

"EATS" FOR VALENTINE'S DAY SUGGESTED BY MRS. WILSON

Heart-Shaped Cheese Cutlets. Puree of Love Apple, Cupid Sandwiches and Other Appropriate Delicacies Which Are Not Hard to Make

By MRS. M. A. WILSON

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"A valentine is not much fair Upon which my lips I press, And wished it were her hair."

"My valentine, I could caress."

THIS original observances of this day are hidden in obscurity. The early valentine ceremonies included a drawing or lottery upon this day, followed by a ceremony not unlike the game of forfeits.

It is said that upon this day the birds mate for the season; they select their mate, and a glad fluttering and chattering.

The good Saint Valentine selected the little god of love—Dion Cupid—to become his emissary. Red, the color of hearts—the birdfeeder, is the color of St. Valentine's Day. The luncheon, the dinner-dance and the evening affair, is an appropriate day to celebrate this day.

Two hearts made from cherry red paper and pierce them with a golden or silver arrow. Have these for decorations and favors. Hearts made into whiskbroom holders for the men and heart-shaped handkerchiefs for the ladies.

The table decorations may be of cut-nations and ferns.

Luncheon

Puree of Love Apple
Cheese Cutlets, Heart-Shaped
Stuffed Tomatoes, etc., Cherry Salad
Salad Nuts
Cherry Ice Cream Heart-Shaped Cakes
Coffee

A Saint Valentine Dinner
Oyster Cocktail

Celery
Broiled Lamb Chops Pimento-Sauce
Potato Hearts Peas
Hearts of Lettuce with Tomatoes
Cherry Ice Cream with Gelatin Salad
Nuts
Raisins Coffee

Refreshments for an Evening Affair
Jellied Chicken Pimento Salad
Candied Sunflowers
Cider
Puree of Love Apple, a cream of tomato soup.

Cheese Cutlets

Place two cups of milk in a saucepan and add one cup of lightly sifted flour. Dissolve the flour and then bring to a boil and cook for five minutes. Now add

One and one-half cups of grated cheese.
One teaspoon of paprika.

One cup of mayonnaise
One cup of mayonnaise
One cup of mayonnaise
One cup of mayonnaise

Mix and then form in well-greased plates and cover about three-quarters of an inch thick. Set aside in a cold place for two hours to mold. Cut out with a heart-shaped cutter. Dip in flour, then in beaten egg and milk, and

then roll in fine bread crumbs. Fry until golden brown in smoking hot fat.

Select medium-sized southern tomatoes, remove the stems and cut the cores fine and then mix with mayonnaise, and part of the tomato which has been removed from the center. Fill into the tomatoes and pile high, then mix with mayonnaise, cover with grated raw beet and dust with salt and paprika.

Cherry ice cream may be purchased in the block and then sliced and cut heart-shaped with a cookie cutter which has been dipped in warm water. The trimmings can be put together and re-used.

Bake sponge cake in sheets and then cut into squares and cut out heart-shaped foot tops with white icing and use tiny red candies to decorate.

Potato Hearts

Cook the potato and then mash, season and spread an inch thick on greased platters. When cool cut out with a heart-shaped cutter and sprinkle with grated cheese. Place in the oven to heat and brown.

Prepare one cherry and one raspberry gelatin, pour into small bowls and allow to set. Turn out on table and cut the raspberries in three-inch squares and the cherries in heart-shaped pieces.

To serve, place the raspberry gelatin on ice cream plate and cover with ice cream, then place the heart-shaped gelatin on top and garnish with a setting of whipped cream.

Jellied Chicken and Pimento Salad

Cook and drain two large cans of pimentos. Chop fine. Make lemon gelatin and then rinse out an oblong pan and place a layer of gelatin one-half inch thick. When firm cover with the finely chopped pimento and spread with the jellied chicken. Cover with a second thin layer of lemon gelatin and set aside to mold. When ready to serve, unmold, cut in squares, trim to heart shape and serve in a nest of lettuce with Russian dressing.

Chicken Salad

Cook until tender a three-pound stewing chicken and then let cool in the stock. Remove the bones and cut in inch pieces and add

One quart of celery, cut in dice
One cup of mayonnaise
One cup of mayonnaise
One cup and half teaspoon of salt,
One teaspoon of white pepper,
One teaspoon of grated onion.

Russian Dressing

One cup of mayonnaise
One cup of mayonnaise
One cup of mayonnaise
One cup of mayonnaise

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then roll in fine bread crumbs. Fry until golden brown, then turn over to the other side. The above mentioned with their ring of garter have had their effect and I appreciate and thank them. Good luck to all.

BY HAZEL DEYO BATCHELOR

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THEY ALL STAND UP NOW



Please Tell Me What to Do

By CYNTHIA

A Little Explanation
J. E. R.—Your letter with suggestions to "H. W. S." was received. While the idea is good, we cannot publish suggestions for positions in these columns.

Thanks for Encouragement

Dear Cynthia—May I once more make use of your valuable column? Thank you.

A few weeks before Christmas I wrote to the column during a period of depression and, as it were, bared my soul of its heartache. I'm taking this opportunity to thank "Cynthia." Please accept my thanks and my appreciation of your kind words of cheer and encouragement, for their kindness meant a lot to me at this time as I'm a stranger in your city, having come here from a distant western state to study and make the most of a God-given talent. But my recent illness as the result of mental anguish has caused me to question my health again. I'm going to return to my home town, and when time the wonderful healer has invigorated me again, I will return to the column, coming back to continue my studies, so that some day my goal may be accomplished.

I want to tell "Cynthia" that I'm not condening all men, for I've been blessed with six brothers, six of the most wonderful boys in God's creation, one of them crossed the continent to be near me in my illness. God bless him.

I'm going home with maids toward town, but kindly thought to take for the winter. The ones above mentioned with their ring of garter have had their effect and I appreciate and thank them. Good luck to all.

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WHAT'S WHAT

By HELEN DECIE



Thomas Jefferson made many wise rules for himself—rules which have been handed down to us. One of those was, "Never quarrel with Jeffersonian self-controllers." When angry, count to ten before you speak, when very angry, count one hundred. Jefferson wrote to a correspondent a wise letter, giving him the secret of a God-given talent. But my recent illness as the result of mental anguish has caused me to question my health again. I'm going to return to my home town, and when time the wonderful healer has invigorated me again, I will return to the column, coming back to continue my studies, so that some day my goal may be accomplished.

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THE ARTIST COULDN'T TALK WITHOUT PENCIL AND PAPER

And It Seems Very Funny to Us, but We Can't Cook Without an Apron or Exert Our Strength Without Making a Face

"WHAT kind of a hat did she say?" the artist was asked.

"Why, it was sort of black," he began, vaguely. "And it had a thing—wait a minute!"

He found his favorite pencil in his vest pocket, pulled out one of those bunches of letters that men always seem to have, and found a comparatively-clean envelope.

"It was like this," he said, drawing a few accurate lines. "And it had a thing like this in front—that was a nice shade of blue—and then it turned up just a little like this in back."

With his pencil in his hand and a piece of paper before him he could describe or explain anything.

Without them he was helpless.

And you think he's funny—but you do the same thing yourself.

YOU can't draw a single line, no; but you do cook?

And are you rather fussy about always having nice, clean aprons ready to slip into as soon as you go into the kitchen?

Well, then, you're just as helpless in a kitchen without an apron as that artist is in a conversation without his pencil.

You may start in sometimes, without him, and think you are getting along nicely.

But somehow, your heart doesn't seem to be in the work; you stand way off from the table to mix up your biscuits, as if you were afraid of getting near enough to the sink to wash the lettuce.

You lean half-heartedly over the stove, waiting for the potato water to boil.

Then suddenly you realize what's the matter—you haven't any apron on. You get out and put it on, and right away you feel like a million dollars, and you will look very nice in a apron.

Most of us are about eighteen years old when we first learn that the method of solving one's love affairs problem does not especially appeal to you, and you are entitled to your own opinions, it is not for others to decide for you, especially to those who should take so seriously.

There is a perfectly congenial crowd being criticized for their fun-loving dispositions, simply because you are so fond of them, and you are of the same opinion.

As to the value of personal qualities, whether they are genuine or false, it is for you to judge. If you are a good person, you are good, regardless of the manner in which it is conducted. I don't mean to be rude, but can you perceive a lot of selfishness in your argument? I am not suggesting that reading books or papers is not a good idea, but I am suggesting that the method of solving one's love affairs problem does not especially appeal to you, and you are entitled to your own opinions, it is not for others to decide for you, especially to those who should take so seriously.

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