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# Mrs. Wilson Varies the Vegetable Menu

### This Is the Season for the Succulent Corn and the Wholesome Tomato

MRS. M. A. WILSON

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ALMOST before we know it, the summer days will be waning, and many of the succulent vegetables will soon become scarce. Make good use of this season, and serve as many vegetable meals as is possible. Two and three vegetables are not too much to serve at one meal during this season; and when you have a variety of vegetables, it is possible to cut down sharply on the meat ration.

This week I will plan a menu from Saturday evening, to include five meals using a vegetable menu.

Suggestive Menu for Week-end.

**Saturday Evening Dinner**
Blackberry Cocktail
Chilled Tomato Canape
Snap Bean and Cheese Pudding
Boiled Potatoes Corn on Cob
Spiced Beet and Onion Salad
Chilled Melon Iced Coffee

**Sunday Morning Breakfast**
Chilled Melon
Tomato Fritters Bacon Garnish
Toast Coffee

**Dinner**
Melon Cocktail
Radishes Chilled Cucumbers
Baked and Stuffed Green Peppers
Hollandaise Sauce
Baked Potatoes Lima Beans
Tomato Stuffed with Slaw
Green Apple Pie Coffee

**Supper**
Deviled Eggs
Potato Salad Sliced Tomatoes
Corn Bread
Sliced Peaches Spongecake
Iced Tea

**Monday Morning Breakfast**
Sliced Peaches
Corn and Potato Omelet
Toast Coffee

**Snap Bean and Cheese Pudding**

Cook sufficient snap beans to make two cups, cutting the beans in half-inch pieces before cooking. Drain and season well. Place in mixing bowl

*Three well-beaten eggs,*
*Two and three-quarters cups of thick cream sauce,*
*One-half cup of melted butter,*
*One cup of grated cheese,*
*One-quarter cup of finely minced onion,*
*One-quarter cup of finely minced parsley,*
*One-quarter cup of bread crumbs,*
*The prepared beans.*

Blend to mix and turn in well-buttered custard cups and bake in moderate oven for twenty-five minutes.

**Hollandaise Sauce**

Place in saucepan

*Three-quarters cup of water,*
*Three level teaspoons of flour.*

Stir to dissolve and bring to boiling point, cooking for five minutes, and add

*Juice of two small lemons,*
*One-half cup of melted butter,*
*Yolks of three eggs,*
*One teaspoon of salt,*
*One-half teaspoon of white pepper,*
*One-quarter teaspoon of grated onion.*

Whip up well and cook until thick. Remove at once and serve on the pudding.

If this sauce should curdle due to over-cooking, just add two tablespoons of boiling water and cook back to the desired consistency. This dish contains the food value of two and one-quarter pounds of meat.

**Baked and Stuffed Green Peppers**

Select large flat peppers, cut slice from the top and remove the seeds; place in baking dish while preparing the filling.

Place in mixing bowl:

*Corn, scraped from three ears,*
*Two tablespoons of grated onion,*
*Three tablespoons of finely minced parsley,*
*One and one-half cups of thick cream sauce,*
*One cup of grated cheese,*
*Three-quarters cup of bread crumbs,*
*One-quarter cup of melted butter,*
*Two teaspoons of salt,*
*One teaspoon of paprika,*
*One-quarter teaspoon of thyme,*
*Three well-beaten eggs.*

Blend together well and fill into the prepared peppers, lay a thin slice of bacon across the top and bake in moderate oven for thirty minutes. Add one-half cup of boiling water to the pan in which the peppers are placed to bake. This will prevent the pepper from bursting.

### Here and There

Lawn bowling is becoming a favorite outdoor sport among English women.

The church at Seneca Falls, N. Y., where the first woman's rights convention met in 1848, is now used as a garage.

Women of Wichita, Kan., buy an average of eight to ten hats a year, as revealed by a canvass of the millinery shops in that city.

### Things You'll Love to Make

**A Dainty Sponge Bag From an Old Hot-Water Bottle**

Don't throw away your hot-water bottle if it has become useless as such. Trim down the top, cut off the hanger at the bottom and use it in the making of a dainty sponge or bathing bag, of flowered cretonne or brocaded silk. Make the lower part of a bag with rounded corners and straight sides, like the one shown in the illustration. Join a straight piece of plain material to the fancy lower part. Place the hot-water bottle inside of the bag. Stitch the top edge securely to the bag. Make a heading at the top of the outer bag and run a ribbon through it. Embroider a row of fancy stitches along the joining of the plain and fancy materials. This will conceal the joining as well as the stitches that secure the hot-water bottle on the inside.

FLORA.

**PICTURES OF GOULD BRIDE**

The new Mrs. Gould, photographed at her island home, near Rye, N. Y., photographed with her new dog, a present of the groom; a pastel portrait of the bride by a noted artist, together with many other beautiful pictures in sepia tones, appear in the rotogravure section of the Sunday PUBLIC LEDGER. "Make It a Habit."—Adv.

# DO XMAS SHOPPING EARLY! TOYS ARE ALREADY ARRIVING

### Thermometer Pays No Attention as Thousands of Innovations From Europe Arrive at Appraiser's Storeroom

Merry Christmas!

With the hottest of suns streaming down and making a soft pulp of asphalt streets it does not seem possible there was ever such a thing as Christmas and the cold, crisp weather which accompanies it.

But just the same Christmas, perhaps not the jolly spirit poets sing about, but Christmas just the same is making its presence felt in a storeroom in the appraiser's building at 134 South Second street.

Vessels from the other side are bringing in crate after crate, the sides bulging with toys of every description. The festoons of green and red laying around certainly serve to belie the bunches of hollyhocks and roses which dot the green of a lawn.

Thrown across one box are strips of green "grass" to put under the tree, the lid half off another box reveals thistle-like flowers of the holiday red, with dark green leaves.

This year, as almost every other, there are innovations in portals of Toyland and even sedate grown-ups cannot resist them.

The bird in the gilded cage is there, and an enterprising advertiser can call it "life-like" with perfect decorum.

One cage harbors a canary and a mocking bird, and when a cleverly concealed key is wound a song is begun. First, the trilling notes of the canary give forth a bright song, and, then, a soft song of the mocking bird is given in answer.

The slow, methodical turtle is there with its stumpy head protruding from its shell back. It is a modern turtle, because of its youthful owner puts his foot on the tail a bell rings.

A diminutive log cabin supports a jiggling 'way down South colored "gent," who "steps out" when a key is wound. Sewing boxes for the little girl, mechanical toys of every kind, shape and size for her brother; rows upon rows of boxes filled with delights which will not even be displayed in the stores for several months.

Of the imported toys, England makes the most durable, those which will stand more wear and tear. The fastidious French turn out the dainty, unusual toy, and the toys from Germany are disposed of in the cheaper stores.

According to the customs authorities, there is a greater rush of imported toys this year than there has been since the war.

## PHILA. MAN APHASIA VICTIM

### Case of Wounded Overseas Veteran Puzzles Maryland Doctors

**Crisfield, Md.**, July 28.—Phoenix Williamson, twenty-three, an aphasia victim in the Peninsula General Hospital, at Salisbury, is puzzling the physicians. A scalp wound, he says, was received overseas. He is well dressed. He originally came from Detroit, he says.

He left Philadelphia for Dover, Del., but was carried past that place, according to his story. He was found near the pumping station here late at night. Sixteen cents were found in his pockets.

## EXTENDS NAVAL PACTS

### League's Arms Program Is Based on Washington Treaties

**Geneva, Switzerland**, July 28.—The Naval Sub-Commission of the Permanent Commission on Naval, Military and Aerial Questions finished its work yesterday, having drawn up a convention with the object of extending the principles of the Washington naval agreement to all States which are members of the League of Nations and non-signatories of the Washington agreement.

The whole matter will be submitted to the third meeting of the League assembly in September.

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MAJESTIC (new)...Aug. 26 Sept. 16 Oct. 7
OLYMPIC ..... Sept. 23 Oct. 14 Nov. 4
N. Y. TO COBH (QUEENSTOWN) AND LIVERPOOL
BALTIC ..... Aug. 5 Sept. 2 Sept. 30
CEDRIC ..... Aug. 12 Sept. 9 Oct. 7
ADRIATIC ..... Aug. 19 Sept. 16 Oct. 14
CELTIC ..... Aug. 26 Sept. 23 Oct. 21
NEW YORK TO AZORES, GIBRALTAR, NAPLES AND GENOA
ARABIC ..... Sept. 25 Nov. 11
CRETIC ..... Sept. 18 Oct. 16
PHILADELPHIA—LIVERPOOL
NOVIAN ..... Aug. 12 Sept. 30
MERCIAN ..... Aug. 26
*PITTSBURGH (new) ..... Aug. 31 Oct. 5
*HAVERFORD ..... Sept. 12 Oct. 24
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KROONLAND ..... Aug. 19 Sept. 23 Oct. 28
LAPLAND ..... Aug. 26 Sept. 30 Nov. 4
*GOTHLAND(direct) Sept. 2 Oct. 7
PHILA.—HAMBURG—GIBRALTAR—DANZIG
SAMLAND (3d-class passengers only) Aug. 2
PHILADELPHIA—ANTWERP
Mackinaw ....July 28 Missouri ....Aug. 26
Minian ..... Aug. 10 Michigan Sept. 14
Mahopac ....Aug. 24 Mackinaw ..Sept. 14

**AMERICAN LINE**
N. Y. TO HAMBURG VIA PLYMOUTH AND CHERBOURG
MINNEKAHDA (3d class) ..Aug. 2 Sept. 6
MANCHURIA ..... Aug. 9 Sept. 13
ST. PAUL ..... Aug. 16 Sept. 20
MONGOLIA ..... Aug. 30 Oct. 4
PHILADELPHIA—HAMBURG
Maryland ...Aug. 5 Mahopac ....Aug. 24
Michigan ..... Sept. 14
ATLANTIC TRANSPORT LINE
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Mackinaw ....July 28 Missouri ....Aug. 26
Minian ....Aug. 10 Menominee ..Sept. 6
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## Uncommon Sense : : The Harvest

By JOHN BLAKE

THE pioneeer who took up land claims in the Western part of the United States began his farming by felling trees.

It was hard work—and brought no return.

The trees felled, the stumps had to be grubbed out.

More hard work—still no return.

Then came the plowing and the seeding—perhaps three or four years after the first tree left a little hole in the forest roof, so that the sun might shine through and warm the sour soil.

AT LAST came the harvest—and then a prosperity.

For the ground was rich and crops sprang up eagerly. The man who had well done the tree felling and the grubbing and the plowing and the seeding got his reward—and he was entitled to it.

After that the rest was comparatively easy, for the crops came with the seasons, and there was more than enough to feed all the family when they were gathered.

MUCH like the task of the pioneer in the West is that of the youth—and afterward the man.

In the felling and seeding time there is little pay—not nearly enough, so thinks the young man or woman, to repay the effort.

But payment, though delayed, will come—if the work is done well and thoroughly.

It will come in the form of back pay for many a task that seemed to bring no return whatever while it was being performed.

It will come in the joy of knowing how to do things well, of the knowledge that a business or a profession has been mastered which is the most pleasant knowledge that can come to anybody.

DISCOURAGEMENT will come, but it can be swept aside. It must be swept aside, for here we are in the world, and what is there to do but get through it as best and as prosperously as we can?

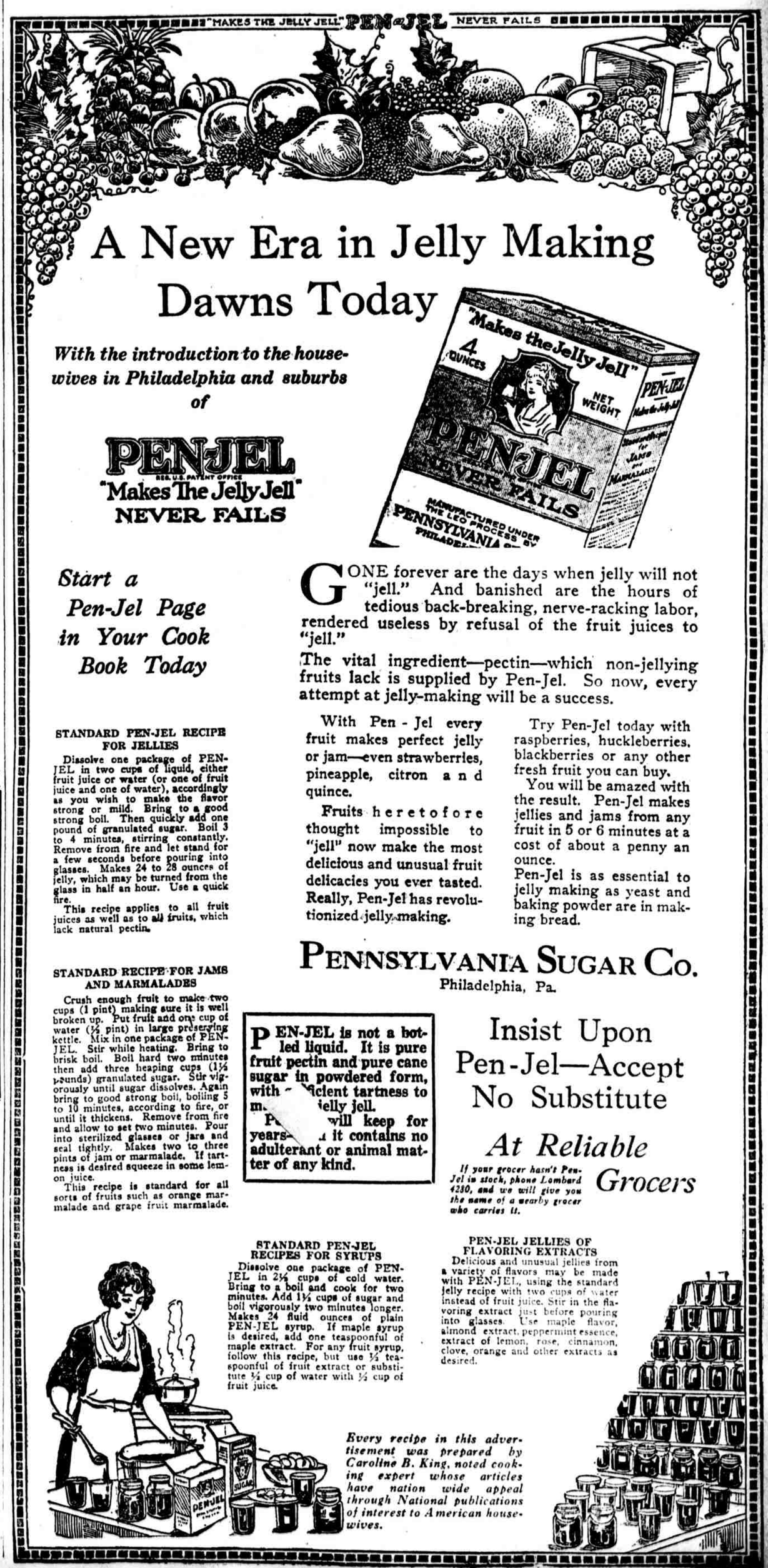
It will be comforting, by and by, to look back on all the hard rough work that has been done, and feel that it is at last being paid for—and at a time when we need the money and know what to do with it when we get it.

WE ARE all pioneers, and we all have to find our own little farms and clear and till them. If the harvest must be delayed a few years, what matters it.

It will surely come if the preliminary work is performed. Those of us who bear that in mind will not find the clearing and the tilling so burdensome.

**One Hour a Day in Jail for 90 Days**

**West Hoboken, N. J.**, July 28.—For throwing stones at the house of Mrs. Mary Botwink, James Marchesani, sixteen years old, must serve one hour a day in jail for ninety days.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