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MRS. WILSON CLAIMS THAT HOME-MADE SOUP IS BEST

And Goes a Long Way Toward Proving It by an Excellent Recipe for a Vegetable Potage With Dumplings

By MRS. M. A. WILSON (Copyright, 1921, bb Mrs. M., A. Wilson, All rights reserved.)

housewife soon discovers the best place to market, and if she is inclined to shop around, she is sure to obtain full value for her money. The obtain the view in mind, when shopping, motto to keep in mind, when shopping, is that quality and price go hand in hand. This is an important branch of the home department and compares favorably with the purchasing departent of your husband's business. means that a wise selection of de-

It means that a wise sciencial of de-pendable quality, with accurate weight for the lowest cash price, will permit the serving of matritious and palatable food at a modest cost. Banish the habit of purchasing a can of soup for a meal, return to the stock pot of yester-

New while no one is denying the convenience of a can of prepared soup. I ting themselves, and that the housewife has more leisure, that this can of up can be made to take the place of a ate or dish of real home-made soup. the Friday market basket that will Therefore.

A SUGGESTIVE MENU SATURDAY EVENING DINNER Vegetable Soup Browned Beef with Vegetables Boiled Rice Cabbage and Celery Salad To Olde-Tyme Rice Pudding Coffee

SUNDAY BREAKFAST

Stewed Prunes and Raisins Cereal and Cream Coffee French Toast DINNER Vegetable Soup Lamb Potpie Asparagus Corn Lettuce Rhubarb Pi Coffee SUPPER Creamed Finnan Haddie

Baked Macaroni Sliced Tomatocs

fice bunches of rhubarb. One head of cabbage. One stalk of celery. One bunch of soup herbs. One-half dozen carrots. One dozen turnips. One head of lettuce. Three nice southern tomatocs. One-quarter pound of harley. One-quarter pound of dried green

One pound of prunes One can of tomatoes. One can of corn. One can of asparagus tips. One-half pound of macaroni, One-half pound of vice.

One cup of water. Beat to mix and then turn into a Vegetable Soup Soak the lima beans and peas over cell-greased and floured deep layernight and then in the morning wash cake pan, spreading the batter higher and place in a soup kettle and add the on the sides than in the center. Cover natoes through a sieve and then add prunes and raisins for sauce

bowl

Bring slowly to a boil and then place on the simmeriog burner and cook for three and one-half hours. Now add the dumplings made as follows: Place in a soucepan': One and one-quarter cups of flour, One teaspoon of salt. One-half teaspoon of pepper,

One-half teaspoon of hepper. One teaspoon of thyme. One teaspoon of baking powder. Sift to mix and then add five table-spoons of water and work to a smooth dough. Dip the hands in flour and then pinch off small pieces of dough, the

size of a pea, and drop in the stock. Now place one cup of flour in a bow and add one cup of cold water and beat with a fork to dissolve the flour. Pour Into the soup, stirring all the time. Cook for one-half hour and then season and

This makes about one gallon of very good soup and it will give the family plenty for three days. You know that vegetable soup is always best when rebeated.

Browned Beef Tie the meat into shape and then

wipe with a damp cloth and pat onesufficent for Saturday and Sunday half cup of flour into the meat. Then heat one-half cup of shortening in a saucepan until smoking hot. Now add the meat and brown quickly. Add two cups of boiling water and cover closely. Pare six turnips, three carrots and then cut in wedge-shaped pieces. Add to the meat, with one-half dozen onions. Cool very slowly until tender and then sea-

son and serve. Garnish with points o tonst. Top of ribs of beef can also be used for this dish.

Lamb Potpie Wipe the meat and then place in a snucepan and cover with boiling water. Prepare the carrots, turning and opions as for the browned beef and then add. Cook slowly until the meat is tender. When the meat is ready season and thicken the gravy slightly. Reserve one

cup of gravy and then turn the meat in a large shallow baking pan and prepare a crust as follows. Place in a mixing bowl Four cups of sifted flour. One tenspoon of salt. One-half teaspoon of pepper

Baken Jintenson Sliced Tomatoes Prune and Raisin Cake Tea Three level tablespoons of baking Three level tablespoons of baking powder. Sift to mix and then rub into the flour one-half cup of shortening and use one cup of water to form a dough. Three pounds of soup bones—chine, b. One and one-half pounds of neck of Smb. Marken Jintenson Three level tablespoons of baking powder. Sift to mix and then rub into the flour one-half inch thick. Cut with biscuit the source of goods with it. Very gingeriy, the source of goods with it. Very gingeriy, what happens." So Helen took a tiny plece of goods with it. Very gingeriy, what happens." So Helen took a tiny plece of goods with it. Very gingeriy, whe pulled; then, as the thread actual action and soon one-half pounds of neck of sightly to cover the top of the meat ple. Brush with water and then bake me. Brush with water and then bake

baste with the cup of gravy reserved for this purpose. Prune and Raisin Cake Soak the prunes in plenty of water over night and then in the morning add the raisins and cook very slowly until tender. Serve part for Sunday break-

fast and then turn the balance into a sieve to drain. Remove the stones from Luxurious the prunes. Now place in a mixing Two cups of flour, One-half leaspoon of sall. Four teaspoons of baking poieder, Four tablespoons of sugar, **Box Springs**

Hair Mattresses

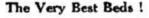
and Comfortables White



until finally they started in town for the milliner's.

What Ingenuity Will Do Helen had gone to the sewing club with a piece of linen and the fixed in-tention of pulling the threads and per-haps getting the hemstitching all inished out alle was going to put on the linen. Incidentally, it was to be made into a small and "very best" pillow-slip smoothly white and with narrow filet lace along the hemstitched side. So of course the linen itself was very fine. When every one was sattled comfort-ably in the little living room, Helen got the first thread. But, try as she would, she could scarcely make any progress, with the finely-woven material. She who had pulled as many, many threads found that after an hour or so she was still working with that first thread, with a good deal of it left to pull. But, as she was teiling about this in a discouraged way, after she had reached home, Aunt Margaret remarked Easter Sunday, as the family were preparing for church, Mrs. Hadley in preparing for church, Mrs. Hadley in her many-times steamed and preased suit, with her new hat, looked ten years younger. She had bought a very becoming little toque, dark blue, with tiny ostrich tips. Helen was delighted. As they entered the front hall, her father was waiting with the boys. Mrs. Hadley was not afraid of her husband, but she dreaded his criticism and braced herself for the explosion. "Well, mother." he angrily ex-claimed. "What're you trying to do? Dress up like a circus horse? I thought you'd more sense than to spend money

you'd more sense than to spend money foolish," and he went out slamming the door.



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vacy of her own room, she shed tears of "There, there." said Helen, entering nexpectedly. "We'll just teach him a usen. I know he's the best dad in

Tush, dent, Mrs. Hadiey Here, Mrs. Hadiey Here, Mark out the stand of silk and something else to think about be-sides personal adornment. Even though her own didy, as beginning to realize how unsells, here out and out of sile, and boot be-sides personal adornment. Even though her own and bidy, as beginning to realize how unsells, here out and tidy, as beginning to realize how unsells, here out and the mature age of 16, and was beginning to realize how unsells, here outer the was in granting the child dren's every wish, even though her own wants were sacrified. When writing a business letter attein the alargest grocery store in town." Mrs. Hadley, a good, hard work." Wrs. Hadley, a good, hard work." Mrs. Hadley, a good is an enter in hard. The address of the writes about a be sheet them neat and they dug there. The name and address of the writes about a be placed at the setting of the later, for other of childs and into exist. The address of the writes about a point work. The darges mrs. base beginning of the later, for other of exist. The name and address of the mrs. The address of the writes about a point work. The darges mrs. base beginning of the later, for other was in granting the other was may be even the work. The darges mrs. The most is a bound be placed at the setting of the first time about a size setting to the se

with a sour expression, ignored her mother, at his side. All of a sudden, a strong gust of wind sent Mrs, Had-ley's new hat down the read in back of them. Disgusted, her husband topped the car. "Was a pair of comfy slippers-for her "Seems to me." he growled, "if calloused feet-which she immediately you're going to wear such tomfoolery, slipped into, Finally, when you could at least pin it on." As he opened the last box, happy started to back the car, another gust of streamed down Mrs. Hadley's Finally, when they happy tears cheeks wind sent the hat toward them and as she beheld a duplicate of her lost under the wheels. Like a hurt child. Easter bonnet, and a nice silk scarf to Mrs. Hadley looked over the side and match. naw her new bonnet crushed in the

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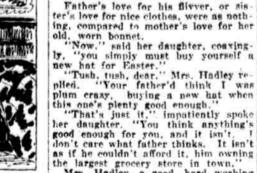
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