

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. Wilson. All rights reserved.)

WISSE marketing consists in planning menus in advance. Menus that are planned at a minute's notice are apt to be expensive.

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, haste makes waste, so take time to do things correctly. Make the meal time a time of cheer and do not discuss worries or troubles.

A SUGGESTIVE SUNDAY MENU BREAKFAST: Sliced Oranges, Cereal and Cream, Creamed Dried Beef in Corn Muffins, Coffee.

DINNER: Pot Roast of Beef a la Mode, Brown Gravy, Mashed Carrots, Celery Salad, Raisin Pie, Coffee.

SUPPER: Rice Cakes, Cheese Sauce, Celery Salad, Tea. The market basket will require three oranges.

One-quarter pound of dried beef, Two and one-half pounds of rolled brisket, One quart of carrots, One stalk of celery, One head of lettuce, One-half pound of rice, One egg.

Creamed Beef in Corn Muffins: Place in a mixing bowl. Three-quarters cup of cornmeal, One and one-quarter cups of flour, Two level tablespoons of baking powder.

Washed Carrots: Wash the carrots well and then pare and cut in small pieces. Place in a saucepan and cover with boiling water.

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 syrup, Six level tablespoons of cornstarch. Stir to dissolve the starch and then bring to a boil.

One teaspoon of vanilla, One teaspoon of lemon juice. Mix and then bake between two crusts.

Wash one-half pound of natural rice in plenty of water. Now place five cups of water in a saucepan and add one teaspoon of salt.

One tablespoon of grated onion, Add the rice. Cook until rice is soft and water absorbed.

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

English Breakfast: Drop in 5 to 8 P. M. and be served with the most delicious home-style moderate prices.

TEA & COFFEE WHOLESALE PRICES: 1 lb. net weight, At Your Grocer's 35c

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 fellow who signed "Star Dancer" and "N. Y. S.," I could not help but give my opinion on this subject.

Score for Anna C.

Dear Cynthia—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.

So take a tip from a friend who learns by other people's experience. It is not a matter of the straight and narrow path.

The Question Corner Today's Inquiries: 1. From what source can many pretty designs for cross-stitch and stenciling be taken?

Yesterday's Answers: 1. Dr. Alice Armand Urgan is the first woman who ever practiced medicine in Uruguay.

"You like music with tomatoes in it, don't you?" he asked quizzically. I sat drumming my fingers on the table to the insidious tune the orchestra was playing.

They're Made of Satin

A Daily Fashion Talk by Florence Rose



The crown of the hat on the left is dark blue, the brim is not only light blue but is braided in silver as well.

TO BE sure straw hats have been seen—not only in milliners' shops and windows, but on the heads of would-be fashionable women.

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The Woman's Exchange

Back to 1901

To the Editor of Woman's Page: Dear Madam—Could you kindly tell me what day January 18, 1901, came on?

From a Schoolgirl: Dear Madam—Kindly publish in your paper all information regarding Governor Lowden, of Illinois.

Another Birthday Party: Dear Madam—As you have helped me several times, I am coming again for your help and I know you will give it to me.

MISS L. A.: I am sending you some games to play at the party. For decorations use green crepe paper leaves and branches, which you can easily make.

When presented with gifts simply say "Thank you, how nice of you to bring me a gift," and when the gift is opened say just whatever you think about how pretty it is, or how useful, or how much you had been wishing for it.

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

"SHE'S blind!" The thoughtless whisper reached the sensitive hearing of the woman with the pathetically brave expression in her sightless eyes.

Why are we so self-careful that we cannot endure the embarrassment it might cause us to speak just a word or two to a person who stirs our pity?

HAIR GOODS TOUPEES Transformations, etc. Alfred S. Kauffman, 501 Penfield Bldg., (1328 Chestnut Street)

Ask For Mrs. Morrison's Puddings: Chocolate Golden Vanilla Powders that make up into a delicious, nutritious and wholesome dessert.

OUR STORE ORDERS ARE AS GOOD AS CASH: and enable you to buy at the 44-cent and specially stores you prefer.

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

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

GOODY NUT MARGARINE (ASHBY PROCESS) The Perfected Nut Butter—Free From All Preservatives Best—Or Your Money Back!

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

GOODY NUT MARGARINE OLEOMARGARINE HAUCK NUT BUTTER CO. NEWARK, N. J. Coupon for "GOODY" Idea Contest—Cut out and mail

GOODY is what you hoped other nut margarine would be—creamy butter. GOODY is different from other nut butters—better—because it is the only one made by this new process—the Ashby Process— which enables us to make a dependable product.

The Market St. Beef Co.

- 2521-23-25 MARKET ST. Some time ago we advertised we would give a Cut Price Meat Market at our present address, and all our customers smiled and said at the price and quality of meat we would only stay a month or so, but as the public has given her 16 oz. to the pound for the best quality meat at following prices:

MARKET ST. BEEF CO. 5221-23-25 MARKET ST.

Miss Princine Pure Phosphate Baking Powder BEATING H. C. L. Give the family plenty of delicious, pipar-hot biscuits made with