

MRS. WILSON GIVES RULES FOR PLANNING OF MEALS

Flavor, Form Combinations and Attractiveness of Food Are All Important Considerations—A Sample Menu

By MRS. M. A. WILSON. Copyright, 1920, by M. A. Wilson. All rights reserved. MODERN conditions today tend to rob the family of the real love of home and of good, substantial cooking.

THE PRIZE MENU CONTEST will announce three prize winners on Monday. \$2.50 is offered for the best \$1.50 dinner for four people planned and sent in each week.

Madame of the twentieth century, you are missing the most valuable and exquisite pleasure of life. Gone are the days when the real housewife prided herself on her ability for cake making.

impaired and slow, then illness and perhaps death surely result. Carbohydrate or starches and sugars, with the fats are utilized for energy and bodily heat.

It matters not if she is a social leader, if she fails to keep the home happy, clean and tidy and to give the family good, wholesome, home-cooked food, she fails in her duty as a true woman, and fraudulently evades her part of the contract.

Meal for Four People. Now let us consider a meal for four persons for \$1.50. In 1913 I had a class of housewives working in the children's hospital where the percentage of malnutrition among children was very high.

Cooking is a Fine Art. Among the many fine arts of the kitchen, the art of cooking is perhaps the most various foods to build bodies and keep them in fine physical condition, is an art indeed.

Successful planning means: First, Flavor. Second, Form. Third, Contrast between courses. Fourth, Agreeable combinations. Fifth, Attractiveness of form. Sixth, Attractiveness.

Physicians advise that food is a contributory factor to the trouble, for if you stop to realize it we are only as physically fit as the food we put into our bodies; hence if the food is of poor quality, it is bound to cause or over-rich in elements that cause the kidneys and liver to become

And then how would I prepare it? Wipe the meat and then roll in flour and brown quickly in frying pan. Then place in a deep saucepan and add onions and carrot, cut in slices, and five cups of water. Bring to a boil and then place on the simmering burner and cook slowly for three hours.

Menu Contest Honor List. Miss Anna A. Doughan 514 North Thirty-ninth Street. Miss Margaret Kilkenny (Sixteen Years Old) 1322 Jerome Street.

Mrs. T. McGee 2533 Jasper Street. Stewed tomatoes, Mashed potatoes, Baked Peas, Bread and butter, Coffee, Milk, Sugar, Flour, Shortening, coffee, seasoning.

Things You'll Love to Make. Handy Purse Pin Cushion. Another simple, inexpensive, but sweet little Christmas gift is this handy purse pin cushion.

A Noted Woman. Two decorative bronze lamps are to be erected at the entrance of the Indianapolis Art Institute as a memorial to a noted leader in the cause of women.

BANDED WITH FUR



The novel front panel of this attractive frock of Rosanara crepe is banded in mole. The same fur finishes the round neck and the short kimono sleeves.

A silk cord forms the girdle. If the real fur is beyond your pocketbook, you know, you can get an imitation fur trimming that looks just like baby lamb and gives a very distinctive touch to the dress.

INCHES FROM THE GOLDEN-PLATED RULE

Cold Baths. Part way down the elevator stucky. Layover fumed, tired, mad, hungry. He'd had a "center." No one heard. Every one gone—they were too high.

CARELESS HEARTS

A Future Stepdaurer. Diana and Julian long thought they were right in separating. They had been married for a long time before that they had known each other well, and marriage brought little in the way of surprise.

The Question Corner. Today's Inquiries. 1. When a young man is walking with a young girl, should he take her arm? 2. What kind of shoes should be worn with a silk afternoon gown?

Yesterday's Answers. 1. The latest in motor veils is a combination of chiffon and the chiffon falling from the back of the hat. 2. Sprinkle common salt on the shelves of the closets and under the edge of the carpets and rugs.

PLEASE TELL ME WHAT TO DO. Anonymous Letters. Unnamed letters will not be published or answered in the Cynthia column. "Pro Bono Publico" You will find that one of your letters with comments on other writers has been already published.

JANE ALWAYS REMEMBERS JUST WHAT HE HAS FORGOTTEN

If a Telephone Number, a Place or a Name Slips Out of His Memory, He Just Refers to His Human Memorandum Book

HE STARTED toward the telephone to make a long-distance call. "What was that number, Jane?" he asked his wife. "2163," she replied, for the third time. It took him some time to get the operator, and he summed up what he was going to say.

Two Minutes of Optimism

"Some day he may be President!" For almost 150 years it has been the proud boast of America that almost any one of its mothers could confide this vision about her son, with an even chance against every other mother's son of its realization.

Still One and Inseparable

Both are modest, both are democratic, both are thoroughbred gentlemen. When Senator Harding heard of Governor Cox's nomination, he wired him: "I recall a much-remembered cartoon which portrayed you and me as newspaper boys and a fellow publisher. It seems to have been prophetic. As a Ohioan and fellow publisher, I congratulate you on your notable victory."

The Woman's Exchange

Get all of fisherries from the drug store and mix this with equal parts of alcohol or anything else that the druggist can suggest as a substitute, and then heat it to the boiling point.

Your Soul's in Your Hand

Flexible Saturnian Hand. The fingers bend backward, showing that the flexibility of the mind, correspondingly, is very high. It makes its possessor a cheerful philosopher. The big middle finger and longest at its base indicate the Saturnian.

SHOP WITH STORE ORDERS

That Anything from the leading hairdressers, wig makers, and hair stylists can be ordered. A Beautiful Hair is Adored. "Better Than the Electric Needle" or depilatories. Write a physician about NU-ART. And besides being a Permanent remedy for itching scalp, it removes all the hair absolutely. One application kills the roots. A second application kills the hair. A third application kills the hair. A fourth application kills the hair. A fifth application kills the hair. A sixth application kills the hair. A seventh application kills the hair. An eighth application kills the hair. A ninth application kills the hair. A tenth application kills the hair.