## Three Delicious Sunday Meals In Mrs. Wilson's Friday Talk

Apple Marshmallow Pie Is a Novelty That Every One Will Like-Balanced Rations Are Necessary for Good Health

By MRS. M. A. WILSON oht. 1981, by Mrs. M. A. Wilson, All NDISCRIMINATE eating during the early fall days, without sufficient reise and fresh air, both indoors and ut, usually brings to the family reorting visits of colds and the grip. For some unknown reason, many folk believe today that early fall and sinter time is just an excuse for over leading the stomach with highly spiced and overrich foods. In fact, just an tunity for gormandizing. 

daily by allowing air to sweep various rooms for a few sinntes each day.

See that a salad of uncooked foods is
a daily part of your menu, if you wish
to be physically fit. Here is a suggestse Sunday menu with three meals on

SUNDAY BREAKFAST Sliced Bananas

Coffee DINNER

Young Garden Onions de Brown Gravy tatoes Turnips Beef a la Mode Browned Potatoes pple Marshmallow Pic SUPPER Baked Macaroni and Cheese Tomate Salad

offee Sponge Tea The market basket will require:

Five-pound cut of brisket,

Things You'll Love to Make



ORNAMENTAL SHOULDER STRAPS re a new idea in trimming an evening own. Cut the shoulder straps long gown. Cut the shoulder straps long shough to reach from four to five inches below the neck line in front, down to four or five inches below the hem at the back. They may be of any width you like. Sit the bodice about two inches below the neck line in front at each side, Insert the shoulder straps. Tack them in place. Bring them over the shoulders. Sit the back of the bodice on each side two inches below the neckline, and ininches below the neckline, and in-the straps. Tack them in place. Let i hang loosely down the back of gown. Finish each of the four pointed ends of the straps with a beaded tassel. Black velvet ribbon beaded with steel beads and lined with the material of the gown makes stunning ORNA-MENTAL SHOULDER STRAPS.

Coats, Suits and Dresses

Young garden onions. Parsley. Tomatacs. Onions. Carrots.

Marshmallow whip. And usual weekly staples Beef a la Mode

Wipe the meat with a damp cloth and pat into it one-half cup of flour and then add one-half cup of shortening to a deep saucepan. Place in meat and brown quickly and turn frequently; when meat is nicely browned, add One cup of boiling scater.

One cup of vinegar. Four onions, whole. One carrot, cut in dice Three cloves. Four allapice.
Two bay leaves.
One-half teaspon of thyme. One-half teaspoon of sweet mar-

Cover closely and then place on the One-half cup of flour. One and one-half cups of water.

Stir to dissolve and then pour in pot the meat was cooked in and bring to a boil. Cook for ten minutes and then Coffee season and serve with meat. Apple Marshmallow Pie

Line a deep ple plate with plain pus-try and then pare and slice apples very thin. Place in a separate bowl: Two-thirds cup of brown sugar. Four level tablespoons of flour. Mix by rubbing between the hands Mix by rubbing between the bands and then place sufficient thinly sliced apples to fill the prepared pie plate half full. Spread over half of the prepared sugar and drop by the spoonful half cup of marshmallow whip over the sugar. Repeat and make a second sugar. Repeat and make a second layer, then place on a top crust and bake in a slow even for forty-five minutes.

Baked Macaroni and Cheese Break one package of macaroni and cook in belling water for twenty minutes. Turn into a colander to drain and then rinse well under the cold running water. New grate one-quarter pound of cheese. Drain the pulp from a small can of torratoes and then minee fine four onions and sufficient paracey to measure one-half cap. Mix the cooked macaroni, the cheese, the finely minced parsley and onions together and then turn in baking dish. Now measure the juice drained from the tomatoes and add sufficient water to measure one cup. Place in a saveepan and add three strips f finely minced bacon, nicely browned, nd also add the fat made by cooking the on and four tablespoons of flour. Stir

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Suits—Coats—Wraps—Dresses

tin in one cup of strong black coffee for ten minutes and then heat slowly to dis-Gayly Fascinating Are These Trimmings solve the gelatin and add while hot two-thirds cup of powdered sugar and stir to dissolve. Let cool and just as

By CORINNE LOWE

What are the wild permanent waves saying, sister? Here in the black velvet model below they are reasonable enough in their speech. For they say at once, "Seashells." In a sunrise shade of plack these ornaments are applied to matife to the best each then trail plied to motifs to the hat and then trail off into the popular daugling things at the sides. The seashell idea, which was originally conceived by Lanvin, is found

Cover closely and then place on the simmering burner for three hours and turn meat frequently. Add just a little more water if needed. When meat is cooked, lift it to a hot platter and then place in small bowl:

One-half our of four. -are a feature of the winter millinery encountered on every side. Here the fabric is tan duvetyn and the ornaments are of the same fabric in darker

> to dissolve the flour and bring to a beil. Cook for three minutes and then add: One teaspoon of sugar. One teaspoon of salt.
> One-half teaspoon of pepper.
> One-eighth teaspoon of allspice. Beat to mix and then turn over the

Coffee Sponge Soak two level tablespoons of gela-

epared macaroni. Bake in a moderate

ven for thirty minutes.

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it begins to set, add:

One teaspoon of vanilla. Two-thirds cup of marshmallow

Whip the mixture with a dover style egg benter until fluffy and then rinse the mold with cold water. Drain well and then turn in mixture. Place near ice in refrigerator for three bours. Serve

MRS. WILSON'S ANSWERS Dear Mrs. Wilson-Will you please give a recipe for a real good fruit cake; something with plenty of good things in it well blended and when baked will give off an aroma to tickle

MRS. W. H. Rich Fruit Cake Place in a mixing bowl Three cups of brown sugar, One cup of butter, Six eggs. Cream well and add

Four cups of flour, Two level tablespoons of baking powder. One cup of black coffee. Beat to mix and then add One-half teaspoon of salt, Two teaspoons of cinnamon

Three-quarters teaspoon of grated

utmeg. Three-quarters teaspoon of cloves. One-half teaspoon of allspice.
One cup of finely chopped citron,
One cup of finely chopped candied
orange peel, One cup of candied pineapple, One cup of finely chopped nuts,

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One cup of seeded raisins,

heavy paper and then well greased and in a cool, well-ventilated place for tea One cup of currents.

One cup of thick rich preserve.

Mix well and turn in a pan that has been lined with three thicknesses of with a well-seasohed applebutter; stand for a day and it then may be iced.

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