EVENING PUBLIC LEDGER-PHILADELPHIA, THURSDAY, SEPTEMBER 16, 1920

## THE HISTORY OF SALT IS GIVEN BY MRS. WILSON

'And Some Recipes for Salts to Be Used as Flavoring in Soups or Goulashes-Explanation of Various Sayings

#### By MRS. M. A. WILSON

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ight, 1920, by Mrs. M. A. Wilson, All rights reserved. F THERE is not sufficient amount of salt given to the blood stream, it slow and sluggish ; the bodily secretions, such as bile and gastric juice, become slow and torpid, and, in-deed, the whole process of digestion requires the use of about twelve grains of salt nor day. f salt per day. In some form or other salt is now idely distributed throughout the

sorld, so that it is possible today to btain it in more or less abundance. The ocean may be made to yield salt and masses of rocksalt with their briny spring yield an almost endless supply; in fact, as one writer puts it. "salt is dispensed over all nature, it is treas-need up in the bowels of the earth, it regnates the ocean and descends in

Some Salt Recipes Various flavored salts may be prepared for seasoning:

**Onion** Salt Place in a shallow baking dish e cup of fine table salt One and one-half cups of fine chopped onions.

Rub the salt into onions and then ry in the oven. When the salt is dry through a fine sieve and seal in a the

Blended Seasoning

One-half cup of table sait. One level tablespoon of white pepper. One level tablespoon of paprika. Pinch of cloves.

One teaspoon of powdered theme. One-half teaspoon of sweet max-

Mix and then seal. Use for soups,

Use the green leaves of the celery and put through the food chopper. Heasure and then place in a shallow aking dish baking dish

Two cups of the prepared celery. One and one-half cups of salt. Rub between the hands to mix and then dry and rub through a sieve.

#### Garlie Salt

One-half cap of salt, Four cloves of garlie crushed fine.

Dry and then sift and soal in a jay.

The expression that a person is not worth his sait can, without a doubt, be traced directly to the salarium, or

England, rich in the lore of the schools and colleges, tells of the Etou Montem-now defunct-of the boys of the school who, masked in fancy dress and known as the sult hearers, scoured will ward off the ill lark brought on by the countryside on the morning of spilling the sait. Montem day to levy a tribute of money The German from the many folks who were assented bied to watch the boys' antics on this day. The salt bearers bestowed a pinch of salt on those who contributed as a pinch of salt on those who contributed a pinch of salt on those who contributed a pinch of salt on those who contributed as a pinch of salt on those who contributed as a pinch of salt on those who contributed as pinch of salt on those who contributed as a pinch of salt on those who contributed as a pinch of salt on those who contributed as a pinch of salt on those who contributed as a pinch of salt on those who contributed as a pinch of salt on those who contributed as a pinch of salt on those who contributed as a pinch of salt on the salt of the

various stunts and antics for the amuse-

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 nive the whole name and full address, as there have been some misunderstandings on account of inaufficient addresses for the

mize winners. of salt and then throws the bundle into te red-hot fire, while the good folk Leicestershire always provide the child who is leaving the parental root for the first time with salt. In Scotland, where there is a new house or a new tenant about to enter a dwelling for the first time he always sprinkles the premises liberally with salt for good luck. There is also an old New Year's custom to be the first to enter a

friend's house carrying bread and salt. in lieu of a present which the first per-

throws a pinch of salt into the fire af ter the milk, the quantity and quality

of the milk given by the cow whose milk is burned will immediately di-minish. Quite common was the cus-tom of placing a smeer of salt upon the breast of the corpse after it was had out ; this was due to the belief that

the salt was the emblem of uncorrup-tion and immortality and that Satar and his evil forces who generally hated

saft would not be able to enter the roon wherein the corpse lay. The well-known superstition that it salt ration, or sait money of the Roman army. The well-known sult was probably due to the belief of the Romans, who

day. The salt bearers bestowed a pinch of salt on those who contributed their quota of money to the salt box. Then, amid great hilarity and with due poun, and ceremony, the contents of the salt Continental Europe: there was a time-

and ceremony, the contents of the salt box were presented to the captain of the school. The presentation was made to the captain on a little cuintence near the school, known as Salt Hill. The hazing of our freshmen in schools and colleges is a practice descended from the old salting days of England. A freshman was called upon to commit various stunts and antics for the amuse-

From earliest history we learn that

was known as "salting." The "Cum Grano Salis" is an old anying of the English fisherwomen in London. It means "taken with a grain of salt," or in other words, to use cau-tion in accepting a statement which has used to convey to the mind that salt is used to convey to the mind that salt is



**ORANGE JUICE FOR CHILDREN** 

The United States Department of Agriculture warns against the use of liquids that are sold as fruit juices and contain none of the pure juice of the fruit

### Two Minutes of Optimism By HERMAN J. STICH

#### **Burglars** and You

Burglars, it has been said, so far as they personally and individually are concerned are most admirable persons. Their business develops initiative, resourcefulness, fearlessness, self-

liance and capacity in emergency. Directly and indirectly they justify the callings of some of our most repected and respectable citizens including night watchmen, policemen, lawyers,

judges, bankers, jailers and sometimes electrocutioners. The trouble with the burglar, as with so many other people, is that he

es rather than uses his abilities and his powers. His vision is distorted. His whole aim and desire are to further his own

interests at the complete expense of other people's interests. Instead of living a fifty-fifty life, instead of playing the game fair and square, instead of giving equal return for value received-he wants something or everything for nothing. He wants to hog the game. And the end of the

hog is the slaughter house. Certainly if selfishness, dishonesty and unfairness could be successful in this world, every burglar, especially every night burglar, should be a millionaire.

Conditions are generally ideal for the practice of his "profession." "Overhead charges" are negligible. The "market" is unfinited. "Competition" is insignificant. "Customers" are usually asleep, afraid, insured and ready to 'sign'' without much persuasion. Policemen are rarely around and he can practically as he will.

Yet almost every burglar is a jail-bird! Or a pauper! A living testimonial of the axiom that though in the beginning dishonesty and unfairness sometimes "go." postponement of sentence simply compounds its severity. No burglar recommends his "craft."

Every once in a while you run across a chap who ought to take a tip from the burglar's experience

## CARELESS HEARTS

## By HAZEL DEYO BATCHELOR

Freedom and the because the fear setting around her heart, a Alice Wants Freedom

Alice W ants freedom When Diana Long agreed to a sena-ration from Julian she did it because she felt that her life was her own and that she had a right to do as she liked with it She had uever been romanti-rolly in love with her husband, for theirs had been a marriage based on a ligelong friendship; and after the di-varce life scened very full of inter-esting things. Diana because successful in a business way and she found friendships with other men interesting. She thought too, that romance would come sometime and that when she married again it would be for love. Julian felt this teay, too, until one day the two came face to face in the street; and something, perhaps nothing more stick little feeling that she had started something that she couldn't finish "You live. Four days are never the same. You get up in the morning to a sense of adventure, never knowing what price happen before night. O, I was one of the first to criticize you, Diana: I thought that you had done an awful thing. I agreed with the others that if yullan had treated you terribly, or had firted with other women, and you had a real cause for divorce, why even then it would have been had enough. But now. I realize that boredom is worse." de fear settling around her heart, a sick little feeling that she had started something that she couldn't finish "You live. Your days are never the same. You get up in the morning to a sense of advanture morning to a

## Please Tell Me What to Do By CYNTHIA

Jimmie Resents "Mushiness" Dear Cynthia-Just a word to "Two Disgusted Girls." This letter is for those readers who have talked about fellows being "mushy." Having seen so much on this topic, I decided to see just how much girls are "mushy." The first girl I experimented with had absolutely no besitancy in "mushing up" She was of hesitancy in "mushing up." She was of a read family, had plenty of everything and used little paint. The second "giv-in the case" actually helped me "start something." The first girl would, I be-lleve, have been more mushy if it wasn't for the fact that she was the timest bit conceited. The two girls I made love to would do well if they signed themselves "Two Disgusting Girls."

Itemselves "Two Disgusting Girls."
JIMMIE.
What Shail He Do?
What Shail He Do?
Dear Cynthia—I am a married man.
rood character, but am not living with my wife, who was faithless, but to save the children's names I did not get a diverse. I love a girl much younger than myself, and would like to be friendly with her, with no object in this durant turnol of a business day, finds his ret hair half coming down all the first good cheer in the immaculate apparance of his daughter, who wears a tailored breakfast coat of turquoise blue blue station down the front, may be worn for her to go out with me? And what
You will do well not to encourace this.
You will do well not to encourace this.

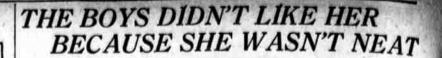
You will do well not to encourage this friendship. You mean to make it un'y that, but if you love this young girl al-rendy it can only mean suffering for The Woman's Che you not, for your children's mike, be reconciled again with your wife? Are you sure of the unfaithfulness of your wife?

Jority of cases it is the girl's fault. The Sunday I boarded a street car. As to gizgle and say funny remarks. They looked as though they were respectable, but did not act as though they were One of the girls caught my gys and smiled back, as I have a failing for nice-looking girls. She kept it up and so I walked over to her. lipped my hat and said "Good afternoon" She stared at me and I thought I would freeze. "I fell queer, but said: "I beg yours," and Now. Cynthia, what do you think of that? My answer is, the girl is moatly at fault. You can't blame a fellow for setting fresh with a girl if she leads him on. Yes, she was wrong to lead you on-but she also "turned you down" when you did speak, and it only further proven you did not force your attentions. Their Brother's Wedding To the Editor of Woman's Page: The school of Industrial Art, Broad and Monday, Tuesday and Wednesday at The School of Industrial Art, Broad and Monday. Tuesday and Wednesday at tution there is \$10 a term, or \$20 for they gear. Both thege schools have very hi the school of petiging for Woman's Page: The School of petiging for Women. Strest and you can be base the shore the

maid of honor walks

men. especially at present, who are "spending their money for nothing." to use a phrase of their own.
 I think there are many girls who are man of the brides and the brides of the broker man friends: without the thought of a woman on that basis. At least, not slightly willing to maintain a friendship for a woman on that basis. At least, not thing as Platonic friendship. Men are not built that way. Any girl who has experience with men knows that.
 If you blame the girls in every case, the you certainly must be very innocent, or else you have no experience in the world.
 Plato, you do not understand Cynthia's

Describe an easily made inex-pensive window curtain that is novel and dainty. What convenient time-saver has been invented for the typewriter?



She Was Pretty, She Sang Well and She Was\_Funny, but Charlie Wanted Something More-He Likes **Carefully Dressed Girls** 

Adventures With a Purse

-also in the same style for \$3.99

plain

But they don't dislike that any more than they dislike the frowsy girl-and they can always point out the deficien-cies of the frowsy girl, too. "Her hair's always falling down," they say disgustedly. "Her dress is never quite clean." CHE, was one of the most popular She was one of the most popular All the girls were crazy about her. She was one of those girls who can play a ukulele and sing anything at all. When there were beach parties, boardwalk strolls or anything of that kind on hand, she was the life of the party. never quite clean." The very attractive girl often relies upon her pretiness and her charm to help her through life; but if she wants to make a hit with the boys she knows she'll have to pay a little more atten-tion to getting her clothes on properly and keeping them that way.

And she was very funny. And she was very funny. But Marion was discussing her with Charlie the other day. "I do think she was the most at-tractive thing." she remarked. "What do you see in her?" objected Charlie. In the breakfast coat the modern wom-an possesses a garment which fills the main requirements of early morning dress in that it is at once dainty, com-fortable and "silp-on-able." Mr. Every-man loathes the negligee attire which

sings so well, and she's so funny, and oh. I don't know, she's just attractive." I wonDER whether any household "Too messy!" Charlie summed it up. them sharp at the time that all of

▲ ever had enough shears, and all of them sharp at the time they were needed! I doubt it. With which pertl-nent introductory remark, I shall now proceed to tell you of a shop that is having a rather special sale of large scissors—or shears, if you like—for sixty-five cents a pair. They are guar-anteed for five years—which is certainly an item—and they are called self-sharpening. GIRLS sometimes get the idea that as long as they look pretty the boys will like them, no matter how untidy sharpening.

I was in search of a brown leather they are. They fix the front of their hair, and they see that their collar is pinned and arranged becomingly—and they spend they see that their collar is pinned and arranged becomingly—and they spend per. But I came very near to returning per. But I came very near to returning a sad and disillusioned person. Tiny

hours putting on a hat. But the rest of their get-up doesn't bother them in the least. narrow belts with "perfectly plai buckles-\$3-think of it! However, "Oh, it takes too long to fuss over cuffpins, and things like that," they shopped, and I came across another shop with belts that are much lower

tish in your columns the author of the poem entitled "Scum of the Earth?" L. J. Does any reader know who wrote this poem? I have not been able to find it. Cultiplies, and things like that," they shop with belts that are much lower priced, and as far as I could determine of equally good quality. I saw one table to much to be or not." Boys do see.

# ought to be or not." Boys do see. And boys care, too. "That's a pretty dress," you hear a boy say to his mother. "I like that. It's neat." Hin of beits marked at hity cents—and there were a number of styles and col-ors. And all the prices are ever to much more reasonable. So if you're looking for a leather belt to wear with a coat or skirt, you had better let me tell you of my discovery.

He doesn't want his mother to be

He doesn't want his mother to be pinned up in a careless way, any more than he likes to see his friends half-hooked up and half out of place. AND a girl can be just as pretty take care of her hair and those little things that take so much time, show so little and mean so much—things like cuffpins, straight collars, hair nets and belts. The chances are ten to one that you will need at least one pair of new gloves for fall—either a fabric pair for every. Any wear, or a good kid pair for best, Well, now, I saw some chamoisette gloves that slip on over the wrist in sauntlet style for \$1.25 a pair, which, I believe, is very reasonable. And they come in most all the wanted shades. And I saw some beautiful, soft chamois gloves—real chamois—and very smart —also in the same style for \$3.98.

belts. Roys don't like to see girls dressed in too common-sense a way. They re-sent plain hair, ugly shoes and unbe-coming dresses just as much as the girls do, although they don't know why. Here also in the same style for \$3.0 These latter were while or yellow. (For names of shops, call Walnut 3000 Rell or Keystone phones, or address Edu Waman's Page.)

With sugar scarce and costly, more and more interest is nat urally being shown in that self-sweetened food -

Grape-Nuts

This ready-to-eat cereal

Their Brother's Wedding To the Editor of Woman's Page: **Disagrees** With Cynthia Dear Madam-Kindly let me know Dear Cynthia — I certainly cannot agree with you, when you take sides so strongly in blaming girls for levity of conduct on the part of men. Any and all men beast about their conquests with all men beast about their conquests with sirls, and there are very few. If any men, especially at present, who are "spending their money for nothing." to use a plitake of their own. I think there are muny wirls who

Exchange Who Knows This Poem? Dear Cynthia—I heartily agree with ou in your statement that in the ma-ority of cases it is the girl's fault. One Sunday I boarded a street car. As took a seat, three young stoke astreet car. As

WHAT'S WHAT

By HELEN DECIE

used to convey to the mind that sait is a condiment which is to be used spar-ingly so that the truth is sparingly scattered throughout the statement, with various foods.

An old commercial expression of the and the craving for it is natural when

European business world of salting au invoice is to charge the extreme value for each article and sometimes to raise the market value, or, as the French say, "weadar hier value" of the saline earths or salt licks invoice bion value." the market value, or, as the French say, "vendre bien sale." or to sell very and brave many dangers to enjoy this dear-or "Il ha bien sale"—he charged natural salty deposit. In countries an extremely high price. "He is the whore salt as a commodity is scarce salt of the earth" is an old Norman ex. "men will harter gold for it. It has been pression which one frequently hears, it means that he is wholly dependable and weethy.

and worthy. There are many sult customs and from the Ebble-Ezchiel vi:4-while a slave or two, depending upon the tells that persons of the Jewish faith sopply in the community.

tells that persons of the Jewish faith believes in rubbing a new born hale with salt; the Roman Cathelic Church believes in using salt during the bar-tism of the child; the privat puts a tury pinch of salt in the bahe's mouth, say ing. "Accipe sal supjential" - receive the salt of wisdom.

In Yorkshire, England, the good quired that is necessary for its needs, housewife wraps the first or milk teeth of the children in a cloth with plenty food.

The desire for sail seems to be an instinct inborn in both man and animal.

The section of the sectin the section of the section of the section of t

moved from a pan and conven-ient to keep in place when not in 3. Describe a popular style of hat

for winter. Yesterday's Answers

When a bath brick will not affect the rust on iron or steel, pour kerosene on it and allow it to stand for a few minutes before scouring with hot, soapy water. A convenient device for cleaning used golf balls is a can in which brushes are so arranged that they clean the ball as it drops past

The Question Corner

Today's Inquiries

them. A brass kitchen faucet that is discolored can be cleaned with a

cut lemon. 4. The metal tongs made for lifting vegetables from boiling water can be blunted with several thicknesses of velvet and used to lift clothes from the tub on washday. When flies become stupid at the end of summer, the vacuum cleaner is the best "killer" to use on them.

Velours, velvet and plush are pop-ular materials for winter clothes.



**Special Friday and Saturday** 

What's the matter, readers ; run out of

Our Fish Reaches Us Exactly 5 Hours After Being Caught in the Nets Cape May **12<sup>1</sup>/2**<sup>c</sup><sub>lb</sub> Fresh 20<sup>c</sup><sub>ib</sub>

Mackerel Porgies Flounders Weakfish 12½c lb 15c lb 15c lb Shoulder 25c Breast Milk-Fed 18c VEAL 30c VEAL 25lb VEAL 18c CHOPS



Cooler Saturday Until 9 P. M.Cooler



and corn sugar, are of the best that's why I-Spy Buckwheat Mixture always makes perfectly delicious hot cakes.



	Menu Conte.	st Honor List	always talking about their children and their maids and their husbands. That isn't living."	dren when you who didn't happen to have any can be free to do as you like?" "Why, Alice, you love the children. don't you?" Diana reproved; "don't talk i
í	C I Detterror	Mrs. Jennie Burke	Your Soul's in Your Hand	like that."
	Cornelia A. Patterson	1012 West Stella Street	By IRVING R. BACON	"Of course, T love them, but you haven't answered my question. If it is
1802	Spring Garden Street		By IRVISU R. BACUS	true that one's life is one's own, why should I be chained any more than you,
1	Mena	Menu	[	Just because I have children?" But Diana couldn't answer that ques-
Brov	ed Filled Heart With Gravy uned Polatoes String Beans Corn on the Cob	Baked Seabass With Tomato Saure Creamed Carrots		tion, not yet. What she did was to ply Mice with more tea, take her home in a
	Tomato Salad	Lettuce Salad Sliced Tomatoes	13	tax: and make her promise not to do
в	Lemon Ice read and Butter Ice Tea	Boiled Potators Iced Ten Slived Praches	1.15	anything nurriedly. She must think out
9L. *	SALES SLIP	Bread and Butter		life,
Calves	heart and flour for gravy	SALES SLIP		Tomorrow-Diana Has a Plan
Potatoe	r browning pointon	Two prunds reabans		
Four er	Arm of corn	was held fetture		Making More Money
Bread	**************************************	matheal		How Frances Clyne Did It
Temato	en la la colora de la En la colora de la co	Peachen 12	$1 - \gamma - 1$	In Frances Clyne's family they tell a story about her at the age of five which
Lettuce	digardent, small carrot.	Depend		goes to prove that the instincts of later life are apparent even in the child.
Mayonn	allor domain middar	Cream and an average strengthere and the	( ) (3)	One rainy day, so the story goes, her mother came home and found the little
Tea	if dezen lemons for tea	Lenon	0	girl bually engaged in ripping Mrs
and i	ee	Lard, pepper and salt	Flexible Hand and Fingers	"What are you doing that for?" de-
Ell.	$b^{2} = (1, 2, 3) + (1, 3, 3$	Total\$1.50	A flexible mind is indicated; one that is extremely versatile and	manded the mother. And the child re- tilled: "Because I don't like it the way
Total			udaptable to any circumstances or surroundings.	it is and I think I could make it look
- 199	Thelma E. Dietz	Mrs. Donald E. Eastlake	XXV	As might have been expected, Frances continued to evince an interest in mil-
05	Highland Park, Pa.	Overbrook	Hands and fingers show, by their de- gree of flexibility or inflexibility the de-	linery, and at the earliest possible mo-
10	Menu	Menu	gree of the pliancy or adaptability of the mind. If you can bend your hands	a wholesale millinery establishment, drawing \$10 a week as a trimmer. There
BI	ewed Lamh With Potatoes Baked Stuffed Tomatoes	Cantaloupes Potted Meat Croquettes		
Blice	Creamed Onions ed Cucumbers Lima Beans	Corn on Cob Lima Beans Apple Salad Garnished with Baisins	joints of the fingers can also be bent backward, the indication is that your	theis and gradually increasing her carn-
	Bread and Butter feed Tea	Mayonnulse Chocolate Pudding Milk	mind is extremely elastic and adaptable to almost any circumstances. It shows	whole Out of this she carefully saved
Fr	sales Star	Coffee Bread Butter	great versatility and is usually found in connection with much brilliancy of	and scrimped until she had several hun-, dred dollars in the bank-enough to
One an	d one-balf nounds neck of	SALES SLIP	Intellect.	finance the apparently wild dream which whe had had for many years that of
Potator	8 27 8		dency to be emotional, yet not neces-	taking a trip to Paris during the "buy- ing season" Every peuny of the fund
Four to	matora	Bread crumbs	handed people often go too fast for their	was expended for that purpose but, when
One pou	arter peck lima beans 20	Four cars corn at 35 cents dozen 12	with a pitiful story and, as a rule, if the thumb is low-set and flexible, are	stead of her bank balance a first-hand knowledge of what well-dressed women
One-hal	f package gelatin	Four apples at 15 cents quarter	inclined to respond immediately to any	would wear during the next season, plus the ability to apply this knowledge suc-
One bas	nana	Ra'sing	plea for help. Many are found whose fingers are	cessfully. She was in a position to capi-
Ope loa			flexible and nands stiff ; and vice versa ; that is, with hands flexible at the	talize her years of experience and had no
Flour f	f brend		that is, with nands neather at the	difficulty in securing a position which
269	f brend	Box fine chocalate pudding10 Quart milk	knuckles, but fingers stiff. In this case	baid nearly double her previous salary She did not remain there, however. The
Bugar	f brend it milk or thickening	Box fine chocolate pudding	knuckles, but fingers stiff. In this case the indications should be regarded as modified in degree, though not in quality. Moreover, there is apt to be better bal-	paid nearly double her previous salary She did not remain there, however. The fame of her unfailing good taste spread to the Pacific coast and recently she
Vinegar Salt and	f brend t milk or thickening d neuper	Box fine chocolate pudding       .10         Quart milk       15         Coffee       .05         Sugar       .08         Two-thirds long bread       .06         Paraley, salt, pepper       .04	knuckles, bu: fingers stiff. In this case the indications should be regarded as modified in degree, though not in quality. Moreover, there is apt to be better bal- ance in the possessor of such a han' than in one who is of the extremely	paid nearly double her previous salary She did not remain there, however. The fame of her unfailing good taste spread to the Pacific coast and recently she accepted an offer at a five figured salary to be the head bayer of a combination of
Vinegar Salt and Butter	f brend of trikening of the second se	Box fine chocolate pudding       10         Quart milk       15         Coffee       05         Sugar       08         Two-thirds long bread       04         Parsley, salt, pepper       04         Butter       15	knuckles, bu: fingers stiff. In this case the indications should be regarded as modified in degree, though not in quality. Moreover, there is spt to be better bal- ance in the posiessor of such a han'	paid nearly double her previous salary She did not remain there, however. The fame of her unfailing good taste spread to the Pacific coast and recently she accepted an offer at a five figured salary to be the head bayer of a combination of

