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WILMETTE LIFE

offers an outstanding value
in this

Woman's World COOK BOOK

Introducing . . . THE AUTHOR

Lily Haxworth Wallace, who has no superior as a practical dietitian and domestic scientist. She has the finest standing in the National Home Economics Association of America and is respected among her associates for character and ability. She has been active for years as a lecturer, writer, author and editor of cook books. **HER EXPERIENCE:** Ten years in England. Twenty years in America.

WHAT IT CONTAINS

1. Washable book of over 468 pages and 114 illustrations (many in 4 colors).
2. Printed in large type; easy to read; lies flat open when in use.
3. Over 1,200 tested recipes.
4. Over 300 tested menus.
5. Thirty pages scientific diets for young, old, stout, slim.
6. Refrigerator menus.
7. Planning, marketing, care of food.
8. Tables of food values.
9. Entertaining through distinctive cookery.
10. Table decoration and service for every occasion.
11. Menus for increasing or reducing. Diets for ill or convalescent.
12. Feeding of children.
13. Height, weight, age charts.
14. Time and temperature cooking charts.
15. Buying meats.
16. Carving meats, game, fish.
17. Mechanics of cookery.
 - (a) Tools of profession.
 - (b) Rules for success.

REGULAR \$2.50 VALUE
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How often have you just hated mealtime because it comes so often . . . and dreaded the task of thinking up something different for dinner? It's really not surprising you women feel that way, for most of you have to plan OVER 1,100 MEALS A YEAR, and that's a lot of meals! Yet, what's been done about it? All kinds of labor-saving devices are in use today, but NEVER has a LABOR-SAVING cook book been made . . . UNTIL NOW! Imagine having a cook book that gives you HUNDREDS of the best BALANCED MENUS, complete, economical and practical! From these you need only select the one you want, and there, right beside the ingredients of the menu are the page numbers where the recipe for each ingredient may be found! It's so simple you'll laugh. And this service is but a FRACTION OF THE HELP the brand-new Woman's World Cook Book holds in store for you. What an ideal Christmas gift for your friends. Men, it makes a wonderful present to your wife. Or perhaps it affords a new and unusual bridge prize suggestion. Get yours today.

THIS OFFER EXPIRES DECEMBER 23!

How Many Tunes Can You Play on Leftovers?

There are over 1,200 nutritious and economical cooking secrets, with specific instructions on how to prepare, cook and serve these dishes.

Do You Know How to Buy Meat for Less?

Mrs. Wallace's long training and experience on: The Balanced Ration; The Food Budget; buying and cook-

ing meats, fish and poultry with meat charts showing how to buy wisely!

Are You Known for Distinctive Entertaining?

Thirty pages with numerous illustrations showing proper table settings and decorations, featuring damasks, glassware, cutlery, silverware, furniture and accessories is of vital importance to the north shore hostess.

Look at Some More of the Contents!

Menus for newlyweds, matured and elderly couples. Family menus; fish luncheons and dinners. School lunches. Picnics. Sunday "brunches" and suppers. Informal spreads. Meals from leftovers. Children's party meals. Articles on canned goods, soups, flavorings and seasonings, dairy products, crackers, etc. Insuring best results with proper equipment.

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