

TASTY MEAL—WOMAN'S EXCHANGE—ADVENTURES WITH A PURSE—CARELESS BREAKS—CYNTHIA

MRS. WILSON PREPARES APPETIZING DINNER

Four Rules for Proper Preparation and Cooking of Attractive, Wholesome Food

When Pork Chops Are Used for Evening Meal, Use Bones to Make Stock for Soup

By MRS. M. A. WILSON

The actual preparation of our food is of vital importance and young girls should be taught to cook plain, substantial dishes in an attractive manner...

Bring daughter right into the kitchen and start from the very beginning... The first essential is cleanliness...

Rule 1—Learn to serve food in the proper manner... Rule 2—Learn to use the bones of the meat...

Barley Broth, Pickled Beets, Brown Gravy, Mashed Potatoes, Tomatoes au Gratin, Colelaw, Ginger Apple Pudding, Coffee

Went to market and selected one and one-half pounds of pork chops, cut four to the pound... One-quarter peck of potatoes...

Tomatoes au Gratin: Open the tomatoes and place in a mixing bowl and add two tablespoons of grated onions...

Ginger Apple Pudding: Wash and cut four apples in pieces and place in a saucepan and add one cup of sugar...

The Question Corner: Today's Inquiries: 1. What will make cut glass shine after washing?

Yesterday's Answers: 1. An enameled tin candy box makes a pretty handkerchief box after the candy is all gone.

SILK CREPE AND ANGORA



"CINDERELLA'S DAUGHTER"

By HAZEL DEYO BATCHELOR

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Synopsis: Kathleen Foster and Virginia West, whose lives first touch at boarding school, are still friendly in later life...

Virginia slept like a baby in the clean little bed in the clean little room that Bill had taken for her...

Women's Clubs: The fifteenth biennial session of the General Federation of Women's Clubs will be held in Des Moines, Ia., June 14-25, 1920.

A Razor Blade: To remove paint from window panes scrape them with an old safety-razor blade and the paint will shave off easily without scratching the glass.

Modernize Your Lighting Fixtures

These upright and bracket fixtures are still useful and proper, but the open flame burners in them should give way to the brighter, better light which saves 50 per cent. in gas consumption.

MAKING PERSONAL REMARKS IN LOUD TONES IN PUBLIC

Is on a Par With Ridiculing the Girl Across the Room, Who Happens to Be Your Partner's Sister, Without Investigating First

IT HAPPENED at a dance, as she was strolling about with a man during intermission...

"Do you know who that awful-looking girl is?" she asked, nodding toward a girl who sat on the other side of the room...

Her companion followed her gaze. "That's my sister," he replied, quietly. And the subject changed as rapidly as a lightning-change artist in a vaudeville show.

How often we have those periods of regret over hastily made, critical remarks. Aren't they agonizing? Haven't you often said something of this kind, or heard it said in a loud tone on the train?

"Did you hear?" a carrying voice is raised high from the midst of a shopping crowd. "That Esther Thomas is engaged to that disagreeable stick she's been going around with—"

"Well, I hope that Jones woman doesn't come," you have exclaimed in heedless high tones. "She talks so much that nobody else—"

"Have you an appointment with him?" "No," Virginia faltered. The girl tendered the card to Virginia, holding it lightly between her very pink fingertips.

Mr. Atkins never sees people unless they have appointments. And Virginia, with burning cheeks, felt herself dismissed. She was angry and embarrassed until she reached the street...

Stain and Tartar Can Be Ended: They are due to film. Now you can daily combat that film and keep teeth whiter, safer and cleaner.

The ten-day test will prove this. The results are clear. And the book we send will tell the reason for them.

How Teeth Are Ruined: That film is what discolors—not the teeth. It is the basis of tartar. It holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay.

Millions of germs breed in it. Dentists call the film "bacterial plaque." Those germs, with tartar, are the chief cause of pyorrhea.

Dental science has for years sought a way to combat this film. Periodic dental cleaning removed the film and tartar. But what was needed was a daily film combatant.

It has now been found. Convincing clinical and laboratory tests have amply proved its efficiency. Able authorities endorse it. And now leading dentists all over America are urging its daily use.

Pepsodent advertisement featuring a portrait of a man and the text: 'FREE A Ten-Day Tube of Pepsodent. Send the coupon. Make this simple home test and see how your teeth look then.'

Ink Stains: Take ink stains out of any white cotton material by covering the spot with salt. Saturate this with lemon juice and let it stand in the sun a few hours. Wash it out thoroughly afterward in clear water.

In Baking: Baking tins rusted from misuse may be cleaned by rubbing the spots with a piece of paper dipped in flour.

FORBES

1115 CHESTNUT ST. (OPPOSITE KEITH'S) Early Spring Hats for Immediate Wear



A comprehensive collection of smart, youthful Hats for early Spring wear. They are very attractive in the new, simple but graceful lines.

Closing Out All Velvet Hats \$2.00

We Accept Purchasing Agents' Orders



See How White Teeth Can Be Without Film

Perhaps your teeth are clouded by a film. Most teeth are, more or less, save right after cleaning in a dentist's chair.

That viscous film which you feel with your tongue is the cause of most tooth troubles. It clings to teeth, enters crevices and stays. The tooth brush does not end it.

How Millions Know: Now millions know by actual test what Pepsodent can do. Everywhere you see the results in whiter, cleaner teeth.

Pepsodent is based on pepsin, the digester of albumin. The film is albuminous matter. The object of Pepsodent is to dissolve it, then to day by day combat it.

Pepsodent needs no argument. The results are quick and apparent. See what it does, read the reason, then judge it for yourself.

Form for requesting a 10-Day Tube of Pepsodent, including fields for name and address.