Cake Has Real Nutritive Value Necessary to the Diet, Says Mrs. Wilson

Plain, Simple Kinds Are Delicious With Fruit in This Hot Weather-Three Stock Recipes and Methods to Vary Them

By MRS. M. A. WILSON

Courte Mr. 1887. by Mrs. M. A. Wilson.

PLAIN, simple cakes are part of the summer menu and this is particularly true where there is an abundance of fruit and vegetables on the table of fruit and vegetables on the table dally. Cake has a real food value and is largely an energy food. From a dietetic standpoint, I really believe the spring, summer and fall is the fruit and vegetable time and that these foods have little heat and energy value; for this reason, cake may be added to the menu. Then, too, many folk occasionally soly a piece of cake with a dish of fruit and they would much rather have this than the soups and meat dishes. Plan a trip to the housefurnishing department and select a few cake pans to suit and suit and suit and suit and suit and suit a trip to the housefurnishing department and select a few cake pans to suit the size of your family. Two small, rather deep layer cake pans; for making white mountain cake; a deep layer cake pan of large size for crumb cake or cheese cakes and a round pan with a

tube center for loaf cakes, together with two or three fancy cookie cutters, will make a nice collection and will only set about \$1.50. Trying to make a cake in a pan that Trying to make a cake in a pan that a solution in the purpose often causes. Too much heat causes this trouble. It is not injurious and may be eaten. Melt the chocolate over hot water and institute three stock sections and math. plan three stock recipes and meth-to vary them. Try this style of fashioned fruit shortcake:

Cherry Shortenke One-half cup of sugar. Four tablespoons of shortening, Two cups of flour, Four level teaspoons of baking pow-

bree-quarters oup of milk,

One-half teaspoon of salt, One-half teaspoon of nutmeg. One-half teaspoon of nature.

Best to mix thoroughly and then turn as a large, deep layer cake pan that has been nicely greased and floured; before turning in the mixture. Spread seenly and then cover the top with three cups of stoned cherries, pressing them smaly into the dough. Dot with one sales of stoned cherries, pressing them smaly into the dough. Dot with one sales over not butter and sprinkle fiberally with brown sugar, using about two-thirds cup of sugar. Bake in a law oven for thirty-five minutes. When seld, serve in wedge or pie-shaped cuts after plain or with custard sauce.

Sliced peaches, pears cooked until timeer, apricots, either fresh or dried, that have been soaked for a few hours in boiling weter; evaporated peaches, apples or prunes, prepared in the same way, may all be used to provide variety. And when eggs are expensive, just leave out the egg and use one cup of milk in place of the egg and three-fourths cup of water.

Im going to have a party for my berthday, wich I stuck all the invitations under the fruit doors alreddy to give everybody plenty of time, and this aftirnoon ma asked me who all I invited and I told her and she sed. Wy wat about Persey Weever, you havent mentioned his name.

Aw, that sissey, like fun, I wouldent have him at my party, I sed.

Persey Weever is a very well behaved boy and if you, were even half as neet as he is I wouldent mind it a bit, and I wunt you to rite him a nice politic letter immeditity and invite him to the party, sed ma.

Aw gosh, G, ma, that sissey, holey smoaks, ma, G, I sed.

Rite it this aftirnoon, sed ma. Meening there wasent eny use argewing, and after suppir I sed to ma, Hay ma, will you me a stamp to mail that letter to Persey?

Lets have a look at it, sed ma, and I sed.

Plunkets are little old-fashioned rice our sponge cake: they are delicious, articularly with ice cream or lemonede, Place in a mixing bowl Two-thirds cup of sugar, Yolks of two eggs.

Plunkets

Oream the sugar and yolks of eggs Pice tablespoons of water, ur tablespoons of flour, so-thirds cup of rice flour, level teaspoons of baking pow-

One-quarter teaspoon of nutmeg. Beat this mixture until smooth and then add the stiffly beaten whites of the add the stiffly beaten whites of the stiffly beaten whites of the stiffly beaten whites of the stiffly beaten and folding in. Now the stiffly beater and lard mixed two dozen individual crumpet patty pans and fill each one just a little better than one-half full. Set the pans on a baking sheet and bake for the stiffly beater than one-half stiffly beater than the stiffly Muffin pans may be used in place of

plunkets are iced with in effect. water icing, but they are fine if just fusted with confectioners' sugar.

White Mountain Cake Place in a bowl Four tablespoons of rice flour, Three-quarters cup of flour, Four tablespoons of cornstarch, One-quarter teaspoon of salt, Two teaspoons of baking powder. Bift twice to blend and then place in

One cup of sugar. Yelks of three eggs. Cream well and then add One teaspoon of vanilla, One-quarter teaspoon of grated rind Tiny pinch of nutmeg.

tablespoons of water. The prepared flour. Beat hard to form a smooth batter ad then cut and fold into this mixture stiffly beaten whites of two eggs. Turn into two small deep layer-cake pans, which have been well greased with lard and then floured; bake in moderate oven for significant mederate oven for eighteen minutes.
When cold put together with the following mixture: Place the remaining white of egg in small bowl and addone-third glass of apple or quince felly. Beat until mixture holds its thape and then add three tablespoons of marshmallow whip and one teaspoon of gelatin which has been soaked in one tablespoon of water in a cup for ten minutes. Then place the cup containing the gelatin in a pan of warm water

ing the gelatin in a pan of warm water to melt the gelatin. Cool before adding to the filling mixture and then beat the set and jelly meringue and marshmalwhip and prepared gelatin until

Peach Pudding Cake Grease and flour a deep layer cake

Three-quarters cup of sugar, New tablespoons of shortening,

One egg,
Two cups of flour,
One-half teaspoon of sait, Four level teaspoons of baking pow Beven-eighths cup of scater.

Beat hard to mix to a smooth batter that the pour one-half of this batter in the prepared layer cake pan and spread smoothly. Now cover thickly with thinly sliced peaches, arranging peaches as smoothly as possible. Then cover with plenty of brown sugar, pour on the rest of the batter and spread on the rest of the batter and spread smoothly. Cover with thinly sliced Paches and brown sugar and bake in a moderate oven for forty minutes.

Inexpensive Cocoanut Cake Cocoanut layer cake is an ideal sum-mer cake and need not be overly rich. Place in a bowl

One cup of sugar, Bis tablespoons of melted shortening

Best to a cream and then add Two and three-quarters cups of flour, Four level teaspoons of baking pow-

One and one-quarter cups of water. Beat to a smooth batter and ther batter into two well-greased and sed deep layer cake pans and bake hot oven for twenty minutes. Put is together with any tart jelly and if the cake with plain water icing then with coconnut.

Cocoanut Jelly Roll This cake is new and easy to make.

the plunket recipe and use one cup four in place of the rice flour mix-marks. Then line a shallow baking sheet apper and grease well and then the mixture evenly, having the

Yes, use one-half package of seeded raisins, placed on cake when in pan and pressed in slightly into batter.

Dear Mrs. Wilson-Can you tell me what causes candy, particularly chocolate candy, to get a thin white mold on it? And is this mold injurious if the candy is eaten?

LITTLE BENNY'S NOTE BOOK By Lee Pape

Lets have a look at it, sed ma, and I sed, Aw, G, ma, its in the envelope and the envelope is all stuck together

and the envelope is all stuck together alreddy.

O well, heers a stamp, I gess its all rite, sed ma.

Wich she mite not of gessed so if she had of saw it, the letter being. Deer Persey, You can come to my party if you wunt to very mutch in case you feel insulted or enything on account of not getting a invitation wen the reel guests got theirs. But I dont think we are going to have mutch fun so dont go out of your way eny to get there as we will of your way eny to get there as we will ixcuse you under the sercumstances. Your sincere frend Benny Potts.

Wich if he comes now it will either show he cant take a hint or elts he's got a meen disposition.

Lower costs enable us to again reduce the prices of Cantilever Shoes. The new fall prices are now



Hot Weather Suggestions

If your feet swell and perspire these hot days, causing you discomfort, follow these suggestions of the best physicians and specialists: Bathe the feet every day in warm water; then let cold water run over

them for several minutes. Dry with soft towels; dust with pure talcum. Put on clean stockings every day. And wear the Cantilever Shoe.

You will find great relief in its perfect case. Natural inner sole line and well-set heel combine to encourage correct posture. With the weight properly distributed the body re-laxes; there is no strain on the arch; walking is no longer an effort. The Cantilever last is patterned from the outline of the foot. There

is room for the toes and freedom for the muscles to exercise. The flexible shank bends with the foot in walking. Ordinary stiff-soied shoes bind the muscles and check circulation, which makes the feet swell. But in Cantilevers muscles and cords grow strong from use, fallen arches are corrected and free circulation keeps the feet comfortable.

able.

Best of all, Cantilevers are good-look-ing. Widths from AAAA to E.



CANTILEVER SHOE SHOP 1300 Walnut Street Over Cunard Office

Cantilevers are also on sale in nearby ettles:
Altoona—Bendhelm's, 1802 Eleventh Ave.
Astrona—Bendhelm's, 1802 Eleventh Ave.
Easton—Mayer's, 427 Northamoton St.
Harrishurs—Orner's, 23 N, 33 st.
Johnstown—Zang's, 550 Main St.
Lancaster—Fry's, a East King St.
Lancaster—Fry's, a East King St.
Reading—Schweriner's, 482 Penn Square,
Scranton—Lawis & Relly, 114 Wyoming,
Stamokin—B. Hirsch, 416 E. Independence.
Trenton—H. M. Voorhees & Bro.
Wilkes-Rarr'—M. F. Murray, 18 Public Sq.
York—The Bon Ton.

WANAMAKER'S

DOWN STAIRS STORE

Bright New Gingham Frocks and Slip-ons In Wanamaker's Down Stairs Store

BE SURE to shop Friday for the needs of Store is closed all day Saturday—full Summer holiday.



Oriental Kimonos Just Off the Steamer at \$3.85

Fresh new charming negligees for vacations. Made of the famous cotton crepe that wears practically forever and always tubs like new. Hand-embroidered by clever Japanese needlewomen with their classic stork and many colored blossoms and there is even a realistic touch of sward. The collars and cuffs are white to match. These exclusive kimonos were designed especially to our order and they are prettier than any we have seen in a long time for such a small sum. Copenhagen, grass green, rose, light blue, pink and Wistaria.

Another Wonderful Lot of Bien Jolie Corsets Half Price at \$2.50

600 of them this time, and some of the models are less than half price. Not an "ordinary" corset among them. Every one is of exceptionally fine material and laced ready to put on.

Five models of broche and a beautiful satin-finished jean take care of all figures from the slight to the very stout.

Light Vacation Luggage Easy to Carry, \$2 to \$15

Cane suit cases with leather corners are 18 to 24 inches long,

\$5 to \$9, according to size. Black enameled suit cases in bright finish with leather corners, 18 and 20 inches long, \$3.85; 24 inches long, \$5; extra-deep ones with all-around straps, 24 to 30 inches long, are \$9 and \$9.50.

Walrus Bags, \$12 and \$15 Good size bags of real black walrus—one of the toughest leathers we know and leather lined. With riveted frames, \$12; with sewed

10 Styles of Organdie Frocks for Wee Girls, \$2 to \$5.50

me-not, Dorothy Perkins pink, buttercup, aster, lavender. Trimmed with ruffles, tucks, white organdie, hand-embroidery and contrasting-Sizes 2 to 6 years.

(Central)

Center Aisle Opportunities

Sale of Women's Silk Stockings, 85c Pair White, Black, Cordovan

"Seconds," but good ones, of a grade that would sell for much Plain silk or drop-stitch effect with cotton tops and soles. Not full-fushioned stockings, but they have seams in back. Women's Bodice-Top Vests, 18c, Three for 50c Regular and Extra Sizes

"Seconds," but the imperfections are slight and neatly mended in every case. Fine ribbed white cotton in the bodice-top style that most women want for Summertime. Exceptional Turkish Towels, 25c, 35c

Plain white, soft, spongy and absorbent. 19x38 inches, 25c, 21x40 inches, 35c. Colored Satin Camisoles, \$1-Half Price Quite a bit less than half to be exact. Heavy, lustrous satin

in tailored style. Light blue, peach, honeydew and orchid. Just what women want to wear under sheer organdie frocks! Lovely Silk Envelope Chemises and Bloomers Lowered to \$2.50

Chemises of novelty silks, satin and crepe de chine made in the prettiest of styles-trimmed with creamy laces, Georgette, rosebuds, ribbons and tucks. Bloomers of shimmery pink satin with hemstitched or lace-trimmed ruffles. Not a great many in any one style, that's why prices are so much lessened to send them out quickly.

1000 Dainty Dollar Nightgowns and Chemises Nightgowns are in many styles, of pink, white or light blue iste—some of the popular pajama style gowns are among them. Envelope chemises are pink or white batiste—materials are the softest and finest we've seen in garments at this price-and they are trimmed with pretty laces and ribbons.

Plenty of Good-Looking 50c Belts Leather, in white or black-and-white combinations-all ready for Summer dresses and sweaters. Charming White Sports Hats, \$1.85

White ribbon crowns with fine straw brims. A number of becom-

The week-end! Wanamaker's Down Stairs to the needs of the week-end! Wanamaker's Down Stairs to tore is closed all day Saturday—full Summer at \$3, \$4, \$4.50 to \$7.50

Surely it is a favorable sign of the times when well-made dresses of good materials in the best styles of the season are obtainable at such low prices as \$3,\$7.50 \$4 and \$4.50! Even in the years before the war there were never better dresses at these prices. It is doubtful if ever there were such good ones.

Sleeveless Slip-ons at \$3 Just what every one wants for vacation! The well-tailored style is sketched. The linene is good quality, in pink, white, rose or Copenhagen. The slip-ons are carefully bound and trimmed with checked gingham. They fit very well over the shoulders.

Slip-ons With Guimpes at \$4 Linene in pink, white, Copenhagen or rose in the style sketched. They have nice white linene guimpes and shiny black belts. Quite convenient! The sleeveless slip-ons can be worn with other guimpes and the guimpes with other dresses!

Youthful Checked Ginghams at \$4.50 The model sketched is planned especially for young girls who wear sizes 14 to 20 years. The soft gingham is in small pink or blue checks and the collars and cuffs are of white linen. Inset pockets are nicely

> Gingham Now Goes Everywhere! Scores of Styles at \$3.50 to \$7.50

Blue checks, red checks, brown plaids, yellow checks, greens and black-and-white-wide choosing among ginghams in all the styles of the season! Some are suitable for sports wear because they are very tailored and smart. Some can be worn traveling because they will keep their good appearance even under stress. Some can be worn in to dinner. Almost all are particularly nice for vacations! Sizes and models for

> A New Gingham Model at \$7.50 in All Sizes From 14 to 44

The style is particularly becoming and the gingham particularly good. Blue, pink, lavender or black checks, with a choice of two sizes. Organdie forms a vest, and the collar, cuffs and pointed pocket flaps are of organdie trimmed with bands of gingham.



Splendid Choosing Among Fluffier Frocks All-white organdies are \$5.50 and \$6.

Very colorful organdies in about two dozen different styles are \$5 to \$10.

Voiles in figures, plain colors, stripes, etc., are \$3 to

Especially pretty and becoming, and very fashionable, are the frocks of dotted voiles and Swisses. These are mostly a few of a kind, but all the more desirable because of that! \$6.25 to \$18.75.

Summer Silk

\$1.25 for all-silk striped shirting which has white grounds with green, red and other stripes; espe-cially desirable for men's shirts and pajamas and women's shirtwaists. 35 inches wide.

\$1.50 for all-silk foulards with avv. black and brown grounds and all-over patterns, 35 inches wide. They will make cool, light, non-dust-catching frocks for trav-

\$1.50 for all-silk striped crepe de chine with white grounds and lavender, Nile or light blue stripes. 35 inches wide.

\$1.85 for all-silk jersey in p'ain white, Nile, old rose, pink, silver and light blue. 35 inches wide.

Women's **Sports** Jackets, \$5

wants a little jacket of some sort -something a trifle more formal than a sweater. By buying a bright skirt, one could have a smart sports suit for very little! Mostly wool jersey, a few of ricolette and satin. Brown, tan,

Coats and Capes Lowered to \$10 Good-looking capes of tweeds in

tans, blues and greens. Tan heather sports coats. Dark coats, such as older women like or younger women for traveling. Of serge, jersey, velour and poplin, some unlined, some half-lined and others fully lined with silk.

Women's Bathing Suits at \$2.25

A low enough price for goodlooking bathing suits, isn't it? Several styles of black sateen. one of which is sketched. Sizes up to 44 in the lot.

Surf Satin Suits on Good Lines at \$3.25 to \$5.75 One notices with satisfaction

the absence of "gingerbread," and the sensible attractiveness of the many models. There is great variety - straight-line suits and ruffles, shoulder-straps and

Cotton tights are 85c to \$1.25. Part-wool tights, in sizes 28 to 32, at \$1.65; sizes 36 to 46, \$2. Black sateen bloomers at \$1.90 All-wool tights, \$2.90. Special black surf satin slippers in two styles at 95c.

Beach capes in black or are lowered to \$3.25.



Brief and to the Point for Men Really worth-while suits of all-wool

cheviots, with real tailoring in them, special at \$15 and \$20. Two-trouser suits of soft all-wool flannels

in all the desirable colors, hand tailored and exceptional at \$35. Cool Palm Beach suits at \$16.50.

White flannel all-wool trousers at \$10. Vacation trousers of khaki color at \$1.90

(Gallery, Market)

Men's Unusually Good Soft Collars at 20c

It's the shapes that count and the way the collars fit, and that is why these collars are sure to make friends with men who are particular! The materials are especially fine and nice, too, being striped madras, poplin and various piques. Regularly the price would be a third to a half

(Gallery, Market)

Girls' Organdie Frocks, Now \$3.85 and \$5.50

Their prices have been lowered, but the organdie is just as good quality and the styles just as pretty! Sizes 6 to 14 years among them and pink, blue, maize, peach and Nile to choose from.

A Favorite Dress, \$3.25 We don't remember when we

have had such a popular style! The skirt is of heavy dark blue gingham and the blouse of lighter-weight buff gingham trimmed with blue rickrack and a blue tie. The two pockets on the skirt are faced with buff. It fits and wears well and is altogether a jolly dress for cirls of 6 to 14 years. Girls' Khaki Skirts, \$1.50

For girls of 8 to 14 years, many of whom have been trying hard to get them, we have these good. rather scarce khaki skirts pleated on white bodies. Just right for camping-and vacations every-

\$3.85

Quite an Assortment of Black, White and Black-and-White Hats at \$3.85 and \$5

Black satin, white satin and baronet, black velvet with white rowns and so on. Hats that "go" with everything! are shapes for girlish faces and others for older women.



Cool White and Brown Shoes for Vacations

Yes indeed, cool shoes make a lot of difference in vacation happiness. So do shoes that are cut to fit comfortably. So do leather and canvases that are properly "cured" to feel "like a glove" on the foot. Here are nine wonderfully good-looking types of shoes for women at \$5.40 to \$9.75:

Instep-strap round-toe sports pumps of \$6.40 tan leather with low heels and many perforations, \$5.40.

> Instep-strap pointed dress pumps of tan leather with Cuban heels, \$5.40 Five-eyelet Oxfords of tan leather with mitation wing tips, medium heels, \$5.40. Ankle-strap dress pumps of tan leather with light-weight soles and junior Louis

White canvas five-eyelet Oxfords with stitched toe-caps, medium heels, \$6.40.

White leather sports pumps with buttoned instep straps, rounded toes, many perforations, low heels, \$6.40.

White leather Oxfords with saddle strap, many perforations, medium heels, \$6.90. White canvas pumps with buttonholestitched instep straps, trimmed with brown

leather toes and back pieces, medium

heels, \$6.90. White leather Oxfords with brown leather wing tips, back pieces and facing in front, \$9.75.

Men's and Boys' Tennis Shoes and Oxords \$2 to \$3.75

All white, all brown or trimmed with contrasting leather. Sizes from small 11 Men's White Sports Oxfords, \$6.40 Full wing-tip Oxfords of white leather

with rubber soles and heels. Men's and Boys' Rough-Wear Shoes

Great for camping and hikes! Of tan

(Gallery, Market)

\$3.50 to \$5.40 leather in sizes small 10 to big 11.