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

By MRS. M. A. WILSON

MODERN conditions today tend to Trob the family of the real love of ome and of good, substantial cooking. The housewife is quite anxious to avoid duties which she considers tiresome and laborious, but she is most willing to deck herself out in clothing so sheer one does not need to imagine how many bones she has; they are all eviently on display, as it were.

Our good, stanch, dependable mothers nation are following the styles set by the grisettes of Paris. Ye shades of night, how the dear colonial dames of yesteryear would blush; they whose faces beamed with happiness and pride an they directed daughter Polly to set the sponge in the evening for the morrow's bread making; she who gave a hand in turning the cloth in the dycing vat, while directing Billie about the tity of water to put in the bleaching tub.

Madame of the twentieth century, you are missing the most valuable and exquisite pleasure of life. Gone are herself on her ability for cake making. Today she prefers cakes which come

Yet it is me-cooked foods that the actual foundations of our great nation depend for Well-known investigators claim this meal. that with the waning of the love of home duties the mills of divorce courts begin to grind out their enormous grist.

actual work in the home-and not her table, either potatoes, rice, hominy

It matters not if she is a social leader, if she fails to keep the home happy, clean and tidy and to give the y good, wholesome, home cooked she falls in her duty as a true woman, and fraudulently evades her

Cooking Is a Fine Art Among the many fine arts of the na-

purse today this art can be made very the modern appliances and methof today in an intelligent manner. All the simple dignity of labor, if put into the food, will enrich the family a hundredfold. It will give them a certain power that they will be unable to obtain in any other way. Soclety at large is a weak nondescript thing without the real home behind it. Quite recently, during a series of lecthe fact that presented itself to me most plainly was the physical breakdown of the sedentary workingman from -three to fifty years of age. Someimes the doctor will call it intestinal or kidneys or heart; but whichever it may be the trouble starts with a digestive one-half pound of macaroni. of more or less physical suffering. The patients sometimes show a jaundiced Lettuce condition, others have an ashen-gray Two apples pallor with bleary eyes that denote se- One banana second attack. Perhaps in six months

anced or ever-rich in elements that and then reserve one cup of the broth cause the kidneys and liver to become for making the brown gravy.

THE PRIZE MENU CONTEST will announce three prize winners

\$2.50 Is Offered

for the best \$1.50 dinner for four people planned and sent in each week The two next best menus win \$1 each.

Give your full name and correct address on the menu. Also the date of sending it. The foods suggested must be staples and in season. Send a sales slip, too, which will give the cost of all materials used. Address all menus to

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

mpaired and slow, then illness and per Carbohydrates, or starches and sugars with the fats are utilized for energy and

bodily heat. The meal must also have the bulky material and mineral salts and also that vital living element which is known as vitamine, or fat soluble A, and water,

These food elements may be distribits mandhood and womanhood. It is this uted throughout the entire meal, and love of and for the home that mellows this will enable one to have variety so the tie that binds between man and that there will be no two foods alike in

Successful planning means: First Flavor

Third. Contrast between courses Fourth. Agreeable combinations. Fifth. Fixture and form. Sixth. Attractiveness.

Now if the housewife will plan an appetizer—this may be a soup, cocktion of making a splendid home and tail canape, relish or preferably fresh a good housewife if she depends upon greens, such as radishes, young onions, maid or the delicatessen shop for celery, cucumbers, sliced tomatoes, etc.

—and then a protein dish, either in the form of an entree or meat, boiled, potold-fashioned word !- who does the ronst or goulash, one starchy vegesocial standing, that gains for her the the Italian pastes; one green cooked enviable reputation of being a good vegetable; a salad; dessert of choice, and a beverage, she will have a balanced menu and a very pleasing meal.

Meal for Four People

Now let us consider a meal for four persons for \$1.50. In 1915 1 had a class of mothers in a working community; this class was organized in the chil dren's hospital where the percentage of malnutrition among children was very high. The success of the class lay in the fact that the lesson centered about preparing an evening meal to feed the hungry family of four for fifty cents. You may be very sure that fried meats were strictly tabon.

In preparing a meal for four persons for \$1.50 it need not require much mental effort, if the housewife is willing to plan and, as the old-fashioned conniving that makes the meal real.

Beef Broth Radishes Scallions Brown Gravy Braised Beef **Boiled Macaroni** Braised Cabbage Lettuce Home-made Biscuits

Fruit Roll Marketing: of radishes and one comach trouble, again it may be liver.

One and one-half pounds of shin beef One pound of cabbage.....

> Total\$1.47 And then how would I prepare it? Wipe the meat and then roll in flour

BANDED WITH FUR



Photo by Old Masters, Central News

ONO NONONONONO CON ONO **INCHES FROM** The Golden-Plated Rule By Lillian Paschal Day

friend had to mortgage her house. Repairs and painting were needed. And it had to be done at once. The roof leaked right on her bed. She's a middle-aged school teacher.

Debts worry her; she pays cash. Carpenter and painter had families. Her bank arranged for a loan. They sent her to a lawyer. He was to draw up the papers. He put her off. "What's your rush?"

She urged the workmen's need He flew into a cold rage. What the - do I care for them?" 'That's indecent talk!" she cried. 'The check is all ready for me. All I need is the paper to sign. You'll have to wait," he said. "We've more important business." .10 He shut the door in her face.

.40 She wanted to smash it and him. .08 But she didn't.

.07 She tipped the elevator man. Mr. Lawyer started for home-late. Lawyer fumed, tired, mad, hungry. He yelled, "Starter!" No one heard, Every one gone-they were too high. Twas just below the fortieth floor. Then the scrubwoman came along. She upset her pail of water. It drenched the lawyer just below. He swore. She laughed at him. She was the teacher. She chuckled. "How do YOU like it? You gave me cold baths of rudeness. Words can drown like water. Remember the Golden-plated Rule: 'Do to others as they do to you!' He roared at the elevator man.

She'd gotten him a new job anyway. He was to be janitor of her school. 'You've more important business." They began an hour's lecture.

Rude folks douse with cold words. They hate them in return.

CARELESS HEARTS

By HAZEL DEYO BATCHELOR

A Future Stepdaughter

Diana and Julian Long thought they were right in separating. They had been married three years, but long before that they had known each other well, and marriage brought little in the way of surprise. Diana refused to accept financial aid from Julian and by making use of her talent for designing the made good with a fashionable dressmaking establishment. But she was not happy, life did not bring her what she wanted. Of course she could not know that with Julian things were the same, and she did not know her own heart till they met in the street one day and she discovered her love for the man who had been her husband. It was then that in a Diana and Julian Long thought her love for the man who had been her husband. It was then that in a moment of impulse Diana promised to marry another man. She wanted to get away from the old life forever, so that Julian would never suspect the

The latest in motor veils is a combination of wide-meshed lace figured and chiffon, the chiffon falling from the back of the hat. Sprinkle common salt on the shelves of the closets and under the edge of the carpets and rugs. Silk stocking tops may be torn in strips and attached together used as the black stripe in the stunning crocheted rugs which are very pepular. Unbleached muslin, dyed in deli-

cate shades, is the newest ma-terial used for curtains and must register before election day. The dates for registering are given

n the daily papers. in the daily papers.

Orange pulp, when kept a long time, may be put through a chemical process which hardens it. Exquisitely carved beads are made from it and strung into pretty necklaces.

Copyright, 1920, by the Public Leager Company had openly reproached her for the fact that she relied upon the shop to keep her busy and occupied. She had avoided many engagements with him by pleading business, deluding herself by imagining that after she was married things would be different.

"I shall have made up my mind to it then," she would say to herself. "But these are my last few days, and surely I have a right to do as I like with them."

her work at last.

Gleaves looked his satisfaction, but Diana turned white to the lips. She had clurg to the shop as the last link holding her to the past. She had not realized until that moment her dread of the future and her unwillingness to meet it.

By CYNTHIA Anonymous Letters Unsigned letters will not be published answered in the Cynthia column.

What to Do

"Pro Bono Publico" You will find that one of your letters with comments on other writers has never already published if you have followed the column carefully. "A Heart-Broken Lover"

Please Tell Me

There is no reason why an anemic person cannot build up his strength in a year or two if he follows a good doctor's advice. Tell the young man that you love him and will marry him, but to please you he must try in the next two years to build up his strength.

What of Orthography?

Sorry, Charleous, you had such a bad time seeking love at twenty. Sometimes love is right next door, and in any case it's hardly likely to be found by an American among the Orientals who flock to California. Sorry space and good judgment cannot permit the literary out-burst to flourish in the column.

"Bachelor Girl"

Tour letter is good but too long, and as there are really no further arguments to bring up for De Jure and the others, Cynthia thinks enough space has been given to the matter. There are letters which need answers and they must be granted the space. Thank you for your interest.

Ask Him to Help You

Ask Him to Help You

H. M. T.—Propose an English course at night school for both of you for your own sake. Get some one to see to the haby while you go out. If he will not do this, do a little studying on your own account and then manage without nagging to interest him and get him talking, too. Read light, interesting short stories, then gradually go into better, longer ones. With patience you will win. Be careful to make it appear that you are doing it for baby's sake and ask him to help you. Cheer up—you'll manage.

They Do Not Trust Her -

Dear Cynthia—Will you kindly advise me as you have others? About a year ago I went out with a young man my parents didn't like, but never went out with him since. I was married three months ago and am very unhappy, as my husband treats me mean and my father doesn't trust me. I have tried everything to have them trust me, but it seems impossible.

My husband works nights. The moving picture theatre is one block from my home and I go there to spend the evening, but my parents say I go to meet this boy, which I wouldn't think of delegations. DIMPLES.

Try not going to the movies, or ask your mother or some girl to go with you, then they will know you do not meet other men. Do not fuss or quarrel and try to please your husband.

Let Him Go

Let Him Go

Dear Cynthia—I am a girl of sixteen years of age. I go with a crowd of boys and girls. There is one boy in this crowd whom I like very much. The other evening they were taking us home from a party and I walked with his friend. The girls told me that he was not pleased at me walking with him, and now he does not pay any attention to me at all. Cynthia, will you tell me how to win his love back again, as I will be very grateful to you? Will you please print this letter in the Saturday evening paper?

Do you mean dear that because you

Dear Cynthia—For the last few weeks have noticed quite a discussion as to

several months ago I was introduced to a fellow at my office and to all appearances he was a perfect gentieman. So bashful was he that when he accidentally touched my hand one day he blushed to the roots of his hair, and was all day apologizing. Of course I was very much impressed and when he asked me to attend a party I naturally accepted, thinking I would be in the best of company. Here I was to be snrprised, for my was a different sort of person entirely when out in company. We were the youngest couple at the gathering, which, happened to be a wedding of his sister, and so I was surprised to see him orinking as though it were an everyday occurrence with him.

When it came time to go home we were sent home in a private car and so were quite sociuded. The first thing was a sudden caress and a kins. I pushed him

Saveta Mau-ugh! That hunting hound has to "Wau-ugh! That hunting hound has to wan-ugh! That hunting hound has to wat-ugh! That hunting hound has to wat-ugh! That hunting hound has to "Wau-ugh! That hunting hound has to wat-ugh! That hunting hound has to a fellow and the me into another trap," growled the popsie Bear.

"And I'm in it, too," snarled Sukie Bear.

"Help, brothers, help."

At that cry two bears poked their heads out of the woods to the north. Peggy and Billy thought the bears, two other bears appeared to the south, then two to the west. The woods seemed to be filled with bears.

"Wau-ugh! Wau-ugh! Wau-ugh! Wau-ugh! Wau-ugh! Wau-ugh! Wau-ugh! That's what I want to know." growled the next biggest bear, also standing up.

"Father! Mother' Save us from these humans who have us in a trap," grunted suited the popsie for the woods to the north. Peggy and Billy thought the bears, two other bears and two to the west. The woods seemed to be filled with bea much impressed and when he asked me to attend a party I naturally accepted, thinking I would be in the best of company. Here I was to be surprised, for me was a different sort of person entirely when out in company. We were the youngest couple at the gathering, which happened to be a wedding of his mister, and so I was surprised to see him orniking as though I was an everyday occined to the property of the surprised to see him orniking as though I was an everyday occined.

many engagements with him by pleading business, deluding herself by imagining that after she was married things would be different.

"I shall have made up my mind to it then," she would say to herself. "But them," were sent home in a private car and so these are my last few days, and surely I have a right to do as I like with them."

Diana flushed at the implication in his words, but she looked at him evenly, as she replied.

"Frankly, Gleaves, I can't leave Rita until she has secured some one to take my place. Please don't be unreasonable."

He strode across the room to her then, and took her roughly in his arms. "Diana, don't you know that it is because I love you so much that I want you with me always?"

She had become curiously still, as she asky she never made any effort to repulse when the firm gave a farewell dinner. This went on until about a month ago when the firm gave a farewell dinner when the transport of the means and every sin he ever took home. I refused to propie how to unwind the made for themselves, they grinned and when the propie had only when business made it necessary.

This went on until about a month ago when was leaving.

adony from the old life forever, so that Julian would never suspect the truth.

CLADTS came on to New York shortly dafter Diana's talk with Rita, and Gleaves tried once more to persuade Diana to leave her work.

"I want you and Gladys to get acquainted." he persisted.

"But we shall have a lifetime to get acquainted." Diana returned quickly.

Besides. I shall have plenty of time to give her work if you don't give her more of "Not if you don't give her more of "Not if you don't give her more and the power with a young girl, should he take her arm?

The Question Corner Today's Inquiries

When a young man is walking with a young girl, should he take her arm?

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When a young man is walking with a young girl, should he take her arm?

"What kind of shoes should be worry with a silk afternoon gown."

Should jewelry be worn when in mourtain?

"When issuing wedding announcements be sent?

When issuing wedding announcements be sent?

The latest in motor veils is a combination of wide-meshed lace favely and the proposed of the carpets and rugs.

The latest in motor veils is a combination of wide-meshed lace favel and the latest in the ledge of the capeats and rugs.

The latest in word will be taked to the latest in the ledge of the capeats and rugs.

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The latest in word will be taked to the latest in the latest in

FERIENCE.

Says it's Girls' Fault

Dear Cynthia—To the "Two Districts with very much design that so column of advice. I have reaching that and think that I ought to that a not a few words to say to you. From my experience of girls I would like to that words are the say that \$9 per cent of them with a column with a cheer with the saturnian of the say that \$9 per cent of them with some girls and having treated them with some girls and having tr young person could have done for herself in a lifetime, and no one knew this better than Gladys herself.

One afternoon, when Gleaves had called at the shop for Gladys and Diana, he said lightly to Rita. "When are you going to be able to do without Mrs. Long's services? I have urged her to give up her work, but she pleads that she cannot leave you before you find her successor."

"Oh," said Rita, quickly turning to Diana. "I did fortunately get some one vesterday, a woman from one of the Fifth avenue shops. It will be all right to leave any time now."

"How splendid!" cried Gladys. releved that Diana would be giving up her work at last.

Gleaves looked his satisfaction, but Diana turned white to the lips. She had clung to the shop as the last link holding her to the past. She had not realized until that moment her dread of

WHAT'S WHAT



No one should ask any but a relative or intimate friend for letters of introduction. On the other hand, these letters should never be addressed to any but congenial friends of the writer. A mere acquaintance should not be obliged to shoulder the burden of entertaining a total stranger. It is quite easy to decline a request for such letters; one has but to say, "I regret that my acquaintance with so-and-so is not sufficiently intimate to warrant the presentation of a written introduction from me."

When given—from friend to friend—the unsealed letter of introduction should cordially recommend the bearer to the good offices of the addresse. When ready to be presented, the holder of the letter seals it, incloses it with a card giving his permanent or traveling address, and mails it to the friend of his friend, who is supposed to call promptly, or to write and invite the new acquaint ance to luncheon, dinner or afternoon tea.

DREAMLAND ADVENTURES

"THE MUD TRAP"

Another Trap
Podgie and Pudgie Bear And their
sieter, Sukie, in Bearland, and help to
rescue her mate, Popsie Bear, from a
mud trap into which he has been led
by Toddie Pupkins. Toddie chases the
cub of Popsie and Sukie, and the parent bears go after him and after Peggy
and Billy.

DEGGY and Billy ran with all their might to escape the chasing bears. Growling flercely. Popele Bear and Sukie Bear rushed along to catch them. And the bears would have caught them, too, if it had not been for the fact that the loop of Billy's lasso was still fastened around Popsie's neck and shoulders. The loose end of the lasso kept catching in bushes and tripping both Popsie and Sukie.

Billy soon saw that they couldn't hope to outrun the bears. The only chance of escape was to get far enough ahead so they would have time to climb a tree. In an opening in the woods, Billy saw just the kind of a tree he was looking for—a tree big enough to hold him and Peggy, but too small to be climbed by the big bears. He dragged Peggy to the tree, gave her a boost, and climbed after her. He was just out of reach when Popsie Bear rushed to the tree and stretched after him with great claws tearing at the bark.

"Wau-ugh! I'm too big to climb that tree!" grunted Popsie Bear.

"Wau-ugh! but maybe I can," replied Sukie Bear, clasping her paws around the trunk
All this time Toddie Pupkins had been

the trunk
All this time Toddie Pupkins had beer

at me walking with him, and now he does not pay any attention to me at all. Cynthia, will you tell me how to win his love back again, as I will be very grateful to you? Will you please print this letter in the Saturday evening paper?

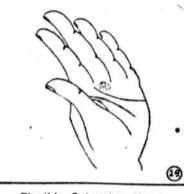
Do you mean, dear, that because you walked alongside of another boy this young man no longer pays attention to you? Were you engaged to him, that he feels he can take such a stand? His friendship is not worth worrying over. Let him seek you first, and you be independent and go with whomsoever you please.

Dear Cynthia—For the last few weeks I have noticed quite a discussion as to the trunk. All this time Toddie Pupkins had been chasing the bear cub. They had taken a different path from Peggy and Billy, but the cub now came galloping to his after and mother. Toddie was right after him, so the cub ran in circles around while I have a chance," growled Popsie Bear, rushing after Toddie. All this time Toddie Pupkins had been chasing the bear cub. They had taken a different path from Peggy and Billy, but the cub now came galloping to his after and mother. Toddie was right after him, so the cub ran in circles around while I have a chance," growled Popsie Bear, rushing after Toddie. Anond and around the tree raced the cub. around and around the tree chased followed Popsie Bear. The lasso was trailing behind Popsie Bear and soon the end caught in a root. Thus, as Popsie chased Toddie, he wound the rope about the tree. And as Sukie Bear was trying to climb the tree, the rope wound around her, too, and before she knew what was happening she was tied tight. ynthia—For the last few weeks what was happening she was tied tight to the tree. And before Popsie knew what the girls being to blame for a fellow being mushy. Yet my answer is that both are to blame.

Several months ago I was introduced led me into another trap," growled

Billy told Popsie how to unwind the rope, and when this had been done, he

Your Soul's in Your Hand By IRVING R. BACON



Flexible Saturnian Hand The fingers bend backward, showing that the flexibility of the mind, corresponding to that of the hand, makes its possessor a cheerful philosopher. The big middle finger and mount at its base indicate the Saturnian.

XXIX

JANE ALWAYS REMEMBERS IUST WHAT HE HASFORGOTTEN

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

operator, and he summed up what he was going to say as he watched his cigarete smoke make a halo around the transmitter.

The long-distance operator's voice finally reached him.
"Why—oh—wait a minute—what did

you say that number was?" he shouted, frantically.

'2163," answered Jane, placidly.

'He gave the number then, and came back to wait for the call.

That is Jane's most frequent occupation—telling him what he cannot re-

HE STARTED toward the telephone to make a long-distance call.

"What was that number, Jane?" he saked his wife.

"2163," ohe replied, for the third time.

It took him some time to get the operator, and he summed up what he was going to say as he watched his cigarete smoke make a halo around the "Was it Monday." Jane, or Tuesday—I guess it was Monday."

It doesn't make any difference to the story, but Jane thinks back, carefully. "Why, that was Tuesday," she sets him straight. "You know, you came home early on Monday."

"Oh, yes, Tuesday."

He didn't have to tell her what he was going to talk about.

She knew that, too.

T SEEMS to be a sort of femining instinct. Your little daughter begins setting you straight as soon as she starts noticing

straight as soon as she starts noticing details.

You tell something or other that happened, and you get the time slightly mixed.

"Oh, mother!" exclaims little daughter in a surprised amusement. "That want't yesterday, that was Thursday!"

"Well, whenever it was," you amend, hastily.

"Well, whenever it was," you amend, hastly.

It's too much trouble to remember dates and places correctly for yourself.

But you can always remember them for somebody else.

"Oh, no, that was in Chicago," replies Jane. "Don't you remember, in that big lobby, where—"

"Oh, yes," he recollects it all now, and he goes on to tell his story.

What would he do without this human memorandum book?

Every time he starts to tell anything he has to turn to her with a question.
"On Monday I was going downtown,"

"Well, whenever it was," you amend, hastly.

It's too much trouble to remember dates and places correctly for yourself.

But you can always remember them for somebody else.

You have a certainty that your husband will never be able to get his dates and names and places straight, if you don't do it for him, and at the same time a conviction that even if you allow yourself to forget your own details there will always be little daughter, or some body else.

You have a certainty that your husband will never be able to get his dates and names and places straight, if you don't do it for him, and at the same time a conviction that even if you allow yourself to forget your own details there will always be little daughter, or some body else.

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You have a certainty that your husband will never be able to get his dates and names and places straight, if you don't do it for him, and at the same time a conviction that even if you allow you have a certainty that your husband will never be able to get his dates and names and places straight. If you have a certainty that your husband will never be able to get his dates and names and places straight. If you have a certainty that your husband will never be able to get his dates and names and places straight. If you have a certainty that your husband will never be able to get his dates and names and places trails to some or will have a certainty that your husband wil

Two Minutes of Optimism

By HERMAN J. STICH

Still One and Inseparable

"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 conjure this vision about her son, with an even chance against every other mother's son of its realization. And if ever there was an event which should inspire and make mothers'

hearts glad, it is the present contest between Governor Cox and Senator Harding for the presidency of the United States. Strangely eloquent is it of the democracy of the new world that the major of its greatest city was once a locomotive engineer, the governor of its greatest state was once a newsboy, the present President of its foremost nation was once a school teacher, and James Cox and Warren Harding, contenders for the greatest

nor in its greatest land, rose from the ranks of printer's devil! The contest between Harding and Cox is a contest between two ordinary men who were extraordinarily serious about their lifework and their efforts. The most enthusiastic admirers of either do not claim that their favorite especially talented, gifted, has genius or scintillates with brilliancy.

Rather both sides hold that their leader is earnest, hard-working, pains-

taking, has the homely virtues, and wants to do the best he knows how to solve practical and honest way the problems which will confront him. The careers of both candidates are a record of men who began at the bottom and climbed.

Their careers are similar-so similar that it is a pity Dame Fate did not start them off as twins and thus give the rest of us still more cause to ponder over the peculiar pranks of Circumstance.

Both Cox and Harding are the products of our public schools. Neither ever attended a so-called university, though bot's have taken post-aduate courses in the College of Hard Knocks. Both started life in the most menial capacity of a newspaper-printer's

And both, by sheer force of character and worth, worked their way to its opmost rung deditor and publisher. For a number of years both have combined politics with business, but ther ever gave up business for politics. Both are modest, both are democratic, both are thoroughbred gentlemen.

'I recall a much-remarked cartoon which portrayed you and me as newsboys contending for White House delivery. It seems to have been prophetic. an Ohioan and fellow publisher, I congratulate you on your notable victory. Governor Cox replied:

When Senator Harding heard of Governor Cox's nomination, he wired him:

"I accept your message as an evidence of the fraternal impulse which has always characterized the craft to which you and I belong. I heartily reciprocate Both have hosts of loyal friends; both have admiring relatives and adoring. charming, impelling wives; both are strong, sympathetic, level-headed men of

principle, who think straight and will battle doggedly for their convictions. They are thoroughly human. And within a few weeks one of them will have been chosen chief of the greatest nation in the world, and the dream of a loving mother, uttered over

fifty years ago, will come true. What man has done, man can do." runs the proverb, which, by the way, bears all the carmarks of American origin.

And the election of either Cox or Harding as President of the United States will be as a banner unfurled to all the world on which will be inscribed the

"America, Democracy, Opportunity-they are still, as ever, one and in separable."

and Peggy came down as welcome guests at the bears' family reunicn.

As for Toddie and the bear cub, they had so much fun in their chase through the woods that they turned their expected fight into a game of tag and a friendly tussle, and had a lot of puppy sport.

"How do you all happen to be here?" asked Podgie of his father, but what I was told in the answer and the exciting things the answer led to, will have to wait for the coming week's story. There is no prescribed weight for a girl of sixteen. It depends upon he height and general build. If she is small she should naturally weigh less than another girl of her age who is tall and large boned. If you are well developed, not too thin and not too fat, you can take it for granted that your weight is just about right.

The Woman's Exchange

To "A Reader"

Get oil of fishberries 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 have it rubbed into the scalp every day. Comb the hair with a finetooth comb every day until the trouble disappears. Then prevent a recurrence of the misfortune by brushing the hair and combing it every day, and, if necessary, twice a day, to remove dust and dirt. Wash it as often as it seems to need it at least every three weeks.

Removing Mildew To the Editor of Woman's Page:

Dear Madam—Will you please send
me instructions how to remove mildew
from brown linen? MRS. F. McC.

Sour milk is the best remedy for mildew. Place the stained piece in sour
milk and let it remain overnight. Then
place it in the sun without rinsing it.
Another method is to wash it in hot
water and soap just as soon as you take
it out of the sour milk. Perhaps that
would be better in this case, as the linen
is colored, and the sun might bleach it.
This is the best remedy for colored
material, as the others are lemon juice,
javalle water and other things that take javalle water and other things that take

Two Girls of Sixteen

To the Editor of Woman's Page:

Dear Madam—We are two girls going to high school and both wear puffs, but as we are rather tired of them we would like to know the latest way of hairdressing for girls sixteen years old that still wear their hair hanging. Also, what should be the proper weight of a girl of sixteen?

HELEN AND MILDRED

Song, Ofntment, Tajoum, Se, everywhere, Beeplet free of Outleura Laboratories, Dept. X. Maken, Mass. SHOP WITH Anything

FRAMBES & CLARK

1112 Chestnut St., Phila. 649 Gearantee Tr. Bids., Atlantic Chr. 30 N. Third St., Camden

Skin Troubles

- Soothed -

With Cuticura







FOR PLANNING OF MEALS

ight, 1920, by Mrs. M. A., Wilson, All

its mandhood and womanhood. It is this

The woman who cannot cook is like the artist who cannot paint and yet bires other artists to work for him and still expects to earn a fine reputation as a master of his profession. No woman can expect to have the reputa-

tions, cooking, or the compounding of various foods to build bodies and keep them in fine physical condition, is an art indeed. To one who has a limited

or a year we are very much astounded to hear that Mr. Blank is dead.

Menu Contest Honor List Miss Anna A. Doughan 514 North Thirty-ninth Street MENU Pot Roast of Beef Brown Potatoes Cabboge Salad Ancestach

Cabbage sugar, parsiev I'wo ears corn e-quarter pound butter Seasoning Four apples Cup of flour, baking powder. Cup of molasses Shortening fat from beef Miss Margaret Kilkenny (Sixteen Years Old) 1322 Jerome Street MENU
Bread Veal Casserole
Mashed Potatoes Macaroni
Stewed Tomatoes
Butter Coffee

Breaded year . Things You'll Love to Make

SALES SLIP

Bread Butter (



Another simple, inexpensive, but sweet little Christmas gift is this handy purse pincushion. Cut two oblongs of cardboard two inches by three inches. Cover each with fancy slik or ribbon. Paste around the four edges of the uncovered side of one piece of cardboard a strip of felt. (Weather strips will serve nicely.) Paste the other piece of covered cardboard on top so that the dres just meet. Any one will be designed in the cause of the inches of the pincushions for her purse.

PLORA.

Physicians willingly admit that food is a contributory factor to this trouble, for if you stop to realize it we are only as physically fit as the food we five cups of water. Bring to a boil and only as physically fit as the food we put into our bodies; hence if the food then place on the simmering burner and

Stewed tomatoes . Mashed potatoes . Macaroni (baked) Bread and butter. milk, sugar.... ash Buttered Beets Steamed Apple Pudding Molasses Sauce Mrs. T. McGee 2533 Jasper Street SALES SLIP

Smoked Neck MENU String Beans One and one-half pounds beef Tomatoes Salao
Baked Peach Dumplings
Bread Butter
Tea SALES SLIP Quart peaches
One-half pound flour
One-quarter pound lard
Salt connamon and sugar
Bread and butter
Sugar milk tea or coffee

Adventures With a Purse WANT you to see it! Even if you have not a small son or daughter. you will be interested. And, if you have, you will find it irresistible. But to be more definite, you are quite familbecame so popular just recently. You may even have one, and if you have, you will know how light they are in weight, yet how warm and soft they are. Well, the "it" of which I am speaking is a tiny camel's hair coat and cap for the littlest boy and girl. And they are perfectly adorable. I imagine you can get the set in any size, and

well-just go look at it! And then, after you have seen the coat and cap, come on down the street, and see the jet bar pins. They're mighty individual and striking in their sim-plicity. Measuring, probably, two or two and a half inches in length—in fact, the size of the regular bar pin some have curved surfaces while others are plain. They gleam richly and would contrast most effectively on a light blouse. Their price is fifty cents.

Cold Baths Part way down the elevator stuck.

> He'd get them both canned. Operator said he didn't care.

> > He got a brand new set of manners