USE OF SOUTHERN PRODUCE ADVISED BY MRS. WILSON

Beets Are Comparatively Cheap, and a Raw One Grated Over Salad Provides Valuable Nourishment-Leftover Ham Makes Excellent Loaf

By MRS, M. A. WILSON

All rights reserved.) TODAY, the first Friday of Lent. will include a menu for the Saturday and Monday following, as well as the three meals for Sunday.

Southern produce is reasonably priced and should be used as much as possible for Saturday noon luncheon.

Beets are to be served, three cooked, alced and served with butter, and the

other grated raw over salad.

The serving of a raw beet grated over salad furnishes valuable vitamines which are so needed at this season of

SATURDAY DINNER

Bean Soup Celery Kidney Stew Carrots and Peas

Baked Potatoes Carr Lettuce Apricot Padding

SUNDAY BRYAKFAST Oranges

Cercal and Cream Sausage and Hotenkes TINNER

Purer of Bean Clifer Same Mashed Potatoes Braised Cabbage Hothouse Tomato Salad Coffee Lemon Custard

SUPPER Pickles Welsh Rubblt on Toast Macaroni nu Gratin Sliced Hothouse Tomatoes

MONDAY DINNER Clear Tomato Sour Prokles

Celery Parsley Same Corn for exists:

Apple Pie The market basket will require One kidnen, One pound of sausuar.

Five pound end of ham. One-half dozen range. One pound of heave One parkage of margran. One and one half pounds is patators, One and one half pounds of apples. Five stalks of velery.

Three carrots. Two heads of lettuce. Two heads of eabbage. One hoz of hothense towntoes, One-half pound of dried approach. One-quarter dozen lemons, Package of pelatin. And the usual weekly staples.

Early on Friday evening place the urthy morning remove the ham. I'so

Apricot Pudding Wash one half nound of apricers and

The Question Corner Today's Inquiries

1. What makes an original cente a Lincoln's Birthday party.

4. When suffles are to be mented how can there be suft so that it will east just built as much in buye the work done? ticular about her books, and

the same time. likes to have 6. What kind of water should be used in tiest souking cluthes when they are being analised?

Vesterday's Answers

short cape in back, attached t a plain band, the ends of which can either be crossed in front 2. An excellent operat in us

each hand like a machine

esting looking atm had is trin med with the both this the both

rubber or "gon, slien, it can nicolled with several strips adhesive plaster.

Order Today at OUR Risk

then place in a dish and cover with boil-ing water for one-half hour. Drain. Rub the pudding dish with butter, then place the apricots and then place in a mixing bowl

Two-thirds cup of sugar, Yalk of one cga. Four tablespoons of butter. Cream well and then add One and one-quarter cups of flour. Two level teaspoons

pander, Our half cup of milk. four medium sized ones, for ten cents per bunch. The tops were in splendid ty beaten white of egg. Pour over the condition, and were cooked with bacon prepared apricots and then bake for minutes in a moderate oven Serve with orange sauce.

Orange Sauce

Grated rind of one orange. Juice of two oranges or sufficient One half cup of sugar. One tablespoon of butter.

Three level tablespoons of cornstarch

Stir to dissolve the starch and ther utes. Remove and add fine well-beaten eag. Cool and then serve. To prepare the baked ham place the

ham in a baking pan and pat into the One-half cup of brown sugar.

One-half teaspoon of ginger, One teaspoon of allapice, One and one-half teaspoons of cinna the half teaspoon of nutmen.

Place in a moderate oven and base with the following mixture, Over cup of cider. Bake for fifty minutes.

Cider Sauce

I'lase in a saucepate One cup of cider,
Four tablespoons of brown sugar,
One-half cup of vinegar,
One-half teaspoon of pinger,
One-half teaspoon of ninger,
One half teaspoon of ninger,
One half teaspoons of cornstarch.

Stir to dissolve the starch and then bring to a boil. Cook for ten minutes Lemon Custard

Pince in a saucenna Our and one-half caps of milk.

Two-thirds cup of sugar. Four level tablespoons of cornstarch. Stir to dissolve and then bring to a boil and cook for five minutes. Remove from the stove and place in a bowl and

Strained junce of two lemans, One tablespoon of melted butter,

Beat well before adding to the custard. Bring to a boil again and then remove from the store and beat in the stiffly beaten whites of two eggs. Rinse austard cups with cold water and then pour in the mixture. Chill and turn from the cups and save. Place a spoonful of orange jelly on top.

Ham Loaf

Ham Loaf

Haw as standing by the window, his wark was standing by the window. Its

made to answer just looked at her with the state of a controlled with the was then the total controlled with the was then that the virtuality income at a profit. By the hope of nature, however, give blooked at a profit. By the hope of nature, however, give blooked at a profit of the their faces were clover together. Specifically the was time for the profit nature your own or don't have to have an elaborate the hollouse for this either a question of care and attention to the truth the you income and tell you come of the truth which the profit of the truth the you remember? And the same of the truth which the profit of the truth the poil remember? And the profit of the truth the poil remember? And the profit of the truth the poil remember? And the profit of the truth the poil remember? And the profit of the truth the poil remember? And the profit of the truth the poil remember? And the profit of the truth the poil of the truth the poil of the truth the poil of the profit of the profi

cound out when a set of the cound out when a set of the first land that I were the first land of the moon hed buse in the will be gray ones wide and frightened but not ashamed. She was quite ready now the moon in lows buse with cheef which being a with olded serves them when a will be grad to the end of her days that she had told the truth. I don't suppose you can care for a senior in the base disappeared giller o index; don't butter in the world on the ready and to bell son! I wanted on the land to bell son! I wanted on the moon is the base disappeared giller o index; don't butter in the world on the moon in the land to bell son! I wanted on the moon is the buse of the moon in the world of the countries of the countries of the world of the world on the world of the countries of the co

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Philadelphia

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Is there something about war which brings out this style of headdress? This chignon effect was popular at the time of the Civil War, and now it is coming back again as something very new and different. It is undoubtedly different, even if it isn't new, with its parted waves in front, its smooth roll across the back of the head and its coquettish fringe of little curls hanging down over the back of the neck. Will it be a solution for the girl whose bobbed hair is growing a little too long to wear down?

THE HUSBAND HATER

By HAZEL DEVO BATCHELOR Coppright. 1921. by Public Ledger Co.

dean Northrup married her guardian. Mark Brond, because she was afraid of poverty, but she hated him from the first. He took her West to her on his ranch, but she hated the western life, or thought she did, until she teent to visit an old school friend. Cively Knowles, and discovered that she cared more for her hishand than she knew. Pride prevented her from telling him the teath, one shally she plucked up courage to return, only to discover that Mark no longer seemed to care for her. Then came an accident to Mark's hand which sobbed Jean suddenly of all false pride.

"Mark, I Love You" JEAN did not realize until she burst

into Mark's own room the marked contrast between the comforta he had himself. The room was very small and ighted by only one small window. Jean Volks of two rans.

Beat well before adding to the customer having entered it but did not remember having entered it but once before, and Mana had always done the made no effort to touch her, but sensors from the store and beat in the whatever work was necessary to keep

Stalls Number

Jerry Page Was Robbed

of the masculine privilege of feeling superior and protective, because his wife insisted upon keeping up her work and going "FIFTY-FIFTY"

with him in all the household expenses. So, of course, when Clarissa Harlowe appeared, feminine, appealing, inefficient and charming-well, what would you expect?

Hazel Deyo Batchelor tells all this and the weest that is yet to come in her new serial, which

begins on Monday. February 14.

Tomerow—The Riss.

Ham Lost

Ham Lost

Remove the leftwer odd ham from the bone and disearch the far. Put through the food elooper, There should be one and one-half to two curse of the finely chopped ham. Turn into a mixing lower land and.

One-half our of factly chopped parts from the bone hand.

The hand one-half vary of factly chopped parts from the hone hand.

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The hand one-half vary of factly chopped factly to adjust them with one hand.

The land one-half vary of factly chopped factly of the parts of the farm of the word of the farm of the word of the farm of the word of the farm of the farm of the word of the word of the farm of the word of the word of the farm of the word of the word of the farm of the word of the farm of the word of the wor

Mit and the pear. Press the top formake me knowledge and fine bread crumbs, and then cover lightly with Jean felt the color rush into her face for themselves in many ways, but, as and unforgiving, and how difficult be made it for her to go on made it for her to go on many peaces.

| All and the peace and fine bread crumbs, and so not the color rush into her face for themselves in many ways, but, as it happened, each of the methods ment to the office we didn't have much toned necessitated considerably more book learning than the former brake-made it for her to go on many peacessed. a railroad accident. Friends informed him that legicss men had made a living for themselves in many ways, but, as it happened, each of the methods mentioned increasitated considerably more book learning than the former brake, it told find I would talk to the talk. I told bin I would talk to the said h

stated choese and fine bread crumbs, lade in a deav over for forty-five minutes. Serve with parsley sauce.

Making More Money

Beating the Seasons

There are truebe in all trades and the profession of the flowergrower is no execution to this rule, as Mes B C litaries, we tree all six trades when she fleet made at greater of making as flowers in the city. There are truebe in all trades and the profession of the flowergrower is no execution to this rule, as Mes B C litaries, we tree list outside Akson, at discussed last very when she fleet made at greater in the city. There are the flower in the city of the profession of the flowers in the city. The profession is the complete the profession of the flowers in the city. The profession is the complete the profession of the flowers in the city. The profession is the complete the profession of the flowers in the city. The profession is the complete the profession of the flowers in the city. The profession is the complete the profession of the flowers in the city. The profession is the complete the profession of the flowers in the city. The profession is the complete the profession of the flowers in the city of the flowers in the city. The profession is the profession of the flowers in the city of the flowers in the city. The profession is the profession of the flowers in the city of the flowers in the city

Please Tell Me What to Do

WHAT'S WHAT

By HELEN DECIE

At a Candy Party

A Double Celebration

To the Editor of Woman's Page.

Contented

The food is

ASCO

Grape:Nuts

"There's a Reason"

Nourishment

By CYNTHIA

Another Bit for "Dopey" Another Bit for "Dopey"

Dear Cynthia—Will you permit me to answer just a few words to "Dopey"? I will thank you very much. I have been reading your column for a long time and I have never been tempted to write, for I have been helped out of many bad holes by just reading your answers to others. I think that "Dopey" is out of a job, and wants you to quit us cold so as to give him a chance to apply for your job. Say, "Dopey," if you are doing this you better get up early and go to Cynthia and she might give you a job as censor of her column, and the answer to her sex is "none of your business and nobody else's." I think your name speaks out for itself that you are dopey. ANGELO. ANGELO. that you are dopey.

Remarks to "Dopey"

Dear Cynthia—Although I have never come to you for any advice, I have enjoyed reading your column and also think the advice you give young people wonderful.
May I say a word or two to "Dopey"?

May I say a word or two to Dopey .

Thank you, Cynthia.

Now, "Dopey," to begin with, I think you very blunt to say the least in the way you wrote to Cynthia, and I think you surely could not have meant all you said. Perhaps you were only joking, or maybe you do want an argument. To my knowledge this column has

To my knowledge this column has done more good for boys and girls who had no one to give them advice than anything else I know of.

I also think they have profited by this advice and have found that Cynthia only gives advice that is good.

Maybe you're some old bachelor who was disappointed in your youth and now hate to see the young folks of the twentieth century get along so well.

Goodby, "Dopey," and try to dope this out.

WIDEAWAKE. The Woman's Cynthia thanks her champions.

Dear Cynthia—Have never written in their fetters will be answered in turn, and perhaps sometime there will be answered in turn, and perhaps sometime there will be answered in turn.

A little more than a year ago I met To the Editor of Woman's Page:

A little more than a year ago I met a young man in a business school which I was attending at that time. He was a very nice chap, and many a good chat and laugh we had together while sitting practicing on a typewriter.

One day, after we had finished our daily schedule in school he called me aside, and told me he had four tickets to a show, and asked me and my girl friend (this girl and I were inseparable chums in the school) to go with him that night, saying he would bring another fellow along I agreed, and we all four met that night, and we had a very nice evening. The fellow that this young man brought with him was a very nice young man, and took a liking to me that night. Every morning in business school, the first young man would bring me regards from his friend, and tell me that this fellow is kind of stuck on me.

Well, Cynthia, came a time when we The games are too long to print in this column, but if you will send me a self-addressed stamped envelope I shall be glad to send you a list of them. Five couples are not too many. They would make just a nice party if they are all congenial and all know one another real.

fellow is kind of stuck on me.

Well, Cynthia, came a time when we had to separate. You know this world goes round, and we must go round with it or else be left behind. This young man got a good position as bookkeeper in an office. One week after he got this position he came up to the school to see friends there, and while there he saw me, and we talked about old times. He told me he passed by our house, and wanted to stop in but didn't know whether I received fellows in my home, somehow I forgot to invite him up to my somehow I forgot to invite him up to my home, and he must have thought that I didn't receive fellows in my home. He asked my phone number, saying that his

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Best Cuts

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Pinbone

THE VISITING LADY'S MAID

WILL DO VARIOUS ODD JOBS And Then Leaves After an Hour or Two-This New Plan Helps Both the Employer and the Woman Who Can Work Only Part Time

We have had the dressmann and ing, or lack of it.

For if she cannot sew buttons, or lack of the cannot sew buttons, or lack in the afternoon.

brings soothing and comfort, steps Whatever other dowagers of inferior briskly but quietly about, showing how to do this, that and the other thing in For instance, one position, for which has to do this, that and the other thing in Whatever other dowagers of inferior taste may do, it is neither sensible nor artistic for a woman pant sixty to dress in costumes designed for stateen-year-old school girls. Nor should she go to the other extreme and "slump" wholly out of style into the dowdy, shabby- genteel, black bonnets, wraps and gowns of a past generation.

Stately elegance should be her keynote; real lace if she owns it; soft malines if she cannot afford good lace; flowing robes of crepe de chine, or of velvet as rich as her means can compass. to do this, that and the other thing in the casiest possible way, and leaving York has had calls, is that of tending before she gets in the way.

who came, saw, conquered-and left blind, or taking them to walk, before her week was up.

flowing robes of crepe de chine, or of velvet as rich as her means can compass. Fur is especially becoming to the grand-mother. Short skirts and short sleeves detract from her appearance, all the lines should be long and graceful, Whatever her circumstances, a woman with six or more decades to her credit will be suitably attired if her clothes are selected to conform to the dignity or her silvery years.

She wasn't exactly a comfort, but she made us thankful for her more detailed used in the morning her more decades of the applicant, consists of acting as chaperon for debutance over the week-end.

She wasn't exactly a comfort, but she made us thankful for her more faithful sister, who came and stayed.

She wasn't exactly a comfort, but she made us thankful for her more faithful sister, who came and stayed.

She was followed by the visiting maid, who came in the morning before breakfast and left at night after dinner—what is the faithful sister of the faithful sister, who came and stayed.

All kinds of "work," which means fast and left at night after dinner—what is the fast and left at night after dinner—what is the faithful sister of a comfort. The pleasant one, according to the temperature of the pleasant one, according to the pleasant one, according to the applicant, consists of acting and the pleasant one, according to the pleasant one, according to the pleasant one, acc She wasn't exactly a comfort, but

Exchange of everything.

She comes in by the hour, stays as many hours as you want her, and while but your environment would change there sews on adventurous buttons. every day or every few hours. The canary that was offered has found a home. In fact, it could have had does all those odd jobs that take so possible, for the mail was filled with requests for it. Naturally, a givet many for the work. You'll admit that she would be a a day at the most.

omfort. and perhaps sometime there will be an-other little bird for those who didn't get this one. And what a nice opportunity for the woman who wants to work, and hasn't been fitted for any one "trade," like employment is the fact that instead of

Dear Madam—I would like very much if you would print in your space what games or things to do at a candy party other than make candy. Also, are five couples too many?

S. P. T.

VISITING workers are an old story to us now.

We have had the dressmaker who we have had the dressmaker who have had the dressmaker who have have had the dressmaker who have have have have been circumstances, whatever her train-

We are accustomed now to the visiting nurse who comes in for a while,
cause unybody can do them.

a parrot while its owner is away on

They are such comforts.

Then there was the visiting cook,

Then there was the visiting cook, And a most pleasant, or very no

pleasant one, according to the temper much to those who want it, and does not require a great deal of time, labor or training from those who supply it.

this one called visiting helper.

There would be none of the tedium A ND now we have the "visiting There would be none of the tedium of going to the same old place, day after

day, seeing the same old people and doing the same old things. You might do the same old things,

stenography, bookkeeping, or any of working and waiting for a whole week those business details at which women for two weeks, or a month for your

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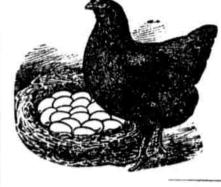
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