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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 Coppright, 1921. by Mrs. M. A. Wilson.

IS a real duty of every woman to be accomplished in the art of oking. A modern philosopher writes that those who cat soggy bread with ten and partially cooked foods, and who make a pretense of enjoying it, when they really could have delicious foods done to a turn, should be sentenced for life to an American-plan hotel, where all the meats and vegetables are cooked together in steamers or ovens, and served on stone-cold china by a waitress

who ignores you. Carefully selected foods, with the corsect dietetic proportions-cooked simply and nicely seasoned—are characteristic of our modern cuisine. Fussy or oversecorated foods are out of date. So that the last word in the real and true preparation of our foods is duintiness. A little care in the cooking and ar-rengements of serving will more than pay for itself in the savor and keen enjoyment of the family.

Often it is just the sauce that either

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

When making white sauces, butter is longer used until the sauce is ooked. Just blend the flour and milk, the from lumps, and cook, then reserved. free from lumps, and cook, then season and add the butter for flavoring. From foundation many sauces can be

Add one-half cup of parsley for pars-One-half cup of capers for caper

One half cup of finely chopped onions, parboiled for onion sauce,
One cup of peeled and parboiled
muskrooms, cut in pieces for muskroom

sauce,
Two canned pimentos, rubbed
through a sieve, for pimento sauce,
One cup of thick, well-drained stewed
tamatoes, rubbed through sieve to equal
part of cream sauce for tomato sauce,
One half own of finely mineral sauce, One-half cup of finely minced oysters,

or oyster sauce, One-half oup of finely minced claims One-half oup of fish, flaked and free rom bones and skin, for fish sauce, One-half cup of finely chopped stuffed lives for olive sauce,

One cup of cooked asparagus rubbed through sieve, for asparagus sauce, Three tablespoons of prepared horse-radish for horseradish sauce,

For every cup of thick cream sauce use four tablespoons of flour to each cup of milk, then season; use for meats vegetables or purees as directed in For sweet sauces use one-half cup

of sugar and two-thirds cup of any through a sieve, to every cup of thick ream sauce, prepared as directed above. These fruit sauces are usually served on puddings both boiled, steamed and baked, on custards and some varieties f shortcake.

This standard or stock recipe may also be standardized for purees or cream soupe. To every cup of cream sauce, prepared as directed above, add one cup of the desired vegetable, which has been cooked until tender and rubbed through Use one-half cup of the vege able and one-half cup of the water in which the vegetable was cooked. Season

Add one-third cup of sharp cider negar for sauce piquante.
Add one cup of peeled and parboiled

Add one cup of peeled and parboiled mushrooms for broien mushroom sauce. Add two tablespoons of Worerstershire sauce for Andover sauce, Add one-half cup of chili sauce to Andover sauce for Robert sauce, Add one-half cup of finely chopped pickled scalmuts for Osbourne sauce. Add one-half cup of finely chopped sweet mixed pickles for Flensish sauce, Add one cun of finely chopped onions for brown onion sauce.

Add one-half cup of tomato chisup, Two tablespoons of vinegar, bit of gerlic and grated onion for Flemiah

fish and seafoods and frequently with egg dishes. Tartar Sauce

One-half oup of finely chopped pars-One-half cup of finely chopped sour One medium-sized onion, chapped fine,

Tiny bit of garlie,
Pulp of medium sized lemon.
Add to one cup of thick mayonnaise
that has been highly seasoned.

Sauce Ravigote to one cup of mayonnaise or salad dressing highly seasoned. One half cup of paraley chopped fine. One bunch of scallions, chopped fine. One large green pepper, chopped fine. One-half cup of capers, chopped fine. Mix and serve very cold.

Grated raw beets, carrots and onions may be added to either of above sauces for making the real Russian dressing. This recipe came to me from the Ukrainian wheat fields of Russia. Here are Canadian recipes:

Thousand Isles Dressing Place in a fruit jar Tiny bit of garlie,

One green pepper, minced fine. Three tablespoons of finely minced Two tablespoons of finely minced One-half teaspoon of mustard,

One-half teaspoon of papriks,
One-half teaspoon of pepper,
Tiny pinch of thyme,
Juice and pulp of one lemon,
Juice and pulp of one-half small

one-half cup of tarragon vinegar,
Two-thirds cup of salad oil,
One teaspoon of powdered sugar,
Shake the mixture until rich and reamy and then serve very cold.

Ottawa Dressing

Place in a jar One-half cup of catsup. Two pimentos, chopped fine, Two onlons, minced fine. Tiny bit of garlia, Pulp of one lemon, One-half cup of vinegar,
Three-quarters cup of salad oil,
One teaspoon of sugar,
One teaspoon of mustard, One-half teaspoon of paprika, One teaspoon of salt.

Frontenac Sauce Place in a small jar Two tablespoons of freshly grated horseradish. Two tablespoons of finely

parsley, Two tablespoons of finely green pepper. Six tablespoons of white One-half teaspoon of sugar,

One teaspoon of salt, One teaspoon of white pepper, Three-quarters cup of salad oil. Shake until creamy and use. An almost endless variety of changes can be made by serving any of these sauces with the exception of the sweet fruit sauces, on cooked vegetables, both hot and cold, on cooked macaroni or eminces of leftover meat, fish or vege-

Adventures With a Purse

which the vegetable was cooked. Season to taste.

A WOMAN sat across from me in the trolley car fanning herself with a newspaper until her arm was tired and she dropped it wearly into her one-half cup of good shortening and and she dropped it wearily into her one-half cup of flour. Cook until a very dark mahogany color and stir with a spoon all the while. Now add two cups of cold water and stir to blend, really gaining nothing but a little mustree from lumps, and bring to a beil and cook to the desired consistency. Turn the exertion. Today I saw a fan that has all the conforts of a regular fan, with a close of cheesealth and begin with no a small strainer that has been lined with a close of cheesealth and begin with a conforts of a regular fan, with a close of cheesealth and begin with a conforts of a regular fan. with a plece of cheesecloth and begin twisting the cloth, just as though you were going to wring it, and thus force the sauce through.

To make anchovy sauce

Add one half teaspoon of essence of the sauce through the sauce throu breeze without a tiresome arm move-ment—and all for \$1.75.

Displayed in a shop window today was a collar and cuff set that actually made my mouth water. It was of light tan organdie and embroidered with wool. A large basting stitch of black was around the hem and in either cor-ner of the collar and cuffs were embroidered two flowers, one pink, the other yellow. Purple and green forgetme-nots surrounded the flowers, and I don't know when I have seen anything

for brown onion sauce,
Add one-half cup of finely minced at \$5.50.

There comes to be worn on a ribbon around the neck a wooden charm, hand painted, about the size of a siver dolong. painted, about the size of a silver dol-lar. There was one with a green background decorated with a brilliantly colored parrot and another, a pearl gray This list will provide the housewife with an abundant change in the variety of sauces. There is a sauce made from and are most unusual and effective.

both the mayonnaise or cooked saind dressing basis that is often served with Editor or Phone Walnut or Main 3000.



There was a variety of animals indeed in the Ark, but nothing like O' Henry, the Quail Baby of Emma-Lindsay Squier's story in July Good Housekeeping.

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

ASCO



ASCO

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.

There is no better way for a housewife to save than to do her grocery shopping at an Asco Store-

Where Quality Counts and Low Prices Prevail



Best New Potatoes

1/2 pk. (71/2 lbs.), 18c; 1/2 bu. (30 lbs.) 70c

Fresh-dug "praties," with the smell of the fresh-turned earth still on 'em. We are selling carload after carload at this low price.

New Texas Bermuda Onions, lb. 5c

As pure as pure can be. Fill your pantry shelves.

Asco Corn Flakes pkg. 9c Nice and crisp. Try 3 pkgs. 25c

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

Fine quality beans with slice of pork and a rich tomato sauce. UNEEDA BISCUITS

Too well known to need Kraft's Elkhorn Cheese Cut 121/2 C Tin A bargain price on this well-known cheese.

to 5c Pkr.

10c Pkg. Try some with scrambled

ASCO DRIED BEEF

Wash Day and Cleaning Needs

Lenox Soap 3 cakes, 10c Asco Ammonia bot., 7c Asco Bluing Chloride of Lime can, 10c 20-Mule-Team Borax Ib. pkg., 14c Babbitts Best Sonp Scrubbing Brushes ea., 6c, 12c, 16c ea., 18c, 32c Dust Brushes os., 20c Stove Brushes Whitewash Brushes Putz Liquid Polish A-1 Polish can, 8c, 12c Silver Suds bot., 10c, 27c

Mason's White Shoe Dressing. bot. 10e Pearl Borax Soap cake, 7c, 121/2 c Pearl Borax Powder pkg., 12c Pearl Borax Soap Chips pkg., 9c Star Soap 1 6 %c cake P. & G. Naptha Soap J 4 for 25c BEST PINK SALMON 9c "

Finest Pink Alaska Salmon packed. CHOICE SARDINES

3 cans for 10c You really get one can free with every two you buy.

GOLD SEAL FLOUR 5 th 33c Made any Strawberry Shortcake yet?

Cut to 21c con Sweet and tender with all their garden sweetness.

ASCO PEAS



Well-fed, contented cows, pastured in the richest dairy districts of the entire United States—a land where Nature is a gorgeous symphony of color-contribute to that unusually delicious flavor that has earned for Louella the justly deserved title— "The finest butter in America"

Richland Butter * 35c

Gold Seal 35c Eggs Carton of Twelve The biggest, meatiest eggs laid-right from the nest!

Strictly Fresh Eggs

Every one guaranteed absolutely fresh.

Preserving Needs

Mason Pint Jara Mason Quart Jars doz., 95c Jar Rubbers, Double Lip, doz., 9c Jelly Glasses

Here's a Treat! Sarraparille 121/2° bot. Ginger Ale Root Beer \$1.45 dos. Jar Tops, Porcelain Lined, doz., 30c Pure Grape Juice, pt. bot., 29c pound pkg., 10c Keep a dozen bottles handy.

To Beat the Heat

Carry-All Market Bags Wax Lunch Paper Harvester Apple Butter Asco Bacon pkg., 18c Hawaiian Pineapple Asco Jelly Powder Calif. Seeded Raisins can, 23c pkg., 28c lb., 21c Rich New Choese Hershoy Almond Bars.) 4 4c ... 6 for 25c

Asco Teas

1/2 lb. pkg., 23c; 1/4 lb. pkg., 12e Five delightful blends to choose from: Orange Pekoe-India Ceylon-Old Country Style-Plain Black-Mixed.

Victor

Children thrive on Victor Bread because it contains the elements most needed by growing bodies. Feed them plenty-it will put the bloom of health in their cheeks.



ASCO Coffee

There must be something about this unusual coffee to make coffee connoisseurs so enthusiastic about it. Try a cup-if you're particular about your coffee-you'll want more!

Did You Ever See Such Values Before?

Our hig Tuesday Special Sales are making a tremendous hit, for each week sees new visitors to our Meat Markets, as the news of the wonderful values we are offering spreads from one to another. Why don't you visit one of our Meat Markets and see for yourself the choice cuts of tender wholesome meats we are offering at such money-saving prices? Come and look

These Prices in All Our 187 Sanitary Meat Markets:

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

Lean Soup Finest Cross Fresh Made Beef Cut Roast Hamburg

^{1ь.} 20с ^{в.} 18с GENUINE SPRING LAMB Shoulders 1b. 25c Breast 16. 6c Neck 10c Rack 16. 25c

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

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

WANAMAKER'S

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.

For instance, the frock at \$4.75, which is sketched. It is in red, blue, pink, navy and green checks, with a Peter Pan collar and frilled cuffs of white organdie.

The other gingham dress that is sketched is in club checks and is quite elaborately trimmed with white organdie.

Dotted and checked voiles, whether light or dark in color, never lack for friends. They're cool and fresh and wonderfully practical. The dotted voile frock sketched, in navy or black, is \$8.

Unusually Fine

are some new dresses of beaded Georgette crepe in navy, flesh, white and a few in brown. Also some interesting crepe meteor and charmeuse dresses elaborately embroidered in colored or crystal beads.

Center Aisle

Bungalow Aprons, 85c

Dress aprons they are gener-

ally called because women wear

them as dresses around the house.

Fresh and neat looking, in plain

pink or blue, stripes or figures, pocketed and belted. Prices have been higher, but about three hun-

dred that remain are marked at

Remnants

time the remnants are of cotton

and toweling. All have substan-

Pantalette Frocks

\$1.25 to \$1.50

pink, blue or tan pin striped ging-

ham trimmed with plain color

others at \$1.50 are of pretty pink,

blue or black checked gingham

edged with rick-rack braid, 2 to 6

Crepe Step-in

Bloomers, 85c

wide and neatly hemstitched. Flesh-pink and white.

Extra Fine White

Sateen Petticoats, \$2

that they may be worn beneath

sheerest summer frocks. The deep

flounce is corded and hemstitched.

Summer's Sample Blouses for Women, \$1.45

penhagen blue, rose and tan.

checked gingham.

but choice is excellent.

figures. Sizes 22 to 30.

adornment.

C:

-Flower-like organdies in Co-

-White dimity trimmed with

-Sheer voile with, lace for

-Soft white batiste in several

Not every size in each style-

Front-Lace Corsets, \$2

Pink coutil, well made and

lightly boned. An excellent

model for slight to average stout

Men's Cool, Summer

Pajamas, \$1.50

neans they are cut comfortably

large and nicely made. Good

looking stripes in pinks, blues, greens, lavenders, etc.

Wanamaker quality - which

Double panel back and front

Trade-marked crepe, cut plenty

What is more becoming to little girls of these ages for either play

Some at \$1.25 are

tially lowered prices.

The word means economy. This

this price



Women's Ramie Linen Suits In Four Colors, \$9.50 **Upportunities** 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. A saving of \$7 on each suit.

This All-Silk Crepe de Chine 40 Inches Wide, Has Just Come

Plenty fine enough for a dozen purposes and it has a lustrous finish that makes it very pretty. Every thread is pure silk. Navy. white, black, medium gray, brown, flesh, Belgian blue and pink,

at \$1.35



The Coolest House

Dresses Are of Voile

ples of house dresses of this

dainty and comfortable type

a tiny printed figure of pink.

light blue, navy, black or

lavender. It has a Tuxedo

cellar of white organdie and

a sash of voile. (Sketched

dress in pink, blue or black-

and-while. The white or-

gandie collar, cuffs and

vestee are trimmed with

lace, (Sketched to the left.)

\$3.85 for a checked voile

\$2.50 for a frock showing

are sketched.

at right.)

And two excellent exam-

Who Want Them Some are pleated on to white underbodies which hang from the shoulders; others have belts. Some even have buttonholes in

> \$1.25 and \$1.50. Middy blouses are \$1 and \$1.50. Girls' Gingham Frocks

the waistbands so that they can be buttoned on to waists. 31,

White Middy Skirts

for All the Little Girls

75c, \$1 to \$2.50 Lowered prices because sizes are not complete. Frocks are of plaids and checks and will fit. girls of 8 to 14.

Best Chance in Four

Market

Bath towels - the nice good size ones, mostly all-white and thick enough for energetic rub-

or with red borders and hemmed ends are 12%r, 19c and 25c. In-

to vards long: Half-linen dish towels with red borders and bemmed ends are 25c.

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



low shoes that nusual values in his collection of



the most fashionable footwear of the season. Worth special notice are the many perforations and the low heels - both points which women are asking for, \$6.40 for strap pumps of white leather, with perforations indicating straight tips and saddle straps. They fasten with

buttons and have welted soles and low heels. \$5.40 for the same style in tan leather, fastening with 86.90 for the exford ties of white leather, soft, fine, casily cleaned and good looking. They have cubber soles and low

Your Choice of 8 Other Styles

exfords and put a of white canvas combined with black to tan leather, entirely of tan leather, of buckskin, of white (navus, of black leather, and so on. All have good welted soles for service. Heels are medium and Cuban.

Years to Get Good Towels

downs after the wim-are 25c, 5c. 50c. 75c. Cotton huck towels, all-white

dividual towels are Sc. Half linen roller towels for the kitchen are surprisingly low priced at the because they are

All-linen dish towels with blue borders are 38c.

Most Fashionable Peter Pan Collars At \$1

Peter Pan collars are of dotted Swiss in pretty colors, white ciepe de Chine, tiber sports silk, white organdie trimmed with bemstitching and points, and

Sets at \$1 are of pique edged with lace, white organdie with colored pipings, plain white orgamble and novelty dotted organdles.

At \$1.50

Peter Pan collar-and-cuff sets are of dotted Swiss in white, pink, erchid and blue and of a pretty sports silk with colored satin (Central)

Marquisette Curtains \$1.50 a Pair

Of good quality marquisette, they are 211 yards long and have hemstitched borders and valances pretty Summer curtains.