EVENING PUBLIC LEDGER-PHILADELPHIA, TUESDAY, MARCH 8, 1921

MRS. WILSON TAKES UP WAYS OF COOKING MEAT

Boiling Hard Spoils Meat, for the Long. Slow Cooking Gets More Nourishment Out of It-How to Boil Potatoes

By MRS. M. A. WILSON

12

he housewife who realizes that the pro- 1 watched her preparations for riding of food for the family is not meal. This subject is vitally important to b placing three meals a day on the

merely table table is order to satisfy the family hunger. In this day of fuel economies the housewife seldom chooses to main-ain the old-fashioned cook stove which uses coal as the means of obtaining heat. Rather she prefers the gas and Rather she prefers the gas and

ectric ranges. In order to maintain a steady and wen heat, whether it he in the pot sim- prepared before 1 arrived, but neral health.

remeral health. Temperature is one of the most int. pertant elements in the preparation of cod. The chemist today has discovered from his experiments that certain tem-peratures destroy certain elements in foods that we need. with cold water and cooked them initial soft. They were then drained, seasoned and mashed. When I told ber that this method was not very good she was at a loss to un-derstand why: she had reasoned, why cook potatoes whole when you intend

To Boil

This term is applied misleadingly to minutes? nost cooking terms under this heading, simple laboratory test showed her that Many believe that when the term bell potatoes cooked in this manner lost ng is used the food must jump actively much of their valuable content, includround in the stensii and that the ing their valuable suits, she was very in the utensil must be violently much surprised. The correct way was either to cover fouid gitated

This is a very great mistoke. I really now of no meats and of few other oods that are benefited by this method. meat is meat spoiled. Certain Boiled parts in the beef carcuss contain, pound or pound, more untriment than other parts. It is a well-known fact that bose parts of unascles of the animal DATIN.

body exercised must which are mently in their daily effort to maintain contain the most nutrition and unfortunately they are the that Now, if this is true, and without a

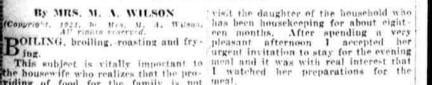
loubt it is, then those of us who wish to obtain the most nutritive value for money should closely study these s. In order to make these cuts facts. ender and paintable it is necessary to now that long, slow, moist cooking is the vehicle that we must use.

Let us, for our own interest, ponder and question-what is ment? Meat is the dressed carcass of cattle, killed ander the supervision of the govern-It contains, us its chief con it, protein; this is an elemen nent. tituent. that is needed as a substance for build ing and repair of the body.

Just whether primitive man at- his meat raw-or nearly vo-we have no solutine excluse of collect I would like to know how to make apple custard with meringue on too. Thanking you writest history it is shown that there in advance. were primitive ways of cooking, citle." Nindly send stamped and addressed envelope for names of concerns selling mecha flavoring. sere primitive ways of cooking, either nist cooking.

Our carliest Lousenold utensils were of clay, and because of their composition they must necessarily be used for low processes, as the primitive house wife did not thrust her clay or earthen ware utensils directly into the intense heat of the flames or fire. Rather, she kept them just on the edge of the fire, to that under her most watelfal eye he food barely simmered and sizzied antil tender.

Just to emphasize the important **point** of this vital knowledge in the **point** of this vital knowledge in the **point** of this vital knowledge in the **Bear until white and until the mix- point** this little incident. While visiting thre will hold its shape. Use a dover **friends an invitation** came to me to style egg-beater for this incringue.



The menu was Fruit Cocktail Celery O Baked Lamb Potpie Otices Mashed Potators Salad Peas

Tapioca Pudding Coffee

The better part of the meal had been mering atom the store or the roast in 5.30 p. m. the young housewife went the oven, it all resolves itself into a to the linehen to complete the preparaare oven, it all resolves itself into a to be there to complete the preparat-matter of intensive study, that pays tions. She began by washing and peel-dividends in preventing loss of food ing the potators. I was astonished at through failure of not knowing the her method of cooking them; she pared methods, and the effect that the foods the potators and then cut them into the three when under or over cooked on the thinnest possible slices, covered them covered them with cold water and cooked them until

to much them - when if you slice them then they will cook in eight or ten don they will cook in the that a

them with boiling water or to drop them them with boiling water or to drop them in whole into beiling water. Again she was surprised. Now this same thing is true, not only of the pointo, but also of the meat which we cut daily. We will take this up further in the next lesson.

MRS, WILSON'S ANSWERS

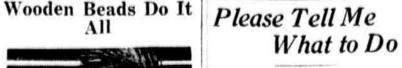
Dear Mrs. Wilson-For months I have been watching for a lesson on I have never used them inn matters, much, but know I could enjoy them if I could get them up. I feel I am a very much better housekeeper and cool since following and using your recipes. You have been doing a wonderful thing for the women, and recipes through them the men and children of the cities and the country, in giving these talks and recipes in the

Thanking you for your help, m. MRS, A. S. F. T remain. Read the Sunday menu. Nearly every week there is a canape.

Ma Dear Mrs. Wilson-Kindly tel I have tried several places and they The Woman's sold me essence of coffee. I would with meringue on top. Thanking you

Apple custard Apple custure : Place in a box! one and one-half ganizing Charity, at 419 South ans of thick apple sauce, sweetened to Value of one control of the term into the set of the baby for you. Add well buttered custard cups and set in a pan of water and bake slowly until he custards are set. Now place in a ro

2100 Dear Madain-Will you kindly inform time-half glass of apple seles. dy sage ten and sulphur to darken gray hair, what quantity of each and how often to use it? M. M. M. M. Tou would have to consult a half-dresser or a druggist for this informa-tion. It would not be possible for any one without knowledge of the effect of



By CYNTHIA Respects "The Three Pals"

Dear Cynthia-I am an admirer our column, which I think is very

couple of noirs where i in be in company with others so as i'll not feel so down-hearted. I get very blue sometimes, as I had a nice home one time, but lost it when my husband died. Dear Cynthia, you can't imagine how lonesome I am, and, thanking you very much for what-

ever advice you may give me, I am,

Please Suggest a Present Dear Cynthia—I have been reading your column for some time, but have been popular while in high school and seemed to her especially so with one par-ticular boy. We've been the very best of friends for three years; we seemed to think a lot of each other. He does yet. I am just wondering if I do Lukie is a fine athlete, good-looking but not especially handsome. He can

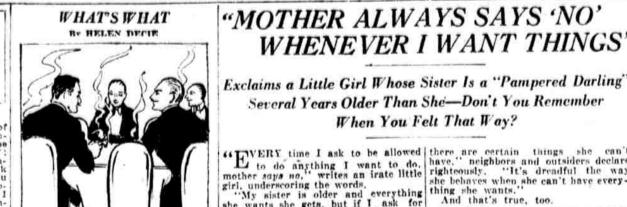
The Ouestion Corner

What makes an inexpensive and pretty centerpiece for a spring uncheon?

When cooking with grease that is apt to spatter on the floor, what precaution will prolong the use-fulness of the linoleum? 3. In what attractive way can left-over cretonne be used over white curtains at bedroom windows? 4. What style of hairdressing is beoming to the woman with a great

deal of hair?

In what pretty way is a new camisole fitted to be worn under



stand up and shout, there is so much that will get past it is much happier than the one who considers herself ner-There's only one answer to give her secuted, abused, a martyr to the v -"Mother knows best, and little girls of a cruel parent and several other nust obey."

WHENEVER I WANT THINGS

When You Felt That Way?

shall I do? "PEACHET." Be a sweetheart only to the man you love and have promised to marry. If you do not love Lukie, do not give him any promises whether he will or will not go to college. That's his lookout. Hot yours.

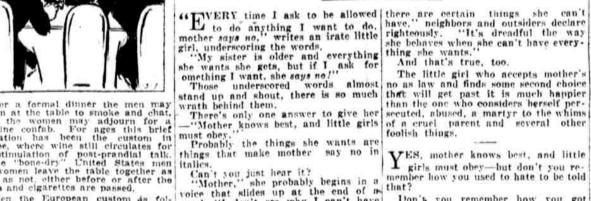
Please Suggest a Present

yet. I am just wondering if I do. Lukle is a fine athlete, good-looking, but not especially handsome. He can

Today's Inquiries

5. How is a convenient new stand-ing ash tray made? 6. In

a thin blouse?



covered

ANCRE

CHEESE

"Dolly's and

Please try to help me. She is about thirty-four years old. I don't know what she likes, as I am not well ac-quainted with her, so please write soon in your paper, as I will be waiting and counting the seconds till I see it. Don't forget. Something nice, something you think she would like.

hink she would like. JUST PLAIN THANKFUL. Buy her a pretty camisole or a hox of six pice handkerehiefs or a good-booting scarf, or an inexpensive but pretty gold bar pin would be lovely.



bitter, didn't it seem brutal of mother? Don't you remember the yows you made about when you grew up letting sour daughter have every single thing she wanted, especially when it was as harmless a little thing as a low-neck dress with slippers to match?

TT'S quite casy to understand the rage I of this little girl whose mother says "no" to everything she wants and

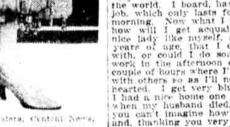
says "no" to everything she wants and lets her sister have anything at all, he cause all you have to do is remember how you felt at the same age. And now it's just as easy to under-stand why it is that mother isn't spoken to by the Society to Protect Cruelty from Children, too.

Because that is all in that much-de-pised, very virtuous, but perfectly bund statement - "Mother knows spised. sound best.

Your Birthday

that will get past it is in the self per-Persons born between August 22 and September 23, when the sun is in Virgo, have cool, calm, orderly bearing ; self-possessed and dependable, excet in ever-thing they undertake—business, play study, competition or effort of any kind have remarkable memories. Make bea teachers and lecturers. Somewhat in VES, mother knows best, and little Y girls must obey-but don't you remember how you used to hate to be told selfishness and self-gratifica that? Don's you remember how you got madder and madder at mother and the dressmaker and sister Helen and every-body in the world because mather said no when you asked for a low-neck dress like sister Helen's? "No." mother said, "wait until you're as old as she is." Ob, wasn't it maddening, wasn't it lined to





Whether is find Musters, Control News,

Exchange

they will help

It wouldn't be so very straight down if it weren't for the lines of wooden beads that hold it severaly in place. But if it weren't straight it wouldn't be in style, and so the beads were brought in hurriedly and strung all the way down the front. In a yellow silk crepe frock you can Imagine how attractive this would

be. There are more beads on the ends of the crushed girdle of the same material

To "Anxious"

or want to adopt a young

Consult a Hairdresser

your earliest conventence how to

the littlene of Managel's Page

to find a baby that you will

"FIFTY-FIFTY"

By HAZEL DEVO BATCHELOR

uni, 1921. No lish to headon co

CLIPPHENE .

fonieron How Jerry Look II

Dasis, provide points way the bills, This often was subjected to Frances by Mildred Bartlett, one of her friends This dideed Bartler, one of her friends who was strong for mattern ideals, and Frances made good maney herself working a collock on a newspape. Frances and derry had been married reveral months when the Harlaves mored into the same aportment house and Charssen, who will the charge and Charssen, who will the charge of the of nonline, set out to while a strong upped to Jerry. Frances began to water a vertice toward her, and to make matters more. Mil-dred Rowten called one afternon-der has her under and amounted has since her und marries to had discovered that the track of arriage tous all trans.

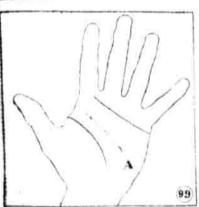
CHAPTER NA

The First Step

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It said that I don't not 111 B 21 16 12 19 is the thing is annual towned

Your Soul's in Your Hand IN TRAING & BACON



This and Islanded Head Line A. Wherever the Due is this it shows a mind incapable of putting forth much effort. The islamis indi-eate periods of extreme delivacy during which the brain should and be taxed at all.

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danger arising A great deal of mental on the head A great deal of mental rest, quiet above all, siece, are required to agricus complications. 721 SOUTH FOURTH ST.

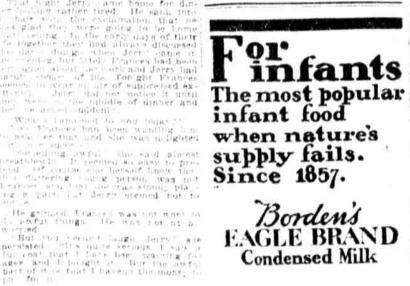
(To be Continued)

his dye to recommend it or tell you how to use it. Fur grandmothers used to use says tea, but it wight not he safe a use the sulphur on certain kinds of

A Wedding Reception

A dirg-strip is a reactive constituents is over good tasts and is a strip of the best of the fact that I look well in it is a strip of the last of the last to be own good tasts and dists for Frances thought of the as she last in bed that night nore than usual she have are to leave at the church, and planning no welding as the last the there exceed in the matrix is substance alloping for the reaction of a most of annexi of annexi to substance.
A Wedding Reception
A Wedding Reception
A would be very lappy and thenkin to you aff you would know and annexi to substance alloping the strip is the church and planning no welding as we are to leave at ender the common on a trip. And when far as competition with Chrisen's and the perfectly all right to have a far as competition with Chrisen's and my relatives at my own home a few of the would be all right, how could i for the matter to be and in the best and the site last the church and light for a set to be and the best of the matter of the matter to be and the best of the matter to be the best of the matter to be the best of the matter to be the best of the matter to best of the matter to be the best of the matter to best of the to best of the matter to best of the tobe to best of the tobe tof the matter to best of the matter to best

Jerry to look them Charless's attitude to ward him a thore in the institutions so they would do for the mutations so they would do for the mutations so they would do for the mutations in the institutions so they would do for the mutations so they would be a solution of her in the institutions so they would be as they would not only and there partners in the head hurt there partners have been would cease to institute the would not do as they would be a different be a mutation would be a different be a mutation would be a different be a • 0 • hat hight Jetty cathe home for dis-terious rather fired. He such into hat were the exclamation that he



Condensed Milk

 (r, m^{\dagger}, m) on grave Known Directions. We have an extra time is a time in Stille & Wonters. We are must a few squares intervention of Phila. Consecutive transformation

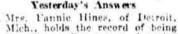
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the oldest police matron, in point of service, in the United States. A helpful implement for the child who is learning to eat nicely, is a "pusher," of plated silver, made in the shape of a bos. in the shape of a noe, "Paddy's Pratie Party" would be an appropriate entertainment for St. Patrick's Day. In making a negligee, edge the fronts and the long armholes with scallops and have them picoted. Unless the affair is very informal, it is flot correct for guests to remove their hats at a luncheon given at the home of the hostess. novel sash of lace is worn with a charming new georgette frock.

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Good Grocers Sell It

