#### MRS. WILSON ORDERS MEALS FOR THREE DAYS THIS WEEK

Careful Marketing Is Half the Secret of Being a Successful Housewife—Dumplings With Beef Stew Are Good

By MRS. M. A. WILSON

(Copyright, 1920, by Mrs. M. A. Wilson. TO PUT off the marketing until the last minute, and then decide in a haphazard way, not only makes for waste, but frequently, under these conditions, the food purchased fails to supply the needed nutrition.

The Holland Dutch housewife New York knew that the early bird caught the finest worms and that the laggard found the little ones and leftovers that the early birds had dis-

dained to eat.

The woman who puts off purchasing the needed foods usually consoles herself with a thought that the butcher will keep something for her or that she will pick up a bargain—and so on.

The fact is, that a carefully planned menu is not a fad, but a vitally necessary thing today, if one does not have unlimited resources: and to arrange this menu so that it will provide for each member of the family cannot be done while you snap the flugers. Arrange a menu to suit the family, note the quantity desired and estimate the the quantity desired and estimate the price beside each item, then take real pride in your steward's work.

Just a short time ago. I met a woman who was complaining that she was unable to feed her family upon her allowance, and she loudly bemoaned the fact. Upon careful inquiry, I found that she shopped something in this man-ner: About 1:30 in the afternoon she left home, on her way to the movies, and she would pick up a few things, and about 430 she would rush wildly about gathering up what she thought about gathering up what she thought would be necessary. Then, on a Sat-urday evening, she made two journeys to the shops for last-minute purchases.

There are five people in this woman's family—hence the following Saturday I planned and marketed for this menu and she frankly told me that I not only saved her \$4.50 in actual money, but the food was better and there was more

One and one-half pounds of shie

Two and three-quarters pound of shoulder of lamb. One dozen eggs. One-quarter peck of potatoes,

Two heads of lettuce. Four tomatoes.

One-half pound of cheese. One package of macaroni. One-half dozen oranges. One-half dozen bananas

One pound of grapes. One-quarter peck of apples, One pint of anions, One stalk of celery.

One quart of string beans. Five cars of corn. Three green peppers, One pint of lima beans.

And then we planned the following

BREAKFAST Cereal and Cream LUNCHEON Cheese Sauce

Apple Tarts DINNER Tomato Canape Beef Stew With Dumplings String Beans Lettuce

SUNDAY

BREAKFAST Cereal and Cream DINNER

Roast Shoulder of Lamb Lettuce Banana Fritters Coffee

SUPPER Deviled Eggs

Mrs. Grace Maner,

3930 Hellerman Street,

Menu Contest Honor List

Tacony, Pa. Menu Baked Meat Losf Brown Gravy
Mashed Potatoes
Lettuce With Tomatoes
Bread Butter Tea
Lemon Gelatin SALES SLIP Two pounds ground meat One quart polatoes Tomatoes and lettuce butter ...... ugar and milk ... Mrs. J. Udowitz, 707 South Eighth Street Gefilte Flah

olled Potatoes Noodles and Milk Lettuce Tomatoes Bread Stewed Peaches Tea Cake SALES SLIP pounds small new potatoes.

Two pounds small new potatoes.
Two eggs for noodles.
One-half pound flour
Tomatoes and lettuce
One-half Yiddish rye bread
Two eggs for cake
One-half pound of flour
One-half pound sugar
One tablespoon baking powder
One quart milk (for cake noodles)
One dozen peaches
Tea and sugar

Mrs. F. Marcantonio. Wayne, Pa.

Elbow Macaroni With Cheese and Tomato Gravy String Beans Buked Potatoes Cucumber Salad Peaches Butter Coffee

SALES SLIP w macaroni .....\$ .2 \*

me-quarter peck string beans . . . . Eight potatoes Four small cucumbers Vinegar Balad oil .02 what the .02 will be the .03 directions. 

What about your dinner for the

Prize Menu Contest? Have you sent it in? Three prizes are offered each week for the best menu for a dollarand a half dinner for four people. YOUR FULL NAME

must be given and correct address on the menu. Also the date of sending it. The foods used must be staples and in season, and a sales-slip giving the cost of all ma terials must be included. The prizes are: First, \$2.50; econd, \$1; third, \$1. Address all menus to

Mrs. Wilson's Menu Contest Evening Public Ledger Independence Square

Baked Macaroni and Cheese Minced Green Pepper Sandwiches Sliced Tomatoes Sliced Oranges and Bananas T

BREAKFAST Baked Apples Cereal and Cream Hashed Brown Potatoes Toast DINNER Reheated Lamb Potatoes au Gratin Succotash

To make apple tarts, roll the pastry one-quarter inch thick and then cut in five-inch squares and fill the centers with finely chopped apples. Dust with cinnamon and brown sugar and then wet the edges of the pastry with water, fold over and pinch closely together. Brush with water and bake in a slow

Lettuce

Dumplings With Beef Stew

Prepare to cook the stew in the usual manner and about twenty minutes before serving place in a separate saucepan

Two quarts of water.

One onion, minced fine. Bring to boll, and now while the water is boiing place in a mixing bowls One and one-half cups of sifted floure 10 One teaspoon of salt, One-half teaspoon of pepper,

tablespoon pourder, One small grated onion, Two tablespoons of finely minced

paraley. One-eighth teaspoon of thyme, One-half cup of milk.

Beat to mix and then drop from the tablespoon into the boiling water and cover the lid of the saucepan with a piece of cheeseelath to prevent the moisture on the lid from dropping into the dumplings. Cover and boil for fifteen minutes, then lift the dumplings and place as a border, then lift the meat and pour two tablespoons of gravy over each dumpling. Garnish with finely minced parsley.

Ranana Fritters Place in a mixing bowl

Tico-thirds cup of milk. One and one-quarter cups of flour, Two teaspoons of baking powder, One-quarter teaspoon of salt, One-quarter teaspoon of nutmeg Beat to mix and then add two bana-nas, cut in thin slices. Fold in the

bananas, then fry in the usual fritter style. Drain on paper napkins and serve with vanilla sauce. Vanilla Sauce Two-thirds cup of sugar or sirup, One cup of water, Three level tablespoons of cornstarch. Stir to dissolve the starch and then

bring to a boil and cook for three minutes to dexterize the starch. Remove from the stove and then cool and

Two teaspoons of vanilla extract, One teaspoon of lemon juice.

Offee, sugar and cream ..... Miss Alice Kelly (Fourteen years) 124 North Twenty-second St. Tomato Salad
Mashed Potatoes
Meat Cakes
Sticed Beets
Buttered String Beans
Bread Butter Coffee
Cherry Gelatin SALES SLIP Three tomatoes ......\$
One head of lettuce .....
One-quarter peck of potatoes .... Butter
One-half pint of milk
Two bunches of beets
One-quarter peck string beans
One-half pound beef
One green pepper
One onion
Bread Bread Milk and sugar for coffee One package of gelatin..... Fried meats are tabooed! . . . . . \$1.47 MRS. WILSON'S ANSWERS

Dear Mrs. Wilson-I have been reading your recipes and find they are very, very good. Will you please

very very good.
send me a recipe for an inexpensive sponge and also a good chorolate icing?
MRS. S. I am very sorry, but you did not say what kind of sponge you wanted. Write me again and I shall be very glad to help you. For the chocolate icing:

One and one-half cups of sugar, One tablespoon of cornstarch, One-half cup of cocoa. Sift to mix and then use sufficient boiling water to make the mixture

Dear Mrs. Wilson-I read your recipes with interest and I would like to know what you mean by marshmallow whip. You give it in a cake filling, and also what do you mean by sirup a does it mean maple?

MRS. E. A. S. Marshmallow whin is for sale in most grocery and specialty shops. Use either the corn, maple or can sirup. Do just what the recipe calls for; the starch will be thoroughly cooked if you follow





#### Two Minutes of Optimism By HERMAN J. STICH

What Do You Think of Yourself? GOOD business man takes stock at least once a year. Do you?

Your best stock consists of your mental and spiritual assets. Are they as good as they ought to be?

Why not take stock and see? Suppose you take inventory. Go down the following line. Mark yourself where you are perfect. Appraise yourself proportionately where you are not,

Ideas: Thought up much new lately? Any good ones pigeonholed in the archives of your mind? Progress: Still at the same old stand? Or-do you own a store?

Follow up: Somebody once called you a "lucky hound." Are you keeping after that nare? Or have you stopped to dig up the bone you buried yesterday? Extensions: Growing? Learning? Expanding? Or are you taking on a coat of rust? Plans: Still stuck at the wharf? Ship still rotting? Or are you sailing to good port?

And-as compared with your last stock-taking-how do you stand on these; Ambition, concentration, courage, courtesy, co-operation, energy, education, endurance, enthusiasm, faith, frankness, fastidiousness, good cheer, health, integ rity, initiative, kindness, loyalty, orderliness, optimism, poise, patience, person ality, punctuality, prudence, purpose, system, service, self-control, self-respect, self-reliance, truthfulness, thrift, tenacity, thoroughness—and as many more such as you care to add.

What do you think of yourself?

#### THE UNWELCOME WIFE

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

"You've Ruined Your Life!" we know all that, but who is she, what is she? Who are her family?"

Anthony Harriman persuades Charlotte Graves, an inexperienced country girl, to marry him secretly. He leaves the next day for the city to break the news to his family.

IT WAS night when Tony arrived in the city and left the other men at the Grand Central Station. Now that he was here at last, he had a sudden desire to break the news and have a over. He was conscious of the desire that his mother and father would both be home, and without stopping to get dinner, he jumped into a taxi, gave the address, and fifteen minutes later was stopping before a three-story brownstone house in the West 70s.

He bounded up the steps, greeted cheerily the elderly man who opened the door to his ring, and the next minute was shaking hands with a gray-haired man who had come out of the dining room at the back followed by a distinguished-looking woman in a black velvet dinner dress, whom Tony hugged roughly. IT WAS night when Tony arrived in

"Have you had dinner?" his mother "No; but I'm not hungry. Anything will do. Let me have a tray in the library. Gee, I have lots to tell you. I was afraid you might be out to a shindig of some kind, and it did seem

as if my news couldn't wait."

Mrs. Harriman lifted her delicately Mrs. Harriman lifted her delicately penciled brows inquiringly. She was extremely well ordered in all her movements, but Tony was her passion. Anything he did was perfect. A little smile of understanding lifted the corners of her straight, rather thin lips now, as stopping only to give the order for Tony's tray, she followed the two men upstairs to the library, which was on the next floor.

Mr. Harriman lighted a cigar and sat back in an easy-chair, looking at his

back in an easy-chair, looking at his son narrowly.
"You're looking well. Did you have a good vacation?"
"Bully."
"That's fine. I hope you've com-home prepared to get down to a good, hard winter's work."

"You bet I have, Dad, for more reasons than one." Anthony's tone held such proud exultation that there was no mistaking the fact that he actually did have news of importance to im-Again those fine brows of Mrs. Har riman's were raised, this time there was a puzzled, almost worried, look in her

eyes.

"Anthony, what have you been doing?" Hers was a straight attack from the shoulder.

He grinned implishly. "People." he said evenly, proudly, "I'm married?" His father took his cigar out of his mouth, and his mother rose from her chair and came over to him. "Married? Anthony, did I understand you to say married?"

"Yes."

"Who Is she? "Who is she?"
Anthony, meeting her eyes, saw an most venomous expression in his other's eyes. It boded ill for Charlotte. "She's wonderful." he said quickly "She's the lovellest thing in the world." 'Of course." his father said dryly



#### What to Do By CYNTHIA Anent Halloween

Letters asking Cynthia about Hallow-Woman's Exchange, who has such mat-ters in her care. Only those letters enclosing self-addressed stamped envelope Send Them Presents

Please Tell Me

Dear Cynthia—We are two girls of eventeen and we have been keeping company for about six months with two coung men about three years our senior. These young men have been very good o us and have given us many nice

things.

Now, Cynthia, we are perplexed to know whether to give these young men birthday presents, or just send them As you have helped others, we are hopes you will help up.

BLONDIES. Send them birthday gifts if you want to. There is no reason why you should not do so, but do not send extravagant things, as it does not do to put others under obligations.

Suppose Mother Demands Ring!

Suppose Mother Demands Ring!

Dear Cynthia—Suppose a girl's fiance was at war and died in the service. They had intended to marry and he had given her a beautiful engagement ring. Now, after being in mourning for quite a length of time, the girl meets another young man and, trying to forget, has consented to be his wife.

Now, the mother of her dead flance. Suppose she should demand the ring back, what would be the correct thing for the girl to do? She holds it dear to her heart. Could the mother force it back? What could be done in a case like this? The girl is willing to return it if it rightfully belongs to the mother. Thanking you kindly,

The ring belongs absolutely to the

Thanking you kindly.

The ring belongs absolutely to the gdrl. She loved the man and would have married him had he returned. Having been separated from him by death, she is not being unfaithful to him if after several years she marries another. If she had changed her mind, and the man still lived, that would have been a different thing, then she should give back his ring to him, but under the circumstances you cite, the ring is hers, and the mother has no possible claim. Under no conditions, in fact, would the mother have any claim.

Dear Cynthia—I have known a young man for over a year, but we are not engaged; that is, we have an "understanding" between ourselves, but have not made any public announcement, owing to financial conditions on both sides. Now this gentleman is from a distant state and I have never met his people or corresponded with them. This young man went home for a visit not very long ago and when he returned he brought me a little gift from his sister, who has a large family of her own. I immediately wrote a letter of thanks, but as yet I have had no reply from her and it has been about three weeks since I wrote. My mother thinks the sister should answer my letter. Should she? Do you think she did not answer just to snub me? I hardly believe that, for the gift she sent was a piece of her own handlwork. Should I mention this matter to my friend and ask him what is the matter, or am I in the wrong expecting and answer? Thank you, Cynthia.

MONTROSA. Talk With Him About It

MONTROSA.

MONTROSA.

There is no obligation to answer a letter of thanks. You should not expect an answer unless this young man told his sister you were engaged to be married to him when the financial way is clear. Did you write the kind of letter that would call for an answer? You see she may feel a little shy about it, and if you said nothing to make her think you would like to correspond with her she may be holding back. I would speak to your fiance about it. Ask him if he thinks she will answer, as you would love to correspond with her.

Do not let him think you are hurt or snubbed at all, but say you wish she would write, and when he writes to her to tell her you are anxious for a letter. Be simple and natural with him about it, and get that little doubt of his sister out of your mind.

#### **HUMAN CURIOS**

what is she? Who are her family?"
This was a question that Tony himself did not want to face, but he did so now, very quickly.
"Her family are farmers, simple country types, but Charlotte is different. I had hoped, mother, that you would help her, put her on to a few things."
For answer his mother turned away and burst into tours. Tony turned to his father. Cold displeasure was written all over the other man's face. "How could you make such a fool of yourself?" he sald angrily. "I gave you credit for better sense than to spoil your life by marrying a nobody."
Anthony was conscious of a sudden The Hermit of Niagara Falls. A native of England and of Quaker parentage. Francis Abbot arrived at Niagara Falls in June, 1829, on foot and Niagara Falls in June, 1829, on foot and in a singularly scanty costume. After a week's stay, he became so fascinated with the place that he determined to take up his abode on Goat Island. He sought seclusion, but the proprietor of the Island not thinking it proper to grant his request, to erect a hut, he teok a small room in the only house then standing, being occasionally furnished with bread and milk by the family, but usually providing, and always preparing, his own food.

During the second winter of Abbot's tenancy, the house changed hands, so the mysterious visitor left the island and built a small cottage on the main shore, a short distance below the falls. Here he lived until the following year when, on June 10, 1831, he was drowned while bathing in the river.

ing more to be said. Outside in the hail, he met the old butler with a dinner tray, He ordered it brought up to his own room, and as he ate it, he planned what he would do on the morrow.

Tomorrow—A change of attitude

In Rio De Janeiro

From the Associated Press comes the word that the first Young Women's christian Association to be organized in Rio de Janeiro opened its offices the iast of September in commoditous quarters in the downtown section. United States Ambassador Morgan and other prominent American and British residents attended the opening. The association, which organized its first members, including 100 Americans and as many British.

built a small cottage on the main snore, a short distance below the fails. Here he lived until the following year when, on June 10, 1831, he was drowned while bathing in the river.

The full extent of the mystery, however, was not discovered until after his death. Abbot had evidently been a person of highly cultivated mind and manners, a master of languages and deeply learned in the arts and sciences. He handled a number of musical instruments with considerable skill, and drawlers for the considerable skill, and drawlers for the were remarkably well done. According to those who had been most familiar with him, Abbot had traveled over all of Europe and parts of the Orient—but, on entering his cottage, not a single paper or record of any kind was found to throw the least light upon his identity!

Monday—The Emperer Who Never Saw His Bride.

### Rittenhouse Bros. "Penny Profit Meat Store"

60th and Market Sts.

Friday and Saturday

### Best Cuts Steak Meats Round at 28c lb. Chuck | Hamburg | Pot | Stewing | Bolar

U. D. C.	20	10	28
Shoulder Yearling 20	Yearling Chops	Shoulder Baby Lamb	Legs Baby Lamb
	Yearling	Yearling Chops	Yearling Yearling Chops Lamb

# Boneless Bacon, Z to 4 lb. pcs., Z9c lb.

Hams 8 to 10 lbs.	Hams 8 to 14 lbs.	Hams 6 to 8 lbs	Cottage Hams 2 to 4 lbs.	Fresh Hams Cut	Should Pork Blade St	
Fancy Table Butter	Oleo- marg- arine	Nut Marg- arine 32	Strictly Fresh Eggs In Carton	Country Scrapple 121/2	Fresh Sausan	

## WHAT'S WHAT

The jealous mother is more unreasoningly selfish than the jealous wife. She, too, is a self-tormentor as well as a source of mortification to the object of her exaggerated devotion. Women who married young and happily without interference often grudge the same happiness to their sons and daughters—especially to their sons, for then it is a case of "the other woman"—the younger woman, the possible rival in affection and duty.

A sensitive and high-spirited girl dreads an invitation to any gathering which includes an eligible admirer and his jealous mother. She is haunted by the elder woman; she cannot exchange a civil word with the man without knowing that the eyes of the mother are following her as though she were a thlef who must be kept under surveillance.

# The Woman's

**Butterfly Costume** 

Butterfly Costume

To the Editor of Woman's Page:

Dear Madam—Will you please describe how to make a butterfly costume?

We have named our club "The Blue Ribbon Girls." Will you kindly tell what that name stands for?

Make the costume of tarlatan, with a rather short skirt. Have wings of wired tarlatan on the shoulders and wear a close-fitting cap. The color scheme could be carried out in yellow with touches of black on the wings and black slippers and stockings. Or brown tarlatan with bright blue and gold on the wings would be striking.

The color blue stands for loyalty, so the name of your club would suggest all that that word implies.

An Apache Costume

To the Editor of Woman's Page: Dear Madam—I would like to dress as the Apache girl at a mask party. Will you kindly describe how the cos-tume should be? Please let me know as soon as possible, as the party is coming off early. ANXIOUS.

You mean the Parls Apache, don't you? The real Indian, of course, wears a leather (or brown cheesecloth) garment, fringed and beaded, with a head-dress of feathers and moccasin. The dress of feathers and moccasin. The Paris Apache usually wears a plain waist of a bright color, with a dark skirt and a wide sash fitting down over the hips. A wide ribbon is worn around the head and a huge black hat, without trimming, is placed rekishly on one side of the head. Sometimes a bright silk handkerchief is worn around the neck.

To the Editor of Woman's Page: Dear Madam—Reading so much advice in your column that you have given to others, I thought it was my chance to get some good advice that would benefit me a great deal, as I imagine I have great confidence in you. My questions are: Please tell me how I can whiten my skin, as it is very dark. I have a thick upper lip. Is there any possible way of making it look small?

ORIENTAL BRUNETTE. Put lemon juice on your skin every night to whiten it or one of the sing foods and blenches that are sold for this purpose. Drink plenty of water sure that you get lots of sleep, fresh air and exercise. If you have not a naturally dark complexion, this darkness may come from poor circulation, and that must be trented internally. Massage given by a professional might ing else that can be done for it.

ing else that can be done for it. Some-times, if you remember to contract it a little when you talk or when you open your mouth at all, you can make it look less thick; but, of course, this is not permanent. Don't let it make you self-conscious or unhappy, for plenty of good-looking women have thick upper lips, and the more you worry about it the worse it will get, you know.

**ASCO** 

#### SHE AMBLES ALONG THE AISLE KEEPING RIGHT IN YOUR WAY

Until You Feel That She Must Be Doing It Purposely-But You Always Discover That She Doesn't Realize It at All

OH, THERE'S a little woman—she's always little, for some reason or other—in your shopping crowd who causes a great many wrenched and shat-

causes a great many wrenched and shattered nerves!

You meet her, or rather you come upon her, on the densest part of a large gathering around a bargain counter.

You don't want to get at the bargain counter, because they are selling ivory toilet sets, and you have every bureau in the house supplied, and, anyhow, you know a place where you could get them cheaper.

You want to get past that counter and go back to the one where they sell such prosaic things as safety pins and sixty cotton—white.

The gisle is narrow to begin with,

The aisle is narrow to begin with.

and the rows of women around this counter just about finish it up, but you have to have that cotton right away. TUST as you get safely around a large woman, and pull your scarf back

on your shoulder again, you meet—or come upon—this little one.

though she were a thief though she say, in a mild tone. "Awful crowd here, isn't it?

They ought to make this aisle wider."

Now, what can you do with a "vietions fade away; you tighten up your presence, swerves out in front of you, and you have to stop, almost losing your presence, swerves out in front of you, and you have to stop, almost losing your balance.

Will you please depart on the crowd.

Then she proceeds calmly along the crowd.

They ought to make this aisle wider."

Now, what can you do with a "vietions fade away; you tighten up your presence, swerves out in front of you, and you have to stop, almost losing your presence, swerves out in front of you.

Work what can you do with a "vietions fade away; you tighten up your presence, swerves out in front of you.

But the little shopper, neatly, without find the proceeds calmly along the cone. "Awful crowd here, isn't it?

Now, what can you do we have the you give melts and you revil intentions fade away; you tighten up your presence, swerves out in front of you.

B

again.
"At last," you think, "she's anchored!"

But, you're all wrong.
She wasn't anchored at all, she just struck a snag, and hesitated long enough to make you hope.

Then she resumes her contested, swaying walk, successfully blocking the aisle, and not making even a suggestion toward hurrying.

CHE leans toward an opening where Sone table ends and another begins, "Aba!" you crow, exultantly, "Let's

But just as you get on a level with her she moves back into the place with just enough emphasis to knock your hat crooked and dislodge the package

hat crooked and dislodge the package that you grasp with one arm.

Your strained nerves give way, and you stare down at her with a glare that would kindle a bonfire!

Ordinarily you are not of a criminal turn of mind, but at that moment you feel that murder would be too tame.

And as you think these dreadful thoughts the little shopper turns and looks at you innocently, placidly.

"Oh, excuse me," she says, in a mid-

But isn't it maddening when you scrape her off the edge of the crowd?

# No Need to Sweeten Grape-Nuts

- This wheat and malted barley food is naturally sweet, since twenty hours' baking and processing develop sugar from its own grains. Grape: Nuts is easily digested and has a rich flavor unlike that of any

It is healthful and economical

other cereal.

"There's a Reason" Made by

Battle Creek, Michigan.

Grape Nuts Postum Cereal Company, Inc.

**ASCO** 

ASCO.

### **ASCO** MEDICIN amenicai

Be Prepared! The icy winds and drifting snows are coming. Your body needs more heat and energy to withstand the rigors of winter.

Particularly trying are the Fall days, with their varying temperature and weather. Are you equipping your body with the added resistance it will need to offset the sudden changes in weather?

Butter supplies heat-eggs supply stamina



Louella" has a delicious flavor, seldom found in

passed as a heat generator for the human body. RICHLAND BUTTER IN Better than some dealers' "Best"

BIG, MEATY, SELECTED

For your health's sake—eat more eggs.

"Asco" Stores are conveniently located all over Philadelphia and in the principal cities and towns of Pennsylvania, New Jersey, Delaware and Maryland

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