## SUGGESTIVE SUNDAY MENU PLANNED BY MRS. WILSON

Chocolate Pie Makes a Delicate Dessert for Midday Dinner. Bacon and Rice Cakes Are Delicious for Supper

By MRS. M. A. WILSON

Copyright, 1920, by Mrs. M. A. Wilson, All rights reserved, USUALLY the housewife can depend upon the butcher to furnish her with a good grade of meat, yet it is wisest for her to market personally for supplies. The butcher is but human and, while he will feel it no harm to leave a larger piece of bone or fat in the meat he cuts when you order over the phone, he will be brave indeed to do this when you are indeed to do this when you await his service in person, for he knows well that you will vigorously protest. Then, too, this personal visit to the food shop helps you to get out of a rut, if you plan o allow yourself time enough to inspect be foods that are displayed.

Wipe meats with a damp cloth as soon as they come from the market, and remember if the meat is hung from a book in the lower section of the re-frigerator, the dry, cool air will form coating over the meat and the juices

Now that the weather is decidedly cold, it will pay the housewife if she will but plan to purchase a piece of ment sufficiently large for four or five meals. This will be not only an economy of time and fuel in cooking, but also an economy in food, as there will be less loss due to shrinkage of tissue in cooking a large piece of meat than

there is in a small one.

Keep in mind the fact that during the winter it is a good time to practice that old adage—an apple a day keeps the

Suggestive Sunday Menu for Three Meals

BREAKFAST Baked Apples
Cereal and Cream
Broiled Finnan Haddis
Creamed Potatoes
Watercress Graham Muffins Coffee DINNER

Vegetable Soup Home-Made Relish Brown Pot Roust of Beef Gravy Browned Potatoes Brussels Spronts Beet Salad

Coffee Chocolate Pie SUPPER Bacon and Rice Cakes Corn Pudding Celery Salad

Apple Cake The market basket will require One-half peak of apples. One bunch of watercress, Small bunch of celery.

Four carrots, One quart of turnips.

Pint of onions,
Two pounds of potators.
One quart of brussels sprouts,
One bunch of soup berbs,
Two small heads of lettuce, One bunch of beets.

r bunch of brets,
r and one-half pounds of finnan leg.
the onion grated One-quarter pound of bacon. Five-pound cut of chuck or bolar for

One-half pound of rice.

Can of tomatoes. And the usual weekly staples.

This amount of meat will be sufficient for three or more meals. Broiled Finnan Haddie

Pour boiling water over the finnan haddle and then let stand while mixing the muffins, then drain and place in a baking pan and cover with well-seasoned French dressing. Boil in a hot boiler for twelve minutes.

Graham Muffins Place in a mixing bowl Three cups of whole wheat flour.

shortly after his father in outside. An unknown man from the West, named Mark Brand, has been apposited her guardian, and from the first there is enmits between the two. He proposes to Jean on their first meeting that she marry him and is in-

cry no more, she turned over in her head schemes that would enable her to stay in the city, to slip away and never see this odious man again. But always she was haunted by the stories she had heard of hall bedrooms, of insufficient food and ugly clothes, of stringpling to make ends meet, and although she stormed and railed at herself for her weakness; she

The Question Corner Today's Inquiries When a fountain pen becomes clogged with dried ink, what is the best way to clean it?

The best way to clean it?

What novelty, suitable for a Christmas gift, would be appreciated by the near-sighted woman who likes to say?

3. Describe the intest fad in van-

What innovation in shoe buckles is seen on some of the newest walking shoes?
 Describe a striking triuming

Yesterday's Answers

Miss Jessie Burrall of Washington, D. C. is the teacher of the Methodist Sun-day school class whose class has

2. Place three tublespoonfuls of chloride of lime in the kitchen

hot sonpands.

3. A suitable gift for a man to

sink to whiten and disinfer allow it to remain overnight, moistening it a little, and in

the morning riusing out with

give a girl at Christmas would be a wooden lukstand, painted

and decorated, with scaling wax, tapers to heat the wax.

and a quill pen. The "lost" space under a slep-

ing roof in the corner of a bed-room can be filled with a built-

in bureau or chest of drawers which a carpenter would easily

cycle trouser clips can be cov-ered with embroidered linen and

presented to the baby as a menus

of keeping his carriage covers snugly in place.

A piece of embroidery used to make a stole collar on a dress is

casily finished if it is slipped into a slit that has been cut in

the material, and bound with a narrow band of silk to match.

make. 5. An ordinary pair of men's bi-

grown until it tills a movie theatre, and is spreading into

for a red velvet dress.

other cities.

what convenient way is a

hanging basket made so that it requires watering only once a week? Those Leftovers!

Are so lovely to have and so difficult to serve pleasingly. But don't

MRS. WILSON KNOWS some new and delicious ways of fixing them so that they don't look like leftovers at all. And goose salve is good for bruises, cuts and sprains

Read Her Article on Christmas Eve

Three level tablespoons of baking One teaspoon of salt.

Four tablespoons of strup. Three tablespoons of shortening. One and one-half cups of water.

Beat hard to mix and then lift into well-greased muffin puns and bake in a hot oven for eighteen minutes. When preparing the pot roast, pat one and one-half cups of flour into the

meat and then brown it very quickly in

Tiny hit of garlie.
One quart of water,
Two carrots, diced.
Four turnips, diced.

Three onions.
Cover closely and then cook very closely until the ment is tender. This is best prepared Saturday and reheated for Sunday. Be sure to make at least five cups of gravy. To do this just add sufficient water to the saucepan and boil rapidly for five minutes. The flour patted into the meat will make the gravy sufficiently thick. Season.

Beet Salad Cook the beets and then cut in slices and add four enions, sliced thin. Mariin well-seasoned French dressing with a tiny bit of garlie-

Chocolate Pie

Place in a saucepan
Two-thirds cup of sugar,
One and one-half cups of milk. One half cup of cocoa.

Two-thirds cup of flour.

Stir to dissolve the flour and then bring to a bell and cook for five minutes. Cool and then add:

One-half teaspoon of vanilla.

One-half teaspoon of cinnamon.

One-half teaspoon of ranula,
One-quarter teaspoon of cinnamon.
Have the pic plate lined with plain pastry and then fill in with chocolate model. Our nothers would not have permitted those wide armholes outlined with for to corrupt the appearance of

Bacon and Rice Cakes

Wash one-half cup of rice, place in mind it does everything to relieve the a saucepan and add two and one-half high tension corsige.

The fur used here is gray squirrel, cups of boiling water. Cook slowly The fur used here is gray squirrel, until the water is absorbed and then and the combination of materials is an mince the bacon very fine and brown quickly. Add the finely minced and One-half cup of finely chapped pars-

to the rice. Season and then form into cakes. Dip into flour and then brown in bacon fat.

Corn Pudding

Place in a saucepan
One and one-half cups of milk.
Two-thirds cup of flour.
Stir to dissolve the flour and then
bring to a boil and rook for two minutes. Remove from the fire and add One onion, grated, One-half cup of finely chapped pars-

Sait and pepper to taste.
Three tablespoons of butter.
Beat to mix and then turn into a baking dish and sprinkle the top thickly with coarse bread crumbs and then with three tablespoons of finely grated

knew that she could be privations.

She thought of going to her friends for help, but her pride rebelled at such at action. She had no claim on them and at least she had some kind of claim on this man. Her father had appointed this man are shad a was responsible.

after her coffee tried to decide what to do.

She took the bills from the table and counted them. Over a hundred dollars were there, and her lips curled in a little contemptuous smile as she carefully put

contemptions smile as she carefully put them away.

After all, she argued, what did it matter what became of her now. Her dreams were shattered, and at least if she went away with this man she would be sure of bodly needs. Oh, it was acak, pitfully, shame ully weak, but here seemed nothing else to do.

At 12 o'clock he came and found that cain, and, as he thought, reasonable.

You have thought things over the wated

You have thought things over the least the least that the

Yes Her tone was so quiet that the cold was hardly audible. Listen to me," he said suddenly he are flushing. The no husebeard, i on t want to force you into anything. If I thought it wise I'd leave you chough oney to live here in the city as you like.

Oh, she interrunted looking up with a flush of hope on her face.

But I don't think it wise," he continued. You're too young to live alone and unprotected in the city you need a cause, and the only way we can manage things is to be married. But thus doesn't mean that I want anything from you," he continued. I'm not fooling myself into thinking that you care for metare for you," her lips curied, how

self into thinking that you care for me-tare for you," her lips curled, how could I?"
"All right, we'll leave it at that i know I'm rough, but I'm strong, and I can look out for you. I want to do what your lather would think right, and I'm sure he would agree with me if he

what your lather would think right, and in sure he would agree with me if he were here to sheak for himself.

You think the father would want rect marry you! Jean's tone was currectly quiet.

Yes, he said honestly. I do "Very well then, I'll marry you!"
There was a sudden exuitant gleam in Mark's blue eyes and he felt the quick bood throbbing excitedly in his temples but his face was quite calm as he looked at Jean and held out his big hand. The a bargain then, and don't worry things are going to come out all right.

things are going to come out all right.

She met his look with her gray eyes deep and inscritable, and after a moment put her fingers in his.

"Ics a bargain," she said with unminishable meaning.

His eyes were direct and honest, they held a promise.

Tomorrow-Jean Says Good-by to a Friend

IF THEY WON'T WORK WE REPAIR THEM

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held a promise.

THE HUSBAND HATER

By HAZEL DEYO BATCHELOR

Jean Northrup, who has been knew that she could not face a life of prought up in wealth, is suddenly left privations.

She thought of going to her friends for shortly after his failure in business, help but her pride rebelled at such an an arm from the left.

bained Mark Brand, has been appointed her guardian, and from the first there is enough between the two. He proposes to Jean on their first meeting that she marry him and is indignantly refused.

The Bargain

How dared he, how dared he over and over again Jean, asked herself this question. She oried until she could cry no more she turned over in her head schemes that would enable her to stay in the city, to silp away and never see this odious man again. But always she was haunted by the stories she had heard of hall bedrooms, of insufficient food and ugly clothes, if struggling to make ends.

Her father had appointed him her father had proving him her guardian, he was responsible for her. But to force her into a nurring within was odious. And yet was rise could she expect from such a nurring within was odious. And yet was cover the like and she could hardly expect him was odious. And yet was rise could she expect from such a nurring within was odious. And yet was covered the like and she could hardly expect him to treat her as she had always been treated by men, this chean, swaggering bully who flung money on the table in a biatant, vulgar way and expected her to use it.

Jean was so weary by night that she crept into hed and alept the long sleep of utter exhaustion. When she awoke in the morning the new of the provided him her guardian, he was responsible for her. But to force her into a nurring with him was odious. And yet was riske could she expect from such a nurring with him was odious. And yet was roughly used to dance Luit in a biatant, vulgar way and expected her to use it.

Jean was so weary by night that she crept into hed and alept the lim her guardian, he was responsible for her. But to force her into the min her guardian, he was responsible for her. But to force her into the firm him her guardian, he was responsible for her. But to force her into the firm him her guardian, he was responsible for her. But to force her into the firm had always bein the sould she expect him her guardian, he was respons

Sash of Fur

extremely popular our.

Things You'll Love to Make

By CORINNE LOWE

If it weren't for the skirt, the belle of 1880 might look like the belle of 1920

without so much as spraining her lorguette. Itack into fashion again are

the basque-like bodice, the long tight sleeves, and the high collar. We may

## Please Tell Me What to Do

PARENTES PUBLIC LEDGER-PHILADELPHI

IN AN 1880 BASQUE

1920 ARMHOLES

By CYNTHIA

To "Delmar" Delmar—The person who writes the articles on palmistry only writes about hands in general. He does not read individual hands. If you wish Cynthia to return your hand impression send her a self-addressed, stamped envelope.

Says Writer Is Simple

Dear Cynthia—"Kensington," the merican Longfellow, says he is "ju ordinary simple guy." Simple is tu off. THE PLENE. wonder what "Kensington" and th

And "Kensington" is Here

Dear Cynthia—Many pardons for causing you anxiety by calling you 'Skinny," but the truth is it taken a bushel of nerve nowadays to publish a 'pome." Hence, the stratagem used to get you riled. Wish I could get some of these editors real mad. But they're a thick-skulled bunch. Take everything one writes for praise and then order the office boy to throw a couple of mere rejection slips in for good measure. It must be royal fun to work in a publisher's office, I envy you.

You are forgiven, but please do not be so herce about us poor editors, We really are very nice.

Wants Advice

Dear Cynthia You have given very many girls and boys advice and I would appreciate it very much if you would answer me. I am seventeen years of age and expect to have a gathering at my home the latter part of this week. Now, Cynthia, is it right for a fellow to stay with a girl at her home after the rest leave?

Thear Cynthia -- And why should I be invited to write about love when I don't know just what the expression means?

with fur to corrupt the appearance of left with their parsimonious basque. To our my mind it does everything to relieve the night majority are never what fore." Retribution came

to the district of the distric

WHAT'S WHAT By HELEN DECIE



ance of a Christmas package when it comes wrapped in crumpled paper and tied with grocer's twine. On the other hand, the overdecerating of holiday parcels is out of date. Once upon a time we used to wrap gifts in gold or sliver paper, or in dark blue tissue, upon which we had pasted ever so many sliver stars to represent the Christmas sky at midnight.

During the war we dropped all this needless elaboration of externals and now we are satisfied to wrap Christmas gifts in new white or green paper, tied with red and green twine, or we use regulation holly paper with tinsel cord. If the gift is of small size it is wrapped in many layers of tissue paper and sent in a box large enough to be handled without danger of loss.

But as we finish the first page and turn over, two whole pages of unbroken "reading" stare us in the face.

We sigh, look ahead to see how soon the real story begins and settle down to be bored until we get up to it.

It never occurate the other. "I'm afraid I'll have to give it up."

How many of us there are who feel just that way!

We hear about a book that every-body is reading and we start to read it just because it sa

#### The Woman's Exchange

Wants to Borrow Small Child To the Editor of Woman's Page: Dear Madam—Could you fe

Dear Madam—Could you fell me of any institution which allows you to have a youngster for the holidays? We would like a boy or girl from one year to five years cid. We would promise to take good care of the child. We have not ildren, our little girl having died three years ago.

The Children's Bureau, 412 South Fifteenth street, will find a little child for you to make happy over the holidays. It is a beautiful idea to want to borrow one.

A Leap Year Dance

"T. B. P." Writes on Love

Dear Cynthia—And why should I be nyited to write about love when I don't now just what the expression means:

do know that such an emotion exists want to put it in tangible, cold and stern words in an assignment for which I have no liking.

Take the dictionary's interpretation and, If you have any ideal, note how are from satisfying such an interpretation in its Then try to put it in your own words and your completed essay leaves one with the never-ending desire for retision. Once I tried sarcasm and was seft with a burning loneliness that was ny unwelcome companion for a fortisistic that a burning loneliness that was ny unwelcome companion for a fortisistic that a burning loneliness that was ny unwelcome companion for a fortisistic that a burning lonelines that was ny unwelcome companion for a fortisistic that a burning lonelines that was ny unwelcome companion for a fortisistic that a burning lonelines that was ny unwelcome companion for a fortisistic that the property of the Editor of Woman's Page.

Do the Editor of Woman's Page.

Do the Editor of Woman's Page.

If we are rea the sale of the safely do this.

Have rose and white for the color-scheme in decorating the baliroom for a leap Year dance Get some of the safely do this.

But if we order to learn wides and drape this all around the room, sidelights or other lights that can be covered, make little singles of the rose covered, make little singles of the rose covered, make little singles of the rose covered or at leap Year dance of the safely do this.

But if we order to learn the sole of the safely do this.

But if we order to learn the sole of the safely do this.

But if we order to learn the sole of the safely do this.

But if we order to learn the sole of the safely do this.

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But if we order to learn the safely do this.

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But if we are read to ce safely do this.

But if we are read to ce for the safely do this.

But if we are rea

Answers the Editor

and sure; I caught it myself in the Editor of Woman's Property of the statement, have a channel read in the INTENING of the amusement of the party and the remark.

Should be respected, counter- thing of the article was how useless men. Love should be respected, counterits avoided and an ideal held—then
vidends of happiness are bound to be
clared.

I might write much more but it
I how in the world do they ever live
through that interval between leaving,
with your permission, I will try to enlished the writer a little. First Men
seed, I betrowed entire paragraphs
on Emerson's essay on "love" and inreporated them in my letter. I would
sgest that it either be reinserted—
the full credit to the master, who wrote
own mending etc., when is can get dor your readers secure a somebody else to do it.

essay and study, not read, it is was satisfaction. As an inknew of no other writing on which so ably puts vague
o warm, living English withling ideals or actualities, repairing, also it is the husband's repairing.

in definite terms and indefinite lises. It gets you nowhere except a maze of speculation and tends to slop into a cynteism which inouns you against the greatest contention that life affords.

THE BUCK PRIVATE.

It, in northern Russia. Since that time, I have done all my own washing, darn-mean to infer that I do it as well as a woman. I am only trying to point out that the of work as some people make us out to be.

W. O. B.

## DO YOU FIGHT BATTLES WITH YOUR LAZY MIND?

When You Come to an Obscure Paragraph in Your Reading or Do You Simply Give Up and Skip Over It?

HAVE you read this?" asked a pleasure of discussing a book intelli-member of the sewing circle as gently with some one clse who has also understood it.

ewing bag so heavy. And when he mentions a modern "I tried to, because everybody said writer, and remarks conversationally it was so good, and so worth while." that "He surely gave a delightful picture of country life in England in that get into it." you won't want to sure It detracts greatly from the appearance of a Christmas package when it comes wrapped in crumpled paper and tied with grocer's twine. On the other hand, the overdecorating of holiday parcels is out of date. Once the other hand, the overdecorating of holiday parcels is out of date. Once the other hand, the overdecorating of holiday parcels is out of date. Once the other hand, the overdecorating of holiday parcels is out of date. Once the other hand, the overdecorating of holiday parcels is out of date. Once the other hand, the overdecorating of holiday parcels is out of date. Once the other hand, the overdecorating of holiday parcels is out of date. Once the other hand, the overdecorating of holiday parcels is out of date. Once the other hand, the overdecorating of holiday parcels is out of date. Once the other hand, the overdecorating of holiday parcels is out of date.

be bored until we get up to it.

It never occurs to us to try to find
the real value of those first opening paragraphs; they are simply long, dull and dry, and we skim over them as

quickly as possible just for the sake of what comes after. what comes after.

When we get to the story we read along with enjoyment, until we suddenly begin to get mixed up and wondenly begin to get mixed up and them we have to turn back to take the state of the story we read along with enjoyment, until we suddenly begin to get mixed up and wondenly begin to get mixed up and w all through to find out just when and where it all happened. We don't like to do it, but it serves us right.

> WE'RE lazy.
>
> If we meet up with a paragraph or a sentence that is hard to understand. we try it once or twice, fail to get the meaning of it—and skip blithely on to

something easier. good If we are reading a story merely for

> But if we have started to read in order to learn a little, improve our minds a little, give ourselves something bigger and better to think about, w cannot skip a single paragraph, a single sentence, even a word. Every one of them was written in or

> der to express a thought; if we have to read it over and over before we can grasp that thought so much the better We may not get anywhere, but we get something.

And the consciences that have been whimpering about all those poor little neglected paragraphs which we have snubbed for time to time have a chance

VOU'LL find after you have fought I this battle with your easy-going mind several times that deep, obscure tur-ages are easier to understand than You will be able to have that rare il You will be able to agree and the sny, "Yes, and didn't you think—". There's a good deal of joy to be extracted from the intelligent discussion of an intelligently read book.

Boad your part one that way and see Read your next one that way and se what you can get out of it.

Women Abroad

Mrs. A. J. Summers has been re-elected mayor of Stalybridge, England Women employed in the baking dustry in Glasgow recently strike.

During the war France employed \$1.000 women upon the railways and \$5.000 in munition works.

Thirty-four women were elected to local town councils in the recent municipal elections in England.

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