

WHEN YOU GO A-MARKETING : THE COURAGE OF WOMEN : IN THE SHOPS : CYNTHIA'S LETTERS

KIDNEY PIE FOR SUNDAY DINNER; OTHER RECIPES BY MRS. WILSON

Popovers, Spanish Macaroni and a Tasty Orange Shortcake for Dessert—The Market Basket Can Be Filled This Week for Approximately Three Dollars, Including Staples

By MRS. M. A. WILSON

Where Cooking Movies Are Shown This Week

THE cooking movies in which Mrs. M. A. Wilson shows how to bake tasty delicacies are shown as follows this week:

Charlotte Russe (Six for twenty-five cents) Friday and Saturday, Eastonmont, Twenty-sixth street and Girard avenue.

Lebanon Crumb Cake (Six for twenty-five cents) At the Grand in London all week.

Queen Victoria Sponge Cake (Six for twenty-five cents) Friday and Saturday, Woodlawn, Forty-ninth street and Woodlawn avenue.

For copies of recipes ask at the box office of the Grand in London or at the address of the Grand in London, 26th and Girard.

THE meat pie can be made to be an economical dish for the Sunday meal if the housewife has the time and would like an ideal way of making these pies as they are served in the Chelsea Coffee House in London; this is by serving in individual custard cups, or the muffin pans will do very nicely in place of the individual baking dish.

Very shortly the abundant harvest products will gradually disappear from the market stalls, leaving us a plentiful supply of beets, carrots, cabbage, celery, spinach, white and yellow turnips, parsnips and cauliflower and sweet potatoes; these will last for a short time, so use them while they are abundant and thus help to conserve the canned and preserved food until the late winter.

A SUGGESTIVE MENU

- Breakfast: Oranges, Cereal and Cream, Creamed Beef in Popover Cases, Coffee. Dinner: Stewed Cucumbers, Kidney Pie, Spanish Macaroni, Buttered Beets, Colelaw, Coffee. Supper: Rice Croquettes with Cream Beef Sauce, Colelaw, Orange Shortcake, Tea.

This menu can be purchased for approximately \$3, including all the usual staples that are required and are usually purchased weekly. This means that you will have sufficient food to have a guest or two for dinner. Allow one-half orange for each person.

First make the popovers and while they are baking prepare the beef.

Popovers

Place the popover pans in the oven to heat. Break one egg in a measuring cup and then fill with milk and turn into the mixing bowl and add:

- One-half teaspoon of salt, One cup of sifted flour.

Beat with a Dover egg beater for five minutes and then remove the smoking-hot popover pans from the oven and grease well. Pour in the batter and place at once in a hot oven and bake for thirty-five minutes. Do not open the oven door for ten minutes after the popovers are placed in the oven. When the popovers are twenty-five minutes in the oven, turn down the gas and then bake slowly to thoroughly dry out for the balance of the time allowed for baking.

This amount will make eight small or six large popovers. Now, while the popovers are baking, the creamed beef can be prepared. Cut one-quarter pound of dried beef fine, using a pair of scissors to cut with. Place in a pan and cover with boiling water and let stand for five minutes. Drain and then make a cream sauce as follows:

Place one and one-half cups of milk in a saucepan and add six tablespoons of flour and stir to dissolve, and then bring to a boil and cook for three minutes. Add the prepared dried beef and two tablespoons of finely minced parsley and let simmer slowly until the popovers are ready. Cut a slice from the tops of the popovers and fill them with the prepared creamed beef. Place a tiny dot of butter on top of each popover and dust lightly with paprika.

Kidney Pie

Remove the fat and tubes from one large beef kidney and then cut into pieces the size of a walnut. Place in a saucepan and add three cups of boiling water and let simmer slowly for ten minutes. Turn into a colander and let the cold water run on the kidney for five minutes. Now return the kidney to the saucepan and add:

- One-half teaspoon of thyme, One-half teaspoon of sweet marjoram, Four onions, cut in pieces

and sufficient boiling water to cover. Cook slowly until tender and then add the dumplings, made as follows: Strain gravy from the kidney and add sufficient water to measure three and one-half cups. Place in a saucepan and when boiling add the dumplings, made as follows: Place in a mixing bowl:

Please Tell Me What to Do

By CYNTHIA

To S. L. T. R. Please look in the Woman's Exchange for the answer to your question.

Princess Hennen J. B.

Dear Cynthia—I have written to you many times and I always read all the letters, but none like "Hennen J. B." I feel if I knew him I would give him a big sister hug for saying such nice things about the American girls.

Hennen J. B., you are honestly the first soldier to say what you did in your letters. I have been in the company of returned soldiers and not one said what you said in your letter. They expect me to live like some of the French girls. I was introduced to a fellow who came back not so long ago. But he was not before he went across there was not a nice or better gentleman than he. I went out with him once. The next week he told some person when he got out that he didn't want a respectable girl for a friend.

Yet, heaven help me, I care for him very much, but I know he will not even think of me for one moment because I am not the kind he wants, and I can't bring myself to mingle with other fellows since I met this one.

I know our boys had it hard over there, but almost all of our boys are changed. I know I should not say such things, but if you had seen some of the soldiers' poor old parents' tears as I have, you would think the same, I'm sure.

CYNTHIA'S ADMIRER

Cynthia has decided with permission from the writer, to print Hennen J. B.'s full name. It was a true thing, was it not? His name is Hennen J. Blanton.

Spanish Macaroni

Mince fine Three green peppers, Four onions, Two tomatoes.

Now place five tablespoons of fat in a frying pan and add the prepared vegetables and cook slowly until tender without browning and then add one-half package of cooked macaroni and:

- Two teaspoons of salt, One teaspoon of pepper, One-half cup of gravy from the kidney stew.

Cook slowly for fifteen minutes.

Orange Pudding

Place in a mixing bowl One-half cup of sugar, Yolk of one egg, Four tablespoons of shortening.

Cream well and then add the juice and pulp of two oranges, which should measure three-quarters cup, and:

- One and one-quarter cups of flour, Three teaspoons of baking powder.

Beat to mix and then turn into well-greased and floured mold and cover the mold. Bake for one hour and then serve with the following sauce:

- Three-quarters cup of sugar, One-half cup of water, Juice of one orange, Gated rind of one orange, Two tablespoons of cornstarch.

Stir to dissolve the sugar and starch and then bring to a boil and cook for three minutes and serve. Mold well-seasoned cooked rice into croquettes, then dip in flour and brown in hot fat.

Make a cream sauce as follows: Place in a saucepan:

- Two cups of milk, One-half cup of flour.

Stir to dissolve the flour and then bring to a boil and cook slowly for five minutes. Add one-half pound of dried beef, prepared as for breakfast, and serve with the croquettes.

Orange Shortcake

Place in a mixing bowl One cup of flour, One-half teaspoon of salt, Two teaspoons of baking powder, Five tablespoons of sugar, One-half cup of water.

Beat to a stiff dough and then spread on a well-greased and floured layer-on-layer pan, making the dough higher at the sides than the middle of the pan. Cover with sliced oranges, cut into small pieces with a sharp knife. Now place in a bowl:

- Six tablespoons of brown sugar, Two tablespoons of flour, One-half teaspoon of nutmeg.

Mix well and then spread on the shortcake and bake in a moderate oven for thirty minutes. Much of the actual preparation of the menu can be done on Saturday.

Use yolk of one egg for making dressing for coleslaw. For orange cake use:

- White of eggs, One-half glass jelly.

Place in bowl and beat until mixture holds its shape. Pile on orange short cake.

IF YOU LOVE

Flowers you should be interested in THE CENTURY FLOWER SHOP 1214 Below Chestnut St.

A New Crochet Trimming A Daily Fashion Talk by Florence Rose



The new crochet trimming has many interesting uses. Above is seen a satin hat covered with it and finished with tiny tassels. In the center a motor veil is shown and at the side a scarf.

TO THOSE who view the French trimmings there is always something of interest. One may not approve of the designs, because they may be of a kind that appears to be inappropriate for our country, but the trimmings are always effective with ideas. It is the variety, the ways of heading and all the various kinds of needlework that the French use on their models which are most appealing. By these notions, if by no other, the art and the ingenuity of the French are strongly brought out.

One of the most interesting of the new French models shown this fall was of blue serge. This dress was made very plain with a narrow foundation skirt and a waist made in one effect, which extended to the hips. In this was attached a trimming about twenty-seven inches deep. It was necessary to look very closely to discover just what this apparently hand-made stuff was made. It was plain crocheted made of black silk of about the finest quality and crocheted on the large needles. These large needles used for this sort of work are of wood and about an inch in diameter. The large needle and the small sized silk thread make, as you understand, the best effect.

This is a style of trimming that any woman might make and also find it interesting work. Not only can one make the regular crochets on these large needles, but what is known as the fish-tail pattern can also be made. This, too, makes a very interesting trimming.

The artist has made you several sketches which will give you an idea how you might use this sort of work, besides the way already mentioned. At the left is a satin hat covered with this large crochets and finished at the edge of the hat with the finest of tassels. In the center is a motor veil edged with the crochets and at the right a neck scarf. And one of these you can easily work out for yourself.

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called on me twice a week for five weeks, then made an engagement with me and failed to keep it, and since then has never made any attempt to see me.

Lately I have made engagements with different boys, hoping that it might help me to forget him, but it seems as time goes on I both love him and miss him all the more. So just a word to the boys who came back from "over there." Don't forget the little girl who loved you and prayed each day for your safe return.

CLAIRE

To Win Boys' Friendship

Dear Cynthia—I am a young girl almost seventeen. I have no boy friends and I think it is because I am a little fat. Will you please tell me how to get thin. Also, I am round-shouldered. How can I overcome this?

How can I win boy friends? Any advice would be appreciated by ALMOST SEVENTEEN.

It is not your inclination to stoutness but very likely your youth that accounts for your not having boy friends at your age.

As a rule "fat girls" are more popular than thin ones. However, if you really want to reduce, dieting and exercise will do it. A doctor will plan a diet for you and also prescribe exercises. You can overcome round shoulders by deep breathing more than in any other way. Exercise also helps the best of your appearance and he jolly and interested in their affairs.

Boys More Fickle

Dear Cynthia—Though I enjoy reading your column every evening, this is the first time I have written to you.

I have read many letters from boys criticizing the girls for being so make, and would like to state that I think the male sex is more fickle than the female. For example, I shall state an incident in my life which has caused me great unhappiness. In November, 1914, a boy of whom I was very fond was drafted and sent to a camp where he trained until the following July, when he sailed for overseas.

During the time he was at camp and overseas I wrote him at least one or two letters each week and at different times would send him little gifts. While his letters were never very sentimental, still he always wrote about when he came home how glad he would be to call at my home frequently to see the dearest little girl in the world, etc.

This boy returned home in May and during the time he was at camp and overseas I wrote him at least one or two letters each week and at different times would send him little gifts. While his letters were never very sentimental, still he always wrote about when he came home how glad he would be to call at my home frequently to see the dearest little girl in the world, etc.

Just Be Patient

Dear Cynthia I am a young girl fifteen years of age. I am a strong rhymer. Since I have been four years old I have known a boy one year older than I am. His mother is very queer, although she makes good to see her and we see them quite often.

When I said "queer" I meant she doesn't want him to grow up. Although he wears long trousers, he cannot stay out later than 9:30.

His mother likes me and thinks I am a good, sensible girl. One time I

Adventures With a Purse

HAVE you done any looking around for your fall hat? If you have, you know the worst! You have seen, even as I, that hats which but a scant year or two ago were \$5 and \$6 have soared up to \$10 and \$12. Well, now, I don't like to talk about myself, but I really think I have found a shop where you can pick up a bargain. In the first place, the hats are arranged on tables, each bearing price signs. There is even one table bearing the angle figures and trimmed—on this table one that would do for you to wear when you go a-marting. Then comes a \$2.50 table, and so on up to more expensive bonnets. You'll find a remarkably good assortment of trimmed and untrimmed hats.

Fresh, crisp, golden brown doughnuts, with soft powdery sugar sifted on 'em! How does that sound? Well, it tastes even better! They're made fresh daily; in fact, you frequently can get them when they are still warm. And good—why, they just melt in your mouth! You should see Peter's eyes brighten when a promising doughnut comes for breakfast. They taste so good with coffee, and they're thirty-six cents a dozen.

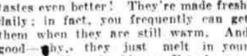
I have always felt that a skirt is rather a neglected article of clothing. For the most part we have all sorts of hangers-up—padded, and just plain—but the skirt, alas, must droop dejectedly from its two tape loops on a nail in the side of the closet. And when you take it down—oh, the long, sad lines it wears. But now, if you please, there comes a combination coat and skirt hanger, one of those adorable painted hangers showing a girl's head with arms extended. Below is a smaller version over which the skirt fits. The price is \$1.65—a nice gift.

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 3300.

Little Fashion Hints

Tortoise-shell bracelets for upper-arm wearing are in vogue. Leather is used as a trimming on some of the new cloth suits. New evening frocks are wreathed about the waist with artificial fruit or flowers.

A perfect leaven-er for any flour—it costs no more than the low grade powders and is the best at any price.



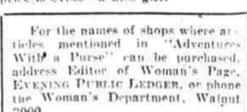
ISN'T this a nice little story to take out and hold up for general inspection when the gentleman starts making surreptitious remarks about thunder storms and mice and all that sort of thing?

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RUMFORD THE WHOLESOME BAKING POWDER. Go buy it today

Now—enjoy this bran—it's ready to eat



You don't have to wait till baking day to get the benefit of Kellogg's Cooked Bran. It is already cooked for you, ready to eat just as it is.

Eat a little with your breakfast every day. Eat it as a cereal, or add a third as much to any cereal.

You'll enjoy the flavor. At last here is a bran that tastes good. Not only that, Kellogg's Cooked Bran has a character—it is a food, with food value, as well as being nature's answer to the problem of relieving constipation.

Try it now. You'll enjoy it. You'll appreciate it. And as you realize how much good it does you, you'll make it a rule to eat it regularly, because it's a regulator.

Be sure you get Kellogg's Cooked Bran. It's in a waxlike package, with the same red and green label that characterizes Kellogg's Toasted Corn Flakes.

Buy it of your grocer. Each package is guaranteed by the signature of W. K. Kellogg

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and enable you to buy at the lowest prices and promptly stores you prefer. Our terms are based on the length of credit—cash, full and made payable. Write for full details.

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Bidding

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Of All-American Collections—embracing Fashions of the purely ultra type, it is unanimously conceded by connoisseurs of dress that no showing approaches in character, diversity and extent the marvelous showing which this house is known to present.

OPERATING TABLE SHOWS WOMEN THE BRAVER SEX

Trained Nurse Declares Men Cannot Stand the Ordeal Half as Well

OF COURSE we have always known women can stand a great deal more pain than men, but just to have the sheer joy of hearing some one say it again, the other day we put the question to a nurse who has had the unique experience of assisting a nose and throat specialist some hundreds of times at a certain operation where no general anesthetic is given. Cocaine is locally applied, and where the patient does not actually suffer any pain there is a chance to suffer the stiff upper lip while the doctor goes about his job.

"Which," was the question put, "is the braver in facing and going through the operation?"

"There wasn't a second's hesitation. It was as though the lesson had been learned by heart.

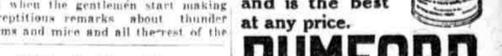
"Oh, the women by far," the nurse replied; "men can't begin to stand as much."

It is said men are braver, more honorable and nobler in character than women, well, maybe, but the evidence doesn't always seem to bear it out, does it?

How many girls are carrying heavy burdens and never saying a word to the world about them? Supporting the family, for instance, when the bread-born son of the house picks up his little kit bag and goes off to make his fortune, leaving the others to struggle on as best they may.

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Advertisement for THE HOUSE OF WENGER, featuring autumn hats and French bags.