### MRS. WILSON GIVES RECEIPE FOR CRULLERS MARTINIQUE

And Puts Them on the Menu for Sunday Supper in Preparing Three Meals for the Week-End-Orange Sauce for Gingerbread

By MRS. M. A. WILSON -Fight, 1980, by Mrs. M. A. Wilson, All rights reserved. MID-SEPTEMBER usually brings balmy days with a hint of autumn inds, when folks begin to hunt their the wraps for the brisk breeze; it gives est to the appetite and the family loses warm-weather lassitude. When the ts warm-weather lassitude. ner hell rings they respond with keen

Corn and tomatoes are still abundant, and while the fresh vegetables are in arket they have the table. This is a good time for the housewife to start baking bread. For surely you know that never can a baker's loaf satisfy the longing for bread like mother used to

urday should be a real homey day. Bake breads, cakes, pies, beans and an occasional Indian meal pudding. To the woman who feels that this is an unusually large task, I will say to you, iry it just once on the family and then note the look of pleasure on their faces. To the hungry boy—and what boy isn't hungry!—and his dad there never will he a perfume-no matter how costlythat can compare with the perfume of mother's baking.

Gingerbread, crullers and pumpkin e-Dame Nature's offering to the god autumn-should surely be the por on of every family. Hence, Mistress lousewife—to the kitchen—the hot. sultry days are passing; bring out your utensils and roll up your sleeves, and with a right hearty will set to; then if the men folks are about on this Sat-urday afternoon, let then lend a band; will really enjoy it.

Planning a Menu for Three Meals on BREAKFAST

Grapes or Grape Juice Broiled Ham Ra Creamed Potatoes Toasted Corn Muffins

DINNER Vegetable Soup Roast of Beef Br Browned Potatoes Liv Pet Roast of

Lima Beans Colesiaw Gingerbread Pudding Coffee SUPPER

Baked Stuffed Green Peppers Brown Gravy Gratin Sliced Tomatoes

The market basket will require: Two pounds of grapes. One-quarter peck of polatoes, One-quarter peck of lima beans, One small head of cabbage, One bunch of radiahes. One-half pound of macarons One-quarter pound of cheese, Five pounds of brisket. Ten cents' worth of soup bones. One pound slice of ham.

Pico young turnips.

One onion. One large carrot and the usual weekly staples. Select a five or five and one-half-und cut of brisket or plate piece and ave the butcher bone and roll and then e securely. Now have the butcher add he bone and trimmings from the meat

Much of the real preparation for the entire three meals on Punday may be done on Saturday. Toasted corn bread is delicious and many folks like it so much better than the fresh muffins, so try it for a change.

Corn Muffins

Place in a mixing bowl and One and three-quarters cups of flour. Use. One cup of corumcal. Tico level tablespoons of baking

Fire tablespoons of sirup. Four tablespoons of shortening. One and one-half cups of milk.

Beat to mix and then bake in well-greased muffin pans, in a hot oven for thirty minutes. Let cool. Piace in a bread box until morning. Then split the muffins and teast in the usual man-

mering burner and cook for three them.

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 81 \$1

Be sure to put your full name and orrect 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.

Mrs. Wilson's Menu Contest Evening Public Ledger Independence Square

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

hours. Prepare a soup on Saturday and there will be sufficient for Sunday and Monday luncheon or dinner Pot Roast

Wipe the meat and par one-half cup of flour into the meat and brown quickly in a little hot fat in the frying pan. Lift to a large saucepan and add three cups of boiling water, one-half dozen whole onions. One clove.

One allspice. Three tablespoons of vinegar. Coffee Cover closely and bring quickly to a boil and place in a fireless cooker or in the simmering burner. Cook slowly until tender. This amount of meat will provide sufficient for Monday dinner

Gingerbread Pudding Three-quarters cup of molasses, One-half cup of brown sugar. Six tablespoons of shortening.

Place in mixing bowl and cream well, then add Tiro tenspoons of rinnamon One teaspoon of singer, One-half teaspoon of allspice, One-quarter teaspoon of cloves, tine traspoon of baking soda. Mix well and then add Three-quarters cup of milk. Two cups of flour.
One level tablespoon of .baking

powder.

Beat to a smooth batter and then turn into a loaf-shaped pan and bake for thirty-five minutes in a moderate oven. Let cool and then to serve cut in thin slices and suread each slice with am or preserve and put together, having three slices; spread on top with marshmallow and sprinkle with finely chopped nuts and serve with orange

Orange Sauce Place in a saucepan Grated rind of one orange.

One cup of water.
Two tablespoons of cornstarch. Stir to dissolve, then bring to a boil and cook for three minutes. Cool and Crullers Martinique

Juice of two oranges, Three-quarters cup of sugar,

Ten tablespoons of sugar. Two cups of flour, (mr-half traspoon of salt, Four level tenspoons of One-half teaspoon of nutmeg

#### SOME DRESSY ONES



Photo by Central News Your handbag is a very important part of your costume in these days. It usually matches your hat in fabric, your dress in color or your silk vest in both. If it doesn't match, then it is elaborate enough to stand alone in its glory. Some of the bags this year are made of the flowered silk shown above, with its two slik tassels at the sides instead of the bottom, while others use plain silk with just a little of the flowered

#### CARELESS HEARTS

material showing between two rows of fringe. Then there is a most

popular beaded bag with a round top into which a mirror is fitted. The long strap handle is beaded, too

By HAZEL DEYO BATCHELOR

A Sudden Decision

Diana and Julian Long, before they Diana and Julian Long, before they agreed on a separation, were quite were that they were not in love and never had been. They had known each other from childhood; and their marriage had been the result of that long friendship between them. But after the divorce they realized many things, and among them the fact that no one can ever be quite sure of anything. Diana put a talent of hers to work and made good as designer with a fashionable dressmaking establishment. She made friends with some interest. fashionable dressmaking establisament. She made friends with some interesting people; and before long two men had fallen in love with her, neither of whom she cared for. Then one day she and Julian met on the street and realized that there was something still between them, Just about this time Dlana discovered that her high way of handling things had influenced a friend of hers. Alice Irwin, to rebel against the menotony of narriage. Diana is determined to prevent Alice from wrecking her life.

YES, but how? That was the thing to make Alice realize that she couldn't ized what it meant to be married to contemplate leaving Jim; that she was making a terrible mistake? And Diana knew that Alice would be making a mistake; she knew it because she was not sure herself that she had done the right

thing in leaving Julian.

At last it was out; at last she admitted it to herself. She had been wrong to leave Julian. And why? Was it because she loved him? She buried her burning face in her hands and tried to think. Did she love him? Was that what was the matter with her; was it? Diene tried to convince herself that what was the matter with her; was it? Diana tried to convince herself that she was happier now; that her life was filled with interesting things to do; that she loved her work and was successful at it; that she had no time to be bored. All of which was true; but more important still was the fact that without love everything else was as nothing Everything in her cried out for fove; and even as she realized this she knew that it must be so with most women. When they are unhappy it is because they are not loved or think they are not. She and Julian had been too close to each other to realize the truth. Why andn't they agreed on a short separation

each other to realize the truth. Why hadn't they agreed on a short separation before they had taken the irrevocable step? Why?

And then Diana's thoughts were brought to an abrupt stop. Just because she felt this way about things was no sign that Julian felt the same way. Already he might have found the way to happiness through another woman. And yet. Diana reflected, she might have kept him if she had wanted to try hard enough. How easily she had let him go out of her life; and now it was forever.

Furing the next few days Diana tried

the muffins and toast in the usual manner.

Vegetable Soup

Have the butcher crack the beness well and then wash and remove the fine bits of bone. Place them with the trimmings from the meat in the stock pot and add: One quart of tomatoes, cut in slices and then mashed well between the hands.

Two cupseof diced potatoes, One carrot, cut in tiny dice, One chalf cup of barley or rice.

Bring to a boil and then place on the simmering burner and cook for three simmering burner and cook for three them.

The burner and cook for three them break an egg in a cup and fill to the half mark with milk. Beat to mix and was forever.

Puring the next few days Diana tried to look at things from every ylewpoint. She knew now that she loved Julian. The half mark with milk. Beat to mix and then use to form a dough. Roll out one-half inch thick on floured pastry board. Fry until golden brown in hot fat. To prepare split the crullers and sprend with jelly, then with marshmallow with jelly and cover thickly with coconut. Set on fruit saucer and fill the center with fruit whip piled high. All the baking, making of the soup, pot of diced turnips.

One carrot, cut in tiny dice, one-half cup of barley or rice.

Bring to a boil and then place on the simmering burner and cook for three

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the plan would work admirably. Conventionally married, all the glamour that now surrounded Diana would be gone up. Her independence that Alice that now surrounded Diana would be gone up. Her independence that Alice had so envied would have to be given up; her work, which brought her into contact with all kinds of interesting people, would, of course, be a thing of the past. Already Diana was thinking ahead and planning on how she would work on Alice's feelings. There would be talk of the great romance; she would tell Alice that of course marriage was be talk of the great romance; she would tell Alice that of course marriage was the only thing. She would speak of her work as something she was glad to give up, enlarging on the discomfort of the long hours. It would be easy. And then Diana suddenly realized that she was planning to marry a man whom she did not love, but who loved

her very much. She was giving up her dreams, every hope she had of happiness to correct a silly mistake. She must spend a lifetime of penance in order to make up for her thoughtlessness of the "But if I do marry Gleaves Maltby, I'll make him happy," Diana said, suddenly, flercely aloud. "I'll never let him suspect the truth! I'll play fair," And she meant it; but how little she real-

when every thought in her

#### The Ouestion Corner Todays' Inquiries

When it is necessary to wash the hair on a rainy day, what is the best way to dry it quickly? What use can be made of ar atomizer that leaks? Describe a new type of dress shield that stays securely in place. What is "Llamette"?

When a cheap bend bag becomes shabby, and begins to fall apart, what use can be made of it? How can a narrow plaid skirt, to be worn with a plain coat, be made wide enough?

An easily made, inexpensive win dow curtain of dark mosquito netting with an appliqued design bright colors is novel and

dainty.

A device by which a typewriter ribbon is re-inked, saves time by obviating the necessity for obvinting the necessity changing the ribbon so soon. In washing a white silk waist that has yellowed the process of bluing should be omitted for fear

of causing a greenish hue.

A baking dish that is convenient to take on a camping or picuic trip is one that folds up when not A lid with a hook handle at one

side is easily removed from a pan and convenient to hang up when not in use. A popular style of hat for win is a draped velvet turban on a bandeau that fits close around the

## Please Tell Me What to Do

By CYNTHIA

Answers "Hirondelle" Answers "Hirondelle"

To "Une L'Hirondelle"—You should be glad that your husband wants to stay home with you in the evenings. Have you ever tried reading out loud in the evenings to each other? Stop coaxing him to go out, but stay in with him and make his evenings with you as pleasant as possible. Then in a month or so ask him to take you to the theatre or a movie. If you have been trying to please you. You would do well to be quiet these days, anyhow. And if you want to see the motion pictures go in the afternioon and be ready to stay with him in the evening.

She Tells What Love Is Dear Cynthia—Once an inquirer asked "What is love?" I might say that love is a ticklish sensation around the heart that makes babies out of millions.

Young people around my own age have the idea that love is kissing and hugging. How foolish! Love does not confine itself to persons but to everything.

thing.

Would we have such stirring and beautiful music today if some artist did not love it?

of God's workmanship it of the first property of the first propert

### WHAT'S WHAT



There are more than fifty-seven varieties of street-car rudeness. One of the most annoying of these offeness is perpetrated by the man who, engrossed as he is in his newspaper, perhaps does not realize that in crossing his less for his own comfort he has stretched his feet into the alise to the discomfort of all passersby.

As shown in the lifustration, where a woman is tripping over the obstruction of the extended foot, this careless posture is a positive menace to persons proceeding along the aisle. No one is entitled to more than his share of space in a public conveyance. If he deliberately ignores the rights of other passengers, the conductor has a perfect right to request him to leave the car at once.

would our country still be an emblem of God's workmanship if our boys did not fight for it?

Would there be flowers and birds here if God did not iove us? Of course. We have trials, but they are to better us and make us stronger. Each trial that we overcome, something worth while is returned. Perhaps you say: "I never notice anything in return." Perhaps you don't, but some one else will notice that you are better still for it.

True love between man and woman is sacrifice. We are put here for sacrifice or love. "Mother," the most beautiful word in the world, sometimes sacrifices her life for her babe when it is to first see God's sunlight. Because of her love for you she sacrifices pleasing little luxuries for herself so that you may be a wee bit more "comfy."

I have seen girls marry because they are tired of working. Is that love?
No: true love is when a girl marries and gives up almost all her friends and little luxuries and sticks to the man I am only nineteen and am soon to walk into matrimony. I intend to work after so that we can have a home and enjoy it. I pray that I shall be blessed with a babe when our home is established. I want to be a wife that my husband will be proud of, respect and love. I intend to hold my husband by being his sweetheart, not better advisor or lord and master. I shall always hold in myself as his equal, not above nor below.

I know how to cook, sew, clean and, in other words, take care of a home.

husband will be proud of, respect and love. I intend to hold my husband by being his sweetheart, not better advisor or lord and master. I shall always hold myself as his equal, not above nor below.

I know how to cook, sew, clean and, in other words, take care of a home. I know how to cook, sew, clean and, in other words, take care of a home. I am a secretary to a manager of a large house here in this city. I have made good in the business world and intend to in the "home" world.

Really, I don't wish to make my letter sound egotistical; but if it does, overlook it, please. I just meant to use her husband's name, as Mrs. John Smith, and how does the wide of which with the other Toms, Dicks and Harrys have disappeared. I am branded as an engagement existing. He is very devoted and kind publicly, is with me constantly, but—what would you do, Cynthia, is you were me? I know that you are a woman, Cynthia. I would never have written this if I were not convinced that you are.

Thank you for plodding through this, is a widow. But she always signs that you are.

Thank you for plodding through this, is a widow. But she always signs hat you are.

Thank you for plodding through this, is a widow. But she always signs hat you are.

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Thank you for plodding through this, is a widow. But she always signs hat you are.

Thank you for plodding through this, is a widow. But she always signs hat you are.

Thank you for plodding through this, is a widow. But she is a widow with the other forms. The other hards and hat you are a widow.

Thank you for plodding through this, is a widow price of a widow. But s

in life in doing so.

I hope somebody else will agree with me, for I feel as though I am right.

ABOUT TO MARRY.

Wants Cynthia's Opinion

Dear Cynthia—I have read your column for months and your advice is invariably so sensible that I have decided to ask your opinion as a disinterested third person.

ANNE.

Cynthia's opinion is very clear and strong on the point. The sooner you ask an explanation of this young man the better. The next time he says, "I love you," say quietly that you think you had better talk about the future. Say that this cannot go one indefinitely and that though you have learned to care, if the affair is not to end in marriage it had better end at once. The young man may have every Invariably so sensible that I have decided ask your opinion as a disinterested third person.

It is the old story. A year ago I met a man twenty five years old. He soon tet is be known very emphatically that he is the city where you could apply for a like to speak of it yet.

It is really your duty to bring things ways had many friends and always pitied girls who allowed one man to monopolize their time to the exclusion of any one else. I always noticed that such an arrangement is fatal to the less fair it will be.

It is not fair; and the longer it goes on the less fair it will be.

In the fitter of any own to educate and raise in Sunday shood and church? My home is near philadelphia.

There are a number of orphanages in the city where you could apply for a law very sorry to have to part with her. The fitter of an church? My home is near philadelphia.

There are a number of orphanages in the city where you could apply for a law very sorry to have to part with her. She is very clean.

It is really your duty to bring things that I cannot give it to you in a letter. You can find it in the business directory of the telephone if you would like to see that were born on St. Patrick's Day, but the list. It is under "asylums fonce. The work are any once. The young man may have every Philadelphia.

It is really your duty to bring things the add to adopt, but the list is so long that I cannot give it to you in a letter. You can find it in the business directory of the telephone if you would like to see the work of the city where you could apply for a law very sorry to have to part with her. She is very clean.

It is really your duty to bring thing the city where you could apply for a law very sorry to have to part with her. The matter of the chores are a number of orphanages in the city where you could apply for a law very sorry to have to part with her. She is very clean.

She is very clean.

It is really you the letter.

The fitted in a distinction of any have every of the city where you could apply for a law very sorr

#### CARES AND RESPONSIBILITY "FORGET" VERY QUICKLY

We Remember Our Good Times Long After They Have Become Pages in Our Memory Books, but We · Drop Care Immediately

"We went in bathing every day, even these last two weeks. It was cold, but we didn't mind,
"And such sailing! You never saw "And such sailing! You never saw anything like it—and how we did eat and sleep when we came back!
"And then the children would dance every night, and they had their marshmallow toasts down on the beach, and one time—

She launched into a long description of that one time, her eyes glowing, face lighted with enthusiasm.

TSN'T it funny the way a good time clings to you?

You remember each little detail of it. You know just what dress you had on when each thing happened, and you know who was there and what time it

You tell it, and gloat over it, repeating the one best experience until your neighbors and the relatives who stayed at home get up and leave as soon as they hear you say. 'Well, I'll never forget that one time, when we went fishing with those people. That was funny They get tired of it many years be-

BUT with the things of every-day life, the routine of business, home life, work and just plain living—that's You feel, before you go away, as if cares and responsibilities "forget" very cannot last until traintime.

You are so tired and weary of the responsibilities "forget" very easily. We never bore anybody by talking about them, after they're over.

WELL, we had the most wonder-ful time," said the mother of the family, as she straightened things up on the porch the morning after their re-

And as soon as you get settled on the train and have watched the last landmark of your little world go swiftly past your window you forget all about "the cares of this life."

You feel, as you glance idly through your magazine, knowing that before you reach your destination you will have read each advertisement carefully, as if you had never had a care.

as if you had never had a care.

You seem to have stepped into an entirely different existence, in which everything is new and lovely, care-free and casy-going.

YOU reach your destination and roll I magnificently up to your hotel, a boy carries your bag, and all you have to do is enter after he opens the door

to do is enter after he opens the door of your room.

Not a care in the world. Not a responsibility. Not a thing to do unless you want to. Not a single necessity. Isn't it glorious?

You sit down on the porch and look out at wide, lazy spaces of sun and fun and coolness, and do you think. "This time yesterday I was finishing up those darn lunch dishes!"?

darn lunch dishes!'? You do not: you think. "This time tomorrow I hope my trunk will be here so that I can go bathing: but I don't really care, it's so nice here and there's nothing to do!"

YES, indeed, we can remember good time for years and years; but

## THE WOMAN'S EXCHANGE

Dear Madam-Which is proper, for a

woman to use her husband's name, as Mrs. John Smith, and how does the widow write her first name? As, Mrs. Grace Smith, does she not? Only when writing to an intimate friend she would sign Grace Smith were she married or a widow.

To the Editor of Woman's Page:

you man Dear Madam—I would like to adopt also baby boy under two yaars of age and over six months. Can you give me the address of a "foundling institution" one of any institution where I can go and choose a child I love and take it as my own to educate and raise in Sunday is at the lower of the choose and church? My home is near the lower philadelphia.

John's Orphanage. Forty-ninth street and Wyalusing avenue; Friends' Home for Children, 4011 Aspen street, and the Catholic Home for Destifute Children. Twenty-ninth street and Allegheny avenue. Perhaps it would be better to apply directly to the Children's Bureau, 419 South Fifteenth street, for cases of destitute and homeless children come directly under their notice, and they might know of some child that would be exactly what you want. I am sure any of the authorities at these various places would be glad to help you, for they are all anxious that the children shall be happy and well cared for.

Dear Madam—As I have a lovely "perigreed maltese cat;" one year old, the mother of a few weeks old male kitten, I would like to find a good home for her, as we are going to move and they do not care for cats where we are

She is a wonderful mouser and also catches rats. The kitten I can easily find a home for, as they are both beauties. The mother cat is a great pet and I am very sorry to have to part with her.

# PANCAKE FLOUR

is very economical, pound for pound it makes more hot cakes than any of the average pancake flours



# **Hot Cakes!**

-mean a delightful treat and a wholesome meal when they're Pantex hot cakes. Everything in Pantex is good and pure and wholesome-

the best of flours, wheat, rice, and corn-pure phosphate baking powder that makes the cakes light and fluffysalt from the best producer in the country-and because milk makes hot cakes tender and nourishing and corn sugar makes them appetizingly brown-Pantex contains twice as much of these costly ingredients.

If you had all these good things handy and knew just the right proportion in which they should be mixed, you could make as good hot cakes as Pantex-but Pantex saves you all this trouble. If it were possible to produce a more perfect hot cake flour

than Pantex we would do it because only the highest quality

products bear the Gambrill name and trademark. Every package carries our unqualified money-back guarantee. ·C·A·GAMERILL·MFG·CO·

PANTEX-a GAMBRILL Product

#### Menu Contest Honor List

Mrs. L. Haffner, 2523 North Cleveland Avenue

Meat Loaf, Baked Brown Gravy Pepper and Cabbage Salad Baked Potatoes Succotash Bread and Butter Peach Ice Cream SALES SLIP

dma beans Bread and butter My Dear Mrs. Wilson—I have found some very helpful information in your writings. Now, will you kindly tell me the cause of worn turning a real volor when I boil it!

MES. L. F.

The trouble may be due to carn over-eating or fermenting before cooking. Mrs. Voorhees Anderson, Camden, N. J.

Liberty Steak With Tomato Sauce Browned Potatoes Corn on Cob Lettuce and Mayonnaise Hot Biscuit and Butter Apple Pie lee Tea SALES SLIP Three-quarters pound ground beef at forty cents a pound.

ne egg at sixty cents per dozen.

sasoning. salt, pepper, bread
crumbs, onion Corn at sixty cents per dozen Salad hearts at five cents

> Miss Edna Esbin, Upper Darby, Pa.

e Soup With Meat and Potators d and Butter With Ice Tea Gelatin and Cantaloupe SALES SLIP

pound stewing beef ...

Three tablespoons barley ...... Two tablespoons rice ..... wo cars of corn One carrot
One small head cabbage
One pint string beans
One pint leas
One package fine noodles
One onion
One pot herb
Nait for seasoning
Potatoes with meat
Three tablesuons ter our tablespoons sugar Two large cantaloupes

Mrs. G. L. Burger, 2961 North Taney Street Rolled Steak (stale bread filling)
Boiled Potatoes With Meat
Lima Beans
Tomate and Pepper Salad
Bread and Butter Reed Tea
Bread Pudding

SALES SLIP stale bread and seasoning One-quarter peck lima beans Quart potatoes Four tomatoes Bread and butter Tea and sugar Pint milk Two eggs

The Meat Chopper Try cleaning the meat chopper with

the little brush that comes with the coffee percolator and see what great help it is.—Good Housekeeping.

For purity, freshness and flavor buy imported Pompeian Olive Oil

# Rittenhouse Bros. "Penny Profit Meat Store" 60th & Market Sts.

Friday

Saturday

Baby

Lamb

Country

All the Best Cuts Steak Meats				Rump Round Sirloin at 33c lb	
Rib Roasts Best Cuts	Chuck Roasts Best Cuts 22	Hamburg Steak Fresh Ground	Pot Roast Lean 20,	Stewing Beef Brisket	Bolar Roast Lean

Special! Boneless Bacon, 2 to 4 lb. pcs., 29c lb. Cottage Hams Hams Hams Eggs Pork Hams Blade Style 8 to 10 lbs. to 8 lbs. 38 43 62 29

Lean Rib Yearling

Yearling

Chops

Shoulder

Yearling

Yearling

Chops

Chops

French

26 35 Stewing Chickens, All Yellow Fresh--4 to 5 lbs. Killed Fresh

Marg-Lard Marg-Table arine 1-lb. Package Butter