

### Keep Out of the Same Old Food Rut By Following Mrs. Wilson's Ideas A Tasty Relish or a Vegetable Cooked in a Slightly Different Way Will Vary the Menu Enough

By MRS. M. A. WILSON  
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TODAY it is quite surprising to meet people who think anything will do to cook, and eagerly look for, and really do purchase off-color foods and then spend time and energy trying to retrieve or make them fit to eat; it is a well-known fact that nothing can give flavor to old tough meats, wilted vegetables or low-grade butter or stale eggs. Do not mean this to give you the impression that I advocate using high-price foods. Not at all. But it is very desirable to obtain the food in a wholesome and sound condition, and of a dependable quality. Modern conditions under which we live today make it very important for the housewife to keep a watchful eye on the cooking utensils, the refrigerator and the places where the food is stored. Many cases of illness are traceable to neglect of this, while careful cooking must needs answer for many more.

Falling into a rut and feeling satisfied with the least possible effort in planning and cooking our daily foods is sure to bring its own penalty in poor health and inefficiency. Many children are suffering from food handicaps in homes where there is sufficient money to buy the best food, and where the mother has a short study of our daily body needs to keep them physically fit. The prudent housewife who at this season of the year persistently introduces abundant green foods and plans repeated changes of the old stand-bys seldom has to fight the persistent winter cold that lays low so many at this season of the year.

Keep firmly in mind that a diet of meats, potatoes, starchy and sweet foods unless liberally supplemented with the green and succulent foods is the real cause of many intestinal disturbances, so do not stint when it comes time to market for these foods.

**SOME TIMELY DISHES**  
**Winter Relish**  
Chop very fine  
One small head of cabbage.  
Four onions.  
One large stalk of celery.  
Two raw beets.  
One raw carrot.  
One raw turnip.  
Place in a mixing bowl and add  
One tablespoon of celery seed.  
Three tablespoons of mustard seed.  
Bit of garlic size of a pea.  
Mix and then pour over a dressing made as follows:  
Place in a saucepan  
One and one-half cups of vinegar,  
One teaspoon of mustard,  
Two teaspoons of salt,  
One teaspoon of pepper,  
Two tablespoons of sugar,  
Four tablespoons of flour.  
Stir to dissolve; bring to a boil and cook for ten minutes; then pour over the relish; cover and keep in a cool place until used.

**Meatless Leaf**  
Soak stale bread in plenty of cold water until soft. Then turn in a piece of cheesecloth and squeeze dry. Now rub through a sieve and measure. Place three cups of the prepared bread in a mixing bowl and add  
One-half cup of grated onions.  
One cup of very thick cream sauce.  
One cup of finely chopped nuts.  
Two well-beaten eggs.  
Two teaspoons of salt.  
One teaspoon of pepper.  
Three-quarters teaspoon of thyme.  
Three-quarters cup of finely chopped salt pork or suet.  
Mix thoroughly and turn in a well-greased and floured loaf-shape pan; bake in a slow oven one hour. Serve with hollandaise sauce.

**Vegetable Pudding**  
Pare and dice  
Three potatoes.  
Two medium-size carrots.  
Five onions.  
Three medium-size turnips.  
Cover with boiling water and cook

very slowly until tender, then drain, mash the vegetables and season well with salt, pepper and a little butter. Measure the liquid drained from the vegetables and place in a saucepan. Now dissolve one-half cup of flour in one-half cup of cold water. Stir well to blend and add to the vegetable water in the saucepan. Stir and bring to a boil; cook for five minutes and then add the prepared vegetables with  
Two well-beaten eggs.  
One cup of grated cheese.  
One-quarter cup of finely minced parsley.  
Bent hard and turn in a baking dish and bake in a moderate oven for twenty-five minutes.

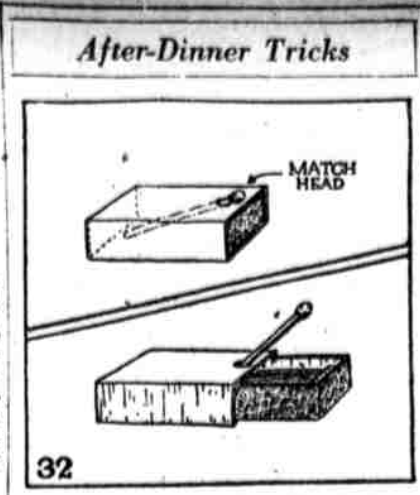
**Parsnip Fritters**  
Pare and cook the parsnips until tender. Then mash and season well, adding a tablespoon of finely minced onion. Two tablespoons of finely minced parsley.  
One and one-half teaspoons of salt.  
One teaspoon of white pepper.  
Mold into cakes; then dip in flour and brown in smoking hot fat. Place where they will keep hot for a few minutes while you cook a few strips of bacon to garnish with.

**Baked Parsnips**  
Pare and cook parsnips and when tender cut in thick slices. Place in a baking dish, sprinkling each layer with brown sugar, little cinnamon and just a very slight dusting of salt. Dot each layer with tiny bits of butter, and when the dish is full sprinkle the following mixture over the top:  
Place in a small bowl  
Four tablespoons of flour,  
Three tablespoons of brown sugar,  
One tablespoon of butter.  
Rub the mixture very lightly between the tips of the fingers until well blended; then spread over the top of the parsnips; dot with tiny bits of butter and bake in a moderate oven for half an hour.

**Baked Beets**  
Peel cooked beets and cut in thin slices. Place in a baking dish, placing a thick sprinkling of finely chopped onions between the layers; when the dish is full pour over the following mixture:  
Place in a saucepan  
One-half cup of cider vinegar,  
Three-quarters cup of water in which the beets were cooked,  
Three tablespoons of flour,  
One-half teaspoon of mustard,  
One-quarter teaspoon of thyme,  
Two tablespoons of sugar.  
Stir to dissolve the flour and the spices. Then bring to a boil and cook for ten minutes. Pour over the beets and make the top smooth. Sprinkle thickly with coarse breadcrumbs and two tablespoons of grated cheese. Bake in a moderate oven for thirty minutes. Serve from the dish.

**Russian Macedoine**  
Cook until tender  
Four beets,  
Two carrots,  
Two turnips,  
Six onions.  
Then pare and dice the cooked vegetables and place in a baking dish. Place in a saucepan  
One-half cup of cider vinegar,  
Three-quarters cup of water,  
Four tablespoons of flour,  
One and one-half teaspoons of salt,  
One-half teaspoon of mustard.  
Stir to dissolve and bring to a boil and cook for five minutes. Then add  
One cup of grated cheese.  
One-half teaspoon of mustard.  
Mix well and pour over the vegetables in the baking dish. Spread the top smooth and sprinkle with coarse bread crumbs. Bake in moderate oven twenty-five minutes.

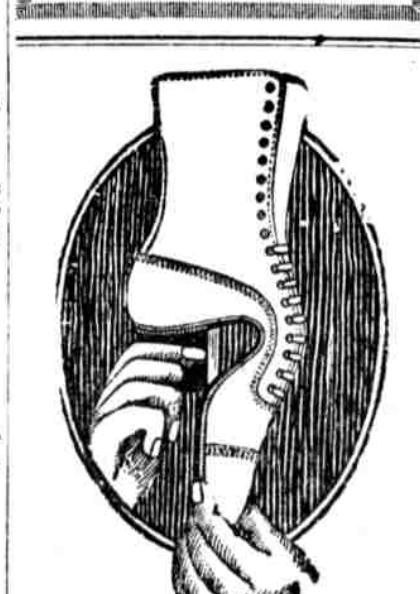
**MRS. WILSON'S ANSWERS**  
Dear Mrs. Wilson—Through the paper will you please give me the recipe for keeping pickles for winter use? MRS. F. E.  
Place the peppers in a broiler in the



**After-Dinner Tricks**  
**No. 32—Self-Serving Match Box**  
Some one asks for a match. When the box is pushed open they are startled to find the match raised itself right out of the box.  
A little hole is made in the top of the box near the end, and a match is pushed through into the drawer of the box, all except the head, which sticks out a trifle, but will not be noticed. When the drawer is pushed open, the match is forced up through the hole, and comes out in a very mysterious manner.  
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3742 GERMANTOWN AVE. Formerly 1780 Market Street

**Big, Meaty, Selected Eggs 45¢ doz**  
When your cake is spoiled, it's too late to blame the eggs. Buy "eggs you can be sure of."  
At all our Stores  
**MERCANTILE**



**Make Your Christmas Shopping Much Easier**

What tires a woman in shopping is not the running around so much as the standing and waiting. One of our foremost medical authorities declares that standing still is more exhausting than walking.

Both standing and walking, ordinary shoes tire you out much sooner than there is any need. They throw your weight and balance too far forward; they hold your feet in unnatural positions; they cause foot-troubles which often lead to headaches, backache, nervousness and irritability, because their rigid arches deny your own arches free action, and they restrict the circulation. In the Cantilever Shoe no strip of steel imbedded between soles prevents the flexing of your arch. Cantilever arches are flexible like your own arches. And when you lace them up that flexibility enables you to provide each arch with precisely the degree of support it needs. All the many sizes, shapes and patterns of Cantilever Shoes are designed with flexible arches so that your muscles shall exercise naturally, smoothly, comfortably, as you stand or walk. That freedom improves your circulation, adds to your vigor and endurance, and makes you look better because you feel better.

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**CANTILEVER SHOE SHOP**  
1300 Walnut Street  
Over Cunard Office  
Cantilevers are also on sale in nearby cities: Allentown—Hendheim's, 1802 Eleventh Ave. Albany—Park—Best Shoe Co., 427 Cookman Camden—Curran's Shoe Store, 110 Broadway Easton—Meyer's, 427 Northampton St. Harrisburg—Orner's, 24 N. 8d St. Lancaster—Zane's, 330 Main St. Lancaster—Froy's, 3 East King St. Reading—Schwartz's, 482 Penn Square Scranton—Lewis & Kelly, 114 Wyoming Av. Shamokin—H. Hirsch, 418 E. Independence Weston—H. Cochran & Sons, 100 N. 10th St. Wilkes-Barre—M. P. Murray, 18 Public Sq. York—The Bon Ton

## WANAMAKER'S DOWN STAIRS STORE WANAMAKER'S

# Jolly Christmas Gifts at the New Low Prices

## —Wanamaker's Down Stairs Store

**Round or Oblong Silk Pillows, \$2.50**  
Covered with soft silk, they are in black, rose, blue and gold, trimmed with dull gold galloon.  
**Cretonne Desks Sets, \$2.50 to \$5.50**  
The best part of it is that most of the pieces are covered with a glaze that makes them easily kept clean. They are in gay colorings and some of the more expensive sets are covered with rose or blue damask.  
Each set includes a calendar, a paper knife, an ink-well, a letter holder and a blotting pad.  
**Embroidered Pieces, Average Half Price**  
Sample pieces of finished embroidery at about half their usual prices. Here are towels, scarves, centerpieces, pillow-tops and children's dresses, most of them perfectly fresh, though a few show signs of handling.  
Prices range from \$1 to \$5.50.  
(Art Needlework, Central)

**Cheery Christmas Ribbons**  
Every kind—bright red, hemlock green, red-and-green, ribbon with holly sprays and two-tone ribbon that is red on one side and green on the other.  
Prices start at 15c for the 1/4-inch red ribbon and go to \$1.50 for double-faced ribbon. All in 10-yard bolts.  
(Market)

**All-Wool Plaid Blankets as Low as \$7.50**  
We are proud of our array of pure wool blankets—all-wool, warp and filling—in lovely plaids of pink, blue, gray, tan, etc., at \$7.50, \$8.50, \$10 and \$12 a pair.  
**Wool-Filled Quilts**  
are \$6.50 to \$10, with particularly good value at the lowest and highest price.  
(Central)

**Brief Cases, \$3**  
A business woman as well as a man would like one of these leather brief cases. They can be used for manuscript, music, legal papers and all sorts of business papers. Of generous size, with two pockets, straps and lock, in tan, brown or shiny black leather, at only \$3.  
Heavier, stronger cases at \$5 to \$10. A particularly good one at \$7 has three pockets, long straps and a patent lock.  
(Central)

**This Walrus Bag Is a Fine Gift for a Man**  
Any man who occasionally must take a business trip will be mightily pleased with such a sound, serviceable traveling bag. It is of thick, strong, first-quality walrus hide with a sewed frame, heavy metal trimmings and a leather lining. 18-inch size, \$15.  
It's a man's bag in every sense of the word.  
(Central)

**Girls' New Raincoats and Coats in Holly Boxes**  
Dear little red sateen capes, with silk-lined hoods, are thoroughly rubberized to keep out rain and snow. Sizes 6 to 14 years at \$3.  
Another cape, which is sketched, is of navy blue rubberized Canton with a belt and a hat to match. Sizes 8 to 16 years at \$6.  
**A Coat and Cape Combined**  
This cape has a coat front which is belted and is of rubberized tan or navy Canton. Sizes 10 to 16 years. There is a hat to match, \$8.50.  
A good-looking navy blue poplin raincoat with a hat to match in sizes for 8 to 16 year old girls at \$5.  
**Middy Blouses**  
White jean middy blouses with regulation collars and some with turned-up hems are in 8 to 18 year sizes at \$1, \$1.50 to \$2.50.  
**Lovely New Party Frocks**  
of white net and of georgette, crepe de chine and glitening taffeta are in the gayest colors and made with wee ruffles, silver belts and nosegays, \$10, \$15 to \$23.50.  
(Market)



**A Christmas Sale of Women's Imported Kidskin Gloves at Newly Lowered Prices**  
—What an Opportunity for Christmas Lists!  
**\$1.85 Pair**  
Long Gloves, \$5 to \$6.50  
\$5 pair for 12-button-length French kidskin gloves in white, black, tan and brown.  
\$6.50 pair for 16-button-length in the same colors.  
**\$2.25 Pair**  
for French kidskin gloves in 2-clasp style overseam sewn, with Paris-point backs, in white, black, tan, brown and gray.  
**\$2.50 Pair**  
for full pique-sewn French kidskin gloves, in tan, brown, black and white.  
(Central)

**Little Flasks of Imported Perfumes \$1**  
Convenient size to carry in the handbag, as the bottles are in nice little cases. They make very acceptable Christmas presents.  
(Central)

**Christmas Neckties 25c, 35c to \$1.15**  
It will be the exceptional person who cannot find a satisfactory necktie in such an assortment! All sorts of figures and stripes in the 'open-end four-in-hands, and there are exceptionally good knitted ties, as well, as low as 50c.  
(Gaitery, Market)

**Lace-Edged Handkerchiefs at 50c**  
Almost every one likes these bits of handkerchief daintiness! They are of fine white linen edged with net or point d'esprit ruffles.  
**Hand-Embroidered White Handkerchiefs**  
50c for pretty hand-embroidered linen handkerchiefs finished with hemstitching.  
55c for Madeira handkerchiefs.  
75c for white linen handkerchiefs exquisitely embroidered in Spain.  
\$1 for very fine hand-embroidered linen handkerchiefs.  
**Linen Handkerchiefs in Rainbow Hues at 35c**  
Pink, blue, violet, green, yellow, orange, lavender and even brown—oh, all the colors are here in these hemstitched handkerchiefs with embroidered corners.  
**Men's Plain White Linen Handkerchiefs, 30c Each**  
Good-sized squares of linen, nicely hemstitched.  
Men's extra-size handkerchiefs, 75c.  
(Central)

**A Christmas Sale of Women's Sweaters, \$2.50 and \$2.75**  
\$2.50 sweaters are of knitted wool made in the high-neck style that young women like to wear with Peter Pan collars. There are two pockets in the front and a narrow belt which fastens with a buckle. In Christmas red, black, brown, gray and navy. (Sketched.)  
**2 Styles at \$2.75**  
Both are of very soft alpaca, of a quality whose original wholesale price was considerably higher than \$2.75.  
A tuxedo coat sweater, with a long narrow belt, is in brown and green heather mixtures and in Burgundy, navy, purple, apple green, apricot and Copenhagen blue. (Sketched.)  
A slip-over sweater, with a high, straight neck and narrow belt, is in black, navy, jade and Copenhagen and in purple and gray heather mixtures.  
All sizes in each style.  
(Central)

**Raccoon-Trimmed Fur Coats \$90**  
The coats are of pony and 36 inches long.  
Other lovely-pony coats, trimmed with skunk, are \$125. Pony coats that are 40 inches long are trimmed with Hudson seal (dyed muskrat) at \$90.  
Marmot coats, 36 inches long, are \$90; 40 inches long, \$110.  
**Fur Stoles**  
Nearseal stoles are \$60 and \$75.  
(Market)

**Pretty Bandeaux and Brassieres at 75c**  
Pink satin and silk-thread brocade bandeaux.  
Brassieres of pink batiste or of white batiste and embroidery.  
(Central)

**New Prices on Women's Suits**  
Even yesterday's very low prices have been lowered further still, so that these suits are now marked a third less, a half less and at even greater reductions. Just a few of a kind and sizes are broken.  
**Jersey Slip-on Suits, \$12.75**  
A wool jersey sleeveless slip on dress and a jacket to match constitute each of these suits. They are in blue or brown heather mixtures.  
**At \$29**  
Fine tricotine, velour and illama cloth suits, a few trimmed with fur and all of beautiful materials, lined with silk. In navy, brown, reindeer and Sorrento blue.  
**At \$39**  
Handsome suits of duvet de laine, illama cloth, fine velour and duvetyne. Some have collars of mole, beaver, nutria or squirrel, others are beautifully embroidered. In brown, reindeer, navy and taupe. Sizes 16 to 36 only.  
(Market)

**Women's Cloth Frocks \$7.50 Dresses**  
Two-piece wool jersey frocks, mostly navy and a few blacks, with washable collars and cuffs. Also a few in a one-piece model. Velour dresses, in navy and brown, are made in several ways. Wool poplin frocks are stitched in colored silk. Two-tone jersey dresses, one-piece style, are simply tailored.  
**\$10 Dresses**  
Wool jersey dresses, of unusual quality, are in six different models with self-tone of sidery, or figured leather or washable collars and cuffs.  
Navy blue, georgette and tricotine frocks are made in about twenty models, beaded, braided or embroidered.  
(Market)

**Christmas Slippers, Comfort Shoes and Festive Silver Slippers**  
Santa Claus is giving serviceable gifts this year. He is sending his representatives to Wanamaker's Down Stairs Shoe Store and laying in supplies of thousands of pairs of its shoes. That's because the shoes are good and the prices are wonderfully low!  
**Men's Slippers of Right Sorts, \$2 and \$4**  
Felt slippers with padded soles will give a man a beautiful sensation of relaxation at night for \$2.  
Brown leather Romeos are a bit more luxurious and will wear longer at \$4.  
(Market)

**800 Pair of Women's Warm Slippers, \$1.10**  
Away below the standard price for these pretty felt slippers in colors to match gay negligees. Padded and leather soles. Ever so many styles, but not every size in each kind.  
Women's low-heel comfort slippers of kidskin or suede-like leather, black, brown, light or dark gray, \$2.40.  
(Chestnut)

**Lovely Silver Cloth Slippers Are \$9.90**  
Delightful gifts for the debutante who must have all sorts of dainty slippers to match her dance frocks. These have one-buttoned strap, gracefully pointed toes and low baby Louis heels.  
Black satin slippers, plain or with strap, are also \$9.90.

**Its Sale is Phenomenal— Its Quality is Irreproachable**  
**"SALADA"**  
TEA  
Is the Purest and Most Cleanly Prepared Tea in the World

**From PARIS:**  
The Old Distinguished Lace and Linen Shop  
**E. & F. STEVENS**  
Will give a display at the BELLEVUE-STRATFORD  
December 13th & 14th Miss Rau in charge  
A rare opportunity is offered to select Table, Bed, Boudoir and Trousseau LINENS

**The Girl Who Doesn't Appreciate**  
good hosiery, tastefully selected, is rare indeed.  
**\$2.25—Black and Brown**  
**Steigerwalt**  
Boot Shop  
1420 Chestnut St.