

MRS. WILSON ADVISES WELL-BALANCED DESSERTS

A Rich One Should Follow a Light Meal, While a Heavier Meal Cannot Have a Pudding, Pie or Custard After It. Some Delicious Recipes

By MRS. M. A. WILSON? Copyright, 1920, by Mrs. M. A. Wilson. All rights reserved.

The dessert gives the finishing touch to the meal and is served with both the luncheon and dinner. The appetite usually requires a sweet dish to complete the meal. This gives the thrifty housewife a real opportunity to round out a scanty meal so that it will satisfy the family in every way.

The usual rule of a light and delicate dessert with a heavy meal and a rich dessert with a light meal will keep the balance in the menu. Savory fruits, jellies and water less with dinners, planned with a heavy protein, such as beef, pork, veal. When the menu has little or no meat and the made dishes are served in place of the meat, then we can serve puddings, pies, custards, souffles to balance it.

In arranging and grouping your desserts consider the food values of each and then plan the balance of the menu. Avoid serving large portions. The new school of serving prefers a small and medium portion to the old-time generous helpings.

- Following are some attractive desserts.
Apricot Pudding
Wash four ounces of evaporated apricots in warm water and then turn into a china bowl and cover with just sufficient warm water to cover the fruit. Let stand for four hours and then place in a saucepan and add one-half small orange sliced thin. Simmer slowly until the fruit is tender. Toast very lightly some slices of sponge cake and then lay on the fruit saucer and cover with the prepared apricots. Garnish with the fruit whip, which is made by placing in a bowl:
White of one egg.
One-third glass of apple jelly.
Beat with a Dover eggbeater until the mixture holds its shape.

- Apricot Raisin and Rice Compo
Wash one-half cup of rice in plenty of cold water and then place two and one-half cups of boiling water in a saucepan and add the rice. Cook until the rice is soft and the water absorbed. Now place in a bowl:
One and one-half cups of milk.
One-half cup of sugar.
One-half teaspoon of nutmeg.
One-half teaspoon of salt.
One whole egg.
Yolk of one egg.
Beat to mix thoroughly and then add the rice and blend. Now divide into individual custard cups. Place the custard cups in a slow oven and bake for twenty-five minutes. Remove and then:
Prepare four ounces of apricots as directed for the apricot pudding and add one-third of a package of seeded raisins just before cooking. When a saucepan cover the rice pudding and garnish with fruit whip. Serve ice cold.

- Banana Coconut and Rice Mold
Prepare the rice as directed for rice compo and then turn the rice, when tender, into the mixing bowl and add:
One-half cup of sugar.
One-half cup of butter.
Two thinly sliced bananas.
Mix well with a fork and then grease the custard cups and fill with the mixture. Set aside to chill. Serve. Turn on a fruit saucer and cover with either stewed or canned fruit. Garnish with marshmallow whip and a maraschino cherry.

- Fruit Fritters
Wash four ounces of evaporated peaches and place in a bowl and add juice of one-half lemon and just sufficient water to cover. Let stand for two hours and then cook in a saucepan and cook slowly until the fruit is tender.

- Menu Contest Honor List
Mildred W. Mattern (Age fifteen years)
4405 North Fourth Street
Menu
Browned Potatoes
Roasted Potatoes
Bread and Butter
Cakes
Pears
SALES SLIP
Three-quarters pound chopped beef... \$ .30
One small can tomatoes... .12
Two large onions... .02
One quart of corn... .10
Two large green sweet peppers... .06
Pepperhans... .10
Bread and butter... .10
Milk... .10
Coffee, sugar, etc... .25
One pint pears (home canned)... .15
Total... \$1.19

- Mrs. W. S. Musser
Middletown, Pa.
Menu
Celery Soup
Beef Loaf With Spaghetti
Baked Potatoes
Cauliflower With Sauce
Vanilla Cornstarch Whip With Apple Jelly
Coffee, Sugar and Evaporated Milk
SALES SLIP
One quart tomatoes... \$ .05
One pound ground beef... .05
One package spaghetti... .10
Two quart cauliflower... .10
Read cauliflower... .25
Cornstarch, milk, eggs, sugar, exact apple jelly... .40
Coffee, sugar, milk... .15
Total... \$1.50

The Best Dinner

costing \$1.50 for four people wins a prize of \$2.50 in the PRIZE MENU CONTEST

Two other prizes of \$1 each are awarded for the next best menus. Address all menus to Mrs. Wilson's Menu Contest Evening Public Ledger Independence Square

Your full name must be given and correct address on the menu. Also the date of sending it. The foods used must be staples and in season, and a sales slip giving the cost of all materials must be included. Fried meats are not accepted.

- der. Turn in a sieve and drain. Now place in a mixing bowl:
One cup of liquid from the peaches.
One egg.
One-half teaspoon of shortening.
One-half teaspoon of salt.
One-half teaspoon of cinnamon.
One and one-half cups of flour.
Two teaspoons of baking powder.
And then well-drained evaporated apricots. Drain by the handful in a pan containing sufficient hot fat to float the fritter. Turn to a brown on both sides. Serve with custard and garnish with hard sauce.

Prepare four ounces of peaches as directed for peach fritters and when the fruit is cooked rub through a sieve and add to the pulp:
Two-thirds cup of brown sugar.
One teaspoon of cinnamon.
One cup of bread crumbs.
One-half cup of flour.
Three tablespoons of melted butter.
Beat to mix and then turn into an oblong pan which has been lined with plain pastry and cover with crumbs made as follows: Place in a bowl:
One-half cup of flour.
Five tablespoons of brown sugar.
One teaspoon of cinnamon.
One-half cup of shortening.
Rub together lightly with the tips of the fingers. Spread over the Congress pie and then bake in a moderate oven for twenty-five minutes.

Rub one cup of either cooked evaporated peaches or apricots through a sieve and then place in a saucepan and add:
Two level tablespoons of cornstarch.
One-half cup of brown sugar.
One-half teaspoon of nutmeg extract.
Let stand to soften for one-half hour and then heat slowly to the boiling point and again rub through a sieve, turn in a bowl and let cool. Just as soon as it begins to stiffen fold in the fruit whip made as directed from the apricot pudding. Rinse the mold with cold water and then turn in the prepared mixture. Chill. Turn from the mold and serve with custard sauce made as follows:
One cup of milk.
Yolk of one egg.
Two tablespoons of cornstarch.
Five tablespoons of sugar.
One-half teaspoon of nutmeg.
Stir to dissolve the starch, then bring to a boil and cook for three minutes. Cool and then add the juice of one-half orange. Beat to blend and then serve.

Mrs. Wilson's Answers
Dear Mrs. Wilson—Kindly let me know through your column what will keep potatoes white while I am peeling them. They are very white, but after I add my butter and milk to mash them they get darkened. Also how to cook steak. MRS. M. K.

Your Soul's in Your Hand
By IRVING E. BACON
LONG-THUMB SATURNIAN
The strong will of the long thumb emphasizes the sober qualities of the Saturnian.

The Question Corner
Today's Inquiries
1. Who is Panthe Bueaule, of Sacramento, Calif?
2. How can dainty powers be made good in trifling matters?
3. Describe a novel shower for the bride-to-be.
4. In what convenient way is a disinfectant kept in a garbage can?
5. Which is correct: "Those kind of things," or "That kind of things"?
6. How can a touch of lightness be given to a black dress that has been worn during a period of mourning?

Yesterday's Answers
1. Mrs. H. J. Lutter, of Orange, Tex., who is seventy-nine, recently made a trip of over 300,000 miles in an automobile.

The Unwelcome Wife

By HAZEL DEYO BATCHELOR Copyright, 1920, by Hazel Deyo Batchelor.

Anthony Harriman marries Charlotte Grouse, a little country girl, and brings her to the city, where she does not fit in at all. Although she is fitted with clothes suitable to her position, Tony's mother treats her with coldness that the girl gets in constant terror lest she betray her ignorance.

Old-Fashioned Ideas
IT WAS with a sigh of relief that I wrote saw the last guest leave and turned with a little sigh toward her room. She had stood by Mrs. Harriman a pathetically tired little figure in a silver gown holding a feather fan against her slender bare neck to hide somewhat the expanse of neck that the generous cut revealed, and as her mother-in-law looked down at her she could think of nothing but the fact that Charlotte looked like a white flower.

Now Edith Comstock had carried on a rather eager conversation for half the guests were leaving. Edith had come down the wide curving stairs in a huge white fur cape looking as fresh and animated as the bird all evening long. Her dark head showed satin smooth under the lights, and Tony had pounced on her eagerly, Charlotte looking on from a distance that prevented her from hearing what they said.

Two Minutes of Optimism
By HERMAN J. STICH
Slipping the Stones Out of Place
WE HEAR it said every now and then, that let the chips fall where they may, we Americans deserve exactly the government we get.

Women's Collages
Miss Nettie C. Burleigh, a Mount Holyoke College graduate, is the owner and operator of a model farm of 15 acres near Waterville, Me. All of the employees on the farm, from business agent to "third hands," are women.

What's What
By HERMAN DEWEY
Please Tell Me What to Do
By CYNTHIA
To "A Bitter-Sinner"
Write to this young lady whose good name you have injured and tell her just what you wrote to me. Also seek out each individual to whom you told these untruths and take them all back.

Dear Cynthia—Will you please give me some advice? I want to take some girl friends of mine to a matinee. What other entertainment should I provide? Should I take them to lunch before or after the matinee? Will you tell me all about whichever is better? What should I order and what should be ordered? I am sure you will be so kind as to write me back. With many thanks, your faithful and interested reader.

Dear Cynthia—Will you please publish these few lines in order that our dear friend "Mickey" may read them? Dear old Mickey—why in the world don't you come upon me more often with some of your valuable information? We all sure did enjoy your paragraph about these few lines in order that our dear friend "Mickey" may read them? Dear old Mickey—why in the world don't you come upon me more often with some of your valuable information? We all sure did enjoy your paragraph about these few lines in order that our dear friend "Mickey" may read them?

Dear Cynthia—A question: Recently my partner and I were in quite a hurry during the noon hour. Incidentally, we were just as hungry as we were tired. Consequently we entered the first lunch room we passed instead of joining the more deliberate members of the "Round Table."

SHORT-HAIRED-FUR IS FASHIONABLE



By CORINE LOWE
If Mary hadn't already a little lamb she is very apt to get some. Those crinkly, short-haired furs are all extremely smart this fall, and among them the newest is the South American lamb. This is used extensively by one of the most famous designers of Fifth avenue and it appears here on a cape of navy bolivia cloth. Let it not be thought for an instant that the dolman shape has perished from the earth. It is still smart, particularly when treated to some novel trimming or arrangement such as is found in today's model.

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To Four Lonesome Young Men
Dear Cynthia—I am writing this for the benefit of "four lonesome young men" who are probably do feel mighty lonesome. But if you are "good fellows," as the boys say, when "rushing" comes arrives you will be initiated into a fraternity, and your "brothers" will see to it that you meet a great many nice girls. Of course, it remains with you whether you get a "bid" or not. And remember that it only takes one man's "no" to keep you out of a "frat."

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IT'S A PRETTY LITTLE RING; OF COURSE MINE'S LARGER

Said Leonora When the Newly Engaged Girl Showed Off the Diamond That Was So Wonderful to Her. Are All Women Catty?

SHE was wearing her ring to work for the first time, and she thought it was the most wonderful, beautiful ring she had ever seen. "It's only a small diamond," she would say, each time. "But it's a very good one, and I like a small one much better than those great big things—of course, that sounds like sour grapes, but it really isn't at all. I've always liked a little stone better."

And so on, dreadfully happy and proud over it all, but just a little apologetic for fear some one would think she wasn't pleased with her ring. All of which was totally unnecessary, for if she had just thrust out her hand, and let her face beam as it wanted to, the whole story would have been told without a word from her.

When she showed it to Leonora, whose sewing machine is just opposite hers in the workroom, she said: "Yes, it's a very sweet little ring," said Leonora in a kindly tone. "Of course," she went on, raising a flashing left hand to arrange her hair, "mine's larger!"

Was it a sound that came in the open window, was it imagination, or was it really Echo, who answered "Minnou"? Whatever its source, it was timely. Why are girls so catty?—there's no other word for it. Could it have been Leonora any pleasure to watch the brightness fade from that happy face across the table, as the pain caused by her snub took its place? Was she so small so mean, that her spirits were lifted or her soul refreshed by the effect of her scrawny words?

They know beforehand what effect their retorts will have, but they make them in cold blood with a desire to hurt. They cannot endure seeing another girl in possession of something that may be better than the thing that they have. If they feel that there is any possibility of her thinking for one moment that her ring, her hat, her beauty, or her ability to cook a good dinner is better than theirs, the catty instinct rises uppermost in their nature.

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Lean Plate and Brisket 10c lb.
Fancy Chuck Roast 20c lb.
Lean Round Shoulders 22c lb.

Finest Rump, Round and Sirloin STEAK or ROAST 25c lb
Finest Cut Rib, Bolar and Pin Bone Roasts
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OUR HAMBURG IS EXCEPT ORNALLY GOOD—TRY IT
REAL YEARLING LAMB
Legs... 28c lb. | Shoulders... 18c lb.
Best Rib and Loin Chops... 28c lb.
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Finest Fresh Ground Hamburg... 15c lb.
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Legs... 35c lb. | Shoulders... 24c lb.
Lean End of Rack... 25c lb.
Best Rib and Loin Chops... 40c lb.
Roast Lamb... 10c lb.
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Racks... 22c lb. | Breast... 20c lb.
EXTRA-FINE MILK-FED CALF LIVER, 43c lb.

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Our Hamburg is Exceptionally Good—Try It
Read Our Price List and Compare It With Your Present Butcher's Prices
Best Pure Lard (1-lb. prints)... 22c lb.
Fresh Sausage... 31c lb.
Finest Sugar Cured Bacon, by pc... 33c lb.
Sugar-Cured Regular Hams... 35c lb.
Try Our Special-Made Farm Scrapple, 2 lbs. for 25c