Breakfast

By LORETTO C. LYNCH.

Cereals are grasses the seeds of which are used for food. Among the most important are wheat, Indian corn, oats, rice, rye and barley. From these are prepared various breakfast foods such as oatmeal, cornmeal, farina and the like.

Of course, it is well nigh impossible to change the food habits of grown-ups, and if an adult who has een unfortunate enough not to have been given a steaming hot dish of cereal for breakfast when a child, refuses it for breakfast, every housewife should make it a point to see that the children get it.

It is no more expensive to terve the child a bowl of oat meal for breakfast than it is to give him half age to get a bowl of cereal, if not every morning, then perhaps three or four times a week.

The old-time housewife had to sit over the cereal and stir it for hours and hours. Yet she was wifting to Rice with Eggs and Tomato Sauce. do this so that her boys and girls might have it to keep them warm and put strength and energy into their little bodies. But the modern woman who must leave her home early in the morning to play breadwinner, has a valuable aid in the fireless cooker. The cereal may be cooked for five or 10 minutes over the flame and then put into the fire-less to continue cooking without and serve with tomato sauce. less to continue cooking without flame or need of watching, the long night through.

In preparing oatmeal, for one cup of oatmeal allow four cups of boiling water and one level teaspoon of salt. Cook directly over the flame at first stirring to prevent burning. Then continue the cooking either in the double boiler or in the fireless

Fine cereals like farina should be mixed with cold water before being stirred into the boiling water. This will prevent lumping.

Rice is the one cereal which may be prepared rather quickly and should be served frequently. Put to boil two quarts of water, to which a level teaspoon of salt has been added. Pick over and wash one cup of rice. When the water boils drop the rice slowly so as not to stop

If the grains settle to the bottom stin gently with a silver fork. Boil rapidly uncovered for 20 minutes or until the grains may be easily crushed between the fingers. Turn into a strainer and drain. Rinse with hot water to remove excess starch. Try serving fruits with cereals. bananas are delicious when served cut up with mush. Serving the fruit right in with the cereal saves the washing of several extra dishes. Figs, dates alike, should be scalded with boiling water to remove

the saucer with farina or other ce-It is much better to cultivate the taste of the children to depend or the natural sugar in fruits like dates, figs, raisins and prunes for sweeten ing than to have them add quantities of cane sugar to the cereal. If the child must have sugar with his ce-real lightly sprinkle it with a scant teaspoon of sugar,

dirt, then cut up and served right in

· Cereals should absorb all the moisture they are cooked in, If moist when nearly done, cook uncovered for a while.

Fruits for Breakfast

When the fruit begins to be scarce on the city fruit stands, often there is a general letting up on the fruit course at breakfast. For with oranges at 10 and 15 cents a piece, says the housewife, "I simply cannot

But there are plently of other fruits within the range of even the poor woman's purse, and the thrifty housewife will look about and find the cheaper kinds. The dried fruits, dried as they are today, are one of the real privileges of the modern home. Not only should you be acquainted with dried peaches, pears, and prunes, but you should also the dried plums, apricots, seeded cherries and apples.

Dried fruits are more bother to prepare than fresh fruit, but it is cheaper, especially when fresh fruit is out of season or has to be brought from a great distance. But, dried fruit is dirty. Even if it looks clean and comes in a clean. fancy package, nevertheless it will stand a thorough cleaning,
A new toothbrush will be found

convenient. Keep it especially for this purpose. Scrub each piece of the fruit with this brush and lukewarm water. Several waters may be The last rinsing water should be clear. Then put the fruit to soak in clean water. Cover the vessel containing the soaking fruit to keep out dust. Put the fruit to stew in the water in which it has

Many housewives do not take the precaution to give the fruit this thorough cleaning. Some cannot be-lieve it necessary. But, viewed underthe microscope, the fruit is very dirty and you surely would not care to eat it yourself or give it to the family if you could see it under the microscope. It is a mistake to throw off the water in which the fruit has soaked, as this contains some of the mineral salts and much of the fruit juice and flavor.

Stew the fruit very slowly to de-velop the natural flavor, adding the sugar toward the end of the cooking. Less sugar is required if it is added at the end. Cooking causes sugar to lose some of its sweetness. Not enough housekeepers use

stewed raisins. These should be cleaned with the brush and soaked and stewed. They, of course, require no sugar, but are improved by the addition of a little lemon juice or rind during the cooking.

The Great Critic.

The Victorian poet who said that "good critics are rarer than good authors" was right. To feel deeply and yet to think profoundly, to

Cereals for Caraway Seed and Raisin Cookies



Take two cups of flour, one-half mixed, add the eggs, which should cup of sifted sugar, one-half cup be well whisked. Roll out, and a dozen thick slices of bread. The of butter, one-half ounce of cara-space the cookes with a boy or girl graduates from high trouble is that cereal takes time-to way seeds, three-eggs, and one-half cutter, and bake them in a moderate school or college congratulations are cook, while bread may be bought cup of seeded raisins. Beat the buttops of the cookies may be brushed ready to eat. But the mother who ter to a cream, stir in the flour, tops of the cookies may be brushed or married she receives "best wish-ready" are dozen thick slices of bread. The of butter, one-half ounce of cara- shape the cookies with a round has the welfare of her little ones at sugar, raisins and caraway seeds: over with a little milk, or the white heart, will see to it that they man- and when these ingredients are well of an egg.

Luncheon Hints

add one minced onion and fry without browning. To this add two cups white sauce and one cupful partially cooked rice and boil until rice is tender. Put this into a buttered baking dish and keep hot. Poach the

potatoes into cubes and add to the bacon, stirring until the potatoes are heated through. Beat two eggs slighly, adding two tablespoonfus of cold water, season with salt and pepper To one tablespoonful of bacon fat and pour over bacon and potatoes, Cook until eggs are set. Fold and serve on hot platter.

In lifting the baby the mother should place her hands on either Bacon and Potato Omelet.

Cut four slices of bacon into small pieces and fry. Cut two cold boiled contents and should not be pieces and fry. Cut two cold boiled contents as this may strain indigestion.

Leaving it down gently. Remove the speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck that the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck the latter will be specked by a couple of drops of castor oil. If acid has entered the event indicates the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with the corner of a clean handkerchief. It is much harder to speck with

What's What By HELEN DECIE



Letters of congratulation are sent o friends who have been publicly onored in any way, whether by political office or promotion in business, or by some signal professional achievement or reward. When a es," and the "congratulations" are

tendered to the happy man.

But, by and by, when in the course of time, the stork comes, bearing "hostage to fortune" to the wedded pair, when a son or daughter is born, hen the congratulations are extendcard is sent with "congratulations" written in one corner, but this is rather cold formality among friends.

A letter is best; a fetter expressing the sender's rejoicing in the fortunate event and his or her most corner.

If this does not succeed, close the cold water and handage this in the cold water and handage the cold water and handage this in the cold water and handage this in the cold water and handage this in the cold water and handage the cold water and handage the cold water and the nate event and his or her most cor-

What's Yours? Women's Ideas That Paid Big Dividends

By FRANCES L. GARSIDE. | equal to those it had furnished in

ing a little cottage in her peach orchard, it was that she might take her paint brushes and easel there, and without interruptions, put some of the spring pinks and lt was granted, and all through

one spring she sat in the orchard day after day and painted. The fruit ripened and Miss Homans, finding inspiration as the season advanced continued to paint.

It was mid-summer, she noticed

it, though in a large city a few one knows that Nancy Homans miles away there was a crying has made a great success. need for it; the waste seemed When the inspiration came to criminal. She was tired of paint- her she did not dismiss it idly, ing. Her studio offered oppor-tunities for preserving the fruit What do you do with yours? (Copyright, 1920, Thompson Feature Service.)

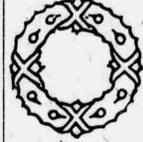
Nancy Homan's Idea Was a preserving its likeness. She "Peach" and She Refused to Let It Be Wasted. her own. It was given her. She When Nancy Homans asked a put a kitchen apron over her smock and soon there was an smock and soon there was an odor as delicious as that which filled the orchard when the trees were in blossom.

She put up preserves as long as the fruit lasted; she sold to her friends in the city. She succeeded The next season found her again in the orchard, and, though she petals fell from the trees; the painted in the spring, her real fruit ripened and Miss Homans, paying job began when the fruit began to ripe.

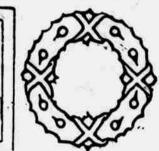
Perhaps she puts into her jellies and pickles and preserves some that the fruit fell to the ground of the sunshine she puts on her and was lost. No one cared for canvass. Who knows? But every

Eye Injuries.
The commonest eye injury is the lodging of some sort of a speck belief an inch above the edge of the lid. Have him look down and turn

eye and blow the nose hard. If still on both eyes. Then send for a doc-



Thomas Kilbatrick H



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\$350.00 Jap Mink Coatee, at

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-All most reasonably priced

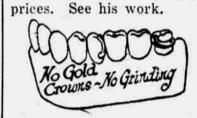
ROUSE DRESS SECTION.

In deciding where to buy his Xmas gift, remember Quality today is of much more concern than price To turn to an institution whose foundation is built on quality is to safeguard the character of the merchandise you buy. This store cherishes a confidence begotten of the ceaseless desire to supply service in merchandise-that quality which means True Economy. Shoddy merchandise, no matter how cheap, is sheer waste. In the long run quality-price for price-outlasts the flimsy, the counterfeit. We give preference to quality when a slight addition in cost insures a substantial increase in service value.



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'Is that a nev overcoat, Bill?

"Well-not exactly,

"But it looks like new duds, Bill."

"Yes—guess it does. At least a half dozen pals have stopped me this morning and have asked me the same question you did."

"How come, then, Bill? If it isn't new what is it?"

"Well, it's an open secret, Smith. I didn't care to blow in a year's salary for a new overcoat, so I had Dreshers fix up this one. It's three seasons old."

"Great stuff, Bill. Oh, that's that Dresher Brothers outfit on Farnam St., eh?"

"You're on, Smiththeir phone number is Tyler 0345."

"Much obliged for the tip, Bill—guess I will slip Dreshers a coat."

"So long, Smith." "So long, Bill."



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