### Mrs. Wilson Gives Luncheon Suggestions

Appetizing Sandwiches Better Than "Quick Grab" at

By MRS. M. A. WILSON Copyright, 1981, by Mrs. M A Wilson, All

- Restaurant

WHEN the frost is on the pumpkin and the wintery days are ahead, the busy folk who are in the business world frequently become lax at this season and ride into a rut of just bread. meat and potatoes with a dessert to finish off their daily bill of fare.

And then, along about the middle of December, they begin to have that splitting headache, catch cold easily and are really all out of sorts. And, no wonder-for they have been lavishing themselves with the foods that form uric acid and these ailments are the result of this particular form of diet.

Meats, starchy foods and sweets are cods that produce the dreaded uric acid. Oranges, lemons, grapefruit, toma-toes, cucumbers and succulent foods that so many folk have thought of for years as acid foods are really the vitalizing ante-scrobic and protecting foods. From now on and until late in the spring, overheated, close and poorly rentilated housing conditions, both during business hours and at home, will

deplete our energy, and unless we plan o use wise and corrective diet, we will reap the usual run of winter ills.
Rather than a hasty lunch, in cheap lunch room or cafe, plan to bring from home with you the simple, well-cooked foods that have a salad each day and are the splendid dividends that

you will reap in health. Let us go back to carrying the lunch hit and if you wish a hot drink at noon hour, a thermos will keep it piping hot without any trouble. Chew all foods slowly before swallow-

ing them. Hastily chewed foods are the real cause of much indigestion and then. after lunch, take a fifteen-minute walk in the open air and you will be able to return to your work with real vim. The housewife, in preparing the noon lunches for the folks who must go to ousiness, should remember that the lunch that is hastily thrown together in few minutes in the morning is just as quickly thrown into the waste basket at noon, either as a whole, or in part. And that one of the important factors that has done much to discourage the business folk carrying the home lunch is the manner in which it is prepared and packed.

If possible, select a box or a basket will hold just enough. The girl may easily select any number of little fancy baskets that can be purchased very reasonably at the stores.

Recently I met a merchant in New York City, bringing up from his car a little basket of the ordinary chip va-riety and as I looked so curiously at it. he remarked, "Funny, isn't it?—but I am back to my grandad's days and am bringing my lunch from home. I am very busy and can't take the time to go up town and lunch and I would rather starve than eat at some of these overcrowded lunch rooms, so I bring my bite and take a ten-minute turn around the square, over there.

This man is nearly sixty-five and is physically fit and he is extremely proud of his old-fashioned wife who every morning packs this lunch.

### How to Prepare the Lunch

and fold the ends in neatly.

Cream the butter well before starting to spread. Nothing will nauscate the

person who eats a lunch prepared from the home quicker than lumps of butter here and there in the sandwich,

Daintiness pays large dividends here Variety is the spice of life and one quickly tires of the same sandwich day in and day out, so for variety use, in

making sandwiches, a lower piece of bread from whole wheat and the top slice of white bread. Use a combination of rye and white bread, and then here are some sandwich fillings. Shred very tine: Three course green leaves of lettuce.

Three coarse outer branches of oelery.

Add one small green pepper, minced fine, and three tablespoons of mayon-naise or cooked salad dressing.

One-half cup of grated cheese. One-half teaspoon of grated onion. One-half teaspoon of salt.

Mix and spread half inch thick for

Try This. You Will Find It Splendid Place in mixing bowl:

One-half cup of cottage cheese, which

Three tablespoons of finely minced

One-fourth teaspoon of grated onion Two tablespoons of finely mineed

One-half teaspoon of salt. One-fourth teaspoon of paprika,

Mix and then spread one-half inch thick for sandwich filling. Octagon Sandwich Filling Place in a mixing bowl:

Four tablespoons of mayonnaise. One-half cup of finely chopped cold booked meat. One teaspoon of finely grated onton. Three tablespoons of finety chopped

Four tablespoons of finely chopped Gelery.

Onc-half teaspoon of salt.

One-fourth teaspoon of paprika, One small sour pickle, chopped fine,

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WHAT'S WHAT Be HELEN DECIE



Frosty manners are bad manners. The frigid demeanor is the mark of a snob or of a "climber." who is habitually afraid of being polite to somebody who may turn out to be "not worth while" after all. Nothing is more comical than the sudden change which comes over these tuft-hunters when a personage of known social importance comes on the scene. Then the frost melts instantly into a gushing servility which is as repulsive to its object of homage as it is amusing to the spectators.

We have had two given us and we are anxious to do them up.

E. E.

Preserved Citron

Cut citrons in pieces of desired size and pare, then place in a bowl, cover with cold water, adding one-half cup of salt. Let stand over night and in the morning wash under the cold running water and then place in the preserving kettle and cover with cold water and bring to a boil. Cool slowly until the citron is tender; then drain; now place five pounds of sugar in the pre-

be genial to people whose pedigrees they have not examined, and of whose financial rating they are unaware. They have not two sets of manners; they are uniformly courteous and considerate of the feelings of others, whether those others are street-sweepers or plutocrats.

Mix and then spread one-half inch

Scotch Woodcock Rub two hard boiled eggs through eve into a bowl and add: One-half cup of grated cheese.
One-half cup of finely minced spice mixed,
Three blades of mace,
Two sticks of cinnamon broken into

oarsley.
One teaspoon of grated onion. Four tablespoons of mayonnaise. One-half teaspoon of salt. One-fourth teaspoon of pepper. Mix and then spread one-half inch thick for sandwich filling.

All Fruit Filling Put through the food chooper: Four ounces of prunes, with stones

Two ounces of apricots. One-half package of sceded raisins.
One cup of nuts Then add three tablespoons of honey to make smooth; place in the jar and

use as for other sandwich fillings. Venezuelan Sandwich

Add one-half cup of grated sweet chocolate and one-half cup of finely chopped cocoanut to the above mixture. It will require a little more honey to make the smooth blend that will spread Two or three sandwiches, some fruit that has been washed and wrapped in wax paper, so that it will be ready for them to eat, will bring your business people home at the close of the day feeling that life is really worth while afte all. Baked beans, custards and salads may be packed in paper cups and included occasionally.

MRS. WILSON'S ANSWERS Dear Mrs. Wilson-Kindly oblige me with a recipe for sweet Spanish omelet. I cannot find out how to make one. E. R. G.

Sweet Spanish Omelet Place the yolks of four eggs in bowl and add

bowl and add
Three tablespoons of cream.
One-half teaspoon of salt.
Beat with a fork to mix thoroughly:
now beat the white of the eggs until stiff MARINELLO BEAUTH Use whole wheat bread, one day old.
Butter and slice off the loaf and cur thinly. Place the filling between and cover with a second slice. Now cut the skillet and when hot turn in the egg mixture; cook very slowly lifting the egg mixture from the bottom of the pas

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It quickly brightens the colors, smooths out scratches and covers worn spots with a rich, brilliant surface. "LAVA-VARnished" surfaces are as easy to clean as china plates.
"LAVA-VAR" dries over night. Waterproof. Won't turn white. A good-housekeeping necessity.
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Tweed Suits of Imported Materials Tuxedo and single-breasted styles Reduced to \$20

Imported Plaited Plaid Skirts Made in various sports shades Reduced to \$15

A. G. SPALDING & BROS. 1210 Chestnut Street

or you can place the omelet in a mod-After-Dinner Tricks erate oven. When dry spread with a tart jelly roll and serve at once.

My dear Mrs. Wilson-Will you

please give an inexpensive menu for a Sunday evening supper for about ten persons?

A. B. R.

Suggestive Menus

No. 1 Creamed Smoked Beef with Peas and

Carrots

Macaroni au Gratin Coleslaw

Baked Apples with Cream Sponge Cake

Tea. No. 2

Salmon au Gratin Potato Salad

Coleslaw

Applesauce

Crumb Cake Tea.

serving kettle and add

small pieces.

Four cups of boiling water,

lemon, sliced paper thin, and

poked until tender in separate sauce-

One-half pound of preserved ginger, Two packages of seeded raisins,

and the following spices tied in a piece

One-quarter cup of cloves and all-

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Plush & Velvet Coats

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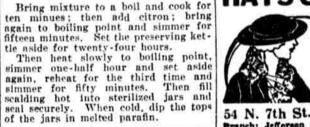
No. 8-Coin Dissolves Into Air A handful of coins are shown in the

ft hand. The right hand removes a dime from the pile, rubs it gently and Among the coins in the left hand there is only one dime. This coin is apparently removed by the right hand, out in reality it is slipped under a larger coin, say a quarter or half-dol-lar. As the dime is no longer visible among the left-hand coins, every one takes it for granted that it is in the right. Thus the disappearance of the dime creates considerable surprise. place five pounds of sugar in the pre-

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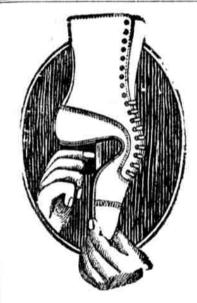
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### How to Have Warmer Feet

Have you ever noticed on a real wintry day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like human foot, with a flexible arch. No stiff steel shank-piece hidden be-tween soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, cor-rected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that

Let us show you how comfortable our feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ail ments physicians lay to foot strain. Widths AAAA to E.



#### CANTILEVER SHOE SHOP 1300 Walnut Street Over Cunard Office

Cantilevers are also on sale to nearby citter Cantillevers are also on sale in nearby cities: Altonis—Bendheim's, 1302 Eleventh Avs. Asbury Park—Hest Shoe Co., 627 Cookman Jamden—Curran's Shoe Store, 110 Broadway Easton—Mayer's, 427 Northampton St. Harrisburg—Criner's, 24 N. 3d St. Johnstown—Zans's, 530 Main St. Lancaster—Frey's, 8 East King St. Lancaster—Frey's, 8 East King St. Reading—Schwerner's, 432 Penn Square Scranton—Lewis & Reilly, 114 Wyoming Av. Shamokin—B. Hirsch, 416 E. Independence Trenton—H. M. Voorhees & Bro. Wilkes-Barrs—M. F. Murray, 13 Public Sq. York—The Bon Ton WANAMAKER'S

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# Wanamaker's Down Stairs Store



Fox Scarfs Are Becoming to Everybody

Their fluffy softness is quite as becoming to a girl's mother as it is to the girl herself. And, oh, how snug and warm in the first snow flurry. Fox scarfs are in taupe or soft

wood brown, in animal shape or lined with silk. \$25 to \$55.

than half the price of last year.

**Opportunities** 

Central Aisle

Wonderful

Duvetyn Hats

for the first time

\$3.50

shapes made of deliciously soft,

mossy duvetyn in plain weave or

self-colored block designs. Most of them are trimmed with round or half beads, others have

touches of cire ribbon, a bow of duvetyn or a bit of furry chenille.

Astonishingly rich looking at \$3.50. And all are silk lined, too.

Remnants of Muslin, Crash

and Damask, 8c to 85c Yard

One to five yard lengths of sheetings, table crash and dam-

asks from our own stocks. All

are long enough to be of prac-

tical value and the prices run a quarter to a third less.

Women's Chamois Lisle

Gloves, 50c to \$1.25

75c for strap-wrist style in covert and brown.

Women's Blanket Bathrobes

\$3 and \$3.85 \$3 for figured and plaid ones

in lovely light and dark colors. \$3.85 for plain purple and both

light and dark figured bathrobes.

Warm and cozy; well cut and

well made on generous lines. All

Hand-Made Blouses

\$3.50

fine French voile or batiste. Those of voile come in square or

V-neck style and are trimmed

with embroidery, drawn work

and narrow edging of real filet

lace. Those of batiste are also in square and V-neck styles and

are trimmed with embroidery,

drawn work and hemstitching.

Any one of them would make a lovely gift. Sizes 36 to 46.

Brassieres and Bandeaux

30c, 35c and 50c

deaux, and plain, embroidery or

Silk, Velour and Velour-

and-Tapestry Pillows

\$2.65 to \$3.75

Lovely shirred ones of rose or

blue taffeta; combinations of

rose, blue or gold velour with

tapestry and solid velours in

Lace-Trimmed Curtains

\$1.85 Pair

quisette curtains trimmed with imitation Cluny edging.

Enough Colored

Handkerchief

Linen for

3 Handkerchiefs

It is in strips 36 inches long and 12 inches wide and there are all the desirable colors for

at 50c

New shipment of white mar-

many pretty colors.

yards long.

handkerchiefs.

lace trimmed brassieres.

Special assortment that in cludes plain and brocaded ban-

Dainty Porto Rican blouses of

\$1.25 for 16-button length in

ert, mastic and brown.

white and beaver.

50c for two-clasp style in cov-

Fascinating medium and small

A Sale of Imported

Silk Scarfs \$5

took all the manufacturer had, we are able to sell them at less

appreciate these beautiful imported ones that come just when

Double elastic-knit scarfs of pure silk in

with another color;

-wide gray and brown stripes;

Because we happened along just at the right moment and

Men and women who know and like fine silk scarfs will

-white with wide purple, green and navy stripes outlined

-single knit in plain light and dark gray, brown, black

Daintiest Matinees

For Feminine Gifts

A wisp of crepe de chine and

fine tinted Valenciennes lace

makes one that is finished with

Another, of gleaming satin

edged with Georgette crepe

ruffles, is much beribboned. \$5.

pink, pale blue or orchid.

A woman may choose either in

Little Sale of

Pleated Skirts, \$5

All fashionable skirts of fine

prunella cloth, for sports wear,

predominate, usually with the

plain color showing on top of the

pleat, and the stripe showing be-

tween when the skirt is in

would be once again as much,

but this little lot will go out in

a hurry at this price!

Ordinarily such fine skirts

for school and for business.

motion.

About one hundred of them!

Brown, blue and black tones

ribbons and rosebuds. \$4.75.

You would expect to pay at least twice as much for such

(Central)

## Good Overcoats, Sir, at \$20 to \$38.50 -All-Wool and Well-Tailored

Any man in the market for an overcoat wants it for Thanksgiving, and that's not far away. Warm, well-tailored ulsterettes and ulsters are made of plain all-wool materials or of thick fabrics with plaid or

contrasting backs, such as many men like. The coats have half belts or belts all around and all are double-breasted with convertible collars and deep pockets. (Gallery, Market)

Women's Underclothes Specially Good at 50c, 55c Nightgowns, bloomers and petticoats all at these trifling prices-

and all so good and so pleasantly fresh that they will quickly impress any one with their desirability.

Nightgowns at 55c are of white nainsook stitched with blue or of pink or white nainsook hand-embroidered with flowers or festoons and

Bloomers at 55c are of plain pink or white nainsook or printed pink flannelet with stitched ruffles and elastic at waist and knee. Short petticoats at 50c are of striped flannelet with scalloped

Men's Heavy Tan Brogue Oxfords \$5.25

Of heavy tan and brown leather with many perforations and inlaid strips of white fiber in the soles, they are shoes a man would notice any day.

One style has full wing tips and the other straight tips and saddle straps. (Gallery, Market)

### Charming Dresses Special at \$23.50

Frocks of Poiret twill made with scaloped and beaded tunics over black satin Frocks of tricotine trimmed with ribbon

in iridescent beads. Another tricotine frock of distinctly French cut is made over black satin.

medallions or with bow-knots, embroidered

(Sketched.) A number of dresses of Canton crepe and heavy Russian crepe are trimmed with applique designs done in henna, or with wide sleeves showing quite daring designs

done in heavy braid. Best of all, there are but a few dresses of any one kind, so not only is one sure of a new and attractive model, but also an individual one.

### Special at \$7.50

Warm and comfortable everyday frocks are of velour in various colors and styles. Also of navy, brown and henna wool jersey in the popular two-piece style with pleated skirts and washable white collars and cuffs.

Velveteen dresses are in black embroidered allover with a scroll design done in gray or orange. Georgette sleeves match the color of the embroidery. (Market)

### Sale of Gossard Front-Lace Corsets, \$2 to \$5.50 -Many Half Price

Beautiful corsets, new and spotless, and in models suitable for all types of figures. They are of pink coutil and broche, exquisitely finished with shirred ribbons, rosebuds and laces. But it is in the excellence of design that Gossard corsets' excel. They are among the finest front-lace corsets made, perfect of line and workmanship. In this sale are lightly boned corsets for slender young women, corsets for average figures

and very heavily boned corsets for stout figures. All are great savings in price.

## 5 Special Groups of Coats for Women and Young Women, \$18.75 to \$58.50

\$18.75 for bolivia and silvertone coats in navy, brown and oxford, fully lined with silk. Some show elaborate embroidery and others are plainly belted and button trimmed.

Belted coats of velour or heather mixtures are fully lined with silk. Most of them have large fur collars. A well-tailored plain velour model is neatly finished with decorative stitching.

Literally dozens of models at \$25! Choice of smartly tailored belted coats and loose-back dolman effects, throw scarfs, fur collars and mannish collars Black, brown, navy and deer among them and all the coats are fully lined with silk.

Lovely coats are of soft, warm, cut bolivia with ragian shoulders. The sides of the coats and the large draped collars are charmingly embroidered. The colors-brown, navy and deer-seem particularly rich in this material.

\$58.50

Handsome coats of duvet de laine and various exclusive bolivia cloths have luxurious cape collars of beaver, nutria, mole, wolf and Australian opossum. Not all sizes in every style and color, as many are sample coats. The values are all extraor-

\$18.75

### 4 Styles of Women's Winter Oxfords, \$5.50 Tan calf ... Oxfords

Black calfskin one-strap pumps

Tan calfskin one-strap pumps All have welted soles that are sturdy enough for Winter wear and medium or low

Moccasin Pumps Women's Comfort Shoes at \$4.90

Special at \$3.25 Patent leather pumps in moccasin style have three straps that fasten with buckles over

heels. Excellent to wear with wool stockings or with spats.

wide tongues. They have welted soles and low heels.

are of soft, pliable black kidskin with wide toes, plain toe or tip, turned soles and low heels. Usually shoes of this type cost considerably more.

Children's Tan or Black Shoes at \$2.90 This is a recial opportunity in childre's lace shoes of black or tan dt I leather in sizes 8%

Black calfskin Oxfords

Nice for Thanksgiving.