

GOOD THINGS TO EAT NEXT SUNDAY : THE ORIGINAL CHILD : IN THE SHOPS : CYNTHIA

MRS. WILSON MAKES SUGGESTIONS FOR SATURDAY'S MARKET BASKET

Fill It With Foods That Will Furnish Your Family the Highest Amount of Nourishment—Attractive Menus and Recipes for Sunday—Rice Waffles, Salmon Chartreuse, Baked Tomatoes, Ginger Cakes and Other Good Things

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All Rights Reserved.)

HOW may the anxious housewife know if she is feeding her family sufficient food? Unfortunately, the price paid for material is no standard that will touch for the amount of nutrient yielded and the appetite is not a safe, reliable guide.

Food values must therefore play an important part in the arrangement of our daily menus, so that each requirement will be taken care of. Plan closely. Thrift in food matters does not mean stinginess; rather it means a wholesome care to utilize and receive value for the money spent. It must be realized that true economy means wise buying and then making the fullest use of all food purchased.

In planning the Friday market basket we are following closely on this method. Many attractive dishes can be made and served during the warm weather that will not require the use of meat. So following the plan of having one day in seven meatless we will arrange a menu that will include three meals on Sunday, for those who feel that this is necessary. Also sufficient food will be prepared for an extra guest or two, both for dinner and supper.

- Breakfast: Grapefruit, Honey, Coffee. Luncheon: Tomato Canape, Salmon Chartreuse, Potato Salad, Peas, Raspberry Crumb Pudding, Fruit Sauce, Coffee. Supper: Watercress, Radishes, Baked Tomatoes, Cream Sauce, French-Fried Potatoes, Ginger Cake, Stewed Fruit Tea.

The market basket will require: Two grapefruit, Eight tomatoes, One can of red salmon, One-quarter peck of potatoes, One pint of onions, One-half of lettuce, One-quarter peck of peas, One bunch of parsley, Two baskets of raspberries, One quart of cherries, One bunch of watercress, One bunch of radishes, Two quarts of milk, Four eggs.

Mrs. Wilson Answers Queries

My dear Mrs. Wilson—I am an interested reader of the column and as a favor to me I am taking this opportunity of asking you to kindly print in your column the recipe how to make bread, whether to mix overnight or not, and oblige. Mrs. H. B.

To make bread: If you desire to set the dough to rise overnight you may do so about 10 or 10:30 p. m. Use water 60 degrees Fahrenheit. To make bread during the day place in a mixing bowl

Two cups of water, 80 degrees Fahrenheit. Two tablespoons of sugar. Two tablespoons of shortening. Two teaspoons of salt. One yeast cake crumbled fine.

Now sift the flour into a bowl and then fill lightly the cup with the spoon, piling high. Level with the back of a knife. This is the most important, as one cup of flour should weigh just four ounces, and if you are the least bit careless you will have from one-half to one and one-half ounces more flour in each cup. This will make the dough entirely too stiff.

To the mixture in the mixing bowl add eight cups of sifted flour and then knead to a smooth elastic dough. Grease the bowl thoroughly and then place the dough in it and press down, and then turn it over. This coats the dough thoroughly with shortening and prevents a crust from forming while the dough is rising.

Set the dough away in a place free from all draft and cover it closely. Have a temperature of 76 degrees in summer and 80 degrees Fahrenheit in winter for three and one-half hours. Then punch down hard and knead for three minutes, then turn over and let rise again for one hour. Turn on a board and mold into loaves. Place in pans and let rise for forty-five minutes. Bake in a moderate oven for forty-five minutes.

through a sieve and place in a bowl until needed. To make waffles place in a bowl One egg. One and one-half cups of milk. One teaspoon of salt. One tablespoon of sirup. One tablespoon of shortening. Beat to mix and then add Two cups of flour. Four teaspoons of baking powder. The prepared rice. Beat to thoroughly mix and then bake in hot, well-greased waffle iron.

Salmon Chartreuse Open a can of salmon and then drain. Remove the skin and bones and flake with a fork. Soak three tablespoons of gelatin in one-half cup of cold water and then place in a saucepan

Two tablespoons of finely chopped onion. Two tablespoons of finely chopped parsley. Two tablespoons of carrots. Fat of soup herbs. Two cups of water.

Bring to a boil and cook slowly for ten minutes. Strain and then add The juice of one-half lemon. One and one-quarter teaspoons of salt. One teaspoon of paprika and the dissolved gelatin. Mix thoroughly and then cool and add the prepared salmon.

One tablespoon of grated onion. Three tablespoons of finely chopped parsley. Pour into a mold that has been rinsed with cold water and chilled on ice. Set in a cool place to mold. When ready to serve unmold on a bed of lettuce and serve with Russian dressing. This may be prepared Saturday afternoon.

Raspberry Crumb Pudding Scald two cups of milk and then pour into a bowl and add

Two tablespoons of shortening. Three-quarters cup of sugar. One cup of bread crumbs. One-half teaspoon of salt. Beat to mix and then cool and add One cup of flour. Two teaspoons of baking powder. One and one-half cups of prepared raspberries.

Beat to mix and then pour into a pudding dish and bake for forty minutes in a slow oven. Serve either hot or cold with raspberry fruit sauce.

Raspberry Fruit Sauce Place one and one-half cups of raspberries in a saucepan and add one and one-half cups of cold water. Bring to a boil and cook slowly until the fruit is soft, then rub through a sieve to remove the seeds. Now add Three-quarters cup of sugar.

Four tablespoons of cornstarch dissolved in Five tablespoons of cold water. Bring to a boil and cook slowly for five minutes. Cool. When ready to serve add the stiffly beaten white of egg left from the Russian dressing.

Baked Tomatoes Cut a slice from the top of the tomato and with a spoon remove the centers. Chop the centers fine and then place in a bowl and add

One onion grated. Two tablespoons of finely chopped parsley. One well-beaten egg. One teaspoon of salt. One teaspoon of paprika. Three-quarters cup of fine bread crumbs. Three tablespoons of melted shortening.

Grease the tomatoes to prevent bursting and then fill, forming into a point at the top. Place in a greased baking pan and add one-half cup of hot water. Bake for forty minutes.

French-Fried Potatoes Cut the cold-boiled potatoes into cubes for French fried. Fry golden brown in hot fat; using cold-boiled potatoes in place of the raw ones prevents the fried potato from becoming soggy.

Ginger Cake Place in a saucepan Three-quarters cup of brown sugar.

One cup of sirup. One-half cup of raisins. Nine tablespoons of shortening. One-half cup of water. Four tablespoons of cocoa. Two teaspoons of cinnamon. One teaspoon of mace. One-half teaspoon of allspice. One teaspoon of ginger.

Bring to a boil and cook for five minutes. Pour into a bowl and let cool. Now add three-quarters cup of sour milk, with one teaspoon of baking soda dissolved in the sour milk.

Four cups of sifted flour. Two teaspoons of baking powder. Beat to mix and then pour into a well greased and floured pan. Bake in a slow oven for fifty minutes. Cool.

Stewed Fruit Stone cherries. Place them in a saucepan and add One cup of sugar. One cup of water.

Bring to a boil and cook slowly until the fruit is soft. Now dissolve two tablespoons of cornstarch in four tablespoons of cold water. Bring to a boil again. Cook for ten minutes. Chill and then serve.

Two Unusual Smocks A Daily Fashion Talk by Florence Rose



Just two very pretty smocks for the summer girl. Both of them are described in today's fashion talk

LAST Sunday as we were motoring home from the country, where we had gone to breathe the pure, fresh air, at the ferry along the crowd making the boat my eyes turned to a girl wearing a smock. It was a dreadful sight, that smock. I swore right then and there never to think or to write you of smocks again. However, only the day before, as luck would have it, I had sent the artist to sketch some smocks that I thought would be interesting. So you see, after all, I have got to write about them, but if I don't "enthrone" as you think I should over what is offered you to wear, you know well the reason.

Of course, there are smocks and smocks, and I know from what I have seen displayed in the good shops that there are some mighty good-looking ones made. The smock is nevertheless the sole property of the slim woman and, if one might be so bold, the young woman.

For morning wear and for the country it is an excellent garment, but it should not be attempted for city or afternoon wear.

The smock at the left of the drawing is of white linen, the smocking at the shoulders and at the waistline is done in blue. The neck and also the scallops at the lower edge of the garment are also done in the same shade of blue. Generous pockets trim the smock at either side.

At the right is a smock which takes us away a bit from the general run of smocks, inasmuch as this smock is not only more decorated than usual, but it is also confined at the waistline, which gives it more shape. This is also smocked, but in this case the garment is of blue silk and the smocking is done in white silk. Not only is the front smocked, but also the top of the sleeves, and the waistline and the pockets show the same sort of decoration. Through the smocking at the waistline is run a pair of ribbon of white.

Adventures With a Purse

THE Recently Returned, being very well trained, has been in the habit of retiring modestly to the tiny back porch for the purpose of polishing shoes. That was before I discovered the white enamel blacking box for \$2.75. It is a cunning square stool with a lid bending back in half and containing one of those iron forms on which one rests one's shoe. And it will hold, of course, shoe polish, brush and cloth. It is one of those "extras" which help make a house a home.

Do you remember Nanette and Rintintin, those irresistible little French people who appeared in all their worsted glory not so long ago? I was delighted to discover these little people measuring not a full inch in height, in a silver finish metal and held together by a single link. One wears them on a black ribbon or chain, and a most fetching bit of jewelry they make. They cost \$1.25.

A glass shelf in the bathroom on which to put soap cup and glass is a pleasing and convenient addition. I think one of these glass shelves under the appearance of the bathroom, don't you? And would you believe that one shop has them complete with the nickel-finished brackets for supporting the shelf for sixty-five cents? You could manage, I know, to save sixty-five cents out of the house money to buy one.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut 3000.

Things to Know

In the United Kingdom there are said to be 1,500,000 spinsters with no hope of marriage.

As a step toward the solution of the delinquent-girl problem, Chicago has opened a new parental school for girls.

Trade-union organization is reported to have been greatly advanced among French women during the period of the war.

Buy Your MEATS Wholesale. Butcher Roast 20c, Rump Roast 20c, Chuck Roast 20c, Hamburg Steak 35c, Sirloin Steak 35c, Rump Steak 35c, Round Steak 35c. Mitchell Market, Inc. 10 South Delaware Ave., Phila.

GEORGIE, THE DEAR CHILD, HAS SUCH A STRONG WILL

At the Beach It Takes the Form of Pouring a Shellful of Sand and Water on Mrs. Tattle's Knitting!

WE ALL love children—at least we say we do. Of course, everybody loves their own; that goes without saying. But how about Georgie, who sits at the table next you in the hotel dining room? Remember Georgie? He is the all-original little boy who thought of blowing his ice cream soda through a straw onto your fresh white linen shirt one mama took him down the boardwalk. Remember Georgie? He was the clever child who had such a coy little way of filling seashells with a mixture of sand and water and then pouring it into your knitting.

"Great kid that!" chuckled father, idly busy twenty feet away gathering sunburn by the shoulderful. "Thinks of the darndest things. You know, when I was his age that's just about—"

And over by the striped chairs near mama's friends, mama was exclaiming: "My dear, I'm so sorry. I wouldn't have had it happen for a million dollars. Why, I don't understand it. At home Georgie's just as good as gold. Georgie, come here. You shan't stir an inch onto the boardwalk tonight. Georgie, do you hear mama calling you? Obedience, Georgie, I want you to come here and see what you have done to this beautiful rose and cream sweater. Mrs. Tattle was making for little Lillian. What will poor Lillian do now without her sweater?" (In an aside to Mrs. Tattle.) "It isn't hurt a bit, dear. It'll all come right out. But I just want to teach Georgie a lesson. Georgie is a child with a very strong character and he must be dealt with firmly, and no, you won't see Lillian here. I'll take it right up to my room after lunch and by dinner time you'll never know a thing. Will you look at that child now! What a nature

he has. Over there with his father, grieving. Georgie dear, come to mother." Business of arms stretched out). AND that night among those seen on the boardwalk was Georgie. Whose children do we love? Of Interest to Women

More than 5 per cent of all the convicts in English prisons are women. The practice of law by women was legalized by the Wisconsin Legislature in 1877.

It is estimated that there are 1000 regularly ordained women ministers in the United States.

The graduating class of the University of Rochester this year numbered twice as many women as men.

Mrs. Charles J. Smith, of Lexington, is the first woman to be honored with the presidency of the University of Kentucky Alumni Association.

A woman of Alameda, Calif., has been granted a divorce on her testimony that her husband had bought her only two dresses in seventeen years.

The Chinese bride-to-be has to stand in a round, shallow basket while she dresses for the wedding in order to make her of a good temper and amiable disposition.

Beautyify the Complexion IN TEN DAYS Nadinola CREAM The Unequaled Beautifier Used and Endorsed By Thousands. Guaranteed to remove tan, freckles, pimples, liver-spots, etc. Extreme cases 20 days. Leavys the skin clear, soft, healthy. At leading toilet counters. If they haven't it, by mail, two sizes, 60c. and \$1.20. NATIONAL TOILET CO., Paris, Tenn.

The Fashions of This House Are planned and produced for discriminating women who demand individuality in hats and furs. SMART CHERTAK HATS and NEW AND ORIGINAL FUR MODELS FOR NEXT SEASON. House of Wenger 1229 Walnut St. Phone Walnut 1308 Furriers and Milliners

The Best Values in Town HAWTHORNE'S 1626 Chestnut St. Open All Day Saturday So as to Give You an Opportunity to Save Some Money on a Blouse or White Skirt That You'll Need on Sunday

"Strike-a-Match" Hot Water Service Light the Gas at the burner—the hot flame quickly heats the water in the tank. No Work—No Dirt No Disappointment Be sure to see the new Gas Ranges, embodying the latest ideas for cleanliness and convenience. TERM PAYMENTS Broad and Arch and District Offices THE UNITED GAS IMPROVEMENT COMPANY

Please Tell Me What to Do By CYNTHIA

Another K. U. H. C. Member Dear Cynthia—I have been reading the letters of different members of the K. U. H. Club and would surely like to be a member of same. I am like "Nobody's Girl," never had a fellow, that is a real one, who would take me out more than once. I always seem to make friends quickly with the boys and lose them just as quick. Some people say I act "cold." Can't one of your club members tell me how to overcome this as I don't want to act distant, but would like to be friends with other boys and girls of my own age.

SOMEbody's STENOG. A Letter to "Nobody's Girl" Dear Cynthia—Please publish these few lines in answer to "Nobody's Girl":

Now, little miss, I am going to tell you something; then, if you care to answer this, I would be glad to hear from you. I am not nineteen years of age, but have some very old thoughts. Don't think I am old-maidish. I am pretty and quite "in" for all the innocent good fun coming my way. If I were you I wouldn't worry about not being anybody's girl, especially nowadays.

I am speaking from experience. Of course, I will say it is quite necessary to have some friends; but it is quite disastrous, too, to have too many. I have made it a rule now to have just a few friends, and they are both tried and true. I have nights for study as well as nights for fun and "play." Now this is what I want to ask you: Do you study evenings? Take up a course, kiddo, something for your own benefit. I would advise millinery or dressmaking, etc. There is ever so much to learn in this old world.

Don't be "tom-fooling" around all the time; and, above all, don't be guilty of being "boy-crazy." Your type then will be the kind "some man" (and that will be Mr. Right Man) will be searching around for and finally capture. When a man "hunts" for a wife he usually picks a respectable girl, no matter what kind he "romanced" with before. He "mates up" with a cook, sewer, etc.

Make up your mind to be a "self-made woman" and independent. Don't get disgusted trying, either. The whole world wasn't made in one day. A PRETTY LITTLE BRUNETTE.

Cuticura Helps Burning Smarting Skin Troubles. The good old summertime is the best Fur-remodeling time. At present we are in touch with the fur masters of New York and are completely conversant with the coming fur vogue. We will repair or remodel your furs so that you will have a new-looking garment for next Fall and Winter. Work done now at a third below regular. "Pay the Cost in the Fall" Mawson & DeMany 1215 Chestnut Street

GIRLS IN SERVICE BETTER OFF NOW THAN WITH EIGHT-HOUR DAY

To the Editor of the Woman's Page: Dear Madame—The letters which are published regarding servants and the eight-hour day are rather interesting. Some appear to look forward to the eight-hour day, but do they ever stop to consider what it means? They will have to pay for room and board, also washing, as they can't expect their employers to provide soap, gas and electricity for washing and ironing. They will have to carry their lunch, probably ride to and from work, so by the time all the expenses are considered there won't be much left of the \$18.

At present the girl who earns \$10 a week is better off, even if she does work a little more than eight hours a day. On the other hand, I can't see how the housekeeper is to manage the eight-hour day. She must have time-cards and have a clock to punch them. Even then she must be there to supervise, as no doubt there will be some slackers, just the same as there are now.

There is no need for so much contention between mistress and maid. Why not treat each other fair? It is true there are good and bad in all classes, housekeepers and maids, but they are not all bad. Let each one practice a little Christian spirit toward one another instead of so much antagonism.

I for one do not think the eight-hour day will be any advantage to either housekeeper or maid. I have worked both here and abroad, and have always been treated on the level. A. C.

Baking Results Sure to Satisfy. Don't be discouraged at previous failure to have the appetizing kind of bread and biscuits that you want to put before your family, but do as so many other Philadelphia housewives are doing and use Miss Princine Pure Phosphate Baking Powder. And see how wonderful are the results you obtain. The delicious bakings will make the call to meals an ever-welcome signal. 1 lb., net weight, At Your Grocer's weight, 35c. 3 1/2 lb., net weight, 20c.

10¢ Mrs Morrison's PUDDINGS Try Golden Vanilla with strawberries—and you'll know that you've found your favorite. No eggs required. Also in Chocolate Flavor.

ASCO. ASCO. ASCO. MEDICIN STORES CO. AMERICAN The Diet of the Strong As Well As the Weak "Gold Seal" Eggs Carton 55c Whether sick or well, no food so easily assimilated, so tempting to the appetite as a nice fresh egg. Gold Seal Eggs are fresh gathered, carefully selected for size and quality. Whether you use them Poached, Boiled, Fried or an Omelet, you will find them equally satisfactory—just as fresh as if you gathered them from the nest yourself. Fresh Eggs, Dozen 50c Every egg as represented, not so large as "Gold Seal," but fresh nevertheless.