

MRS. WILSON PLANS MEALS FOR FOUR DAYS TO COME

Oyster Loaf for Friday's Dinner, Apple Fritters for Saturday. Three Menus for Sunday

By MRS. M. A. WILSON. Almost before we realize it, cold winter days will be here and sharp winds will cause the heat of the body to radiate more quickly than during the summer...

FRIDAY DINNER. Celery, Home-made Relish, Oyster Loaf, Cheese Sauce, Boiled Potatoes, Spinach, Lettuce, Mayonnaise Dressing, Brown Betty, Hard Sauce, Coffee.

SATURDAY DINNER. Radishes, Watercress, Boiled New England Dinner, Cabbage, Apple Fritters, Vanilla Sauce, Coffee.

SUNDAY BREAKFAST. Sliced Oranges, Cereal and Cream, Sausage and Hot Cakes, Coffee.

Supper. Sliced Tomatoes and Cucumbers, Baked Macaroni and Cheese, Potato Salad, Apple Sauce, Coffee.

MONDAY DINNER. Celery, Olives, Cold Cuts of Corned Beef, Potato Salad, Corn, Onion Salad, Bread Pudding, Coffee.

TUESDAY DINNER. Cheese Canapes, Radishes, Young Onions, Mince of Corned Beef and Peppers, Hash Brown Potatoes, Corn au Gratin, Lettuce, Apple Pie, Coffee.

Menu Contest Honor List. Mrs. G. H. Lockwood, 236 Ridge Avenue, Allentown, Pa.

Mrs. Christine Sinn, 2837 Lehigh Avenue. Menu: Brown Beef Stew, Potato Dumplings, String Beans, Lettuce and Sliced Tomatoes, Hot Biscuits With Butter, Orange Gelatin, Coffee, Cake.

Mrs. Ethel Yeager (Twelve Years), 115 South Fourth Street, Colwyn, Pa. Menu: Braised Beef, Mashed Potatoes, Sliced Green Corn, Corn on Cob, Fried Peppers, Tomato Sauce, Pickles, Bread Butter, Coffee, Pudding, Cake.

Mrs. Zella D. Pratt, 2325 Wallace Street. Menu: Braised Beef, Mashed Potatoes, Sliced Green Corn, Corn on Cob, Fried Peppers, Tomato Sauce, Pickles, Bread Butter, Coffee, Pudding, Cake.

The Best Dinner

costing \$1.50 for four people wins a prize of \$2.50 in the PRIZE MENU CONTEST. Two other prizes of \$1 each are awarded for the next best menus.

Mrs. Wilson's Menu Contest. Evening Public Ledger Independence Square. Your full name must be given and correct address on the menu.

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The Unwelcome Wife

By HAZEL DEVO BACHELOR. Copyright, 1920, by Public Ledger Co. Mrs. Harrison was determined not to see any good in Anthony's wife...

Modernizing Charlotte. TONY did speak to Edith Costello about taking Charlotte in hand, and she looked at him in mild surprise.

Edith privately could not understand why Tony had married such a girl as Charlotte. "The isn't his kind at all," she had said to her mother.

Edith had been good at it. She had worked her mother into a state of such a nervousness that she had not only allowed to go anywhere with Edith, but she had even allowed her to accompany her to the office.

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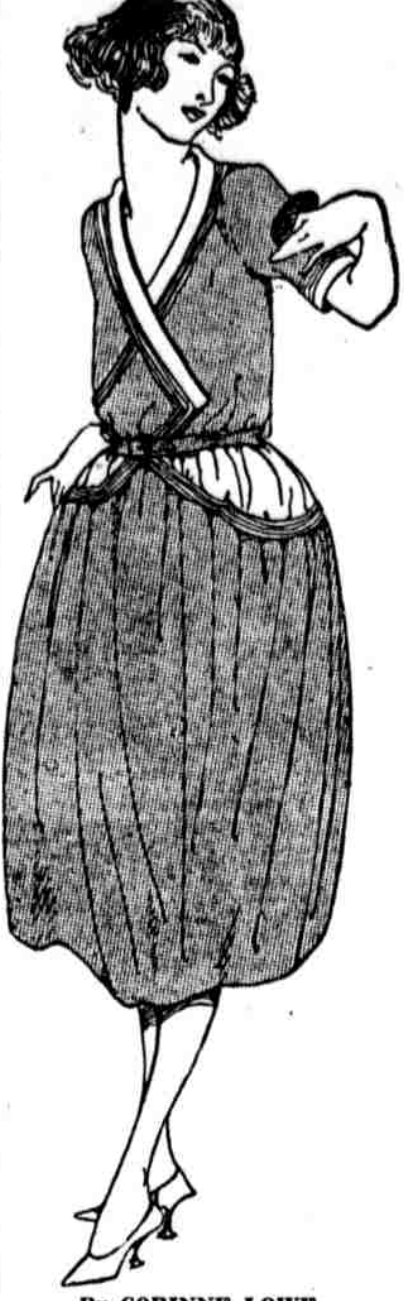
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RED AND BLUE TRIM EACH OTHER



By CORINNE LOWE. Duvetyun into others as you would have others duvetyun into you—this is the motto of the red duvetyun.

It is a mistake to think that all of the autumn fashions preserve the slender silhouette. Many of the skirts are wide, and although we have soft-pedaled the hip drapings, various emplacements and plaits and other trimmings mark the place where the old insurrection of fabric took place.

Wraps and Furs. The flare back is found on a great many of the newest wraps and occasionally one sees a short coat exploiting a tailored box back.

There is a new imitation fur for this year called erminette which has attracted the attention of many of the smartest of the foreign wraps.

Never was fur used more for trimming than it is today. If you are so minded and so financially situated you may, for example, add ermine tails to your lace dress frock.

Best Cuts Steak Meats. Rib Roasts, Chuck Roasts, Hamburg Steak, Lean Pot Roast, Stewing Beef, Bolar Roast, Lean.

Attention, Housekeepers! Tons of Meats to Be Sold at The Penny Profit Meat Store. THIS FRIDAY AND SATURDAY AT ONE CENT A POUND PROFIT.

Please Tell Me What to Do

By CYNTHIA. Cannot Do It. John L. T.—Dear Mr. T., but Cynthia cannot forward you Mr. T., but Cynthia cannot forward you Mr. T., but Cynthia cannot forward you Mr. T.

Wants Mickey to Write. Dear Cynthia—May I insert a few words to Mickey? I am sure every one enjoyed your letter to Mickey.

Wants to Meet Boys and Girls. Dear Cynthia—I am a girl of sixteen summers. I dress well and look neat.

The Sophist Again. Dear Cynthia—I rise to remark a few remarks on your last issue.

Has Not Kept Dates. Dear Cynthia—Why is it that so many girls ever get into a habit of not keeping their dates?

LONGING FOR SOME LOVING. My dear, when a girl gets a prouddish thought in her mind that a nice boy is hard to find, she is going to have just the trouble you are having in making friends.

Change your mental attitude and realize that there are many nice boys and girls all around you.

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WHAT'S WHAT



What is known as the "bread-and-butter letter" should be sent to the hostess as soon as possible after the guest has returned home.

It is generally customary when four people are playing for the two highest scores to give a prize to both of the winners.

A Kind Offer. Dear Madam—About a week ago I was reading of a girl fifteen years old who had been a very poor girl.

There is indeed an unselfish offer, and the name and address of "E. S." will be glad to see any one who wishes to take advantage of it.

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THE MOTHER WHO WATCHES HER SON PLAY FOOTBALL

Must Risk Seeing Him Battered and Hurt, but Think of Her Thrill of Pride When the Cheers Are for Her Little Boy

IT WAS only a little school game that was being played. But the crowd was as enthusiastic as any college crowd that was ever known.

There was one boy who seemed to be the star of the team. He was here one minute and there where he was needed the next.

Two of the touchdowns had been his, and as the crowd watched one of his opponents getting dangerously under way with the ball in his arm, this boy shot forward and brought him down with a magnificent, clean, hard tackle.

"He's a corker!" exclaimed a man standing near the woman in the brown suit. "Wonder who he is!"

"He's my boy!" she gasped, breathlessly, careless of the fact that she had just seen the man before in her life.

Think how you'd feel if you heard a whole field, a whole grandstand full of voices shouting one name—the name of your son!

There is one mother who used to go to every football game that her son played in fear and dread.

The highest scientific authority declares one apple contains as much food value as two-thirds of a glass of milk, or a small plate of beans, a lamb chop, two-thirds of a cup of rice, a potato or two slices of bread.

EAT MORE APPLES! Get in the habit of eating at least one or two apples a day, in one form or another.

Fancy Baking or Cooking APPLES. 3 lbs 15c. We also carry in stock Extra Fancy Western Box Apples at unusually low prices.

FRANKLIN GOLDEN SYRUP. Matches Franklin Package Sugars in Quality. The Franklin Sugar Refining Company.

ASCO MEDICAL STORES CO. AMERICAN. This is Apple Week throughout the entire United States. A tremendous national movement is now on to inform the public on the true value of the apple as a food factor.

POST TOASTIES. Spoonful or bowlful, their delicate, rich corn flavor pleases and keeps on pleasing. And their crisp, full-bodied texture fully satisfies.

Rittenhouse Bros. | S. W. Cor. 60th & Market Sts. | Rittenhouse Bros. Attention, Housekeepers! Tons of Meats to Be Sold at The Penny Profit Meat Store.