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## EVENING PUBLIC LEDGER-PHILADELPHIA, THURSDAY, JANUARY 6, 1921

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# "CARRY YOUR OWN LUNCH." ADVISES MRS. WILSON

It Can Be Heated on Radiator or With an Electric Heater. Some Suggestions for Wholesome Office Lunches

### By MRS. M. A. WILSON

(Copyright, 1921, by Mrs. M. d. Wilson, Meat and Lettuce Sandwiches Spread Mitrights reserved.) TODAY many conservative business

people are taking their noon huncheons from home and they are not resorting to camouflage to disguise these lunches. Boxes, baskets, thermos bottles and cups have made it possible for them to have something hot with their meals during the winter. Offices are often overheated and be-

come stuffy and then the business people must travel to business in overcrowded and illy ventilated cars-these conditions are most favorable for winter colds and other ills-unless one cats wisely.

Hurrying to the quick lunchrooms and hastily gobbling the so-called noon lunch will surely bring a train of winter ills. Rather plan to cat home-prepared foods that can be brought to prepared the office

Recently, when visiting a large of fice, I was surprised to see that the office force had moved a table near the window, spread it with a cloth and a delicious luncheon was spread there. An electric heater furnished the water from which tea was made. The day was a rainy one and this was a most hospitable sight even the office boy had his chair and a grin that went right to your heart.

The area sugar, milk and exercise. The area sugar, milk and other articles in place, and it can be in place, and it can be in place, and it can be indexed without spilling. Henter or store will not occupy much space, and if every one does his share. then food—delicious, palatable food— may be had at noon and at about one-half the price which would be paid for it will keep for two it in a restaurant; and then, too, there is no need to go out in stormy weather. This office force purchased a tin breadbox and kent their entire equip. Cup custards and indicates in the stormy weather. This office force purchased a tin be for two its in a custard store in the stormy weather. This office force purchased a tin be stormy weather. This office force purchased a tin be stormy. Chop olives (two) fin

breadbox and kept their entire equip ment in it. Each person brought i plate, cup, saucer and teaspoon, knife and fork. Paper napkins were used so that the laundry consisted of one tablecloth and three towels each week. Here are some suggestive menus for

## luncheons :

No. 1 Cheese, Nat and Whole-Wheat Bread Sandwiches Potato Salad Sat Checolate Cake Tea

No. 2 Baked Beaus in Custard Cups

Thinly Sliced Rye Bread Sandwiches

Tarts Tea Place the baked beans in custaru cups on the radiator about 10:30, and then they will be hot for noon.

No. 3 Goulash in Thermos Bottle

Whole-Wheat Bread Sandwiches Nuts Raisin Cake Milk No. 4

Creamed Dried Beef in Thermos Bottle Toast. Graham Bread and Butter Cup Custards Jell

No. 5

Hot Tomato Soure in Thermos Bottle Deviled Eggs Potato and Celery Salad Gingerbread Orange

### With Tartar Sauce Cookies Baked Apples Tea No. 7 Potato Soup in Thermos Bottle Crackers Olives Oyster or Ment Pie ice of Pie Tea Slice of Pie No. 8

Beet, Celery and Potato Salad Mayonnaise Pressurg Raisin and Nut Sandwiches Cup Tapioca Pudding Jelly Ten Serve the soups in cups and put oyster or meat ple on radiator to heat.

No. 6

No. 9 Fish Salad-Salmon or Shrimp Whole-Wheat Bread and Butter Celery Coconut Layer Cake

No. 10

Grated Cheese and Nut Sandwiches Olives and Pickles Cup Custards-Orange and Banana Tea

The milkman will deliver milk of cream, and you may have the bill sent ight to your heart. Two very prominent physicians now with the home account. Individual one-piece paper cups can be used for Two very prominent physicians now have their officennaid prepare a bite for them at noon and then they put on their hats and take a brisk, fifteen-minute walk for fresh air and evercise. place, and it can be packed and car

Cup custards and individual puddings and cakes may be baked in these cups and then lifted into the lunch kit. Take a balf-pint jar of mayonnaise dressing. It will keep for two weeks and may be changed into many varieties to pre-Chop olives (two) fine and then add

o two tablespoons of mayonnaise olive mayonnaise. Add to mayonnaise:

One tablespoon of grated onion. One tablespoon of finely minced pars-One olive, minced fine.

For tartar sauce. Oranges may be pared and divided into segments, then wrapped in wax paper and placed in the paper cups for paper and placed in the paper caps for easy transportation. A package of erackers and a glass of jelly will pro-vide an extra bit if desired. It is easy to prepare individual potpie, goulashes and baked beans at home for the luncheon

baked beans at nome for the interest for the workers. If these dishes are set in a shallow pasteboard box it may be inid upon the radiator to heat for the noon meal, and they will not appear insightly in the office.

To use paper cups for cooking food for the office grease the cups well with salad oil and then stand in earthen or saind oil and then stand in earthen or glass custard cups. Fill with the de-sired food and then bake in a moderate oven. Remove from oven and let cool. Slip the paper cup, when coid, into a second paper cup. It is then ready

to pack. Ten The entire luncheon may be packed Put the toast on the radiator about the evening before and set in a cool place, ready to carry off the next morn-

ing. European business men have their cup of ten or coffee served about 11 o'clock in the morning and 3:30 in the after-

noon. This they enjoy just as much as we do our fountain concoctions.



FRENCH FASHIONS

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## Please Tell Me What to Do By CYNTHIA

Curiosity Once Kilied a Cat Dear Cynthia—Cynthia has betrayed herself at last. In Monday evening's issue in advice to "Recluse" Cynthia says, "So with many thanks for your fin-title, etc." We have long suspected this, but are extremely gratuded that Cynthia has at

for last unbent sufficiently to allow us to guess. Or was it a sin of the pencil. Cynthia? CURIOUS CAT.
od What do you want Cynthia to do. What do you want Cynthia to do. If you have been foollsh enough to let yourself be influenced by tales you should certainly allow the man to speak to this girl about her stories and make its steadily you will certainly see the pronous she used in connection with Cynthia to its girl about her stories and make its steadily you will certainly see the pronous she used in connection with Cynthia to fully see the pronous she used in connection with Cynthia thas yet to bear of a man of that name. No, it was no slip of the pen.
i "Micky" Writes to "Whitey"
i "Micky" Writes to "Whitey"
i "Micky" Writes to "Whitey" and i would like to say just a few words to him.
i To "Whitey"—You and the other for
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Mickey Writes to "Writey" on a first out of the point of the second him and the "Writey" on a second him and the "Writey" on the second him and the three of the second him and the "Writey" on the second him and the three of the second him and the three of the second him and the "Writey" on the second him and the "Writey" on the second him and the three of the second him and the "Writey" of the second him and the three of the second him and the seco

**ADVENTURES** "White Rabbit and Gray Rabbit" By DADDY CHAPTER IV

DREAMLAND

WHAT'S WHAT

By HELEN DECIE

The Magic Show DEGGY, who had been turned into a Plots who had been turned into a white rabbit by the magic ticking of Hoppity-Hop's whiskers, flopped wildly as she was pulled by her long rabbit ears out of the light, dark pocket and held up in a blaze of light. She was blinded by the glare in her eyes and she was alarmed by the rumbling roar whe heard.

The Margier Shoar
 Precision has been transfer in the state in the street i

But of a sudden Peggy remembered she had been turned into a white rab-bit by the magic tickling of Hoppity-Hop's whiskers. She was seeing things through a rabbit's eyes and hearing noises with a rabbit's eyes and hearing just a man-sized magician and the au-dience was just an ordinary crowd of men and women, boys and girls, but, of course, they looked like giants to a who's going to be first to ask for

# WE DON'T HAVE TO LEAVE OUR LAND OF LET'S PRETEND

## When We Put Our Toys Away on the Nursery Shelves-We Take It Right Alon, and Let It Grow Up With Us

THE children's voices could be heard distinctly as they played and pre-be it thrilling a huge audience, wearing be it thrilling a huge audience, wearing

In what other way can certain safety matches be lighted besides scratching them against the side

of their container.

Yesterday's Answers

turpentine.

. The Y. W. C. A. has recently opened its first student center in South America in Santiago. A starch that is excellent for making cretounes crisp and fresh

can be made by mixing one and one-half tablespoons of starch, one tenspoon of wax, one tea-spoon of borax and one quart of

A striking way of trimming the skirt of an afternoon freek is to place narrow embroidered panels down the center in front and in back.

farm and tasted that wonderful rich butter, didn't you wish you could get the same quality in the city? You can - try AKN-Philadelphia's Finest But-

be prefers the carefree, vagabond char-acter, well-dressed, of course, but very picturesque.
No, indeed, they don't have to leave their land of make-believe when they grow up.
WHY, you haven't left it yourself-few minutes before you start counting sheep jumping backward over a fence, in which you see yourself the generous possessor of hundreds of thousands of dollars?
The Question Corner Today's Inquiries
How can a charming "breakfast nook" be arranged without the use of settees?
Describe a new way of using a garden hat that has been worn.
What simple device can be placed in one's dressing table drawer which will be a great help in keeping everything in place and in order?
How can a dried-out typewriter vhich will be a great help in keeping everything in place and in order?
Describe a novel mirror to be hung on the wall.
How can a dried-out typewriter vibbon be renewed and freshened?
In what other way can certain safety matches be lighted besides seratching them against the side of their container.
Tow container.
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Tomorrow-Turning a Hobby into Cash



When you were up on the

Write to Directors
Write to Direct

magician. "I haven't anything hidden in the back of my coat," replied the chap in To the Editor of Woman's Pager Fashion Illustrating

Things You'll Lovo to Make
 Things You'll Lovo to Make

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THE HUSBAND HATER

By HAZEL DEVO BATCHELOR

Conversion to a marriage with her guardian, Mark Barna, end she goes west with him to his ranch an au-willing bride. He has made a promise west with him to his ranch an au-willing bride. He has made a promise mot to make bore to her, which her breaks because she disobers certain orders he has nicen her. From that time on Jean hotes him and is so his-erable that Mack wellowies the advent of a new friend, Dick Meaon, a young regimeer. Dick and Jean berging very the addition of Agriculture has the only and advise because very second her friend. Dick Meaon, a young regimeer. Dick and Jean berging very the addition of the second very the out to be addition of the advent of a new friend, Dick Meaon, a young regimeer. Dick and Jean berging very the out to be advent to be advent very the out to be advent to be advent very the out to be advent to be advent very the out to be advent to be advent very the out to be advent to be advent

She settied herself with a boat pro-pared to read for a while before she went to bed. She had read a fer clutt-ters and was finite interschen whershe fancled she heard a polae outlide.

Instantic one near a noise and any provided the pathward of the pathward limit distribu-Instantic plan was also in the sound that had stars ited her. It came again, unmistakning footsteps on the version, and she had guildly to her feet and slipped across the room to the door

"Who's there?" she said the door was closed and locked

"Just Dick ingly familier little laugh a Intigh at night be in trials The huge built and finns the do Dick stood a thout, rather p quiet, and a spite of breef d wuddenly that of was not right

"Come in Lich." she said as naturally she could, and he advanced into the a whill of his breath as he haved and realized that he had been drin A vague fear leaped into ter heart

"I had to see you down thely logar standing facing her in the center of th "Of collins

rally as she could - Why first " Could and I She indicated a share and carded lor-

self up in the big chart it, which she had been sitting, and after a moment's hesitation Dick sat down

"I thought and might thank it strange that I should come over here tonight when I knew that Mark was not going to be here. But I had to note, I never get a channe to see you alone. Dick's voice was hoarse and he did not look at Jean as he spoke. Formula 2<sup>+</sup> turnes becawax.

"Of course you see me share, often." Jean returned quickly. Don't be fool-ish, Dick, you're exagg futing 形向计约由目标 sories parathe wax.

time on Jean hates him and is so hits, erable that Mack velocities for advent for a while before the advent of a new formid. Dick Manon, a word engineer. Dick and dears because very friendly, but gent data he should. Dick Appears THAT night Mark left the house di-that Jean heard Manos shuffling book that Jean heard Manos shuffling book that dear anything, and the fact that bother her in the base. She fell to more afraid, she had nover known wind if was to fear anything, and the fact that he was alone in the base. She fell to more comfortable than see and her to the base to the the base scale of the shoes that are worn in the waterproofing the stores on less, and also reakes and shows a shore her in the base. She fell to more comfortable than see and her to the shoes that are worn in the waterproofied. The the shoes should be waterproofied. The the shoes should be waterproofied. The stores can be made quite water reststa at by the frequent application of good was alone in the base. She fell to more comfortable than see and also the mate work always for the was alone in the base. She fell to more the was alone in the base should her waterproofied. The the was alone in the base should her waterproofied. The the was alone in the base should her waterproofied. The the was alone in the base should her waterproofied. The the was alone in the base should her waterproofied. The the was alone in the base should her waterproofied. The the the shoes should her waterproofied to point was at home, for the base the more difficult to point with a base and the the first any pearances to be considered then and she always for tawking and the fact that she always for tawking here in the shore the mate a base of the base in the more difficult to point with a base of the she always for tawking here in the base the the shore and she always for tawking here in the base the shore the she always for tawking here in the base the shore the she always for tawking here the shore there the she always for tawhile before and she always for

The measurable use of custor oil on state unders will increase their water resonance, as well as their feadbliry like and durable by without greatly interfer-sible ing will their being palashed. If the base oil is applied lightly to the clean, dry she shows and rubbed in until the feather is it, they may be fedished infinitely. for differential is better to wait until the tars.

In summer the grease used for wat :

To the mean set to primite and each is a law bar weather, and there is also less used for the water resistant share in the test of the state of the

Waterproofing Formulas

For waterproofing boots and shows withing botter than the following sim-tic form flag is known to the Depar-ment of Agriculture. While the de-

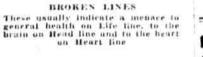
e contrata is interval to the lagari-sent of Agriculture. While the de-arithent b heres that these formulas a not infringe on any existing patents in bending applications for patents, it an assume no responsibility. Formula 1 8 onness of neutral woot reme, 1 concess dark petrolatum and obness haraffin way. 1 pound petrolatum, 2

8 ounces petrolatum. 4 A break in a line of the 1st affin wax, i conces wool in an to ounces crude furpentine of the inft, Dick, you're exage rating
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Tou't you suppose 1 know how much you have him?
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Safe and pure

A complete food



for your baby when for any reason mother's

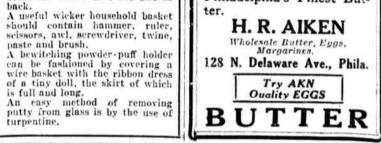
milk fails. Bordens **EAGLE BRAND Condensed Milk** 

25<sup>°</sup><sub>іь.</sub>

19<sup>c</sup>



25<sup>°</sup>ь.



Our Best Farm Scrapple

2 lbs. 25 cts

Best Cuts-Loin Yearling

LAMB CHOPS

35 cts

COURTESY

8th Ave. Reading Terminal Market, 12th St. Arch to Filbert

**Best Cuts** 

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and Bolar Roasts



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