STYLES IN CUFFS

And Suggests Several Ways of Preparing This Spicy Condiment for Use With Meat and Fish

By MRS. M. A. WILSON right, 1926, by Mrs. M. A. Wilson. All rights reserved.)

SIA was the first to use mustard as a condiment, and from there it dekly found its way into Europe, rough Egypt. Mustard is mentioned by Pythagoras, and it was first used as a medicine by Hippocrates in B. C. 480. The old Romans used the oil, pressed from the seed, for rubbing the stiffened joints of the athletes; when with vinegar it was used for the stings of serpents, scorpions and insects.

The first actual record of the use of ustard as a condiment in England is mund in the housebook of the Duke of Northumberland, during the reign of Henry VII, where it is stated that 100 relions of mustard seeds was the yearly owance for the duke's servants and

Gerarde, the celebrated herbist, tells in that the garden mustard of the white ed variety was scarcely known at all luring the Elizabethan reign. To in-troduce it at this time the seed was freely distributed with the remarks that mustard made a fine sauce, good to be eaten with meats and fish; it sharpened the appetite and promoted digestion— thus it was earnestly hoped to promote the use and create a demand for mus-

Before 1720, the present-day table baxury, mustard, was unknown. The usual procedure was to bruise the seed by pounding with a mortar and then coarsely sift; in this rough state it was prepared for the table.

About 1720 a Mrs. Clements, of Dun-

About 1720 a Mrs. Clements, of Dun-ham. England, began using a mill to grind the mustard seed; the mustard was passed through several processes similar to that employed in making wheat flour. She kept this secret for many years and during that time she owned the sole distribution for the United Kingdom. Mrs. Clements traveled thrice yearly to the city of London and the various other large cities seeming orders for other large cities, securing orders for her prepared table mustard. King George I gave his royal approval of this tyle of prepared mustard and this soon nade it the fashionable table sauce.

There are many distinct botanical pecies of this plant; the same powerful and peculiar odor and flavor arise from the presence of allyl, which is radical of the essential oils which contain sulphur.

Mustard garlie garlie and the sulphur. Mustard, garlie, onions and horseradish contain this oil.

The English, to a limited extent.

The English, to a limited extent.

Telish the mustard sauce, while the

French, Russian, Italian and Spanish
flavor their savory dishes with garlic

and shallot; the Russian peasant fries

and shallot; the Russian peasant fries

and shallot; the Russian peasant fries his black bread in oil with onions. How-ever, mustard is the favorite condiment ost everywhere. Like salt, mustard has given occasion to many proverbial wiches. sayings, both among the ancient and modern epicures. There is the mustardy temper—meaning a hot one—the reeks describe an angry man as looking lke mustard.

Many varieties of prepared mustard Many varieties of prepared mustard may be purchased in the shops; there is a mustard prepared at Dijon, France, that is very fine. Here it is prepared with tarragon vinegar and fine herbs. with the liquor from the richest, spiced pickle. England has long been noted for her mustard sauces which were served in the various postroad houses and inns, where the boiled or roasted and inns, where the boiled or for joint forms the piece de resistance.

HOW TO PREPARE THE SAUCES English Mustard Cream Piace in a soup plate

Miss Louise Avellino

The Best Dinner costing \$1.50 for four people wins prize of \$2.50 in the

PRIZE MENU CONTEST Two other prizes of \$1 each are warded 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 stuples and in season. and a sales slip giving the cost of all materials must be included. Fried meats are not accepted.

One level tablespoon of mustard, One level tablespoon of vinegar. Blend together and then add thre tablespoons of evaporated milk and nine tablespoons of salad oil. Beat to a thick cream and then add One-half teaspoon of salt. One teaspoon of sugar. Serve on boiled meat and fish.

Kerry Mustard in a small bowl

Four tablespoons of mustard, One teaspoon of salt, One teaspoon of sugar, One half cup of hot spiced vinegar. Beat until creamy.

Boiled Mustard Sauce Place in a saucepan
One-half cup of water,
One-half cup of vinegar,
One tablespoon of mustard,
Two tablespoons of flour,
One teaspoon of sait.

One teaspoon of sugar, Six tablespoons of salad dressing. Mix to dissolve the starch and then

Piace in a soup plate
Two tablespoons of butter,
Two teaspoons of mustard.
One-half teaspoon of salt. One-half teaspoon of sugar,

One-half teaspoon of Worcestershir Mix and then beat until creamy. This delicious when spread on meat sand

Mustard Dressing for Fish

Place in a saucepan Two-thirds cup of water, One-half cup of vinegar. One tablespoon of mustard, Three tablespoons of flour. Stir to dissolve the flour and mustard and then bring to a boil and cook for five minutes. Now add

One well-beaten egg,

Four tablespoons of salad oil or but-

ter,
One teaspoon of sugar,
One teaspoon of salt,
Two teaspoons of grated onion.
Mix and then beat well and cook for one minute. Pour over finely shredded cabbage while hot. In some parts of England this dish is called hot mustard wilted cabbage.

Menu Contest Honor List

Boiled Codfish Mashed Potatoes and Spinach Baked Apples Butter SALES SLIP pounds of steak cod oaf of bread Miss Mary McKendrick Menu Vegetable Soup Brend and Butter SALES SLIP

Mrs. A. Buchanan Baked Meat Loaf With Onions calloped Pointors Corn on Co Pepper Cabbuge Province Tea Brown Betty Pudding

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negligee sleeve, kimono in shape, is finished with a band of soft, becoming fur, with a point and tassel drop-

Tomorrow-The Escape

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THE UNWELCOME WIFE

By HAZEL DEVO BATCHELOR

After Anthony Harriman's marriage to Charlotte Graves, a gir, beneath him socially, his mother succeeded in belittling her to him every chance she belittling her to him every chance she get. Charlotte was not a social success because she was too shy, and she could not keep up with the ultra smart young people who composed Tony's set. Things kept going from bad to worse until Charlotte felt that she was simply tolerated in her husband's house. It was then that she discovered that she was to become a mother and she was afraid to tell any one the trut. The one person who was kind to her was a man Tony wished her to avoid. He appeared at a country club dance during the summer and Chirlotte greeted him with more enthusiasm than Tony felt was necessary.

Lost Ideals

"How many dances will you give me?" Nick asked, smiling down into the blue eyes that were raised to

"How many dances will you give me?" Nick asked, smiling down into the blue eyes that were raised to his.

Charlotte handed him her card without a word and he scrawled his initials in as many places as he dared.

That night Charlotte sparkled and flushed and laughed her fluty little laugh all during the evening. She had never had such a good time and Nick's attentiveness, his grave interest in what she had to say were stimulating in the highest degree. She who had never interested in the slightest the men of Tony's set had now everything she sold considered and every slightest wish deferred to; no wonder Charlotte responded and there was an etherceal loveliness about her that Nick thought made her more fairylike than ever.

Charlotte knew that if she called the time she must pay the piper. She knew that afterward everything would be gloomler than ever by contrast. She knew, too, that Tony was displeased

more fairylike than ever.

Charlotte knew that if she called the tune she must pay the piper. She knew that afterward everything would be gloomier than ever by contrast. She knew, too, that Tony was displeased with her, and once when she caught Mrs.

Harriman's eye she met an open anger that her mother in law was at no pains

That night she had plenty of part- Transplanting Home Atmosphere ners, and when she danced she was like a piece of thistledown. It was her tri-tumph, for the men flocked about her. Innecently she thought that now Tony would be pleased, for at last she was

Innecently she thought the last she was would be pleased, for at last she was popular.

Mrs. Harriman, looking at her daughter-in-law, would not have known her for the pale little creature she had looked upon so contemptuously. Beside her the other girls seemed big and her she stemed big and clumsy. Her silver blonde hair, loosened clumsy. Her silver blonde hair, loosened clumsy. Her silver blonde hair, loosened the major portion of this constant growth growth

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COME WIFE

cf home into the store, both with respect to the clerks and the customers. Herself a lover of home, Mrs. Brink tried from the very beginning to make a point of learning the names of her customers and tried in every possible way to be of service to them. Menthly meetings with her co-workers in the store and the confidence which Mrs. Brink showed in them soon brought the habit amongs the salesmen of dropping the manded around to one of the open French windows and he drew her outside His voice shook with fury as he released her and stood before her.

"You are making a laughing stock of yourself." the words came in a rush. "How dare you show the whole world how infatuated you are with this man!" Tony was past reason, he hardly knew what he said. The one thing he was conscious of wes that his mother had been right about Charlotte.

"What do you mean?" she spoke quietly, all the glad light suddenly dead in her.

"As if you didn't know. You act like a stick, you refuse to have anything to do with any one, but the minute Nick Fowler appears, you come to life; you're no longer a pris, What kind of a woman are you, anyway?"

Tomorrow—By Answering Questions

Tomorrow-By Answering Questions

Please Tell Me What to Do

By CENTHIA

It Can't Be Done Sorry, Al. F., but over and over again Cynthia has declared that she will do nothing to bring about friendships between writers to the column. To print your letter suggesting advertising would not be possible therefore.

A Word to "Sophist"

Dear Cynthia—May I transmit a message to Sophist?
Sophist, I agree with you, although it appears to me that you yourself are not in earnest concerning the statements which you make. Perhaps it is because of the flippancy of your expression. And then again, perhaps you make those statements in order to impress us with your vocabulary of slang.
Frankly, Sophist, you have succeeded in arousing my curiosity. In fact, you have no idea of how much valuable time I waste, merely in speculating as to the sort of character you might be. I hardly think that it is an unusual type.
At any rate, I like you, Sophist, in spite of your youth, egotism and slang. I have a faint suspicion that, ordinarily, you are not in the habit of using it and say, in the solumn.

RECLUSE. Dear Cynthia—May I transmit a mes age to Sophist?

Shall He Call?

Dear Cynthia—Will you kindly solve this problem through your column? I have a friend who now lives out West, who, before he moved there, lived in a nearby suburb.

In a nearby suburb.

He used to keep company with a girl to whom I have been introduced since he ft. The girl appears to be nice and very pretty. I wrote him a letter mentioning what I thought of the gail of a return letter he agrees that she is a nice girl and sends me one of her cards with her address, which she had given him. He has written his name on the back of the card. He invites me to call on the girl. I would like to, but do not know whether or not it is proper, as I did not ask her if I might. The girl lives quite a distance from my home and I don't see her very often.

J. K. C.

Write the girl a little note asking if you may call on her. Tell her that your mutual friend, mentioning his name, has suggested it and that you have been very anxious to since you have met her and hope she will permit it.

How to Answer Invitation Dear Cynthia—Please inform me what is the correct action to take when one ceeives an invitation to a church wedling from one with whom I am not very well acquainted? Thank you for this information.

A. S.

formation.

No answer is required for an invitation to a church wedding. During the fortnight after the wedding a call should be made on the mother of the bride. When the invitation is for the reception after the wedding, an answer written in the third person repeating the words of the invitation is required, as for instance: "Mr. and Mrs. James Smith accept with pleasure Mr. and Mrs. John Brown's invitation for the wedding breakfast of their daughter, Mary, and Mr. Samuel Jones on Thursday, November, the twenty-fourth, at half after twelve o'clock."

Put only your name on the first line and Mr. and Mrs. Brown's name only on the third line, filling in the other words between. Write on plain water

HE "SHOT THE SAME LINE" TO TWO DIFFERENT GIRLS

And of Course Jane Told Marie and Marie Confessed to Jane. and Then Jane Told Milly About His Trifling

THEY were high school girls on their word! Soulful stuff, too. Oh, he's a I way home with wise-looking books | scream!

under their arms.

Milly was slim and fair, with a wide-brimmed hat tilted ever so slightly over one blue eye.

Jane was small and dark, with bobbed the edge of her little toque.

They were talking about the frater-

nity dance on Saturday night.
"Going?" asked Milly.
"Sure. You?" replied Jane. "Who with?"
"Jack. Who you going with?"

"Yes—oh, do you know him? Did he

he wrote a note about it.

to appear too anxious about it.
"Well, you know," began Jane,
"he's awfully queer, He—well he has
the worst line you ever heard."

AND the funniest part of it is that after he got off this line to me —I didn't take him seriously at all, you know, I just laughed at everything he said, because it was funny—I was talking to Marie about it.

"We compared notes on it, and, do you know, he shot exactly the same line with her that he shot at me! Now, can you beat that?"

Oooh, say!" remarked Milly appreciatively.

She giggled merrily and Milly joined in with all her heart.

BE CAREFUL, Frank Simpson—and his unsuspecting fraternity brothers! If you will "shoot the same line" with every girl you meet, better make it a little less soulful, a trifle less easy to re-

These sweet-faced little girls at whom you shoot it are not so gullible or so stupid as you think.

And even if Peggy does believe you, and take your little recitation straight to heart, the truth will come out sooner or later.

For Peggy will spend the night with Sue some time, and in those confidenever come to see you?"

"Well he's called me up several times, and he asked me to go to the dance with him on Saturday, and then world is asleep, she will tell Sue just what it is that she considers the most wonderful thing that was ever said to

he wrote a note about it."

"Oh, did he ask you, too? He asked me, too!" Jane's manner was a bit chilled.

"Isn't that funny? I wonder which he asked first?"

There was a half-hearted attempt to find out which he had asked first; they were both "just dying" to know which was the favored one, and neither wanted to appear too anxious about it.

wonderful thing that was ever said to her.

And Sue will laugh! Oh, do be careful. Frank Simpson!

It's easy to get along without a girl who is offended and doesn't hesitate to show it, after you have told her the sad, much used story of your sudden love, and she finds that you told it to her best friend, too.

But watch out for the girl who

But watch out for the girl who laughs; you can't get away from the merry eyes and uncontrollable giggle of And ridicule can give worse torture than any machine that was ever invent-

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