

MRS. WILSON CHOOSES FOODS FOR THEIR VALUES

Not So Many Fried Meats and at Least One Green Vegetable a Day—Sunday Recipes to Be Prepared on Saturday

By MRS. M. A. WILSON

PRICES of eggs and butter are mounting steadily and the frugal and prudent woman will plan and arrange the menu so as to exclude as much as possible the use of these high-priced commodities.

Again, I note while marketing that many delicious and inexpensive cuts of meat are to be had. In fact, one dealer complains that 95 per cent of the marketing is for steaks, chops and hamburger or chopped meats and that few women, unless they are foreign birth, are at all anxious for the choicer cuts of meat.

- BREAKFAST: Baked Apples, Cereal and Cream, Crisp Bacon, Breadcrumb Griddle Cakes, Sirup, Coffee. DINNER: Celery, Bohemian Goulash, Spinach, Sweet Potatoes, Lettuce, Cabbage, Apple Pie, SUPPER: Cheese, Macaroni au Gratin, Celery, Tea.

The market basket will require: One-half peck of apples, One-half pound of bacon, Three and one-half pounds of plate beef, Two pigs feet, One bunch of radishes, Two large stalks of celery, Two pounds of sweet potatoes, One pound of spinach, Head of lettuce, One-half pound of macaroni, One-quarter pound of cheese, One carrot, One pint of onions, Two turnips, And the usual weekly staples.

Boak steak bread in cold water until very soft, and then turn into a piece of cheese cloth and squeeze dry. Rub through a sieve into a bowl and add: One cup of milk, One-half cup of water, Two tablespoons of melted shorten-

THE UNWELCOME WIFE

By HAZEL DEYO BACHELOR

Anthony Harrison's marriage to Charlotte Graves, a girl beneath his social rank, was a great disappointment to his mother, who had expected him to marry Edith, the daughter of a friend.

Talking It Out: THAT night at dinner Charlotte seemed unusually animated. She looked very pretty and she talked more than usual. Most of the meals together had been silent and Tony was delighted with the change.

Facts About Women: High school girls of Huntington, W. Va., have received official permission to wear silk stockings, but cosmetics and high-heeled shoes are strictly taboo.

Buy Your Meats Wholesale. Headquarters for Maurice River Cove Oysters. NORWAY MACKEREL, \$1.50 A KIT. FOUR POUNDS REAL SHARP CHEESE, 95c. Rump Roast, Butcher Roast, Chuck Roast, Hamburg Steak, Shoulder Veal, Roasting Veal. MITCHELL'S MARKET, Inc., 10 & 12 So. Delaware Ave., Philadelphia, Pa.

Black and White Serge By Corinne Lowe



The checkered red career of fashion is brought out not only by trimming arranged in squares, but by combinations of plaid with plain fabrics. In this charming little frock, for example, black serge is plaited against black and white checked serge.

Some months ago when Miss Engleman started out to sell tires she made up her mind that she would follow the hard-and-fast rules laid down for the guidance of the male salesman.

HUMAN CURIOS

The Girl Who Saved King Albert: You have done more for the cause of Belgium than any single person at the front.

These were the words used by King Albert of Belgium in conferring upon Mile. Angelica Vercaumau, of St. Gilles, the order of Leopold II, the croix de guerre and the croix de la Reine Elisabeth, as a reward for saving the life of the monarch and his family some three months after the signing of the armistice.

Making More Money: Looking at Tires. The next time you happen to be in New York keep your eyes open as you walk along "most any street where a large number of automobiles are parked and the odds are that you will see a young and decidedly pretty young woman stroll past the machines until her practiced eye finds what she is seeking and then, after entering a few figures in her

PLEASE TELL ME WHAT TO DO

By CYNTHIA

"An Ardent Reader" While Cynthia's column is for advice to the love-lorn or otherwise, and desiring to help those in need of advice in various ethical matters, it is not a matrimonial exchange or bureau. C. R. wrote of his ideal girl for the matrimonial job, if he had the letter would not have been published. Your letter with an offer to introduce him to the ideal girl is therefore not available for the column.

Dear Cynthia—My "wick at heart" I can find no better "doctor" than you, Cynthia, so I call upon you for aid.

Dear Cynthia—Two years ago I married a man who loved me devotedly and for like other young girls of my age (I am seventeen years), have gone out with several young men. These young men, at some time or other, have really claimed a part of my heart, but the trouble in, Cynthia, that I tire of them too quickly and sometimes regret it after.

Let's Have the Experience: My Dear Cynthia—Although your advice is so good, I find myself very surprised, that you were not altogether unpleasant, and I want to thank you for writing me. I thought these results very interesting to you and of the readers of your column I think it would be fun to advise you on your own. I have two dances last week at which I experimented with your suggestions.

THE GOBBLE-UNS 'LL GIT YOU IF YOU DON'T SHOP EARLY

If Christmas Comes Upon You Before You Have Had Time to Think About It You Won't Be Able to Enjoy It Peacefully

AND now it's December. It has been December for three days. The air is cold outside, and you feel that winter is coming along pretty rapidly.

The pleasant time has come again when you can say to Johnny, "If you're not good, you know, Santa Claus will hear about it!" If only that threat would last all through the year!

In the stores the gifts have been spread out on counters for several weeks. Santa Claus himself has been receiving callers in his glistening, snow-covered house all this week.

"CHRISTMAS CARDS" announces a large sign over one of the department stores. "Suggestions for Gifts," says another one further along the aisle.

There would be no use in sidestepping the issue. I am frank to say that this is an out-and-out unequivocal stand for a C. M. W. F. ("Crusade Against the Misuse of the Word Frank")

THROUGH A WOMAN'S EYES

By JEAN NEWTON

A Plea for a C. M. W. F. that though it might do for some one else for your lines it is hideous.

Never, oh never, does she remind you of a hit you've made. But she would not be your friend if she permitted herself to overlook a single faux pas!

My Dear Cynthia—Although your advice is so good, I find myself very surprised, that you were not altogether unpleasant, and I want to thank you for writing me.

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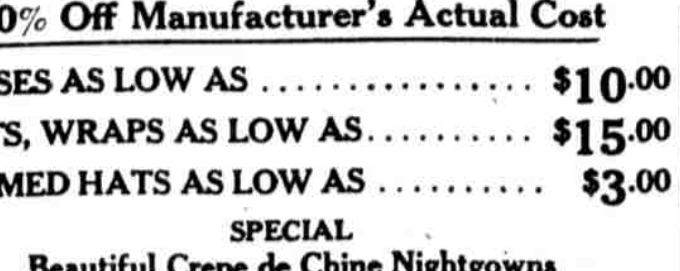
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