

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

A Practical Way of Cutting Down Living Cost and at the Same Time Having Nutritious Meals

BY MRS. M. A. WILSON Preparation of tasty dishes from government foods will be demonstrated by Mrs. Mary A. Wilson, food expert for the EVENING PUBLIC LEDGER, at 3 o'clock Monday afternoon in the Gimbel store.

Steak for Saturday, Pot Roast for Sunday and Beef a la Mode for Wednesday Is the Solution

Mrs. Wilson to Show How to Cook U. S. Army Food Preparation of tasty dishes from government foods will be demonstrated by Mrs. Mary A. Wilson, food expert for the EVENING PUBLIC LEDGER, at 3 o'clock Monday afternoon in the Gimbel store.

Steak for Saturday, Pot Roast for Sunday and Beef a la Mode for Wednesday Is the Solution to serve add sufficient boiling water to make a gravy. Season and serve.

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 silver 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

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 have meant nothing to a certain large proportion of the population of this country but football. As soon as school has closed on Friday they have ceased to be boys and girls and have become football fiends.

THE pity of it is they think they are good sports. To so many people being a good sport consists simply in liking outdoor sports, understanding various games and being interested in the results.

keeps his chin up. "They had a better team, that's all," he tells himself, "and it was a mighty good game. But wait till next year." And then he hustles off to join the valiant crowd that is cheering for the boys who didn't win.

Advertisement for Horlick's Malted Milk, featuring an image of a man and a woman.

Advertisement for English Tea Room, offering hot dishes and noontime service.

Adventures With a Purse

THE new spats are very smart. Instead of having the buttons right down the sides as we have been accustomed to seeing them, they curve around to the front.

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.

- SATURDAY Dinner: Tomato Soup, Swiss Steak, Mashed Potatoes, Spinach, Lettuce, Bread Pudding, Coffee.

Let anybody talk to you about the high cost of things, and one of the first things she will mention will be towels. If you have had to buy any lately, you will know that she speaks truly.

Advertisement for The Whole 'Dan' Family Banquet Coffee, featuring various coffee blends.

Advertisement for Talcolette after shaving cream, highlighting its softening and healing properties.

Adventures With a Purse

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.

- SUNDAY Dinner: Celery, Pot Roast Beef, Brown Gravy, Roast Potatoes, Corn, Lettuce, Tapioca Pudding, Coffee.

WEDNESDAY Dinner: Homemade Pickles, Beef a la Mode, Mashed Potatoes, Peas, Canned Fruit, Coffee.

Advertisement for Nadine Face Powder, claiming to make the complexion beautiful.

Advertisement for Miss Princine Pure Phosphate Baking Powder, showing the product box and a woman's face.

Advertisement for Mitchell's Market, Inc., offering wholesale prices on various meats.

Please Tell Me What to Do

By CYNTHIA Suggests Pet Name for Husband

Dear Cynthia—Kindly print this in answer to "Meditation."

Stands Up for Marines Another Bachelor Hits the First

Dear Cynthia—Kindly print this for the benefit of the "Old Bachelor."

Set for Trimming

Advertisement for Rumford Baking Powder, showing the product box and text: "It raises your cakes, biscuits and muffins just right—makes all home baking of that even texture and appetizing appearance sought for by all good cooks."

Advertisement for Mrs. Morrison's Puddings, featuring chocolate and golden vanilla flavors.

Advertisement for Fish direct from ocean to you, promoting high quality seafood.

Advertisement for Buehler Bros. Cut Rate Markets, listing prices for chickens and various meats.

part of the marine's training? Surely this is what she implies. She has yet much to learn. I hope all her girlfriends 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.

and I am rather proud to be able to call myself just plain man! I wish to go on record as saying that I think that women are the greatest things on earth; and the pure, unselfish love of a good woman is of more value than anything else on earth.

Advertisement for The Century Flower Shop, offering store orders as good as cash.

Large advertisement for Buehler Bros. Cut Rate Markets, featuring prices for chickens, hams, and other meats.

Advertisement for Phila. Garment Co., offering a special sale for Saturday and Monday.

Advertisement for Ohio-Tuec Electric Cleaner, highlighting its ability to save time and labor.

Large advertisement for Kellogg's Krumbled Bran, featuring an image of the product box and text: "Different in looks and taste—new and delicious."

Large advertisement for American Stores Co. American Eggs, featuring prices for various egg products.