Mrs. Wilson Gives Her First Lesson in General Knowledge of Housework

One of These Will Appear Each Week and the Care, Preparation, Serving and Use of Foods Will Be Taught

By MRS. M. A. WILSON

ALC: NO

N course the discussion of the foods used will be from a comparative and value, with their physiological

winter and once a week in the summer and then stand in a sonny place for one hour. If this is impossible, then place on the store for a few minutes and heat until you can hardly touch the box, then let cool. This does not mean to burn the box or discolor it. It really means that the house-

Dishwashing Dish Toweis, dish cloths Garbage can Refrigerator Care of the cooking utensils

Silver and china Food storage Foods and methods of cooking to con-

The practical work in this course can

be done right in your own kitchen and if you will carefully follow and study this course it will pay you big divi-dends in efficiency. Lesson No. 1

mineral origin. Dust is

of the same composition as dirt, only, due to process of the air ab-sorbing the moisture, this dirt becomes dry, fine and powdered and is easily carried by the wind and fleats in the eir. Certain dust plants grow from tiny dust they are classed as molds, yeasts and allowed to be covered with the bacand bacteria

Molds are fungi of considerable size and are ensuly visible to the naked eve. but in a tubes of various colors ; some are blue. Treen, brown, black, red and white. They grow on all materials in many randdy in making it very tender.

forms, multiplying very rapidly in warm, moist, poorly ventilated places, destroying everything that they come in contact with Mildew is a form of mold.

Mold, as on bread, cheese and other

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foodstuffs, first forms on the outside, then branching out, finally grows down into the food, much like the roots plant Rotting is also another process of

Id growth Yeasts and bacteria are germs so in-

They can only be seen with s aid of a microscope. Yeasts are tiny little plants that

produce fermentation by working in many liquids and moist foods, as in wines, grape julce, preserves, etc. Yeast will be discussed in a bread lesson later

illy in the top layers of the soil, and are carried everywhere by the hey are carried everywhere are rind in the form of dust. Bacteria are found in the air we breathe, the fool found in fact. In fact, eat, the water we drink : in fact. find bacteria in the snow, the rain. we eat. in human and animal bodies, as in the month and under the finger nails.

firmly in mind-that dark, damp, toht, 1922, by Mrs. M A. Wilson, All poorly ventilated places are favorable to the growth of bacteria, while sun-NOTE-In every lesson in this light and fresh air are the greatest nat-

WHAT PARIS WEARS

ural disinfectants. To prevent molds in bread box, scald box once in two weeks in the winter and once a week in the summer

If cheese is placed on a wire rack the cheese moist, then wring a cloth out of vinegar and wrap the cheese in the

cloth and lay on a wire shelf. Do not eat foods that have had nolds on them without first heating to boiling point to destroy all bacteria. This means if you open a jar of fruit that has molded you must first remove the mold carefully and then turn the contents of the jar into a saucepan. heat to boiling point and let cool,

All foods will moid in a warm, oist kitchen, so for this reason ventilate the kitchen well after all cook-ing and do not store large lots of food in either the kitchen or the adjacent

Dirt is anything solled or unclean, and it may be of animal, vegetable or thrifty housewife will attempt to save them by cooking and seasoning, and then wonder why the family have such frequent attacks of digestive disorders. Ment and fish that show signs of mold should be trimmed and these trimmings destroyed. Many epicures like teria that grow just above freezing temperature. This mold is supposed to ripen and make very tender the meat reality the bacteria eat in and

Mold in the Refrigerator Mold will form in foods and on the

the connective tissue, thus

wall of the refrigerator when the tem-perature is permitted to rise, due to the lack of sufficient ice. Foods must be removed and the refrigerator washes out with hot soapy water and then scalded with plenty of boiling water.

This is very necessary if you wish to prevent the germ from bodging in the refrigerator and awaiting the first time that the ice is low to attack the foods again. Any temperature higher than 45 de

finitely small that it would require grees Fahrenheit will cause mold in the about 23,000 haid side by side to cover refrigerator. Failure to completely sterthe refrigerator after food has 1120 molded in it will frequently explain why the deadly promaine germ finds its way

into supporedly fresh and sweet foods How to Study This Lesson Write the entire lesson in a book and

then take each subject and go over it Bacteria are the finicst particles of until you are familiar with it and you living matter and are a jelly-like, color- can remember the important parts. Can You Answer the Following?

First, Just what is dirt? Second. Explain just why dust is dangerous and what disposition should be made of sweepings and the like.

Third. When you shake a rug out he window, just what have you done? Fourth, Explain what mold is; yeasts

"The Marriage Gambler"

By HAZEL DEYO BATCHELOR Convright, 1928, by Public Ledger Company

Carol Rathbourne refuses Nick | until all hours, Nick had had in the be-Tracy twice because she does not love him. Nick is desperately in love with ginning, he did not realize until he came to know Daisy better and really to like her. After all, she was very human, and her, and takes her refusal very hard. Then one night he is introduced to Daisy Castleton, a chorus girl. a very warm-hearted little butterfly. and because she had lived a great deal

CHAPTER VII Nick Seeks Sympathy NICK rang Daisy up on the telephone That night he called for her after the bow and they want to an all night.

show and they went to an all-night Daisy on an average of three times a lunchroom and had coffee and pan-Sometimes he would take her to lunch Daisy herself had suggested this. She wanted to impress upon him subtly that she was not a gold digger, and in her manner toward him she continued to inject just the proper amount of sym-pathy and deference. Sometimes he would take her to lunch the some quiet little place. He had not reached the point yet where he cared to be seen with her, and Daisy knew this. But she did not sulk and whine and accuse him of being ashamed of

Inject just the proper amount of sym-pathy and deference. She would look up at him with wide blue eyes, and say prettily, "Of course, I don't really know anything about it. What do you think?" And Nick would say what he thought without realizing consciously that Daisy's appeal to his masculine wisdom was yery snothing to his main the masculine wisdom

was very southing to his pride. He was annazed at Daisy's simplicity. Appearance. Once Nick looked at her and grimannazed at Daisy's simplicity. When Preston had first suggested meeting the girls. Nick had consented with a certain fixed idea of what chorus idea on the suggested of the certain fixed idea of the suggested with a certain fixed idea of what chorus idea on the suggested of the suggested of the suggested of the suggested with a certain fixed idea of what chorus idea on the suggested of the suggest of the sug

with a certain fixed idea of what chorus girls were like. He was willing to con-cede that many of them were ''straight' as Preston had insisted, but he expected to find them all eager to baye money spent on them. ''Straight'' as presty loud.'' Nick never he can be to b

It therefore surprised him to find that Daisz, outside of the fact that she

vore a short gauzy costume in "The Carol. wore a short gauzy costume in "The Jolly Revelers" and sang and danced on the stage for a living, was very much like any other working girl. Nick did not exalt her; he knew that she was probably of humble origin. When she orgot herself and spoke quickly her and went downtown to invest in an en-English was not always correct, and it was always very highly colored with slang words of different stages of pic-tures on the slang words of different stages of pic-to show her ignorance of what was good

To "A Reader"

It is not possible to say whether you are right or wrong, not knowing all the circumstances. You say you are a Catholic. Have you talked this matter over with a priest? He could advise you better than any one else.

Writes to "Handsome"

tresqueness,

Photo by Felix,

For evening, too. The sleeveless

bodice proves that, although you'd

never believe it from the high neck.

with its daytime collar, and the

long, plain skirt. A fringe of

monkey fur edges the bottom of the

skirt. Still, what Paris wears is

fashionable, and it cannot be de-

nied that this plain-Jane frock

has a chic and a style about it that make up for its severity

LITTLE

BENNY'S

NOTE BOOK

By Lee Pape

I finished my book of Sherlock Homes

from down town and she put her pack-your idges on the hall rack and wawked back self.

stories yestidday and ma came home

taste by appearing in clothes that he How much of the old idea that a considered ridiculous chorus girl lives a hectic life, under bright lights, drinking and carousing

for It.

Please Tell Me What to Do

By CYNTHIA

Tomorrow-Playing the Game



Nothing is invited out quite so much as a dinner frock. In the old days this was different. We could oscillate then was different.

Correct Dinner Gown

of Mauve and Violet

quite comfortably between the elaborate afternoon frock and the pompous decol-lete. Now, however, the woman who does not bridge these two with the dindress is almost as crippled socially as the woman who does not own several fancy girdles. The fact of it is this type of gown is

supplanting for many occasions the formal evening frock. Unless it be the opera or an elaborate dinner party or some other grand doings' to which we are going, the simpler model is always come

given the preference. Many of the smartest of the present-Many of the smartest of the present-day dinner frocks are of crepe. Many are sleeveless. Here both prejudices are granted in this charming model from Renee. The frock is a mauve crepe trimmed with lavender beads in the triangular design of which Renee is so fond The same beads dee three

why we are cross, if you would write and ask for your picture and notes. He told me one time he would never part is so fond. The same beads edge three long points into which the front of the skirt dips from a considerably higher level in the back. Bands of self-matepart hap with my picture no matter what hap-pened, so I am undecided about asking level in the back. Bands of self-material are the only other contribution.

for it. After the above I suppose you are wondering what is the cause of our disagreement, and that is what troubles me also. Cynthia, I do not know and the young man will not explain. Three weeks ago at our basketball game five senters and world senter for the **Read Your Character**

By Digby Phillips '

Writes to "Handsome" Dear Crathia-Permit me to say a few lines to "Handsome." I have yet in my eighteen years of living on the old globe to hear a fellow admit that he is handsome. After reading the lotter over again it seems that you have made this letter up in order to start a discussion. Also it is possible to be nice without being handsome. If it is a fact that you are handsome. I suppose that you use powder and perfume. Your mode of working must be posing for hat advertisements. I but wish to know who you are, and instead of flattering you I would flatten you instead. Being concelted is a disease that very few people have. You, of course, are among that select few. Why not go in the movies and take Wallace Reid's inurels away from him? After seeing your Dear Crutilia – Termit me to say a the young man will not explain. Three the young man will not explain the young man the young man will not explain the young man the young man will not explain. Three the young man will not explain. Three the young man will not explain the young man the young man will not explain the young man the young man will not explain the young man the young man will not explain the young man the young man wil

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If We Could Only Keep Up Hope in Times of Sorrow and Despair

We Should Make the Present Easier to Bear and Perhaps Bring the Saving Future Along More Quickly

T'S funny that we ever lose faith and body or something comes along, when you least expect it, and puts you on hope. Things always do turn out right, just your feet, and you stay there.

as they do in books and short stories. If sorrow has been depressing you Sometimes it takes a good many years and keeping you on the outside of the of dark despair and blank unhappiness life of your friends, you regain peace before that happy ending, and the end-ing may be different from what you the beginning of a more rational condition, neither up nor down. If you are afflicted in some lasting

Often you feel as if the darkness way, resignation sets in with the deter-mination to find the small things in life would close over your head and never let you out. Then there are times when you get that can'at least keep you from being so

used to having that dull feeling of hope- unhappy. essness,

Something always does come along, just when you have had about as much A sort of content comes over you and you live along quietly, although there is that heaviness in your heart whenever you stop to think at all.

When you do think your mind works has taken a long, dreary time in many only in circles reaching out timidly cases, toward hope, but giving up and turning BUT perhaps it wouldn't take quite so long if we could only hang on to that one fact that something will hap-

back again to the same old unhappy starting point.

Sometimes there is no even road of ben to save us some time. The sun comes out and you live in the first joy of some event for a month in the sun comes out and you live in the first joy of some event for a month

misery sooner? Then misfortune takes you up and There isn't any doubt that we should throws you roughly down and you lie make the meanwhile much easter if we gasping under the blow for a long did this.

It has been proved many times that As you reach slowly out for the help-ng hand of hope, along comes more rouble or sorrow and keeps you down luck will be sure to oblige us by coming right along and happening. Why shouldn't it be that way with

onger. There may be several /times during this period when you are caught up to good luck?

this period when you are church only heights of peace and happiness, only to be cast down and held in the valley to be cast down and held in the valley to be cast down and held in the valley the future or the way in which we

will meet it.

some time and something better will If your trouble is poverty, some- take its place.

Paul and Virginia

By HELENA HOYT GRANT

The Paris Shape

T WAS one of those hats that fash-"The what?" ionable milliners call a confection. It was worthy of the name, for it was pay for the amount of material. One' dainty and chic- taste inspires the purchase of the right and the price was kind of a hat."

tory shopping ex-cursion, had wrestled with temptation * * *



But Virginia was of the flesh of the paid for it out of my own pin money

real wonder. "Well, I'll be swizzled. Can you beat that? Twenty dollars for

There are surgeons who operate on be face and sometimes you cannot quite for this done through a facial expert.

WHAT'S WHAT By HELEN DECIE



ke it clear and hope to see an answer it soon. In seventeen and a senior in high ool. For a year and a half I went h a young man now twenty years of the was with me every evening, but is the was with me every evening, but is that school started only the last we that school started only the last is all dances for him, and everybody ied it a terrible case, but, Cynthia, meak happened three weeks ago. dother approved of this young men-ery engagement Tve had since she i made me break, except one, and i was our Christmas school dance, w i muist stay in every night espe-ily during the Christmas holdays, lie the other girls are out enjoying do anything and I must graduate s year, as I'm to go away next year. it me, Cynthia, after you have read

arrange it in a charming manner

for evening?

Yesterday's Answers Miss Annette Adams is the first woman to be appointed to the important position of assistant Attorney General of the

United States,
If a child's crayon has been broken a simple way of putting it together again, so that it will remain easier to work with, is to join the two pieces with court plaster.

3. When purchasing a material for upholstering purposes two aspects about it should be looked after to insure its wearing well. A close weave and absence of long, loose threads on the surface. Crystal drops just below the places where the candles fit in add a quaintly old-fashioned touch to a pair of brass candle-cale.

sticks. slip-on sweater is belted in an

effective, new way with inch-6. Red heels are the striking thing about a particular pair of smart black slippers.

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"You bet Ancre

Cheese takes the cake.

comments Uncle, "And it

tastes best with crackers, too!"

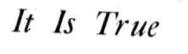
New, Coated, Sanitary Wrapper

some totally unnecessary and altogether

delightful luxury that one could not possibly afford to buy with "regular money." Now if you agree with me, and if you have Christmas money, let me tell you of something extravagant, but irresistible-a glittering sparkling chain of well-cut stones of amethyst hue, separated one by one by a clear crystal rondelle. It is indeed a beauti-

ANCRE ful chain, one that will delight the heart of any woman who loves fewelry. Its price is \$12. With the Genuine Roquefort Flavor CHEESE

One of the quaintest door knockers 1 have ever seen is one that represents an

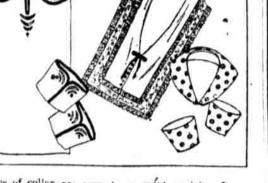




That most women never are completely happy unless their feet well-dressed.

Parislan Sandal Sliver and Brocade

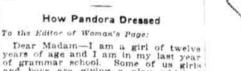


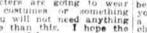


PLAIN linen with the edges of collar are seen in a great variety of mate-and cuffs finished with a narrow rials. The checked gingham is still in binding in a contrasting color is good evidence in blue, brown, red or green looking; and this vestee may be cut and white, and they, as well as nearly down about three inches in the front all the materials used, launder per-

1.3 down about three inches in the front from the neck line. Bind the opening Y is also, and make this vestee to slip on the as over the head instead of opening in the struct a over the head instead of opening in the struct is will come to the opening exactly, and square sew it to the neck of the vestee. Grad-square so will be pretty put on the vestee solored will be pretty put on the vestee below the neck opening and at the ends of the collar and cuffs.

elow the neck opening and at the ends f the collar and cuffs. Cross-barred dindty makes charming inst above this, mitered, of course, at the corners, and above this a second collar and cuffs sets, and may be per-the corners, and above this, mittred, of course, at factly plain excepting for the half-inch wide edging of bending which is whipped to the edges. There are numerous at-tractive shapes for these sets, and they ing, and is exceedingly soft and pretty.









Handkerchiet

When friends have sent presents the fourther physical ph



sets are always needed, and now mixture, stirring it thoroughly, until it is clear, or for about twenty minthe round collar with a vestee is utes. Remove any scum that forms and strain the starch while hot. worn a great deal. This is not much

Things You'll Love to Make harder to make than the mere collar alone, and above are shown some samples, while below are given the directions for making them." Once you get the idea you can follow your own ideas in trimming and design.