

MRS. WILSON TELLS HOW TO PREVENT WASTE FOOD

Leftovers May Be Used in Various Ways to Help Out Dishes Being Prepared—Even Stale Bread Is Useful

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- 1. Purchasing food and allowing it to spoil in the home. 2. Waste by careless paring and trimming. 3. Poor or careless cooking, thus spoiling the food.

Do you know that when making cereal, if you will rub the bottom of a good kettle with shortening, and then proceed to make the cereal the cooked cereal will not stick to the bottom of the kettle?

- Do not throw away the leftover breakfast cereal; just add it to the cup or in the batter of muffins, griddle cakes or waffles and note the improved flavor. If milk sours, do not throw it away; it may be slowly heated, until blood warm, about 100 degrees Fahrenheit, and then poured into a sieve of wire cloth which has been lined with a piece of cheesecloth, and thus make cottage cheese, which can be utilized for lunch-box sandwiches or as an appetizer for dinner.

THE PRIZE MENU CONTEST

Offers three prizes each week for the best dinner menu submitted for four people. It must not cost more than \$1.50.

- \$2.50 The prize for the best menu. \$1 The prize for the runner-up. \$1 The prize for the third place.

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.

- Cereal and Nut Sausages. One quart of water. One-half glass of peanut butter. One-half cup of finely chopped onions. One-half cup of finely chopped parsley.

Place in mixing bowl and then stir to thoroughly mix the cereals, and then add to the mixture the boiling stock. Heat to a boil until very thick. Rise a loaf-shaped pan with cold water and then drain and turn in the mixture.

- Heat to the boiling point and then cook until very thick. Rise a loaf-shaped pan with cold water and then drain and turn in the mixture. Heat to the boiling point and then cook until very thick.

Menu Contest Honor List

Table with columns for item name and price. Items include Sugar, nutmeg and rice, Corned beef, Salad dressing, Seasoning, etc.

MRS. WILSON'S ANSWERS

Dear Mrs. Wilson—Will you kindly publish among your queries a formula for making oatmeal bread without wheat flour, also rice bread without wheat flour?

THEY'LL DRESS IT UP



Photos by Central News Service.

How does that serge dress look, now that you've got it out again for fall? If it seems just a bit shabby try the effect of a collar and cuff set, in which the collar is made like a gilet. This one is unusually attractive.

CARELESS HEARTS

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Please Tell Me What to Do

Dear Cynthia—I have been reading your column for quite a while and I thought you would like to know that I am a girl nineteen years of age. I have been keeping company with a young man of twenty-one for some time now.

Dear Cynthia—I am coming to you for a little advice. I am a young man and have been somewhat worried the last few days.

Dear Cynthia—I have been reading your column for quite a while and I thought you would like to know that I am a girl nineteen years of age.

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I'VE SEEN SO MANY SHOWS THAT THEY ALL SEEM ALIKE

Remarks the Person Who Doesn't Want to Appear Too Enthusiastic for Fear of Being Thought Unsympathetic—It's Easily Seen Through

THEY had been to the first show of the season. "How was it?" asked some of their friends.

"Oh, pretty good; I've seen better. But then, it's just what I've seen before," she said with the indifferent reply.

And so their friends risked it, and went to see the show for themselves. They thought it was splendid.

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The Woman's Exchange

Concerning Dog for Mrs. H. C. F. To the Editor of Woman's Page: To Miss Louise F.—Mrs. H. C. F. has received a number of offers of a dog and is quite undecided by this time.

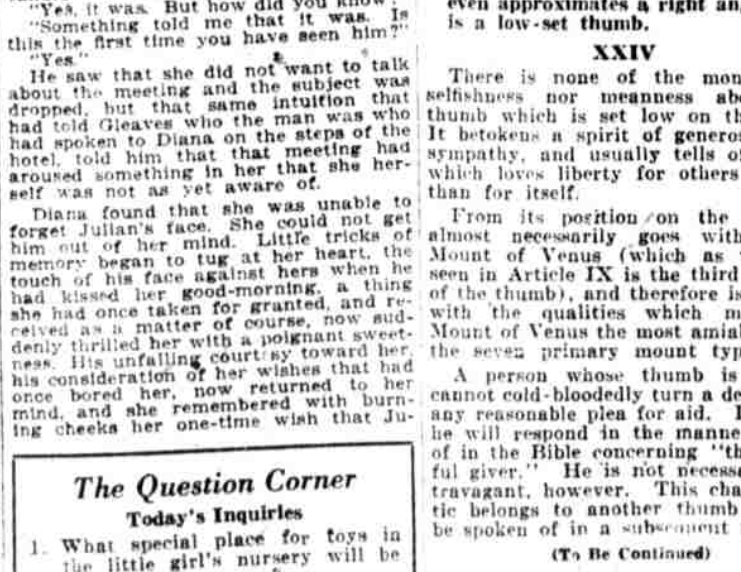
Would Be Rid of Roaches To the Editor of Woman's Page: Dear Madam—Can you suggest a remedy for black roaches? I have tried many things and have not succeeded.

Who Wants These Kittens? To the Editor of Woman's Page: Dear Madam—I am about to remove from this city to New York City. I have two kittens, six months old.

Suggestions for Block Party To the Editor of Woman's Page: Dear Madam—Can you give me any good suggestions on how to raise funds at a block party?

Advantages With a Purse MY EXPERIENCE has been that an invisible purse is a real convenience. It is a small, rectangular bag with a flap that folds over the top.

Making More Money By Making Children Comfortable Mrs. Esther Lerner, of Pittsburgh, wasn't thinking about money when she began to make baby clothes.



Your Soul's in Your Hand

When the thumb, held out from the side of the hand, is nearer to the wrist than to the fingers and forms a right or obtuse angle or even approximates a right angle, it is a low-set thumb.

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The Question Corner Today's Inquiries 1. What special place for toys in the little girl's nursery will be useful in later years, easily carried and convenient, easily carried and used to flatten them out.

Advertisement for 'The Blum Store' featuring 'Opening' and 'Autumn 1920'. The store is located at 1310 Chestnut Street. It is advertising 'Tomorrow' and 'Presenting' various fashions including 'DAYTIME & EVENING FROCKS', 'FURS', 'WRAPS', 'SUITS', 'BLOUSES', and 'HATS'. It also advertises 'CANTILEVER SHOES' and 'CANTILEVER SHOE SHOP'.

CANTILEVER SHOE SHOP 1300 Walnut Street Over Cunard Office ROOMS WANTED