

Requira Careful Thought and Some Preparation, Trouble in the End
 IN COMBATING the high cost of
living I have quite lately comparving my recent quite entitureses with
thote of former years and find that
sifle I have had to give up steaks,
 meat, and
that will
content.
This re This requires careful thought and
opeparation, but $I$ aliso have
ound that in doing this I ound that in doing this I am able
to obtain more nutritious foods for
the money than if it were



 Nomel

 suan hime notroa
 place in a baking dish with
Ona-halif eupplul of diecd onions,
One pound of neck of mutton eut One pound
into eutleto,
One
 ar meen mank


Mrs. Wilson Answers Questions









MRS. WILSON TELLS TASTY WAYS $\frac{\text { TO USE CH }}{\text { You Can Replace Steaks, }}$ CHEAPER CUTS OF MEAT





## THL WOMAN'S EXCHANGE



: wix



Please Tell Me What to Do ву сумтни



IF YOU DON'T KNOW, SAY SO; THEN ASK SOME QUESTIONS

Was What Captain Moriarity Did When the Conversation switched to Amelita Galli-Curch Cermited to Be All.W wiel



## (ryinining



OFFER FOR PROMPT CLEARANCE

Gowns, Dresses, Coats Furs and Hats

## Women who desire to replenish their ward

 obes will find here a choice far more satisfactory than is usually expected at this time of the year.