VARYING THE DIET-EXCHANGE-FASHIONS FOR SPRING-CYNTHIA'S ADVICE-ADVENTURES

SOME CHEESE DISHES GIVEN BY MRS. WILSON

Wise Plan to Reduce Quantity of Meat and Substitute This Other Food to Lighten Diet

Croquettes Fried in Bread and Many Other Recipes One our grated cheese. Are Tasty

By MRS. M. A. WILSON

THE bears protein or meat diet dur. ing the winter months is necessary for the body unicep, but as spring an-proaches it is wise to make a change in the character of this part of our diet. monolitan Kitchen some attractive fring ran, dishes made from space. The many by natil soft, varieties of choose in the market afford Non pdd Importing a choice to still Burens, thought of the abress is the

foods containing afficient ball, to one sticcing consinety Some on teast, ply the more are alcount of foods to Appease the aspet to

Cheese Conquettes: Grate sufficient some of daily element to measure one half ear. Now place in

BRUCEPAN Six level table sprans that:

slowly inter minutes. Remote force to One tenspoon moved or long One tenspoon with

One half teaspoon pen ika. Two table poors hards minera passe

Beat to me. Then on a greased platter to cool and mode for three hour.

Now form into its straight to. Roll in flour. Dip in beaten egg, then in the crumbs and fry golden brown in not

Cheese and Corn Pudding

Place in sameenan One and one-half caps with. Six terel table spanes flows: Stir to dismiss. Bring to hou.

three minutes and add One cup crushed connect cars One half very fine bread arounder One-half sup negted where One tempoon cented amon.

One and one half traspoon set One-half ten spuon white penger. Beat to mix. Turn in well garased baking dish and bake in moderate even twenty five minutes. Serve with to-

Cheese Fondu on Waffles Prepare and bake waffles. Place in

oven with door open to keep warm and Non place in sa-wepan Two cuns mulh Six tablespoons flour.
Stir to dissolve flour. Briez to bed
Cook three minutes and add

Two-thirds cup grated cheese. One half cup fue bread crumb-One teaspoon wrated union. One leasnoon sell. One-half traspoon paprika.

Cook mosture dowly force glit min

utes. Lift or the preduced waffe, on lightly with paperka a the serve.

Cheese Souffle

Place in sauvepan One and one-Half cup- with Seven level tablespoons four. Stir flour in malk to disable. Bring to a boil. Cook should for three minutes and add half our grated observ. Beat hard to melt. Now add Two table-point rocks siringed pages

One recopour duels ungred outon. One traspage salt One-half teasmoon white peppe

Yalk or cun rece. Beat to iniv. Not not and fold in the stiffs beaten white- of two eggs and turn in nell-greased guest in ing sin and set dish in a pan of warm water. Bake it mederate oven and fire in center, usually thirty minutes.

Spanish Roast

Much on built can baked bear to Run through view and add One half up argled choice One-half van nur bread vegache. There take yours fort a stored one

One half the play per a

Mi. tresterizing, three a and their a of shared pure. Purk in their case and

Toasted Cheese Chi partil the profession of Pharmes Amily

The Question Corner

Week a lighter to be

with a light dress hat 6. How can tatting be hung to not after on hing?

Yesterday's Immer-

plot militario and reserva-L A stelling coming goine: numerous non punt men has a great blast weiver flowers and a life shoulder and up the drapery to the skirt 3. Small pins for the purpose of

fastening dress shields in place are made like safety pins, with enred backs, which take in the material without "humping."

4. A prefix frame for a calendar is the figure of a bright colored girl carrying a large knitting bag. The bag contains the opening for the velendar.

When a plush stale has been wet in the rain -teaming it and brushing it over a hot iron or boiling water will freshen it up. An outside window box would be a convenient food-storage place an apartment with a small

Ask Mrs. Wilson

If you have any cookers prob-She will be glad to an over you through these columns. No perount repiles, however, can be giren. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER,

Crumbs Are Delicious. thick. Trim the crusts and toast. Now in some.

One quarter teaspoon rall. Two tablespeams only p.

Our tublespans within better. Now spread on toast and place in but oven for the trimmer. Serve with Consent the book of the William Common or choose onthe

Armenian Rabbit Mines very fine One lock,

Four brambes parales. Place four tablespoons becon fat to notif soft, taking care not to been

One half can have bread ecomba.

the helf teaspoon papella. Hear shorts until the choose more

Prove in gamman. Six table poons flow. Overhalf vap grated charge. One tex poon crated onlong

Stir to di . for the door, then a rate rate with sale and proving and two to a boil. Add cheese, then have to at table-rooms of finely mineral parsies.

Mrs. Wilson Answers Queries

kindly tell me how to make butter cakes such as are made in the win don- of re-laurants? You will great by ablige E. W. Regine used by these people is copy

LONG STRAIGHT LINES WITHOUT BOUFFANCY





Apricot-colored creps embroidered in black slik makes this very striking frock that has discarded hip drapers for long lines. The neck of black satin. The panels on the shirt are also of the satin. The list is a charming affair of pink horsehair with a crown of black satin and a wreath of roses.

Please Tell Me What to Do By CYNTHIA

Stands Up for Buck Privates

Dor Cynthin—Just a few lines in answer to Betty Bounet to advise her on one or two points. You say. Betty Bounet, feat you thought the B. P. was a foolish young chan looking for excitement. Betty, my friend, the B. P. sif he is what I think he is), has seen enough excitement to last him a long time, and I don't think he would write a silly letter in the hones of find. write a silly letter in the hopes of find

As I sit here smoking my faithful pipe, many different things flit through pipe, many different things flit through my mind. Do you recall in the early spring of 1.17 how the whole country went mad and how everybody hailed the hundreds of B. P.'s as heroes and couldn't do enough for them, and hey all through the semap everybody tooked with peide upon the broad sheuldered, apstanding near who were making the world safe for humanity? world safe for lumanity?

And then, when they came home, do on remember the parades, banquets and receptions that were tendered them? And do you remember how proud you and your thousands of sisters were when you walked along the streets with your own particular soldier? Proud that he was able and willing to serve his country when the need was great?

But he enreful. Betty Bounct. The the lever now and the heroes are Hardly a day goes by that there can be attended unade of a relimting has been committed by an .. oldler, and how proudly our paper won't le loue, my friend, before the men will be right back to where they were Stir to blend their and onese. Bring a turn who were the uniform was concloved to buil. Cook five educates: then, sideced a built a homeless sort of with him bed at the seen as she did it.

profession of our projectors be dragged in the mud just because one of their from the straight and narrow path. Think it over, Betts Bonnet. Just be cause a man was a back private is no reason why anothing he does should be considered foolish, but give him credit sanstored toolso, but give and create for asking questions because he is after information on a subject that puzzles him, and he has been taught that the only way he can find anything out is

involve up for him and defending his hoper just as he is ready to defend you and your. Remember that his suiform tands for just the same thing that our dag stands for, and when you are downyou are downing that which he stands.

Dear Cynthia—Last night was my first opportunity to see your column for once time and apparently there's been onlie a bit doing since I left. For one thing, I missed Mandlin's reply. Metaints I would have had a hearty laugh

To Ted I can only say that now there and the slightest use of the Buck Private's discussing his looks. One girl o satisfied and that enough for him. And for Betty Bonuet enoughtulations and best wishes, I heartily thank her. Then are the best and first from Phila-

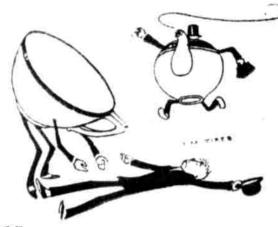
Mildred is calling, the car is awaiting as and my letter is about done. One more paragraph and I am content.

And again, for the third and last the linest there is, close their eyes then they are kissed.

Knowingly.

THE BUCK PRIVATE. Nover heard each a romance: Dad scertainly all right. Very best wishes and congratulations to T. B. P. and Billie. May each prove to be all that the other thinks each is! Let Cynthia hear when you find that bome and are settled.

-----Feb. Sale Antiques Furniture - Decorations Bulaski nel. Walni



It'll pick you up

A steaming, fragrant cup of Tetley's Orange Pekoe is the kind of tea that'll pick you up without giving you a let down afterwards! After you've drained that last cheerful, comfort-giving drop, you'll forget that there ever was such a word as tired!

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dealer nearest to you, phone Baring 140.

SUPPLEE

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That's why there's sound logic to the advice

The busy housewife who lives in a Has the ruffle of your best silk pettitwo-story dwelling will find the follow- coat worn into ribbons that catch in I, for one, am going to try to hope of a strong cord, or small rope, tie m go upstairs? Well, cut it off, by all less task of keeping the soldier where hook made of stiff, heavy wire. A few hope belongs, and I hope and trust that may main comeades who wore the unitary main comeades who wore the unitary main comeades who wore the unitary main comeands who wore the unitary main continues their order to a unitary main the sill of a spring clothes-pin. Next, tie the cord to a unitary mindow, or to the railing of the upstairs porch; let the cord be long evough to reach the ground. This is the trust of the unstairs porch; let the cord be long evough to reach the ground. This is the trust of the unstairs porch; let the cord be long evough to reach the ground. This is the trust of the unstained and the patients of you have been wise enough to save the ruffle of another petticoat when the long evough to reach the ground. This is the ruffle of another petticoat when the long evough to reach the ground. This is the ruffle of another petticoat when the long evough to reach the ground. This is the ruffle of another petticoat when the long evough to reach the ground. This is the ruffle of another petticoat when the long evough to reach the ground. This is the ruffle of another petticoat when the long evough to reach the ground. This is the ruffle of another petticoat when the long evough to reach the ground. This is the ruffle of another petticoat when the ing device of great service: To the end the buttons of your spats when you be good for a few months longer, at



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Adventures

With a Purse

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HE WANTS TO BE AN ARTIST. BUT HE MUST LEARN A TRADE

His Father Does Not Recognize Ernest's Right to Develop A THE present time, in New York, there is a play that is described as What He Thinks Is a Talent or Find Out Whether not vouch for the authenticity of this He Has One description, nor for the quality of the

I know of a shop that is having one of those interesting preinventory sales. Right around this time there are a number of them having these sales, but I tell you about this one particularly because in the first place the shop is interesting even at any time, and of course, mow that there are bargains to be found there—need I say more? For instance, one real bargain is the Japanese clocks. They stand some six in his ambition? Because he will only make inches high, are metal, but have a finish that closely resembles Japanese lacquer ware. These clocks would make especially uice desk clocks. Their thirst price was \$6.50, but they have now been reduced to \$4.73, which includes the war tax. As I write about them, there are just six left.

I know of a shop that is having one of them sales, in this ambition? Because dawle at him. It was a number of them having these sales, but throws the little pieces in the waste, they are as a pastime. It seems to have a number of them having these sales, but throws the little pieces in the waste, they are as a pastime. It seems to have a look of the thing that he was meant to do. Of they course there is always the chance that he has no more talent for drawing than the part of the goes to a class, his teacher will discourage him much more quickly than anything his parents could do or say. For he will feel that here is some one who knows what he is talking about.

"If he says I can't draw, I can't," he will say discouragedly, and go back thing the work that he was no more talent for drawing than he has the lose of the has no more talent for drawing than he has for flying an airplane, But thing that he was meant to do. Of the part And another thing this shop has it even as a pastime. It seems to his developing it as he was obviously to that would make a particularly nice too practical, prejudiced mind to in-wedding or engagement gift is a most ply that Ernest is a dreamer instead of unusual nut bowl, and a patent cracker. a worker, and such a thing will not be

that, unlike so many of the waltz songs of his. She lets him draw her picture

which is attached to the bottom of the bowl and is not removable. I tell you what it reminded me of those old letter presses that used to be used for making duplicate copies. Do you remember them? Well, anyhow, these combers are mighty nice, and the bowls are most artistic. Most of the bowls are made of wood. One is metal, silver-finished, attached to a wooden plate. Prices are around \$5.50. water pipes, or knowing why it is that

description, nor for the quality of the play, for I have not seen it. But, for the musical, unusual little waltz song the musical unusual little waltz song that is the special number of the play, that is the special number of the play, I have only the greatest enthusiasm. Now it would be utterly impossible for me to describe the waltz for you so that you can form any idea of it. For I am not a music critic. All I can say is that I like it and that I feel say is that I like it and that I feel quite sure that you, too, will like it, and that I feel and that you will notice particularly and the play, for I have not seen it. But he has never had an hour of training, because his father thinks it is all nonsense. His father wants him to learn a trade. He will never be a success in that trade, for he doesn't care why this wire has to meet that one in order to make a spark; he has no interest in the course of hot water wants in the only one who takes any interest in this "foolishness" meaning.

Ensemble of the play, the music send the interest in the color. But he has never bad an hour of training are expected to, they blunt his easily tive fingers, dull his imaginative mind to learn a trade. He will never be a success in that trade, for he doesn't care why this wire has to meet that the course of hot water wants him to learn a trade. He will never be a success in that trade, for he doesn't care why this wire has to meet that the course of hot water wants him to learn a trade. He will never be a success in that trade, for he doesn't care why this wire has to meet that the course of hot water wants him to lear

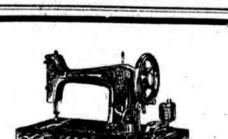
that, unlike so many of the waltz songs of his. She lets him draw her picture we hear, it is not obvious. And it is and then she laughs because it looks so rather fun to have a piece from a New much like her; but when his father as an architect or an illustration of the waltz songs of his. She lets him draw her picture and confined with work he hates and rather fun to have a piece from a New much like her; but when his father see hear, it is not obvious. And it is not come here yet?

York show that has not come here yet?

I know of a shop that is having one of those interesting preinventory sales. Right around this time there are a number of them having these sales, but I tell you about this one particularly because in the first place the shop is interesting even at any time, and of course, now that there are bargains to course, now that there are bargains to he found there—need I say more? For he will feel that here is some one who knows what he is talking about.

developing it as he was obviously

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