

Four Favorite Mandarin Dishes Carefully Selected by Mrs. Wilson

Chinese Cooking Is Popular in Every Land—Recipes for Chop Suey, Pao Ping and Tulip-Bulb Salad Make One's Mouth Water

By MRS. M. A. WILSON

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MY DEAR Mrs. Wilson—Kindly let me know through the paper a recipe for making chop suey.

MRS. H. M. R.

I have had several requests for this and some of the other Chinese dishes, so I am giving you four favorite dishes of a metropolitan man.

Perk Chop Suey

Cut one pound of lean young loin pork in one-half-inch dice. Fry the pork in four tablespoons of salad oil until a nice light brown. Now add:

- One-fourth pound of mushrooms, peeled and cut in half.
One and one-half cups of diced celery.
Three onions, chopped fine.
One cup of finely shredded cabbage.
One-half cup of boiling water.

Cover closely and steam for one hour. Now add:

- One teaspoon of salt.
One teaspoon of white pepper.
One tablespoon of soy or Worcester-terrace sauce.

One pound of bean sprouts.

Or one-half cup of dried lima beans soaked for three days. Change the water every day and then cook until tender.

The Chinese dishes call for one dozen water chestnuts and one can of bamboo sprouts. These supplies may be obtained at any Chinese store. Boil out the cabbage and lima beans a good substitute for the above ingredients.

Pao Ping

Chop sufficient cold roast or boiled pork to measure one cup. Now add:

- One cup of cold cooked lima beans.
One cup of cold cooked string beans.
One-half cup of cold cooked carrots.
One-half cup of grated onion.

One and one-half teaspoons of salt.
One teaspoon of white pepper.
One tablespoon of soy or Worcester-terrace sauce.

Mix well, and then prepare a pastry as follows:

- Three cups of flour.
One teaspoon of salt.
One tablespoon of baking powder.

Sift and then rub into flour two-thirds cup of lard or other good shortening, and then add nine tablespoons of water and form to a paste. Roll out one-eighth inch thick, and then cut in squares. Place a tablespoon of the mixture in each square, and then fold the corners and press the edges together. Brush with beaten egg, and then bake in moderate oven until a delicate brown, usually for twenty minutes.

Yung Dan

Separate four eggs, and then beat the whites until very stiff. Gently stir in the yolks, and then have the skillet, with four tablespoons of butter, waiting, smoking hot. Turn in the prepared eggs and cook gently, and just before turning, spread with:

- One-half cup of onions cooked golden brown in a little oil.
One-half cup of cold cooked chicken (use meat picked from carcass and neck), chopped fine.
Six mushrooms, peeled and minced fine and parboiled.

Turn vegetables into cloth to drain before adding the omelet, and the fold over the omelet, cook for five minutes longer. Turn on hot platter and serve.

Fried Noodles

Place in a mixing bowl:
One egg.
Four tablespoons of water.
One teaspoon of salt.
One-half cup of rice, rubbed through sieve.

Beat with fork to mix, and then add sufficient flour to make a very stiff dry dough. Knead well for five minutes, and then cover with bowl and let stand for one-half hour. Then divide in half and roll out on floured pastry board until thin as paper. Roll loosely like jelly roll, and then cut in fine strands like noodles. Drop in pot of smoking hot cooking oil and cook for five minutes. Skim out, and then drain on paper napkins.

Chow Mein

Prepare the noodles as directed and fry. Dice one stalk of celery and parboil. Mince three onions and then parboil and drain. Mince five one and one-half cups of cold roast pork, but in a little gravy. Make one cup of gravy, season well and add one tablespoon of Worcester-terrace sauce.

Now arrange fried noodles on a dish. Spread over the hot-cooked celery and onion and then the chicken, one-half can of hot bamboo sprouts and one cup of finely shredded cabbage parboiled and drained. Pour over the gravy. Sprinkle with two hard-boiled eggs rubbed through a sieve.

Pak Choi (Chinese Cabbage)

Use the middle ribs of Swiss chard. Cut in four-inch pieces, and then into match-like strips. Prepare a dressing as follows:

- Chinese Dressing
Place in a bottle or jar
One-half cup of salad oil.
One tablespoon of soy or Worcester-terrace sauce.
Three tablespoons of sharp white wine vinegar.
One teaspoon of sugar.
One teaspoon of salt.
One-half teaspoon of white pepper.
One green pepper, minced very fine.
One clove of garlic, minced fine.

Shake until creamy and then pour over the prepared chard.

Tulip-Bulb Salad

Pare radishes and then cut to represent tulip bulbs, making two cuts from across; scrub, drain and then marinate in Chinese dressing and serve with lettuce or romaine salad.

Almond Rice Cakes

Place in a mixing bowl:
One and one-half cups of rice flour.
One and one-fourth cups of powdered sugar.

WHEN YOU GO A-MOTORING

Please Tell Me What to Do By CYNTHIA

Husband Objects to Sister-in-Law

Dear Cynthia—My husband has a funny disposition; he doesn't have any time or seem to care for any one, not even his own brother, and especially one sister-in-law. The sister-in-law always uses me fine whenever she meets me on the street. But I have never been to visit her. I said to my husband one day that I was going to call on Betty. He made such a remark about it I have never been to visit her yet. This happened over a year ago. My husband did not want his brother to marry this girl.

Please tell me what to do, as I feel very disagreeable at times over it. It is a most unfortunate condition of affairs, but you will advise me as to follow your husband's wishes. After all, you must keep peace in your own household before anything else.

What Shall She Do?

Dear Cynthia—I am a young girl and I am considered very attractive by all except for just one reason. I used to have had a so-called "mad" girl, and she was very beautiful as I thought it would be. I washed it with henna, and instead of getting rid of it, it grew thicker and thicker, and now I have the name of the "Drug Store Blonde." Whenever I pass a crowd of fellows is standing there they will yell out all sorts of insulting remarks, which make me feel very awkward, and wonder why my fellow think a girl is no good just because she bleaches her hair. In fact, I have a crowd of fellows who come down a so-called "bleached blonde."

I am asking you what will help me restore my hair to its natural shade, as I would rather have it its natural color than be insulted all the time. I ask you, if I did have a mother, I know she would give me no to do such a crazy thing as that.

Consult a good hair dresser.

How Can He Take Her Caneing?

Dear Cynthia—Being a constant reader of your most worthy column, I have read the advice you give, and as I have a perplexing situation on hand I wonder if you would be so kind as to give me some advice. I have a girl who is like this: Near the town where I live there is an amusement park. Around the park there are a lot of small cabins where people camp during the summer. I forgot to state that the park is situated on the bank of a creek. Now this is the pathetic part: I have a young lady seventeen years old, who is very beautiful. All her family know me and seem to like me. This girl came with a lot of "camp fire girls" to one of these cabins to camp for a week. But now it turns out that the "camp fire girls" won't be any of the girls who go to the park or any other place. I am sure that the "camp fire girls" and I both go to boarding schools during the school year, and as we live in different parts of the country, we do not see each other much.

Now, Cynthia, I know this is quite a long letter, but I have a few explanations, so I hope you will excuse its length. What I would like you to do is to take the chapter in the book that I have mentioned to you. I have had the best of it. P. V. S. R.

If the girl's family know you, why not write to her father or mother and ask permission to take the girl canoeing? Explain that the chapter will not hurt her, and ask them to write to her giving the permission.



Cushions to be comfortable and gloves to keep clean. But the newest automobile cushions are made like rag dolls, with faces and clothes and everything. They are extremely useful after a ride, too, if there are children in the family. They do just as well for dolls. And in case you want to look at your wrist watch now and then you will find it convenient to split your glove across the back, face it, and sew on a fastener so that the dust will be kept out of the watch, but it will be easy to get at.

"The Love Cowards"

By HAZEL DEVO BATCHELOR

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Nancy Hathaway and Bruce Henderson are love cowards. Nancy hates all men and Bruce distrusts all women. They are brought together in a lonely house on the Massachusetts coast, where Nancy has gone as governess to Trix, Bruce's little niece. Trix is the child of the woman who deceived Bruce, and Bruce therefore hates her and has a sinister influence over her.

Trix, because she has fallen in love with Nancy. On the day before Nancy is to leave, Bruce waylays her, and to her amazement, tells her that he loves her. Bruce repulses him.

Monday, August 22.

For names of shops address Woman's Page Editor or phone Walnut 3000, or Main 1901.

CHAPTER LI

Bruce Reflects

A FEW moments after Nancy had fled from Bruce's rooms Miss Henderson knocked at her brother's door. He had dropped into a chair by his desk and his passionate, willful heart was filled with conflicting emotions. A anger surged up in him one minute only to be replaced by a longing that could not be assuaged, a longing that in spite of his maturity, shut away so long from human contact, was dangerously near to temptation.

He had first taken Nancy in his arms, he had been prompted to the act by fury at his inability to bend her to his will. He had thought it a good way to conquer her, to lay her pride low, but he had not known that the results would be so unbidden had leaped up in his heart. His kiss, fiercely cruel as it had been, had started a fever in his veins, and before he knew it Nancy had crept into his heart. Then had begun his long period of persecution, until one day he awoke to the fact that he no longer hated Trix. The thing that had prompted his hatred was no longer important. Trix's mother and her death had faded before the living, breathing presence of Nancy Hathaway, and Bruce discovered that he loved her not with the devotion of a boy in his early twenties, but with the strength and longing of his developed manhood. For so many years it had been denied until now it leaped up in him and threatened to sweep away his reason.

This love was different from the love he had experienced. He had repressed it until it seethed in him and possessed him body and soul. He

ing develop fermentation and other conditions which cause the bodily machine to slow down and wear out sooner than necessary.

Grape-Nuts digests quickly and wholesomely.

Much of this is due to the fact that the long baking has partly pre-digested the nutrient; partly to the fact that there is contained in Grape-Nuts the essential "roughness" to stimulate the action of the intestines.

Health's Splendid Champion

Grape-Nuts is a delightful food, for it is uniquely rich and sweet in flavor, and always crisp. It is unusually nutritious, for it has all the body-building elements of the most perfect food grains. It is a convenient and economical food, for it is ready to eat from the package, keeps in any climate, and is appetizing to the last bit.

It builds strength and vigor without taxing the digestion or leaving within the body, elements whose familiar harm is really the beginning of "old age."

Grape-Nuts has been a favorite food, around the world, for nearly a quarter of a century—

And there is a reason!

Tomorrow—Nancy Decides

Quicker Than String

Did you have any gummed tape left over from making your dress forms? Use it instead of string for wrapping and tying packages. It is handy for labeling jars, medicine bottles, etc. I found it a great help last spring in sealing boxes when I had a lot of winter furs and woollens.

Modern Practical.

Adventures With a Purse

NONE of us likes to have things just exactly like the other fellows. Some little mark of distinction to prove we are individual—we are in constant search of such things. Now, fountain pens are very nondescript and unvaried, the conventional black men, different sizes perhaps, more decorations on the same another, but conventional, just the same. While searching for a birthday card, I happened to run across a pen that is honest-to-goodness different. Small enough to conveniently fit into the handbag, it is of a lovely shade of robin's-egg blue with a narrow black band about the top and bottom. At the top there is also a tiny gold ring, should the owner care to attach the pen to a slender gold chain, or narrow black ribbon. And still another was of a clear vermilion. They are priced at \$4, are self-filling and the pen is one of the better makes.

You know I was actually cold this morning as I rode in town, and immediately lost all interest in anything except the weather. I dreamed of suits and furs and everything that meant the glorious, sparkling winter! Naturally, with suits in my mind, I stopped before a woman's shop which had displayed in its window an exceedingly nice-looking tricot suit. It was of dark blue, the shade which lasts no matter how many other changes according to the vogue. The coat was satin lined and the entire suit very smart-looking—and only \$18.50.

I heard a mother complaining that although her children were awfully fond of peanut butter, she did not like to put it up in summer time, for fear it would spoil and injure their delicate little tummies. A very reliable store makes its own peanut butter, you can watch them as they do it if you should be interested, and sell it in wooden containers for as low as twenty cents; the larger ones vary in price from forty-five cents to eighty-five cents.

What's What

By HELEN DECIE

Young people are reckless letter-writers. Under the best of some passing impulse they often inscribe affectionate phrases which may do them incalculable injury long after they have forgotten the idol of the moment who inspired them to commit the folly of writing sentimental letters.

Young girls must be especially careful when they are answering the letters of young men. The phrasing should be very conservative, beginning with "Dear Mr. —" and ending with "Sincerely yours." What was said in a former letter should be repeated in the present one. The letter may be most endearingly written, most romantically phrased, and then, as with Jefferson's angry letter, it should be left unmailed over night and destroyed after rereading in the cool light and clear thought of the morning after.

Getting Mail by General Delivery

To the Editor of Woman's Page: Dear Madam—Can letters still be sent addressed "General Delivery"? If so, do you have to have any proof that you are the person to whom they are addressed and are they arranged in a certain box for you? Do you have to pay for the box? I am a girl 5 feet 2 inches tall and am almost sixteen. How much should I weigh? ARLENE

Your letter will reach me if addressed to General Delivery and called for by the person to whom it is addressed. No box is necessary nor extra charge weigh 110.

Getting Fatter Every Day

To the Editor of Woman's Page: Dear Madam—I am a young married woman, married two years and have no children. Please tell me what to do, as I am getting fatter every day. I do not eat such rich things, such as potatoes, oily stuff or sweets. Also tell me what to do, as I have very small wrinkles under my eyes. Hoping you will answer my questions, as I see you have given very good advice to everybody that writes to you. BRIGHT EYES

Exercise and diet are the best and surest remedies for reducing and they have to be kept up continually. Swimming, dancing, walking, running, strenuous housework and avoiding religiously the foodstuffs you above mentioned about bring your weight down, so don't give up. Do you take regular exercise of this kind? Plenty of sleep at regular hours and carefully cold creaming the lines under your eyes will take them away unless they come from eye strain, most everybody has a few tiny lines of this kind.

Things You'll Love to Make

IMITATION ERMINE TAILS

Attractive trimming on a crepe de chine fall frock. Cut pieces of white crepe de chine or satin the shape of a tail as shown. Baste two pieces together, back to back. Have these double pieces basted. With heavy black embroidery floss fill in the black spots at the top of each tail. Sew them on the frock as you would real fur tails. A slight padding of cotton placed between the two pieces of silk before basting them together will make them look even more natural. FLORA.

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Through a Woman's Eyes

By JEAN NEWTON

Absence Makes the Heart Grow Fonder

Everybody is wondering what has happened. Are they headed for the divorce court? For Bob and Helen are taking separate vacations this year. True, they will be near enough to each other to get together over the week-ends, but Bob is going to military camp and Helen to a hotel miles away!

Why, every one thought they were inseparable! In the five years that they have been married nobody has ever heard of their spending away from each other five precious minutes that they could be together. Yes, everybody thinks there must be something wrong.

But I know that for the first time in five years they have done the sensible thing. For Bob and Helen have all their interests in common—except vacations.

Bob hates collars and ties and shaving. Had enough, he says, for eleven months in the year. But on a vacation! Then he wants to go where he doesn't have to shave for four days or four weeks if he doesn't feel like it!

But that would never suit Helen. She's an outdoor girl, loves tennis and golf and swimming, but she loves, too, to finish the day with organdie and ruffles and Japanese lanterns.

Bob has always hankered, he says, for military camp life. Golf and canoeing—"Great stuff," he says, "to make a man fit!" He wants the old stunts they used to do at college, and not in between rocking-chair rests, either. No dress and plenty of rough stuff—that's his ideal program. And Helen? Why, she loves athletics, but the idea of tramping and wrestling and boxing all day on a schedule seems awful to her. You see Helen has the year round to keep fit; she doesn't need the strenuous program to get into condition.

Every summer they went away together. And Bob wore collars and ties and shaved in them, and ran a motorboat when he wanted to be wrestling and went some place where he had not had a real vacation. And Helen felt sorry, but what could she do? She couldn't go to a military camp with him.

Is the body as important as an automobile engine or a furnace? Is it as reasonable to talk about the best ways of sustaining the body as it is to talk of proper care for the engine or the furnace? Well, then—

The body is strengthened, warmed, sustained—kept young—in a very practical and scientific way.

Some Simple Facts

Food is heat and power and renewal for the body. After all, there's nothing mysterious or magical about what food does in serving human need.

Nothing mysterious, but much that is interesting—and important.

Some foods are particularly good for the body. GRAPE-NUTS is such a food.

GRAPE-NUTS is made from whole wheat and malted barley flour—product of the two grains which are richest in food elements for human need. Under the outer, or bran coating of the grain,

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An Uncle Bachelor Is Easily Distinguished From a Mister One

There Is One Remark About a Baby's Being All Red and Wrinkled Which the Latter Always Makes—He Is Afraid of Children

THERE are two kinds of bachelors. One is the Uncle Bachelor, who becomes a bachelor when his first nephew was born and got more and more bachelor and more and more uncles with each new baby born to his family, relatives or friends.

He is not afraid of the cute, frill-bellied baby. He has the most wonderful noises that he makes with his mouth whenever a baby looks up at him with wondering, solemn eyes.

Pretty soon those eyes crinkle at the corners and the baby gives a shy smile. A few more funny noises and the smile becomes that delicious, wide-mouthed chuckle that is a baby's laugh.

The only thing the Uncle Bachelor is afraid of in the way of children is the child with greasy hands and smeary mouth who climbs on his lap and makes him shudder with squeamishness.

BUT the Mister Bachelor doesn't go that far—he doesn't even start. Babies, the plainest, most "human" babies in the world, frighten him terribly.

When he is invited by admiring parents to step inside the nursery and look at some blessed sleeping cherub it is only with a shudder that he enters. "They all look alike, anyhow," he complains afterward. "All red and wrinkled up."

That is one of the tests for bachelors—if they get off that all-red-and-wrinkled-up remark they are Mister Bachelors.

Mister Bachelors don't know how to hold babies, and they live in constant terror when they visit friends with chil-

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