# BUYING OF SUPPLIES—WOMAN'S EXCHANGE—CYNTHIA'S COLUMN—ADVENTURES WITH A PURSE

# MRS. WILSON GIVES RULES FOR MARKETING

Careful Buying of Supplies Wins Half the Battle of Economy in Providing Food

Pot Roast a la Mode Is This Week's Dish for Sunday Dinner in the Middle of the Day

By MRS. M. A. WILSON (Copyright 1920, by Mrs. M. A. Wilton, All rights reserved.)

WISE marketing consists in planning

Wise marketing consists in planning menus in advance. Menus that are planned at a minute's notice are apt to be expensive. Don't overestimate—this spells waste. Watch the waste. There are three pertinent facts about marketing—food that will provide sufficient nutriment, food that will provide variety, and food that will be reasonably priced. This will satisfy the family, if it is properly prepared and well served. Keep these facts in mind. In a large measure the actual cost of our daily maintenance is affected by our daily maintenance is affected by our skill or carelessness or the haphazard methods of buying; this boosts the

methods of buying; this boosts the prices—so don't forget this.

Here are six selective rules for economical marketing;
First. Watch the food advertisements and market quotations.

Second. Personally visit the markets and make your own selections, thereby insuring better values.

Third. Limit the use of eggs and butter during the present high prices.

Fourth. Purchase foods that are seasonable.

Fifth. Keep this fact clearly in mind -that a housewife can throw out more with a teaspoon than a man can bring

in with a shovel.

Sixth. Taste makes waste, so take time to do things correctly.

Make the meal time a time of cheer. and do not discuss worries or troubles, or complain about the children. Foods that are eaten under conditions of worry and trouble turn to poison in the

To buy potatoes in small measure is wasteful. If there are no storage facilities that will permit the caring for several bushels for the winter, then buy one-half-bushel baskets at a time. This will mean a saving of at least twenty-five cents on each basket.

A SUGGESTIVE SUNDAY MENU BREAKFAST

Creamed Dried Beef in Corn Muffins Coffee DINNER

Pot Roast of Beef a la Mode Brown Gravy wn Potatoes Mashed Carrots

Brown Potatoes Stas Celery Salad SUPPER

Cheese Sauce Rice Cakes Cheese Saud Celery Salad Tea

Place in a mixing bowl Three-quarters cup of cornmeal, One and one-quarter cups of flour

and wipe with a damp cloth. Pat in one-half cup of flour and then brown quickly in hot fat. Lift into a deep saucepan and add Tico carrots, cut in quarters,

One dozen small onions, Three cups of scater. Cook slowly, allowing two hours' slow cooking. Brown the potatoes in fat like the meat and lift into the pot to cook wit' the meat.

Mashed Carrots

Wash the carrots well and then pare and cut in small pieces. Place in a saucepar faul cover with boiling water. Cook until tender and then drain. Mash and season, adding

Two tablespoons of butter or bacon

Two tablespoons of grated onion.
One tablespoon of finely minced

Raisin Pie

Place one-half package of seeded raisins in a saucepan and add
One and one-half cups of water,

Three-quarters cup of sirup, Six level tablespoons of cornstarch Stir to dissolve the starch and then bring to a boil. Cook slowly for five minutes and then cool and add One-hulf teaspoon of grated lemon

rind.
One teaspoon of vanilla.
One teaspoon of lemon juice.
Mix and then bake between

Rice Cakes Wash one-half pound of natural rice in plenty of water. Now place five cups of water in a saucepan and add One tenspoon of salt,

One tablespoon of grated onion. Add the rice.
Cook until rice is soft and water absorbed. Turn into a bowl and let cool.
Now add

Two tablespoons of finely mineed

parsiey,
One teaspoon of paprika.
Mold into cakes and then roll in flour
end brown in hot fat. Serve with cheese



TEA& COFFEE AT WHOLESALE

#### Ask Mrs. Wilson

you have any cookery prob-bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given.
Address questions to Mrs. M. A.
Wilson, Evening Public Ledger,

Cheese Sauce

Cheese Sauce
Place in a saucepan
One and one half caps of milk,
Five level tablespoons of flour.
Stir to dissolve the flour, then bring
a boil and add
One-half cap of grated cheeser
One teaspoon of salt,
One teaspoon of paprika.
Beat to mix and then serve. Washington Pie Place in a mixing bowl Three-quarters cup of white com

Six tablespoons of shortening.
Cream well and then add
Two and one-half cups of flour
Two level tablespoons of be
powder.

One cup of water or milk.

Beat to mix and then place in two
layer cake pans in a hot oven and bake for eighteen minutes. Put together with

English Cream

Place in a saucepan One cup of milk, Four level tablespoons of flour, Stir to dissolve and then bring to a

One tablespoon of butter, Six tablespoons of sugar, One teaspoon of vanilla. Beat to mix and then cool and use as

#### Adventures With a Purse

THE woman who has gazed ruefully A at a white spot on her highly polished mahogany dining-room table learns too the value of using pads for hots. But the chances are ten to one she will guard against further that she will guard against further marks by getting pads. The wise woman will of course insure her table against these unsightly marks by purchasing the pads in the first place. Whether you belong to Class A or "5B." you should be interested in the beavy thick hot-dish pads that one shop has. They resemble felt, are well bound, come in all sorts of sizes, from small round ones to platter size, and are priced at 10c to 35c, depending on their sizes.

I question whether there be a single woman who would dispute my point when I say that every woman likes to have her hands appear well kept. But

take a woman in a business of-fice, or take the woman who is traveling. It is a difficult nutter to keep nails nice, and with a repressed Celery Sulad

Washington Pie
Tea
The market basket will require
Three oranges,
One-quarter pound of dried beef,
Two and one-half pounds of rolled
risket,
One quart of carrots,
One stalk of celery,
One head of leituce,
One-half pound of rice,
One egg.

Creamed Beef in Corn Mussins

Creamed Beef in Corn Mussins

Clery Sulad

to keep nails nice, and with a repressed polish—unless you know of the little top of nail polish I saw. It is unde by a manufacturer whose toilet products have been received enthusiastically. The tube measures probably three inches, and has a tiny hole in the ton through which the powdered polish sifts. Thus you never shake out more than you need—it's economical. And it's such a convenient size, you can put it in your purse. Then keeping a polish on one's nails becomes a mere matter of slipping into the wash room with the tube of polish. The price is 35c.

Two level tablespoons of baking I sat drumming my fingers on the table One teashoon of salt.

Four tablespoons of sirry,
Theo tablespoons of shortening,
One and one-quarter caps of water.
Beat to mix and then pour into wellgreased muffin pans and bake in a hot
oven for thirty-five minutes. Cut a
slice from four muffins and scoop out
the centers with a teaspoon, then fill
with the creamed beef. Cover the muffin with cream sauce and garnish with
finely minced parsley.

Select a cut from the bolar or brisket
and wipe with a damp cloth. Pat in

### Please Tell Me What to Do

By CYNTHIA

Says He Would Be a Coward Dear Cynthia—Having read the letter of the girl who has the habit of cracking boys in the face and the fellows who signed "Star Dancer" and "N. Y. S.," I could not help but give my opinion on this subject. I disagree with "N. Y. S." for saying that if a girl would crack him in the face he would simply crack her back. I think he would be a coward for cracking a girl, and not a respectable gentleman, as he calls himself. I'm sure no girl smacks a fellow unless he misbehaves and does things he shouldn't do. And in that case I think he deserves a crack and a good one, too, although it is a very bad habit, that is, when everything is smooth. I ought to make an apology to "N. Y. S." for talking so hard, but this is my opinion.

A HIGH SCHOOL GIRL. Dear Cynthin-Having read the let A HIGH SCHOOL GIRL.

Scores Anna C.

Dear Cynthin—May I please say a few words to Anna C.?

Anna C., I cannot see how you possibly let every Tom, Dick and Harry kiss you. Do you know what they say when they leave you? They say. "Oh, you can have a peach of a time with her," and that is why they go with you. Do you think for one minute one of those boys or men would have you for his wife? Besides, it is a very unhealthy habit.

unhealthy habit.

I have never been kissed by a boy or man in my life. I have not lacked opportunity, either. I nm no old maid or model person; in fact, I am quite the opposite. I have loads of boy friends who have crushes on this girl or that for about two months; then they get tired of kissing her and go to an other, while I am their friend all the time. If the boys aren't your friend any more when you won't let them kiss you, why those kind of persons are better not friends. If I can't be popular

you, why those kind of persons are better not friends. If I can't be popular for myself I would rather not be liked at all.

If you have any sense at all you would lead the boys on and keep them guessing and your self-respect at the same time. When you hold yourself so cheaply the boys do, too.

So take a tip from a friend who learns by other people's experience. It pays to stick to the straight and narrow path.

Thanks, awfully. Cynthia, for letting me speak to Anna C. I think you must be perfectly adorable. I should love to know you, but I never shall nuless I do already. BABY.

BABY.

Baby.

Baby.

Baby.

Baby.

Baby.

Baby. Spare my blushes, Baby.

The Question Corner Today's Inquiries

From what source can many pretty designs for cross-stitch and stenciling be taken? How can a scarf be shaded in

What is the newest sport hat for southern wear? Describe a convenient way of keeping a newspaper recipe on hand while following it.

What is the proper silhouette for evening wraps? How should hair be arranged for the night so that no part of it will be pulled or "stretched"?

Yesterday's Answers . Dr. Alice Armand Urgon is the first woman who ever practiced

medicine in Uruguay. The uneven line at the bottom is in style now in evening skirts. Embroidery should be rubbed with a thick paste of French chalk and warm water, rolled up and left in a dark place for a week. The embroidery will be clean.

 The fourth wedding anniversary is fruit and flowers. An appropriate gift for the an-niversary would be one of the lit-tle sewing baskets in which each article is made in the shape of a flower or fruit.

An attractive bag for soiled col-An attractive bag for solice col-lars and cuffs can be made by sewing together two man's hand-kerchiefs, and shirring them around an embroidery loop. At-tach ribbons as hangers.

DER

The Market St. Beef Co.

5221-23-25 MARKET ST.

7 or 8 Cut Rib Roast, 20c lb.

Country Scrapple, best in city, 2 lbs. for ..... 25c

D. B. Martin's Boneless Bacon in Piece . . . . . 33c lb.

It will pay you to visit the "WONDER STORE OF WEST PHILA."

MARKET ST. BEEF CO.

5221-23-25 MARKET ST.

BEATING H. C. L.

Give the family plenty of delicious, piping-

Pure Phosphate Baking Powder

and they will be more delighted than if you

give them harher priced dishes. Put a plateful of the feather-light biscuits, made with this new-fashioned baking powder, on your

weight, At Your Grocer's weight, 20c

table and watch how they fly.

rimcine

Some time ago we advertised we would open a Cut Price Meat Market at our resent address, and all our competitors smiled and said at the price and quality meat we would only stay a mouth at most, but as the Public sees, we are still ere saying every housekeeper half her meat bills by giving her 16 oz. to the mind for the best quality meat at following prices;

#### They're Made of Satin A Daily Fashion Talk by Florence Rose



The crown of the bat on the lest is dack blue, the brim is not only light blue but is braided in silver as well. Brown satin makes a good background for the gold braiding on the model in the center, while the hat at the right is black satin with no trimming except the pearl pin at one side

BE sure straw hats have been seen I am showing you three hats of the —not only in milliners' shops and type that the smart milliners are plan-—not only in milliners' shops and windows, but on the heads of would-be fashionable women. There are among us, you know, those who wait only for the first of the year before launching forth in straw hats. But I do not hesitate to say that the women of the best taste do not do this. Last autumn milliners observed that the better class of customers waited till there was actually a touch of autumn in the pir before they thought much about autumn hats. We are getting back to tate to say that the women of the best taste do not do this. Last autumn millings observed that the better class of customers waited till there was actually a touch of autumn in the millings they thought much about autumn hats. We are getting back to the good old idea of wearing summer hats in summer and winter hats in winter, and for my part I am very glad

skating in January wearing an April hat upon her head.

However, it may be that you really need a hat at this time of the year and, of course, you do not feel like getting a winter hat so late in the scason. You want something new and you want something that will last throughout the spring. Then your best more will be to invest in one of the new satin hats which bespeak neither winter nor summer but appear well in either season.

Copyright, 1920, by Florence Rose.

Copyright, 1920, by Florence Rose,

## The Woman's Exchange

Back to 1901

To the Editor of Woman's Page Dear Madam-Could you kindly tell

tumn hats. We are getting back to the good old idea of wearing summer hats in summer and winter hats in winter, and for my part I am very glad of it. There always is something incongruous about seeing a young woman skating in January wearing an April bet upon her head. Ask For Morrison's

## FAILING TO ENCOURAGE A FRIEND WHO IS BLIND

Is Really an Acknowledgment of Lack of Character, Thinking More of Our Own Feelings Than Those of Others

on? ST. CLAIRE.

January 18, 1901, came on Friday.

From a Schoolgir!

To the Editor of Woman's Page:

Dear Madam—Kindly publish in your paper all information regarding Governor Lowden, of Illinois. I am a schoolgirl and require this information for my studies.

M. H.

If you go to the Public Library and dook through "Who's Who in America" you can get some information and the steps of the sensitive hear-ing of the woman with the pathetically brave expression in her sightless eyes, the one who had become a self-ap-nointed guide to the courageous, confident steps of her mother. A third woman, on the other side of the scurry-ing little crowd at the elevator ending little e

you can get some information about Governor Lowden. No doubt the librarian could tell you where to get further information if any more is available. You will have to look this up for yourself, for that is the reason your teacher gave you the assignment. It would not do you any good if you were saved the trouble of looking such things up for yourself.

Another Birthday Party

To the Editor of Woman's Page:

Dear Madam—As you have helped were assigned and unhappy by a touching situation.

Dear Madam—As you have helped were supported by the formation about keeping an appointment. She kept telling herself so as she walked. But she wasn't. She was rushing away from something embarrassing. She didn't know just what to say to this afflicted woman who had so recently lost her sight, and she was afraid that the ordeal of meeting her for the first time since her trouble would wring her own heart—play upon her tender feelings more than she could stand. She was not willing to push aside her own harrowed emotions, to allow herself to be made unhappy by a touching situation.

Another Birthday Party

To the Editor of Woman's Page:

Dear Madam—As you have helped me several other times, I am coming again for your help and I know you will give it to me. I am going to give a birthday party and would be very thankful if you will help me. I want to know how to decorate the rooms and also what color to use, and also some refreshments, as I am not going to have the guests at the table. I am going to serve it to them. What games would be suitable for boys and girls of seventeen years and up? And what would be right to say when presented with a gift?

MISS L. A.

I am sending you some games to play at the party. For decorations use green to game to game to game to game to game to game the you can easily make, and change the contemplete gat a small square white box and cut the top into lattice like a pergola, and cut out the sides entirely except for four "pillars" at the corners. Use the lid of the box to make a man white bench and table for the inside of the pergola, and make a vine of the green paper climbing up the pillars and

Puddings

At Your Grocer's, 12c up into a delicious, nutri

THE MORRISON CO., Phila.

Powders that make

fice?
Think of the pleasure that comes into that brave, sad, upturned face as the groping hand finds ours, firm and friendly in the dark, as straining early the steady reassuring tone of a loan the steady reassuring tone of a loan the steady reassuring hear. hear the steady reassuring tone of a familiar voice, and the yearning hear feels the flood of affection, sympath. and encouragement that come with the most commonplace words. The warmt that flows into our own hearts at the sight should repay us for any em-barrassment, any disagreeable strain-ing of our own nerves that we have had to endure.

OUR STORE ORDERS ARE AS GOOD AS CASH

MARRIOTT BROS., 1118 Chestnut

MARY A. WILSON School of Cooking 241 South 23d St.

Iate Domestic Science Sum. Sche Instructor Enversity of Virtinia Phone Spruce 753

Registration new openi classes start 22 per 5 1920.

HAIR GOODS TOUPEES

Transformations, etc. Alfred S. Kauffman 501 Penfield Bldg.

# \$500 for Your Ideas! 42 Cash Prizes for Simple Suggestions





# NUT MARGARINE

(ASHBY PROCESS)

The Perfected Nut Butter-Free From All Preservatives Best-Or Your Money Back!

housewives—the food buyers—the things they want to know about this new butter. How would you do it? We are offering these prizes to find out.

Now, we want to know how best we may tell all the people who are interested—the

First Prize \$100 Second Prize \$50 Five Prizes \$25 Each Ten Prizes \$10 Each Twenty-five Prizes \$5 Each

A Pound of GOODY Nut Butter will be delivered by your dealer-FREE after close of contest if your idea does not win a cash prize



Send the same information in another form if you prefer

Coupon for "GOODY" Idea Contest-Cut out and mail

Hauck Nut Butter Co., 8 You may enter my n	ame for "GOODY"	
Name		
Street		
City		
Dealer's Name		
Street		
City	4-1-1	
Coupon No. 103		

We believe that everyone who knows all about our new product will want to try it. We know that everyone who tries it will like it Everyone may try for these prizes. All you have to do is

to send us a simple suggestion that will help us describe this new product so others will know something of its goodness

—any idea that may occur to you—a recipe—a slogan—a new use for it, may win one of these prizes. Made by a New, Exclusive Process The Nut Margarine industry is new in the United States and, until our discovery, Nut Margarine was made by the same process used in making Oleomargarine (from Animal Fats). Because the results of using the Oleomargarine process to make nut butter were so undependable, we decided it was not good enough for us and set about developing a

new process. We were successful. We called our new discovery the Ashby Process. No Preservatives

GOODY is made from such pure ingredients by such a skilful, cleanly process that it does not need to be preserved. The only purpose of a preservative in nut margarine is to cover up the carelessness or the ignorance of the manu-

No Animal Fats

GOODY contains nothing but the white meat of the Cocoanut, Peanut Oil, Pasteurized Milk and Butter Salt. Can you imagine a more appetizing food?

Perhaps you have tried other nut margarine. Perhaps ever you have used it for a while. You remember how pleased you were with the idea of nut margarine when you first heard of it. GOODY is what you hoped other nut margerine would be—uniformly delicious and melts at the same emperature as

creamery butter. GOODY is different from other nut butters-better-

cause it is the only one made by this new process — The Ashby Process — which enables us to make a dependable You can depend upon GOODY. It is always good when

it has been kept as butter ought to be kept. GOODY "spreads" like butter, making it more economical as well as more satisfactory than other nut butters. Food prices are high—people cannot afford to experiment—so, for your protection, we guarantee GOODY—

Best-Or Your Money Back!

"Buy a pound package of GOODY from your Dealst.
Serve it on the table. Use it in your coeking. Try it in
any way you please. Then, if you do not like GOODY
as well as the choicest creamery butter you ever ate.
your money will be refunded without a word."

Now we want your ideas about how best we may let everyone else know these things about GOODY. Remember—Cash prizes for the best ideas—a pound of "GOODY" FREE if your idea does not

win a cash prize! Here's How You Can Enter The "GOODY" Idea Contest Simply fill out the coupon and mail it to us. Then you are entered in the "GOODY" idea Contest and can send us your ideas at any time before the close of the Contest, which will be February 1, 1920. But to insure having your name enrolled, please fill out the coupon and mail it today. When you do send your ideas, don't worry about the form or style—simply jot them down on paper and sign your name and address.

HAUCK NUT BUTTER CO. Newark, N. J. 219 CALLOWHILL STREET PHILA. BRANCH

