

MRS. WILSON CONTINUES THE FRENCH COOKING LESSON

The Housewife of France Prepares Soup Out of Many Vegetables and Little Meat—This Kind of Food Is Easily Digested

By MRS. M. A. WILSON

THE French housewife would surely open her eyes in astonishment if she should see our housewives preparing a soup, a stew or a goulash. She knows by intensive home training that meat should always be cooked very slowly so that it becomes tender and palatable. Especially is this fact true of the meats used for these dishes.

The nutritive quality of the meat is the protein; this substance easily dissolves in cold water and coagulates in hot water. With this treatment the housewife must be satisfied with less she has studied the chemistry of foods.

If it is desired to have the flavor and nutriment of the meat in the broth and gravy or soup, then place the meat in cold water and heat it very slowly to the boiling point, then simmer slowly from three and one-half to five hours, depending upon the size and amount of meat and liquid.

The French housewife has a way of preparing soup which provides that, while it is well flavored with the meat extractives, the meat is removed from it and served separately. The pot au feu of the housewife is an example of this. Then, too, the French housewife uses an abundance of bread as well as dumplings in her soups.

Pot au Feu, Flanders Style

Wipe two and one-half pounds of shin beef with a damp cloth, if any other part of the beef is to be used, wash and trim. Place in a deep saucered pan and add:

- One pound of soup bones, Small pieces of sweet. Cover with three and one-half quarts of cold water. Place on the simmering burner and add: Two turnips, cut in dice, Four onions, chopped fine, One-half cup of dried lima beans, One-half cup of split peas, Faggot of soup herbs, One large carrot, sliced fine, One-quarter teaspoon of thyme, One-half teaspoon of sage, marjoram, One small can of tomatoes, rubbed through a sieve. When the pot begins to boil, let boil for ten minutes and then turn the burner down and let soup just simmer for three and one-half hours. The simmering burner is best. So many housewives, reading this, will fasten indelibly on their minds three and one-half hours, five hours—without thinking of the simmering burner. This burner consumes gas for three hours for the cost of one cent; it boils coats about two or three cents to prepare a delicious pot of soup.

Now remove the meat and add: Two cups of sliced potatoes, Two tablespoons of butter, One quart of boiling water. Now soak stale bread in plenty of cold water to soften and place in a cloth. Squeeze dry and then rub through a sieve to remove the lumps. To one cup of the prepared bread add: One-quarter cup of finely chopped meat.

Two Minutes of Optimism

By HERMAN J. STICH

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None of us, of course, care for government taxes—especially when prices are high and money is tight. But government taxes would be the very least of our worries if we eliminated those tacked on by whim, carelessness and thoughtlessness.

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The Woman's Exchange

What a Lucky Girl!

Dear Madam—I have never written to your column, but have received much help from it. I am a girl between the ages of twelve and fourteen and am four feet ten inches. I would like you to tell me how to fix my hair. It is so long and I do not like plaits. It is down to my knees. BROWN-EYES.

My, how other girls must envy you your wonderful hair! But it must be a bother to fix. Why don't you plait it in two rather loose plaits, and wind them around your head, so that they come just back of soft waves that fall over your forehead and temples? Then comb the braids at the back of your head with a barrette so that you will not feel the weight so much, and let the rest fall at the back. Then it will not be so long and the weight will be more easily and evenly distributed. You could pin a ribbon over the barrette if you like.

For St. Patrick's Day

Dear Madam—I intend giving a St. Patrick's social March 17. Would like a few suggestions of the kind of games we could play. There will be fourteen Camp Fire Girls, including the guards. We are all in our senior year in High School.

Thanking you for any suggestions you are able to offer.

A CAMP FIRE GIRL

Here are two stunts for St. Patrick's Day. There is no room for more.

Pushing Praties

Let the girls contend first in this competition, two or four at a time, according to the number of girls. Give each a small basket of potatoes and a wooden spoon, and see which can first empty her basket and pile up the potatoes at the opposite end of the room, rolling them, one by one, across the floor with the spoon.

Then let the boys try pushing their praties with their noses. Have a prize for the girls and another for the boys. Winners of each trial compete for the final prize. The spectators will get as much fun as the contestants out of this game.

Passing the Pratie

In this game the players sit in a circle as close together as possible, while

One-quarter teaspoon of thyme, One-half cup of parsley, chopped fine

Two grated onions.

Mix, form into balls the size of a walnut and drop into the soup. Cook for twenty minutes and then serve.

To serve the meat: As soon as the meat is removed from the soup, place it in a pan and put a weight on it to press out. Now place in a frying pan

One-half cup of bacon fat or fat skimmed from the soup.

One-half cup of flour.

Cook, stirring constantly until a very rich mahogany brown and then add

Two cups of cold water.

Cook slowly, seasoning well, for fifteen minutes. Now cut the meat in thin slices and heat in sauce. When ready to serve, lift on thin slices of toast and garnish with turnips and carrots, cut in inch pieces and trimmed like hot water.

Cook the vegetables until tender in just sufficient water to cover. Drain and then season and use as a garnish. Add water in which vegetables were cooked to the soup.

To braise pot roast—the meat is first wiped with a damp cloth and then rolled in flour and browned very quickly in hot fat. Lift on a deep saucered pan; add the turnips, carrots and onions, and barely enough boiling water to cover the bottom of saucered pan. Cover saucered pan very closely and just simmer until tender. Shake the pan from time to time; just the smallest amount of heat that can be used to keep the simmering burner working will cook this dish. It will require three and one-half to four hours to cook a three and one-half pound piece.

Cooking less than this amount will permit the meat to waste too quickly.

The French housewife uses an earthen crock, just like our casserole. If you place an asbestos mat under the casserole, you may cook it the same way. You must be very careful, for intense heat will crack the casserole's dish.

Meat cooked in this manner contains all its nutriment. Goulashes and stews are made in the same way as soup, only using less water and thickening the gravy with flour. The French housewife uses many vegetables and little meat—the meat is used more as a flavoring.

Breton Bouillie

Soak one cup of lima beans and one-half cup of split peas in plenty of cold water. Soak one cup of split peas in plenty of cold water. Soak one cup of split peas in plenty of cold water.

Two carrots, sliced, One-half cup of split peas, One-half cup of dried lima beans, One-half cup of split peas, Faggot of soup herbs, One large carrot, sliced fine, One-quarter teaspoon of thyme, One-half teaspoon of sage, marjoram, One small can of tomatoes, rubbed through a sieve.

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AUTHOR OF NEW SERIAL



MAY CHRISTIE

You Remember Her, Don't You?

She used to be a member of the staff of the EVENING PUBLIC LEDGER. In 1915 she went to London as a war correspondent and wrote the most appealing little stories of wartime England under the name of ELLEN ADAIR

After that, she devoted her whole time and interest to entertaining enlisted men at the Eagle Hut, and officers at Washington Inn, in London. But now

SHE'S BACK AGAIN

And her gripping new serials have gained her thousands of friends and admirers throughout this country and Canada.

"AT CUPID'S CALL"

is the title of the one which you will have the opportunity of reading. It begins

NEXT MONDAY ON THE WOMAN'S PAGE

"FIFTY-FIFTY"

By HAZEL DEYO BATCHELOR

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"Well, yes, Mrs. Page. Let me see, I don't think we've had a good talk since your marriage. How's the work going? And how are all those good ideas you talked about the last time I saw you?"

Francis drew a little involuntary breath of relief. It was just as she began to talk glibly of inconsequential things, and John Temple watched her narrowly. It was just as he had expected, she had been about her work as usual, and she was temporarily snowed under, with artificiality. He was thinking seriously as he talked with her, wondering what he could do to bring her to her-

(Tomorrow—A Decision Is Made)

Is Your Birthday Here?

Persons born between October 23 and November 22, when the sun is in Scorpio, have a courageous, loving disposition. They are full of sympathy and great persuasive ability. Make friends readily. More power over the minds of others than over their own impulses. They are aggressive and executive, and naturally fitted to oversee others. They are capable of great things if they can be induced to stay at one thing long enough to show it to the world. They are well adapted for government jobs.

One morning she found a letter from the editor at her place. It was a note to break it. Did she imagine it or was the phrasing of the note rather curt and abrupt? She had been so busy that she had not remembered in time and did not such thing.

However, after Jerry had gone to the office she dressed very carefully and went down to the newspaper. She had first interviewed John Temple. He had liked her very much. He had been so ordinarily interested in Frances, he had been so interested in her, and she had been so interested in him. She had been so interested in him, and she had been so interested in him.

And so because he was a fair man and because he had been so interested in her, she had been so interested in him, and she had been so interested in him.

Frances herself did not realize how much she had changed since John Temple had seen her. Perhaps it was entirely unconscious, but she had been so interested in him, and she had been so interested in him.

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Please Tell Me What to Do

By CYNTHIA

Cynthia Does Not Understand

Dear Cynthia—I have never written to your column before, but the letters of "Dan B." have at last attracted my attention. I say, "Dan B.," take your mask off. I know now who you are. So this is how you are spending your evenings, eh, writing to Cynthia? I always thought you were a "Johnny Knock 'em All Dead" but I realize how wrong I was. You never can tell by the blurt that "Dan B." is a