with the same improved methods and strict purity of ingredients that has made other Ivins products famous. Eat these palstable biscuits regularly to prevent constipation and its consequent disorders. Made only of acientifically mixed cereals. Keep children healthy. In 35c cartons or small these at \$1.00. \$1.50 in Household Caddies. At your grocer's or druggist's. Buy a package today. Ask for

Dr. Von's **Health Biscuit** For Constipation

Grape:Nuts

is distinct in form and flavor among ready-to-eat cereal foods

No sugar need be added in serving Grape: Nuts, for it is naturally sweet with its own sugar developed by twenty hours baking

Healthful Easily digestible Economical

Made by Postum Cereal Company, Inc. Battle Creek, Michigan

