

**HOUSEWIFE AS BUSINESS MAN : MONOPOLIZING THE PHONE : NOVELTIES : WOMAN'S EXCHANGE****MRS. WILSON DISCUSSES MARKET BASKETS AND SAYS "LESS MEAT IN THEM, PLEASE"**

**Meat Is Expensive, and in These Days of Light Work Too Much Is Bad for Us**

**A Way to Cut Down Cost of Table and Have a Healthier Family at the Same Time**

By MRS. M. A. WILSON  
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**T**HES qualities of a good business man and those of a good housewife are identical. Both should have a sense of values; should give prompt attention to details; should have good judgment in buying, and have the ability to quickly adapt themselves to circumstances.

Just as every successful business man keeps actively in touch with his business interest through the trade journals and the knowledge of the markets, so, too, must the housewife learn new and up-to-date methods and new uses for foods. She should keep a strict and economical watch over the most important—nay, the most vital—problems of the home; namely, the expenditure of money for food.

The actual cost of food today need not really worry the housewife if she will make it her business to see that every bit of the food be used to supply her family with their daily sustenance.

Now, let us get this clearly in our minds: The day of cheap meats is gone. Several reasons may be put forth to account for this. First and foremost is the steady rise in price of meat. This is due to the fact that the large ranches in the West, where the cattle could get cheap and natural food, have been cut up into smaller farms. Second, the prohibitive price of farm labor. Third, the increased cost of transportation. Fourth, the demand of the housewife for the finer cuts of meat.

Now all this is changed. Most dwellings and offices are heated in

**HOW TO CUT THE COST OF MARKETING**

each basket that goes sailing forth to market there should be the imaginary presence of the tempting fruits and vegetables done up at home in their proper seasons. Lucky and wise is the housewife who can go calmly forth in this way, knowing that at least half her meal is ready and waiting on the shelf! It is only by planning ahead in the summer and reaping the fruits of her planning in the winter that a woman can really hope to cut down the high cost of living and have an attractive table at the same time.

The usual percentage of choice

winter in a way that makes one

nation on the face of the earth, and for this reason we lead the world with the largest number of the kindred troubles of the liver and kidneys. Even John Bull, with his great love for beef, fails to equal this country in this trouble.

Many noted physicians agree that the liver and kidneys of the average American are at least twenty years older than his body. Think this over and then gather the family together and plan a menu that uses meat frequently instead of daily.

Keep in mind that frugal and wise eating keeps a man in good health. This does not mean that one must starve or deny oneself sufficient food. There are many foods that, if we would only eat abundantly of them, will repay us by giving a body of glowing health and vitality; that will know no physical weakness and will enable the owner to combat the battles of life with success and thus live to ripe old age.

We, as a nation, consume more sugar and meat than any other

people. But we never put anything in the body occasionally, our finger tips on a cold day.

Now the pocket has gone back to a

more decorative phase. To be sure, the merchandise delivery system is still a bit out of normal. But we prefer to carry our packages in shopping bags, rather than in our pockets. So the decorative pocket is the one at present in vogue.

In the coat shown in the sketch today

the pocket is really at its best decorative feature. It is not supposed, in its eight instances, to be bulged with packages. It is frankly a feature to add to the attractiveness of this coat. The pockets are not the only good feature of this coat; the wide, buckled belt, the soft, crushed collar, and the long lines down the center front are all in very good style.

The hat is of the toque variety, with

a high brim rolled away from the face at the front. At the back the brim is narrow. The decoration is a little curl of ostrich quite bewitching in its softening effect.

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**Mrs. Wilson Answers Questions**

My Dear Mrs. Wilson—Would you kindly give me a recipe for chocolate cookies? The kind you roll out with a cutter and are soft when baked? Some people call them chocolate jumbles. I have one recipe, but they are so hard when cooled off. Also will you please explain how many degrees is a hot oven, a moderately hot oven and a moderate oven? Does quick oven mean the same as a hot oven?—Mrs. L. J. T.

Mrs. L. J. T.—Try using your own recipe in this manner: Roll the dough out on a piece of oilcloth and then cut and lift with a cake turner and place on a baking sheet and bake in a moderate oven. Cool and then cover with cloth wrung out very dry from hot water for a few minutes. Pack into a crock or tin to prevent drying off. The addition of extra flour and too much kneading will cause the cookies to become hard. Use only a small amount of dough at once.

My Dear Mrs. Wilson—I am taking the EVENING PUBLIC LEDGER simply for the recipes in it which you write. I have made the plum pudding, the one for a small family, and had no trouble with it; turned out fine. But I have no luck with your candy. I have made fudge, or tried to make it, according to your recipe and failed twice. The first time I made what you called raisin fudge with brown sugar, evaporated cream, etc., and I substituted English walnuts instead of raisins. When I found, after standing overnight and the next morning, it was still soft I boiled it over and it was pretty good. Two days ago I attempted to make almond fudge. It called for four cups of light-brown sugar, one and three-quarter cups of milk, two and two-thirds teaspoons of butter. I cooked it and let it stand until it was soft the next day, twelve hours after. I rebaked it, and I cannot use it. I hate to waste materials of any kind. Few persons have candy thermometers. Please state where they can be bought and how much they cost. I am a novice at cooking and sweetmaking, but I like to try these things. If you would tell just how long to boil the fudge it would turn out all right. I don't know when 240 degrees Fahrenheit is reached and I would like to know how to use a candy thermometer if I had one. Please tell me through the paper how long, on a gas stove, it takes to boil fudge with the proportions you give. Can I rescue the pan and a half that I have still soft? I read with interest of your having been in Queen Victoria's household. You have traveled a great deal over Europe and have been in Buckingham Palace and Windsor Castle. Please tell me where to get a candy thermometer and how to use it. Also some idea of how long to cook the stuff. Mrs. M. H. L.

Mrs. M. H. L.—The trouble with your candy is that it is not boiled sufficiently. It should form a fairly hard ball when tried in cold water. Return it to the saucepan and bring to boil, and then cook until it gives the desired test. Hard and rapid boiling tends to cause the mixture to burn.

The only practical way to be assured of results is to use a candy

**POCKETS ARE SMART AND VERY NUMEROUS**

thermometer. There are several makes, and they are usually sold in all housefurnishing and department stores. The investment will amply repay you when you make jelly, as the use of the thermometer gives the practical and definite results.

**Adventures With a Purse**

THE most inexpensive and, without attractive black jewelry I have yet found, brought to light in today's trade papers is the slender minnie, faintly marked with straight lines and with a small flower etched on either end. And there are friend circles of dull jet finish, which look so well against a white belted waist. Your choice will cost but twenty-five cents, just that remarkably reasonable!

Lady Mary sang for Jet said: "Be sure," she reminded her maid, "to use some of my bath salts in the water.... And we smile at the best sellers and nod our heads in agreement. And we say, "Aha! We can't be Lady Mary's size, if we'd like to be, by gracious, we can't afford to buy bath salts." They are delightful, refreshing and can easily be called a necessary luxury. Fancy, for instance, taking the hot bath tonight with some aromatic bath salts made by an English firm, and then falling down sleepy and contentedly in a warm, soft bed. Confess now that the English bath salts would be half the pleasure. When you see them attractively boxed you'll be unable to resist them.

"Now, I lay me down to sleep," says Miss Betty, "and kiss her in the chair for an improved bed. But if Betty's don't be not more than, say, ten inches high a real bed may be purchased for it for ten cents. It is a little iron bed, single, probably a foot in length, and has a striped mattress and pillow. I can see your small daughter's delight in such a bed. One of these charming dolls beds and I can see fancy her borrowing from your handkerchief or two for bed clothes.

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