MENUS FOR TWO—PRETTY BROWN SUIT—WOMAN'S EXCHANGE—DISCOURAGED SCHOOLGIRLS

MRS. WILSON OFFERS SOME HELP TO BRIDES WHO ARE STARTING IN

Menu Given Here Covers Marketing for Several Days and Is Suitable for Just Two Persons

Recipes for Main Dishes Are Included in Today's Article Giving Nutritious and Good Foods

By MRS. M. A. WILSON

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SO MANY brides are asking for help that I feel I must try to plan some menus and marketing trips that will aid them to solve the high cost of living. Today I received a letter from a newlywed who said that her husband dearly loves rice, so she placed some water in a saucepan and added the rice; it looked so dry that she turned it into a larger pot and added more water, and then she said she had enough rice to feed a whole village and would I please tell her some way to cook this cereal.

I think the story of a bride's experience in cooking rice has been told as one of the standard jokes on brides, but today when this letter came I felt that it was no joke, but a real tragedy. Just think, the one time in the bride's life when she really tried to put forth her best effort, she is in a wild dilemma as to the proper method of cooking the necessary food to keep body and soul together.

Statistics show that nine out of every fifteen marriages fail because the wife is a failure in her own home. Think this over, mothers, and then give the growing girls a chance. See that each girl has a real opportunity to learn to make good, plain, substantial foods.

The hardest problem for the young wife is just how much food to cook for her husband and herself, so with this idea in view let us plan a menu that will include the marketing for several days.

MONDAY

Breakfast
Oranges
Cereal
Two-Egg Omelet
Hashed Brown Potatoes
Toast Coffee

Dinner
Oyster Cocktail
Fricassee of Lamb with Vegetables
Coleslaw
Apple Dumplings, Vanilla Sauce

TUESDAY

Breakfast
Grapefruit
Cereal and Cream
Bacon and Hot Cakes Coffee

Dinner
Celery Olives
Baked Fish, Tomato Sauce
Mashed Potatoes Braised Cabbage
Lettuce
Cup Custard Coffee

WEDNESDAY

Breakfast
Sliced Bananas
Cereal and Cream
French Toast Coffee

Dinner
Cheese Canape
Fish au Gratin
Potato Cakes Tomatoes
Lettuce
Apple Pie Coffee

The actual amount to prepare for two persons is governed largely by the individual appetite, so that the proportions given may be either increased or decreased, according to the individual preference of each housewife.

For Monday use medium-sized oranges; remove the peel and cut in thin slices.

Cereal for Two

Place one and one-half cups of water in a saucepan and add one-half teaspoon of salt, six tablespoons of cereal. Stir to prevent lumping and cook for one hour.

Omelet

Place in a bowl
Yolks of two eggs,
Three tablespoons of evaporated milk,
One and one-half teaspoons of salt,
Pinch of pepper.

Beat to mix thoroughly and then beat whites of two eggs until very stiff. Then beat in slowly the prepared yolks. Place two tablespoons of salad oil in the omelet pan and when smoking hot pour in the omelet and cook slowly until set. Turn, then fold and roll. Serve on a hot platter.

Use two medium-sized cold boiled potatoes, cut into tiny dice for hashed brown potatoes. Place the potatoes in a bowl, add one tablespoon of flour and toss to coat each piece of potato with flour. Place four tablespoons of fat in a frying pan and when smoking hot add the potatoes. Cover and cook for three minutes. Turn and shape in omelet style, then let brown and turn on a hot dish.

Allow three oysters for each cocktail. Prepare the sauce as follows:
Three tablespoons of catsup,
One tablespoon of vinegar,
One-half teaspoon of grated onion.
Mix well, then divide into two portions and use.

Use one pound of stewing lamb for the fricassee, adding
Two potatoes, cut in quarters,
One carrot, cut in quarters,
One turnip, quartered.
And cook until tender, usually about one and one-half hours. Thicken the gravy and season to taste, then serve.

Make apple dumplings and apple pie at the same time.

The young housewife will find that it is economical to utilize the prepared pancake flour for hot cakes, as usually less than one cup of the prepared mixture will make all the hot cakes needed for breakfast and this will also assure her a perfect product.

For baked fish, select a two and one-half pound cut of fish and plan to utilize the left-over fish next day for the au gratin.

Ask Mrs. Wilson

If you have any cookery problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

Mrs. Wilson Answers Queries

No. 1

My dear Mrs. Wilson:

I am coming to you for a little advice. Will you plan a menu for me for a luncheon our league is to have? I want a luncheon for 150 persons, for about seventy-five cents a head. What would you suggest?

MRS. W. A. M.

Luncheon

Celery Olives
Cream of Tomato Soup
Chicken a la Maryland
Currant Jelly Supreme Sauce
Paprika Potatoes Peas
Asparagus Salad
Ice Cream Coffee

This menu may easily be prepared for 150 persons, and will cost about seventy-five cents each. You will require four bunches of celery, each bunch containing twelve stalks; one gallon of olives, purchased from a supply house in a gallon crock, and twenty-five three and one-half pound chickens. Parboil the chicken and then cut in the following manner for serving: Wing with a drumstick, thigh joint and two filets from the breast, thus making six portions from each chicken.

Also one dozen glasses of jelly. For supreme sauce, place in a large boiler
Six tall cans of evaporated milk,
Eighteen cans of water,
Two quarts of sifted flour.

Stir to blend and then bring to a boil, and cook slowly for fifteen minutes, then add
One pound of parboiled mushrooms,
One ounce of paprika,
One-half cup of salt,
Six well-beaten eggs.

Beat to blend and then cook for five minutes and use.

You will also need one bushel of large potatoes, one and one-half dozen cans of peas, one and one-half dozen cans of asparagus, two dozen heads of lettuce (large, firm heads), twenty quarts of ice cream, cut eight blocks to the quart; ten gallons of coffee, allowing one pound of finely ground coffee to each; two and one-half gallons of water, nine tall cans of milk, five pounds of sugar, 152 rolls and three pounds of butter.

The approximate cost will be:

Celery	$3.00
Olives	3.00
Chickens	39.60
One dozen glasses of jelly	2.50
One and one-half dozen tall cans of evaporated milk	3.00
Flour	.25
One pound of mushrooms	1.00
Two dozen eggs	1.50
Seasoning	.50
One bushel of potatoes	2.50
One and one-half dozen cans of peas	5.00
One and one-half dozen cans of asparagus	7.00
Two dozen heads of lettuce	5.00
Twenty quarts of ice cream	10.00
Four pounds of coffee	1.80
Five pounds of sugar	.75
One hundred and fifty rolls	3.00
Three pounds of butter	3.00
Two gallons of oil, for frying chicken	5.00
Three pounds of cracker crumbs	1.00
Total	$98.40
Total allowance	$112.50
Approximate cost	98.40
For incidentals and variation in market prices	14.10

BOUFFANT EFFECT IN A SHORT COAT

This good-looking suit is brown duvetyn, held out on the edge of the coat by bands of seal fur. Seal also forms the collar and cuffs. The hat is brown velvet with piquant feather fancies on both sides

The Testing of Julia Grant

By HAZEL DEYO BATCHELOR

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READ THIS FIRST

Does a man ever know whether he loves a woman or not? Perhaps if Dan Carson had known he would not have jilted Julia Grant, for after he had given her up he discovered that he wanted her after all. Julia went back to Dan because she felt she still cared, but afterward when Dr. Norville told her that he loved her, Julia knew that it had been a mistake to go back to Dan. In the meantime Lucy, Julia's younger sister, confesses to Julia that she, too, loves Dan, and then Julia tried to break her engagement. Dan, however, will not have it so and Julia's conscience compels her to keep her promise.

NOW GO ON WITH THE STORY.

"EVERYTHING is about the same," said Miss Tully after a moment's silence. She was not particularly cordial, in fact, she was annoyed at Julia; she felt that the girl was being foolishly conscientious. But if Julia noticed anything at all it did not bother her particularly. Often when she had been at work in the hospital Miss Tully had treated her brusquely. Always when anything had gone wrong the nurses were treated with unusual intolerance, their faults were exaggerated, their efforts misunderstood.

"How about Grace Merritt and Dr. Nugent?"

Miss Tully shrugged her shoulders. "Grace Merritt's a fool," was her curt observation.

Julia laughed, and then at a brief knock at the door her heart leaped to her throat. She held her breath for a minute as the door opened and then Dick Nugent himself, resplendent in white duck, came into the room. He stared at Julia as if she had been a ghost.

"You!" was all he said.

"Well, tell me about the hospital," Julia said almost gayly; "all the news."

"News, news?" Dick said, wrinkling his brow. He had sprawled himself out in a brown morris chair in the window, his handsome head thrown back against the leather. "No news. Oh, yes there is, you might call it so. The great John Norville is no longer with us."

A giant hand seemed to close on Julia's heart and for a moment things in the office swam around dizzily. Then she summoned all her self-control and spoke as naturally as she could. She had to; there was nothing else to do.

"No?" The cool little word was apparently natural. "Where is he?" If Miss Tully knew that the question was wrung from a heart already overburdened even she had to admit that Julia was a thoroughbred.

"He's been gone about two weeks," Miss Tully observed.

"Where?"

"Hawaii, isn't it, Doctor Nugent?"

Dick nodded. "Yes, he had an offer to go down there and take charge of a hospital."

"And he's gone?" said Julia.

"Not for good, I believe. He's looking the ground over. We all told him that he would be foolish to leave New York, but he wouldn't listen. Of course he would decide for himself, anyway; you know the type of man he is—self-sufficient. He simply looked at us with those cool eyes of his and refused to talk about it."

Somehow, some way, Julia got out of it and escaped. She found herself walking down the street away from the big building whose ugly outlines had thrilled her a short time before when she climbed the stone steps. He was gone, out of the city, out of her life. There was no question as to why he had gone.

Even the knowledge that he was somewhere not too far away was gone now, and if there had been some vagrant hope of escape from the fate that was settling down over her this ended everything definitely. She was getting near home and she flung back her head suddenly to take a deep breath as she rounded the corner into her street. It was dusk and the lights were lighted upstairs. Outside at the curb stood a small machine. It looked like a doctor's car, which puzzled Julia. Who could be ill in their house? She could not remember when any of them had ever needed a doctor. Involuntarily she hurried her steps a little, a vague little feeling of misgiving seizing her heart.

Tomorrow—The Turn of the Wheel.

The Question Corner

Today's Inquiries

1. What would be a practical and pretty gift for the bride-to-be at a kitchen or household shower?
2. In sprinkling clothes for ironing, what rule should be remembered?
3. What feature is noticeable in evening coats for winter?
4. How can ants be kept away from shelves?
5. What is the meaning of the pansy?
6. How are many coats or wraps for afternoon wear lined?

Yesterday's Answers

1. Placing an electric fan behind or upon a radiator will fan the warm air into the room and warm it.
2. Rottenstone is a powder like powdered pumice stone and is used in the same way as pumice.
3. Many of the skirts of the afternoon dresses are made in the Turkish style with the bottom of the skirt turned up to resemble bloomers.
4. The clover means "industry."
5. A practical cuff button that will not fall out of a silk shirtwaist is made in two parts that snap together through the buttonholes.
6. Lard, put on the spot and rubbed well in, will remove a shoe polish stain. Wash it with warm water and soap.

Adventures With a Purse

THERE are times when a hot water bottle may hang heavily on one's head—particularly if said hot water bottle be a big one, if said hot water son why you might be interested in a small hot water bottle I saw today for 65 cents. It is of good quality rubber and is not much more than six inches long. It would be very nice to use for headaches or neuralgia, or to tuck under your back on cold nights.

I had stopped to ask her about something else and the conversation turned to face creams. "There is no other cream exactly like this," she exclaimed. "It was made by a woman, and I have an idea that she herself was beginning to notice that her skin had that faded tawny look. You know how tired one's skin can get. Well, this cream that she made takes all that away. It is really wonderful. You apply it before you go to bed, and it isn't long before you begin to notice an improvement in your complexion." Her talk was so convincing that I have bought some for my own skin. It costs $1.30 for a good-sized jar. And, oh, yes, I almost forgot—you can also get it in tubes for 68 cents, which is a convenient way to carry it if you are traveling.

The new chains are many and their designs most elaborate. I need not remind you of the intricately carved metal beads with fancy pendants and drops. But the chiefest charm of the ones I want to tell you about now is their extreme simplicity. They are three-quarter or opera length, and consist of over-shaped, well-cut, translucent beads alternating with small, round gold-finished beads. One, for instance, is of clear, green beads. Another has darting lights of rich amber. They come in a number of colors, have an individuality all their own, and are priced at $6.

Removing Spots

Water spots can often be taken out by steaming. Hold the stain over a steaming pan of water, brushing it gently with a dry cloth. Let it dry on a hanger.

A Rose-Petal Complexion

Smooth and velvety as the petals of a rose is the complexion aided by

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This delicate beautifier imparts an indefinable charm—a charm which lingers in the memory. The smooth texture of *Nadine* adheres until washed off. It prevents sunburn or the return of discolorations.

Its coolness is refreshing, and it cannot harm the tenderest skin.

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And be sure it is Kellogg's Krumbled Bran—the ready to eat kind—in the package with the red and green label like that of Kellogg's Toasted Corn Flakes.

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You'll enjoy the flavor of Kellogg's Krumbled Bran. It's a new *taste*. It appeals to you.

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Buy Kellogg's Krumbled Bran at your grocer's. Every package bears this signature—

W. K. Kellogg

Please Tell Me What to Do

By CYNTHIA

That For You, "Old Bachelor"!

Dear Cynthia—In answer to the letter signed "Old Bachelor" in the evening paper, I would like to say a few words.

Old Bachelor, you say that you are going to devote your leisure hours to getting in crowded cars just to watch women stand in the aisle. Well, just you remember this: that most of these hard-working women are supporting a family, and after working all day, many go home to work again. After last year's epidemic and the men lost at war, you will find many women working for a living and remember, too, "Old Bachelor," that you had a mother; perhaps she wasn't forced to work to keep you, but if she had been, son, you would not have liked the thought that some strong young fellow like you, who signs old to your name, would have held on to a seat and let her stand.

So don't let little things embitter you toward others who don't deserve unkindness again. Perhaps you deserved what you got from this girl. You say you sent her money from France. Well, if you could have afforded to do this, why did you not make her your wife and then no one could have had her, so you see that you were in the wrong.

GIRLIE AT TWENTY.

"Old Bachelor" Is "Getting It"

Dear Cynthia:—Please print these few words:

"Old Bachelor," I think you have a pretty good nerve to write that note of yours about the blondes. Well, here is the reason: I am a blonde, and do not think they are all the same. It is the same thing with you boys: "New face, new fancy," and many a girl's heart has been broken by a thoughtless boy. I think you must have been a fool, to go so far as to send money, and the young lady couldn't have been much to have taken it.

What do you think? Just remember there are just as many boys who play the same trick as that young lady played on you. But do not blame it on the blondes, as brunettes do it, too.

ONE BLONDE THAT HAS A WORD

I would have had a broken heart long ago if I believed all that the "boys" told me. Did you ever do that to the girls?

Hits "Bachelor"

Dear Cynthia—You sure do have your hands full trying to help solve the "dolls" and "love-lorn problems."

I always enjoy your column, as you give such good advice, but I have never answered any of the letters, but I must say a word to "Bachelor." Allow me to sympathize with you, Mr. Bachelor. So you are through with women because one happened to be untrue! Listen, old top, take my advice and look up some real girl and give her a trial. Remember, even though you were unlucky, many a girl watched and waited for a soldier or sailor who never returned, as the same boys married another. So do not judge, lest ye be judged, and that does not come from Kipling, but from the true and only Book. A cigar is all right in its place, but it can never be compared with a good, true woman. Remember, I said a "good" one.

So don't be a grouch, but give a good girl a chance. I am twenty-four years and married, and have a dear little boy four years, and a good husband, but not a perfect one, as I didn't think I was getting a model. But as long as I love him and he cares for me, that is enough. What do you think, Cynthia? Come on, girls, stand up for your rights.

JEAN.

A WORD OF HOPE TO GIRLS WHO CAN'T GO TO COLLEGE

And Are Afraid They Will Never Get Good Positions—This Is What Other Girls Did Without Those Four Years

THIS is for the senior who is nearing the end of that college preparatory course in school that she has worked at so hard for the last three years. And for a special college senior, the one who yearns for four years at college and knows that even if she could afford it, which she cannot, it wouldn't be fair to steal those years from the living that she must start to earn as soon as she leaves school.

She's unhappy. She is fond of her work and the life with her classmates, but she feels that she has failed the teachers who have put so much of themselves into getting her ready for this life that she wants but can never have. The realization of their failing interest makes her lose heart in her work. "What's the use?" she thinks dismally. "It doesn't get me anywhere. I can't go to college, why should I bother to get ready?"

I have some hope to hold out to that unhappy senior. I want to tell her about some college preparatory girls and what happened to them. Three of them went to college. One doesn't count, for she left after two years and was married soon after that. Another "specialized" for a year after finishing her course, and five years after leaving school got her first position—a good one. The third became a reporter on a newspaper as soon as she left college.

The girls who prepared for college and didn't go looked around and did some of those discouraging "odd jobs" for a year or so after they left school. Then one of them, with a decided talent for painting, started to work at that, the three years after she graduated had a studio of her own with another girl. Another, two years after leaving school, started in a small position on a magazine, and just about the time the college graduates were starting, this girl had worked up to a place on the editorial staff. A third member of this class is a nurse and did splendid work during the war. Another one helped her mother with the housekeeping, and now that she is married and has a house of her own, she knows how to take care of it.

SO, YOU see, there's hope for that girl who can't go to college. There's something beyond those four years. There's nothing finer in the world for a girl than a college education and college life—if she can afford it. But if she can't there's no reason for her to feel that her life is blighted. She can still hope to be a success in the business, literary, artistic or just plain everyday world, if she just plays up that talent that she has. She may be gifted with a singing voice, a painting hand, a writing mind, a business head, or a home-making heart. A college education would help all of these gifts. But they can get along without it if they have to.

Don't be discouraged if you can't have those glorious four years. Your teachers may be disappointed in you now, but if you stick to it and win out, and come through with a good position, just about the time the girls who went to college are starting in at their first "jobs," those teachers will be proud of you and your success and the person you work for, or the man you marry will find you just as satisfactory as if you had been through college.

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