PRACTICAL ECONOMY IN FOOD-EVENING BANDEAUX-ADVENTURES WITH A PURSE-CYNTHIA

MRS. WILSON USES CUT OF MEAT FOR SEVERAL DAYS IN WEEK

A Practical Way of Cutting Mrs. Wilson to Show How Down Living Cost and at the Same Time Having Nutritious Meals

By MRS. M. A. WILSON

Congright, 1919, by Mex. M. A. Wilson. All eights exercise.) THE planning of the daily bill of fare may be reduced to a system that will not only eliminate waste of foods and materials, but also save time and money and give the family a greater variety according to the local markets and season and at the same time satisfy their physical needs.

An ideal menu supplies the various

To keep within an allowance the placed in the saucepan housewife must personally visit the markets and directly supervise the purchases. Telephone orders and the sending of the children to the shop for the supplies will not give satisfactory results, and the marketing cannot be let go until the last minute, or the food

purchased in a helter-skeiter manner.

Frequently one may plan to use the various foods and upon visiting the markets find that, owing to inforeseen circumstances, these foods have materially increased in price. If the liousewife personally does the shopping she can use a lower place that which was first planned, and if necessary change the whole menu. If the children are sent to market they will have no choice but to bring home the food they were sent for, regardless of the wisdom of the purchase.

Plan during the winter months to purchase sufficient meat on Saturday to last until Tuesday and Wednesday and thus eliminate a trip to the store. The pin bone, bolar or cross-cut of beef will make a splendid choice for the family, Solect a cut weighing about seven too. You can get them in the regulation. It is limited to be the purchase sufficient meat on Saturday to last until Tuesday and Wednesday and thus eliminate a trip to the store. The starp which goes to believe in you, pucker up that looks exactly like the cloth top of your shoe. I am quite set up over more and let a few tears roll dow your clieck.

Solect a cut weighing about seven to the store of the purchase will the store of the store of

Use the steak for Saturday dinner as that I shall not. It is a box of model-

SATURDAY Dinner
Tomato Soup
ak Mashed Potatoes Swiss Steak Bread Pudding

> Dinner Celery Potroast Beef Erown Gravy Roast Potatoes Tapioca Pudding

SUNDAY

MONDAY Dinner
Radishes
Radishes
Meat Pie With Vegetables
Colesiaw
Coffee Stewed Tomatoes

TUESDAY Dinner Olives

Colesiaw Olives
Fish Cakes Tomato Sauce
Macaroni au Gratin Braised Cabbage Lettuce

WEDNESDAY Dinner Homemade Pickles Beef a la Mode

Mashed Potatoes Lettuce Coffee Canned Fruit , THURSDAY

Dinner Radishes Cold Cuts of Beef Potato Salad Cup Custards

" Rolled Steak

Pound the meat until tender. Now soak the stale bread in cold water until soft and press dry. Measure one cup and rub through a sieve into a bowl.

One-half teaspoon of poultry season

ing; One-half teaspoon of salt. One-half teaspoon of pepper, Two onions, chopped fine.

Two onions, chopped fine.

Mix thoroughly, then heat three tablespoons of fat very hot and add the filling. Cook slowly until the onions are soft and then spread upon the steak. Roll the steak and tie securely with string. Pat plenty of flour in the meat and brown quickly in hot fat. Lift to a deep saucenan and add two and one-half cups of boiling water. Cook slowly, allowing one-half hour for each pound of meat, gross weight, counting an additional one-half pound for the prepared filling. Add the prepared filling. Add

One medium-sized onion. One-quarter carrot.

For each person season the gravy and serve garnished with finely chopped

Pot Roast of Beef Wipe the ment with a damp cloth

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to Cook U. S. Army Food

Preparation of tasty dishes from strated by Mrs. Mary A. Wilson ood expert for the EVENING PUB LIC LEDGER, at 3 o'clock Monday afternoon in the Gimbel store.

Sourkraut, spinneh and yellow sumpkin will be transformed into duinty, palatable dishes. Canned orn, California peaches and sliced pineapple are included among the government foods that will be demanstrated.

In preparing the dishes Mrs. Wilson will ask women in the audience to assist her.

One jagget of soup herbs, Two anions.

One-quarter bay lead.

rabbits, and funny men. The nice part of it is, that after you have made

high cost of things, and one of the first things she will mention will be towels.

is why I want to tell you about the Turkish towels one shop has. They are

plain white, thirty-eight inches long,

and are priced at forty cents each. They are very good quality for that

price, and I should strongly advise you

to buy a few, even if you do not need

them right away. For from all indi-

cations prices are not coming down

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FACE POWDER

very soon.

One covert, cut in quarters, per usual. This can be done only when the family is willing to co-operate with the housewife.

needs of the body with material for repair and growth, fuel for heat and energy, and also a sufficient mineral hot fat. Lift into a deep saucepan and element to vitalize the blood stream, and supplies it in an attractive, well-cooked manner.

To keep within an allowance the placed in the saucepan.

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To keep within an allowance the placed in the saucepan. Season the gravy and serve. Seven pounds of meat at forty cents per pound will cost \$2.80 and will provide five meals for a family of four people, or at an approximate cost of fifty six cents per meal. This can be done only when the family is williar.

Steak for Saturday, Pot

nesday Is the Solution

to serve and sufficient boiling water to

Beef a la Mode

Place the ment on Saturday in a deep bina bowl and add

One-half leaspoon of poultry season

One and one-half cups of slived

make a gravy. Season and serve

nions.
One bunch of patherbs.
One buy leaf,
One cup of vinegar,
One-half cup of water.
Pinch of claves.

Roast for Sunday and

Beef a la Mode for Wed-

make a splendid choice for the family, Select a cut weighing about seven pounds. Have the butcher cut a steak from this meat weighing about one and one-quarter pounds, then cut the remainder of the meat into two pieces.

I am quite set up over your check.

Also a very fascinating name for him is "Honeybun." It simply will tickle him if you ask him "whose little honeybun him is." try it.

I was strongly tempted to get a box

Stands Up for Marines

Dear Cynthia—First allow me to tell you how much I enjoy your whole-hearted, splendid talks. I look forward

Swiss steak, rolled steak or Stanley ateak. Pot roast one piece for Sunday and plan to use the remainder of the meat Wednesday for beef a la mode.

This Suggestive Menu to Utilize This tion.

The Suggestive Menu to Utilize This tion is a box of model to the standard to them each day.

May I ask "Marine Hater" if she would become a "hater" of her own entablists, and funny men. The nice part is family because one of its members and provided the standard of the suggestive menu to the standard of the suggestive menu to the suggestive menu to the standard of the suggestive menu to the rabbits, and funny men. The nice part of it is, that after you have made something, and grow tired of it, or think you could do better, you can remold something 'nearer to your heart's desire.' I need not remind you of the delight one of these boxes would bring your small child. And who knows how many hours of mischief may thus be avoided! The price is ten cents.

Let anybody talk to you about the bigh cost of things, and one of the first things she will mention will be towels.

If you have had to buy any lately, you IF YOU LOVE-will know that she speaks truly. Which

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Three Charming Headdresses A Daily Fashion Talk by Florence Rose



The first maiden in the cut wears a cap of gold cloth with a drooping gilded feather. The miss in the middle adorns her dark hair with a silver ribbon and some French flowers. The unusual position of the ostrich feather is the feature of the rhinestone bandeau at the right

Another Bachelor Hits the First
Dear Cynthia—Kindly print this for the benefit of the "Old Bachelor."
Old Bachelor—I certainly feel sorry for you, old man. Any man who declares that he will devote his leisure hours to riding on a trolley just to watch the women stand is, to my mind about ten degrees lower than the breed that we were lined up against "over there"; and I thought that they were the lowest things on earth. Now, as a man of the South (I don't say gentleman, because I think that you must call yourself one.

part of the marine's training? Surely this is what she implies. She has yet much to learn. I hope all her gob friends will prove worthy of the cause they represent; but it is a sad fact that in large bodies of men there are many who do not come up to our ideals.

It is unbelievable that one should be so carried away with herself as to forget at a time like this 'Our glorious marines and what they have done,' Every good American should love the marines, if not a marine.

SEMPER FIDELIS.

A fine letter, S. F.

Another Bachelor Hits the First



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Friday they have ceased to be boys and girls and have become football fiends. They talk it, walk to it, eat with it, live it. Conversation consists entirely of "Some kick!" "He must have run about forty yards!" "But did you see that tackle?" "Now, the trouble with Johnson is, he starts too late," and so on—until the grown-ups are almost driven out of the house. The girls are just as keen as the boys. They follow the games, know the players and all their idipsyncerusies. "Oh, why doesn't be ever fall on that hall?" a feminine voice will wail from the midst of the crowd. They watch the progress of each play, push back, and pull forward, hold their breath, when a kick is made, let it out in relief when the ball is safely caught, only to eatch it again when the runner starts forward.

Unfortunately, some of them do more

Unfortunately, some of them do more than just watch. They scream their joy when the orponents are penalized, cheer when the opposing fullback stumbles, and show acute disappointm when he recovers himself. If their team wins, they can't think of enough gibes to throw at the other team. They are cheerful winners, but if they lose-

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and temper

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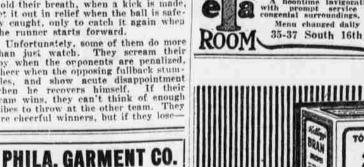
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being a good sport consists simply in liking outdoor sports, understanding various games and being interested in the results. On the contrary, a good sport cares less about the actual score of the game than about the way it is played. If his team loses he is sorry, he may grieve deeply, but he



BEING A REALLY GOOD SPORT
WATCHING FOOTBALL GAMES

Does Not Mean Jeering at the Team That Loses or Criticizing
the Team That Wins—It Means Being "Game"

EVER since the beginning of October, Friday and Saturday bave meant nothing to a certain large proportion of the population of this country butfootball, As soon as school has closed on Friday they have ceased to be boys and girls and have become football fiends.

They talk it, walk to it, eat with it, but it is they think they are loser who will be a good sport want to take off his country butfootball fiends.

They talk it, walk to it, eat with it, but it is they think they are loser who whines over his defeat, but it was a mighty good game. But wait till next year." And then he hustens a mighty good game. But wait till next year." And then he hustens of to join the valiant crowd that is cheering for the boys who didn't win. He is a game loser. If his team whis he is up in the air, he throws his hat over the goal post and he doesn't care whether he gets it back or not. And when he cheers for the boys who played a hard game and didn't win. He's a good sport. And if there's anything in this world that makes a they want to take off his country with his fists, it is the winner who crows over his victory, or the loser who whines over his defeat, the boys who whines over his defeat.



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