MRS. WILSON ADVISES SIMPLE SUNDAY MENU

Plain Fare Is Wisest After Rich Holiday Foods—Recipes Include Lamb Potpie and a Much-Requested Sponge Cake

By MRS. M. A. WILSON

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WITH Thanksgiving this week, the housewife will find it to the best interest of the family to plan a simple and easily digested menu for Sunday. The luxuriant richness of the Thanksgiving menu may be toned down by prudent and conservative arrangements of the Sunday menu.

SUNDAY

BREAKFAST

Grapefruit

Cereal and Cream

Toast Coffee

DINNER

Celery Radishes

Lamb Potpie

Buttered Beets Mashed Turnips

Lettuce

Deep-Dish Apple Pie Coffee

SUPPER

Creamed Beef in Corn Muffins

Potato Salad

Sponge Cake Tea

The market basket will supply:

Two small [illegible]

Two stalks of celery

One head of lettuce

One and one-half pounds of breast of lamb.

Four onions

One quart of potatoes

One beet

One quart of beets

One [illegible]

Lettuce

One and one-half pounds of [illegible]

One-quarter pound of [illegible]

Three eggs

and the usual [illegible]

Prepare the [illegible] for the deep-dish apple pie. Place the [illegible] as soon as [illegible] to cool. The [illegible] and sponge cake may be baked [illegible] and thus utilize all the heat in the oven.

Pastry for Pie

Place three cups of flour in a mixing bowl and add:

One teaspoon of salt

Three [illegible] of baking powder.

Sift to [illegible] tablespoons of shortening and [illegible] to dough with [illegible] water. Divide in half [illegible] inch thick. [illegible] needed.

To prepare [illegible] for the lamb potpie, [illegible] as for stewing and [illegible] potatoes and [illegible] into a baking [illegible] little gods—in [illegible] covering the potpie, tucking in the edges until it fits the top of the baking dish. Brush with water and then bake in a slow oven for forty-five minutes.

Deep-Dish Apple Pie

Wash the apples and then quarter and remove the cores and seeds. Do not peel. Cut in thin slices and place a layer of apples in a pudding pan about two inches deep. Dust with cinnamon or nutmeg and

Four tablespoons of brown sugar.

One and one-half tablespoons of flour.

Repeat until the dish is full and then place over the apples the prepared crust. Make three or four gashes in the pastry to allow the steam to escape. Tuck the crust in just the same as in the potpie. Brush with water and bake in a slow oven for thirty-five minutes. Cool and then run a knife around the edges and turn a plate over the pie. Sprinkle with powdered sugar and then cut in wedge-shaped pieces and serve.

Corn Muffins

Place in a mixing bowl:

One and one-half cups of flour

One cup of cornmeal

One teaspoon of salt

Two level tablespoons of baking powder

Four level tablespoons of sugar

Three level tablespoons of shortening

One egg

One and one-half cups of water

Beat to a smooth batter and then bake in well greased custard cups in a hot oven for twenty-five minutes. This will make about [illegible] muffins.

Sponge Cake

The [illegible] that come for this [illegible] cake are [illegible] cup of [illegible] sugar, [illegible] cup of flour, [illegible] two eggs. Place in a mixing bowl:

Three [illegible]

A pinch of salt

Two level teaspoons of baking powder

Beat [illegible] enough to mix and then beat the whites of eggs until stiff. Cut and fold the whites of eggs into the prepared cake batter and put into the two prepared star-shaped pans with tube centers. Bake in a slow oven for thirty-five minutes.

Note: To prepare the pans, grease well and then flour. Knock out the table to remove the excess flour.

THE UNWELCOME WIFE

By HAZEL DEYO BATCHELOR

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Anthony [illegible] marriage to a girl [illegible] a great disappointment [illegible] Mrs. Graves who had [illegible] Edith Comstock [illegible] at Charlotte, the [illegible] was treated with scant [illegible] everything she did [illegible] Smiling ran away [illegible] and said that she was to be [illegible] night the baby [illegible] day at the point of [illegible] he was [illegible] looked into a [illegible] had been [illegible] the focus [illegible] but during her [illegible] They realized [illegible] him.

Mrs. Graves Gives Some Advice

TONY [illegible] was not only [illegible] Mrs. Graves [illegible] serving [illegible] friendship [illegible] so long [illegible] Graves' [illegible] youth [illegible] Graves [illegible] Lotte [illegible] keeping [illegible] she had [illegible] ness [illegible] Abner [illegible] as much [illegible] his [illegible] was [illegible] that [illegible] and [illegible] power [illegible] lotte [illegible] against [illegible] Charlotte [illegible] Graves [illegible] noon [illegible]

He [illegible]

"Mrs. [illegible] wants [illegible]

"You [illegible]

"Not [illegible] she wou[illegible]

"Thes[illegible]

Tony [illegible] few [illegible] mination [illegible] home [illegible] of the [illegible] Graves [illegible]

"But [illegible] mother [illegible] and as [illegible] a pa[illegible]

"That's [illegible] in the [illegible] he wou[illegible] peopl[illegible] the [illegible] they [illegible] have [illegible] themse[illegible] and pe[illegible] Rapse[illegible] life, [illegible] make me [illegible] be crit[illegible] would [illegible] wing [illegible] Charlo[illegible] fly [illegible] tied [illegible] given [illegible] you wo[illegible] write, [illegible] things, [illegible] out at [illegible] easy [illegible] all is [illegible]

Tony [illegible] nated [illegible] the old [illegible] gown [illegible] back [illegible] at that [illegible] mother [illegible] and [illegible]

ever had. He thought with a sort of pang of his mother's treatment of Charlotte and contrasted it with Mrs. Graves' treatment of him when he had come at the last moment to make tardy restitution. Quite suddenly he determined to abide by whatever Mrs. Graves thought right. He knew that she would be entirely fair and he trusted her implicitly to do the right thing.

He wasn't surprised when the next day she came to him with the suggestion that he go back to the city alone.

Tomorrow—Beginning Again

Things You'll Love to Make

FLORA.

Please Tell Me What to Do

By CYNTHIA

Oh, Boys, Another "Pome"

Dear Cynthia—You could label this one, "If You See What You Want, Don't Ask for It," or something to that effect. Do you think a love-sick miss

Ought allow a girl a kiss,

After he has seen her home from husking bee or feed?

Asked a maiden of her aunt,

Who came back with this wise chant,

"No, if he should ask you and ask permission for the deed."

TENNESSEE.

It is awful [illegible] but perhaps getting it out of his system helps a bit.

To Worried Blue-Eyed Rose

Either you love this young man or you do not. And Cynthia is inclined to think that you do not love him or you would not consider marrying any one else. Remember marriage is for life and not to be entered upon with anything but the most sacred feelings. Those who enter into marriage from worldly or other motives, if they are not prompted by love will make sad, sad, sad things of their lives. Marry for love, dear, but marry wisely and be sure of the reality of that love.

Some Sensible Advice

Dear Cynthia—Will you please print this few [illegible] Unhappy Brown Eyes. Thank you.

I [illegible] dear, don't you think the son of [illegible] serious concerning a [illegible] conductor? As you are [illegible] to the ways of [illegible] to rush in your [illegible] of the opposite sex.

You say that you are attracted to him. We think that the conductor must be good. Yours your senior. We are [illegible] conductor [illegible] and on the train it is men's [illegible] business and not a case of love. Don't take [illegible] seriously. You are [illegible] and I will find that it [illegible] a matter lightly. He [illegible] the only [illegible] the [illegible] attention [illegible] to be [illegible] girl [illegible] and [illegible] to [illegible] him [illegible] Cynthia [illegible] dishes to [illegible] orange [illegible]

DOT AND DITTY.

What Is the Matter?

Dear Cynthia—I've been [illegible] trying to think [illegible] make your understand my circumstances. It seems impossible so I'm [illegible] to try.

I lived in Pennsylvania just one year. The [illegible] I [illegible] I could find [illegible] I [illegible] I [illegible] I