

HAPPINESS AND HEALTH PRESCRIBED BY MRS. WILSON

Select Your Food Carefully, With Proper Proportion—Cook It Simply and Season Nicely—Some Recipes From Canada

By MRS. M. A. WILSON
It is a real duty of every woman to be accomplished in the art of cooking.

Carefully selected foods, with the correct proportions—cooked simply and nicely seasoned—are characteristic of our modern cuisine.

Often it is just the sauce that either makes or mars the entire meal. Hence a word about sauce-making would help to clear up this subject.

For brown sauce place in a saucepan one-half cup of good shortening and one-half cup of flour.

There came to be worn on a ribbon around the neck a wooden charm, hand painted, about the size of a silver dollar.

IN addition, there are 81 other features including 5 more stories, 14 pages of fashions, The League for Longer Life, Interior Decoration, Women in Politics, Cut-Outs in color for the kiddies—something to interest every member of the family—in July

GOOD HOUSEKEEPING out today
Ask the clerk in the Asco Store where you deal where our Meat Market nearest to your home is located.

AMERICAN STORES CO. ASCO ASCO

A Thrifty Wife
is a valuable asset to a man in many ways. The little economies the wife is able to effect mount up in the course of time, and many successful business men of today—even some rated in the millions—got their first start in business on the money the faithful wife was able to save by exercising thrift in buying the family needs.

Best New Potatoes
1/4 pk. (3 3/4 lbs.) 9c
3/4 pk. (7 1/2 lbs.), 18c; 1/2 bu. (30 lbs.) 70c

New Texas Bermuda Onions, lb. 5c

Asco Evap. Milk tall can, 12c
Asco Corn Flakes pkcs. 9c

Big No. 3 Can Jersey Pork & Beans Cut to 10c

Wash Day and Cleaning Needs
Lenox Soap 3 cakes, 10c

UNEEA BISCUITS Cut to 5c pkcs.

Kraft's Elkhorn Cheese Cut to 12 1/2c Tin

ASCO DRIED BEEF 10c pkcs.

Loeuella Butter lb. 40c

Richland Butter lb. 35c

Gold Seal Eggs Carton of Twelve 35c

Strictly Fresh Eggs doz. 30c

To Beat the Heat Here's a Treat!

Asco Teas lb. 45c

Victor Bread Big Loaf 6c

ASCO Coffee lb. 25c

Did You Ever See Such Values Before?

These Prices in All Our 187 Sanitary Meat Markets:

TUESDAY'S BIG SPECIAL Whole Cut Chuck Roast lb. 10c

Lean Soup Beef lb. 8c

GENUINE SPRING LAMB

Shoulders lb. 25c

Neck lb. 10c

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WANAMAKER'S Wanamaker's Down Stairs Store

Uncommonly Pretty Frocks of Gingham and Voile \$3.50, \$4, \$4.75, \$6, \$7.50 to \$8.50

Such dresses are the bread-and-butter frocks of Summer, the kinds that one can wear every day and never tire of.

Unusually Fine at \$25

Center Aisle Opportunities Bungalow Aprons, 85c

Women's Ramie Linen Suits In Four Colors, \$9.50

This All-Silk Crepe de Chine 40 Inches Wide, Has Just Come at \$1.35

White Middy Skirts for All the Little Girls Who Want Them

Crepe Step-in Bloomers, 85c

Extra Fine White Sateen Petticoats, \$2

Summer's Sample Blouses for Women, \$1.45

The Coolest House Dresses Are of Voile

Best Chance in Four Years to Get Good Towels

Most Fashionable Peter Pan Collars At \$1

Women's Sports Shoes \$5.40 to \$6.90

Marquissette Curtains \$1.50 a Pair



\$4.75 \$8 \$5.75

Just forty of these charming Summer suits in rose, orchid, white and Copenhagen blue. They have tuxedo or notch collars and the pockets are trimmed with pearl buttons.

Plenty fine enough for a dozen purposes and it has a lustrous finish that makes it very pretty. Every thread is pure silk.

What is more becoming to little girls of these ages for either play or "dress up."

Trade-marked crepe, cut plenty wide and neatly hemstitched. Fresh-pink and white.

Double panel back and front that they may be worn beneath sheerser summer frocks.

Flower-like organdies in Copenhagen blue, rose and tan.

White dimity trimmed with checked gingham and white with sheer voile with lace for adornment.

Not every size in each style—but choice is excellent.

Pink coutil, well made and lightly boned. An excellent model for slight to average stout figures.

Wanamaker quality—which means they are cut comfortably large and nicely made.

The two white low shoes that are indicative of the unusual values in this collection of the most fashionable footwear of the season.

Between these low prices—\$5.40 and \$6.90! Included are oxfords and pumps of white canvas combined with black or tan leather.

Of good quality marquissette, they are 2 1/2 yards long and have hemstitched borders and valances—pretty Summer curtains.

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