

GETTING DINNER FOR A TRED HUSBAND—HERE'S THE RIGHT KIND OF MEAL FOR HIM: MRS. WILSON EXPLAINS

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A Typical Dinner Scene That Takes the Heart Out of Many a Good, Willing Husband

The Expensive Way Versus the Meal That Is Planned and Prepared With Care. Sample Menus



MRS. M. A. WILSON

By MRS. M. A. WILSON

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WHEN Mr. Brown put his key in the door, it was exactly 6:15, and upon entering his home, he found his wife just setting the table for the evening meal.

While Sam Brown went to the store, Mrs. Sam bustled around her spick and span kitchen, proceeding to boil water for the coffee in a saucepan.

Mr. Sam returned half-heartedly with two pork chops done up in wax paper; this in turn was wrapped in the butcher's regular paper and the packages were placed in a bag.

"Goodness, what did they charge you for these fat chops?" Mrs. Sam exclaimed. "Twenty-seven cents!

Now, Mrs. Sam, wake up! This is no kind of a meal to present to a man who returns from his daily toil; it will take all the heart out of him.

There is a real sound instinct that causes a man to shrink from a meal of this kind. Meat, fish, eggs, milk, etc., are tissue-building foods that require careful preparation if we are to receive the needed nutrition from them.

Protein, the repairing element in food, is required after muscular exertion, and for this reason brain workers should not clog their diges-

How to Serve Two for a Week on a Pot Roast and a Small Chicken—Varied Recipes

The Total Cost of the Meat for Week Would Be Two Dollars and Seventy-eight Cents

Meals for Two. Frequently, where the family is small, the housewife does not care to purchase a roast or a chicken for the reason that it lasts too long.

How to Serve. Serve the thighs as chicken fricassee, using part of the stock in which the chicken was cooked. Add dum-

Have Many Friends. Dear Cynthia—I am a young boy and I have some girl friends.

His Bride Was Hurt. Dear Cynthia—Before Christmas I had a date with a sailor which, on account of something very unexpected, I had to break.

You Are Unfair to Him. Dear Cynthia—As you help so many other young people I will come to you for advice also.

Be Very Sure. Dear Cynthia—I have often wondered if this column is really and truly what it is advertised to be.

Children's Beauty. Keeping the children out in the fresh air, in a sensible manner and occupied with healthful play, will help them robust and plant the seeds of physical perfection and beauty so deeply and firmly that they will flourish and yield the flawless blossom every mother secretly hopes to see in the face of her child.

Things to Know. A dainty bureau scarf can be made with dainty bordered with checkered or striped material.

To Keep Baby in Bed. Much invention has been expended on schemes to keep active babies under the covers of their cribs.

Ask Mrs. Wilson. If you have any cookery problems bring them to Mrs. Wilson. She will be glad to answer you through these columns.

PLEASE TELL ME WHAT TO DO

By CYNTHIA

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The Sweater in New Guise

A Daily Fashion Talk by Florence Rose



The sweater at the right will prove interesting to the woman who likes to work out knitting puzzles. It is described in today's fashion talk.

AGAIN the sweater. It does seem that there is no end to the number of designs that the manufacturers are capable of producing in the sweater line.

Today's Inquiries. 1. What is Madame Grouth? 2. What is the correct seal of introduction?

Skating Time. Dear Madam—Is it proper to use skating shoes with ice skates and were they ever used in the past?

A Mother Writes. Dear Madam—Can you please help me in washing or stain cleaning that would give me some advice on how to care for my little ones?

Adventures With a Purse. Limited scope to the expression of your personality. There is such a wealth of pins from which to choose that it becomes merely a question of deciding on the one most expressive of your individual choice.

Rich Gravies. THEY prevent waste because they make the meat go farther. Make yours luscious by flavoring them with plenty of the sauce with the Frenchy tang.

Skin Troubles. Soothed With Cuticura. Perhaps your best friend is wearing Skin Troubles Soothed With Cuticura.

A SPARKLING WINTER'S DAY CAN TAKE YOU OUT OF A RUT

There is a Cure in the Glory of the Wind for Almost Every Ill of the Mind and Body—The Hope That's in the Outdoors

IN WALKING on a country road or in the park on one of these fine, sparkling winter afternoons a person can't help wonder at the cheerfulness of it. And there is so much that is rich in life to be found in the open.

Of course, the fine open road is not a cure for every ill, but it is for nearly every ill. In one of the current magazines there is a story about a man of forty-five or so, who was hopelessly in a rut.

IT WASN'T at all miraculous when you came to analyze it. Before he was always so afraid of losing his position that he never dared make a suggestion to headquarters for fear of being thought foolish and "out on."

CHAPTER IV. THIS was a new situation between Ruth and Scott. Never before had Ruth considered the possibility of another attractive woman in her life.

Scott stared at her in amazement. Ruth did not analyze the 1-3. She knew that he was not defending himself and it looked to her like guilt and nothing else.

"You should be humiliated," he said finally, "why should you be?"

"Why should I be?" Ruth returned angrily. "What will Helen say? What will she think? Helen believed that you loved me, she knew more about you than any one else and now I wish I had never married you, I could never believe that in such a short time you would be taking other women to lunch and doing things like that to me."

"You objected to my taking Betty to lunch?" "Objected? Of course I objected, why shouldn't I object?"

"You must have known that I didn't have said anything about it!" "You mean that you would have taken her to lunch and hidden it from me?"

"You know better than that, I simply meant that if I had felt that there was anything wrong in it, it wouldn't have been natural for me to speak so frankly to you."

Ruth was silent. In her mind she was visualizing the entire thing. Scott and Betty across from each other at a tiny table. All kinds of opportunity for confidences, Betty probably full of some new experience—she was always having experiences—and she (Ruth) at a corner of the dining room table.

"Helen isn't the kind of a girl who would think anything like you are imagining. As it happened, she met Betty, and I took it very hard to be taken in that way."

"Why, Ruth, what do you mean? I didn't set out to take Betty to lunch; I met her."

"And because you met her and it happened to be lunch time you thought you had to invite her to eat with you?" "No, I didn't think I had to. I want-

An economy that is a pleasure to exercise. Drink a well-made cup of delicious BAKER'S COCOA with a meal, and it will be found that less of other foods will be required, as cocoa is very nutritious, the only popular beverage containing fat. Pure and wholesome.

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