

Make the Most of Summer Vegetables Before They Go, Advises Mrs. Wilson

Fresh Foods in Season Are Greatest Energy Builders for the Coming Winter—Recipes for Cucumbers, Beans and Beets Are Today's Delicacies

By MRS. M. A. WILSON (Copyright, 1921, by Mrs. M. A. Wilson)

THE succulent cucumber has a real and important place in our diet. It contains about 90 per cent of its total weight in the purest form of distilled water that is available to the blood stream for instant use.

Fried Cucumbers Pare large cucumbers and then cut the length of the cucumber in slices about one-half inch thick. Dip in flour and then in beaten egg and milk and then in fine bread crumbs. Fry until a golden brown in hot fat and garnish with parsley.

Stewed Cucumbers Pare six large cucumbers and then cut in pieces and place in a saucepan and add: Three finely chopped onions, One cup of boiling water, Cook until soft and then drain well and mash again with salt and pepper.

Baked Cucumbers Pare four large cucumbers and then cut in thin slices and rub a baking dish with bacon fat. Place a layer of cucumbers in the bottom of the dish, then a layer of finely chopped onions, then a layer of fine bread crumbs.

Cucumber Sauce Pare two cucumbers and then cut in pieces and place in a saucepan with three-fourths cup of boiling water. Cook until soft and then rub through a sieve.

Cucumber Mayonnaise Pare and grate the cucumbers and then turn into a piece of cheese cloth and squeeze dry and add to one cup of mayonnaise.

Cucumber Catsup Pare and chop fine

One cup of mashed potatoes, One-half cup of bread crumbs, Three-quarters cup of flour, One teaspoon of salt, One-half teaspoon of pepper, One-quarter teaspoon of thyme, Two level teaspoons of baking powder, One well-beaten egg, One tablespoon of melted butter.

Baked Beets Wash one dozen small beets and cover with boiling water and cook until tender. Let cool and then remove the skins and place in a baking dish and add one dozen onions, parboiled. Now take:

One and one-half cups of water in which beets were cooked, One-half cup of vinegar, Seven tablespoons of flour, Dissolve the flour and bring mixture to a boil. Cook for five minutes and then add:

Two green peppers, minced fine, One teaspoon of salt, One-half teaspoon of pepper, One-quarter teaspoon of thyme.

Strawberry Jam Wash the berries and then stem. Place in a bowl and crush fine with potato masher. To every cup of crushed strawberries add two-thirds cup of sugar.

Onion Pudding Rub a baking dish well with butter and then place a bottom layer of thinly sliced onions and then a fine bread crumbs. Sprinkle each layer of bread crumbs with:

One tablespoon of grated cheese, One tablespoon of finely minced parsley, Repeat until the dish is full, having the bread crumbs on top. Cover with one and a half cups of very thick cream sauce before putting on the top layer of crumbs. Bake for thirty minutes in a moderate oven.

String Beans Baked in Cream Sauce String one quart of beans and then cut in inch pieces and place in a saucepan and cover with boiling water. Cook until tender and then drain and place in a baking dish and add:

Two onions, minced fine, Two green peppers, minced fine, Two cups of thick cream sauce, One teaspoon of salt, One-half teaspoon of white pepper.

Onion Dumplings Wash and mince very fine two bunches of green onions or scallions. Place in a mixing bowl and add:

Two dozen cucumbers, One dozen large onions, Sprinkle with half cup of salt and let stand for three hours. Drain and then place in a porcelain-lined preserving kettle and add:

One cup of olive vinegar, Boil for one hour and then cool and rub through a sieve and return to the kettle and add the following spices tied in a piece of cheesecloth:

One teaspoon of pepper, One-half teaspoon of allspice, One-half teaspoon of nutmeg, One-quarter teaspoon of cloves, Two tablespoons of brown sugar, One-half teaspoon of cayenne pepper.

Cook slowly until the mixture is thick and then fill into sterilized bottles and stand the bottles in a preserving kettle and bring the kettle to a boil. Boil for twenty minutes and then remove and seal the bottles securely. Let cool and when cold dip the tops of bottles in melted sealing wax and store in a cool place.

Try These Glazed Onions Peel one dozen medium-sized onions and parboil whole, until nearly tender. Drain and then place in a saucepan and add:

One-half cup of sugar, Heat and when hot add the onions and cover closely and cook very slowly, adding four tablespoons of water, drained from the onions. After ten minutes remove the lid and let onions brown up lightly and season.

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Onion Dumplings Wash and mince very fine two bunches of green onions or scallions. Place in a mixing bowl and add:

One-half cup of sugar, One-quarter teaspoon of pepper, One-half cup of water, One-half cup of flour, One-half cup of milk, One-half cup of butter, Dissolve the flour and milk and then bring to a boil, stirring well. Cook for three minutes and then add:

One onion, grated, One teaspoon of salt, One-half teaspoon of pepper, Tiny bit of garlic, Cook slowly for a few minutes longer and then use on boiled or baked fish or boiled beef.

Cucumber Catsup Pare and chop fine

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WANAMAKER'S DOWN STAIRS STORE WANAMAKER'S Wanamaker's Down Stairs Store Ready to Help You to the Fullest Enjoyment of the Week-End Holiday

Center Aisle Opportunities Half-Price Sale of Lingerie Ribbons, 45c, 55c, 65c for 10-Yard Pieces

Women's Fashionable Oxfords and Strap Pumps Re-Priced, \$4 Almost a third and more than half of the original costs can be saved on these standard Wanamaker shoes.

Box-Pleated Cream Serge Skirts, Special at \$5

\$2.75 and \$5.75 Are the New Low Prices for Men's Shoes

Short-Sleeve Voile Blouses, \$1.65

White Corduroy Skirts, \$5

250 Men Can Get Wonderful Oxfords at \$2.75

Kiddies' Straight-Leg Rompers Lowered to 85c

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White Gabardine Skirts \$1.50

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Regular and Extra Sizes Best looking skirts we've seen for the price!

Black Enamel Suitcases, \$3.85

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Remarkably Fine Walrus Traveling Bags Are Marked \$12 and \$15

Bathing Suits to Take Along

Men's White Flannel Trousers, \$10

These are 24 and 26-inch sizes and roomier all around. They have cretonne linings, trays and fasten with short straps across the tops. Leather corners for extra durability.

Colorful Crepe Breakfast Coats, \$2

Every week-end and vacationist needs to have a bathing suit tucked away some place in bag or trunk, if she is bound toward seashore or lake.

Good suits, low in price and interesting in style, abound in the Down Stairs Store.

With Trays, \$5

Women's bathing suits of durable black cotton surf cloth are \$2.25 to \$10.75, with special value at \$3.25.

July marks the heyday of white flannel trousers and here they are in a plentiful supply. All-wool and of the correct creamy tint.

Strap-Wrist Silk Gloves, \$1.50 and \$2

Silk Suits start at \$5.85 and go to \$16.50, with some interesting black taffetas trimmed with red or blue checked gingham at \$12.75.

Nothing like them for roughing it.

Many women have been wanting them to wear with sweaters, sports suits and for traveling.

Black and white, with some interesting black taffetas trimmed with red or blue checked gingham at \$12.75.

Organdie Dresses at \$3.75, \$5 and \$7.50

Of Milaneze silk, with double finger tips, they have 3-inch cuffs and straps that pull them in snugly.

Many women, planning trips to the cooler resorts, are asking us for these corduroy robes. In pink, rose, light blue and Copenhagen.

Gingham Dresses at \$4.50, \$4.75, \$5 to \$8

Two are of light-weight coutil, the third of batiste. They are lightly boned and are for slender to average figures.

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Voile Dresses at \$4.50, \$5, \$5.50, \$6, \$7.50 to \$8.50

Front-Lace Corsets, \$2

Front-Lace Corsets, \$2

Many of the Dresses Are Half Price

An excellent coutil model which is low in front, yet long in back. It is for medium figures and has elastic inserts.

Front-Lace Corsets, \$2

having been bought at just half the prices that the makers had anticipated selling them.

For Heavy Figures—\$2.50

For Heavy Figures—\$2.50

Girls' Sleeveless Dresses, \$1

Strongly-boned corsets with long skirts and the broad graduated steel in front, which is short enough for comfort. The backs are long and well boned, giving a graceful line. Sizes up to 34.

Strongly-boned corsets with long skirts and the broad graduated steel in front, which is short enough for comfort.

Some are of linene, in pink, blue or maize, with white bindings. Others are of chambray, in pink, green and blue, with plaid bindings.

Other Good Frocks for Girls

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For Six-Year-Olds

Through a Woman's Eyes

By JEAN NEWTON

The marital penal code is second in wisdom only to the decision in the case of the disputed child that of the Judge in New York City who sentenced a husband to jail for neglect and laziness, to washing the dishes for his wife.

A woman judge might have sentenced him to staying at home for a whole day and attending to his three children, cleaning the house, getting the meals and doing the family wash—while his wife went to a matinee, the idea being to give him an insight into his wife's job that would cure him of neglect and laziness.

But the magistrate in question does not see it that way. "I believe," he says, "in prescribing for domestic troubles just as a doctor does for a patient. Different ailments require different remedies."

So it has been suggested that this jurist's wisdom be embodied in our common law, and that a bill be passed defining the various marital offenses with the proper and exact penalties.

For instance: Husband who keeps dinner waiting must drop a coin in one dime bank. Husband who spills ashes on the rug must clean house that week.

Husband who does not see what his wife has to do must take her job for one Saturday night.

Husband who smokes too much must buy his wife a week's box of candy.

Husband who goes out alone must mind the baby for a week while his wife has the night off.

Husband who does not tell his wife she is beautiful must provide her with a new hat—second offense a new suit and fur.

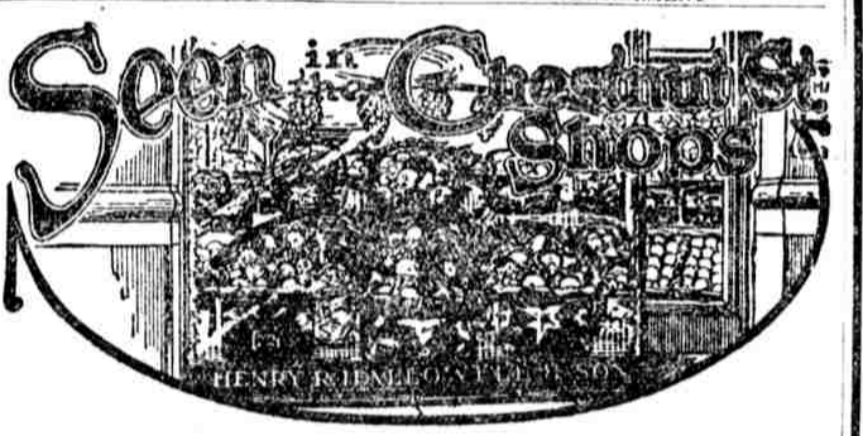
Husband who swears when he does



ONE LITTLE BLEMISH Will Mar Your Beauty



Black and White Beauty Bleach



Years of experience in selecting fruit have made it possible for the store of Henry R. Hallowell & Son to provide you with the very finest fruit obtainable.

Wonderful Honeydew Melons and Cantaloupes! More delicious this year than ever before—from the Imperial Valley, California, which is the best producing section for this fruit in the world.

What lovely woman is not more lovely when around her neck she wears a string of pearls? Of all jewels they are probably the most becoming.

Comfortable and easily adjusted elastic girdles, each with six hose supporters which are attached to coutil insets.

Three Good Corsets, \$1

Two are of light-weight coutil, the third of batiste. They are lightly boned and are for slender to average figures.

Front-Lace Corsets, \$2

1920 Cleveland Torring, Lugs and front fenders. This car must be seen to be owned. Guy A. Willey Motor Co. BROAD STREET AT VINE.

BUY YOUR MEATS at WHOLESALE RUMP & ROUND STEAK 25c CHUCK ROAST 10c SHREDDED SHELL CHASIS 4 lbs. SHARP CHEESE 95c

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