Foreign Housewwes Use Much Cereal and Mrs. Wilson Approves of the Plan

Be Sure to Use a Clean Boiler That Is Not Used for Other Foods—Long, Slow Cooking Is Necessary

breads.

By MRS. M. A. WILSON Copuright, 1922, by Mrs. M. A. Wilson. All rainins, rights reserved. No.

CHILLY wintry winds blow in the choped nuts. storm clouds, with snowy and iceweather. This is the season of the stoned and cut in small pieces.

The stoned and cut in small pieces. piring the needed heat and energy foods in liberal portions.

Hominy grits, comment, ontineal, wheat cereals and other breakfast correlate all contain a maximum amount of beat and energy values, and for this reason they should be used liberally.

No. 6—One-quench of the chopped figs.

No. 8—One-quench of the chopped figs. during the cold, wintry weather

Cereals can be made into many ap petizing dishes and will afford an eco-nomical change as well as adding variety. The Scotch and other European nations live largely on cereal dishes and find them not only satisfying but also nourishing and economical.

In the modern scramble to do things quickly, the housewife has fostered a notion in her mind that a few minutes or a half hour at the most is plenty of time to cook cereals. This is indeed a serious mistake, for the European housewife will quickly tell you that hastily cooked cereals are not so satisfring as these that are cooked for soveral hours.

secessary to soften the coarse, hard col ulose or fiber wall that incloses the lit tle grain of starch. Fathers to cook cereals sufficiently is often one of the reasons why so many cooks find that they cause intestinal disturbances. A little European housewife, not long over from the mother country, thinks nothing of starting the mercal to cook right after the breakfast, and then letting it cook all day very slowly, and serving it for the supper. This method would be ideal for young children and old folks.

If your time is limited to the morning be all means cook the cercal the evening adding either sufficient but milk or boil-ing water, and do not feel that if you should cook more than the family will use it will be wasted. Left over cereal can be turned into a most appetizing dish that will really add to the menu.

A new trick to use while cooking the cereal is one that will prevent the cereal from sticking to the bettern of the cereal rab the hottom and sides of the cereal kettle liberally with either good shortening or -aind oil. Now add cereal and cook in the regular manner

The question of just ubat sort of ntensil to use for the cooking of the cered is always important—first choice would be either a couble better or a freless cooker: lacking either one, any clean saucepan will do.

Sometimes a complaint will come to that the cereal has a peculiar tasto, and that comething is wrong with the cereal: I find upon investigation that the real trouble is that the housewife has used a pan that is either badly worn, with the odor of many foods dinging to it, or that the pan has had deansed. To cook the cereal so that it will be good-tasting, a boiler should be kept for this purpose alone, and not used to cook cabbage, onion and simfoods as well.

The proportion of water is always hinges and for this reason I will give a rule that can be used as a standard in well-greased muffin pans and bake in a bot oven for twenty-five minutes.

Fill the standard half-pint measuring cup with the cereal using a spoor.

Cereal Meatless Loaf

First of all, you must realize that the control of handshake may signify control of handshake may signify control of handshake may signify corting the cither one of opposite characteristics. Nick.

Its obvious and popular significance is too cap the strength and decision of character.

Cereal Meatless Loaf

The cup of bran.

First of all, you must realize that the control of handshake may signify control of the control of the cup of handshake may signify control of the cup of the cu ant on which the real success of cereal

of fill the cup. Now place Four and one half cups of cereal kettle and add

One level tenspoon of sait and when boiling add the measured ereal. Stir for a little while to preent lumping, they cook slowly for three hours on the simmering ourner. If this cereal is started just before going to bed and the light turned to a steady

even flame, and the lower compartment of the double botter is filled with water will be ready and piping bot for Just sufficient light to keep the boiler hot is all that is necessary. This means that it does not need to boil but just

For variety to the breakfast cereal mi

Pe the Editor of Woman's Page:
Dear Medam-I have a cream color:

lining out of the coach by using carbon

Things You'll Love to Make

you may add

1 No. 1 - One-half cup of secded No. 2-Three-quarters cup of finely

No. 3 - Three-quarters cup of prunes

No. i -Two pared and diced apples. No. 6-One-quarter cup of finely 7 - One-half cup of finely No. 8-One-half cup of finely

chapped dates. Plan to use left-over cereal in meat leaf, meatless leaf, sausages, scopes, suffins, puddings, fried cereal and

The mother with fast-growing and always hungry youngsters will that occeal-made dishes are a wonder-

Cereal Sausage

Place in a mixing bowl Two cups of left-over cereal One-quarter teaspoon of pepper Two onions grated. One-half cup of green tops of celery mineed very fine.

One quarter traspoon of thyric.
One cup of stale bread that has bee. soaked in cold water and pressed dru-tine cup of finely chopped cold cooker left over meat. Mils well and form in saurages Roll in flour and then brown in her fat, serve with either brown grave or

tomato sauce. Cereal Pudding Adventures With

a Purse

Do You belong to a card club, or do

will be interested in the numbers to be

powder to the compact, and who always

For names of shops address Woman's Page Editor, or phone Walnut 3000, or Main 1601 etween the hours of 9 and 5

Read Your Character

By Digby Phillips

opposite of these qualities.

Tomorrow-The Double Chin

Wedding Gown Today

you give eard parties? If so, you

Place in a mixing bowl tine and one-half cups of left-over terra! One cup of stale bread crumbs.

Three-quarters cup of hrown sugar, One half cup of sigup.
Four tablespoons of shortening.
One-half cup of seeded raisins.
One-half cup of finely chopped nuts.
Three-quarters cup of milk. had at one shop. They are a black metal, painted in colors with gay sprays of flowers. These numbers run from one to six. You page one on each of your four or six tables to indicate the Three-quarters teaspoon of notineg.
Mix and blend and turn in a greased and slightly floured mold and steam for one and one half hours. Seem way in which your card tables are arsteam, ranged. They are an'y \$1 for a set, and in addition to being attractive and artistic are most unusual

Piace to a saucepan One-half cup of sugar. One cup of water. Three tablespoons of four. bring to a boil. C One-half oup of seeded rateins.
One-half oup of any kind of pre-

Fruit Sauc

served fruit. One half teaspoon of nutmer. Heat to blend and then serve. Oatmeal and Bran Muffins

Place in a mixing bow

with four sauce

One egg. One-half cup of sugar, Four tablespoons of shortening Cream well. Then add One and three-quarters cups of flour. One teaspoon of salt. Four level teaspoons of baking pow- The Pumphandle Handshake

mater. over cereal.

One cup of bran.

Mix to blend smooth and then turn to check it up by other signs of charing well-greased and floured leaf shape acter.

But whether true or false, the pumpbake in a slow oven for forty five bandle bandshake never indicates reminutes. Serve with either parsley or finement or keep sensibilities—qualities.

A PATIENT DEBATER

Twar Madam - Firm a count gr. pass states. An very block and considered open stout me height in hig four feet right makes and legal minety-free

boundly face is require than the rest of
me I am getting a double chin
seem to gain matera of lose weight.
I car very little so that is not the
ause of my stouteers. I also take as
ercise. I dress very tent, there are
to suffice our overshifts on my dress ho
that does not give me a stout appearance kinds again the what to do to
become both taken and thinner. Also
would I noble like a twelve-year-old
as people tenn it will bobbed hair.
has a beautiful our like.

are fattening such as those with cream such as those with cream succes, and those which are fried? Po-tatoes and butter come under this Pa-

To the Editor of Moman's Page

The Woman's Exchange

Dear Madam—I have a cream color beby coach and the lining to solied. I be some information for the second person, regarity add of the profession resulting without removing the from the more than one office during a school coach.

To the Editor of Women's Page

Lear Madam—Will you please give be some information for the second person, regarity add of the profession regarity add of the profession regarity and of the profession of the control of the profession of the professi

tetrachloride, a solution of which can be purchased at any drug stere

The Right Thing for the Editor of Women's Page of ago and married. I have lost me father. What is correct to wear for mourning, and how long should it be worn? I also have single sisters, one sighteen, one fourteen and another one twelve years. What should they wear and how long MOURNING.

You should wear black and a short veil on your hat for a year. Your eighteen-year-old sister should also wear a will. For several months your other two melons where hand, and then black and white, until the end of a year.

Lyar Madam — here a your page.

A PATIENT DEBATER

You really have the hardest side or this question, as it would naturally seem fairer not to give one percel more faired or this question, as it would naturally seem fairer not to give one percel more faired or this question, as it would naturally seem fairer not to give one percel more faired or this question, as it would naturally seem fairer not to give one percel more faired or this question, as it would naturally seem fairer not to give one percel more than one office at a time. But the time faire in the time of the right time for the right time fair that the time for the right time

Circular

Sewing

AG that I feet you will want to cut two ten-inch circles of taller, that we classification of the circular candy box.) Slightly

SKATING COSTUMES—OLD AND NEW



"The Marriage Gambler"

By HAZEL DETO BATCHELOR Copyright, 1922, by Public Ledger Company

Tracy twice because she does not love him. Nick is desperately in love with her, and takes her refusal very hard. Then one night he is introdured to Daisy Castleton, of "The Jolly Revelers." and finds her very different from what he had imagined a chorus sirl would be. Daisy is determined to make Nick Tracy pro-

> CHAPTER IX The Serpent's Tongue

Carol heard first of Nick's apparent

carries some in her purse, comes a gold through one of her so-called best friends. finished tube about as thick as a lip. Velma Craver was sort of a hence. Velma Craven was sort of a hanger-Three tablespoons of four.

Stir to dissolve the flour and then ring to a boil. Cook slowly for five indices. Now add

Three tablespoons of four.

Stir to dissolve the flour and then ring to a boil. Cook slowly for five indices. Now add

Three tablespoons of four.

Stir to dissolve the flour and then ring to a boil. Cook slowly for five indices to those found in the little group of which Carel ordinary taleum powder can. Thus she can shake the powder out of her puff had always been jealous of Carol and when she needs some, and afterward the fact that she made so little effort can close it up, and keep the powder and was still sought after cagerly. The from falling all over the bottom of her pocketbook when it is not in use. The asmuch as Velma was a terrible snobprice of this convenient little novelty and would no more have thought of doing something that might have brought in extra funds to the family than she would have jumped off the Brooklyn bridge, the girl was forced to employ every bit of regenuity that she pos-

sessed in order to make her meager wardrobe as varied as possible. When Carol appeared at any function in a new evening gown, Velma, The Pumphandle Handshake although her voice was soft and her You've run into the pumphandle manner caressing, hated her, underneath one and one-quarter cups of leftber cereal.

"Of course, rou've heard about be to blame, ick," Velues said carelessly, almost She stoppe Carol looked up quickly

Carol Rati bourne refuses Nick | white face and her wide-open blue eyes. "I wonder why men like her?" she thought as she studied Carol closely. "She's as cold as ice and absolutely

she did feel was sheer amazement that Nick, the fastidious Nick, who had told her that he loved her, could stoop to care for a woman of that type. It care for a woman of that type. It was incredible. It was something that she could not understand.

Through a Woman's Eyes

specialists" are the fashion now. There features just as antagonism, coldness few women who can afford it who or aloofness freezes them and spolls

improve their appearance. south upon us for those when youth a conscions, care and good greening a number of the difference in the world.

And even for the young person, no one objects to sensible artificial axis when

recenture.

But it is strange how many girls and comen who will deprice (numbrices of other things in order to have technically the one aid to beauty that is available as nothing to every one of the the formity that comes from within, the regular of one throughout the control within, the second of the therefore of one times selve that makes expression or our faces and

It isn't a question of spiritual verma-physical beauty—the miracle that can be worked on a plain face by "the spirit shining through." The air or detriment to beauty that I am speak-ing of is a tangible thing—the influence of expression, which, though it comes

A Brilliant Woman

and there is no getting away trunce of the most brilliant outh apan us for those when reath the tenne from the stere we have with the come from the stere we have with a manufacture of the most brilliant when in London. She is a reader writer, a genuine wit and a ciever socious riter, a genuine wit and a ciever socious field is her favorite game. ery hostess. Golf is her favorite game, and she plays, happy and hatless, on the famous links at St. Andrews. Her marriage with Mr. Asquith—then Home Secretary and afterward Prime Minister—was the prominent event of London society in 1894. Mrs Asquith is considerably younger than her busband; also was a widower with five children when he led the brilliant Miss Margot Tennant, as she then was, to the ultar as his second bride.

To Make a Quilt

Arrange wool in an even layer be-tween two pieces of cheesecloth, whip the edges together and tack or quilt through both cheesecloth and wool to

Big, meaty, and strictly fresh

Please Tell Me What to Do

By CYNTHIA

Fear for "Handsome"

Dear Cynthia—We are daily readers of your column and would like to say a few words in regard to "Handsome's" letter.
You may be beautiful and perfect.
We don't think that you ought to get a case on yourself because some girls passed remarks about your good looks. They often do things like that. We hope that you will wise up in the near future.
We know from experience, not meaning that we had a case on ourselves.
We think that mother is running an awful risk letting you go to parties. We hope she doesn't let you go to dance halls.

THREE BROTHERS OF N. P.

Says "Bachelor" is Mistaken

Dear Cynthia—Some time ago I read with pleasure. "Why Don't Girls Have Higher Ideals?" Recently, I read "Why Men Don't Marry." Hoth the subjects appeared in your worthy column. The writers of the two articles have no doubt tried to express their true belief in the matrimonial circles.

But, and here is the rub. One writer has tried to encourage and show that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought, and I am glad to say that the young ladies of today can be very worthy the exercise of a little thought.

The other article, which is a direct shat takes you out of your real character and makes strange things se

the true American does not care to enter into and accept an international marriage. Why? Hero—

The girls that make the best wives are the ones that have higher ideads, and to know the meaning of that physics is to understand and contradict the words of "Bachelor of Thirty-six" that the foreign-born girls make better wives. Ugh, even the thought is horrible.

I have tried to make it plain and those who can, will understand what!

CAZINORIA.

There would be no use in going back and taking that lunchroom? With all her years of work and study to make herself valuable in her present position!

It was unjust; it was unthinkable, and what would she teil anybody class those who can, will understand what!

Her situation became more and more

Shall She Keep His Friendship?

About Bobbed Hair

Carol's attitude infuriated Velma, and she plunged on recklessly. "If he's making a fool of himself it's because of on, and if he marries this woman you'll be to blame."

She stopped normally realizing that she could not afford to antagonize Carol, and that she had gone too far. The sudden hatred that had flamed up in her eyes died away, and impulsively she have grow long for a very long time. Cereal Neatless Loal

Place in a mixing bowl
Three-quarters cup of finely chopped or the noming significance attached to it, the "characterologist" does not accept to no mixing bowl to conclude the population of these things of celery.

One half cup of finely chopped on the population of these things the noming of the population of th let some readers give their opinion as to whether bobbed bair is in or going out, which I hope is not the care. WELL WISHER FOR EOBBED HAIR.

Better judge for yourself. Bobbed and sent away cheerful, come Better juige for yourself. Bobbed hair is passe, according to fashion's decree, but the hairdressers say there is no let-up in the number of those who are having their hair bobbed and waved. It's all right for girls of sixteen and seventeen, but older than that it's better to let it grow.

The Expert Stenographer Was Moved to a Position in the Lunchroom

The "Big Boss" Was Relentless in His Decision and She Was Desperate Until She Suddenly Realized It Was Only a Dream

A S MISS JOHNSON entered the big WITH a blessed, blissful, grateful office downstairs, where a number when sense of relief she opened her eyes of people were talking together, she and realized that she had been sleeping heard her name mentioned.

And it was the Big Boss who uttered

"What is it?" she asked bim. Boss told her. "I'm going to take you found herself almost ready to ween to out of the department you're in and sheer thankfulness. put you up in the lunchroom."

And she was an expert stenographer "Hasn't my work been satisfactory?" way? Very often when you dream there is

agonizing.
She had about got to the point of

"Burned out!

exclamation

might

The Swiss clock sounded "eight" and

She heard him slam the silver soap

dish upon the top of the washbowl.
"Are there no clean towels in the whole house?" he almost shouted.

She hurried to the linen closet, reressing the rejoinder that had leaped

A sizzling sound from the kitchen.

The coffee had boiled over.

She had about got to the point of women in the United States were those going into her former company's great- of the seamstresses of Philadelphia, the cat rival to ask for work, when an in-

flat on her back ! Is there any relief so great as that? Why, the let-down from that igneminious, desperate situation was to "I'm going to transfer you." the Big sudden and so big that Miss Johnson

> Haven't you had dreams that affect your own personal life in that realistic

have a purpose that we don't credit

Certainly they make us appreciate what is much more than we did before we caught our terrifying glimpse of what isn't, but might possibly be.

Old Unions Among the carliest trade unions of

Paul and Virginia

BY HELENA HOYT GRANT

Once in a While

JIRGINIA rose fifteen minutes late | He grunted a negative and paid to and frowned at her image in the further heed to her.

'Anything special you want for dismirror of her dressing table as she
mer tonight, Paul?'

mirror of her dressing table as she fumbled at reluctant locks with weary she asked with the slightest tincture of Then she dropped the comb on the floor with a clatter.

As she turned into custard pic for dinstick fell down from behind the door with a Virginia with the perseverance of a perfect heavy thump. "Oh. dear." she mouned helplessly.

He made no answer He thrust his coffee cup toward her for another pouring and served him. She snapped on the electric light above the gas range, but no answering spark leaped into being.

"Do you think --- " she started.
"Oh, let me read the paper for a minute, will you?" he asked crossly. Virginia gave vent to an exasperated No sound but the ticking of the clock She was now almost half an hour late and the slight touch of and no breakfast under way. So she chins.
hastened and—the bacon burned black
in the shluing aluminum pan.
"Lat

The half hour struck,
"Late," he said in a smothered sort
f way. "Oh, well!" But his eyes "Oh, dear, what is the matter this of way. "Oh, well!" But I orning?" she cried to herself. morning?" she cried to herself.
"Everything going wrong!"
She heard Paul astir in the bathroom.
The harsh straping of razor against He stood upon the threshold pulling

on his gloves, hesitant, But Virginia made no advance, of recalcitrant beard annoyed her.

Her lips pressed firm: she vowed nothing would cause her to send him off to the day's business with a frown.

"Oh, the devil and all!"

fered no encouragement, so he had to come back to where she still sat in her place and leaned over and gave her a hasty, dutiful kiss.

And he was gone.

At about 10 o'clock that morning the sun broke into the beavens and the dork clouds scuttled, as if remoraefully, across the akles and into blessed noth-

And Virginia, in her kitchen, wept. "Oh, why was I so mean to him?"

His eyes, grotesque above the thick lather on his chin and cheeks, held no smile. They were almost sullen and she looked bastily away, for she was resolved he should be fed, kissed, patted And in a big office downtown, a re-pentant young man felt his cheeks burn at a shameful recollection of the early morning.

Gee whiz, but I was an ugly brute to ber this morning. I'll have to go some to make it up to her."

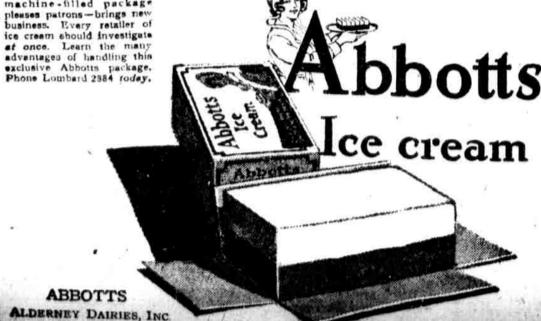
It happens so—in the first year— "Don't you want another egg dear?" she asked him across the breaknce in a while!

Tomorrow-Omens



Abbotts brought bulk ice cream in package form to Philadelphia

> WE GAVE you our delicious bulk ice cream, full-flavored and smooth, packed entirely by machine-in sealed, paraffined cartons -untouched by hand. Everyone prefers Abbotts' packed this modern, sanitary way. It has the rich flavor of bulk ice cream-plus a new cleanliness and ease of serving.

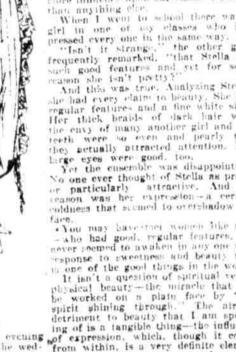




deeploy of one times select that makes ore influence apon our claim to beauty han anything else. When I went to school there was a girl in one of my classes who impressed every one in the same way. "Isn't it strange," the other girls "Isn't it strange," the other girls through both cheeseeloth and wool to frequently remarked, "that Stella has hold the latter in place. Then make such good features and yet for some a second cover of pretty washable goods reason she isn't pretty?" [In the content of the con And this was true. Analyzing Stella, she had every claim to beauty. She had regular features and a fine white skin. Her thick braids of dark hair were the enty of many another girl and her teeth were so even and penrly that they actually attracted attention. Her large eyes were good, too, harge eyes were good, too. Yet the cusemble was disappointing. No one ever thought of Stella as prefix or particularly attractive. And the or particularly attractive. And the casen was her expression a certain oldness that seemed to overshadow her · You may have their women like that - who had good, regular features, are never seemed to awaken in any one than response to excetness and beauty than one of the good things in the world



also, and then of course the sweet things that are so good are likely to make you stouter—less candy, cake and ice cream is best. In a season when the white evening of expression, which, though it comes gown is so much to the fore, the wedding gown suffers little danger from its of facial beauty and goes a long way old-time collapse after the exempty. Furthermore, most of the wedding frocks of today reflect so faithfully the tistical or conceited or cynical, the one carry and making or marring it. There is no way of making yourself aller, unless, like Topsy you "grow hat way" You must realize, too, that



that way. You must realize, too, that all a circular candy box.) Signify all of each circle with corresponding to the circles, but the circles, the circles of should be twenty-four inches four inches wide. Line it Crease a one-half inch plait of side of the strip. Button strip to the circles. Cut two black official can be way from fried foods, cream in side of the strip. Button strip to the circles. Cut two black official can be way from fried foods, cream in this time of the year is walking. And keep away from fried foods, cream at this time of the year is walking. And keep away from fried foods, cream is since and too many sweet things, if you do really want to lose some pounds. There we show a delightfully simple little model of white satin, which may be trimmed with cither white or silver lace. The cascading frills of this lace. The cascading frills of this lace. Since you are short bobbed harr would be more or less becoming to you but, as a rule, it is not well to year it this fashion, if the face is very full.

she thought as she studied Carol closely. "She's as cold as ice and absolutely heartless."

Aloud she said: "Haven't you heard, really?"

She wanted Carol to show some excitement. She was purposely being tantalizing in order to make Carol beg for the information, but she was disappointed, for whatever contion or enriesity she felt. Carol was too well trained to betray.

"I haven't heard anything."

"I have heard anything."

Cynthia. I have heard how when he has been out with me he been possible to have it spelled by this boy.

Cynthia. I have never kissed a boy, and this one particular boy has asked me several times, but I have always regist. I really like him and would like to kiss him, but how can I tell whether he really likes me? All the other girls any he kisses every one.

I have always gone out a great deal, but only on nights on which we have no school the next day, and I have never really wanted to kiss a boy before. So please tell me what to de:

"Mall She Keep His Friendship? No, don't point a boy of whom I think a lot. Now, all the girls around thin on he has been been portable. Now, how all the girls around the has been been portable. Now, how all the series

"Of course." Velus was saying smoothly, "he probably doesn't know what he is doing, and what's more, he doesn't care."
"But, why not: why shouldn't he care?"

Dear Cynthia—I'm coming to you for information concerning bobbed hair. Do you really and truly think it is going out of style? Do you really and truly know that it is going out? I want to bob mine, but am sort of on the fence and "Of course." Velma was saying

Every Woman Her Own Beauty "Doctor"

do not indulge now and then in a any beauty that might be ours Gets Practical Use "facial" or some other expedient to And there is no getting away from it

effect an improvement and not a

Sold only in our Stores