WHAT'S WHAT

NUTS CAN REPLACE MEAT IN VALUE OF NUTRIMENT

Mrs. Wilson Gives Recipes to Be Combined With Other Foods to Make Up Menus

By MRS. M. A. WILSON

Copyright, 1920, by Mrs. M. A. Wilson, All rights reserved, DEOPLE of sedentary occupation and those inclined toward a vegetable staple article of their diet to replace meat. Nuts and nut products are highconcentrated foods and should

raten sparingly or combined with other foods for satisfactory results.

Fruits, cereals, leafy greens and the succulent vegetables are the natural accompaniment of all nut foods and they hould constitute the chief bulk of the dietary in planning nut menus. Proconstituents of nuts and we should bear in mind that the average person ounces of fat, three ounces of protein foods per day, so that in eating about four ounces of shelled nuts a day you would obtain your full requirement of protein and fat and the balance of the enu should be made of cereals, vege-

tables and fruits.

The fat in nuts is more easily as similated by the digestive tract than other varieties of fats and oils and for this reason they produce a greater pro-portion of heat and energy forces.

Nuts require, when eaten in their untural state, to be thoroughly chewed us they centain about 90 per cent nutriment and very little moisture. Unless well broken up, they are extremely slow in digesting. The average time for digesting nots and nut products is about three hours.

Under the heading of nuts we have

made if a nut butter knife is placed on the food chopper. While this nut butter will not be quite so fine as the peanut butter sold in the shops, it will be found to be delicious. Many of the nut butters may be purchased altered to the nut butter to the nut butt ready ground and ready for instant use. Among them, Pignolia, a Mexican or

Italian pine nut.
Some menus including nuts for the protein or body-building dish: Sliced Cucumbers Radishes
Nut Loaf Onion Sauce
Baked Potatoes Spinach
Lettuce
Apricot Pudding Coffee

Celery Young Onions Peanut and Macaroni Roast Creamed Potatoes Brain-Lettuce Lings Vanilla Sauce Tomato Sauce atoes Braised Cabbage

Chilled Tomatoes with Onions Walnut Cutlets Golden Sauce Candied Sweet Potatoes String Beans Lettuce

Baked Apples Coffee Celery Radishes
Almond and Carrot Croquettes

Tomato Sauce Rice Cakes Buttered Beets Sliced Peaches Lettuce Coffee Cream of Tomato Soup

Rissole of Pennuts and Rice Cream Sauce Boiled Macaroni Corn Colesian Lemon Meringue Pie Coffee

Cheese Canape Nut and Vegetable Potple Coleslaw Spinach Apple Dumplings Coffee

Soak one-half pound of lims beans joram,

overnight and in the morning wash and cover with cold water. Cook slowly until tender. Drain then cool and rub through a sieve into a bowl. Now Two grated orions

One-half cup of flucty minced pars-Two owners of almonds.

Four tablespoons of salad oil, One and one-half tenspoons of salt, One-half teaspoon of white pepper, One-marter teamons of those

Put the almonds through the food then into a greased and floured leaf-shape pan and sprinkle the ton wit corn meal. Place in a large pan and add three cups of water to a large par and bake in a moderate oven fifts

Peanut and Macaroni Roast

Mrs. E. Forbes.

5214 North Eleventh Street

MENT

Cream of Celery Soup

Soiled Binefish Tomato Sauce
New Panators With Cream
Corn on Cob Lima Beans
Lettuce Salad
Slived Peaches
Coffee Butter

Breud

SALES SLIP

Mrs. E. Joslin.

5447 Pine Street

MENU

SALES SLIP

One pound neck of lamb

Six medium new potatoes Potple (ingredients) One-quarter peck of peas

bananas (for pudding)

Oil, vinegar and spic

Two eggs Sugar and milk Coffee

Corn Lima bears

Bread and butter

Peachus

HAVE YOU WON IN THE PRIZE MENU CONTEST?

There are three prizes given every week for the best dinner menu submitted for four people. It must not ost more than \$1.50. The prizes are

> \$2.50 81

\$1 Be sure to put your full name and correct address on the menu. Also the date of sending it. The foods suggested must be staples and in season. And you must send a sales slip, too, which will give the cost of all materials used.

The winners for last week will be innounced on Monday. Address all menus to

MRS. WILSON'S MENU CONTEST EVENING PUBLIC LEDGER INDEPENDENCE SQUARE

blanch under cold running water and drain. Cool and then put

One cup of shelled peanuts,

Three onions,

Eight branches of parsley. Four tablespoons of salad oil.
One and one-half tenspoons of salt, One-half tenspoon of pepper, One-quarter tenspoon of thome,

Linder the heading of nuts we have:
almonds, beechnuts, brail, butternuts, chestnuts, coconuts, filberts,
hazelnuts, hickory nuts, peanuts, pecans, pine nuts, pistachios and walnuts, which make a splendid variety
from which to choose.

Every variety of nut butter may be
made if a nut butter knife is placed
made very specific placed
made if a nut butter knife is placed
made very specific placed

Walnut Cutlets

Soak stale bread in cold water until soft, then turn in a piece of cheese-cloth and squeeze until very dry. Rub through a sieve. Place in a mixing

Three cups of prepared bread, Our-half cup of finely chopped pars

One cup of finely chopped scalnuts, One half tenspoon of thyme,
One well-beaten egg,
Four tablespoons of salad oil,
One and one-half tenspoons of salt,
One-quarter tenspoon of paprika. Mold into cutlets, dip in flour, then in beaten egg. Roll in fine crumbs and fry a golden brown in hot fat.

Almond and Carrot Croquettes Place in a mixing bowl

Two and one-half cups of cooked and nashed carrots. One cup of finely ground almonds.

One-half cup of finely chopped para-One onion grated,

One-half teaspoon of sieeet mar-One traspoon of salt.

One-half traspoon of paprika, Mix and form into croquettes. Then roll in flour, dip in beaten egg and milk latt I lugged him down. and roll in fine bread crumbs. Fry until golden brown in hot fat.

Rissoles of Peanuts and Rice Two and one-half cups of cooked rice. One-half cup of peanut butter, He stayed under it all day. Conc-half cup of finely minced pars- Couldn't coax him out, even to cut.

Tico onions grated. One green pepper, chopped fine, Two tablespoons of salad oil.
One-righth teaspoon of succet mar-

Om traspoon of salt. Our-quarter teaspoon of paprika, One well-beaten egg.

Place in a bowl and mix, then form nto round cylinders. Roll in flour, then in beaten egg and roll in fine crumbs. Fry until golden brown in hot fat.

Nut and Vegetable Pie

Place in a bowl One cup of cooked diced carrots. tine cup of cooked lima beans, One cup of cooked corn. One cup of finely chapped peanuts,

time-half cup of finely chopped pars-There online grated. One and one half teaspoons of salt. Our half reaspoon of paprika,

Two cans of cream sauce. One well-benten egg.

Turn into easserole and cover the top

Cook one-half pound of macaroni, even for fifty minutes.

CROCHETED AND ON SILK



Many of the handbags used this year are made of very fine tricolette, and the beads are appliqued on the silk to simulate the more expensive handcrocheted ones. In the picture today you have your choice of the hand croched beaded in steel bag or the tricolette one with bead trimming



INCHES FROM

The Golden-Plated Rule By Lillian Paschal Day

In time he forgave me. But he wouldn't go again. As a boy I leved animals. I had a little Chow dog. He grew too big to drag. It was a year later. he hot day I went swimming alone. I'd been cating green apples. Of course I got a cramp, One gurgle and down I went. How Chub heard I don't know. He was rabbit-hunting, I guess. Anyway, he tore out of the orchard Raced down to the swimming hole. I had sunk and come up twice. Chub gave a woof, and plunged in. He paddled for dear life—mine. He tried to grab me and couldn't. I was naked, wet and slippery. But I grabbed him. His thick hair I could clutch Then I got my arm over his neck. Together we made the bank There I keeled over on the grass. He licked my face and hands.
I sat up finally, and blubbered:
"O Chub! Forgive me, ol Pal!
I'll never make you swim again!"
That dog laughed in my face. But dry scenery for his. Once I tried to make him go. His tail wagged, his eyes talked. And he said, plain as day: "Sure, I forgive you, Master! It's good you threw me in one Else I couldn't have saved you. We're both Golden Rulers. We're put in each other's place!"

Isn't it odd? Some folks believe in folepathy. Others don't-but dogs d

CARELESS HEARTS

By HAZEL DEYO BATCHELOR Congright, 1920, by Public Ledger Co.

Diana and Julian Louy, after three neurs of married life, decide that they have mixed conjething big in life. They blame it on the fact that their han been the result of a from the world Inlian moves in. Al first their new freedom scems strange, but their new freedom scems strange, but theires of both, bringing plenty of interest ned experience with different types, but not romance. Constance Loving is the last woman Julian has met, a type of freed from any other he has encountered thus far.

M most Julian was not aware of the. He was lattered by the fact that Con-

The Question Corner

What new mending substance is indispensable for campers, or for those who have canvas curtainsleeping porch? In making an apron, how can patching material be provided that will fade in harmony with

cest of the apron? What attractive floor covering for the dollhouse kitchen can be bought at the five and ten cent

What is "Rubiacloth"?

A glass container for ice is a help in making lemonade as it cools without dibuting.
If fudge that is being made to send away is poured into a tin box to root, and is mailed uncut, it will not break in passage. The hest thing to use for bowls

room electric lamp can be made on a wire frame with a flat top. fastening brocaded ribbon that around the edge and gathering it into the center of the top. A rubber finger tip is a good pro-tection for the under finger in

cracheting or doing needlework in which the finger is apt to be full-gathered crown of a silk hat that is out of season can be made into the lower part of a handbag that needs renovating, if used upside down.

stance called him up at his office, wayhaid him whenever she could and roped him into engagements with her. Until then he genuinely like her. She was a cood commanion, she was attractive looking, she had charm, and she knew how to make herself agreeable.

Then one day Hortense said laughingly, "Has Constance taken you in

Julian laughed, "What do you mean?"

inflows when Julian left her at her lifteen minutes later.

In at last, he halled a taxi and to his club, his brain in a wairt large, he had known he must meet some time, be had known that is smewhere in the city. But now had seen her he curiously was tieffed, he wanted to know more what he was doing. What a footback is was doing. been to let old Wheelock have his Diana's independence she was looking well, wer well he reflected as he visual

When the Stove Gets Rusty

Sometimes the stove gets rusty, and show rust after cooking on it would only serve to scratch the stove

Please Tell Me What to Do

By CYNTHIA

To "A Pal in Want"

Obey Your Father

A LOVER OF DANCING.

If you are fifteen years old your dresses should be made much longer than to your knees. Tell your father you love to dance and wish he would send you to school to learn how, but if he will not, do not tease. Learn to submit and obey now. Problems are always better met later in life, when one has learned self-control in young girlhood.

Writes to "Two Cloudbursts"

Dear Cynthis—I saw a piece by "Two Cloudbursts," and would say those two girls have been unlucky in the kind of fellows they have met. But I wish to let those two girls know that there are good men in this world as well as the corner lizards, and I admire them for speaking their minds about the street sorner lizard to a friend, as I always thought girls did not like them, but only prefer their company because they are the coasiest kind to the coasiest they are

Wants to Visit Cousin

Which Shall She Take?

They Do Not Appreciate Him

MISS P. C. M.

A LOVER OF DANCING.

Cynthia is sorry, but she cannot bring bout introductions to column readers or Dear Cynthia—I am a young girl of fifteen summers. I wear my hair "bobbed" and my dresses up to my knees. I love fancy dancing and could do it very well. I would love to go to dancing school, but my father does not approve. How could I persuade him to let me go? What shall I tell him?

A letter of condolence should be prompt, sympathetic, and as consoling as the writer can make it. When the bereaved one and the condoling friend belong to the same church, or even if they have but a general belief in a state of future beatitude, it is possible, without any effect of sermonizing, to dwell on the immortality of the spirit rather than upon the mortality of the body. In any case, a letter of condolence should not tend to renew grief by undue emphasis of the loss sustained.

When the correspondent is not an intimate friend, a brief and formal expression of sympathy is sufficient.

The Woman's Exchange

Is This Costume Suitable?

To "A. W. P."

thought girls did not like them, but only prefer their company because they are the easiest kind to find. And the poor fellow who is afraid to say too much to a girl for fear of making a mistake often has to look on when he is the most lonesome in the world and is able and willing to show a girl a good time in a gentlemanly way.

WILKES-BARRE We have two good offers for a tem-porary home for your ceille chum. Com-nunicate with Editor of Woman's Page.

o the Editor of Woman's Page: Dear Madam-Please tell me

Dear Cynthia—I am a young girl about twenty years old. I have a second cousin in another town I have never seen. My mother has not seen his father for about eighteen years. My second cousin is about my age. I received several letters from him asking me to go and visit them. Now, I've got a letter that I must come for the holidays, and he won't take no for an answer. I would like to go, but it takes twenty-four hours to get there, and I have never been to another town and my parents will not allow me to go. Cynthia, please advise me what to do, as I have heard from other people that brown tyrol wool sports suit, brown turned-up satin hat and flat-heeled brown brogue oxfords are correct or suitable for wear on the golf links. Thanking you for the information, I am ONE WHO WOULD LIKE TO KNOW. Not only suitable, but in very good to the Editor of Woman's Page: Dear Madam—Will you please give me the address of the Philadelphia Woman's Exchange? What kind of things may be sent there for sale? Is that the best place for a woman to send what she may have for sale? What is

Cynthia, please advise me what to do, as I have heard from other people that he is a very nice boy, and I would like to meet him TWO BLUE EYES.

As your parents do not want you to go you should accede to their wishes. Why not have them invite the cousin on here for the holidays? Possibly after your parents get to know him they will be willing to have you visit his family. charged for selling the articles?
MIRIAM C. The Woman's Exchange of Philadel-thia is at 114 South Seventeenth street. They will answer your questions there.

Dear Madam—Please give me Cyn-nia's address. M. A. D. thia's address. M. A. D.
Write to Cynthia, care of EVENING
PUBLIC LEDGER.

Wants Fur Store

Which Shall She Take?

Dear Cynthia—I am puzzled. I have two gentlemen friends and both are nice, especially Howard. When he marries he has a home already for his bride. And Charles says that he will get a home for his bride. Now, I am very puzzled about this matter. Both earn good wages, and I know both will be very nice to their brides, because I have known them both the same, although H, said to me that he has been watching for me since I was a tot. But I am quite sure that both are true men and very respectable, so I can marry either one of them, so will you please tell me what to do? And regarding the months is like to get married in. April, June, September or January. So, dear Cynthia, I hope that I do not take too much of your time up.

MISS P. C. M. Editor of Woman's Page: Dear Madam—Will you kindly inform me through your paper, if possible, the best store in which to purchase any kind of separate fur collars and cuffs to be used on a coat (ladles')? The department stores have thru, but I would like to obtain the name of a good furier, if possible. STACY M. I. We cannot recommend any special store, but you will find any number of teliable places on the principal shopping streets in the city.

Gift for Baby Dear Madam—Will you please suggest something to give to a baby? Is it proper to give it something at birth? As you do not seem to love either you had better wait a while and see which one you care most for. Homes and good wages are great helps to happy married life, but unless love is there it is better not to marry.

Something to give to a baby? proper to give it something all Or rather to the mother? Will y gost some odd names for a boy married life, but unless love is there it is better not to marry.

A pair of crocheted socks; a string doll, a pair of leather bootees, a dainty

doll, a pair of leather beotees, a dainty long dress, a coach pillow, a coach afghan, a bathing blanket, a little embrotlered sack.

It is very nice to send the mother a present for her little baby when you hear of its birth.

For a boy, Giles, Emil, Eldred, Cyril, and for a girl, Ottille, Sidney, Gladys, and for a girl, Ottille, Sidney, Gladys. Charmion, Muriel or Millicent.

Making More Money

They Do Not Appreciate Him

D'ar Cynthia—I am a young man
twenty-four years of age, centeldered by
many to be good-looking. I admit I
have not the faculty for entermining the
fair sex, because I can not be uncatural in order to attract attention, but
I feel that I am a g-niteman. I have
all the small habits, but none of the
hig ones, and possess a nature that is
quiet, and I think, industrious. My
working hours for the last nine years
have been from 3 p. m. till 11 p. m.
which gives me little time for p reonal
nmusement, except on Sunday, but, I'vn.
thia, I would greatly like to know why The Woman Who Started at Sixty

working hours for the last nine years have been from 3 p. m. till 11 p. m. which gives me little time for personal annusement, except on Sunday, but, Cynthia. I would greatly like to know why the girls I meet demand the fellows who are amusing and entertaining, ye and talkative, even to the point of rank insincertly, while I, who am (rightfully or wrongly, I don't really know) dubbed a wall-flower, must always go home alone on occasions, when I have been invited to parties, where there were not enough fellows to escort all the ladies individually, yet several young ladies would prefer the society of one social Beau Brummell. The fact that I am industrious, home-laying and affectionate, making more money than some of my friends who are now keeping homes, seems to have no influence in my favor, for I have never had a girl.

Wait until you meet the right girl and then you will be glad you have not found favor with the others.

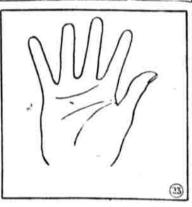
Waste to Help Earn Masse.

Her capital being very limited and the success of the venture by no means assured, the "mother of the rips offices, carried gallons of water from the klitchen faucet ato the back posei and worked from 5 o'clock in the morning until late at night. The first batch of the late at night. The first batch of the sew product was sent to a grocer in sew product was sent to a grocer in some faucet and we trotted behind.

Soon they came to another steep slope, and down this the animals slid, but this late at night. The first batch of the new product was sent to a grocer in Oskland. Calif., and soid so rapidly that orders were immediately placed for more. Before long, Mrs. Ehrmann found herself so rushed that she was forced to hire help, but, up to the time that she was seventy-six, continued personally to superintend the brand-new business into which she had been launched at sixty.

Monday-Art in a Hospital

Your Soul's in Your Hand



HIGH-SET THUMB When the thumb, bent as far away from the side of the hand as pos-sible, juts out more than half the distance between the wrist and the fingers and forms an acute angle,

XXIII

that the monkey's thumb never stands out far from the side of the paw.

Now there are some human thumbs which resemble the monkey thumb in regard to being set high on the hand and incapable of flaring wide from the side of the hand. They denote a lower grade of intelligence and less adaptability than when the thumbs are set low, near the wrist.

Persons with this high setting of the thumb may be shrewd and bright, but they lack the real human depth of intellect which is so essential a part of character.

Even monkeys, you will find, possing-them they have been monkeys, you will find, possing-them they have been monkeys, you will find, possing-them they lack the real humb and less high-set, in proportion as they beoing to more and more intelligent species.

(Te be centinued)

Even monkeys thumb in the pointed cap that had turned seem strange beasts.

The strange of the paw.

Now there are some human thumbs with the body and begin to the Little Wizard. "You are Flilly, while they large tucks with hot iron; and have any the pointed cap that had turned a bim into the Little Wizard, while the bears and the puppy cast aside the rompers and the masks that had made them seem strange beasts.

"Why did you fool me?" asked Peggy.

"Because we are on the way to Bearland, and we didn't want any menagerie keepers to capture Pudgie and Podgie." answered Billy. "We thougst we could travel safer in disguise, but now that we are in the land of surprising things by creasing the lines and close to Bearland, we are not in bot fron also.—Modern Priscilla.

HAVE WE ALL FORGOTTEN THERE ARE WOUNDED MEN

It Is Something of a Shock to Come Upon Them Suddenly and Remember That They Are Still in the Hospital

IT WAS a glorious afternoon, and the another limped badly when he was us-

The road wound around farmhouses The going was smooth and comfortable in the big touring car and the breeze was cool in spite of the brilliant in the war!

breeze was cool in spite of the brilliant sun.

There were people sitting on the porch of the white country club that the road went past, and energetic girls and men playing tennis.

In the war!

Had we forgotten them?

For most of us the war is just a bad dream that we have had and recovered from.

"Thank heaven that's over!"

there against the background of smooth, rolling green with a white-clad figure here and a blue sweater there for con-

A picture of ease, of comfort, of hap-piness, of care-free, healthy light-

other side there was a group in khaki.

They were healthy, brown, looking young things, with that and woods, past country estates and open fields dotted with wild flowers.

men playing tennis.

Down the road a little distance the golf course started, and a girl in a tan sweater was just about to drive.

Thank heaven that's over!" we have said, putting away our long aprons and our head-dresses.

And we have forgotten all shows weater was just about to drive.

And we have forgotten all about those boys who are still wearing their It doesn't seem quite fair to put then

piness, of care-free, healthy lightheartedness.

THE road turned another curve and brought to view another picture.
There were more trees here and a little stream curled merrily along through the meadow.

A Red Cross ambulance was drawn up at one side of the road, and at the other side there was a group in khaki.

THEY'RE bappy, they're as comfortable as they can be anywhere, they don't want to be petted, or pitied

Two Minutes of Optimism By HERMAN J. STICH

One Way Up

HOW'D you do it?" somebody asked the other day of Charles W. Bake, president of the American Zinc Co., who thirty years ago was an underpaid, overworked "stenog" who "punched keys" in the busy office of a Clere-

unusually gifted executive-but simply of a conscientious chap of whom there should be many in every office and workshop in our land and for whom Dame Fortune will always reserve a tender corner in her large heart.

This is how he got his start. One freezing day some thirty years ago, Charles M. Schwab, then manager the Homestead Mills, had to go to Cleveland to see about some plates. He telegraphed he would arrive at 6 o'clock in the morning, but instead of oing to the office, Mr. Schwab went straight to the plant,

But Baker felt somebody ought to be on hand to meet and greet the "Big Chief," to answer questions, to show him 'round. So he was there. The only man there.

morning-when he didn't have to.

he got to the office. "When a chance turns up, give it to him." Soon the chance turned up. It always does.

Still later, he was made general agent of the shole Caracgie Co. And after a time, Mr. Schwab made bim a partner,

Today, Charles W. Baker is president of the American Zine Co., probably greatest international corporation of its kind in the world.

DREAMLAND

LAND OF SURPRISES

DEGGY was glad to be rescued from the cleft into which she had fallen from the back of the wild goat. She was vlad, also, to be with the Little Wigard Woggle, Boggle and Wee, Surprises had wogge, bogge and wee. Surprises and come so swiftly to her in the land of surprising things that she felt all topay-turvy, and it made her feel rafer to be with some one she knew.

The Little Wizard waved his stick at Peggy and recited one of his odd thymes.

experiment of preserving the ripe olives, and used her back porch as a pickling plant.

Her capital being very limited and the success of the venture by no means as:

"Hop on old Weggle's back, fair child; You'll find him tame instead of wild; We'll take you where a feast awaits.

The best in all these free estates."

edge of a wonderful berry patch where grew blackberries, dewberries and blue-berries. This was the east promised by the Littl- Wizard. He waved his stick

wish."

There was something else Peggy did wanted. Which brings me to real point of this adventure. I be a support of the supp

There were Billy, Pudgie Bear, Podgie Here is an interesting sign

Pupkins sitting in half circle and grinning at her in the folliest sort of way. The Little Wigard and the masked animals had vanished. breakable watch crystals, 75 cents—
and the marked animals had vanished,
"ch, oh, but I'm glad to see you?"
on your watch while you wait,
cried Peggy to her friends, "but whire
are the Little Wizard and the masked
animals? They have been good to me,
and i like them."

breakable watch crystals, 75 cents—
and would he with the will protect the face seems of the crystals.

key word on the wrist, I figure that will protect the face seems of the will protect the will protect the face seems of the will protect the face seems of the will protect the will protect the will protect the will protect the face seems of the will protect the "Look! Look!" shouted Billy, point-

"Look! Look!" shouted Billy, pointing to the sky. Peggy looked, thinking she might see the Little Wizard and the masked animals flying away. So many upprising things were happening in the land of surprising things that it would pearcely have surprised her to see them turned into birds. But there was nothing in the sky except the sun. After looking all around Peggy turned back to her friends, and now she was astonished—Billy and the bears and Toddie Pupkins were gone, but in their places were the Little Wizard and Woggle. Boggle and Wee. Peggy stared at them in astonishment. She certainly was sur-When you next go to the Zoological Garden be sure to take a look at a monkey's paw. You will note that its thumb is not only extremely small and frail looking, but that it is set high on the paw, very much more remote from its wrist than is the thumb of man from his wrist. You will likewise find that the monkey's thumb never stands out far from the side of the paw.

o far out of our minds, We don't like sentiment, and we know they're being well taken care of anyhow; there isn't anything we could

They were wounded men from a hospital with their nurses.

Some of them were still playing, one catching with his left, hand, the right held carefully out of the way, while

land steel mill. Baker doesn't know-at least he's too modest to say Unlike most of us, men of Baker's stamp when asked to talk about them.

selves develop a temporarily incurable attack of vocal paralysis. But this is the story I got from a friend of his-a story simple enough and inspiring aplenty. For Baker's is the story not of an extraordinarily talented man, not of a

Baker climbed because he took his life and his work seriously. He was always on the job.

There be found young Baker waiting. It was no part of Baker's duty to be at the works-he was an office man,

Mr. Schwab, who has an irremediable weakness for honest-to-goodness orkers, rubbed his eyes, then carefully sized up the young fellow who liked the steel business enough to fall out of bed around 5 o'clock of an ley mid-winter's

"That fellow Baker is in carnest." he said to the mill superintendent when

Baker was made secretary to the superintendent Later, he became his assistant,

Baker got his start by being on the job

ADVENTURES

CHAPTER VI The Best Surprise

This was the 'east promised by ti- Wizard. He waved his stick

Turn your back, shut your eyes, And you'll get a surprise,"
shouted the Little Wizard Peggy turned her back and shut her eye, but she opened them quickly and flew around quickly when she heard voices calling: "Surprise! Surprise on Peggy!"

Note that you'll get a surprise and quality, so far as I could se are needing a skirt, or wor make one of those fetching for Christmas, here is your quality, when she heard voices calling: "Surprise! Surprise on Peggy!"

so much danger, and can travel as our "But we will take our disguises with us to use if we meet any hunters, growled Pudgle and Podgle, while Toddle Pudgle and Podgle, while Toddle Punking frolleked toyonsty around ggy's feet. Then there was a jolly reunion, and

they feasted on the berries before going on into Bearland to hunt for the rela-tives of Pudgie Bear and Podgie Bar.

Adventures With a Purse THE way of it was this: I happen to L possess a brown velour skirt at which I am very fond, And I find myself confronted with the problem of what to wear with it in the way of a coat. It is here that Dorothea's New Englander's practical way of looking at things came to my rescue. "The thing to do." she asserted very positive ly, "is to have a brown cordurey sports coat made to wear with it." Which is a very logical conclusion. So it was that I started out in search of

cordurey. And to my amazement f found that cordurey, in the shop at which I inquired, is \$3.00 and \$3.75 a yard, for 27-inch infterial, I seemed very foolish to pay that much the Latti wights toward it and sang a song colorly need about jacket, and, so, having entitle gobble, gobble, you don't need by rare fits of carefulness and by rare fits of carefulness and for the material for just a little know 1 wanted. gave a loud cry, and the beasts gave a a yard-almost half the cost of other, and with no difference quality, so far as I could see. If you are needing a skirt, or would like a make one of those fetching bathrebs

> caught my attention, and I will reper it to you for what it is worth-breakable watch crystals, 75 centsa crystal that will protect the far the the watch, and that will not shatte no matter how rough the wear.

Only look sharp, for

While I was looking about the est duray. I ran across another dress good bargain—soft silky Japanese page. 22 to be a bargain for \$1.20 a yard To 32 inches wide, for \$1.30 a yard pougee makes pretty little blouses, as cool comfortable frocks, and certain

Have You Ever Thought tof Doing This Basting and afterward no

Lamb Stew, Potple Style New Potators - Vresh Pens Cucumber and New Onion SubSubstitute Pudding Coffee



Camden, N. J. MENU Baked Meat Loaf Gra-Riced Potatoes Stuffed Baked Tomatoes Colesiaw Bread Butter Iced Tea With Lemon Apple Snow Pudding SALES SLIP nd of round steak

T. Parkinson,



l'ea and lemon Sugar Mrs. J. Martin. 2251 Germantown Avenue

MENU

Baked Ment Lonf With Baked Polators

Menu Contest Honor List

Succetash Lettuce and Tomutoes With French Dressing Bread Butter Watermelan SALES SLIT Meat ofer loaf) orn (four ears) Quart of lima beans Bread and butter



A novel sleeve is sufficient unto itself to make a frock or blouse distinctive! When cutting the sleeves of a kimono blouse leave long strips, as my diagram indicates. Face these with the same material or material of a contrasting color. Make a long buttonhole in the back section of each sleeve. Pass one end of the tie through the buttonhole and with the other end tie a bow.

A very piquant touch is given to the sleeves.

He looked like a bear cub Intelligence shone in his eyes.

You could almost watch him think. We were close pals. He could actually read my thoughts, Sometimes they can, you know, Telepathy's queer business. Thoughts can be transferred. Then why not to animals? 'Ask the man who owns one.' Chub hated the water. I liked the old swimming hole That was our only quarrel. I'd head for the river—he'd hide How'd he know where I was going? Search me. I had said no word. I would try going another way. Chub wouldn't stir a step. He saw "swim" in my eye. Yet he loved to go for a run.

He rolled on his back. His paws implored mercy He dragged back and whimpered: I threw him in the water. You must learn to swim!" I said.

"I'ut yourself in my place!" He scrambled out somehow. Shivering, he ran for the barn. He stayed under it all day.

Julian Meets Diana

IF JULIAN had looked back over his life since his separation from Diana might have smiled to himself, and ted it a Kudingesque kind of an ex-

Today's Inquiries When the rubber piece of a patent doorstop for the swinging door wears out, what can be substi-

How should a fine strainer be Yesterday's Answers

and vases in decorating for a church fair is heavy kindergarten paper in a uniform color, covering buckets and jars with it when necessary. A pretty lamp shade for the bed-

(To be continued)

And do you call it a square dealing To rob you of your charm? Have you no deeper inner feeling; Can you not see the harm? matter how often it is blacked it ometimes a little sugar mixed in with the blacking will help to keep the black laster on the stove. If this does not do, rub the rust off with sand paner. A gentle, even rubbing will remove the rust and an amplication of blacking will

We Have Another Poetess

To Miss Twenty-One:

If all true women the Set up an anti-fight.

Ah, harken to sweet womanhood

Then one day Hortense said laughtow.

Has Constance taken you in Julian laughed, "What do you mean?"

Other a way she has, and generally she pretends to have ideas which she is a man and a sind grain to the symmetry with at all. In your distraction of a game with if Shi pretends to have ideas which she greatends to have ideas which she is a man and a mit it transport to the from the nor was disease. Julian have idea to the from the nor was distracted on any she ere helic of hers, he would laught a little. At first this plqued and augendates which was sure was not based on any she ere helic of hers, he would laught a little. At first this plqued and augendates which are allowed and any shore which are early natural and likable. It was then that she began and then was eseing through her she was earned the was the that she began and the was eseing through her she was earned the was the that she began and the was the shore and then was eseing through her she was earned to have a man and a strict for the was the that she began and she was laughing the latter of the one else and she was laughing to the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the one else and she was laughing the latter of the latter

Julian said with a crist dismissal crater on a sewing machine and have subject. But he was conscious one at home.

First that he wanted to get rid to be plone. With a woman's inthe papers for sewing which you could be papers. Why not advertise in the columns of the papers for sewing which you could do at home? Don't undertake too Constance knew this, too, and prious when Julian left her at her Dear Cynthin-Will you please print this for Miss Twenty-One? Thank you. Tis true the world is upside down, And never will be right Till all true women the country round

> And hear her gentle voice. Which stands for all upright and good. Have you no pride for her dear sake? Why crave you so to mix The male and femule sex and take A hand in politics?

You'll find that it will prove quite fatal;
What will the world become?
You'll find the hand that rocks the
cradle
Had better watch the home. this carefully, as rough handling id only serve to scratch the stove, entle, even rubbing will remove the and an amplication of blacking will

That clinging suffrage lure. MISS ANTI-SUFFRAGIST