

MRS. WILSON KNOWS HOW TO MAKE CHILDREN EAT

And Gives Some Delicious Tempting Dishes That Will Make Them Want the Food Even if They Have Been Refusing to Take It

By MRS. M. A. WILSON

THIS is about the time for the mother to watch the growing boy and girl, for unless mother keeps a close watch on the little systems...

Simple, well-cooked meals for the growing lad and lassie, with plenty of milk, fresh vegetables and fruits...

How much water does your youngster drink? Do you permit him to have two cups of tea or coffee with meals?

Orange Souffle. Beat the juice of a medium-sized orange and then strain and add one teaspoon of powdered sugar.

Beat to blend and then fold in the stiffly beaten white of egg. Pour in a thin glass and give him two straws to drink the mixture through.

Prepare oatmeal in the usual manner and pile on a saucer or plate in a high mound. Cover the oatmeal with a dollop of cream and then give him equal parts of milk and cream to eat with it.

Milk toast made as follows is splendid. Heat the milk and toast the bread. Then cut the toast in small blocks and spread each piece liberally with a good creamy butter.

Beat to blend thoroughly and then fill up the custard cups. Place the custard cups in a baking pan containing water and bake in a slow oven until firm in the center.

THE HUSBAND HATER

By HAZEL DEYO BATCHELOR

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Her North-western husband had a name, Mark Brand, because she was a friend of Governor Brand's...

THE minute the door had shut the room Jean turned toward her own door, eager for the chance to escape.

Worst-Holder-Bag. To prevent the annoyance of the staining of my ball of worsted while I am in the center of the crowd...

To prevent the annoyance of the staining of my ball of worsted while I am in the center of the crowd...

Attach a deep flap to the upper edge of the flap on a snap fastener to close the flap. Sew on a double row of ribbon...

TRY THESE VALENTINE GAMES TONIGHT



As I'm your friend and you are mine, Let's seal our friendship with this valentine.

Piercing Hearts. This is a variation of the tail-on-the-donkey game. Have a white cloth with several hearts on it.

Cutting Hearts. Have paper hearts with a number of paper hearts and pairs of scissors. Give each person a heart and a pair of scissors...

Catching Cupid. Let the partners take turns in this game, two pairs at a time. Have four cards numbered 1, 2, 3 and 4...

DREAMLAND ADVENTURES

"THE SOUTH BREEZE" BY DADDY

CHAPTER I Billy Dances. Billy was cutting queer capers in the backyard. He was dancing, he was turning somersaults, he was throwing up his cap and shouting "Daddy, watching him from the window, wondered what was the matter, Blue Jay, flying by, halted to stare with curious eyes.

"Hurrah! Hurrah! It's coming! It's coming!" shouted Billy through his cap into the tree where Blue Jay had perched.

"What has come?" asked Peggy, opening the window and leaning out. "The first warm breath of spring has come," shouted Billy, "and you feel it kissing you and whispering into your ears about summer joys on the way."

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CHAPTER II A Brand New Engagement. "About the ring," said Jerry suddenly, and Frances came out of the dream world in which she had been drifting aimlessly and contentedly, and looked at him with a frown.

Up to that time she had thought only of the fact that it was Jerry's shoulder, and not his neck, that she was going to kiss. "The ring," she said, a little vaguely, but with no small amount of mystery.

CHAPTER III Her Mistake. Alicia and Caroline were quarreling about the new dress. It was over this when there were newcomers—made ones—Silverwaters. As for the men, well, it depended on whom they saw first.

CHAPTER IV The Question Corner. Today's Inquiries. 1. In what way does London help its newly appointed women magistrates to prosecute themselves to duty?

CHAPTER V Saturday's Answers. 1. A game which children will like to play at a Valentine's party is the game of using my life as a game of chance, crayon the most hearts which have already been drawn for them, without getting the crayon out of the box.

CHAPTER VI What's What. By Helen Dece. It sometimes happens that during a time of trouble with his back, a boy ever so much tempted, Caroline was of the tawny type—red golden hair, Carmen complexion, temper and all.

"FIFTY-FIFTY"

By HAZEL DEYO BATCHELOR

This is the first installment of Mrs. Batchelor's new story, which deals with the interesting problem faced by a young girl who is torn between two suitors.

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Please Tell Me What to Do

By CYNTHIA

To "Whitey." Now "Whitey" really don't want me to publish that letter, do you? You'd never hear the end of it. There is nothing very strange about your experience. It was a case of natural attraction for each other.

Dear Cynthia—A line to "Blackie." Please, "Blackie," your letter made me a very deep impression upon me. I thought I would write you a few lines through Cynthia's column.

Dear Cynthia—I read "Darling's" letter, and this is the answer. I wish I could see you, but I can't. I'll write you again, and I'll tell you how I feel about the whole thing.

Another From "Uncle Walt." Dear Cynthia—Why, oh, why, dear "Mercedes," to Cynthia have you written to ask her, why she has not put yours have handed you the mitten?

She Ordered Him Out. Dear Cynthia—I am a young girl, nineteen years of age, recently graduated from high school.

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THE GIRLS WOULDN'T BE SEEN WITH BOYS WHO USE TOBACCO

And So the Boys Got Together and Decided That They Wouldn't Go With Girls Who Wore Rouge and Powder. Others Might Follow Them

A CERTAIN girls' club not long ago smoothed down its skirts, pursed up its lips and signed a pledge. The resolution was to the effect that no member of the club would attend parties or have anything to do with a boy who smoked cigarettes or used tobacco in any form.

"I guess that will bring about a reform," they remarked complacently. But the boys didn't want to give up their cigarettes and pipes; they wanted to see the girls, but they didn't see why they should be treated like such children.

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THROUGH A WOMAN'S EYES

By JEAN NEWTON

We were on the ice, joining the crowd that had gathered round girl who was cutting figures, circles, eight, forward, backward, at a dizzying speed.

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A NEW DANCE FROCK OF GREEN AND BLACK

By CORINNE LOWE

The sensation that evening was a very bright green frock, with a black and white pattern. It was a masterpiece of design and color.

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WE DIDN'T GO UP

so we don't have to come down. While other foods soaked to war-time prices advanced the price of Shredded Wheat very little—so little you didn't feel it. Considering its nutritive value Shredded Wheat Biscuit is the cheapest food in the world today. It is 100 per cent whole wheat prepared in a digestible form. Contains more real nutriment than beef or eggs, and costs much less.

For a warm, nourishing breakfast or lunch that puts you on your toes' heat two Biscuits in the oven to restore their crispness, pour hot milk over them, adding a little salt. Costs but a few cents.

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