

MRS. WILSON TELLS HOW TO PREVENT WASTE FOOD

Leftovers May Be Used in Various Ways to Help Out Dishes Being Prepared—Even Stale Bread Is Useful

By MRS. M. A. WILSON
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Department of Agriculture lists five principal causes for the \$7,000,000 worth of food that is wasted yearly in this country.

- 1. Purchasing food and allowing it to spoil in the home.
2. Waste by careless paring and trimming.
3. Poor or careless cooking, thus ruining the food.
4. The garbage pail habit.
5. Permitting the family to take upon their plates more food than they can eat and thus leaving some to be wasted.

Do you know that when making cereal, if you will rub the bottom of your kettle with shortening, and then proceed to make the cereal the cooked cereal will not stick to the bottom of the kettle? This is also true when you cook macaroni, rice or corn mush or make cocoa.

Do not throw away the leftover breakfast cereal; just add it to the cup or in the batter of muffins, griddle cakes or waffles and note the improved flavor.

If milk soups, do not throw it away; it may be slowly heated, until blood warm, about 100 degrees Fahr., and then poured into a sieve with a piece of cheesecloth, and thus make cottage cheese, which can be utilized for luncheon or sandwiches or as an appetizer for dinner.

Do you pick the meat from the bones which you use for making soup? This meat can be made into entrees, meat leaves, soups or hash and left-over cereals may be added to increase the amount.

Perhaps the largest waste in the average home today is in fat and grease. Pieces of suet and other fats are thrown into the garbage pail and the housewife must continually purchase shortening to use.

Ham, pork and bacon fat can be used for frying and for most pastries. It is also delicious in gingerbread, spice cake and cookies. Lamb and mutton fat may be rendered and then combined with two parts of beef suet or ham fat and used for frying.

Beef suet and drippings may be used for pastry, cakes and deep fat frying or when finely chopped for making puddings. The fat that is no longer available for cooking purposes may be saved until there is about six pounds, then purchase a can of lard and simply follow the directions for making soap. You will be surprised at the amount you will have, if you drain into a can every bit of cooking fat and this includes the fat from the broiler pan.

Use a pressure cooker to its fullest capacity will mean a saving in fuel. Cool mornings give warning to the housewife to increase the heat and energy foods, or in other words, restore the hot cooked morning cereal with milk or cream. Eggs will be quite expensive, so plan to arrange to have other palatable foods, such as cereal and meat, cereal and nut sausages, as well as hot cakes, for the morning meal.

How to make cereal and meat sausages. Purchase two pounds of soup bones and have the butcher crack the bones well. Place in a soup kettle and add:

- Two pints of water.
One cup of finely chopped onions.
Bring to a boil and place on the simmering burner and cook for two hours. Remove the bones and pick every bit of meat from them. Put the meat through a fine chopper. Heat a quart of oil in a frying pan and fry the meat until browned. Drain and reduce to two pints. Now add:

- Two teaspoons of salt.
One-half teaspoon of pepper.
One-half teaspoon of poultry seasoning.
One cup of oatmeal.
One cup of cornmeal.
One-half cup of flour.

Beat to mix and then cook slowly until thick like mush. This means when it will hold the spoon up straight. Pour into loaf-shaped pans that have been rinsed in cold water. Let cool and then part may be cut in slices and dipped in flour and fried like scrapple. The balance may be made into sausages and then roll in flour and browned in hot fat. Serve with brown gravy.

Menu Contest Honor List

Dorothy M. Snyder, Highland Park, Pa.

Table with 2 columns: Item and Price. Includes Beef Stuffed Breast of Veal, Mashed Potatoes, Creamed Carrots, etc.

Mrs. E. A. Bowie, 251 South Seventeenth Street

Table with 2 columns: Item and Price. Includes Stuffed Green Peppers in Tomato Sauce, Boiled Potatoes, etc.

Eva B. Smith, Pitman, N. J.

Table with 2 columns: Item and Price. Includes Eight clams, One hard-boiled egg, etc.

THE PRIZE MENU CONTEST

Offers three prizes each week for the best dinner menu submitted for four people. It must not cost more than \$1.50.

- The prizes are:
\$2.50
\$1
\$1

Be sure to put your full name and correct address on the menu. Also the date of sending it. The foods suggested must be staples and in season. And you must send a sales slip, too, which will give the cost of all materials used.

Address all menus to Mrs. Wilson's Menu Contest, Evening Public Ledger, Independence Square.

Please give the whole name and full address, as there have been some misunderstandings on account of insufficient addresses for the prize winners.

Cereal and Nut Sausages
One quart of water.
One-half glass of peanut butter.
One-half cup of finely chopped onions.

One-half cup of finely chopped parsley.
One teaspoon of salt.
One-half teaspoon of pepper.

Three-quarters cup of oatmeal.
One-half cup of cornmeal.
One-half cup of flour.

Place in mixing bowl and then stir to thoroughly mix the cereals, and then add to the mixture the boiling stock.

Breakfast for four people, one cup of finely chopped meat will be required. Make one and a half cups of creamed sauce and add the prepared meat and

Heat to the boiling point and then add to a good sauce, and soon both Diana and Julian began to meet other people. Two men who went to marry Diana felt somewhat awkward.

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THEY'LL DRESS IT UP



How does that serge dress look, now that you've got it out again for fall? It seems just a bit shabby, yet the effect of a collar and cuff set, in which the collar is made like a gilet. This one is unusually attractive.

CARELESS HEARTS

By HAZEL DEYO BATCHELOR
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Diana Does Some Thinking
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Please Tell Me What to Do

By CYNTHIA
Does He Love Her?

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I'VE SEEN SO MANY SHOWS THAT THEY ALL SEEM ALIKE

Remarks the Person Who Doesn't Want to Appear Too Enthusiastic for Fear of Being Thought Unsympathetic—It's Easily Seen Through

THEY had been to the first show of the season. "How was it?" asked some of their friends.

"Oh, pretty good; I've seen better. But then, it sure has been worse, too," was the indifferent reply.

And so their friends risked it, and went to see the show for themselves. They thought it was splendid.

"Why, a great," they exclaimed. "You people make me tired! Why, the scenery is pretty, and the costumes are wonderful, and there are several good voices. And the dancing is unusually good, and there's awfully good music—what's the matter with you, anyhow?"

"Well," the decision was reached after some thought. "Perhaps we've seen too many shows. When you see so many you get 'blase' and none of them seems very exciting. I guess it was all right, but it was just like all the others, that's all."

WHEN people reach that stage it's time to stop going everywhere for a while. Everything will be stale and uninteresting if they don't keep away from it for a while, and let the taste renew itself.

That is, if this is really the thing that's wrong. So often it isn't boredom that is expressed by this monotonous half-commendation of a play—it's "side."

It looks as if you had never seen a good play, they probably think, if you rave over it as something wonderful.

Maybe other people don't think it's wonderful, and they'll consider you inexperienced, overenthusiastic, if you admire it.

It's better to be on the safe side and give a half-and-half verdict, until you find out just what the majority thinks. And, anyhow, it looks better to appear half to satisfy. This is very much like the man from the country who refuses to look at any of the tall buildings or the recognized "sights" of the large city, for fear somebody will think he is a "rube."

IT DOESN'T give him very much satisfaction. Nobody picks him out of a large noisy crowd and says: "There's a man who knows where he is—he doesn't even look up at the high buildings."

And he goes back to his country without having seen or learned a thing! Perhaps he has the inward satisfaction, though, of knowing that he hasn't "made a fool of himself."

Perhaps that's the satisfaction that these people get who are bored with every play they see. They know that at least they haven't seemed bursting with youthful and unsophisticated enthusiasm.

There's no danger of that. The people who can go to see a great many shows and still retain their sense of enjoyment, will never accuse them of that.

They put them down as merely "affected" and stilted, and they think that "It's too bad they had to see so many!"

Two Minutes of Optimism

By HERMAN J. STICH
The Great Ideal

They branded him "visionary," "possessed," "impostor"; but He stood His ground and fought through the world opposed.

He was born a little over 1900 years ago, in a little manger—in a little village of a little country; and for twenty centuries His name has been on every lip in every land almost every minute of every day.

He found the world surfeited with selfishness and He made the world kin. He found it steeped in self-indulgence and He made it feel ashamed. The world was callous and He made it kind.

Only the domination of a great ideal could have done it! Who can calculate the debt the world owes to men with an ideal? The earth was a waste and men with an ideal transformed it into a garden. It has ever been a man with an ideal who has made us nobler and happier and who himself has grown great as his ideal grew real.

The fixed idea, the overmastering purpose, the obsessing passion that engulfs and permeates a man's every thought and action—since Cosmos evolved from Chaos these have been the dynamo that have generated the current of all progress, all advancement, all improvement.

With an ideal almost anything is possible. Without an ideal little is possible. The barriers will never be built which shall say to the man with a great ideal, "So far and no further!" But the man without an ideal must forever be a helpless piece of wreckage on Life's sea, incessantly tossed hither and thither by the waves of Indecision, eventually congesting the maelstrom of human bonities who are borne about on the whitecaps of Caprice and swirl amidst the eddies and undercurrents of Purposelessness.

Our ideals cannot all be of the same scope, when God makes a man he breaks the mold. But we can all idealize our realities, we can all idealize to the extent of our capabilities and daily duties.

Our duties and capabilities may be great, they may be small. They may be bearing better men or making men better; writing better books or building better houses; turning out better automobiles or turning in better transcripts. Better! That is the star of hope, the priceless spur and beacon that goads a man to the goal that it guides him on till they accomplish.

BETTER! That is something we can all do, something we need never fear to overdo!

BETTER! That is The Great Ideal.

Adventures With a Purse
MY EXPERIENCE has been that the best way to keep your money safe is to carry it in a small, light, and inconspicuous purse.

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YOUR SOUL'S IN YOUR HAND

By IRVING R. BACON
When the thumb, held out from the side of the hand, is nearer to the wrist than to the fingers and forms a right or obtuse angle or forms approximately a right angle, it is a low-set thumb.

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THE WOMAN'S EXCHANGE

Concerning Dog for Mrs. H. C. F.
To the Editor of Woman's Page:
To Miss Louise F.—Mrs. H. C. F. has received a number of offers of a dog and is suited by this time. Thank you for the offer.

Would Be Rid of Roaches
To the Editor of Woman's Page:
Dear Madam—Can you suggest a remedy for black roaches? MRS. K.

Republican State Chairman's Name
To the Editor of Woman's Page:
Dear Madam—Would you kindly give me the name and address of the state chairman of the Republican national committee of Pennsylvania? E. M. A.

Who Wants These Kittens?
To the Editor of Woman's Page:
Dear Madam—I am about to remove from this city to New York City. I have two kittens, six months old, born on last St. Patrick's Day. They are healthy and have already learned to walk on their hind legs.

Suggestions for Block Party
To the Editor of Woman's Page:
Dear Madam—Can you give me any good suggestions on how to raise funds at a block party? Recently many of the best-paying plans have been halted by the police in a form of gambling.

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