EVENING PUBLIC LEDGER-PHILADELPHIA, FRIDAY, **DECEMBER** 3, 1920

MRS. WILSON CHOOSES FOODS FOR THEIR VALUES

Not So Many Fried Meats and at Least One Green Vegetable

a Day-Sunday Recipes to Be Prepared on Saturday

By MRS. M. A. WILSON oppricht, 1920, by Mrs. M. A. Wilson, All rights reserved.)

DRICES of eggs and butter are mounting steadily and the frugal and prudent woman will plan and arrange the menu so as to exclude as much as ommodities. the use of these high-priced

Again, I note while marketing that many delicious and inexpensive cuts of meat are to be had. In fact, one dealer complains that 95 per cent of the mar-keting is for steaks, chops and hamburg or chopped meats and that few women,

The chopped means and that low which, unless they are of foreign birth, are at all anxious for the coarser cuts of meat. However, it is most desirable that at this season of the year we so plan the food that the family will have abun-dant and nourishing food. Fried meats here much of their putriment and beose much of their nutriment, and besides this there is waste of fully 25 to 30 per cent in cooking them. Vegetables are somewhat cheaper, and the house-wife should keep constantly in mind this fact—that for physical fitness the family must have each and every day one green, succulent and uncooked food. This may be served as a relish or salad. using lettuce, endive, romain salads, celery, watercress, radishes, red, curand white cabbage.

When planning the menu for Sunday arrange to have three meals.

BREAKFAST Baked Apples Cereal and Cream Crisp Bacon Breadcrumb Griddle Cakes Sirup DINNER Celery Radishes Bohemian Goulash Spinach Sweet Potatoes Apple Pie SUPPER Lettuce Coffee Cheese

Pork Macaroni au Gratin Celery Cake Tea Apple Sauce

The market basket will require : One-half peck of apples, One-half pound of bacon, Three and one-half pounds of plate

beef. Two pigs' feet. One bunch of radishes. Two large stalks of celery. Two pounds of sweet potatoes. One pound of spinach.

Head of lettuce One-half pound of macaroni. One-quarter pound of cheese. One carrot. One pint of onions.

Tico turnips. And the usual weekly staples.

Breadcrumb Griddle Cakes

Soak stale bread in cold water until very soft and then turn into a piece of cheese cloth and squeeze dry. Rub through a sieve into a bowl and add: One cup of milk, One-half cup of water. Two tablespoons of melted shorten.

One tablespoon of sirup.

powder.

Bohemian Goulash

Beat to mix and then bake in wellgreased griddle. This dish is best cooked on Saturday.

as it requires long, slow, moist cook-ing. If you have an old-fashioned crock with a lid you can use it, or a plate may be used in place of the lid for a cover.

This entire meal may easily be pre-Place two asbestos mats over the burner and then set the crock on this. pared on Saturday and then reheated for Sunday. prevent the grock from

That is what Mrs. Wilson wants to give you. When she hears of something that is different from the ordinary, more wholesome, more tasty, off she goes, no matter how far it is, to get the directions, try them out, and set them down in this corner

New and Better Recipes

For You

And if you have questions to ask about cooking, she will be glad to put her answer in the column. Personal answers cannot be given.

If You Have Any

Recipes that you are specially fond of or proud of, and you would like them to be published with your name attached.

Send Them In

Mrs. Wilson will be glad to print them.

cracking. Wipe the meat with a damp cloth and then cut into large pieces, about three inches. Place in the crock and add barely enough boiling water to cover. Bunch of soup herbs, Two carrots, pared and diced. Two turnips, pared and cut in pieces, Six onions, whole. Cover and simmer slowly until the meat is tender, then lift one cup of the gravy and let cool. Add two-thirds of cup of well browned flour; blend the gravy and flour well, then add : Two level tenspoons of salt. One level teaspoon of paprika, One-quarter teaspoon of caraway seeds. Stir this into the goulash and cook

Apple Sauce Cake

Place in a mixing bowl: Place in a mixing bowl. Two-thirds cup of sirup, One-half cup of sugar, One-half cup of shortening, One cup of thin unsweetened apple Sauce, One-half cup of finely chopped raisins. Two level tablespoons of cocoa, One level teaspoon of cinnamon. One-half level teaspoon of cloves, One-half level teaspoon of nutmeg. Tico and three-fourths cups of sifted flour, Five level teaspoons of baking powder Beat to mix. Pour into well greased

and floured square pan and have the mixture about one inch thick. Cover the top with thinly sliced apples and One tenspoon of sait. Two and one-quarter cups of flour. Four level tenspoons of baking thirty-five. minutes. Cool; serve with sprinkle with one-half cup of brown mon sauce.

Lemon Sauce

Place in a saucepan: One-half cup of white sirup. One-half cup of water. Two tablespoons of cornstarch. Bring to boil and cook slowly for three minutes, then add juice of one lemon and one-half teaspoon of grated lemon rind.



of Belgium than any single person at the front'

These were the words used by King Albert of Belgium in conferring upon Mile. Angelica Vercammau, of St. Gilles, for one-baif hour longer, and then it may be set aside until needed. Heat and serve. When serving sprinkle with fried breadcrumbs and a little grated cheese.

Mile. Vercammau was on a train on her way to Antwerp in February, 1919 and overheard a conversation between a German officer and a nurse which aroused her suspicions. The officer inquired if the girl understood German and she stated that she did not, but not satisfied, the German ordered her out of the carriage. She secreted herself in the next compartment, where she could catch snatches of the conversation through a small hole in the partition Also, through this hole, she saw the of-ficer take a plan of Brussels from his values and explain to the nurse what buildings were mined.

armistice.

buildings were mined. Waiting until the train approached Antwerp, Angelica told her story to the guards. The officer protested against being searched and, when the girl pointed out the secret pocket containing the plan, he attempted to shoot her, but a Belgian soldier disarmed him. The documents proved that the German had plotted to blow up the palace on Febru-ary 19 when King Albert was to meet the French and alled representatives. Because of her bravery and quick wit the Belgian king bestowed the three honors upon the girl and in the peace fete last August she was accorded a prominent position.

Monday-The Millionaire Stevedore

Making More Money By Looking at Tires.



Black and White Serge

By Corinne Lowe

arranged in squares, but by combinations of plaid with plain fabrics. In this charming little frock, for example, black serge is pitted against black and white checked serge. The former achieves back and front panels, the deep cape collar with the pop-ular revers, and the cuffs of the short sleeves. But even the solid color squares itself with fashion by square motifs comby square motifs com-posed of small ivory rings sewed closely together.

Cheer Up Dear Cynthia-Being "sick at heart" I can find no better "doctor" than you, Cynthia, so I call upon you for aid. Like other young siris of my age (I am seventeen years), I have gone out with sevente young men. These young men, at some time or other, have really claimed a part of my heart, but the trouble is, Cynthia, that I tire of them too quickly, and sometimes regret it after. There is one of whom I am par-ticularly fond, but because of my dis-isince I can find no other whom I really are for, I think it best to do no other thing than sit home or go out with a sirif friend. Cynthia, can you advise me what to do to overcome this mistake? MISS SIMPLICITY. notebook, go on a few stops further, where she will repeat the operation. Even without the formality of an in-troduction you will know that this is Miss Peggy Engleman, saleswoman extraordinary for one of the largest tire concerns in the country.

most kind advice. I have met a man who tells me he loves me. I know that I love him, not with the same girlish love I had for my husband, but with a woman's love. strong and deep. Would it be right for me to marry him? How can I test his true love? He is very popular. I am not, so I do not see how he can care for me! I am spins out of memoirs and the second

into colors?

"An Ardent Reader"

Tomorrow-A Matter of Cherry Pies. I am going out of mourning very soon -would it be correct for me to go right into colors? EILEEN R.

To Clean a Pen Point

When it gets clogged with dried ink ad scratchy to use, hold it for a minute in the flame of a match. The ink burns off, leaving the point smooth and fresh,

The swinging door has an etiquette all its own, and this etiquette is simply the common sense of the situation. A man is supposed to open a door for a woman, and to hold the door allowing her to precede him through the doorway. But this rule aplies only to the ordi-nary non-swinging door. If he should at-

but non-swinging door. If he should at-tempt the same procedure with a swing-ing door ,he would be likely to release the spring-hinge and have the door fly back in his companion's face or in his

Obviously, the practical thing to do is

or the man to push the swinging-door whatever direction is to be taken, in-ard or outward, and to go first, so that

not? In the eyes of the world, it would be better to wait a while longer before announcing an engagement and ap-proaching marriage, but that is dis-tinctly a matter of your own affair and the affair of the man you marry.

Let's Have the Experience

My Dear Cynthia—Although your advice to me brought very surprising results, they were not altogother un-pleasant, and I want to thank you for it. If I thought these results would interest you or any of the readers of your column I think it would be fun to tell you my experiences at two dances inst week at which I experimented with your mergestions.

tell you that your hat is just the thing to bring out the blue in your eyes. But frankness compels her to say of the \$14.50 TIPPYDODEEVEE.

If Christmas Comes Upon You Before You Have Had Time to

Santa Claus himself has been re-

ceiving callers in his glistening, snow covered house all this week.

The children know that it is getting close to The Day. "Let's go up where all the children's things are," they suggest casually, when their elders possible.

Miss Prenzy Entransmy for one of the largest titre concerns in the country.
Some months ago when Miss Engres
Some of the male salesman
Critha, can you advise me what to be when the first show of the male salesman
Critha, can you advise me what to be when the missisket?
Miss SIMPLICHT.
The de sale of the male salesman
Some the instruction of a converse to the missisket?
Miss SIMPLICHT.
The de sale of the male salesman
Some the instruction of a converse to the missisket?
Miss SIMPLICHT.
The de sale of the male salesman
Some the motion ago the missisket?
Miss SIMPLICHT.
The de sale of the male salesman
Some the motion ago the missisket?
Miss SIMPLICHT.
The de sale of the male salesman
Some the motion ago the missisket?
Some the motion ago the missis ago the missis ago the missisket

THROUGH A WOMAN'S EYES By JEAN NEWTON

A Plea for a C. M. W. F.

into colors? EILEEN R. If you are contemplating marrying again it would be well to go right into colors, not bright colors, of course, which would attract attention, but dark blues, etc. There would certainly be no wrong in marrying again, and if you love this man and he loves you, why the Misuse of the Wo There would be no use in sidestepping, that though it might do for some one the issue. I am frank to say that this else for your lines it is hideous.

is an out-and-out unequivocal stand (Crusade Against the Misuse of the Word Frank !)

"I am so frank," says the woman who is perennially a bull in the china shop, always treading on your toes and in some way embarrassing you simply by her lack of refinement and tact.

Unfortunately, some one at some time told her she was "very frank"; and conscious in a vague way of her shortcoming, she was quick to satisfy herself and cloak her frequent obnoxiousness with the much-abused term. And where ignorance is bliss it is a case of "more 'gnorance is bliss it is a case of more to be pitied'' than anything else. "I'm so frank," says the woman who grinds her axes on its alfar. Under grinds her axes an its alfar.

inst week at which I experimented with your suggestions. Will you put this in for Dolly, please? Indeed: Sweet Dolly, a message such as yours to me should be enough to make any young man cheer up. But Dolly, are you absolutely sure you want to take the chance of meeting "Tippy" dodesvee" when you know so very lit-tie about him? Just think of the many you'd not like. He might wear ugly sideburns and trim them into arrows and other shapes; he might tog out him tight. bell-bottomed pants, and use dressing on his hair, and a million other things there might be about him you'd not like. It makes him happy to think you took it for granted that he is the fellow of your dreams, and also he's terribly anxious shout what Dolly is like. He hopes and has very good reason to hope, that she is the ideal of his dreams. But he must be shown. Being from Missouri. TIPPYDODEEEVEE.

Never, oh never, does she remind you of a hit you've made. But she would not be your friend if she permitted her-self to overlook a single faux pas!

Never would she remark at your

hubby's attentiveness. But let him look up to see the train come in and she i



Great clearance of these Jersey Suits at \$14.50, which is less than cost of production MICABE GARMENT CO.

1214 ARCH ST.



'THE GOBBLE-UNS 'LL GIT YOU' "frank to tell you" that she wouldn't stand for it, and thus breed discord in Please Tell Me your heart. Of course, not all of her are really guilty of jealousy or spite. Some are merely victims of "too much acid" and IF YOU DON'T SHOP EARLY What to Do are unconsciously trying to relieve themselves by squirting it on us, themselves by squirting it on us. Though none of her ever deceives na, it must be admitted that many deceives themselves that they are "so frank." And it might be really profitable in the saving of much disappointment dampened spirits and heartache, to launch a C. M. W. F. and so, by call. By CYNTHIA

Think About It You Won't Be Able to Enjoy It Peacefully A ND now it's December. days. The air is cold outside, and you feel that winter is coming along pretty rapidly. The days of empty, waiting stockings. Bobby in flannel nightgown clasping a tin engine to his breast, and Curillocks crooning happily over the new doll in the cradle under the tree.

that winter is coming along pretty rapidly. The pleasant time has come again when you can say to Johnny, "If you're not good, you know, Santa Claus will hear about it!" If only that threat would last all through the year! In the stores the gifts have been spread out on counters for several weeks. Santa Claus himself has been re-

of box cars in the freight yards, filled to overflowing with pathetic closely tied trees. They make you feel cramped and suf-focated in sympathy, and you long for the time when they will be able to stretch out and upward as they lean nonchalantly against ropes strung from pole to pole along the streets. THE postoffices have extra helpers so that the Christmas mail can be sent on its way as quickly and easily as possible.

ing a spade a spade, put wise to them, selves these pretending philanthropists. (Copyright, 1920, by Public Ledger Co.)

About Flowers

FRANKLI

GOLDEN

SYRUP

A Cane Sugar

Syrup Worthy of

the Name Franklin

6

FRANKLIN

SYRUP

and in such that the sub-

The Franklin Sugar

Refining Company

A Franklin Cane Sugar

for every use'

THE UNWELCOME WIFE

By HAZEL DEYO BATCHELOR Copyright, 1920, by Public Ledger Co.

Copyright, 1926, by Anthony Harriman's marriage to Charlotte Graves, a girl beneath him orially, was a great disappointment to his mother, who had expected him his own set. Charlotte is made so un-happy that after undergoing a great deal in the way of slights she runs away and goes back to her family without telling any one that she is to boome a mather. Tony's reperitance comes with the discovery that he has a son, and he determines to make everything up to Charlotte, but during her convalescence he realizes that she refuses to return home with him, but from the back to her new apartment he has taken, she realizes that it is her dudy and goes. Nick Fouler, a man why has maine Tony feelow in the past by his kindness to Charlotte, guest to see him.

now.

'I'm glad." she said simply.

Talking It Out

That night at dinner Charlotte seemed usual. Most of their meals together had been stient and Tony was delighted with the change in his wife tonight it was more marked than ever. If Charlotte had been like this when he had first brought her home, no one could hav touched her in attractiveness. Even her manner toward the competent mails who served the meal was quite perfect. Its calm composure. Afterward when they went into the lits calm composure. Afterward when they went into the twing room and Tony sat smoking a vigarette she looked up at him suddenly and spoke. Tony. Nick Fowler called me up today. He wanted to come and see me. Tony started involuntarily at the manne but he managed to reply quietly enough. "What did you say" Charlotte sat studying him. "What THAT night at dinner Charlotte seemed

enough "What did you say?" Charlotte sat studying htm. "What to you think I said" she replied finally "I don't know dear, it is entirely your "What you are only a stranger.

own affair" You don't mean that."

"I do." "You believe, then, that I told you the truth that night you were so angry

High school girls of Huntington, W. Va., have received official permission to wear silk stockings, but cosmetics and high-heeled shoes are strictly taboo. with me." "Yes. Charlotte, of course." She drew a long breath and stopped for a second the resiless tapping of ner lipper on the floor. There was allende

Pomona College has no "girls" in the student body. An edict issued by the faculty requires that all "female" pupils of the institution shall be designated as "What did you tell him?" Tony asked finally. "I told him that I could not see him," she said simply. women.

Headquarters for Maurice River Cove Oysters

NORWAY MACKEREL, \$1.50 A KIT

FOUR POUNDS REAL SHARP CHEESE, 95c

6Ac

Phone-Londbard 5116; Main 3209. This is Our Only Store.

Rump Roast

Butcher Roast

Chuck Roast

MITCHELL'S MARKET, Inc.,

There was another silence, then harlotte spoke. Charlotte "Tony, I don't think I have ever made clear to you just how I felt about Mr. Fowler in the past. That day I met him on the street I was very unhappy. It seemed that I had no friends, no one to turn to, and you were with me so seldom. I forgot all about the fact that you said you didn't like him, because he was so kind to me. He treated me as though I were a little girl, and I thought of him as old. It frightened me to think that you could believe any-thing else, and the night of the dance I had no wrong thought in my heart when I danced with him so much. Oh, I know you were angry and things must have seemed so different to you and to your mother than they did to me. I am telling you this because I want you to understand." "I think I understand. Charlotte--new." "Tony, I don't think I have ever made

"But you're not happy; nothing that do makes you happy," he said pas-

do makes you happy," he said pas-ionately. "If I could have you back s you were when we were first mar-I do makes you mappy he said pas-sionately. "If I could have you back has you were when we were first mar-ried, everything would be different, but to go on day after day living in the same house with you, knowing your dearness, and yet feeling that you are entirely outside my life, is horrible."

Facts About Women

Hamburg Steak

Shoulder Veal

Roasting Veal

10 & 12 So. Delaware Ave.

Philadelphia, Pa.

Flannelette

(Tomorrow-Charlotte's mother comes for a visit.) SILK NIGHT HOSE GOWNS \$3 & \$5 Value \$1.75 Value Absolutely the finest quality all slik Hose on the Several thousand fine warm gowns. —while the sup-ply lasts — only

98c CHILDREN'S DRESSES **Buy Your Meats Wholesale**

Sizes 2 to 14 \$4 Value Charming models of cloth and wash material in serge. plaids, ginghams and reps. Our own make.

MAIL ORDERS PROMPTLY FILLED



38-40 S. 8 th St.

StylishWear for StylishWomen

STORES-NEWBURGH-PHILADELPHIA-NEW YORK

38-40 S. 8th St.

So long as you confine your friend-ship to letters, well and good, but Cyn-thia knows human nature pretty well, and curlosity is a strong element. Why not write of your experiences following Cynthia's advice? frock on which you have "gone broke" ASCO

ASCO ASCO ASCO ASCO ASCO Why Pay Any More? We have shown the public, on dozens of occasions in the past, just how our Producer-to-Consumer Plan operates and why it is the one method of merchandising that saves the consumer the most money. By thus eliminating the "middlemen's" profits, we are able to pass these savings on to our customers in the form of lower prices. Here is more striking proof of our ability to save you money-**"Asco**" Oats The very finest quality white oats grown. Thoroughly steamed (thus requiring little cooking) and carefully packed in sanitary dust-proof cartons. "Asco" Oats contain the elements most needed by the human body. A heat generator and a splendid body-builder! Compare the price-the quality speaks for itself! "Up in the morning, chipper and bright, A dish of oatmeal to start the day right." Drop in one of our Stores today and get a package!

There's an "Asco" Store near your home. They are located all over Philadelphia and throughout Pennsylvania, New Jersey, Delaware and Maryland

ASCO ARE OUR OTHER ADVERTISEMENT ON PAGE 14