

MRS. WILSON BUYS SUPPLIES FOR SUNDAY'S THREE MEALS

Pease Pudding Is Made From Dried Peas Cooked and Strained and Served With Tomato Sauce—New Strudel Dessert

By MRS. M. A. WILSON

THE successful farmer knows in supplying the needs of his stock that a balanced ration not only prevents waste, but keeps his animals in prime condition, and hence he gives them food that is needed for them.

In this way heat and energy as well as muscle-forming elements are in the right proportion for the proper nourishment of the animal.

The housewife, in solving her own particular food question, in relation to the family, must consider virtually the same needs as the farmer, with his livestock. But she has to consider some other vital points as well. She must know that one-fifth of the total weight of the body is protein elements and the body can only be kept in good physical condition by a diet which contains sufficient protein necessary to supply this demand; that carbohydrates, fats, and sugars, as well as the starches and cellulose, are necessary to furnish energy; but if she lacks the real ability to prepare food that tickles the palate, much money and food will be wasted in an effort to supply the family with their daily sustenance.

Among the many supplies of the market which can hardly be classified as real working constituents of our diet, are the green succulent vegetables, flavoring materials and fresh fruits. Everything used in the home as a garnish, be it a dainty sprig of green parsley or the red ripe juicy strawberry, each has its particular place to fill and one seldom, if ever, inquires whether the cellulose of the parsley gives a perceptible aid in giving bulk to the food, or whether the delicate essential volatile oil, to which the strawberry owes its delicate flavor, aids strawberry in its particular way in the process of digestion.

No amount of skill can bring back to the overripe fruit or vegetable that the flavor which it held in its prime. Hence, for this reason and other reasons, too, do not, for a minute, ever consider the purchase of partially decayed, stale or wilted fruits or vegetables. Know your local markets and what they afford. Do not send children shopping—go yourself.

Here is a suggestive menu with three meals for Sunday.

- SUNDAY BREAKFAST Berries Irish Linn Coffee
DINNER Toasted Cheese Omelet Pease Pudding Cucurbit Salad Rhubarb and Raisin Strudel Coffee
SUPPER Bacon Omelet Macaroni au Gratin Tomato Salad Strawberry Pie Tea

ing dish and broil in the broiler. Lift the broiled tomatoes on a slice of toast and cover with Hollandaise sauce. Dust with paprika and serve.

Hollandaise Sauce Place in a saucepan: One-half cup of milk, Two tablespoons of flour, Stir to dissolve the flour and then bring to a boil and cook for five minutes slowly. Now add: Yolks of two eggs, Five tablespoons of butter, One-tablespoon of lemon juice, One-half teaspoon of salt, One-quarter teaspoon of white pepper.

Irish Linn Place in a mixing bowl One-half cup of mashed potatoes, rubbed through a sieve, One cup of milk, Yolks of two eggs, Two-thirds cup of sugar, Four tablespoons of melted butter. Beat to mix and then add Three and one-half cups of flour, Five level teaspoons of baking powder, One level teaspoon of salt, One-half level teaspoon of caraway seed.

Pease Pudding Soak the peas on Friday evening and then cook until very tender on Saturday. Drain and then rub through a fine sieve and place in the icebox until Sunday.

Rhubarb and Raisin Strudel Cut one bunch of rhubarb in very thin slices and then place in a bowl and add: One-third package of seedless raisins, Two-thirds cup of brown sugar, One-quarter teaspoon of nutmeg. Mix and then prepare a pastry as follows: Place in a mixing bowl

SMART PINK LINEN IS PRACTICAL AS WELL



By CORINNE LOWE

The athletic career of many a lady is confined to her prowess in finding a new kind of costume for a sport in which she never takes part. The above model, however, is not one of those for the country club veranda game. It is a real honest-to-tennis, honest-to-golf, one-piece frock of pink linen worn over a white shirtwaist. These frocks have recently made their appearance in Fifth Avenue shop windows, and they are carried out most often in linen or wool jersey. As will be seen at once, a model like this is intensely practical and adapted to any kind of outdoors to which you may be addicted.

Three cups of flour, One teaspoon of salt, One level tablespoon of baking powder. Sift to mix and then add Two-thirds cup of shortening. Cut in the shortening until the size of a pea, and then add nine tablespoons

Two Minutes of Optimism

By HERMAN J. STICH

"As a Man Thinks, So Is He"

JAMES J. HILL, king of railroad organizers, once handed a written order to a young, newly hired bookkeeper.

The bookkeeper glanced at the order, thought for a moment, then said to the railroad car:

"Sir, this order is all wrong!"

Mr. Hill took back the order, studied it a minute or two, then carefully scrutinized the young fellow before him.

"I believe," he remarked finally, "you'll DO. You THINK!"

The man who can think is the man who can DO, and the man who thinks is the man who DOES; exceptions to this rule simply emphasize it.

"I think, therefore I am," reasoned one of the world's greatest philosophers. And the man who does not think simply is NOT—he is a dead one—whether he knows it or not.

The final test of a man's value is his ability to think.

Inability to think—which usually means unwillingness to think or mental laziness—makes a man a liability to himself and to everybody with whom he does business.

The man who will not think as he works eventually degenerates into a worshiper of precedent. He prays to the calendar and the time clock. He becomes warped, incapable, prejudiced, dogmatic and ignorant.

If you want to improve, to move up and to enjoy—THINK! THINK as often and as hard as you know how.

A man may have knowledge, faith, initiative, graciousness and all.

But if he will not think, if he does not use his gray matter while using his muscles, if he refuses to seek eternally a better way to capitalize the day, he is neglecting the one fundamental that alone can win him a place in the sun. And he grows constitutionally inefficient and inferior.

There need be no such thing as purely mechanical work, although much work is done mechanically.

When a man becomes so proficient that he "doesn't have to think about his work" he ought to get some other work, or somebody else's hat will soon hang from his favorite peg.

THINK!

"As a man thinks, so is he," said the wisest of men.

Think as a matter of self-preservation.

For the man who stops thinking starts drifting—always toward the rocks.

of water to form a dough. Divide the pastry in half and then roll out one part and spread with the prepared rhubarb and raisins. Roll as for jelly roll and then fasten the ends and bake in a slow oven for forty minutes. Make a strawberry pie at the same time and thus use the balance of the pastry.

LITTLE BENNY'S NOTE BOOK

By Lee Page

"I was in ma's room this afternoon crawling under her bed to give a imitation of a boat going through the Panama Canal, and wat did I find under there but a dime, thinking, Gosh, holey G, a dime. And I started to try to remember if I had ever lost a dime besides the one I lost out in the street one time, coz I couldn't remember any, thinking, G, I wonder if it could possibly be the one I lost out in the street. Not seem'g hardly probable, and I thawt, Well anyway in the ony one gets under the bed and how could enybode loose it under the bed without gettin' under there first? And I crawled out, sayin' to ma, 'Hay ma, have you bin under the bed lately?'"

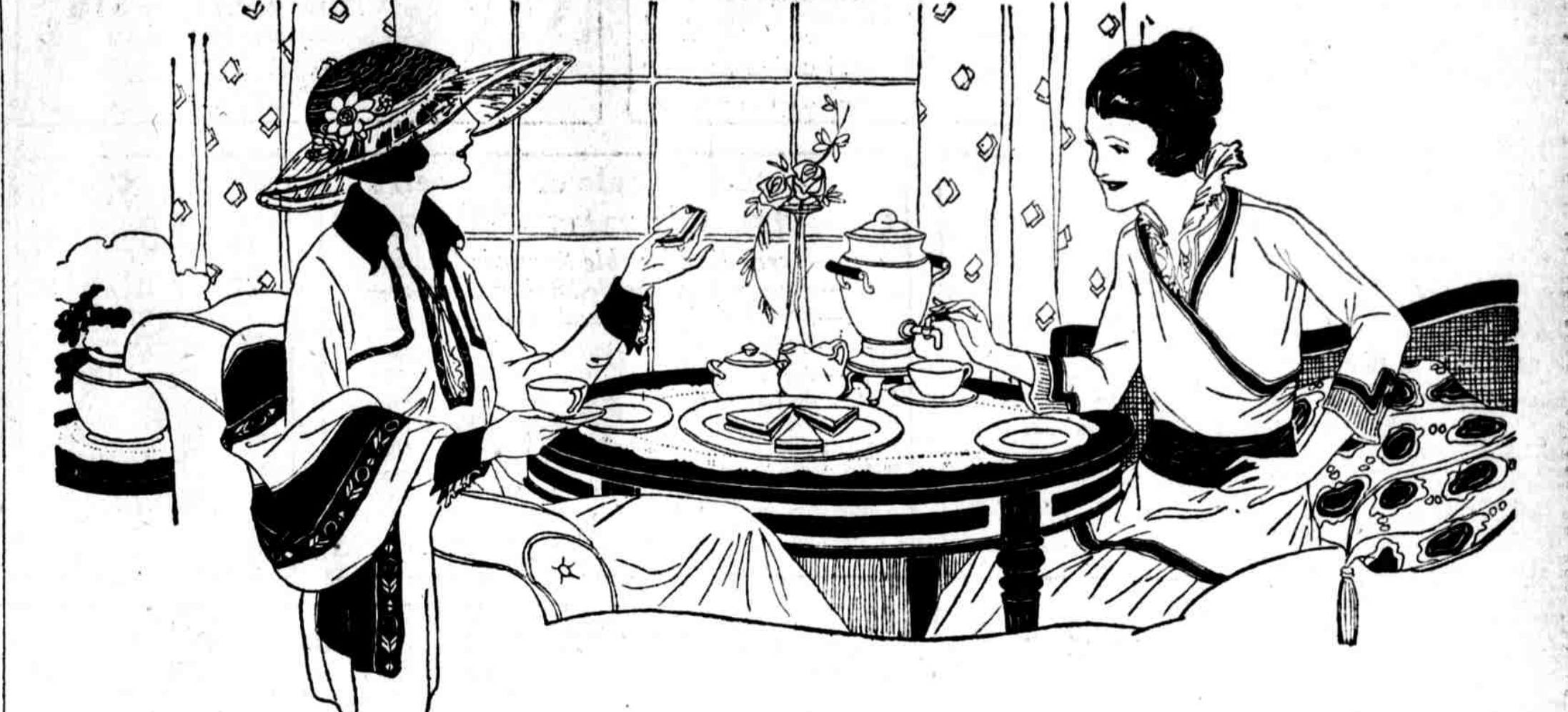
Why bother to cook a hot meal on a hot day? Your family will get more enjoyment and nourishing refreshment from ice cream and zesty sandwiches made from the sanitary, summer-proof, coated package of ANCRE CHEESE

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Well for goodness sake is that the best question you can think of? and ma. Meaning she hadn't bin, and I sed; Well have you noticed pop under there? I notice that you dont seem to be in your rite senses, sed ma. Well do you think it would be possible for me to lose a dime one place and find it somewares else, for instants under your bed? I sed. Hand it over, sed ma. Mam? I sed. Hand it over, it dropped out of my bag yestiday and I couldn't imagine wate it rolled to, sed ma. Wat was the date on it? I sed. Hand it over, sed ma. Wich I did.

CHARITY'S CLEARING HOUSE Work of the Social Service Exchange Discussed Use of the Social Service Exchange as a clearing house for various charitable organizations to prevent duplication of work was discussed at a conference yesterday in the Social Service Building, at 410 South Fifteenth street. The exchange, which has been used for some time, arranges matters so that any organization may consult another organization's records and so save time.

JOSEPH'S NEW COTTON FROCKS At Special Prices in Pre-Holiday Offering Charming Models in Scotch Gingham \$12.75 Selling Elsewhere For Much More Every popular color combination in checks or plaids—many combined attractively with organdies. The famous Imported Stiefel Organdies, Dotted Swisses, Fine Gingham and French Voiles. \$14.75 to \$29.75 115-117-119 So. 9th Street.



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"What delicious bread! Is it your own baking?" "No; it is even a Better Bread." "I'll let you into a secret, my dear. I haven't baked bread at home for a long time. "I've been getting Freihofer's New Butter-Krust from my grocer every day. "It's so good I've decided home-baking is a waste of energy and an expense that isn't warranted. It means hours in front of a hot range and an outlay for flour, fresh milk, sugar and other things that's really an extravagance. "There's everything in Butter-Krust that goes into the bread I make at home—nothing more. And there's every facility at the Freihofer bakery for baking bread the better way. "Notice its wonderful flaky whiteness? Nothing 'puffed' about that, my dear. Butter-Krust is all substance. Tastes better than cake, doesn't it? "Its fragrance is delightful. So appetizing you're just tempted to eat and eat. My youngsters fairly gobble it up. Tom likes the temptingly rich milk-and-butter flavor of Butter-Krust. "Whenever friends call I serve sandwiches of Butter-Krust. Always my guests compliment me—as you have—on the excellence of my 'home-baked' bread." Your Grocer has Butter-Krust. Fresh twice daily. 12c. Freihofer's New Butter-Krust A Better Bread Copyright 1921, Wm. Freihofer