MRS. WILSON POINTS OUT METHODS OF ECONOMIZING

Two Meals Cooked at One Time Saves Fuel-Care in Keeping Food Also Helps-Pineapple Takes Strawberry's Place in Shortcake

TITILIZE everything at hand before purchasing more foods; to waste makes woeful want. When marketing, purchase by weight rather than by measure, and in very many instances you can save considerable money by purchasing the raw materials to cook, crumbs. Fry in smeking hot fat. rather than by selecting those that are;

go hand in hand, and where the methods in a saucepan and seven tablespoons are wasteful, diseard them and learn of flour. Stir to dissolve, then bring to go hand in hand, and where the methods, in to utilize the fireless cooker and the a boil and cook for three mignites. Turn caserole dishest. Cook sufficient for into a bowl and aid two or more meals; this means economy | the cup of thick, well-drained tomato

food and time, and fuel,
After purchasing food see that it is carefully stored. I cods that are frested are unfit to eat, so if the storage place is in danger of freezing, during a cold snap, do not put the perishable foods there. This is important; many houseeless one the window boxes on refrigerators and place eggs, lettuce and ner perishable products in it, only find in the morning that the entire at is unfit to ent.

In arranging the Uriday market basket this week. I am plausing to use a small amount of meat, and while eggs are still expensive, substitute one baif dozen, which will be used for Sanday. Here is the menu for three mosts on Sunday :

SUNDAY

Grapefruit Cereal and Cerani Bacon and Waffles

DREAKFAST

DINNER Home-made Relish Brown Gravy Mushed Turnips Baked Macaren

Pincapple Shortcake

SUPPER Parsley Sauce chin. I am getting one and my face Cheese Croquettes Potato Salad Tomato Pudding Apple Sauce Crumb Cake

The market basket will require Two large grapefruit, Two pounds of apples, One head of lettuce,

Turnips. Paraley.

One-half pound of bacon, One pound of sausage meat. One-quarter pound of cheese, Package of macarons One can of pincapple Three eggs. One can of milk.

One can of tomators And the usual weekly staples. Waffles

One and one-half cups of mater. Two tablespoons of strup.

Three tablespoons of shortening,
Two and one-half cups of flour. Five level teaspoons of baking pour

One level teaspoon of sait. Beat to blend and then bake in hot well-greased waffle irons.

Pork Loaf

One-half cup of flour. Stir to dissolve the Bour in cold with and then bring to a boil and cook for two minutes. Turn into the mixing bowl and add

One and one half cups of cold cooked One pound of squeage meat. One rup of finely chopped onions, One-half cup of finely chopped para. By Doubling Up on Work

One teaspoon of salt. One-half teaspoon of pepper

Mix well and then grease and floor a loaf-shaped pan. Pack in the mixture

To make brown gravy place seven tablespoons of bucon fat left from cook-ing breakfast bucon and add one and cup of flour. Cook very sowig until a feep mahogany brown and then add Three cups of water,

One proted amon. Pinck of thyme.

Bring to a bail and continfive minutes Strain

Pineapple Shortcake Place in a nexting howl-

Rig fitble appoints of abortions time half transports of tall

layer cake pan and take in a moderate oven for thirty mye manufes. Cool and

Cheese Croquettes Place in a same par-

One cup of milk. Seven level tablespoons of the r Dissolve the fleer in cold must and

By MRS. M. A. WILSON then bring to a ball and cook for two minutes. Now add Two-thirds cup of grated cheese.

One teaspoon of salt. One-half teaspoon of paprika, One-quarter traspoon of mustard.

Tomato Pudding

ady to eat.

Strain one cup of juice from one Food, thrift and fuel conemy must small can of tomatoes and then place

pulp, rubbed through a sieve. Yolk of egg. left from Caledonian

One egg. One-half cup of fine bread crambs, One traspoon of salt.
One-half teaspoon of paprika. One-quarter teaspoon of mustard, One-righth teaspoon of thyme, Pinch of allspice. Mix and then turn into well-greased

pudding dish and bake for thirty min-utes in a moderate oven.

Wash the apples and then cut in pieces and add one and one quarter cups of water to every pound. Cook until very soft and then rub through a coarse sieve. Season and sweeten to taste. This method does not require the time necessary to peel the apples—the sieve will retain the skins and seeds.

The Woman's

For a Double Chin To the Laster of Woman's Page

ey are especially constituous un-enveyes. Also give me a remedy enlarged pores on my checke. Tell also now to get freeling all my face. WATCHING FOR AN ANSWELL of course there are some wrinkles or lights for the fireside and whom few lines that are not undestrable, as they should want if they did.

Things You'll Love to Make in the particle of the fireside and whom few lights for the fireside and whom few lights that are not undestrable, as they should want if they did.

Things You'll Love to Make in the particle of the fireside and whom few lights would want if they did.

Things You'll Love to Make in the fireside and whom few lights would want if they did.

Making More Money

It wasn't her own work that Miss vet come along so there aren't any Mahel Weinshit multiplied by two but had of the men employed by the firm that of the men employed by the firm this of the men employed by the firm this which she worked. But the result make the same, for the "Weinant Idea as it has come to be known, greatly to prove the efficiency of the equipment and permitted the cumpany to make a least 50 per cent more money, a good; share of which found its way the Mes Weinant's salary check at the end of such morth.

Here's how it happened:

A few years ago Miss Weissel, was been normanited in New York a company which realized the value of having a country of the man of your dreams.

realized the value of har le woman upon its staff, d that women know far

drive a five-figured emixty.

Tomorrow-An Office at Home

Stalls 800 to 812 Reading Terminal Market-12 St., Arch to Filbert You are sure of the Highest Quality Meats and the best service when you buy at The Terminal Beef Co.

Economy Specials for Friday and Saturday

Legs Yearling Lamb Finest Quality Rib Roast Butcher's Roast Pinbone . Bolar Roast

Rack Yearling Lamb

Real Farm Scrapple .

Shoulders Spring Lamb Rump and Round Roast . Boneless Bacon Pure Pork Sausage

2 lb. for 25c

Leg Soup Beef Fresh Ground Hamburg, 15c Shoulder Yearling, 15c Don't forget the address, Stalls 800 to 812, Reading Terminal

Market, 12th St., Arch to Filbert. Open Friday until 9 P. M.

CAN YOU READ THE STARS?



some one the angels love is sinning on your cup of joy will soon be full. in say the superstitious-

neon, are a sign of fire.

The beautiful stars that shine bright
be successful. est belong to people whom God espe-cially loves, his elect, who have acdispleased Him.

Exchange rain next day.

"When a star falls, it is a sign that glance at the sky at night means that Comets signify corruptions of the wars, of changing kingdoms, great dearths of corn, yea, a common death If you see the dipper in the heavens

when you see a star fall or fly across yes. the sky count quickly before it disappears, and as many numbers as you The Negroes say that when the stars are so thick that there is no space between them for your tinger tip, it will rain next day. ain next day.

If a star seems to move, wish and out will get what you wish for.

It is lucky to see the first star at one, then add the letters in that periods.

Dear Madam—Would like to know if Star light, star bright, first star I've seen to by seven and you will get the number I can do anything to reduce a double I wish I may, I wish I might, have the wish of months before you are marked. I may, I wish I might, have the wish of months before you are married. If

r lights for the fireside and whom few he has been there all the while,

the a good astringent cream for the children in the day nursery and go to marged porce. Zinc continent, spread children in the day nursery and go to work, the met who 'are not 'bring' and over night to also very good for liands or skirt chosers, who don't string the skin. Lemon rules rubbed value a batheor - home above a rubur face at night will make the would be the total work. and worth chancing her haponess onfor them? load or aircaly married? It's the

own brother or in some way ineligible to become the man of your dreams. It may not be logical, but it is say

ASCO

are especially conspicuous unity of a conspicuous





Please Tell Me What to Do

By CYNTHIA

Wants Matrimonial Paper

Dear Cyntha—I, like many of your constant readers, have come to you for information. Although it is not any love affair it may develop to such in time to come. I am writing to ask you to kindly give me the address of some company where I will be able to obtain a matrimonial paper. I am indeed very anxious to correspond with some one from another city or town than the one in which I reside, and will be anxiously waiting for a reply.

Cynthia knows of no matrimonial anxious to correspond with some one from another city or town than the one in which I reside, and will be anxiously witing for a reply.

Cynthia knows of no matrimonial agency or paper that she could recom-

Behaved Properly

Dear Cynthia—This is the first time I'm coming to you for advice. Thank you. Not long ago on my way home I met a young man whom I know, and I didn't recognize him, but he spoke to me and tipped his hat. I was about four feet past him and I looked back and answered and I turned back. We talked only for about two minutes and I went my way So, dear Cynthia, was it proper or him to speak to me after I've passed him? and was it proper for me to turn back after I recognized him? or was it his place to walk up to me? Please Cynthia, tell me, as I think I was wrong, and I can't get this off my mind. On you and there was another young man with him, so when I came up to him his friend walked away.

Sover her that they weren't coming home, ever again, and her chin got pretty wobbly.

But just then the train stopped at a station and there was a lady on the sat up and barked at them, and she began to laugh again—and that was all right.

AT LAST they arrived.

Bobby picked up the big bag and his air of importance and ushered Peggy carefully out of the car.

They didn't know how they looked.

They couldn't realize that this grave interest which they took in their new adventure, this fearless acceptance of changed circumstances was very touchfriend walked away.

A CURIOUS BRUNETTE. Both you and the young man acted ithin the bounds of propriety. You are nothing to question about your own

What Steve Brodie Did

Dear Cynthia—Have until now been a silent witness to all the tragedies and comedies going on in your wonderful column; but, when I read "Hide and Seeks" letter in a recent issue, I just couldn't resist. Will you please print this in your column to "Hide and Seeks". And to complete the proof of the poor, bray and the complete to me the tragely and to complete the poor of the complete the poor of the Dear Madam—Would like to know it I wish is as brain, first star I've seen to be the chin. I am getting one and my face it. I am getting one and my face it. I wish is made it. I was it should not know all about the Steve Hrode case and that no one else could give you the information desired, so it. It is pressible of the seen to wish the made it. I was it made it. I wish it. I wish it. I was it made it. I wish it. I was it made it. I wish it made it. I wish it made it.

TWENTY-EIGHTH DIVISION.

They All Confide in Her Dear Cynthia - I feel as if I may address you in such a manner, as your have become

Tell me, please, why the men I think most of come to me and tell me of their tangled love affairs, engagements, and all of those things, dear to the heart of l people? Will I always be the confidante of lovers and never have one myself?
Will I always mind other people's habies and never have any of my very

own?

Recently I met a very young, beautiful, frivolous piece of feminine humanity, who besides being very illiterate, has done and is doing many indiscreet The next time you are about to throw any a pair of old silk stockings, cut I the liste tops. They make splendid the ror let her alone? JERRIE.

while tops. They make splendid her, or let her alone? JERRIE.

while petiticats for Dotty's hig girl

by Use the top edge for the bottom
of the petiticat and crochet scallops of
fright worsted around it Join the
ther edge to a belt of silk or muslin
and doll's stocking-petiticat will keep
the warm and comfortable for the winter.

FLORA.

They make splendid her, or let her alone? JERRIE.

No, Jerrie, some day Mr. Right will
come, and your knowledge of men and
their problems will make you a better,
more sympathetic wife than he had
ever dreamed of winning.

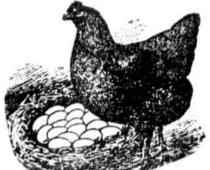
Be a good friend to this girl and help
her all you can, but don't go too deep
into telling her about life. We all learn
by our own experience and a friend who
helps us is a valued asset.

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A dozen positively New-Laid Eggs in every carton. Extra large, full and meaty.

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ASCO ASCO

ASCO

ASCO

THE CHILDREN DIDN'T KNOW WHY THEY WERE WEPT OVER IT IS only when you are older, like

When They Had Come All the Way on the Train Alone to Stay
With Aunt Evelyn Because Mother Had Gone Away With Aunt Evelyn Because Mother Had Gone Away

THE little boy with the big bag was THE poor, brave, little things didn't feeling his responsibilities very know what had happened to cause gether with their heads up and their

deeply.

He had not only the bag to take care of, but also his little sister, who was much more of a child than he and needed the sister and the sister and what all the distance all alone was something to their distance and what all the world is their to be happy in.

adventure, this fearless acceptance of changed circumstances was very touching to the little group of women waiting to receive them at the gate. And so it was a surprise to them both

hugged them both at once, weep-Cousin Bertha came up, then, smiling through a mist of tears, as she kissed them, patted their shoulders and called them poor, brave little things.

And to complete Bobby's surprised disgust Aunt Evelyn was crying, too.

when Cousin Caroline rushed toward them with a sob. "There they are, bless their poor little hearts!"

The Question Corner Today's Inquiries

How can a child make a pretty napkin ring? In what way can a magnifying glass be made from an old electric light bulb?

Describe a novel draped skirt. How is a new pair of rompers for the small boy made? What decoration will make the small inexpensive phonograph more attractive? In obtaining heat for cooking.

what economical method can be

used? Yesterday's Answers

If one is superstitious a lucky handkerchief to carry has a fourleafed clover, a wee black cat, or some other little charm embroidered in its corner.
A new and distinctive dressing

table has a triple mirror, the cen-ter being a long glass, with drawers on each side, beneath the two shorter mirrors. Dents in woodwork may be re-moved by sponging the dented

part with warm water, laying a piece of brown paper, also soaked in the warm water, over it, and holding a hot iron on this until the moisture raises the wood. The small tea wagon painted white is a cunning piece of doll furniture now being made which would gladden the heart of the

small girl who likes to have things

'just like the grown-ups.

piet like the grown-ups.

Pie can be brought from the oven
to the table in a convenient and
attractive dish of open-work
nickel, with a glass bottom, into
which the pan fits exactly.

The latest veil for motoring overcomes the discomfort of wearing a veil over a pair of motor glasses

by having these glasses fitted into

that distance all alone was something to When you're as young as this be-reavements go over your head, sorrows that break down your elders don't reach blues for women. The visit assets by the state of the state of

any one to come with them.

Pipes for Women

time that you are kept too busy to

ourn or weep.
And, anyhow, you don't understand.

Aunt Evelyn and Cousin Caroline

agency or paper that she could recommend. Glad to Have Knocking Stop Dear Cynthla—Here's hoping to see my letter in print. Thank you. What do you say to all of us stopping knocking one another and talk about something else? Let's each of us tell what kind of husband or wife we want. The kind of husband or wife we want. The kind of husband I would want would be a tall, wen-out man, dark hair and eyes, nice teeth, and above all, a wonderful disposition. I certainly would not want a bully for a husband. So follow sult, all, and tell what kinds of a mate you desire. Behaved Properly Behaved Properly Behaved Properly Behaved Properly Dear Cynthla—This is the first time. A catalogue just issued by a pround subther after that form then just Mother had gone away, suddenly, and then just Mother had gone away. Suddenly, and there are you're as young as this be-reavements go over your head, sorrows that break down your elders don't reach you at all. They didn't know quite why Mother had gone away, or exactly where, extend that a wonderful disposition. I certainly would not want a bully for a husband. So follow sult, all, and tell what kinds of a mate you desire. PEGGY. Write in, readers, and tell us all of your ideal man or worman. Behaved Properly Behaved Properly Dear Cynthla—This is the first time. Clearance of Coats

Worth \$18.50 to \$25.00

Just 50 fine coats—velvet striped bolivias; all-wool imported tweeds and fine mixtures. All coats are full lined. Many silk lined. All sizes in group. A marvelous bar-

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3.00 | 3.25 | 3.50 | 4.25 Royal Boot Shop

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Sammin S (Sammin Managaman S) (Sammin S)

"I made them when I was a girl

> -and grandma used Heckers' Buckwheat -the favorite in thousands of American Always fresh. Prepared from new crop of buck-

Makes delicious, light cakes with the old-time buckwheat taste. Those who appreciate purity, flavor and genuine goodness never turn to unknown brands.

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wheat. Ready for the griddle when mixed with