

MRS. WILSON SUGGESTS BOARDING-HOUSE MEALS

Careful Planning and Occasional Variation of Menus Will Make Table Fare Wholesome and Good

By MRS. M. A. WILSON (Continued). CONFRONTED with the problem of the high cost of living and the necessity of earning more money to meet the ever-rising expenses...

Brown Gravy or Mint Sauce. Braised Short Ribs of Beef. Browned Potatoes. Parsley. Apple or Fruit Pie. Coffee.

One small cup of meat will serve eight portions. The butter forty-eight chips to the pound and use small apples in preference to the large ones for making dumplings...

Remember that uniform and standard recipes will prevent waste. Try not to get into a rut. People soon lose their appetite if they know that there are certain set dishes for certain days...

One pound of sausage serves four people. Four hot sales constitute a service, let me give you a real and economical hot sales recipe...

Try This Gingerbread. These cups of white cake, one cup of white cake, ten cups of cold black coffee...

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A ONE-PIECE FROCK FOR WARM WEATHER



It is made of navy blue Poiret tulle trimmed with tan cloth. Red leather is applied in a striking way to give a touch of color...

A Daily Fashion Talk by Florence Rose. THERE really is no such thing as the rivalry between the one-piece frock and the suit in a woman's spring wardrobe...

I have selected the model shown here first of all because of its newness. It is fully to buy anything at this time of the year that is not right up to date...

The fabric is Poiret tulle, that is a very successful alternative for serge in quarter length, that solves the glove problem so nicely. All you need to have is short elbow gloves.

After that Aunt Martha had come to stay at the big house, Anne did not like to watch Aunt Martha bend over the kitchen stove. Her face, reflected in the glass of the mirror, did not look like mother's. It was big and dark like father's...

Mother lay in the big walnut bed upstairs and Anne sat on the kitchen floor beside her in the cool darkness. Mother wore a white nightgown with a fringe of lace around the throat and sleeves...

There is a front opening in the bodice which, like the sides of the skirt, is trimmed with black silk braid. Black braid trimming on navy blue frocks and suits by the way, is an important development in this spring's fashions...

It is possible for winter clothing to be safe from moths while hanging in the cupboard if one is careful to expose the garments to light and air about once a week. Moths do not thrive on light and air...

Girls Themselves to Blame. Dear Cynthia, I have often wondered what would happen to our girls, but not until now, if the use of artificial cosmetics were denied them...

The fact of one going to church on a dance is not the cause of the male sex jumping at conclusions, but the female sex's scanty clothes and action.

SHOP WITH STORE ORDERS. That Buy Anything from the leading stores of Philadelphia, Wilmington, Camden and Atlantic City. Easy Term.

FRAMBS & CLARK. 1112 Chestnut St., Phila. 449 Guarantee Tr. Bldg., Atlantic City 36 N. Third Camden

THE STREETS OF LIFE

By HAZEL DEYO BATCHELOR. Copyright, 1920, by the Public Ledger Co. Anne Carter's Home Life

There are all kinds of streets in life. There are the broad, fair country roads, bordered with sunnily and wild trailing vines where the stroller along life's roadway may tread a path so straight and uneventful that he may glimpse his own tombstone at the other end.

It is always that way with life. There is always the tomorrow. If it had not been that way with Anne Carter, she sometimes felt that she would not have had the courage to go on.

Anne remembered her mother as something beautiful that had been hurt. In the dreary days of her childhood her mother had been the one bright spot of color, shielding her from her father's stony grayness.

Anne remembered the hot June day when her mother fell on the kitchen floor. She did not move as Anne bent over her, crying with fright, and Anne had run out to the fields to her father.

In the big hot kitchen he had lifted his wife up as if she had been a child and had put her on the big old-fashioned lounge, but there had been no tenderness in his manner. He wasn't sorry that mother had fallen on the floor.

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SHE CAN ALWAYS SMILE AND SHE'S NEVER UNHAPPY

Her Friends Call Her "Smiles" and She Lives Up to the Name—Sometimes It Must Be Hard to Keep Her Troubles to Herself

DON'T believe she's ever had any hardships. She's always happy, always cheerful and ready to smile. She's never in a bad humor. We call her "Smiles" at the office. I think if she came in some morning without a smile on her face the whole office would just have to stop work.

You'd know "Smiles" right away if you entered the office where they say that. No doubt you have seen her. Perhaps she has the desk next to yours; perhaps she sells trimmings at the counter across the aisle from you; perhaps you meet her every day when you go a-marketing; perhaps you don't know her at all, but just see her in a subway or the trolley every morning with that happy smile ready to break out at any minute.

Whoever she is, wherever you see her, she's the woman who is always "happy." At least you think she is on account of her always cheerful manner. It seems so sincere. There is nothing shallow about it; it cannot come from a nature that is too cold or too light to take just the surface of the inevitable bumps of life; it is not an insincere pretense of cheeriness that must drop off like a cloak when she is alone.

It is simple, unaffected, unobtrusive readiness to smile at any time. "I don't believe she's ever had a day of unhappiness in her whole life," people say about her. And yet how foolish that is! She must have had unhappiness in her life. She must have had those dull, gray days when the happy past hurts, the present is dreary and depressing, and there doesn't seem to be any possible future.

When she is alone, she is always "happy." At least you think she is on account of her always cheerful manner. It seems so sincere. There is nothing shallow about it; it cannot come from a nature that is too cold or too light to take just the surface of the inevitable bumps of life; it is not an insincere pretense of cheeriness that must drop off like a cloak when she is alone.

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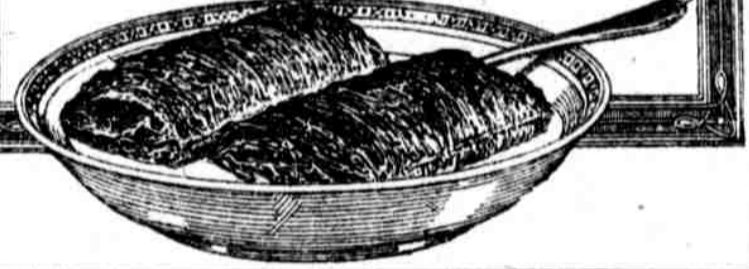
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for that expression to be there when somebody looks for smiles. But "Smiles" has her troubles just as you and I have. She just knows that she has to live up to her nickname no matter what happens. No matter how heavily she is burdened with troubles she must throw them off and stand up all alone ready to be "Smiles" when anybody expects it of her. No hard-ship is there in her life? Is there anything much harder than keeping your expression bright and happy and up when your whole soul is dark and sad and down? Oh, I think "Smiles" has her own hardships.

SAVES FUEL AND SUGAR. The problems of house-keeping in these troublous times are lightened by serving Shredded Wheat Biscuit, a real whole wheat food, ready-cooked and ready-to-eat. Contains the natural sweetness of the whole wheat berry with all the elements necessary to sustain strength at top-notch efficiency.



NEW Nemo DIAFRAM-REDUCING CORSET. WITH LATEST FASHION EFFECT. A REVELATION. In all Good Stores. For Sale.

Be Beautiful Long Silky Eye Lashes Improve the Looks USE Eyo? Eyo? Eyo? At All Drug Stores.

Adventures With a Purse

WELL, I have set myself a difficult task. I want to describe for your edification a shade for a beginning. Let me see, it looks like a cylinder, measuring, I should say, five inches in diameter and about six or seven inches in length. At first glance you would think that it was made of cloudy glass, but upon examination you would discover it to be of a highly glazed paper.

It is decorated with colorful Japanese designs, and taking it all in all, makes a pretty and unusual shade as you would find in many a day's walk. It reminds me of those circular shades that are being used on those very tall, endless-garments which you do not expect to use during the summer.

Wants a Specialist. Dear Madam—The reason for this letter is just a request for information, and the information which I desire is, Where can I locate a very good hair and scalp specialist? Not a hair-dresser, understand, but one who can scientifically treat my case.

The DIET during & after INFLUENZA. Ask for Horlick's Malted Milk. Rich Milk & Malted Grain Extract. Nutritious Digestible.

Get Horlick's Thus Avoiding Imitations. Instantly prepared—no cooking. Used successfully over 1/2 century.

The Fur & Millinery Shop, Inc. 1423 Walnut Street. Beautiful Sport Coats. A most unusual showing of these serviceable and practical coats in: Camel's Hair, Fancy Taffeta, Tricotine, Duvetyne, Exclusive Original Models.

The Fashion Ideal. An ideal is best achieved by the aid of simplicity, the simple foundation superimposed by the trimming in vogue, the choice of a material, the drape of a new model.

GOWNS FURS MILLINERY. Fre De Man. 1302 Walnut Street.

Please Tell Me What to Do

By CYNTHIA. Try West Phila. Y. M. C. A. W. C. B. Have you ever gone to the Y. M. C. A. in West Philadelphia? Both men and girls go there and I am sure the director or directors there will see that you meet some nice girls if you will tell them you want to be introduced.

Congratulate Cynthia on Answer. Dear Cynthia, Congratulations to you on the manner in which you answered "Globe Trotter." The name suits him very well, as all his energy has been concentrated in his feet. Certainly there is no evidence of any active brain cells in his head.

When Americans go to Europe they go to see the sights and not to see what they can about them; they do not pretend to know everything and show off by criticizing.

The Question Corner. Today's Inquiries. 1. What interesting facts are known about Mrs. Walter C. Healy of Seattle, Wash. who writes a little girl?

2. Preserve a pretty girl for a little girl? 3. What convention met should take the place of the laborer for the traveling woman?

4. How should loose dust be removed from linen or cotton suits in order to prevent staining in a dryer? 5. At a formal church wedding who should enter the church first, the mother of the bride or the mother of the groom?

6. How can a father's custom for pressing coats and dresses be made? 7. The civil service examination for the position of laboratory assistant is open to women who have had laboratory experience.

8. White enamel woodwork should be cleaned with a soft wood block moistened with a solution of one-half tablespoon of borax to a basin of water.