

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

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 reasonable proportionate increase in heat and energy-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, escaroles, spinach, cress, celery, cabbage, leeks, asparagus 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 vitamins and mineral salts, with sufficient bulky matter to make a very valuable food for the intestinal tract.

Cauliflower can be served both as a vegetable and salad, and when you begin to prepare the cauliflower leaves that are part of the head.

Cut or break the flower 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 boiling water—cook until tender; drain, and either cream sauce or Hollandaise sauce, or cold after marinating in well-seasoned French dressing.

Spinach Leaf Chop fine One cup of well-drained, cooked spinach.

Place in mixing bowl and add: One cup of very thick cream sauce, One and one-half cups bread crumbs, 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 sauce.

Celery Cheese Pudding Mince very fine, using food chopper One and one-half cups green top celery, 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 bread crumbs, dust with paprika and bake in slow oven thirty-five minutes.

Casserole of Vegetable Pare and dice Three medium-sized potatoes, Three small turnips, Two carrots, Four onions.

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. Bake in moderate oven twenty-five minutes.

Bran Cookies Place in mixing bowl One cup white flour, One cup graham flour, One cup bran, One cup chopped nuts, One-half cup seeded raisins, One cup brown sugar, One teaspoon cinnamon, Four teaspoons baking powder, One-half teaspoon cloves, One-half teaspoon nutmeg.

Rub between the hands to mix. Now Sift three tablespoons melted shortening. Then beat One egg, Two and one-half cups milk, One-half cup syrup.

And use to form dough with drop from spoon on well-greased baking sheet. Bake in moderate oven fifteen minutes.

Bran Muffins Place in mixing bowl Two cups flour, One and one-half cups bran, One teaspoon salt, Two level tablespoons baking powder.

Three tablespoons shortening, One cup milk, Four tablespoons syrup, One egg. Beat hard to mix thoroughly, turn into greased muffin pans, filling pans about two-thirds full. Bake in hot oven twenty-five 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 bring to a boil and cook for ten minutes. Now add One and one-half cups grated cheese, One tablespoon grated onion, One teaspoon salt, One teaspoon pepper, One-half cup thick cream sauce, Two well-beaten eggs, One-fourth teaspoon mustard.

Bring mixture slowly to boiling point, beating hard while cooking, and cook ten minutes. Turn over the toasted bran muffins. This amount will serve four persons.

Baked Cheese Omelet Place in mixing bowl One cup bread crumbs, Four eggs, One cup of scalding milk over bread crumbs and let stand until cool. Now add One tablespoon grated onion, Three tablespoons finely minced parsley, One teaspoon salt, One-half teaspoon pepper, One-half cup thick cream sauce, Yolk of four eggs, One cup 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 into the mixing bowl and then fill into the cup without shaking and using a knife to level the top. Flour scooped

Dear Mrs. Wilson—Will you give a method for preparing a pot roast so that it will be nice and juicy and tender? MRS. E. V. H. Select a cut of meat and if the meat is lean and does not have a bit of bone have the butcher tie a piece of stout and a bone in shape with meat. Wipe meat with a damp cloth and then put in one-fourth cup of flour; brown meat quickly in a skillet containing a little fat, turning meat frequently. Lift to deep saucepan and add one cup of boiling 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 lifted the meat then add sufficient boiling water to make the necessary amount of gravy.

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Citron lb. 43c | Lemon Peel lb. 25c | Orange Peel lb. 25c A&P Mince Meat 1/2 Pkg 12c

R & R Plum Pudding Individual Size 12c 1-lb Size 33c 2-lb Size 60c BOKAR COFFEE SUPREME

THE GREAT ATLANTIC & PACIFIC TEA CO. NEW STORES OPENED THIS WEEK: 1227 Poplar St. 131 Sumac St. PHOENIXVILLE, PA. 105 Main St.

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



Most people need new luggage, too, for prices have been high. It is remarkable to note the decrease in luggage prices since last Christmas.

A Splendid Traveling Bag at \$15

A well-made bag, re-enforced with sewed corners, and the sturdy brown or black leather proclaims its durability; 18-inch length.

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.

As Low as \$5.

are fabric suitcases in the dull or shiny finish. The \$5 suitcases are very neat and look very much like leather.

Small Leather Suitcases

with exceptionally pretty linings and shirred pockets are 18 and 20 inches at \$10 to \$24.

At These Prices

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

Boys' All-Wool Mackinaws Sizes 8 to 18 Years—\$12.75

47 Different Models in Women's Dresses at \$10



That's choice for you! They're practical, wearable and dresses, too, in all sizes and appropriate styles for women and young women.

A Trio of Christmas Blouses

One of gleaming pink satin, in a heavy quality, has a Peter Pan collar, turn-back cuffs and a center pleat edged with 1/2-inch double frill, \$5.90.

Gifts for Home-Keeping Hearts Linen Is a Gift Indeed

Dinner cloths of satin-finished linen damask, fully bleached, are in a large variety of pretty circular designs.

Napkins

Pure linen napkins are in 20-inch size at \$6.50 a dozen; 22-inch at \$7, \$7.50, \$8, \$8.50 and \$9; 24-inch at \$8.

Hemstitched Damask Dinner Sets, \$12.50

They consist of a linen tablecloth, 46 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.

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.

Marmalade Jars, 50c

Clear, shining glass with silver-plated 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 envelope shape with pretty silk linings and metal-finished flaps.

Flower-Bordered Rag Rugs Less Than Half Price, \$1.85

Solid colors—green, blue, pink and brown—with bright woven-in flower borders. 30x60 inches—an extremely practical size.

Men's Neckties, 25c and 85c

25c for silk mixtures in pretty colors and patterns. 85c for all-silk ties made from old lengths of materials used in much more expensive kinds.

Silk Camisoles, \$1

Pink satin with pink crepe de chine tops, finished with silk lace edging.

13th Street Aisle Sterling Silver Bar Pins, 65c

Prettily shaped ones of silver with rhinestone settings.

Household Scarfs and Centerpieces, 50c to \$1

Plenty to choose from in these fine scarfs and centerpieces—some trimmed with scalloping and embroidery and some with printed designs.

Women's Dainty Initialed Handkerchiefs 35c Each

Fine white linen with hand-embroidered 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 delightful little pantaloen affair with rickrack edging the ruffles at the knee and the wee overskirt.

On each pocket are gay little embroidered rosettes. Size six years only, at \$3.75.

The other is made with a white dotted Swiss underwaist, while flat white handkerchiefs trim the frock itself. Note the little lacer of black velvet ribbon in the front. Sizes 7 to 10 at \$4.50.

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-hair tan with wide band borders of pink or blue, warm red with black bands, large red-and-black plaids and black plaids of pink or blue, \$15 a pair.

Down-Filled Quilts, \$12.50

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

Lovely Velour Portieres, \$14 a Pair

These new 23-inch portieres are decorative and do not need to be pushed aside to go through a doorway. They are double-binnings such as blue-and-rose, gold-and-blue, green-and-rose, blue-and-mulberry, rose-and-fawn, blue-and-brown, etc.

Table Scarfs and Runners \$1.90 to \$8.50

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