MRS. WILSON BELIEVES IN MAKING FOODS UNUSUAL

The Common Variety of Vegetables, When Served in Ways That Are Different, Are Doubly Enjoyed—Spinach and Turnips Can Be Fixed Attractively

By MRS. M. A. WILSON

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OFTEN the erratic appetite of the family may be caused by a rut in the meals. So many women feel satisfied with just bread, meat and potato meals, that it requires some intensely strong initiative to make them realize that this is really the cause of much of the ills that constantly beset the entire family during the winter.

Remember that variety is the real spice of life; this is a trite saying, but nevertheless it is true. Oftentimes the family dislike a dish just because they have had it so often or because it has not been served in an attractive way.

Carrots and turnips are real homely vegetables and many people refuse to recognize them when they grace the family board; yet if these same vegetables were prepared in unusual ways, nine times out of ten the family would rave over them. [illegible] as many vegetables as possible.

SUNDAY

BREAKFAST

Baked Apples with Raisins
Cereal and Cream
Potato and Onion Pancakes Bacon Garnish
Watercress Radishes
Rolls Coffee

DINNER

Fruit Cocktail
Lamb Cutlets Braised with Onions
Browned Potatoes
Spinach in Turnip Cup
Scallion and Carrot Salad
Rhubarb Pie Coffee

SUPPER

Fried Tomatoes Cream Gravy
Potato Salad
New Beet and Onion Salad
Apple Shortcake Tea

The market basket will require:

Four pounds of onions,
Two lemons,
Two oranges,
One pineapple,
Two bunches of [illegible],
Two bunches of scallions,
Parsley,
Watercress,
Lettuce,
Radishes,
Three pounds of apples,
Three and one-quarter pounds of potatoes,
Quart of spinach,
Four medium-sized turnips,
Four large carrots,
One pound of [illegible] tomatoes, six medium-sized ones,
One bunch of beets,
One-half pound of bacon,
Eggs,
One and one-half pounds of neck of lamb, cut in cutlets.

The European housewife realizes that an abundant diet of vegetables brings big dividends in health [illegible] to take a spring tonic in the form of these succulent vegetables than in copious doses of drugs. Early green foods may indeed be called the elixir of life.

Potato and Onion Pancakes

Grate four potatoes and chop real fine six medium-sized onions. Place in a bowl and add

One egg,
One cup of milk or water,
Three cups of flour,
One teaspoon of salt,
One-half teaspoon of white pepper,
Two level tablespoons of baking powder.

Beat to mix and then cook in the usual manner for pancakes.

Lamb Cutlets Braised with Onions

Have the butcher cut the neck or breast into cutlet-sized pieces about one inch thick. Wipe with a damp cloth and then dip in flour and brown quickly in hot fat. Now add six tablespoons of flour and brown well. Add

One dozen onions,
One and one-half cups of water,
One cup of diced carrots,
One cup of diced green tops of scallions.

Cover and cook very slowly until meat is tender, usually about two and one-half hours. Season. To serve lift the meat on slices of toast and pour over some of the vegetables and gravy, then mask with a tablespoon of Hollandaise sauce. Sprinkle with finely chopped parsley.

Spinach in Turnip Cup

Scoop out the center of the turnips [illegible] are not to break. This may be cooked with the braised lamb. Pare and cook in boiling water until tender. Brown [illegible] of bacon fat. Cook the spinach until tender. Chop very fine. Now place in a saucepan and season to taste and add one-half cup of gravy from meat. Fill into the prepared turnip cups and place a slice of hard-boiled egg on top, and a strip of bacon and set in a hot oven for fifteen minutes.

Scallion and Carrot Salad

Dice one cooked carrot and add a bunch of scallions, chopped fine. Shred one-half head of lettuce. Mix and dress with mayonnaise and dust with paprika.

The fried tomatoes will prove a really attractive supper dish and usually the southern tomatoes can be purchased from twenty-five to thirty-five cents [illegible] for five and six tomatoes of medium size.

For the beet salad, cook new beets until tender and then drain, remove the skins and slice. Add four sliced onions and one-half cup of vinegar. Chill and serve with shredded lettuce.

Apple Shortcake

Place in a mixing bowl

One and three-quarters cups of flour,
One-half teaspoon of salt,
Four level teaspoons of baking powder,
Four tablespoons of sugar,
Four tablespoons of shortening,
One cup of milk or water.

Beat to mix and then turn into a well-greased and floured deep layercake pan and spread quite high on the sides. Cover thickly with thinly sliced apple and dot with two tablespoons of butter and sprinkle with

One teaspoon of cinnamon,
One-half teaspoon of nutmeg,
One-quarter teaspoon of allspice,
Two-thirds cup of brown sugar.

Bake in a slow oven for thirty-five minutes. This menu is extremely rich in iron and mineral salts and health-giving vitamines.

A GOWN OF JEWELS

Photo by Central News.

It looks like the dream you used to dream of being a fairy princess, doesn't it? Ivory net forms the overdress of this brilliant evening costume, which is hand-embroidered in pearls and diamonds. The foundation is straw-colored satin. The helmet-shaped headdress is made of silver cloth embroidered like the dress. This stunning get-up was especially designed and made for a motion picture star.

MARY DREW gave up

"Money, Position, Ease, a Fine Home"

when she refused the proposal of her wealthy employer. But she preferred to wait until love, youth, romance came along. And when they did

At Cupid's Call

she endured humiliation of her pride, suspicion and the treachery of a greedy woman and an unscrupulous man for the sake of the man she loved.

May Christie

[illegible] throbbing tone of suspense into this intensely interesting love story.

BE SURE TO START THE FIRST CHAPTER

In Next Monday's

Evening Public Ledger

"FIFTY-FIFTY"

By HAZEL DEYO BATCHELOR

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[illegible]

CHAPTER XXIX

Observations

[illegible]

Tomorrow—The Concert

Please Tell Me What to Do

By CYNTHIA

He Seems Sure of Her

Dear Cynthia—As you have helped others to solve their problems I am seeking your advice, which I am sure you will give. Some time ago I met a young chap still in his teens, and as he seemed very mannerly I asked him to spend an evening with me at my home, which he did. I have been out with this chap several times and each time we have enjoyed ourselves very much. Now this said chap seems to think that I care for no one else as I do him and for that reason he feels that he is sure of me. While in the company of other girls he leaves me and seeks his pleasure from them. I am sure that I give him my utmost attention. ANXIOUS.

Better be nice to the other men too, and show him you can have a good time without him. That will bring him to.

Likes Dancing and Athletics

Dear Cynthia—Will you kindly print these few lines to "Wondering"?

I agree with you in that dance hall Johns aren't worth a second thought, but I think you were just a little hard on the rest of us fellows who dance. From what you have said it seems that the regular fellow should not dance. Listen, "Wondering," a fellow can dance without wearing a strait jacket suit or without having his hair vaselined down.

I dance very little, but the point is: I dance; therefore, in your mind, I cannot enter the realms of the regular fellow. I also play basketball and baseball and love to go camping. I don't wear a red bow tie, carry a cane or wear spats.

In conclusion, I want to ask the rest of the fellow readers who dance to tell what they do for health and recreation besides dancing. Maybe "Wondering" will find that her regular fellow does dance a little. JIM.

She Got Mad at Him

Dear Cynthia—I am a constant reader of your column and think you a good adviser. Will you please tell me what to do?

I went to spend the day with a girl and in the evening we took a walk with our fellow friends.

While we were sitting in the park my friend began acting very foolish, so I would not speak to him. When he asked me why I would not speak I said he did the talking for me; at this he replied, "If you say that again I will go home."

I was not anxious to make him stay, so I said, "Go home." So he went home and let me sit by myself.

First. How can I regain his friendship?

Second. Should he have gone home?

Third. Would it be good form to write and ask him to send me my picture if our friendship is at an end?

BLACK HAIR.

If the young man was only silly and not disrespectful you should not have been so scrappy with him.

While, strictly speaking, he should not have left you alone, it seems to me it served you right, for you told him to go. Don't make a quarrel out of it by demanding your picture, but write him a little note saying you are sorry you were so disagreeable and you hope he'll forgive it.

A Bit Mixed

Dear Cynthia—Love is not my theme. I leave that to the others like "Sophist," for instance. After thinking a good deal, I find I must unburden myself, so I hope you will give me room in your column.

We all hear how people have changed since their grandmothers' days. How vulgar the world is, the shortness of the dresses, girls not being able to cook, use of rouge, etc. Has the world really changed, have the people changed? Yes and no. Outwardly, yes, the people have changed, but inwardly, decidedly no. People are no worse now than they ever were, their morals are the same, and they hold the same views now as when grandmother was a young girl. To us even now we realize that good is good and bad is always bad, but we will not admit it, we will try to smear the two together, but down in our hearts we know that it will always be true. Underneath the powder and rouge the girls are still like grandma, they still have that protective motherly feeling and they always will. Even the jazzy queen some day wants her own home and husband. For the last I must say three cheers for the modern girl, because she is "just like the girl that married dear old dad." GLORIA S.

Congratulates "Three Pals"

Dear Cynthia—Just a few words to the "Three Pals" and "Love Nest."

I thoroughly agree with "Love Nest" in every statement he has made, and wish to congratulate him on the wonderful advice he has given to the "Three Pals."

There are just three girls in our crowd and every place one goes you shall find the other two, and we frequent public dance halls once a week, and we, like the "Three Pals," do not permit the boys we meet there to shimmy with us, or, when we go to parties and dance, which is not quite so public, and they try to shimmy with us, we just politely tell them to stop. We have heard remarks from the other boys about us three, which have been very complimentary indeed, about us (not throwing bouquets at ourselves). These boys do not call us "slow-timers," but say we are just the kind of girls they like to dance with, as they don't find many like us, so, "Three Pals," just keep up courage, and don't give in to any of those "high-timers" you may meet, as they are not the boys you would like to select for life-mates—and some day you shall meet the right boys, who like girls of your caliber. HELEN.

WHAT'S WHAT

By HELEN DECIE

On some tables a special fork is always served with a fish dinner. Whether the fish-fork or an ordinary meat fork is used, the process of separating the fish from the bone is the same. The knife is held in the right hand merely to steady the fish, which is shredded from the bones by the fork, held in the left hand. It is better not to do this all at once, but, rather, two or three times in the course of the meal.

When ready to eat the flaked portion of the fish, the knife is laid down and the fork is then taken in the right hand. If, despite all precautions, a bone has been taken into the mouth, it should be removed as inconspicuously as possible. There are ways more seemly than the common practice of rejecting a fish bone into a spoon. As it is very dangerous to swallow one of these needle-like bones, no one can afford to eat fish without strict attention to the de-boning process.

"WE DON'T DO IT THAT WAY!" MAKES A GOOD BATTLE CRY

And Usually Starts a Battle When Some Cocksure Person Gets It Off—There's No Use in Arguing About It

"OH, WE don't do it that way," protested the new member of the cooking class at the neighborhood house. "We always put the butter in afterward—makes it much smoother."

"Well, this is the way we do it here," replied the young teacher, scarcely more than one of the girls herself.

"Aw, what do you know about it?" muttered the child, carefully lowering her voice as she turned away in disgust.

This kind of smarty is very hard to bear when she is a child, but you can usually train her then, and bring her out of her cocksureness.

But when she has grown up and comes at you with the assurance that you are doing things all wrong, just because you aren't doing them her way, it makes you wish you didn't know her.

She is particularly annoying when a lot of you get together on Sunday evening to get supper for the crowd.

You start beating the eggs for an omelet.

"Oh!" she exclaims, in a surprised trill, "Why do you do it that way? We never do that at home, do it this way—it saves lots of time."

And she takes it right out of your hands and shows you how they do it at home.

You know it won't be so good as your way, and you tremble in expectation of the calldown your husband will give you and the cooks in general if the omelet is not just exactly as he always likes it—nay, demands it.

But unless you have an open fight you cannot do anything but submit to the bossing and allow it to be made "our way."

And then enjoy yourself on the way home explaining to husband why the omelet was so flat.

THIS kind of woman is the one who provided the inspiration for the mother-in-law jokes.

Mothers-in-law are not like the ones in the jokes, as a rule; the jokes have scared most of them away.

Anyhow, they are human, they have had mothers-in-law of their own, and they have no more desire to interfere than they have to be interfered with.

But of course there are some, and that some is made up almost entirely of those women who have an exaggerated idea of the excellence of their own methods.

They feel that the fact of their having always done things in a certain way makes that way sacred.

They forget that the method used by some one else is as sacred to her as theirs is to them.

"My dear," they cry in horror, "you're not going to use just plain blue curtains at these windows? Why, we never have done that, we always use the sheer white curtains—"

She pauses a moment, in breathlessness, then plunges into her subject again.

"We always use the sheer white curtains, marquisette or something dainty like that, you know, and I always make them myself, don't trust anybody else, and then hang the others over them, or at the side. You can do anything you like with those, but we always have the sheer white curtains next to the window, makes it lighter, I always say, much prettier. I hate just the dark curtains right next to the window. I'll get you some net or marquisette or something next time I'm downtown."

And she does, too, unless her daughter-in-law can get ahead of her and think up some complimentary, conciliating remark that will stop her.

"AW, WHAT do you know about it?" is the general feeling of these determined persons who think their way is best, although some of them express it in more elegant terms.

If you can impress them with the fact that you know more about it than they do, or that you have known it longer than they have, or that, whatever is said, that's your story, and you're going to stick to it, you can get away with it.

But, don't ever give in an inch, and don't try to argue that your way is better.

If you give in you'll have to do the other way all the rest of your life; if you argue you'll make an enemy who will be hostile all the rest of her life.

Adventures With a Purse

THE minute I saw it, I started toward [illegible]. "There is something I can write about," I thought, but was instantly [illegible] that it would be too expensive. To my delight, however, as well as to my [illegible], I discovered that the price is very reasonable. However, not to keep you in suspense any longer, I will describe the French jet chain that has so captivated me. It is made of long jet beads and the chain is about three-quarter length. A large jet plaque with a clear cut cameo head [illegible] on either side by the beads and forms a beautiful pendant. In looking over [illegible] I am not satisfied with my description. I seem not to have done the chain justice. But if you like something original, if you appreciate the [illegible] of individuality, then I urge you to stop in and see these chains, which are priced at $3.50.

Would you spend as much as $5 for a shower gift or wedding gift? Because if you would I want to suggest a way to spend it. I know a little shop that has some very nice tea napkins for $5 and $5.75 a dozen. They are perfectly plain with hemstitched borders. If by chance you are a skillful embroiderer, you could put a tiny block initial or monogram in the corner, and you would have a lovely gift that could not be equaled for twice the price.

If you have not already bought your spring gloves, the white ones you are going to have for best, let me tell you that one shop has broken sizes of soft French kid white gloves for $1.65. Personally I consider that a remarkably low price. The gloves themselves are [illegible]. Some have black stitching on them.

For names of shops address Woman's Page Editor or phone Walnut or Main 3000.

Things You'll Love to Make

"The ORIENTAL BOUDOIR CAP" [illegible] square of crêpe [illegible] a plain round cap [illegible] narrow [illegible] ORIENTAL BOUDOIR CAP [illegible] to most women. FLORA.

The Baby Will Like This

When the [illegible] girl starts to [illegible] she will have [illegible] a white cotton [illegible] appliqued and [illegible]. This same little [illegible] at the left side of [illegible] bunch of French [illegible] outstretched [illegible] is a bright [illegible] piece of gingham [illegible] is formed of a [illegible] and a long [illegible] completely [illegible] so that [illegible] juice or oat [illegible] spilled on her lovely [illegible]

School to Get Roosevelt Picture

The [illegible] W. Lawton School [illegible] will be presented tonight [illegible] photograph of Theodore Roosevelt by the Rev. Charles J. [illegible] of the American Defense Society. Suitable patriotic exercises have been arranged for the [illegible] of the school children [illegible]

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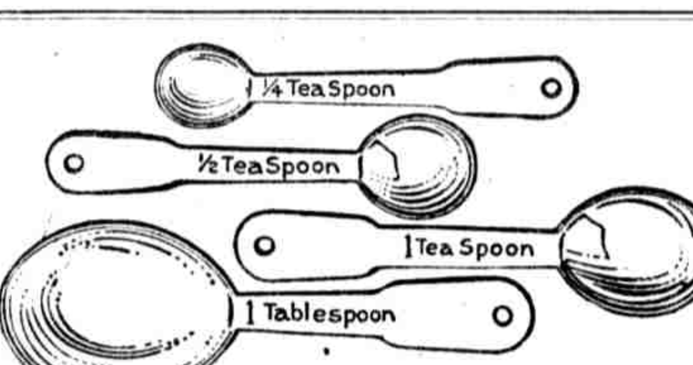

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