

USE NUTS INSTEAD OF MEAT, ADVISES MRS. WILSON

The Heavier Foods Get Tiresome Now That Warmer Weather Has Come, and a Lighter Diet Should Be Substituted

By MRS. M. A. WILSON

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MARCH days bring to the housewife visions of coming summer days and also the lament of the family that they are tired, oh, so very tired of the winter bill of fare. This is a very acceptable time to treat the family to delicacies made from dried fruits and nuts.

Of course, these foods have been part of the winter diet, but have you tried them out in some new ways that will surely appeal to you? You know the housewife can make some delicious butters with these fruit and they have the additional advantage of not only being appetizing and delicious, but most wholesome for the body.

Hence plan to give the family a full week of fruit, nuts and fresh vegetables with a goodly supply of milk and egg desserts and very very little meat.

Try this Persian salpicon for breakfast. Wash and soak one-half pound of apricots in two cups of warm water and overnight. In the morning place them in a casserole and add:

One bunch of rhubarb cut in one-inch pieces. One-half package of seedless raisins. One cup of chopped nuts, either almonds or walnuts. One-half pound of stoned prunes.

Cook very slowly for one and one-half hours. Strain and in small portions of glass for breakfast. These fruits need no sugars. The natural fruit sugars will make them sufficiently sweet.

This recipe, with two others, came from the Shah's own private kitchen. It is called the morning olive or giver of health.

Persian Marmalade This is made and stored in tiny pots that hold just about three tablespoons each. Every pot is sealed in the usual jelly manner and is brought to the table in this way.

Cut in one-half inch pieces two stalks of rhubarb. Place in a saucepan and then put where it is quite warm. Add one-half pound of finely chopped nuts. One-half pound of preserved ginger, cut in tiny pieces. Ginger syrup. One ounce of dates, stoned and cut into bits.

the kettle containing the marmalade from the fire, for nothing can be done to retrieve it if it is permitted to scorch. Store in small glasses.

Prune Souffle Wash and soak one pound of prunes and cook very slowly in just enough warm water to cover. When tender drain the prunes and rub the pulp of one-half pound through a coarse sieve. There should be about one and one-half cups of pulp. Now add sufficient water to the juice to make one and one-half cups. Add four level tablespoons of gelatin and let stand to soften for one-half hour.

Victoria Sauce Grated rind of one-half orange. Grated rind of one-quarter lemon. Strained juice of one orange and one lemon. Place in a saucepan and add:

Two-thirds cup of sugar. Juice of one large orange. Juice of one large lemon. Beat hard to blend and then bring slow to the boiling point. Beat hard all the while and then cook for three minutes. Remove from fire and add:

One teaspoon of vanilla. One-half teaspoon of ginger extract and a full portion of the Caledonian cream. Beat to cool.

Caledonian cream made from the white of one egg and one-half glass of jelly. Beat with a dower style egg beater until the mixture holds its shape. Evaporated peaches and apricots may be used to afford a variety.

MRS. WILSON'S ANSWERS My Dear Mrs. Wilson—Has the recipe for pepperoni referred to in a recent issue of the paper been published? I am very anxious to obtain a copy of this recipe.

My Dear Mrs. Wilson—Will you please publish a recipe for preparing and serving the Chinese dish—fried chicken chow mein?

A series of recipes on Chinese dishes will appear very shortly in the paper.

My Dear Mrs. Wilson—I made some apple jelly but it will not jelly. Please tell me what I may do to get it firm.

You must have used too much water. Stand the glasses containing the jelly in a sunny window for several days; this may thicken it.

CHAPTER XVII The Bills Come In FRANCES was almost wild in her efforts to change herself and all of her ideas. She intended to proceed efficiently and thoroughly.

In the first place Frances no longer offered to split the checks when she and Jerry ate at some restaurant. She also developed the most beautiful smile. At instances it wasn't at all like Frances to demur at walking a few blocks simply because it was too far.

It wasn't long before Jerry had learned to take a taxi. "I can't imagine it will hold out for a hand and holding up at the end of the street. I know you'll be back and I'll run my slippers if I walk in here. They cost two dollars for Jerry. You know that's cheaper than the taxi fare."

Tomorrow—Plans for a Dinner

ELKS' TEETH AND BUCKSKIN



Photo by Underwood & Underwood

Two Minutes of Optimism

By HERMAN J. STICH

Spiking the Ghost of Spookville

THE story of the last few months in many respects the story of what happened in Spookville.

The tailor in Spookville, having eaten some canned lobster, or perhaps because he was a lobster himself, "got a lunch" that "times were going to be hard"; so he countermanded a bicycle he had ordered of the hardware man.

The hardware man woke up one morning with a "feeling" that "people were going to economize and that trade would be poor"; and he was further strengthened in his "feeling" by the tailor's countermanding the bicycle.

The builder drew a news paragraph in the Daily Wet Blanket, which "forecast" the "coming trouble in trade," and when Ole Wisbome canceled the order for an addition to his home, he said it wasn't coming but it was here. So he backed out of a contract he was making for lumber.

The lumberman had been "uneasy about the market all along," and now he felt his worst fears confirmed. So he had the tailor do over his old suit instead of getting a new one.

And the tailor, who all along had been remarking how people all of a sudden were becoming pickers, said: "I told you so. Things are going to the backbone. Look at the decrease in the Spookville Bank's business. I've a bee the shih-hang's due for a blowout. Guess I better draw out my two and a half simoleans while the drawing's good, and put them in the sock without a hole."

Sure enough trade was very much depressed in Spookville.

Thank heaven, the spook of Spookville, which for a while escaped and ran a little riot all its own, has now been securely spiked!

It did look serious for a time, but people who know how to assure us that the rocks are safely past us, and that we are once more sailing through smooth waters for the great Port Good Times.

The necessary process of post-war deflation came about without panic or too dangerous depression. The process was a healthy one, and it was essential, if we were ever to get back to normal conditions.

The federal reserve bank system has proved itself to be a power in stabilizing the country's finance. And it is living up to the predictions of its sponsors that, under such a system, nation-wide financial disaster is impossible.

The United States shows the best balance sheet of any country in the world. Its currency is the least inflated. Its debt per capita is the lowest. At the same time, it collects more taxes and is paying off its indebtedness more swiftly than any other nation.

There has been much hardship caused by the inevitable laying off of men. But the final stages of readjustment and reconstruction are setting in; business is going back to work; unemployment holes are rapidly being plugged; and the competition for jobs is stimulating and restoring the seemingly forgotten virtues of thrift and efficiency.

Here and there, few and far between, may still be heard the faltering voices of calamity howlers, but their cries are growing feebler and feebler, and they crawl—because, frankly, they are crawling—toward the gutter.

Cheer up. The worst is over. The best is now to come. Don't let them tell you different.

THE WOMAN'S EXCHANGE

Names That Begin With "I" To the Editor of Women's Page: Dear Madam—Can you please answer a few questions?

How can I arch my eyebrows? What are some boy's names that begin with I?

Of course you could have your eyebrows arched by a professional, but if you want to arch them yourself, keep brushing them every day in the shape that you want using a small toothbrush.

Then apply vaseline every night to keep them growing and in good condition. This will gradually assume the shape that you want.

As for boy's names, at least as much of them as you can be made to take from their present line. The way of growing cannot be changed unless you pluck the hairs that interfere with the arch.

Isaac, Isadore, Ishmael, Irvin, Ibrahim—these are some of the boy's names that begin with I—who can give some more?

To Keep Hair Back To the Editor of Women's Page: Dear Madam—This is the first time I am writing to you for advice. I have always sent useful things printed in your column but have never written to you.

I have my hair combed back, and it stays back "up to the ears" and I will not let it fall down. I sometimes use vasoline, but I don't like it because it is too greasy. I would like to know what you would suggest for me to keep and grow my hair back.

When you try using a ribbon around your head when you go to bed, this tends to grow back, and if you keep

Please Tell Me What to Do

By CYNTHIA

Names Will Be Sent

Adelin—Send a self-addressed, stamped envelope to the editor of Woman's Page.

They Didn't Have Much to Do Dear Cynthia—We are two lovelorn ladies coming to you for advice. We are both about the same age—thirty years—and considered extremely beautiful by the opposite sex.

Our main points of attraction are our jade green eyes, which seem to fascinate all the boys. One of us has long curly black tresses, the other has bobbed auburn curls, which greatly enhance our beauty.

Our lips are red cupid bows and our teeth are nearly white.

But, alas! darling Cynthia, we are in love with the same young man, who is twenty-five years old. What shall we do, as each loves him too dearly to give him up. But we also dread to cut off our friendship, which has lasted ever since we first entered this world of strife and sorrow.

What shall we do? We shall impatiently wait for our letter to appear in print.

TWO GOLDFISHES. It was rainy one or two days last week, wasn't it? So I suppose you are too delicate to go out in the rain, being middle-aged, and having nothing to do, sat home and moped over this terrible problem. I am glad you wrote to me, dear, for perhaps my suggestion will help you.

Why not let your friend go to the rest of his life? In this way your friendship, which has lasted ever since you were both in the world, will be upon the whole.

Matters of Propriety Dear Cynthia—When a girl friend calls your home with a gentleman friend, is it proper for the hostess to invite the gentleman to dinner with her? It is proper to let her come to the dining room alone while he sits in the parlor.

When a girl has corresponded with a gentleman for about six months and she writes after a long absence, in which she did not write on account of being sick, pardon her or is it the gentleman's place to write and find out the trouble?

Answering "Three Pals" Inviting it for granted that the young woman has been asked to dinner before going to the house, the young man who goes there with her should not go with her, if it is near dinner time. If it is earlier, and he happens to have a hostess for a few minutes, it would be all right for him to remain to dinner, providing the hostess asks him to.

Another person's house is not his own, and he should not go to dinner at another person's house if there is really no reason why it should be. The man should leave shortly after the hour for dinner.

It would be shocking had form for him to remain if not invited to do so. It is not his place to go to the parlor while the others go to dinner would be quite unheard of.

If a lack of money has prevented correspondence, it would be quite all right to write when able to do so, especially if the man has not written for some time. If the man does not take up the correspondence again, let it drop.

"Frank" to "The Three Pals" Dear Cynthia—Once again I have been tempted to write to this very interesting column, and I have fallen for its charm.

A girl, though, I think is either a woman hater or else a darn slow timer if she fails to appreciate the qualities possessed by a "wonder" at times, but don't desert them, if you aspire to victory.

All kinds are found in public dance halls, and it is up to the individual whether he or she is going to be influenced by others who are not worthy of having friends.

The shimmy is all wrong, as we all know. It practices no honest pleasure, and it is practiced by those who crave the extreme in everything.

The fellow who tries to shimmy may not be bad, but he will wear close to the ground, and he will have a little of the shimmy naturally implies that she is not so awfully innocent. When she refuses, any fellow who has a little of honor will get accordingly.

And listen, girls, when the "morning sax" has been going on, and you have discovered his little brown derby—have you ever seen it?—honor of the "bird" with a patent leather hair, which would be "delicious" to take you home.

I haven't spent my life in dance halls, but I think I know something.

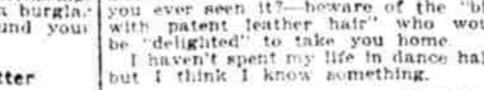
FRANK.

Better Use Cocoa Butter To the Editor of Women's Page: Dear Madam—I would like to ask you a few questions.

My shoes are very thin. Will pure butter fatten them by massaging them? Will butter help to fatten any part of the body that is as good as cocoa butter for massaging?

A FAITHFUL READER. Cocoa butter is better than plain butter for massaging. It is put up in cakes which are under no brand. It is less expensive, as you can get a cake for ten or fifteen cents which will last for some time, and it has more fattening properties. It will help to develop any part of the body, and the cocoa butter also does its share. The cocoa butter of course you ought to eat more while you are doing this, for food is necessary to feed the tissues with which you are working. If all depends upon your diet, you will have to watch for results. Some persons begin to fill out right away, while others take a long time. But don't give up before six months.

Safe Milk For Infants and Invalids NO COOKING The "Food-Drink" for All Ages. Quick Lunch at Home, Office and Fountain. Ask for HORLICK'S. Avoid Imitations & Substitutes.



Ask for Horlick's THE ORIGINAL Malted Milk

Safe Milk For Infants and Invalids NO COOKING

The "Food-Drink" for All Ages. Quick Lunch at Home, Office and Fountain. Ask for HORLICK'S. Avoid Imitations & Substitutes.

Well All Steaks Trimmed 25c lb. All Roasts of Beef, no matter what it is, Middle Cut Rib Roast, Pin Bone Roast, or Top and Bottom of the Round.

Talk About Real Sugar-Cured HAMS We just got a shipment in direct from the smoke house. Each ham is equally cured and smoked just right. We are going to sell them whole or cut in halves for 25c lb.

Large slices of ham, 1-lb. average, at 35c slice Lean picnic shoulder or picnic hams, at 15c lb. Yes, Ma'am, we have Corned Hams, any cut you wish, for 15c lb. (not salt water beef, but sugar-cured corned beef)

Lean Boneless Bacon 25c lb. Lean Soup Beef 3 lbs. 25c Country Scrapple 3 lbs. 25c Lean Hamburg Steak 2 lbs. 25c Wilson's certified Oleo, 25c lb., or 2 lbs. for 50c and 1 package free.

FRESH COUNTRY SAUSAGE, 20c lb. By shopping on Friday morning you avoid the evening and Saturday rush and also have time. Doors close Friday and Saturday at 9:30 P. M. Store open Saturday 7 A. M. ready to wait on trade.

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MARKET ST. BEEF CO.

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IT'S PRETTY HARD TO TRAIN AN ADORABLE LITTLE CHERUB

Who Smiles With Bland Innocence When He Is Caught Running Away—If He Is Well Brought Up It Will Be a Credit to His Parents

By CYNTHIA

HE WASN'T very old, but he was very serious and determined as he began pulling off his gloves, Bobby

asked dadda, "we have to go back home now, you know, to tell them where you are—and you know what I said I'd do the next time you ran away."

Bobby looked up in sudden surprise, one mitten half off.

"Why, you're not going to whip me, are you, dadda?" he inquired, innocently.

"No," declared dadda, unfolding. "You know that what I said I'd do if you ran away."

"But—you wouldn't spank me, would you, dadda?" Bobby exclaimed again, still astonished.

"Yes," dadda stuck to it, "I said I would."

I WONDER if he did? I wonder how he could? So many times neighbors and interested friends of people with a child of Bobby's age wonder why "they" don't

teach that child to mind better—"why, it's terrible."

So it is—it's very worrying to Bobby to have this habit of running away, with automobiles and trolleys and things threatening him at every step.

It is too dangerous and mother and dadda realize that something must be done to teach him that he mustn't do it.

But, how are you going to remember a spanking and deliver it after all this bland assurance that the most lovable cherub in the world was "just coming up to see you, dadda?"

What man or woman could bear to turn that innocent surprise into the realization of punishment so long after the mischief has been done?

IT IS a problem that outsiders don't make anything about, sometimes, to understand that there really is something serious in the world.

When he turns a runaway into a charming visit, as soon as it is discovered and insists so naively on standing on the curb when he crosses the street at all, when he looks so adorable and so confident of the strength of his defense, and so astonished at the thought of punishment—how could any body resist him long enough to explain why it is so wrong?

When you stop to think about it the well-brought-up children in this world are a greater credit to you than the rest of the restraint and ability of their parents.

He smiled in pleased greeting. "Why, hello, dadda," he exclaimed in surprise, "I was just coming up to see you."

"Oh, no, you weren't," replied dadda, "you didn't expect to see me here at all?"

"Yes, I was just coming up to see you," insisted Bobby amiably, turning to pull the wagon over a rough place.

It caught, and he pulled too hard and went slipping down on the pavement.

"Yes," he went on, as he picked himself up by sections, "I was just coming up to see you."

"WHERE are you going now?" asked dadda, as Bobby started decisively down the street.

"To grandma's."

So dadda walked along to grandma's, putting off the evil day as long as possible.

But when they got in there and had

WHAT'S WHAT By HELEN DECIE



In one of Barrie's books there is an acute characterization of a rural Scotch lassie who was "too polite to stare curiously at the strange furniture" when she called upon Southern newcomers to the Thrum.

In this, the country, the newness is initiated with profit by many persons who have had wider opportunities of learning "What's What?"

While it is extremely rude for a visitor to look around with an examining eye, it is not uncomplimentary to the hostess to have an affectionate call from new acquaintances.

Indeed, a possible purchaser in a curiosity shop, it would be uncomplimentary to the hostess to have an affectionate call from new acquaintances.

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Don't 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.



Persons born between May 20 and June 21, when the sun is in Gemini, are affectionate, generous, courteous, careless in money matters, and excel in the arts and sciences.

Persons born between June 21 and July 22, when the sun is in Cancer, are characterized by a sympathetic, versatile, and strong-willed nature; feelings easily hurt; love money; lazy; fond of fine clothes; selfish; and are lovers of home with life; fine intellects and much executive ability.

Persons born between July 22 and August 23, when the sun is in Leo, have much self-control, magnetism, sympathy and generosity. They are good nurses, good cooks, and good story-tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness, and love for creature comforts.

Persons born between August 23 and September 23, when the sun is in Virgo, are practical, efficient, and conscientious. They are good business men, good accountants, and good organizers. They are also good nurses, good cooks, and good story-tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness, and love for creature comforts.

Persons born between September 23 and October 23, when the sun is in Libra, are charming, courteous, and generous. They are good business men, good accountants, and good organizers. They are also good nurses, good cooks, and good story-tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness, and love for creature comforts.

Persons born between October 23 and November 23, when the sun is in Scorpio, are determined, ambitious, and energetic. They are good business men, good accountants, and good organizers. They are also good nurses, good cooks, and good story-tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness, and love for creature comforts.

Persons born between November 23 and December 23, when the sun is in Sagittarius, are adventurous, optimistic, and generous. They are good business men, good accountants, and good organizers. They are also good nurses, good cooks, and good story-tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness, and love for creature comforts.

Persons born between December 23 and January 23, when the sun is in Capricorn, are practical, efficient, and conscientious. They are good business men, good accountants, and good organizers. They are also good nurses, good cooks, and good story-tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness, and love for creature comforts.

Persons born between January 23 and February 23, when the sun is in Aquarius, are original, inventive, and generous. They are good business men, good accountants, and good organizers. They are also good nurses, good cooks, and good story-tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness, and love for creature comforts.

Persons born between February 23 and March 23, when the sun is in Pisces, are sensitive, imaginative, and generous. They are good business men, good accountants, and good organizers. They are also good nurses, good cooks, and good story-tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness, and love for creature comforts.

Persons born between March 23 and April 23, when the sun is in Aries, are energetic, ambitious, and generous. They are good business men, good accountants, and good organizers. They are also good nurses, good cooks, and good story-tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness, and love for creature comforts.

Persons born between April 23 and May 23, when the sun is in Taurus, are practical, efficient, and conscientious. They are good business men, good accountants, and good organizers. They are also good nurses, good cooks, and good story-tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, arrogance, laziness, and love for creature comforts.

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