

DISLIKE OF RICE OFTEN DUE TO COOKING, SAYS MRS. WILSON

Correct Way of Preparing It, With the Addition of a Tomato Sauce, Grated Cheese or an Apple Filling, Will Make It Twice as Good

By MRS. M. A. WILSON (Copyright, 1920, by Mrs. M. A. Wilson)

THE comparative food value of rice and other foods:

Table with 2 columns: Food, Value. Rows include Water, Protein, Fat, Starch, Mineral matter.

Rice is a food that will today naturally help lower the cost of living. This is because of the poor and faulty cooking which has turned this snow white grain into a dull looking pasty mass.

How to Cook Rice: Wash one cup of rice in plenty of water and then rub the bottom of the saucepan with a good sized oil. Now place in the saucepan:

One teaspoon salt. Bring quickly to a boil and then add the rice slowly.

Spanish Rice: Rub one cup of thick canned tomatoes through a sieve.

Hungarian Rice and Salt Meat: Place two and one-half cups of cooked rice in a baking dish and add:

This is the last week of the Prize Menu Contest

Three prizes are awarded for the best menu for a \$1.50 dinner for four people.

PRIZE, \$2.50. SECOND, \$1. THIRDS, \$1.

Address all menus to Mrs. Wilson's Menu Contest

Mrs. Wilson's Menu Contest

Evening Public Ledger Independence Square

Your full name must be given and correct address on the menu. Also the date of sending it. The menus must be staples and in season, and a sales slip giving the cost of all materials must be included.

The contest will close with the announcement of winners on Monday, November 22.

Then seven peppers, chopped fine. Two onions, chopped fine. One and one-half cups of thin cream sauce.

Two ounces of dried beef, shredded fine. Mix and then make the top smooth. Sprinkle with:

One tablespoon of fat bread crumbs. Two table-spoons of grated cheese. Bake in a hot oven for twenty minutes.

Rice Pie Crust: Grease a pie plate liberally and then dust with flour. Take two cups of cooked rice and rub through a sieve and spread evenly over the prepared pie plate.

Three large apples, chopped fine. One-half package of sweetened raisins. One-half cup of brown sugar. One teaspoon of cinnamon.

Spread over the rice and then dot with two table-spoons of butter. Cut into tiny bits and bake in a slow oven for thirty minutes.

Rice Biscuits: Place in a mixing bowl: Two and one-half cups of cooked rice. Three cups of flour.

One teaspoon of salt. Three table-spoons of sugar. Three level table-spoons of baking powder.

Three level table-spoons of shortening. Three-quarters cup of milk. Work in a smooth dough and then roll or pat out three-quarters-inch thick.

Place two and one-half cups of cooked rice in a baking dish and add:

THEY'RE GETTING READY—ARE YOU?

The toy factories all over the country are busy at work now, making things for Santa Claus to pack into his bag for Christmas. Wouldn't you love to work in a place like this, where there are hundreds of pale, bald, eyelash dolls waiting to be "made up" and arrayed in their best? And wouldn't it be fascinating to press long, silky hairs, one at a time, into the soft wax head of one of these blinking beauties? The toys are ready for you to do your Christmas shopping early—are you?



Photo by Central News

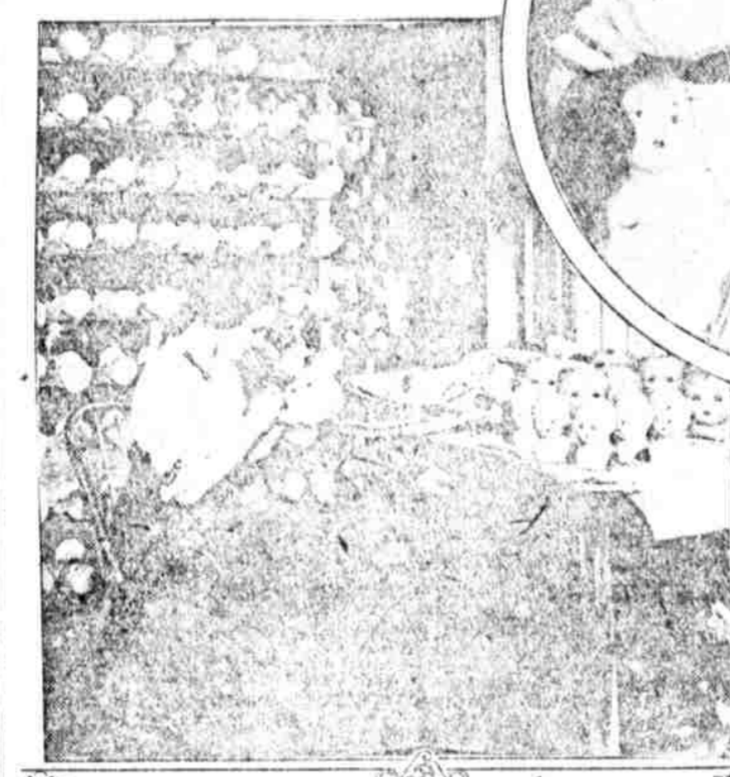


Photo by Central News

THE UNWELCOME WIFE

By HAZEL DEWE BATHCHELOR

Anthony's mother-in-law, who was exultant in the prospect of a new arrival, was disappointed when she learned that her daughter-in-law had been uninvited.

The Confession

CHARLOTTE started as one who felt that she had made a mistake, but she was not so sure when she realized that she had made a confession.

Making More Money

OSCAR in the barbershop. The barber said that he was making more money than he had in a long time.

ORANGE STITCHES ON BROWN VELVET

It is a mistake to think that orange stitches are only for decoration. They can be used to add interest and variety to your wardrobe.

Dye Right

Poor Dye Ruins Material. Buy Diamond Dyes—no other kind! Perfect results are guaranteed.

Diamond Dyes



By CORINNE HOWE

This child who gets overexcited with the idea of a party, or of a holiday, or of a special occasion, is a child who is not yet in the habit of controlling his or her own impulses.

Place in a saucepan: One cup of milk. One-half cup of sugar. One-half cup of butter. Cook for two minutes and then pour into glass sherbet cups.

Please Tell Me What to Do

By CYNTHIA

"Peg o' My Heart": You are young to get acquainted with your father's wishes. Better wait a year or so, then if you and the young man still love each other, you can be engaged.

No Further Discussion

No, Zoey, Cynthia sees no point in looking up a list of names and addresses for the use of those who need advice and for those who wish to discuss a matter, but not for the sake of names and not even clever ones at that.

To "Worried"

Write the boy a little note telling him you can't understand why you have not seen him lately. Tell you feel there must be some misunderstanding and you hope he will write you and tell you about it.

To "Despondent"

Dear Cynthia—Will you please print the following in "The Despondent"? You poor little girl, I certainly do feel very sorry for you, but do not give up hope.

Advices Shunning Dance Halls: Dear Cynthia—Just a few words to the girls who are lonely and want to go to the dance halls.

Entertaining Club Girls

Dear Madam—Would you please tell me what I should do about a girl who has been invited to a club?

WHAT'S WHAT

By HELEN DECE

"Not a word about it," said the man in the dark suit, who had been waiting for her at the door.

Adventures With a Purse

KNOW how when you stay longer in town for shopping than you had planned, how you often like to stop and take home some little trinket or bauble?

How He Cured Self-Consciousness

"I was once a self-conscious person," said J. M. "and I have a story to tell you about how I cured myself."

YOUR HANDS TELL TALES ABOUT YOUR CHARACTER

Which Can Be Read by Even a Person Who Knows Nothing About Palmistry—We All Have Little Mannerisms That Betray Us

THERE are few studies more fascinating than that of the hands.

TO HIM the beautiful hand is not necessarily the slender, graceful one with long, tapering fingers that we always admire and so often covet.

Food that builds well

Low in price. A sugar saver. Every bit eatable, and economical in every way.

Grape-Nuts

Your grocer sells Grape-Nuts

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