MRS. WILSON IS IN FAVOR OF AN EARLY BREAKFAST

And Gives Some Delicious Dishes That Tempt the Appetite and Are Easy to Prepare in a Short Time-Try Cheese Toast

By MRS, M. A. WILSON

Copyright. 1921. by Mrs. M. A. Wilson, COLD, wintry mornings, the kitchen Con unfelty be made warm and cosy, and this many of have the quaint nullman bles of forming a place in a kitcher ? ... alefact luncheon and oftentimes Su lun night! ern plan can soon place a small table near the window where food no on to the tube sight, but, and where a cup of fingers with well soul to family to be the in a large and the in a barp and con- in

family to he in a tented frame of mind. the first the night through the seatherst making it in a limit be and acting on the breakfast dishing it in a limit be and acting on the breakfast dishing it in a limit be making on the butther cut may be an equal to look and a loo

rising on a cell ugh to make it mosthic for those who are followed by the form the country has been for business, to have sufficient time to out.

For if they must take breakful to a the wing, as it were fool will solden prove of much benefit to them.

The nerves and muscles of the stampach are part of the delicate nerve system and if you rise so late in the morning that you are unable to sit down quietly and enjoy the first meal of the day, the result was sarely such a breakdown later.

There is an additional that he was is ten minutes late in the morning will surely be an hour late in the morning will surely be an hour late in the morning will surely be an hour late in the morning will surely be an hour late in the good o'd days when people were satisfied to rise early enough so that the entire family could

ple off to their daily fell with a cheeve thought that they will be on time, but it also gives the housewife an extra hour which may be used to a real advantage

Sair Macherel
Seak the mackerel everyight and cut into fillers suitable for serving. In the morning place in a deep one plate, sover with thin tenate sairs and then time.

Sired nard to dissolve the cheese and then lift on toast and serve at once.

A little finely minered enton and parsley that the morning place in a deep one plate, sover with thin tenate sairs and then time.

Sired two streets and then time in the morning place in a deep one plate, sover with thin tenate sairs and then time. with this temate same and then times time, and then cover with warm water in a hot over for fifteen manutes. Serve for five minutes, then drain. Place the with evenue mountains.

Vegetable Omelet Prepare the vegetables the day betimes left from the evening y be utilized. Place finely

be.

If suppose, the semanked questions in the first the car. The sax miles of their informant in the car into the first that your from planty is due to the fac

The Question Corner

Today's Inquiries

which is an entirely new idea in the millinery world:
3. What kind of eletters langer will

not slide mesover out t off from ou which it a placed 4. How can an attractice by worsted flowers by conde?

 When a teach of bright telluming is desired of an afternoon freek. how can one embounter this in a fashion that is new and striking?

Saturday's Answers

. The next congress of the Inter-national Woman Suffrage Alliance will take place in 1000, and it will be held in Paris.

A wenderfully conversiont and well-planned baseinet for the tiny person's room is made on two frames which fold together, each frame supporting two wicker backets placed with space between and a socwell allow the whole to

close together completty.

1. One of the newest of white ha moved bubs with marrior black velvet rabbon down wither side of it, which runs through an evelet and ties in a small sash in the

A new kind of stocking darner has a wire holder which clamps onto the darning egg and holds

the material in position.

An effective bureau - not may be made by using a piece of white dotted swiss over bue muslin, with a ruffle on the edge, finished

with narrow lace.

A warm and smart-looking glove that is being worn a great dealt with the sport suit is made of weel, either plain-colored or a Potato waffles are delicious if served with delicately browned strips of bacon.

Potato Waffles Place in a bowl: wa caps of flour. One teaspoon of salt, Four teres teaspoons of baking

Two tablespoons of sirup.
Two tablespoons of shortening.

One cup of mick,
One well-beaten egg,
Two cups of meshed potacoes.
Beat to been well and then bake
a hor greased walks irons or on a hot

matter, pork into sices about one quarter incl

enough so that the entire family could sit down together for the first need of the day, and thus take sufficient that to shew the food thoroughly.

This not only starts the reising expect.

Our cand one-half caps of milk, Seven triblespoins of flour.

Dissolve the flour in milk and then be no to a boil and cook for five minutes. Now add:

Our cap of grated cheese.

One very of grated cheere.
One recorpion of soil.
One had traspion of paprika.

tine-quarter teaspoon of mustard, Two well-besten eggs.

Yolks of three eggs in a bowl and add One-half cup of thick cream sauce, One-half tenspoon of salt. One-half tenspoon of pepper.

Beat to mix and then fold in the chopped vegetables in a small source as stiffy benten whites of eggs. Turn in and add to one half cup of tegetables a pan containing four tablespoons of two teaspeons of butter. Heat sawly, hot basen fat. Place the prepared dried Prepare the one of in the asual manner beef on top and then place in a hot oven and when ready to fold, spread with the for twelve minutes. Fold and then turn heated vegetables and then garnish with on a hot platter and garnish with finely parsicy.

USE YOUR LEFTOVERS



Photo by Old Masters, Central News

This isn't a leftover. It's a perfectly new dress of crepy silk, with a bib of white of the same material as the collar and the slim cuffs. But it has its little idea which you can transplant on to that last year's silk or serge of your own. That dress would be perfectly good with just a little dressing up and modernizing, and here is the way to modernize it The large buttons on each side of the bib are purely decorative and need not be included in your make-over unless you like them

Please Tell Me What to Do

By CYNTHIA

Wonders if He Likes Her Dear Cynthia-1 am a girl eighteen years of age, and am going to business college. I go out with a boy pretty steadily, and this fellow is two years older than I, and I like this fellow very much. Now, Cynthia, will you kindly advise me how I could find out if this fellow really likes me?

You should be able to tell by his man-ner whether he likes you or not, It is not likely that he does not like you. If he did not, why would he go to see you?

Dear Cynthia-I read your advice to others almost every night and now 1. teo, would like to benefit by your wis-

side's booking for Just from there while I teleproper who a most arrivage about half after ten. You should be best to break up the parties about half after ten. You should be borne and in hed before twelve. There certainly no harm in having soil a

> Talk to French Consul from Cynthia-In what manner may a aund man who is punctificually to the cold that he may replace his not when

WHAT'S WHAT By HELEN DECIE



THE DAILY NOVELETTE

Captein MacLean and Miss Gail

By WILLEAM R. COWLES

With a awad glance at the couple in the sear helmid, which voice in the fash ing good leaks of the woman and uptaining good leaks of the woman and u

Exchange resources, and at the time her future husband came upon the seene held a po-

What to Call the Club

To the Editor of Woman's Paper We pay dies and have a party ale

To "Broken-Hearted"

Don't you think that the very fact it you did not particularly notice the ar before, after having had it for so car before, after having tremoved, because I am sure it is not coarly as had as you have made your if imagine. It takes an extrem ly allied surgeon to perform an operation

With a six Marken was upon him creeting the automatic from his hand. Then he tried in Cymha. "Let's go!" for a dance at a semi-private affair if she dealers to except the automatic from his hand. The he tried in Cymha. "Let's go!" for a dance at a semi-private affair if she dealers to accept? If she does not never a the first they swing again let go to she wy mad. Suddenly the probability of the shidler in Philadelphia—in New York at the incompliance in Philadelphia—in New York and the got's shoulder. Simply say "Put your last on, you may catch cold."

I thank you.

MONTMARTRI.

Simply say "Put your last on, you may catch cold."

In America a girl never refuses to guess under private that in the said and a farmed pseul ar and unpleas the thioroughbred. No fuss, no hysterial in Namerica a girl never refuses to guerner under private that a farmed pseul ar and unpleas the triation. I—I well I won't forget and when a more propitious moment there are to dance or unless the man who asks her to dance the man who asks her to dance the man who asks her to dance the man who asks

Simply any Put your inst on, you have the introduction of No. 1938, no his easy of united with the post of an individual of the post of an individual of the post of an individual of the post of the

PROMOTING THE GIRLS KEEPS THEM FROM MARRYING

According to a City Official, Who Urges This as a Means of Retaining Services—Are They Really So Businesslike About Marriage?

A official in one of the largest. They don't marry men, apparently; of these United States of they marry the bushes on which money ours pleaded a strange plea before a grows. eeting of the executive committee of his city council.

He urged the promotion of girl stenographers in order to keep them from marrying, and to retain their serv-The other members of the council

wanted to know whether he really be-lieved that promoting a girl one rank would keep her from marrying. "Absolutely." he replied, with demakes her independent, and there is consequently no need for her to get married."

Now, I wender just what he thinks a girl marries for? NO DOUBT there are some girls who A marry simply in order to be taken care of without working in an office. they had better find a reason of their

enough of them to make this the prin-cipal reason for which business women marry? This seems like a very practical, businesslike idea of marriage; just an arrangement in which a woman's need Love doesn't seem to enter into this man's conception of the affair at all: the stenographer, without promotion, merely says, 'Here, I haven't enough merely says, "Here, I haven't enough money, I'll have to get married," and

But, if she were promoted she would say, "Why, I don't have to get married—I have enough money without it."

have considered their promotions in this light?

One seems as unique as the other as a reason for not marrying.

Do stenographers—or any other girls—really behave this way? Do they insult romance and snub love as imperti-nently as all this?

"MEN students," declared a news vade the sacred domain of women—they are going to learn how to cook."

It went on to tell how the course will be started in February at a certain col-

lege, and will be known as "domestic science 53—cookers for men." The men are to have a one-hour lecture and three hours a week practice in the cooking laboratory, just as the "co-eds" at this college always have. Perhaps this promotion of the girls to keep them from finding it necessary to marry has made the men decide that

And surely, if they are as business-But are they the majority? Are there The about marriage as this city offi-cial represents the stenographers to be, they couldn't find a much better reason than the ability to cook. If they can cook their own meals,

they won't have to get married; they will be as independent as the girls with TT IS doubtful whether the men have I gone into the course with this idea.

I wonder whether the stenographers

THROUGH A WOMAN'S EYES By JEAN NEWTON

"All Is Fair"—? They were about to be married when she found that he had lied to her about his job, about his income, about his religion. And another broken engagement was entered under "Attempted Camouflage."

Time he asked her to play at the piano in the home he had made for her.

"She told me." he raged, "that that was not the kind of a piano her aunt had!"

Of course, the marriage ended in dis-

Recently we heard of the suicide of aster. Not because the young man a sirt of wealth and culture who are arently had everything to live for. The married her for ner aunt or her music. Indeed, he could not understand why she had found it necessary to or life to her discovery of deceptions pull the wool over his eyes. "What entired upon her by the man she difference," he said, "would it have wed."

Yet they say, "All is fair in love!"
Is it?
Originally this saying was intended and the means employed by each to coption forgiven, if she had come out with it before partying in the vanquish. Even in this connection it with it before marrying him, was rarely borne out to a happy con. The Bard notwithstanding. clusion. A victory gained by untruth unfairness, disloyalty, would hardly be productive of lasting joy.

How could it he? How can a struc-ture of happiness stay firm and strong and stendy that is founded on the micksands of deceit?

But to attempt directly to deceive about one's self the object of one's affactions! To stack the cards in the most serious game on earth! Surely if honesty is the best policy in ordinary things how essential, how vital, is ab-solute truth and candor when there is at stake the happiness of two people. Aside from the ordinary consideraone of decency and honor, how hope , how impractical here is any cheating or masquerade.

trust, and trust is essential to love and happiness, one who has shown himself or herself unscrupalous in the biggest

etc., and permitted him to marry her under this delusion. I shall never for-get the way he told me about the first

The contraction of the contracti

DONT PAY A BIG

PRICE FOR FOOD

The most expensive food is

generally the poorest in real

nutriment. Considering its high

nutritive value, Shredded

Wheat Biscuit is without

doubt the cheapest food in the

world today. It contains all the

rich muscle-making elements

in the whole wheat grain. The

price was not pushed up on account of the war so we

don't have to come down.

Shredded Wheat contains

more real nutriment than meat

or eggs, and costs much less.

Two Biscuits served with hot milk make

a warm, nourishing meal for the cold days.

Delicious with sliced bananas or other fruits.

or herself unscrupulous in the biggest of all questions? Even when the thing that was lied about is not in itself crucial, the deception is.

I knew a woman of good family whearly in life was thrown on her own resources, and at the time her future husband came upon the scene held a position as nursery governess.

She spun him an elaborate yarn about the wealthy aunt who had adopted her and objected to her seeing young men how she spent her time with her music, and normalited him to marry her under this delusion. I shall never forget the way he told me about the first

ITTLE Jack Horner Once a bread-scorner The Bard notwithstanding, if there is one thing where the absolute truth alon-is fair, it is love and marriage. Now asks for lots of Bond Bread, "It's easy as pie To eat it, and I Things You'll Love to Make Want to grow bigger," he said. Turn the Short into Little Jack Horner

TAMES of kings and emperors die, but little Jack Horner

and Bond Bread

goes on and on. And why? Because mothers know that Mother Goose is wholesome mental food for boys and girls. For the same reason Bond Bread goes marching ahead.

VIOTHERS helped design it, sending their own wholesome, homemade loaves as a pattern and a standard. They have learned to look for our Bond on the wax paper on each loaf, guaranteeing the healthgiving purity of every ingredient.

ROM this Bond, Bond Bread takes its name.

In home after home, boys and girls -and little Jack Horner-and good Bond Bread—finish the day, and tumble away into dream-land together.

