## Cereals Are the Featured Food in Mrs. Wilson's Friday Market Basket

Cornmeal and Oatmeal Combine to Make Something New and Different in the Way of Supper Dishes-Cinnamon Toast for Breakfast

> Finely minced green pepper, Two-third cup of hominy.

lace in a small bowl

Tiny pinch of nutmeg. One teaspoon of vanilla.

and then spread on toast.

Make the required amount of toast

Four tablespoons of butter, Two tablespoons of powdered sugar, One tenspoon of cinnamon,

Cream together until well blended

Cereal Dumplings

Place in saucepan One and one-half cups of boiling

Four onions, chopped fine, One-half cup of finely chopped

Now place two quarts of water in

Drop in the dumplings and cook for freen minutes. Lift with a skimmer.

and place for a border on hot ment platter. Lift the pot roast in center and pour gravy over the dumplings.

Sprinkle both meat and dumplings with

firely minced green peppers.

This mean has splendid food value, good variety and a low cost.

Mrs. Wilson's Answers

Dear Mrs. Wilson-Will you please

tell me how to make chicken salad for sixty persons? MRS. E. B.

Dear Mrs. Wilson-Please give a

Adopts Halloween

She has found out that it is the

nicest kind of night on which to give

a party, for each small guest can

dress as one of her own story-book children. And so we have planned it for her, with quaint invitations

and decorations each little girl and boy will love. There are good things

to cat, too, and a variety of games that are simple but will be such fun

to play. If you would like to know all about this new party for the chil-

dren send a stamped, addressed envelope to the Editor of Woman's

Page, and it will be returned to you

filled with suggestions.

recipe for peanut taffy or brittle.

Mrs. M.

ver thickly with shelled peanuts. Now place on a deep saucepan

One cup of sirup.
Two cups of sugar,

peanuts and cool

Mother Goose

One onion.

One teaspoon of salt.

By MRS. M. A. WILSON opyright, 1921, by Mrs. M. A. Wilson, All TE HOUSEWIFE of ye long ago knew that with the coming of cold weather, the heat-producing cereals would play an important part in her planning of the daily menu. Corn, bar-

oatment, buck wheat and hominy are good winter cereals.

The mother who has active, growing youngsters to satisfy, will find that she can give them an abundance of food, if she will include the winter cereals in her menu. They will also be fine for the grown will. winter cereals,

This week I will plan a menu from Friday night until Monday morning,

A SUGGESTIVE MENU Friday Evening Dinner Juice Cocktnil

Cereal Lonf With Temato Sauce Cereal Lond Steamed Squash Coleslaw Buttered Beets Apple Dumplings Coffee Vanilla Sauce

Saturday Breakfast Baked Apples Cereal and Cream ornbread Jelly

Luncheon Cold Cuts of Cereal Lonf Potato Salad Stewed Apples

Home-made Relish Braised Onions Hominy Lettuce Taploca Pudding Sunday

Breakfast Cereal and Cream Cinnamon Teast

Dinner

Celery Radishes Clear Tomato Soup Pot Roasted Beef With Cereal Dumplings nips Creamed Carrots Mashed Turnips Coleslaw

Apple Pie Breakfast Grapes

Cereal and Cream Luckwheat Cakes The market basket will require grapes, apples, squash, beets, cabbage, lettuce, potatoes, radishes, celery, onions, carrots, turnips, one and one-half pounds of neck of lamb, three pounds of rolled brisket for pot roast, buckwheat, corn-meal, hominy, butter, eggs, nats, and the usual weekly staples. Cereal Loaf

Place in a saucepan Two cups of boiling water, One cup of finely chopped onions, One teaspoon of salt, One-half teaspoon of pepper. One-half teaspoon of poultry season One-half teaspoon of thyme,

Two-thirds cup of cornmeal, One half cup of oatmeal. Stir and cook slowly until thick enough to hold spoon upright, then turn in mixing bowl and add One cup of finely chopped nuts, One-half cup of finely chopped

ne and one-half cups of fine bread-One cup of very thick cream sauce, One-half cup of bacon fat.

Mix thoroughly and then turn in well-greased and floured loaf-shaped pan and bake for one hour in a slew oven. Part may be baked in a small-size loaf-shaped pan and the balance formed into croquettes and dipped in besten ogg, then fried until golden brown in smoking hot fat.

If you decide to use the cereal loaf mixture in this way the small loaf may be reheated for Monday night dinner.

Place in a mixing bowl One and one-half cups of cornmeal, One and one-quarter cups of flour, One teaspoon of salt. Two level tablespoons of baking pow-

Four level tablespoons of shortening, Four level tablespoons of sirup, One and one-half cups of milk, One egg. Beat to mix, and then grease a large

Russian fron baking pan and pour in mixture, having it about one inch thick. Bake for thirty minutes in hot oven and split and toast. This bread may be nade the day before, and then tonsted in the morning.

Hominy Use the granulated hominy. Place three cups of boiling water in a sauce-One-half cup of finely chopped One teaspoon of salt.

To Have Curly, Wavy Hair Like "Nature's Own"

Women who have trouble keeping their air in curl, or of securing the desired ravy effect—and especially those who salize the harm that the hot iron does to the hair—will do well to try plain legid alimerine. In no other way can have acquire such pretty waves and urls, having all the appearance of "Naure's own." And the hair, instead of eing singed, ragged or dead looking, is such a lively lustre and wholesome eastly.

beauty.

If one will get a bottle of liquid silmerine at any drug store and follow the accompanying directions, she will be simply delighted with the result. This product is of course perfectly harmless and there is nothing sticky, greasy or unpleasant about it. The hair will be quite manageable, no matter in what fashion it is done up.—Adv.

Children thrive on

Victor

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WEDICAN MICHIGAN

Things You'll Love to Make



For this NOVELTY CIRCULAR SEWING BAG cut two circles of cretonne
or brocaded silk, each eighteen inches
in diameter. Lay the circles back to
back. Turn in the edges and overhand
the two circles together. Crochet a
worsted edge around the circumference.
Use worsted that matches the predominating color of the cretonne. One and
one-half inches in from the edge of the
cretonne and at three-inch intervals sew
one-inch ivory rings to the inside of the one-inch lvory rings to the inside of the bag. Run two silk ribbons through the rings to gather in your beautiful NOV-ELTY CIRCULAR SEWING BAG.

> Read Your Character Bu Digbu Phillips

Pointed Noses

Pointed noses may look as though One-half cup of cornmeal,
One-half cup of cornmeal,
Stir and cook until very thick and
then turn in bowl and let cool. Then istic of the ordinary quick, clear mind to concern itself overly with the affairs through the duel of tricks.

One cup of breadcrumbs,
One-cup of flour,
One-half teaspoon of thyme,
One-half teaspoon of pepper,
Two green peppers, minced fine.
Mold into balls about size of an egg. The long, pointed nose is essentially an indication of mentality, and a com-Parison of statistics gathered in the only that it is found almost exclusively | magic made it all very simple. in persons who actually give evidences of unusual mental ability, but that it is found most often in persons who have the mental type of head; that it is to say, the head which is broadest above the eyes and tapers down to a chin which is narrow and pointed rather than

ou'll find that the long nose is seldon ecompanied by any excess of physical ability or energy. But they have keen, quick, penetrating and accurately functioning minds. Environment may not have made such things familiar to them, but they are naturally appreciative of culture, refinement and the energetic or vital physically, the lux-uries they seek are those of the mind rather than the body.



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DIFFERENT AS TO STYLES, FABRICS AND PRICES

Our exclusive fashions for the little girl are displayed in distinctive materials of the highest character at exceedingly popular prices.

Party

School Frocks

We are showing recent ar-rivals of very dressy Georgrivals of very dressy Georg-ette, Canton crepe and velvet frocks, also some very new designs and styles in the serviceable jersey, serge and check combinations. On a model of particular note is a hand smock attractively embroidered with bloomers to

Junior Juvenile Coats Panvellaine. Marvella, Bolivia, Chinchilla and genuine Camel's-hair cloth are the new materials of which our little coats are made. They are trimmed with such furs as beaver nutria, squirrel and opossum. The styles are very original and the workmanship and linings are of the better kind.

DREAMLAND ADVENTURES

"The Two Mules"

By DADDY Jack and Janet are playing with their toy circus beside the river, when Balky Sam, the mule, surprises them.

Through sleep magic they are able to understand his talk. Their toy animals become alive. Jointed Mule eats fairy ring grass and becomes as large as Balky Sam. He has a duel of tricks with Balky Sam, and in the midst of it they are startled by finding the toy circus lion and tiger have

CHAPTER V The Lion and the Tiger -R-R-OGO-OO - OO - OUGH!" big, Snarls, the tiger, was doing the same thing for himself. B.R.R.000.00 - 00 - OUGH!"

and suddenly grown up. "Er-ow-ow-ow-ooo-sech!" screeched as big as the lion.

"Hee-haw! Who made a mistake and et those fierce toys grow up?" b.ayed patch of bushes that bordered the river. thrown off.

Jointed Mule didn't know where Balky Sam was running to, but Jointed Mule, with Jack on his back, followed, just as he had followed Balky Sam Once in the bushes, Balky Sam had

Janet and Jack hide themselves. How had Growls, the toy lion, and Snarls, the toy tiger, become as large study of character indications shows not as a real lion and a real tiger? Sleep Growls and Snarls had watched

Jointed Mule grow large by eating the grass around the fairy ring. They wanted to become large, too, so while Balky Sam and Jointed Mule were in the duel of tricks they broke from their toy cages and ran to the fairy ring.
Growls and Snarls ran to the ring without being noticed, as Jack and In combination with such a head Janet were eagerly watching the duel

of tricks. When they got to the fairy ring Growls and Snarls eagerly nibbled at the grass, expecting to grow large as Jointed Mule had done.

But they didn't grow larger. The grass didn't have any effect on them at all. That wasn't strange because, of the grass lions and tierre do not not out.

course, lions and tigers do not cot trass, and so they can't grow up on it. grass, and so they can't grow up on it.

Now while the toy lion and the toy tiger couldn't grow up by eating the grass around the fairy ring they could grow up in another way. The fairy ring had the power of making any one who stood within it as big as they thought themselves to be.

Growls, the toy lion, thought himself a very big lion indeed.

"I am as big as any real lion," he growled at Snarls, the tiger. "I am so big I could eat a really, truly tiger."

so big I could eat a really, truly tiger.

And when Growls, the lion, though suddenly he grew as big as a While Growls was thinking himself

"I am as big as a real tiger," snarled Snarls at Growls. "I can tear a big lion to pieces." And at once Snarls Snarls, the toy tiger, who had become became as large as a fierce tiger in the

As soon as the toy lion and the toy tiger became big, they thought of only let those fierce toys grow up?" b.ayed one thing—that was that they were Balky Sam, the mule. He didn't wait hungry and wanted something to cut. for an answer, but raced away for a They looked greedily at each other and patch of bushes that bordered the river, made up their minds that a tough lion Janet, who was on Balky Sam's back, had all she could do to keep from being thrown off.

and a tough light wouldn't make very good esting. But near at hand was had all she could do to keep from being Janet on Balky Sam's back and Jack on Jointed Mule's back. Jack and Janet looked as though they would make nice, tender meat for a hungry lion and a hungry tiger, and so they started after the children. They would have caught them, too, if Balky Sam hadn't started so quickly for the bushes. (How Balky Sam plays a trick on

the lion and the tiger and thus saves Jack and Janet from harm will be told

Did You Know That-While his wife was absent from home

an Oregon man decided to try his hand at making cakes for a competition at the county fair. His cake was found so delicious compared with those of his woman rivals that he was awarded a

A controversy between San Francisco and Los Angeles as to which city pos-sesses the most skillful automobile drivers among the fair sex has led to



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E have been manufacturing Furs for a great many years at our factory, 200 West 28th street, New York, supplying the highest grade fur shops throughout the United States.

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Bay Seal Coats, belted models, \$85 | Hudson Seal Coats, 45 in. long, Bay Seal Wraps, with Tuxedo extra fine Skunk Collars and collars .....\$99.00 Cuffs .....\$365.00 Bay Seal Coats, Eastern Skunk Hudson Seal Coats, Squirrel Col-Collars and Cuffs..... \$155.00 Bay Seal Coats, Beaver Collars Hudson Seal Coats, Beaver Coland Cuffs, 40 in. long...\$169.00 lars and Cuffs ........\$360.00 Near Seal Coats, extra large Scotch Mole Wraps ..... \$275.00 Collars ......\$137.00 Squirrel Wraps ...... \$457.00 Near Seal Coats, Skunk Collars Beaver Capes ..........\$75.00 and Cuffs ...........\$195,00 Skunk Stoles, finished with Near Seal Coats, Squirrel Collars tails and Cuffs .......\$200.00 tails ........\$110.00 Near Seal Coats, Beaver Collars Chokers ...... \$57.00 and Cuffs ....... \$200.00 Squirrel Chokers ..... \$7.75

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WHAT'S WHAT By HELEN DECIE



Although certain dictators in "high society" have declared that the exhibition of wedding gifts is 'no longer good form," others, of equal social importance, continue the custom unperturbed. It is understood, of course, that when

It is understood, of course, that when wedding gifts are to be presented these should be sent some days in advance of the wedding date and always to the home of the bride-elect. If many invitations have been issued it is probable that gifts will be so numerous that it will be found expedient to clear all the ordinary furniture out of one room and to place there a long table, or two tables joined, end to end, covered with a white cloth. As the presents arrive they are unpacked, and each gift is placed on the table. After the wedding the guests, accompanied by a member of the family or not, pass through the room in casual groups to look over the wedding gifts displayed on the table.

arrangements for a competition to decide

Miss Dorothy Martin, of Edwards-ville, Ill., is a member of the National Jewelers' Association and the only woman belonging to that organization who is a practical watchmaker.

LITTLE BENNY'S NOTE BOOK

By Lee Pape

A man came erround yestidday aftir-oon giving out little boxes of shoe saying on them You dont know high shine is till youve used Dazzello. Being a funny shape man without mutch of a shine on his own shoes, and I got the box he put in our vesterbule, thinking, G. I know wat Ill shine ma's exter shoes and Gladdises exter shoes and serprize them and maybe theyll each give me a dime or omething maybe.

-And I went up in ma's room and there was 2 pairs of black shoes under her bed and I shined both pairs with the Dazzelo, making sutch a shiney shine the shoes looked as if they was made of patten leather, and then I went up in my sister Gladdises room and there was ony one pair under her bed. being a bran new pair without eny shine on them before I polished them with Dazzelo but sutch a brite shine afterwerds they looked like 2 different shoes and ma and Gladdls came home together on account of having went out together. and I went down stairs holding Glad-dises shoes behind my back, saying Hay Gladdis, wat will you give me it I shine your exter shoes under your bed Wat, my new dull calf skin shoes

Ill give you something you dont ixpect if you dare to toutch those shoes, sed Gladdis, and I sed. Well I got a sample box of blackening and if you ever saw the grate shine it makes you'd be glad to have it on your shoes, G, bet you can see it for 2 blocks. How perfectly horrible, I dont think theres enything more detestible than a

brite shine on shoes, and the briter it is the more detestible it is, thats wy I partickilly bawt calf skin, sed Glad-

dis. Her not having eny ideer wat 1 was holding behind by back, and ma sed, I feel the same way about it. I like all my shoes dull, cleen but dull, If theres enything that makes my blud run cold its highly polished shoes.

Me thinking, Heck, good nite, holey smoaks, G. And I went out of the room backwerds and quick ran up and put Gladdises shoes in her closit under a lot of things so she wouldent as a lot of things so she wouldent see them till she wunted them and even then not too easy, and then I went in ma's room and did the same thing to her 2 pairs, and I haven't herd eny more about them but I ixpect to eny minnit.



3-piece Jersey Suits, \$15.00 value \$25.00.



## A Danger Warning -Bleeding Gums

Are your gums tender? Do they bleed when brushed? If so-watch out for Pyorrhea.

This disease of the gums, which afflicts four out of five people over forty, not only destroys the teeth, but often wrecks the health.

In Pyorrhea, the gums become spongy, then recede; the teeth decay, loosen and fall out-or must be extracted to rid the system of the infecting Pyorrhea germs which breed in pockets about them. These germs lower the body's vitality and cause many diseases.

You can keep Pyorrhea away: Visit your dentist often for tooth and gum inspection, and use Forhan's For the Gums.

Forhan's For the Gums prevents Pyorrhea - or checks its progress, if used in time and used consistently. Ordinary dentifrices cannot do this. Forhan's keeps the gums firm and healthy-the teeth white and clean.

Brush Your Teeth With Forhan's - How to Use It Use it twice daily, year is and year out. Wet your brush in cold water, place a half-inch of the refreshing, healing paste on it, then water, place a half-meh of the refreshing, healing paste on it, then brush your teeth up and down. Use a rolling motion to clean the crevices. Brush the grinding and back surfaces of the teeth. Massage your gums with your Forhan-coated brush—gently at first until the gums harden, then more vigorously. If the gums are very tender, massage with the finger, instead of the brush. If gum shrinkage has already set in, use Forhan's according to directions, and consult a dentist immediately for special treatment.

Formula of R. J. Forhan, D. D. S. Forhan Co., New York Forhan's, Lid., Montreal

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