Get Variety in Winter Meals. Is Mrs. Wilson's Good Advice

This Can Be Obtained by the Use of Fresh Salads and Various Interesting Dishes That Are Suggested Here

By MRS. M. A. WILSON up in the cup often weight from six to seven ounces instead of four ounces.

THERE is a real widespread idea that winter season brings a restricted diet and often the housewife offers this as an adequate excuse for just a meal of bread, meat and potatoes.

Cold weather necessitates a reason-

ably proportionate increase in heat and nergy producing foods; but at the same time the green fruits and vegetables should appear daily on our table.

In nearly every community the housewife can obtain lettuce, escarole, housewife can obtain lettuce, escarole, housewife can obtain lettuce, escarole, housewife can obtain lettuce.

housewife can obtain lettuce, escarole, rendive, cress, celery, cabbage, leeks, salons and radishes.

Raw cabbage made into a slaw and served with either a boiled, mayonnaise, or French dressing is easy to digest and contains valuable vitamines and mineral salts, with sufficient bulky matter to make a very valuable food for the to make a very valuable food for the

to make a very valuable took the intestinal tract.

'Cauliflower can be served both as a vegetable and saind, and when you begin to prepare the saind, do not throw away those coarse leaves that are part of the head.

Cut or break the flower into suitable leaves for serving, trim the coarse

cut or break the hower into suitable pieces for serving, trim the coarse green leaves and cut in pieces about two inches. Cook with cauliflower by placing in saucepan and covering with placing in saucepan and covering with beiling water—cook until tender; drain, season and serve hot as a vegetable with either cream sauce or Hollandaise sauce, or cold after marinating in wellmasoned French dressing. Spinach Loaf

One cup of well-drained, cooked place in mixing bowl and add: One cup of very thick oream souce, One and one-half cups breadcrumbs,

One cup grated cheese, Three tablespoons grated onion. One and one-half teaspoons salt, One and one-half teaspoons pepper, Three tablespoons butter, Two tablespoons lemon juice.

Mix and turn in loaf shape pan and bake one hour. Serve with Hollandaise

Celery Cheese Pudding Mince very fine, using food chopper One and one-half cups green top

Six branches parsley.

Now cut bread in tiny blocks and place in baking dish, sprinkle liberally with grated cheese, the prepared seasoning. Then place layer of bread on top. Now place in mixing bowl One and one-half cups milk,

Two eggs. One teaspoon salt, One-half teaspoon pepper.

Beat to mix. Add One-half cup grated cheese. Pour over the prepared bread, sprinkle top with fine breadcrumbs, dust with

paprika and bake in slow oven thirtyfive minutes. Casserole of Vegetable Pare and dice

Three medium-sized potatoes, Three small turnips, Tico carrots. Four ontone.

Place in saucepan and cover with boiling water, bring to boil and cook slowly until vegetables are tender. drain, turn in casserole and cover with thick cream sauce and sprinkle four tablespoons grated cheese over the top. Rake in moderate oven twenty-live

Bran Cookles

Place in mixing bowl One cup white flour, One cup graham flour. One cup bran.

One cup chopped nuts. One-half oup seeded raisins, One cup brown sugar, One teaspoon cinnamon. Four teaspoons baking poseder, One-half teaspoon cloves,

One-half teaspoon nutmeg. Rub between the hands to mix. Now

Seven tablespoons melted shortening. Then bent

Two-thirds cap milk. One-half cup syrup. And use to form dough with drop om spoon on well-greased baking

from spoon on well-greased baking sheet. Lake in moderate oven fifteen Bran Muffins

Place in mixing bowl Two cups flour, One and one half cups bran.

One egg:

One traspoon valt, Two level tablespoons baking pow-Three tablespoons shortening,

One cap milk. Four tablespoons syrup,

Beat hard to mix thoroughly, turn into well greased muffin pans, filling pans about two-thirds full. Bake in act oven twenty-uve minutes,

Red Bunny

Split the bran muffins and toast, Now place in a saucepan One and one-half cups milk. Eight tablespoons flour. Stir to blend flour and milk then

Now add One onlone half cups grated cheese,

bring to a boil and cook for ten

One tablespoon grated onion, One teaspoon salt, One teaspoon paprika,
One-half cup thick tomato pulp.
Two well-beaten eggs.

One-fourth teaspoon mustard. Bring mixture slowly to boiling point, heating hard while cooking, and

cook ten minutes. Turn over the toasted bran muthus. This amount will serve lour persons,

Baked Cheese Omelet Place in mixing bowl One cap breaderambs.

Pour one cup of scalding milk over breadcrombs and let stand until cool.

One tablespoon grated onion.
Three tablespoons finely minced parsley, One tenspoon salt.

One-half teaspoon pepper.
One-half cup thick cream sauce.
Volk of four eggs.
One cap of grated cheese.

Beat hard to mix, then cut and fold In the stiffly beaten whites of four eggs, fill into well-buttered custard cups, filling the cups about three-fourths full. Place in baking pan and bake in moderate oven twenty minutes.

MRS. WILSON'S ANSWERS MRS. WHITE - Evidently your trouble is due to the manner in which you measure the flour. Sift the flour case into the mixing bowl and then fill into the cup without shaking and using a laife to level the top. Flour scooped

that it will be nice and juley and MRS. E. V. H. Select a cut of ment and if the meat in g water to make the necessary amount is lean and does not have a bit of bone have the butcher tie a piece of suct and a bone in shape with meat. Wipe meat with a damp cloth and then put in one-fourth cup of flour; brown ment quickly in a skillet containing a little fat, turning meat frequently. Lift to deep saucepan and add one cup of boil-

ing water. Cover and cook slowly, allowing about thirty-five minutes to the pound. You may add onions and some savory herbs, and when you have a method for preparing a pot roast so lifted the meat then add sufficient boil-Select a cut of meat and if the meat ing water to make the necessary amount

The Tea of Teas Always Good Alike

Deliciously Different to the Ordinary.

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Preserved and Sold only Standard of Excellence in Sealed Metal Packets



My dear Mrs. Wilson-Will you

MRS. L. B. R.

please give a recipe for apple con-serve? Also tell how to clean an

Apple Conserve

Stir to dissolve the sugar and bring to

Four pounds of apples, pared and cut

One cup of finely chopped preserved

Stir and cook slowly until thick like

You will find it easiest to cover the

jam; then store in the usual manner for jams and jellies.

soiled table pad with a cheesecloth cov-

One package of seeded raisins,

Place in the preserving kettle

Three pounds of sugar,

asbestos table pad.

in thin slices,

ginger.

Big Reductions

THAT MEAN REAL SAVINGS

IN PHILADELPHIA, CAMDEN AND VICINITY

P&G The White SOAP Soaptha Save 2 cents a cake

Aunt Jemima's Buckwheat 4 91c

Pancake 191c Flour

Save 4 cents can

CALIFORNIA

Save 6 cents can

Large

N. B. C. CRACKER SALE

Rosemary Sandwich . 16 26c Spiced Drops . . . 1b 21c

Sunnyfield Print

GRANDMOTHER'S CAKE PKG. 13c

OTHER BIG ATTRACTIONS

	SPECIALS
Olive Oil Qts 89c	Wheatena Pkg 22c Reckitt's Blue Pkg 9c
Encore Pure 1/2 Pts 29c Imported Italian Pts 49c	Puffed RicePkg 15c
Evaporated Apricots lh 29c	Puffed Wheat Pkg 12c

	SPECIALS
Walnuts	Figs, Large, Fancy Smyrna lb 29c
Brazil Nuts	Dates, Ali Baba 10-oz pkg 20c

Citron . . Ib. 43c | Lemon Peel Ib. 25c | Orange Peel Ib. 25c

A & P Mince Meat Pkg 12c | None Mince Meat Pkg 15c | Atmore's Mince Meat 1b 23c R&R Plum Pudding Individual 12c 1-lb Size 33c Size 60c



SUPREME



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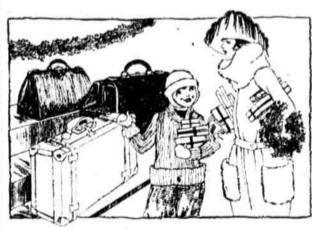
WANAMAKER'S

WANAMAKER'S

WANAMAKER'S

A Store Brimful of Christmas-Wanamaker's Down Stairs Store

Luggage Is One of the Most Useful of Christmas Gifts



Special Group of Overnight Bags at \$7.50

The style is sketched. The bags are of black cobra-grained leather with moire linings and nickel-finished trimmings. About 14 inches long, these are especially suitable for Christmas giving.

As Low as \$5. are fabric suitcases in the dull or shiny finish. The \$5 suitcases are very neat and

18, 20 and 22 inch at \$5 and \$7.50 Small Leather Suitcases with exceptionally pretty linings and shirred pockets are 18 and 20 inches at \$10 to \$24. Many of these have French edges.

look very much like leather.

grays, tans, red, etc.

At These Prices

Boys' All-Wool Mackinaws

Sizes 8 to 18 Years—\$12.75

collars, muff, patch or plain pockets, belts all around, inverted pleat in the back of each and double-breasted closing.

Every plaid and color that a boy likes—greens, browns,

(Gallery, Market)

47 Different Models in

Women's Dresses at \$10

Warm, as only regular mackinaws can be, with convertible

many people will want to satisfy their own needs, especially if they are going away

Most people need new luggage, too, for prices have been high. It is remarkable to note the decrease in luggage prices since last Christmas. The materials and workmanship which enter into this luggage are of the highest grade possible at the price. It is nice to give gifts that one would like to have one's self!

A Splendid Traveling Bag at \$15

sewed corners, and the sturdy brown or black leather proclaims its durability; 18inch length.

The 20-inch size is \$16.50. One can get a lot into these bags!

Other traveling bags of good tan or black leathers, with riveted frames, are \$8.50 to \$10; with sewed frames, including bags of stout cowhide, at \$12 to \$23.50.

\$9.50 to \$22

All are 24 or 26 inch suitcases. is the \$16.50 suitcase that is sketched.

Men's Gift Gloves lined, \$2.75. Gray and tan suede gloves with seamless knit wool linings, \$3.

A well-made bag, re-enforced with

Suitcases of Tan Cowhide

Ready for the rough usage of traveling, there cases are strongly made of sound leather with reliable re-enforcements and sure catches. Many have straps that go all around, and the \$22 case is a bellows oneholds almost as much as a trunk!

An excellent example of the good value

ful gift that he will appreciate. Comfortable slippers of felt or leather are \$1.60 to \$4. (Gallery, Market Christmas **Opportunities**

Central Aisle Boys' Part-Wool Sport Hose, 75c

No gift will please a boy so much! Ideal for skating, hiking and all kinds of Winter sports. Navy, cordovan and black with fancy turned-over tops.

Marmalade Jars, 50c Clear, shining glass with silverplated tops and spoon, a gift to delight any housewife!

Leather Hand Bags a Third Under Price, \$3.50 Black, navy blue, brown and gray in long grain finish, in en-

velope shape with pretty silk linings and metal-finished flaps. Flower-Bordered Rag Rugs Less Than Half Price, \$1.85 Solid colors-green, blue, pink

flower borders. 30x60 inchesan extremely practical size. Men's Neckties, 25c and 85c 25c for silk mixtures in pretty

and brown-with bright woven-in

Dresses, \$5, \$6, \$7.50 colors and patterns. 85c for all-silk ties made from Some have loose flowing sleeves of odd lengths of materials used in Georgette; the skirts of others are much more expensive kinds. stitched or embroidered in contrast-Silk Camisoles, \$1

Pink satin with pink crepe de chine tops, finished with silk lace 13th Street Aisle

Sterling Silver Bar Pins, 65c Prettily shaped ones of silver with rhinestone settings.

Household Scarfs and

and embroidery and some with

Centerpieces, 50c to \$1 Plenty to choose from in these linene scarfs and centerpieces-some trimmed with scalloping

printed designs.

Warmly Lined—Superior Qualities Tan or gray suede gloves with fleece linings, \$2.25. Brown or black capeskin gloves, fleece

Gray suede gloves with mohair fleece linings and fur-lined wrists, \$3. Silk-lined mocha gloves, in gray, \$3.75

Fur-lined suede gloves in gray and brown, Mocha gloves with seamless knit wool

linings, one-clasp style, \$5.75; strap-wrist gloves, \$6.50. Capeskin gloves in brown and black with seamless knit wool linings are in one-clasp style at \$4.50; strap-wrist style, \$5.50.

Motor Gauntlets

Warmly lined gauntlets in a variety of practical styles range in price from \$3.50 Gauntlets completely lined with wool are \$8.50; with fur, \$10.50.

RUBBERS! ARCTICS! BOOTS!

for Father and the Boys Boys' rubbers, sizes 11 to 5½, are 95c to \$1.20; boots, in sizes 8½ to 5½, are \$2.75 to \$4.25; arctics, sizes 11 to 512, are \$3.50

to \$5; boots, in sizes 6 to 11, are \$4.50 to Slippers for Dad for any man in the family are a thought-

Men's rubbers are \$1.40; arctics are \$2.75

Women's Dainty Initialed

Handkerchiefs

35c Each Fine white linen with handembroidered initials in color.



Two Gay Little Christmas Frocks

have just arrived in the Junior Store. Both are of fine chambray in pink, blue or green. The frock on the right is a de-lightful little pantalet affair with rickrack edging the ruffles at

the knee and the wee overskirt.

On each pocket are gay little embroidered resebuds. Size six years only, at \$3.75. The other is made with a white dotted Swiss underwaist, while flat white bandings trim the frock itself. Note the little lacer of black velvet ribbon in the front. Sizes 7 to 10 at \$4.50.

Gifts for Home-Keeping Hearts Linen Is a Gift Indeed

Dinner cloths of satin-finished linen damask,

A Trio of Christmas Blouses

collar, turn-back cuffs and a center pleat edged with 14-inch double

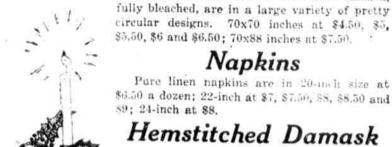
A blouse of heavy creps de chine with a roll tuxedo collar, pleat and cuffs edged with a frill. Flort white and tan, \$5.90.

(Market)

the waist instead of the band of elastic, \$7.90.

One of gleaming pink satin, in a heavy quality, has a Peter Pan

A similar blouse of beautiful white radium is made with tape at



circular designs. 70x70 inches at \$4.50, \$5, \$5.50, \$6 and \$6.50; 70x88 inches at \$7.50. Napkins Pure linen napkins are in 20-meh size at

Hemstitched Damask Dinner Sets, \$12.50

They consist of a linen tablecloth, 66 inches square, and a half-dozen 20-inch napkins to match.

Luncheon Sets at \$3

Each set, of fine white linen, is finished with white scalloping, outlined in blue. There are 6 tumbler and 6 plate doilies and a 24-inch centerpiece in each one.

Linen Table Damask, \$2.75 and \$3 a Yard

Fully bleached, pure linen damask of good heavy satin-finished quality is in an assortment of pretty floral and striped designs. 70 inches wide.

Fine Blankets and Quilts Blankets that qualify for the description

beautiful" are altogether of pure, softest wool, 72x80 inches. They are in such lovely colors as camel's-hair tan with wide band borders of pink or blue, warm red with black bands, large red-and-black plaids and block plaids of pink or blue, \$15 a pair.

Down-Filled Quilts, \$12.50

"Light as a teather" but, oh, how warm feathers can be! These are filled with pure, fluffy down and covered with figured sateen. Some have plain borders. (Central)

Lovely Velour Portieres,

These new 23-inch portieres are decorative and do not need to be pushed aside to go through a doorway. They are doublefaced, with open French sides, in plain rose or blue or color combinations such as blue-and-rose, gold-and-blue, green-and-rose, blue-and-mulberry, rose-and-fawn, blue-and-brown, etc.

36-inch portieres at \$17.50. 50-inch portieres at \$23.75.

Table Scarfs and Runners \$1.90 to \$8.50

Very acceptable presents, indeed! The patterns in the tapes-try scarfs and the coloring and finish in the velour scarfs make the values especially good. There are various sizes,

(Chestnut)

They're practical, wearable dresses, too, in all sizes and appropriate styles for women and young Velour frocks are embroidered in silk or piped with contrasting colors, Tricotines, all navy blue, are braid-trimmed, some with satin girdles, some with gray or black silk embroidery, some in coat effect or made on straight lines. Others are beaded. Wool jersey frocks, so practical and comfortable, are in navy blue, brown and henna. Crepe de chine frocks, mostly in black with bright touches of color, are often trimmed with black braid. Serge and Velour \$10 ing wool or silk. Some of the velour dresses have pleated skirts and Peter Pan collars; others show contrasting pipings