

SOME DELICIOUS SOUPS MADE BY MRS. WILSON

Grand Bouillon Is Made of Shin of Beef With Veal Bones. Bohemian Butter Adds a Tasty Flavor to Steak

By Mrs. M. A. Wilson... TO DAILY... Soup has little food value; rather, it stimulates the digestive juices and thus promotes a good digestion.

- DINNER: Salted Nuts, Bouillon, Piccalilli, Toasted Fillets of Bread, Individual Potatoes, Bohemian Butter, Paprika Potatoes, Cauliflower, Lettuce, Spanish Dressing, Princess Pudding, Coffee

To the epicure nothing can replace the cup of real home-made bouillon. The steaming fragrance brings visions beyond the ken of the average mortal.

This recipe will make sufficient for three days and it may be used with added variations.

Grand Bouillon: One and one-half pounds of shin of beef, Two and one-half pounds of beef bones, One pound of veal bones.

Bohemian Butter: Three branches of parsley, One leaf, Four tablespoons of butter, One-half teaspoon of paprika, Juice of one lemon.

Princess Pudding: Place in a bowl, One-half cup of sirup, One-half cup of milk, One level teaspoon of baking soda, One and one-half cups of flour, One teaspoon of cinnamon, One teaspoon of nutmeg, Two tablespoons of melted shortening.

Princess Sauce: Dissolve the baking soda in the milk. Beat the mixture until smooth and then fold in the stiffly beaten white of egg and serve.

DINNER: Oyster Cocktail, Celery, Salted Nuts, Fillet of Cod, Breton Sauce, Potato Balls, Bread Filling, Roast Chicken, Creamed Carrots and Peas

Two Minutes of Optimism

By HERMAN J. STICH

"Get Angry Aright"

Every once in a while a man tries to find out whether a third rail is "alive." In spite of the inevitable, inevitable and sad result, nobody has ever suggested prohibiting the use of electricity; nobody has, in fact, ever thought of electricity as other than a most vital factor in the forward march of civilization.

Now, there is an emotional third rail quite as beneficent as the electrical third rail—and as dangerous—that most of us brave altogether too frequently. This emotional third rail is ANGER, which, when you analyze it, is simply tremendously concentrated, high-powered, explosive ENERGY.

Yet, nobody inveighs against ENERGY, nobody tirades about it; rather, the whole world turns to song in paeans of praise of Energy, and swells the Anvil Chorus in dirges of Misereere over Anger.

And this is because we often fail to realize that every power, no matter how potent it may be for good, when misused is fairly sure to have regrettable consequences.

And it is misuse of Anger, as when a man flies into a temper over trifles—or over anything else for that matter—that constitutes experimenting with a charged wire.

Properly directed, Anger's influence for good is immeasurable. Controlled and held in leash, Anger is like the steam put up in the mechanism of a steam engine—a source of energy, power and usefulness.

Teachers have observed that criticizing the work of students so as to arouse their resentment frequently stimulates to more determined and intensified and better effort.

Competition—the desire to emulate and "go one better"—are but manifestations of Anger.

Anger is responsible for almost every step of progress. Most of us are sluggish. If let alone, we might die of natural inertia. We have to be stirred up, get severely and constantly jolted, before we wake up or sense situations. And oftener than not, Anger serves as the great awakener.

It was because men became angry that they abolished slavery. Anger freed the colonies. Anger stopped the shame of the Congo. Anger throttled militarism.

Anger has always been the world's dynamic arouser and reformer, the unconquerable force behind every concerted movement for improvement.

And this brings us to the meat of the nut—that a man, in fairness to himself and his nearest and dearest, should not waste his anger or, what is the same thing, his energy, on considerations that do not count.

Use your anger to drive you in the direction of the worth while. Hitch anger to your ambition and to your efforts.

Get "fighting mad" over your obstacles and weaknesses—your temper, for instance—and they will soon disappear.

Set anger to work crystallizing New Year's resolutions. Some of the greatest characters in history have been men of strong temper—but of equally strong determination to hold their most precious motive power under strict regulation and control.

Harness anger—"GET ANGRY ARIGHT"—and you will think, work and plan harder, longer and more productively.

he said. "I am going to be your guide at the picnic."

"If part of your name is Elish, what is the other part?" asked Peggy.

"That is for you to guess, and until you guess right you shall be my slave." With that Elish bounded to Peggy's shoulder and slipped a tiny golden hook into her ear.

To this hook was fastened a silken cord. Elish then bounded to Billy's shoulder and hooked him the same way, and did likewise to

"We will take a short cut over the hills to get to the picnic grounds so you will have first chance at the swings!" he said.

The way over the hills was hard to travel, taking them up steep banks and down deep ravines, and through tangled briar patches. It was long, too, and they were hot and tired before they reached the spot where the picnic was to be held.

"Hurrah! We can have the swings as long as we like," cried Hurry-Up Harry. Elish grinned as he led the three children to the three swings, fastening each one in by means of the silken cord.

"The other children will be sorry they didn't have me to guide them!" he chuckled.

But the other children were not sorry. No sooner had Peggy, Billy and Hurry-Up Harry seated themselves in the swings than they heard a loud rumbling. It was a motortruck coming up the hill loaded with Smiling Teacher's picnic party.

"Why didn't you wait for us?" cried Smiling Teacher to Peggy, Billy and Hurry-Up Harry. "Didn't you know we were coming by truck so we would be fresh for our picnic fun?"

Peggy, Billy and Hurry-Up Harry felt very sheepish when they heard that. Elish Elf grinned. "But you got here first and grabbed the swings," he whispered. "Swing! Swing! Swing!"

What happened when they swung will be told tomorrow.

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This electric-washer sale is another of the money-saving opportunities we are occasionally able to offer our customers on standard, well-known, thoroughly reliable electrical merchandise. We have been preparing for this sale for months—we urge you to take advantage of its exceptional opportunity NOW!

See a practical demonstration of the Prima at the Electric Shop, Tenth and Chestnut Street, or at your District Sales Office. Or mail "send-for-full-information-card" sent you last week with Prima washer folder.

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AMERICAN STORES CO. Further Price Reductions This Week! BIG SALE OF CANNED FOODS. More Opportunities to Save Money. This week we are running another of our Canned Goods Special Sales, which always prove so popular with our customers.

On Everybody's Tongue! Our move last Monday in making a drastic reduction of 25% in the price of our Victor Bread has created a veritable sensation, not only in Phila., but for hundreds of miles around.

Finest Butter in America! Louella Butter 45c lb. Richland Butter, lb. 41c. Pure creamery print, also big value.

Strictly Fresh 30c Eggs doz. Every egg guaranteed absolutely fresh. Asco Sliced Bacon, pkg., 18c. Sweet and juicy. M-m-m!

Best White Potatoes 1/2 bu. 35c 30 lbs. 9c; 1/4 pk. (3 1/2 lbs.), 5c. ASCO Tall can Evap. Milk 14c. An Asco Quality Product through and through—without question the very best you ever used.

ASCO Coffee lb. 25c. You'll enjoy a cup of this rare coffee—smooth, fragrant and mellow—a coffee of unusual excellence. In fact, coffees of the same high grade are being sold elsewhere for 40c per lb.

ASCO Family Flour 5-lb. bag 33c 45c Brooms cut to 33c Bermuda Onions lb. 5c Asco Cornstarch pkg. 7c Best Pure Lard lb. 12 1/2c Asco Peanut Butter lb. 15c Fancy Blue Rose Rice lb. 5c Window Screens each 65c Asco Oats pkg. 9c

Come One—Come All! Have you been taking advantage of the big values we are offering every Tuesday in our Special Sales? We are doing this to acquaint more folks with the advantages of dealing at the Asco Meat Markets.

These Prices in All Our 184 Sanitary Meat Markets Tuesday Only, May 10th. Whole Cuts Chuck Roast lb. 12 1/2c Boneless Rolled Pot Roast lb. 15c. Lean Soup Meat lb. 8c Lean Boiling Beef lb. 10c Cross-Cut Roast lb. 22c Thick End Rib Roast lb. 20c. FRESH BEEF LIVER, lb. 12c. Trade at Our Nearest Store "Where Quality Counts and Low Prices Prevail!"