

THE KITCHEN WINDOW GARDEN—AN ATTRACTIVE TABLE—WOMAN'S CANNINESS—IN THE SHOPS

A PLEASANT MEALTIME TALK BY MRS. WILSON

The Special Points That Go to Make for a Bright Table Are Brought Up—And Be Sure to Let the Children Help

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All Rights Reserved.)

CONDITIONS due to the war have caused many changes in home conditions. Many women before the war felt that they needed little and knowledge of house-keeping, they preferred to spend their time in the pursuit of culture. Today the thoughtful woman knows that it is to maintain her own and the family health she must have at her finger tips a working knowledge of household science and economics.

Home economics is a practical study of food. Its value in the present is the proper selection and preparation in order to furnish the greatest efficiency. All these things are a part of this study.

Poor or improper food cooked in a slovenly manner will not only cause illness, but will also deplete the natural resources of the body. The science of cooking means a practical study in purchasing the most for the money spent, preparing and buying foods displayed in an attractive place or manner. It means to those that are damaged or partially decayed.

Labor-saving devices have come to combat the increased demand of the household worker, thus raising the standard of efficiency in the home. Keep in mind that the beauty and comfort of the home depends not only upon the money invested, but also upon the good sense and comfort provided.

Where there are growing boys and girls have them help with the light tasks. Teach young to lay the table, teach daughter to make a pair of biscuits, bake waffles and make a simple, attractive cake. Growing boys and girls who help share the labor in a home make good citizens. The success of every meal, though it be just a simple lunch, depends upon the manner in which it is served.

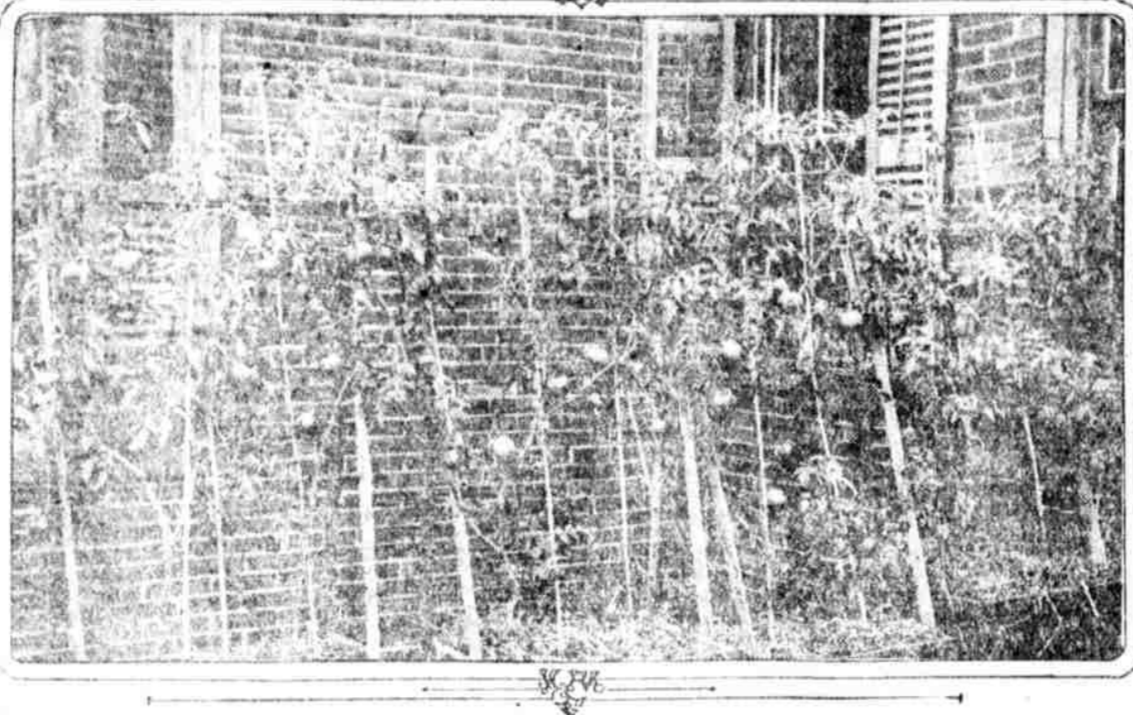
To Teach Sonny to Lay the Table Show him that the clean cloth, or table pad, must be laid smoothly upon the table before attempting to spread the linen cloth. Have him understand that the use of this cloth protects the table and makes for nice service by preventing noise.

Lay the cloth with the crease exactly down the center of the table, putting it smoothly and having it hung evenly at both ends and sides of table. In order that sonny may place the silver correctly, use a service plate. This plate may be removed just before serving the meal. Place the knives at the right of the plate, with sharp edge turned toward the plate and with the handle one-half inch in from the edge of the table. The forks at the left with tines up, the same distance from edge of the table as the knives.

Now place the spoons at the right of knives. Place napkins neatly folded, at the left of the fork. Place water glass at tip of knife. Place butter plate near the water glass, arrange the salt and pepper shakers, sugar and cream pitcher.

Be sure that the table is arranged

GROWING VEGETABLES IN BOXES



Essentially, consider wrote to ask the woman's page editor if it were possible to successfully grow vegetables in window boxes. The question seemed of such general interest that a special article was prepared by an expert to reply. It is printed below. Read it and see for yourself what a joy friend the window box garden can be!

By JANE E. SMITH, M.F. It is a common knowledge that vegetables can be grown in window boxes. It is a common knowledge that vegetables can be grown in window boxes. It is a common knowledge that vegetables can be grown in window boxes.

Where to Get Soil When the seeds are planted it is well to cover the box with glass and keep them shaded with paper for a few days until the seeds are sprouted. This will take with many seeds from a week to ten days.

Making the Garden Now as to the garden itself. Select a shallow wooden box or a number of boxes for this purpose. A wooden lined box in half inches too excellent for vegetables. Should you have only one box, you may use a wooden board for a shelf to support your garden.

And So They Were Married By MAZEL DEVO BACHELOR (Copyright, 1919, by Mazel Devo Bachelor.)

START THIS STORY TODAY "I CAN see a noble countess when I look at you, Jack," said the girl who had just said to him that she would marry him. "I can see a noble countess when I look at you, Jack," said the girl who had just said to him that she would marry him.

They were sitting in the evening she was quite unobtrusively left alone with Jack. They had all been sitting together talking and laughing and then she had been a clanging of engines in the street and all four had rushed to the window.

Jack looked at her and she looked at Jack. "I'm glad," he said, "that you are so happy." "I'm glad," she said, "that you are so happy." "I'm glad," he said, "that you are so happy." "I'm glad," she said, "that you are so happy."

New Dresses for Old In these days of remoulades often a little dye is of great value. Finest dresses for the children can be dyed a pretty shade and be combined with some other material (even strong, white cloth), and the combination made up provides a new garment.

Out Motoring For the use in the motorcar, a compact little leather case holds the desired toilet and sewing articles combined. It would seem that any sudden need thus is met in advance.

Please Tell Me What to Do

By CYNTHIA

To "Everyday Sue" Watch for Lieutenant R.'s letter to "Nobody's Girl." It will be printed the early part of next week. Lieutenant R. has a very original plan. He suggests a "letting up" club for the Catholic column for all those who are a little discouraged about the young people they have met.

"Hoping to Be Cheered Up" Listen, little girl, most girls your age do not have boys calling them up and coming over to their homes. And the girls of fifteen who do have all this attention are very often the ones who do not have much at all later on.

Simply not natural with the boys, taking interest in what they are doing and trying to get them to talk about themselves. This summer why don't you go in for athletics? Learn to be really expert at tennis and table tennis.

To "Bashful Mike" Dear Cynthia—I am making ready to the letter about "Bashful Mike." I would like to tell him a little of my experience and how well everything has turned out. I, too, as he says he is, am not the kind of a looking fellow the girls turn and look at. I am a homely fellow, in fact, with not even a bray.

The Question Box Today's Inquiries 1. What is a very new smart thing for the white ermine- trimmed dress?

YOUTH should have bedroom slippers with you." I said severely to Dorothy on our trip last weekend. "I have," she exclaimed, and unfolded a ridiculously small pair of black slippers she had tucked in her bag. But when she got to the hotel she found that her slippers had disappeared.

Things to Know That good old stamper, a mixture of lemon juice and glycerine, is a great comfort to the hands, especially in housecleaning time.

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THEATRES THE UNITED EXHIBITORS' ASSOCIATION BELMONT 523 ABOVE MARKET JUMBO FRONT ST. & CHERRY AVE. WILLIAM BRESLER, JR. "THE END OF THE GAME"

ARE THE WOMEN STINGY AND THE MEN GENEROUS?

That Is the Claim Made—And Undoubtedly a Woman Can Make a Dollar Go Farther and Stay Longer Than a Man

ARE women stingy? Some sort of statistics to this effect were obtained in England and it set one to thinking. It is generally acknowledged that when you earn money yourself you are less apt to spend it as freely as you do when you are digging down in the pocketbook to spend some one else's hard-earned \$5 bills.

There is this way to look at man's lavishness with money and woman's apparent closeness. Women, you might say, are the buyers in this world of toys and men are the spenders. Now, though you are buying your husband for ever on the husband, planning how to make some loosey stretch far enough to pay for your purchases, whereas when you are merely spending you can always stop when the purse has run dry without even and frequently with good consequences.

The Woman's Exchange Shorter Hours for Service Girls Dear Madam: I was so glad to see that some one has pitied us poor working girls.

For Sunday Morning Breakfasts Jim says that Sunday is the only day he has time to enjoy his breakfast, so I always try to give him something worth enjoying. Sometimes it's chipped beef in cream with a sprinkling of salt and pepper, and what is better than that is the featherly kind of ham omelet I know how to make.

HOLLAND RUSKS The Original Dutch Delicacy Made from flour, freshest cream, freshest eggs and sweetest butter—the most nutritious food you can buy.

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When in Atlantic City Visit the Grandest Theatre "Island of Mystery"