AN EASY DESIGN TO FOLLOW

Opportunity Is Always Bald Behind

The happy-go-lucky man or woman is invariably happy-go-unlucky.

paign without a plan. Neither ever results satisfactorily.

get nothing when you leave the Island."

yet, how perfectly human.

sight is in good working order.

### **SOME MEAT SUBSTITUTES** ARE GIVEN BY MRS. WILSON

Nut Loaf Baked in the Oven for Fifty Minutes Is Served With Avignon Sauce — Cheese Croquettes of Corn Pudding Are Wholesome

### By MRS. M. A. WILSON

(Copyright, 1821, by Mrs. M. A. Wilson, All rights reserved.) Dear Mrs. Wilson-I live in the country about nine months out of the ood meat-so I thought I would like to try some meat substitutes—per-haps some made out of nuts. I have an abundance of fresh vegetables which I use very much, but, notwithstanding that, we miss the good meat we have been used to in the city. I would appreciate it very much if I would appreciate it very much if you would publish or send me recipes that can be used in place of meat. Wishing you every success. I am MRS, U. II.

MANY families plan to use less meat of during the spring and summer. A significant form of the spring and summer of the spring o poultry. I presume these may be had, if

Dried peas, beans and lentils, nuts, cheese, milk, as well as canned and dried fish, will afford an abundant va-riety of foods when combined with plenty of fresh vegetables.

I would suggest that the above dier,
be supplemented occasionally with
amoked ham or bacon. Various meat

### loaves, using nuts and cheese, are de-Nut Loaf

Place in a mixing bowl One and one-half cups of cooked oreal left over from breakfast.
One cup of finely chopped nuts.
One-half cup of finely chopped pars-

Four tablespoons of bacon for or Two medium-sized onions, grated, One-half teaspoon of thyme. One tenspoon of salt, One-half teaspoon of schile pepper,

One cup of thick cream sauce, Two well beaten eggs. Work until smooth and then pack into well-greased and floured loaf-shaped pan and bake in a slow even for fifty minutes. Serve this with Avignon

### Avignon Sauce Piace in a squeenan. Two cups of milk.

One-half cup of flows.

Dissolve the flour and bring to a boil.

Cook for five minutes and then add One half cup of grated orions. Tinicat bit of garlie,

Tern well-beaten even. One quarter cup of melted butter. One and one-half cups of corn scraped Best hard to blend and then add four from the cub—the canned corn may also tablespoons of finely chopped parsley and juice of lemon just before serving. Cheese Croquettes or Cutlets

Place in a saucepan Two cups of mile.

Seven-cighths cup of flow.

Dissolve the flour and then bring the milk to a boil. Cook slowly for three minutes and then this sauce must be tard cups and fill with the mixture. Set in a baking pan and add hot water to half the depth of the cups. Bake in a half the depth of the cups. Bake in a half the depth of the cups. Serve in a first minutes. Serve in a first minutes.

One tablespoon of grated onion. slow oven for thirty minutes. Serve in One and one-quarter cups of grated the cups. This makes for efficient han-

### Please Tell Me What to Do

To Betty B.

By CYNTHIA

Try, dear, sto realize that perhaps for a little girl of fourteen your requests are not as reasonable as those of your sister. Who is eighteen. Four years make a great deal of difference. Some day you will be glad you had a mother who had strength cough to say "no," instead of always letting you have your way. It prepares us so much better and let cool. Mold into croquettes or cutlets and then roll in flour, dip in beaten egg and roll in fine crumbs. Fry until golden brown.

beaten egg and roll in fine crumbs. Fry until golden brown.

Dried peas, soup beans and lima beans are delicious when baked without meat. Wash one pound of the variety desired and soak overnight in plenty of warm water. In the morning wash, then place in a sancepan and cover with boiling water and cook slowly until nearly tender.

Turn into a baking pan and then place in a bowl which I always of warm the moraing wash, then place epan and ever with boiling all cook slowly until nearly mino a baking pan and then place of an of tomatact, rubbled through a place of the state of

Dear Cynthin—A word to "Wise Guy." Say, "Wise Guy." keep off forbidden ground. What do you mean by tramping in on the Woman's Page without wiping the mud off your feet?
And, oh, my word, you see "mush" every place you go. Well, I'll tell you keep out of the parks at night.
And, if you'd pay fifteen cents instead of fifty for your movies, you'd get the bloodthirsty. Deadeyed Dick tales your blustering nature calls for. Don't knock Cynthia's column. It's an institution and you'll find good advice in it. If you don't like the context confine your literary aspirations to the Sporting Page. It's great stuff, 100 per cent American

institution and you'll find good advice in it. If you don't like the context confine your literary aspirations to the Sporting Page. It's great stuff, 100 per cent American.

Or perhaps the want ad column commands your attention.

Want to know who's writing? A tall, brown-haired, brown-eyed "regular fellow." I dance and like it. I am not immure to the fair sex. I suppose for all these bad traits I am doomed to perdition. This is very good. Place in a mixing One and one-half cups of carn scraped perdition.

But I have the self-satisfaction o knowing that I say something when Three tablespoons of finely mineed Three tablespoons of melted butter, talk.

One teaspoon of salt,
One-half teaspoon of pepper,

As for quoting the sages, I give you people.

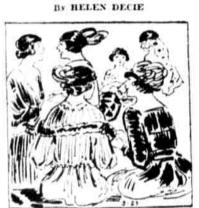
As for quoting the sages, I give you the crepe de chine bicycle. Mr. Mala-prop.

DAN B.

Uncle Walt Again Dear Cynthia—Thanking you for your kind acceptance of my former intrusions upon your charming circle of correspondents; I beg space to reply to "Hideand-Seek's" supplication for forgiveness. In replying to your first request for advice and information I spoke right out as I thought best and without hesitation advised you both to stay at home, forget this fancy notion of going far away to roam by either land or ocean; but when you wrote again, my dears, and in sarcastic vein, you scorned my arguments and tears that you two should remain; I saw that I had erred at first in asking you to stay and bade

or better, with one of the

### WHAT'S WHAT



Some women still cling to the old fashion of having one weekly or monthly day set made for receiving callers others, with constantly increasing interests and a larger circle of acquaintances, prefer to have only one or two days "at home" during an entre season. In the latter case, it is customary to have a little program of music and readings, fustead of a formal invitation, the visiting card of the hostess is mailed to each prospective caller a week in advance. In the lower left-hand corner of the card is written the day and date and the afternoon hours—usually "from three to fire" or "from four to six." If a distinguished visitor is expected a line is added. To meet M——. added. To neet M.
The hostess receives and introduces the guests. A relative or friend, seated at a table, pours the tea, which is passed around with the usual little cakes by any young men who may be present, or by two or more of the girls.

What Makes It Run?

# By HAZEL DEVO BATCHELOR (Appendix 1911, be Polite Leigner Co. The warrenge of Jercy Prope and the proper with the polity to the proper with the Maple is one of the woods most used for kitchen floors. It is smooth and very durable, and when oiled is proof against grease and water stains. Longleaf or Georgia pine and Douglas fir or red space are other desirable kinds and may be painted or cited. Any kind of wooden flooring should be well seasoned before it is laid to lessen the shrinkage and swelling due to changes in temperature and atmospheric conditions. Any cracks in the floor should be filled with nuits or better, with one of the No Stop! Look and all; they become rough and sore when it is applied, but others are helped by it. If used too frequently, even if helpful to the skin, there is danger of its causing the hair to grow.

To "A Disgusted One"

# Listen!" about

**loasties** 

THE SUPERIOR-CORN FLAKES

It's Begin! Eat and Finish! - says Bobby

# I am afraid you have been given a very wrong idea of convents. A girl cannot become a nun and continue with her profession. When she takes the veil she gives up everything outside her religious life. And she is never paid anything at all. If you are a Catholic talk to a priest about your trouble at home and he will advise you and help you to find a happier life and home. If you are not a Catholic you could get a room at the Y. W. C. A. If you are determined to leave home. You can get

CITY DRESSED SHOULDERS OF PORK

Shoulders of eYarling Lamb, 3 lbs. Best Country Scrapple, 121/2c lb.

121/2c lb.

Yearling Lamb for Stewing, 5 lbs., for 25c

Lean Soup or Stewing Beef, 3 lbs., for 25c

Roasting or Stewing Chickens - Special, 35c lb. Strictly Fresh Eggs Big and Meaty 45c doz.

MARKET ST. BEEF

One car ticket will bring you from almost anywhere OPEN FRIDAY AND SATURDAY TILL 9:30 P. M.

### DREAMLAND ADVENTURES

"UP A TREE" By DADDY

CHAPTER IV

Billy's Queer Fish DEGGY shivered. She hadn't been able to get a good look at the black thing which was climbing the tree toward the roosting birds, but she knew from Billy's alarmed whisper it was something to be

he boosted her several branches above tising a girls' summer camp. where she had been sitting. Billy paused to listen. Yes, there was just the faintest kind of a scraping noise, "What is it?" asked Peggy. "It looked

"What is it?" asked Peggy.

It is a fish."

"Huh! Who ever heard of a fish climb.

"Huh! Who ever heard of a fish climb.

A canoe gliding modestly along in the shadow of the trees that bend low over the stream.

To hopes of sunshing summer.

What is it?" asked Peggy.

It is hopes of sunshing summer.

One decides to swap places with another and starts to giggle on the way past her in the middle of the beat.

You get very "inty" with Nature.

"But you haven't told me what it is," water.

"But you haven't toid me what it is," said Peggy.
"I'm not going to tell you what it is, "it multiple Billy, who is seemed to be chewing on something.

Peggy felt creeps going up and down her back. Billy wouldn't talk that way unless he was scared himself, and it took a lot to scare Billy.

Smack! Crack! went Billy's jaws.
"What are you chewing?" whispered Peggy.
"Gum!" raplied Billy. Then he flashed the ray of the electric torch among the sleeping birds. He reached out and plucked loose feathers from the talls of Reddy Woodpecker and Blue Jay, as they sleep. Next he took from his pocket fishhooks fastened together and tied to a fishline. Billy wrapped the gum had stuck the feathers into the gum. In less than a minute he had made a little bird, with the hooks carefully hidden among the feathers.

"What are you going to do with that?"
"What are you going to the tell you wish the hooks carefully hidden among the feathers."
"Tim going to use it for bait," chuckled Billy, and again he istened for the crea-

DEFENDANT in the New York Court of General Sessions has just been A granted leave to amend his plea and accept a longer sentence in order that he

might go to Sing Sing rather than to Blackwell's Island.
"You get \$10 and a suit of clothes when you quit Sing Sing," he said; "You It is a pity that this forethought of which criminals are usually guiltless else they would not be criminals) was not exercised before instead of after-It is curious when you come to think about it, how many plainly visible things we do not see till some other fellow has seen them, and how at least eleven

ward her.

Then just as Mr. Snake was ready to grab, something bumped him on the head. It was the fishhook bird. Billy had let it down from above by means of the fishline. Mr. Snake wodged in his surprise. He saw a bird fluttering about and he thought it was just one of the sleepers suddenly awakened. He turned again toward Mrs. Robin.

The saucy bird circled his head and bang! it thumped him on the nose. That vexed Mr. Snake, but he still thought it just a blundering sleepy bird, It didn't look nearly so tempting as plump Mrs. Robin. So Mr. Snake just gave a low his and opened his jaws to grab Mrs. Robin. men out of twelve develop a first-class brand of hind-sight to the one whose fore-When the Lord placed two eyes in front of each man's head. He evidently intended him to look forward not backward; but most of us to our own great hurt keep on just wantonly ignoring and defeating this purpose of the Almighty. Consequences are pitiless-and in the life of every man and every woman "un-thoughtfulness" covers a bottomless pit of useless regrets and unavailing People succeed and are happy in proportion as they look to the future and

Forethought is the blueprint of life. Life without forethought is like a cam-Back came the saucy fishhook bird, and smack! it slapped Mr. Snake in the

A little worry is not at all a bad thing-our poorhouses would not be half

### THE CALENDAR SENT OUT BY A SUMMER CAMP FOR GIRLS

Brings Back Delicious Memories and Stirs Up Unsettling Desires to Go Back Again and Forget the Rest of the World for a While

THE camp consists of an eighteenacre estate bordering on a threeacre lake—the beautiful surrounding in contact with Nature in the most intiacre lake—the beautiful surrounding country giving to the camp its charm of seclusion." says a calendar advertising a girls' summer camp.

How that description does lure your movable rocks.

How often your knees and your nose in contact with Nature, then! "Climb up higher," said Billy, and of seclusion," says a calendar adver-

thoughts away from hints of snappy come in contact with Nature, then!

And in that little red cance, the lightest of the "fleet"—three of you to

paused for a moment. "But you have the stream.

A spring board inviting you, daring then, and so do your nice clean, dry you, to run its length, spring into the air and cut cleanly into that deep, cool the magazines and the paddles."

You get very "inty" with Nature then, and so do your nice clean, dry jumper and bloomers, the gay cushions, the magazines and the paddles."

"What are you going to do with that?"

"I'm going to use it for bait," chuckled Billy, and again he latened for the creature below. Once more came the scraping noise, and then a hiss.

"Oh," shivered Peggy. "It's a——" and whout waiting to say more he shot the ray of the searchight downward. It lighted up the place where a few minutes before Peggy had been sitting beside Mr. and Mrs. Robin and Bob-o-Link There in her place was the dark creature, its head swinging back and forth, its forked tongue going in and out.

Yes, it was a snake—a black snake. No wonder Billy had made Peggy climb higher in such a burry.

Mr. Snake was after the sleeping hirds. That could be seen in one glauce. He had his beady eyes on fat Mrs. Robin, and his head was swaying toward her.

Then just as Mr. Snake was ready to

# For that old-time Buckwheat taste

Heckers'-of course.

It's the buckwheat your grandmother used. Ready for the griddle when mixed with water or milk.



# MEDICIN

ASCO ASCO ASCO

ASCO ASCO ASCO Highest

Are you buying your meats at an "Asco" Meat Market? If not, you are

missing much in money-saving opportunities and real meat satisfaction. We ask you today to stop in one of our "Asco" meat markets to do your week-end shopping and let us prove to you we can save you money on your meat

Every piece of meat that passes over our counters must be tender, sweet and wholesome before it leaves our stores, thus insuring everyone that they are always certain of receiving the highest quality meats obtainable at the lowest price possible, and, furthermore, we guarantee sixteen ounces to every pound.

These prices in all our 181 "Asco" Meat Markets

Fresh Pork Shoulders, 14c

Native Beef

or Round Steak 16. 25c Rump Roast 16. 25c

Milk Roasting and Stewing Chickens 16. 43°

Tender Spring Lamb Rib Chops ..... 1b. 35c Neck ..... 1b. 121/2c Loin Chops ..... 1b. 45c Shoulders ..... 1b. 22c

Rib Roast 16. 22c Standing Rib Roast 16. 28c

Lean Beef 1b 10° Large Bone - 5° Best Krout at 5° Lean Beef 1b 12to

If you are in town today don't fail to visit our Big, New, Combination Grocery and Meat Market now at 239-241 South 10th street. It's worth a visit. Read Our Grocery Adv. on Another Page

Asco Stores all over Phila, and throughout Pennsylvania, New Jersey, Delaware and Maryland

ASCO

EveningScarf

Things You'll Love to Make

Plaited Tulle

PLAITED TULLES when made of a guite captivating when made of a bright celor and worn with a more som FLORA.

extrem have, that thresha was supported by the form the wrong. In for kitchen to dinner the back to dinner and she had no desire to do that leaf or Geor red spruce a red spruce a

boiling water to cover the bottom of the

pan well. This will prevent the pep-pers or tomatoes from bursting. Sprin-kle a little grated cheese over the top after the peppers have been in the oven for fifteen minutes. Bake in a moderate

Corn Pudding

One and one half cups of thick cream

oven for thirty minutes.

One small omon, grated.

### (Tomorrow-Jerry Forces an Issue) The Question Corner

Today's Inquiries Inscribe a new device that cuts potatoes for French frying in a mervelously easy manner. When a girdle with looped ends is worn with a taffeta dress, what make a quaint trimming for these

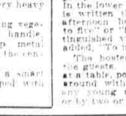
Increase a convenient and expareental dish for holding has the rental dish for holding has the worlen squares for a patchwork cover he joined together in a way that adds to the 6. What is the latest faid in can hid

Yesterday's Answers

Also it fifty women age now practicing law in New York sity. thus plly attractive bowl for narrow size of amethyst glass. Leaves of a darker single of gray voted, and on the brim of a soft gray sain bur, form a strik-ig trimming. A pretty scrap basket can be base from a wire frame for a lamp-shale by selecting a rather

alle in the same manner as a shad would be made, and making the bottom of silk over very heavy nedboned. A new utensil for chopping regetables has a firm black handle, artached to five sharp meta-

blades that fit together in the cen The sleeves and neck of a smar liber from are piped with





Vacuum Cleaner THE VITAL SALES CO. 5 N. 8th St., 1633 Calombia Ave., 1808 N. Broad St., 2765 Kensington Ave., 260 S. 62d St., 2616 Federal, Camden, N. J. Lowest, and our Quality the Highest.

LOINS OF PORK

Rib of Yearling Lamb Chops, Fresh ground lean Hamburg Steak, 2 lbs., for 25c

Half Smokes, best money can buy, only—15c lb. Lean Salt Pork .... 20c lb.

Picnic Hams or Shoulders, only 15cm. All Steaksor Roasts The Best Money 25clb.

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