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

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ALMOST before we realize it, cold, wintry days will be here and sharp winds will cause the heat of the body to radiate more quickly than during the summer. For this reason, the diet must contain a larger amount of fat-

Now, while it is prudent to increase the starchy foods, still a liberal amount of fats will be necessary and they may be provided in butter, cream, bacon fat, meats, some fried foods, salad dressings, pastries and cakes.

To plan the diet so that there shall be an economic distribution of the needed fats, the housewife should plan and work out an all home-cooked menu. Good home-made bread and a good butter form a staple part of the small child's diet and for this reason the mother should provide an adequate amount of milk, as well as a limited portion of home-made sweets. Planning Friday to Tuesday market-ing will be our lesson this week.

FRIDAY DINNER

Celery Home made Relish Oyster Loaf Cheese Sauce Boiled Potatoes Spinach Mayonnaise Dressing Brown Betty Coffee SATURDAY DINNER Radishes Watercress Boiled New England Dinner

Coleslaw Apple Fritters Vanilla Sauce Coffee SUNDAY BREAKFAST

Sliced Oranges Cercal and Cream Sausage and Hot Cakes Coffee Dinner Celery Home-made Fredam Breeton Chops Onion Sauce BBaked Potatoes Turnips Russian Dressing Home-made Piccalilli

Russian Dressing Cornstarch Pudding Coffee Supper

Sliced Tomatoes and Cucumbers Baked Macaroni and Cheese Potato Salad Sponge Cake Apple Sauce Coffee

MONDAY DINNER

Celery Cold Cuts of Cornbeef Potatoes au Gratin Cor Onion Salad Bread Pudding Coffee TUESDAY DINNER Cheese Canapes

Radishes Young Onions lince of Cornbeef and Peppers Hash Brown Potatoes
n au Gratin Lettuce
pple Pie Coffee Corn au Gratin Apple Pie

The market basket will require Theo stalks of celery.
Two stalks of celery.
Twenty-five stewing oysters,
One-quarter peck of spinach,
Three heads of lettuce,
One-half peck of apples,
Three bunches of radishes,
Four-pound piece of corned plate or

Three-quarters pound of sausage. One and one-quarter pounds of lamb Chops from loin, One bunch of beets,

One bunch of carrots, Two large heads of cabbage, One small bottle of olives, One can of corn, One-half pound of cheese,

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Address all menus to Mrs. Wilson's

Menu Contest Evening Public Ledger Independence Square

The Best Dinner

costing \$1.50 for four people wins a

PRIZE MENU CONTEST Two other prizes of \$1 each are awarded for the next best menus.

prize of \$2.50 in the

Your full name must be given and orrect 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 materials must be included. Fried meats are not accepted.

One-half pound of macaroni, One-half peck of potatoes, One quart of onions, One bunch of young onions, One-quarter dozen bananas, One-third dozen oranges.

Oyster Loaf

Place in a mixing bowl one cup of thick cream sauce, using equal parts of the oyster liquid and milk for making One-half cup of finely chopped ousters.

One onion grated, One-half teaspoon of thyme, Two cups of fine bread crumbs, One teaspoon of baking powder, One teaspoon of salt, One teaspoon of pepper, Six tablespoons of flour, Four tablespoons of bacon fat

melted butter. Mix and then pack into well-greased loaf-shaped pan and then pat smooth on top. Sprinkle with coarse bread-crumbs and then bake in a slow oven for forty-five minutes. Serve with

Apple Fritters

Cut the apples in slices about one-half inch thick and then dip in batter and fry until golden brown in hot fat. Serve with vanilla sauce To prepare the batter place in a bowl

One egg, Three-quarters cup of scater. One and one-quarter cups of flour, One level tablespoon of baking

Two level tablespoons of shortening, Pinch of salt. One tablespoon of sirup. Beat to mix before dipping in the prepared apples.

Breton Chops

Broil the lamb chops and then prepare slice of toast. Spread the toast with a since of toast. Spread the toast with mayonnaise dressing and cover thickly with finely chopped parsley. Lay on the chop and cover with onion sauce. Dust with paprika and serve.

Fruit Cornstarch Pudding Two cups of milk, One-half cup of cornstarch. Stir to dissolve and then bring slowly to a boil and then add

One-half cup of sugar, One cup of any preferred fruit, cut in Cook for five minutes and then add

a pinch of sait and one teaspoon of vanilla. Beat to mix and then rinse custard cups. Turn in the mixture and then chill. Use equal parts of banana and sliced orange. then chill. Use eand sliced orange.

Tomatoes, sweet pepper, lettuce.
Mayonnaise (home-made)
Hot biscults (home-made)

Coffee, flour, cinnamon, salt and pepper for seasoning One pint of milk

Recipes for Apple Week Apple Sauce Wash three pounds apples, cut in bits, place in saucepan and add three cups water. Cook until apples are very soft, then rub through colunder and sweeten

Apple Fritters

Four level teaspoons baking pouder. Beat to mix. Dip slices of apples in batter and fry till golden brown. Serve

TOASTIES

fully satisfies.

Naturally, then,

Place in mixing bowl

Two cups flour, One teaspoon salt.

One egg. Two tablespoons shortening,

One cup water,

Menu Contest Honor List

Mrs. G. H. Lockwood, 236 Ridge Avenue, Allentown, Pa.

Sliced Tomatoes Green C Biscuits Apple Sauce Coffee SALES SLIP
One and one-half pounds of chuck \$
Two pounds of tomatoes

One and one-half pounds of Two pounds of tomatoes One bunch of beets One pound of flour One-quarter pound of lard. One quart of milk Four ears of corn One-half pound of sugar One-quarter peck of apples One-quarter pound of butter Coffee Coffee One-quarter peck of potatoes Baking powder, seasoning, onion,

Total\$1.50 Mrs. Christine Sinn, 2837 Lehigh Avenue.

Menu
Brown Beef Stew
Potate Dumplings String Beans
Lettuce and Silced Tomatoes
Hot Biscuits With Butter Orange Gelatin Coffee

Tomatoes
Biscuit flour
Milk, butter, sait and baking Total\$1.45

Miss Ethel Yeager (Twelve Years), 115 South Fourth Street,

Colwyn,

Menu
Braised Beef
Mashed Potatoes Lettuce
Corn on Cob Fried Peppers
Tomatoes Pickles
Tomatoes Coffee
Mead Butter Coffee
Mead Cake Bread Bus Con-Pudding Con-SALES SLIP

Mrs. Zella D. Pruitt, 2325 Wallace Street

Menu
Braised Veal
Potatoes Stewed Green Corn
Sugared Sweet Potatoes
and Sweet Pepper Salad With
Mayomaise Dressing

GET THEM AT YOUR GROCER Made by Postum Cereal Company, Inc. Battle Creek, Michigan.

Spoonful or bowlful,

their delicate, rich corn flavor pleases and keeps

on pleasing. And their

crisp, full-bodied texture

Post Toasties are the most popular of all corn flakes.

The Unwelcome Wife

By HAZEL DEYO BATCHELOR

Mrs. Harriman was determined not to see any good in Anthony's wife when he brought her from the country to live under his mother's roof. And so when Charlotte did not meet people half way and had no social graces, Mrs. Harriman blamed her, and the day the girl innocently went to a malinee with a man she hardly knew, both Mrs. Harriman and Tony accused her of lack of dignity and a sordid firtation.

Modernizing Charlotte

TONY did speak to Edith Comstock about taking Charlotte in hand, and she looked at him in mild surprise. "Why, Tony, I didn't think your wife "She's never known many girls, and I thought if you were to sponsor her with the crowd things might be more congenial."

"Why, of course I will. I'd be glad

"Why, of course I will. I'd be glad to."

Edith privately could not understand why Tony had married such a girl as Charlotte.

"She isn't his kind at all," she had told her mother. "O, she's pretty enough in a coloriess way, but she has no style and she simply will not try to make herself attractive. It will be interesting to see how long Tony will stand it. It's easy enough to see that Mrs. Harriman is anything but pleased."

But Edith kept her word and took Charlotte in hand. Inasmuch as Mrs. Harriman was perfectly willing to allow Charlotte to go anywhere with Edith. Charlotte to go anywhere with Edith. Charlotte to go anywhere with Edith. Charlotte to she herself lacked. She watched Edith closety and was forced to admire many things about her. Her tact and poise were never failing, but then Edith had been carefully schooled, and Charlotte saw that it was not so much that Edith was beautiful as it was that she made every good point count.

For one thing her eyebrows had been carefully plucked and the smooth, sliky line across her eyes gave a piquant expression to her face. Charlotte watched her having her brows shaped one afternoon, and was fascinated, although she drew back in horror when Edith suggested that having her own done would make a great difference in her appearance.

make a great difference in her appearance.

"Oh. I couldn't."

"Not if you knew it would make you look better?"

"I don't think it would."

It was the same when Edith suggested that Charlotte have a permanent wave put in her hair.

"You don't know how it would change your appearance." she coaxed.

your appearance," she coaxed.
"It's so artificial; besides, yours isn't curly."
"I'd have it done in a minute, but it "I'd have it done in a minute, but it bu

"I'd have it done in a minute, but it wouldn't suit my type." Edith's hair was dark and silky. When the light shone on it it looked like satin.

"Yours should be fluffy," she explained to Charlotte "And you oughtn't to wear it combed high on your head that way."

Charlotte consented to have it waved with an iron, but she would not consent to a permanent wave in spite of Edith's coaxing, neither would she learn to smoke, and her expression of horror when Edith offered her a cigarette one afternoon made a good story to tell over afterward.

"How are you and Charlotte getting on together?" Mrs. Harriman asked one afternoon when Edith had run in to take Charlotte for a drive in her little electric.

Edith swiled apployation!

Edith smiled apologetically. "Does she ever say anything about our friendship? Poor little thing, I shock her to death every time I see her. She despises anything artificial, and absolutely refuses to adopt any petty vices."

"She'll never be popular," Mrs. Harlinan sighed.

Monday-The "Odd Family"

Post *** Toasties

RED AND BLUE TRIM EACH OTHER



By CORINNE LOWE

Duvetyn unto others as you would have others duvetyn unto you-this is he motto of the red duvetyn which rims a frock of blue in the same popular fabric. Stitching of blue completes the altruistic task of the red fabric and the originality of present-day trimming is brought out by the way the stitch-ing is extended alone on the right side of the corsage.

It is a mistake to think that all of

the autumn modes preserve the slender silhouette. Many of the skirts are wide, and although we have soft-pedaled the hip draperies, various empiecements and plaits and other trimmings mark the place where the old insurrection of fabric took place.

Please Tell Me What to Do

By CYNTHIA

Cannot Do It John L. T.—Sorry, Mr. T., but Cynthia annot forward your letter. She does not bring about any friendships among writers to the column.

Wants Mickey to Write Wants Mickey to Write

Dear Cynthia—May I insert a few
words to "Mickey"? Thank you.

"Mickey" dear, I am sure every one
enjoyed your letter as I did. Every day
I have been waiting patiently for another one of those wonderful letters.
Won't you please write again? I have
read many readers' comments about your
speech (as I will call it), and they all
seem to be on my side. We all want
you to write again. Speak up, readers,
and give "Mickey" the credit she deserves. Cynthia, I thank you again for print-ing this letter.

JUST BLOND PEGGY.

Wants to Meet Boys and Girls Dear Cynthia—I am a girl of sixteen summers I dress well and look neat. I work for a good, reliable firm doing office work. At home I am kept strict, not allowed to go anywhere or even to a niovie. I have hardly any girl friends. I spend most of my time after office hours doing housework and reading books and magazines. Now, dear Cynthia, please tell me how I can meet some nice boys and girls.

Ask_your parents to allow you to re-

Ask, your parents to allow you to receive friends at home and ask some of your companions to come and see you some evening. There are surely other nice girls in the office, are there not? They will introduce nice boys to you.

The Sophist Again Dear Cynthia—I rise to remark a few remarks on that more or less contro-vertible, not to mention disputable, sub-ject of beauteousness (!) in its relation to the damsels of this our day and gen-

blatts and other trimmings mark the place where the place to adont any petty vices."

Wraps and Furs

Entith was silent.

Entith was silent.

Entith was silent.

Entith fushed. "Oh, please. Aunt Evelyn, that isn't fair to row, nor to hard the place where the place where

SCO

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Attention, Housekeepers! Tons of Meats to Be Sold at

The Penny Profit Meat Store ONE CENT A POUND PROFIT COME EARLY TODAY IF POSSIBLE

Best Cuts Steak Meats Rump at 26c lb.

Rib Roasts Best Cuts	Chuck Roasts Best Cuts	Hamburg Steak Fresh Ground 18	Lean Pot Roast	Stewing Beef Brisket 12½	Bolar Roast Lean 28
Leg. Yearling	Lean Rib Yearling Chops 22	Shoulder Yearling 22	Loin Yearling Chops	Shoulder Baby Lamb 29	Legs Baby Lamb

Bonel	ess Ba	con, 2	to 4lb.	pcs., 2	8clb.
Regular Hams 8 to 10 lbs.	Skinback Hams 8 to 14 lbs. 32	Picnic Hams 6 to 8 lbs.	Cottage Hama 2 to 4 lbs. 46	Fresh Pork Hams Cut	Shoulder Pork Blade Style 30
Fancy Table Butter	Oleo- mar- garine 38	Nut mar- garine 32	Strictly Fresh Egga In Carton 67	Country Scrapple 12½	Fresh Country Sausage

Chickens, 21/2 to 4 lbs.—39c lb **Broiling** and

By HELEN DECIE



has returned home. It is, as the name implies, a note of appreciation, a gradious acknowledgment of hospitality. Unless there has been a strain on friendahip and a consequent chilling of relations, the letter should be cordial and not too brief. But since, after all, sincerity is to be prized above rubles, the writer should not assume a feeling if she has it not. If there has been any rift within the lute during the visit, it would be affectation to send more than a formal expression of thanks.

Bread-and-butter letters are sent after week-end visits and house parties.

A dinner or party should be followed within two weeks by a "party call."

Exchange

Awarding Prizes

To the Editor of Woman's Page:

Dear Madam—Is it proper when playing cards, such as five hundred or another game where there are partners, to give a prize to both of the winners?

sect of beauteousness (1) in its relation to the damsels of this our day and generation.

It is generally bustomery when four people are playing for the trungshess dissection of the female frontliptice. I have reached the conclusion that the more beautiful a lassile may appear to be, the less beautiful as lassile may appear to be, the less beautiful as lassile may appear to be, the less beautiful has it. This attempt of the more beautiful a lassile may appear to be, the less beautiful has it. This attempt of the more beautiful as lassile may appear to be, the less beautiful has been the more beautiful as lassile may appear to be, the less beautiful has been the more beautiful as lassile may appear to be, the less beautiful has been the more beautiful as lassile may appear to be, the less beautiful has been the more beautiful as lassile may appear to be, the less beautiful has been the more than conscious of her beautiful has been the more than conscious of her being more than conscious of h

ASCO

WHAT'S WHAT



To WAS only a little school game that was being played.

But the crowd was as enthusiastic as any college crowd that was ever known.

No grandstand for them; they stood right down on the ground, as close to the lines as possible.

They followed every play, traveling down the field with the teams, holding their breath when it was close, cheering spontaneously at a long run or a good kick.

They followed every play, traveling their breath when it was close, cheering spontaneously at a long run or a good kick. she wanted him to know that she under stood kick.

One of the most interested spectators was a woman in a brown suit who stood alone and in silence. It was only the sparkle in her eyes that betrayed her excitement.

There was one boy who seemed to be the special special

Two of the touchdowns had been his.

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

VET there are some mothers who

THE MOTHER WHO WATCHES HER SON PLAY FOOTBALI

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

There was one boy who seemed to be most of the winning 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.

A cheer went up.

him in a rush.

"He's my boy!" she gasped, breathlessly, carcless of the fact that she had
never seen the man before in her life.

He raised his hat. "I congratulate
you!" he said. "He's a fine player."

boys, touch a ball down bealed a white line between two posts, stand tottering with a sheepish, happy grin on his muddy face, while his teammates slapped him on the back, and of knowing the as soon as the goal was kicked, the air would resound with long deep cheer for her boy!

Luck at Cards

Shuffling cards, if you drop a red or it is good luck; drop a black one, an it is bad. Opening a new deck of cards with or

If you hold three aces in your han more than five times in an evening yo will soon change your place of residence

means victory in the game.



ASCO

MEDICIN MENIC

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. The American Stores Co. is glad to co-operate in such a worthy cause.

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. There is as much energy and nourishment in a pound of apples as in 15c worth of pork chops, yet, for 15c, you can buy 3 lbs.

EAT MORE APPLES!

Get in the habit of eating at least one or two apples a day, in one form or another. Not only healthful and easily assimilated as a body builder, but an appetite "teaser" as well.

-Many ways to serve them. Who doesn't enjoy

-A delicious dish of apple sauce.

—A juicy baked apple. -Tasty apple fritters.

-Good old apple dumplings. -Mother's apple pie?

With so many different ways of utilizing apples, it will pay you to take full advantage of our low price.

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Fancy Baking APPLES or Cooking

We also carry in stock Extra Fancy Western Box Apples at unusually low prices.

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