MANY FOODS AND THEIR USES DISCUSSED BY MRS. WILSON

She Names the Various Cuts of Beef, Expensive and Inexpensive-Bechamel, Biffins and Bird's Nest Soup Among Things Described

a hot oven it expands, making the bis-mint, enit light and perous, if properly made. Be

Beechnut is a seed or nut of the beech to Tree: it is a member of the oak family.
The nuts are sharp-wedged, triangular in shape and grow as twins in a prickly, scaly burr. They are sweet flavored, dainty and tender.

Beef—This meat is well known and Biffins—A special method of prepared figures.

of our protein diet. The expensive cuts are from the ioin, rab, ramp, part of the round; this is about 26 per cont of the animal's total weight. The inexpensive cuts are the neck, which contains the largest percentage of nutriment, pound for pound, it is used for ment, pound for pound, it is used for backed. In the early manufacture two beef tea, soup, bouillon and steek, Brisket, or plate, may be found and steek.

Brisket, or plate, for so, could and rolled. Boston attle for the care and the medern cracker.

Bisch sugar—Made from sap of birch tree in a manner similar to that used in preparing mapple sugar for market.

Bird's nest soup—A famous Oriental soup made from the nests of scabirds that gather certain gelatinous seawceds.

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Bird's nest soup—A famous Oriental soup made from the nests of scabirds that gather certain gelatinous seawceds. beef tea, soop, bouillon and steeps, baked. In the early manufacture two beef tea, soop, bouillon and steeps, brisket, or niate, may be bound and rolled. Boaton style, for por reasts. Shin for soups, stews and geneates, Shoulder, or clod, makes a delicate, delicious por roast. Cross cibs, plate and navel, are the same as brisket. These cuts are frequently used for sorning. The ribs are usually divided into:

First cut—first three ribs, which are prime or choicest out of the animal and belong to the same family. The bushes most expensive; the second out—the are low and careging and the berries

cuts. This last out comes next to the berry, chuck; it can be made a most de Hila rable and inexpensive cut.

Have the butcher cut two ribs and Rhacklish or Tautog—In season from

the hip, as a New York out, known To blanche, using the cold-pack meth

portion is not so tender. Beef bread. The agriculturist also uses this term is the sweetbread of the beet. Heef bread dive, asparagus and other vegetables—potato as an important vegetable. It this is done by banking earth around than be served plain bolled, with latter the vegetables.

Your Soul's in Your Hand

n- invivo a nation

these defects. Thus a grille or a series,

(To be confinued)

By MRS. M. A. WILSON

BEAN flour of late years is coming into general culinary use; it is the finely pulverized flour of the dried hean and is used for soups, stocks and in certain ills due to digestive disturbances.

Beaten biscuit, or Maryland biscuit, colored peel and is shaped somewhat Beaten biscuit, or Maryland biscuit, colored peel and is shaped somewhat like a pear and aromatic and fragrant. The pulp is of a greenish tinge.

Bergamot herb—This name is given to a volatile plant which is stimulating and aromatic, like the American herse—the cover it appears or which the big.

Bergamot Pear-A popular European They are delicious and have an impor-fruit of a certain variety of pour trees, ant place in the diet.

beeds little description, as it is usually dried apples in Norfolk, England, the chief staple, furnishing a large part.

Bisch sugar—Made from sap of block

of beef are second and third rinen several weeks before the black-

Blackbirds -- Are used in England for

then saw necess the lones. Now bone April to October in the north Atlantic, out from the blade the eye or heart Blane mange. French blane mange is shaped piece and leave the hones in white- a pudding made of gelatin or place. This is called the Delmonico constanch rice flour and arrowroot, roast and is very tender and delicious.

The top of the rib, with the piece trimmed out, can be boned and rolled for Boston roast.

In cutting the bein various methods the cold-tack method of canning fruit and variously between a soull by butthers. Some methods the cold-tack method of canning fruit and variously are used by butthers.

the hip less a New York cut, known to busine, using the consider means the hip-lein. Ruthe steak is also at to include a part of the lein.

Round steak takes its name from the manner in which it lies on the block.

The tenderest part of the round is the the fuice and color and to remove obtop or inside part; the lower or outside feetlenable nodes.

The agriculturist also uses this term

THE HUSBAND HATER

HEARTS AND FLOWERS

give Eulti, who tous special charge is. the cass, instructions regarding Fe-

Foundrow-steam Males a Missien Adventures With a Purse

If I worse as her all gill to the cyline

this large Among the many hage I ? A. Square repairing a break in Shirtle of Local State of Local B. Square repairing chained heart Although the in part of Local Color of Local C. Square repairing part of shall ment six of eight of them left. The cathing basis with a sigh of re-

head line. Square repairing Island in the I have it who gorgeore descin of then for the first that your pride to med them just recently when I had tone Defects of counts and these are of givents! Their availty is true, their exceptions it ten remeded by squares which measure quagn meet attitude, and, he short, they wholest the remeded by squares which measure quagn meet attitude, and, he short, they wholest transfer to the same property of the country of these defects. Thus a grille or a series of the sull-problem in all of cross-bara or a larg. Historical year As you know, if you have done now or dot or exact, etc., all of whom you.

or dot or notice, etc., all of where not tends a defective or even velous equal tion of the qualities of the manual ar line on which they appear, may receive a modified reading it a sounce appears around them in the latter event the meaning is that although there are present in the person's mental, physical, moral or emetions nature all the conductions for their cit direction or perperted operation, there is a strong check or counter-current present to prevent the full force of the evil from asserting its simply time scalleds around the neck and for their cit direction are prevent the full force of the evil from asserting its simply time scalleds around the neck and for their cit direction are prevent the full force of the evil from asserting its simply time scalleds around the neck and force. full force of the evil from asserting it- simply line scallops around the neck and

of feling freatment

M/a. Frothman and he was the first query.

"What has leter had to eat?"

no vis lete all the time Luce at the time Luce at the time Luce at the time Luce and the visit the variation of the part of the variation of the time and the variation of the time and the variation of the varia indical exclaimed Mrs. Frothman transfer or some surprise. 'Proafraid even too indulgent. But tree as a best to treat our pets The las Peter sleep?" was the guest chamber," was the re-

ARE DIFFERENT NOW



full force of the evil from asserting its simply line scallops around the neck and sleeves. Sometimes I think this kind is as pretty as the claborately embroidered with a time of any defect, it emphasizes the good qualities of the mount or line on which it is found.

To be continued)

They are quite plain, larving plain, larving simply line scallops around the neck and sleeves. Sometimes I think this kind is as pretty as the claborately embroidered kind, at least for everyday for, rather, every night) wear.

They are quite plain, larving simply line scallops around the neck and sleeves. Sometimes I think this kind is as pretty as the claborately embroidered kind, at least for everyday for, rather, every night wear.

They are quite plain, larving simply line scallops around the neck and sleeves. Sometimes I think this kind is as pretty as the claborately embroidered up, and looked at Mary the attractive sports coat of came! have always took a hand at the questioning.

They are quite plain, larving simply line scallops around the neck and because the structure and in the cotorings chosen in these and being that dozing out of mero attractive sports coat of came! have a least for everyday for, rather, every night between the attractive sports coat of came! listener only, took a hand at the questioning of plain gray fringed and banded in purple, and by a gray fell that with

WHAT'S WHAT By HELEN DECIE

By CYNTHIA

What to Do

Please Tell Me

Says No Harm in Kissing Dear Cynthia-Thia letter of opinion is to "Innocent" and other readers interested in her letter.

I also think there is no harm in kissing when the kissing is not too much As Cynthia has told you it will lead you into a habit not any too good for you. If you kiss a fellow a couple of times that is enough to lead him on further and should be a little more careful to whom you give your kisses. I think

that they allow a little more careful to whom you give, your kisses, I think that they show a little more friendines to the boy but when a girl give him all the kisses he asks for he thinks that she les not the right kind of a girl; so for my part, I would be a little more moderate in kissing. I, for my part, think kissing is an innocent thing, and far as I am concerned, but I have never kissed any one yet. BOIL

As the second "Beb" writes and skmn Block" instead, suppose you keep the Blob.

The Truth About Steve Brodle

Dear Cynthia—Will you please print the following so that "Hiden" Seet." in the

discover sherker he ridi short to the min that with its fleating we have the casts, investibles regarding feeters.

Playing at Cross Purposes

JEAN strategies as the extremal to the first that she were spine. The firs

y. I believe we might an web leep

The Question Corner Today's Inquiries

What comfortable device has been ated to make reading ensiet weak to hold a book in posi-

what decorative and useful way can a Japanese bambor hat be mided to the furnishings of a 3. Describe a novel condication which would be pretty for a bay-

erry candle. is revenable.

What use can be made of the cushions from the sents of a "arrapped" nutemobile?

The what simple device is it possible to make the baby's gocart carry his older sister, too?

West in the reasest design room. What is the newest design pop-ular for camel's hair fabrics?

Yesterday's Answers

 A convenient new holder for a speak of thread has a flat side attached to a safety pin which can be fastened to the dress and down and rolling away. Wring a disheloth out of hor water and wind it about the frozen milk bottle to thaw out the milk, repeating the process

whenever the cloth gets cold. 3. I ablenched muslin that is to be med for window curtains can be given a pleasing champagne that if it is dipped in coffee A phonograph record can be re-moved from the much he without danger of scratches from the

device on an arm which lifts it by suction.

If the stenographer will keep an old pair of cotton gloves in her deak to wear when changing a typewriter ribbon she will save time usually required for washing

ber hands afterward. Last summer's black and white gingham dress can be made into covers for pillows in bedroom or sun parlor and trimmed with a red basket containing flowers in applique work.



would see part of the formula in a is eved as part of the formula in a sevel as a seven as a seve

one line this bag with cretonic or colwell allowed by the color of the second is the second in the



the good parts of a discarded cluth skir two oblongs each one yard long paid about twelve inches wide. Embroider the strongs on the wrong side through an opening at one side (A) about twelve inches long, six inches of absorbingly interesting through an opening at one side (A) about twelve inches long, six inches of each side of the center. Turn to the fight of and bind the open edges (You one) line is box with respective or the control of the center. Turn to the fight of and bind the open edges (You one) line is box with cretonic or colored lining to make it stronger and more attractive.) Slip two rings charge our.

THE WOMAN WHO KNOWS ALL ABOUT ACTORS' LIVES

Has Spoiled Many an Afternoon's Pleasure at the Theatre by Repeating Petty Gossip About How Old "She" Is or How "He" Drinks

the matinee. One of them had seen a musical show nd the other had been shopping all fternoon. "How was it?" asked the one who

hadn't seen it.
"Oh, it was lovely!" exclaimed the one who had. "She was perfectly sweet and her voice is really beautiful. I en-

She merely sat back in the eighteenth good times.

To say nothing of the time we shall be say nothing of the time we shall be say nothing the say nothing of the say the theatre all about her. waste But she was afraid she had better away.

THEY were having ten together after | If it didn't affect his voice why should affect her?

THE matinee girl comes raving I to her about a man in a play, "He is absolute'y the most stunned thing I ever saw!" she cries excitedly

"And the way he looks at that girl The wise one assumes her prim. knowing look.

"He must be very attractive, I ruess," she remarks, with sly triumph in her tones. "They say he's been married four times." She feels rather virtuous when she ees the light in the girl's eyes fade a itt'e; she has done that much good

Did she do any good?
The enthusiast didn't want to marry her stage hero or know him personally; ely wanted to think how nice it would be if there were such a person la real life who would look at her that way—and what kind of a dress she would wear when she went flirting of with the other man, and a few other leasant day dreams on that order It hurt, somehow to have the radiant nough the house fairly rocks with ap- hero of her dreams come down to earth plause after he has finished his second as a plain, ordinary, much-married man.

"Yes, he has a lovely voice." she admits reluctantly: "but you know, they say he drinks terriby, and I thought he wasn't quite steady tonight when he came out on the stage."

She wasn't introduced to him; she didn't have to have anything to do with him personally at all.

She nearly say here in the sighteenth and their talent, we shall spoil all our good times.

waste and the illusions we shall brush be shocked at him because she had Why bother about something that we heard vague remote stories about his cannot change or even verify, especially when it doesn't concern us in the least.

Two Minutes of Optimism By HERMAN J. STICH

Looking at Things—And Seeing Them ONE of the largest mail-order houses in the United States had just taken on a

"I don't know whether we'll get results from you in a month, or six nonths, or a year, or ever," the general manager had said to her; "but something tells me we're going to get them. You've lived in a small town most of

your life. And we want that small town viewpoint, "I'm not going to lend you down with instructions or advice," he continued, "I think I'll let you grope around and bump your head a few times. Then you'll learn where the low places are. And, remember, suggestion, are welcome in this plant. We take suggestions all the way from the elevator starter to the president." "Do you mean that?" suddenly exclaimed the young woman who had

urned to go, but now faced him squarely, "Absolutely. "Well, then, I've one to make. Your stock boys and stock girls walk railes

and miles every day, on every floor of this fifteen-story building. I watched them yesterday, filling up the bins, carrying orders, covering those enormous distances from one bin to another, up one aisle and down the next, to the office. back again. Your floors are concrete or cement, or some such mixture, aren't they? I just happened to think of the boy who used to deliver our paper. He covered his route on roller skates. It saved him an hour. Why don't you put roller skates on your stock boys and girls?"

The general manager stared at her. "Roller skates." It was not exclamation. It was a decision. He pressed a buzzer. "I suppose you know." he said finally, "you've earned six months' salary

in the last five minutes." Two days later every stock clerk in this vast plant was equipped with lightweight roller skates. They made a carnival of it at first. There were some splils, too, going around the corners, and a little too much hilarity.

That were off in a week. In two weeks their roller skates were part of them, just shop labor savers. At the end of a month the report presented to the gener

Time and energy saved: 55 per cent; stock staff decreased, 33 per cent. His mental note was: "That little girl doesn't merely look at things-she sees them. We can't

THE WOMAN'S EXCHANGE

Occupational Therapy at Madam-Will you kinds' pubin your column, when space per- a few questions. information about therapy work whileh is done by persons while con- hair?

Securing Position To the Editor of Woman's Page: Dear Madam-1 would like to ask . ou How does one remove superfluore

The work is trught at the Delladel.

The work is trught at the Delladel.

The work is trught at the Delladel.

How does one keep one's hands while and one of these handy CLOTH and what articles can be made? Also, and slender?

How does one sline a small (gold) the most parts of a discarded cluth skir.

The work is trught at the Delladel.

This work is trught at the Delladel.

FLORA . Street and my best wishes to you for it.

ASCO

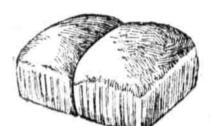
ASCO ASCO

delicious loaves are only 8c each!

STORES CO.

Every housewife, when she first tries "Victor" Bread, is surprised at its unusual keeping qualities. Those who buy it Saturday for Sunday's use are delighted to find how fresh it keeps-even until Monday morning!

finest ingredients. And the strangest part of it all is that these big



Bread

"The nearest to what mother used to bake"

Buy Victor Bread today for use over Sunday. It stays fresh!

"Asco" Stores all over Phila, and throughout Pennsylvania, New Jersey, Delaware and Maryland.

The surprise.

Like takes Peter out to walk?"
Let she takes him to the land sets he takes her to the opera as ner to the leach and he let a plaid sik bething suit got to see it-it's a heauty! I had one tike it."

By CORINNE LOWE

The came!'s hair which we used to see only in the sand how of the desert spaces is now becoming almost as thorough one tike it." to this point Mrs. Frothman had Mostly one finds it now in gay check

"O, yes! every one knows that!" purple, and wy "I have been asking about my cat, purple pom poms.

ASCO

"Why, it's still Fresh!"

The secret of the Victor Loaf's "keeping" qualities lies in the skill of our Master Bakers, plus the fact that we use only the very



ASCO