

THE woman who conducts in her home a lunch room or cafeteria must necessarily form a definite system for working out reasonably priced senus-if she wishes to be successful. To this end, personal marketing in the

Now the woman who must depend entirely upon the kitchen help to estimate the proper amount of food that must be ooked is not efficient. The steward. aterer or the chef, all know by heart half pint cup for measurement, Three portions of spinach, using onejust what proportion of food is allotted

waste. The old methods are antiquated and, in this day of high prices, care must be used in conserving our supplier used in conserving our supplies, that we may survive. "Waste in order that we may survive. not, lest ye want." The seasons of the year are the con-trolling factors in the planning of the menu. The human body requires food at the approach of winter that will build fat tissues, as a protection from the cold. In the late spring and during the summer a lighter and less expensive diet can be agranged. During the warm season the stomach rebels against the beavier foods. The planning of the menu has a direct

Apple Dumplings or Fruit Meringue Coffee Serve six portions of soup from one quart. One piece of fish weighs about two

ounces, raw weight, free from bones, Two radishes, One-half stalk of celery or three small olives.

Three slices of rolled shoulder, cut thin, about one-quarter inch thick, Three pieces of top rib of beef, when pieces of cut are about two and one-like any other normal young girl, she half inches in length, One medium-sized potato or two small potatoes, Three portions of tomato, using one-

fore, when she met him by chance a few days later she could not altogether half pint cup for measurement. Three small or two large leaves disguise the fact that she was glad to see him. lettuce. Use small apples to make dumplings, peel, using one for each dumpling. tand before her. Two slices of bread One chip of butter, Full cup or demi-tasse of coffee, orgotten me Tomorrow-The secret of cooking in large portions.) The Woman's

and he is determined not to give up anything that he has enjoyed before his marriage. TONY gave no more thought to their meeting with Nick Fowler. He had told Charlotte his opinion of the man and that was sufficient in his mind to take care of any chance meetings. He did not reckon, however, with the fact that Charlotte was lonely and very young. She longed for good times just like any other normal young girl, she wanted people to like her, and this for-bidden accuration and this for-bidden accuration for a solution of a child. To the formation of the man and that was sufficient in his mind to take care of any chance meetings. He did not reckon, however, with the fact that Charlotte was lonely and very young. She longed for good times just like any other normal young girl, she wanted people to like her, and this for-bidden accuration formation of a child.

bidden acquaintance of Tony's had (Tomorrow-The aftermath of a gay seemed to like her very much. There-

HUMAN CURIOS

e 1

throw in the sould manggany oak-fm-ished tin bathing suit! She says some-thing about my sentiments but appears rather hazy as to what they were. Like the chap said to Darwin, "I am a scien-tist, but I am against all your princi-nies, whatever they are." Miss Zoo-par-don me, I mean Zoe (sound, look and nearly spell the same)--says I'm a wee, young mother's child (yet "has to give me credit!") Why? Oh, because I want to instill some discretion in the persons of slushing young fiappers. My system is to let them go on with the feathery stuff and then haughtily ask them if they think they are Cleopatra or Semiramis. Now am I not doing a girl a good turn when I make her see that she was not wise in billing and cooling young fellow? I think Zoe is sore because a fellow has nerve enough to turn a sob sister youngster down. sore because a fellow has nerve enough to turn a sob sister youngster down. Must do better next time, girlie Don't call me just "child"—be explicit; and if you feel that you can, use facts to sub-stantiate your claims. Otherwise, quite honored to cross my sword with your mere pin.

Cynthia, I couldn't understand what Cynthia, I couldn't understand what you meant by "exaggerating." but I think you refer to my saying that I never kissed a girl. Why can't you be-lieve it? I still insist that when a girl learns that a fellow has never been kissed she tries ever so hard to be the first. How about it, maidens? And why about a fellow kiss any that offers it-about a fellow kiss any that offers it-

SN'T it maddening that we never fall

NUL MORE WANTER (PURCHARDING)

You can easily see just how the elderly person happened to wear that ragged glove.

All dressed, everything neat and as he wanted it-and oh, dear, look at

the sash pointed in front, and wear a large hat frimmed with flowers and long black streamers. Carry a tall stick with flowers

the Bo Feep." When varnished woodwork is badly worn, Tubbing it with good floor wax will improve its ap-

rtunity, and our eves are opened to it. Our no

at the top and call yourself "Lit-tle Bo Peep."

pearance. Decorated invitations for a Jap-

Decorated invitations for a Jap-ancese, autumn, silver, rose, etc., luncheon can be made by cutting the decorations out of paper nap-kins suitable for the occasion and pasting them on the cards.
It is correct to say "he doesn't." "He don't" is incorrect because it is an abbreviation of "he do not.", which is a wrong use of a

It was at a place called Ingonish in Cape Breton-a raw, rocky, exposed

One day he happened into a talk with a fisherman, a perfect specimen of a awny-haired Viking, who told him that from his fishing and farming he was

"Why don't you come over into my country," asked Secretary Lane

"And why?" urged Secretary Lane. "Why haven't you learned? You have

The fisherman hesitated for a few moments.

"Yes," he said, finally, falteringly. "We have schools. But-my father-could not read or write-and I would have felt I was putting a shame upon the old man if I had learned to do something he could not do."

A sublime sentiment! But a sentiment perverted, damning, sentence to a living death

It made the man a tortoise, shackled to his shell. It hained him with the bonds of puerile, sterile outlook.

It consigned him hopelessly and helplessly to the thralldom of what had been. Slowly and surely this worship of fetich and past has been pushed out of

Precedent is no longer per se holy.

Tradition is not permitted to fetter.

Today we expect and respect only the fuller, richer life. And this life we egard as our heaven-sent heritage and right.

There is a new zeitgeist, a renaissance of the spirit of freedom and power and

holesale district is essential.

## to each portion.

bearing upon the amount of food served For instance, if an entree be included, much smaller portion of meat will be needed. Again, the menu must be concted with regard to food value and made attractive to the eye.

ream sauce or au gratin, or plan a in curls. Now what I want to know is one-color meal; with fish, do not have this: I have very good talent in singan all-white menu. Remember that the ing and dancing, and would like very ebject of serving soup at a dinner is to much to go on the stage, with my sister, prepare the stomach, by causing the digestive juices to flow freely and promote digestion. Therefore, soup at a dinner acts as a stimulant and for this purpose it should be preferably a thin broth, a fish, or a clear vegetable soup. A thick, rich and creamy soup would overload the stomach.

However, for luncheon a cream soup is ideal. Usually smaller portions and less food are planned on the luncheon mean. Therefore, a good rich cream soun supplies a proportion of food value. The bill of fare (and I like this old English name, for the word "menu" is virtually meaningless) for a day may

BREAKFAST

Oranges or Canned Berries Oatmeni and Cream or Shredded Wheat and Cream Omelet or Broiled Mackerel Hashed Browned Potatoes

Coffee Rolls or Toast

One-half cup of berries.

One-half orange, One-half cup of cooked oatmeal or ne-half shredded wheat bisouit, One and one-half eggs for omelet and one-quarter medium-sized mackerel, small potatoes or one large

octato. "Two biscuits or two slices of bread, ent one-half inch thick, One chip of butter.

LUNCHEON

Cream of Lettuce Soup Beef Cutlets Browned Potatoes Glazed Carrots

07			
100		Irish	1
1.	Peas		

Tea or Coffee Three-quarters cup of soup for a por

Coleslaw

Cutlets to weigh about one and one

ounces. ne small potato. One Marge spoonful of carrots or peas, One pint of Irish stew for three por-

One cup of caleslaw for four portions.

Make the Boston pie in an eighth pie tin and cut in eight portions. Two slices of bread, cut one-half ch thick, One chip of butter, cut forty-eight ips to the pound.

## DINNER

Vegetables or Consomme adishes Celery or Olives Weakfish, Colonial Sauce st Shoulder of Lamb, Mint Sauce or Braised Short Hibs of Beef) ished or Whole-Boiled Potatoes Tomatoes French Dre

Advice to "Fifteen' To the Editor of Woman's Page:

Dear Madam-I am a girl fifteen years Do not serve a cream soup and then of age and considered fairly good-look-have one or more vegetables served with ing. I have blonde hair that hangs down of age and considered fairly good-lookwho is three years older than I am and is considered the best-looking girl in our neighborhood. Where can we go to

apply? I am a grammar school graduate. A READER. You have probably heard that a stage

career is a very, very hard and discouraging one and that it takes endiess persistence in order to "get anywhere." And maybe you have thought that that was true in some cases, but for you and your sister it would be different. It wouldn't though. Unless you knew some one of sufficient importance in the pro-fession to help you along, if you really have talent, that talent would have to travel a long road before it would be rec-ognized. It is hard to go back to school and give up something you have you heart set on, but that is what I am advising you to do. A good education is so important—you'll realize that more and more! To the Editor of Woman's Page: Dear Madam—As Christmas To the Editor of Woman's Page: Dear Madam—As Christmas is ap-proaching I would like to have a defi-nite idea as to the presents I wish to distribute. Now, I am very much per-plexed as to what to give my mother, I would rather give her something mad, by mysself, and would like you to sug-met work this would like you to sugouraging one and that it takes endless

Store Open Saturday Evenings

Again Nick looked at her narrowly

proaching I would like to have a defi-nite idea as to the presents I wish to distribute. Now, I am very much per-plexed as to what to give my mother. I would rather give her something made by myself, and would like you to sug-gest something suitable, inexpensive, easy to make and also useful and prac-tical. I am only a little girl, thirteen years, so I cannot make mother any-thing very hard. R. S. L. I think it is a lovely idea to give your years, so I cannot make mother any-thing very hard. R. S. L. I think it is a lovely idea to give your mother something you have made your-self. Mothers always like these things much, much more than any gift you would buy. A centerplece would be nice to embroider for her. You can buy such pretty ones to do, in outline stitch or cross-stitch, and these are both very easy. If you get it now you will have plenty of thus to finish it, and it is bound to be a useful, attractive present. Handkerchiefs are not hard to make, although you may have thought so be-Handkerchiefs are not hard to make, although you may have thought so be-fore. You see a good many of them nowadays are not hematliched, but the edges are simply finished with the very narrowest of hems, sewed down with careful little stitches all around. Two or three white linen ones would please your mother, I know.

your mother, I know. A little ribbon safety-pin holder, made of three different lengths of one-half inch wide ribbon, fastened together at the top with a bow of the ribbon, would be nice, too. On the other end of each of these is a celluloid ring with some safety pins attached to it, each of the three holding a different sized pin.

ASK FOR and GET

Maited Milk for Infants and Invalids Avoid Imitegrous and Substitutes

The Groom Who Became a Baron He smiled at her, that half-weary smile of his, and the sun glinted on his iron gray hair as he bared his head to

Perhaps no man of modern times has passed a more varied and romantic life than Thomas Ward, who commenced life as a stable boy and who later became famous as a statesman, the intimate of kings and the player of a prominent role at the court of Parma. "Well, Mrs. Harriman, so you haven't

"Of course not." And her little girl

Well, Mrs. Harriman, so you naver the sector of cooking in portions.)
Will, Mrs. Harriman, so you naver the figure of a prominent role in the cooking in portions.)
Charlotte could not be more than nice-the digits of the suspected that she digits of the younger set, and in some and placemia. A set ward the suspected that she digit be as a placemia and placemia. The minate of the suspected that she digit be as a placemia and the player of a prominent role at the court of Parma.
Ward we was born at Yorkshire in 1810, entered the service of Prince Licht-tenstein of Hungary at an early age, and thought that other day that her face in the doing so fresh and young as this girl, and yet he had thought that other day that her face in repose was sorrowful. It had plqued that the pose was sorrowful. It had plqued the sort to the horse at the court of the has an envey. Arraw the duke's rule was sent to Florence on a confidential mission of the highest importance in 1848. But shortly afterward the duke's rule was terminated by a revolution and the doings of the younger set, and in amuch as he had'n the assurance that the sourt of the sourt of the sourt of the sourt of the horse at the court of the highest importance in the doings of the younger set, and in amuch as he had'n the assurance that the sourt of the sourt and the sourt and the sourt and the sourt and the sourt of the

ed her. Charlotte had no reserves, she had shown her pleasure quite plainly when she had spied him in the crowd, Nick had seen that. He felt old and jaded heside her as they walked along, and as for Charlotte, she had thrown herself into the adventure with all her heart, forgetting everything that Tony had told her the other day in the pleasure of the moment. When he died, carrying with him many secrets connected with the leading familles of Europe, this man who started as a stable boy bore no less than nine-teen distinguished titles, among them several conferred by the reigning houses of Austria, Germany and Russia,

Wednesday-The Original "Mrs. Part-

should be aught to save them for his wife (if he has any; if so, I am sorry for him) or his sisters, or mother, or even grandmother for perhaps some rior even gra elderly maiden aunt who can write up

elderly maiden aunt who can write up a nice will. A fellow can't be tall and dark and have curly hair without the girls think-ing he is some wild Don Juan-but I in-tend teaching them differently. Oh, yes, my conning tower has got wheels in it. even though Zoe says it "ain't." At all events, I wonder how many chaps there are who are twenty-two, have gone with girls and have never kissed a single one? And how many girls—I wonder? Meanwhile I will keep up my good work with the girls, which consists of a dozen lessons in not knowing how to kiss a fellow. HEART-BREAKER.

HEART-BREAKER.

You know, Heart-Breaker, you must not be vulgar, if you would be funny. Some slang is quite all right, but vulgar slang, oh! fie! Cynthia is printing a slightly expur-gated edition of your letter, as you will walize.

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plural verb with a singular subject.

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