

Mrs. Wilson Suggests Some Recipes That Are Nice to Know of During Lent

Tomorrow is Shrove Tuesday, Which Marks the Coming of This Season in Which Meat Dishes Are Not So Popular

By MRS. M. A. WILSON
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THE season of Lent, starting Wednesday, March 1, is the beginning of the spring season. Ancient man believed that all living things should atone themselves to nature, and that in the first week of the season when nature was coming back to life, after living dormant for a rest or winter period, he should diminish his diet so that the blood stream might become thin.

Let us, for our health's sake, keep this Lenten season, eating liberally of green vegetables, whole-wheat breads, meatless soups, and abstaining from candies, overrich pastries and desserts.

Ri Bouilli à l'Italian
Place in a saucepan four tablespoons of bacon or ham drippings, add five tablespoons of rice, and toss until nicely browned; now add four cups of boiling water, one-half cup of finely chopped onions, one fagot of soup herbs, one-half of a large carrot, cut in dice.

Cook slowly on the simmering burner for two hours; now remove the fagot of herbs, season to taste and serve with finely grated cheese.

Shrimp Jambalaya
Place in a skillet four tablespoons of bacon or ham drippings, five onions fine, when the fat is hot add the onions and cook slowly and as the onions begin to brown add four tablespoons of flour, blend the flour well with the onions, add one teaspoon of thyme, bit of bay leaf, three tablespoons of chopped parsley. Simmer slowly for few minutes; now add one teaspoon of chili powder.

Peas and Cheese Pudding
Wash one-half pound of dried peas and soak over night in plenty of cold water; in morning, cover with cold water and cook until tender; now mash through a sieve and add salt and pepper to taste.

Two cups of breadcrumbs, Five grated onions, Four tablespoons of finely minced parsley, One teaspoon of thyme, Two teaspoons of salt, One teaspoon of pepper.

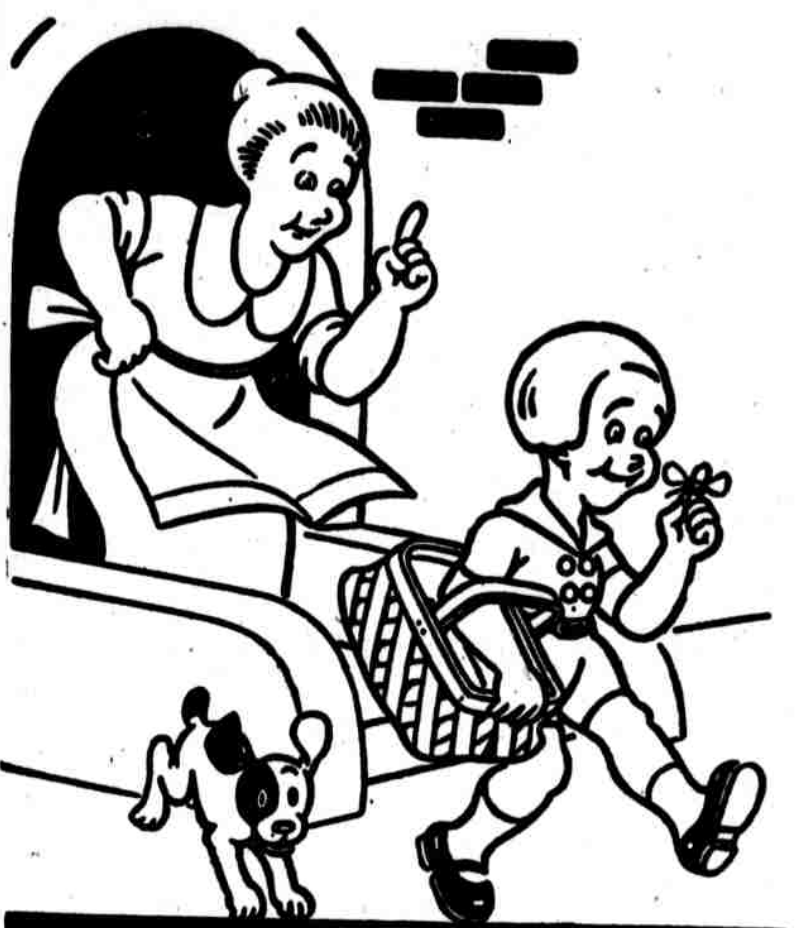
One-half cup of bacon or ham drippings, One cup of grated cheese.
Beat to mix and then turn in a well-greased baking dish and bake in a slow oven for one hour. Serve with tomato sauce.

Two cups of thick tomato pulp, One-half cup of washed rice, Three cups of boiling water.
Simmer slowly and cook until the rice is tender, stirring frequently to prevent scorching; now add two small cans of wet packed shrimp, first washing the shrimp well under the cold running water. Season and serve.

Cheese and Onion Croquettes
Place in a saucepan one cup of milk, bring to a boil, and add one and one-half cups of bread crumbs, stir to soften; now add two onions, grated, one teaspoon of salt, one teaspoon of paprika, three-quarters cup of grated cheese, mix and form in croquettes or cutlets, dip in flour and then in egg and milk, then roll in fine crumbs; fry a golden brown in smoking hot fat. Serve with cheese sauce.

Vienna Lenten Loaf
Place through the food chopper four onions, one fagot of soup herbs, one cup of nuts, four branches of celery, four branches of parsley, four ounces of beef mix, place in a bowl and add two cups of breadcrumbs, two cups of cooked oatmeal, two well-beaten eggs, two teaspoons of salt, one teaspoon of pepper, bit of bay leaf, one and one-half cups of thick cream sauce, one teaspoon of thyme.

Mix well and turn in a well-greased loaf-shape pan, smoothing the mixture down well; now sprinkle a little cornmeal on the top and bake for one hour in a slow oven. Serve with parsley or cheese sauce.



And don't forget CHOCO-PICS

Needless advice, for what youngster would forget Choco-pics? That's the tid-bit loved by all.

The luscious, velvety slice of pure ice cream nestling in its coating of rich chocolate and wrapped in glittering foil is the perfect dessert—the ideal refreshment for guests—the delightful dainty when the appetite craves for something good.

You can never imagine how exquisite Choco-pics taste until you try them. Something new—healthful, too; a tid-bit rare, beyond compare.

CHOCO-PIC
CHOCOLATE COVERED PHILADELPHIA ICE CREAM
"a tid-bit rare beyond compare" **10¢**
WHEREVER PHILADELPHIA ICE CREAM IS SERVED

AMERICAN STORES CO.

The Miracle on Your Table

This is National Canned Goods Week and Prune Week. Some few folks fail to realize what a blessing to mankind the canning industry is. In olden time, the surplus of a plentiful season was necessarily wasted, but today, the many foods from Mother Nature's fount of plenty can be packed where grown, at the height of the season, in hermetically sealed cans, and thus saved for us, so that we may enjoy them in the long winter months, as fresh and sweet and nourishing as the day they were picked.

We are giving below a list of unusual values in Canned Foods, proving once again that "It costs less to live when you deal at an Asco Store."

LENTEN	<p>Reg. 25c Best Red Alaska Salmon cut 21c can The very choicest Red Alaska Salmon packed. Full size tall can—delightful served plain or in croquettes or salads.</p> <p>Best Pink Salmon tall can 15c Asco Noodles pkg 8c Asco Macaroni pkg 8c Asco Spaghetti pkg 8c</p> <p>Asco Codfish pkg 7c Thoroughly desalted and free of bones—ready to mix with your mashed potatoes, mold into cakes and fry.</p> <p>Asco Boneless Codfish brick 15c Nova Scotia Herring bunch 20c Fresh Mackerel each 15c Norway Mackerel each 5c, 7c, 15c</p> <p>Reg. 18c can Gorton's Codfish Cakes cut 15c Just mold into cakes and fry. A Lenten special you will do well to take advantage of.</p>	NEEDS
	<p>Rich Creamy Cheese lb 25c Kraft Cheese can 12 1/2c Calif. Sardines big can 15c Calif. Tuna Fish can 10c, 15c</p> <p>Choice Sardines Five-cut 10c Sold regularly at 15c can for your choice of either oil or mustard dressing.</p> <p>Campbell's Soups can 10c Fancy Wet Shrimp can 15c Asco Bread Crumbs pkg 10c Asco Crackers pkg 10c</p>	

Golden Eggs 40¢
Twelve big fresh eggs in every carton. The very finest of the new-laid eggs.

Strictly Fresh Eggs doz 35c
A remarkably low price for fresh eggs.

Quality Canned Foods at Economy Prices

Asco Sifted Peas can 19c, doz \$2.25	Garden Spinach can 20c, doz \$2.35
Asco Extra Sifted Peas " 25c, " 2.85	Sweet Succotash " 13c, " 1.50
Asco Maine Corn " 15c, " 1.75	Fresh Tomatoes " 11c, " 1.30
Teddy Bear Corn " 10c, " 1.15	String Beans " 12c, " 1.40
Tender Lima Beans " 15c, " 1.75	California Asparagus " 20c, " 2.35
Asparagus Tips " 35c, " 4.10	Sliced Pineapple .11-oz " 16c, " 1.90
Sliced Pineapple " 22c, " 2.60	Extra Calif. Peaches .big " 29c, " 3.40
California Peaches .big " 23c, " 2.70	Calif. Bartlett Pears .big " 33c, " 3.90
Oregon Plums big " 25c, " 2.90	Minced Corned Beef, 1-lb " 8c, " .95
California Cherries .big " 35c, " 4.10	Sugar Beets big " 14c, " 1.65

Victor Bread Big Loaf 6¢
Give the children plenty of this good, body-building bread—particularly during these days of suddenly changing weather, when so much sickness is about.

Victor Raisin Bread loaf 10c
With California Seedless Raisins.

CAKE SPECIALS
Fresh from the National Biscuit Co. Ovens

Lemon Puffs, lb 27c
A new cake that is bound to make a hit by its deliciousness. Try them!

Fig Newtons, lb 18c
Dainty little cakes with a center of minced fig. M-m-m!

Calif. Sunsweet lb 12c 17c
The quality is the same, the only difference being in the size of the fruit. Eat lots of Prunes—they're a very healthful food. Our Prunes are very meaty and have a fine flavor. From the sun-kissed groves of California.

Asco Coffee 25c lb
A rich, rare aroma and most delicious flavor. A mighty fine coffee.

Asco Butter 45c
When you taste this exquisite butter, you'll know why we're proud of it.

Asco Teas 12c
1 1/2-lb pkg 23c; 1-lb pkg 45c
Five quality blends:
Orange Pekoe India Ceylon Old Country Style Mixed Plain Black

Asco Table Mustard, Big Jar, 9c
Reg. price 15c—the very choicest table mustard packed. Wonderful on cold meats.

Princess Table Mustard, tumbler 5c
Reg. price 7c. Big value; splendid flavor.

Meat Specials for Tuesday
In All Our 205 Sanitary Meat Markets

Milk-Fed Country Veal

Cutlets lb 48c	Loin Roast lb 35c
Loin Chops lb 38c	Rump Roast lb 28c
Rib Chops lb 32c	
Beef Liver lb 10c	Fresh Tripe lb 14c

These Prices Effective in All Our Phila., Camden and Suburban Stores and Meat Markets

WANAMAKER'S | **WANAMAKER'S**

Wanamaker's Down Stairs Store

An All-Wool Suit Made to Your Own Measure, Sir, for \$35

All-Wool Cheviots
All-Wool Cassimeres
All-Wool Blue Serges
All-Wool Blue Flannels

Forty-five different patterns for you to choose from—and all in new Spring materials. It's a fine time to bloom out in a Spring suit, made to your individual measurements at no greater outlay than a ready-to-wear suit necessitates.

We will make a fashionable Spring suit, single breasted and on the right lines of the moment and we guarantee that it will fit. It will be a suit worth having and a suit to be proud of.

—And the price is only \$35. (Gallery, Market)

New Spring Camisoles \$1 and \$1.50
They're of pink or white satin and crepe de chine with very lacy tops or simple bands of Georgette. Some have blue ribbon shoulder straps. (Central)

Capes—The Graceful Wraps of Spring
More poetry of line and motion is caught in a cape than in any other article of apparel. This Spring brings many capes. Women who appreciate their becomingness are welcoming and wearing them now.

\$25 to \$42.50
are the prices and there is a stepping stone every few dollars of the way.

Plain, long, full capes; capes with shorter over-capes; capes with long fringe, such as the one sketched; capes that are really coats with very full backs; shorter wrap-capes for evening—oh, all the capes are here!

Materials are lovely—suede velour, very fine bolivias, velours, serges and so on—and linings are in keeping. Many of the capes are warm enough to be thoroughly protective during the cold windy days of March.

Tan and navy lead the colors, but the other shades of blue and brown are in pleasing variety.



Five Good Opportunities Central Aisle

Bright Wool Flowers Grace Hats at \$3.85
Whether the hats themselves be of straw, silk or a combination of the two, these gay wool flowers are always a smart touch!

Other hats of grosgrain ribbon, fashioned in braided rope effect or in other pretty styles, are likewise low priced at \$3.85.

Fabric Gloves in Longer Lengths, \$1 to \$1.50
White, champagne, mode and brown in eight, twelve and sixteen button lengths, priced according to length.

Women's Bloomers 50c and 75c
Pink block crepe or pink and white batiste, 50c.
Pink or white serpentine crepe or black sateen, 75c.

Nightgowns, 85c and \$1
More than a third under price for these extremely good nightgowns of striped flannel, now 85c.

\$1 for nightgowns of white nainsook with initials embroidered in Old English style.

Petticoats Have Jersey Tops at 85c
Black and wanted colors in well-made petticoats with cotton jersey tops and tucked sateen flounces.

Clearaway of Winter Coats \$10 to \$25 \$50
Many are actually less than half their original prices and most of the \$10 to \$25 coats are without fur and can be worn for Spring coats. Some at \$25 have nutria collars. The wraps and coats at \$50 almost all show luxurious collars of fur. At these low prices they represent worth-while investments. (Market)

A Great Many Women Are Praising Corselettes
Corselettes represent a new idea in corsetry. They are a combination of brassiere and elastic girdle and very comfortable and satisfactory they have proven to be.

They are made with deep elastic inserts at the sides, a straight front and four hose supporters at \$2, \$3 and \$3.50.

A lighter model with elastic in the waistband is \$1.50 and \$2.

Plain pink jean, silk-striped poplin and various broches are the materials used.

Sizes 34 to 46 bust measure. (Central)

Short Dresses for Baby, 60c
Sweet little frocks of soft white nainsook, in bishop style, are edged with lace. They have deep hems, too. Sizes 6 months to 2 years. (Central)

Sturdy Rompers, \$1
Boys' rompers, open at the knees, are of cadet blue gingham trimmed with white. Little girls can wear them, too, but they are especially nice for boys. Sizes 2 to 6 years. (Central)

Big Boys' Shoes Special \$2.75
Good black English last shoes with heavy soles that will stand the hard wear that a boy gives them. Sizes 1 to 5 1/2. (Gallery, Market)

Women's Nightgowns With Pink or Blue Feather Stitching 85c
The material is soft white nainsook and the feather stitching matches the shirring in the front. It's a slip-over style. (Central)

Eyelet Embroidery Trims This House Dress \$3
Ever so pretty and quite nice enough to wear almost anywhere in Summertime. It is of checked gingham in blue, brown, green, pink, lavender and black with ecru eyelet embroidery trimming the collar, cuffs, vestee and pocket tops.

Billie Burke House Frocks, \$2
Particularly neat and refreshing are the Billie Burke frocks of striped gingham in blue, pink, lavender and green. They have shoulder yokes and are trimmed with plain color. (Central)

New Middies Have Red Peter Pan Collars—\$1
The vogue for Peter Pan collars is extending to middies now. This one of good white galatea has bright red trimmings. 8 to 16 year sizes.

Pretty Pleated Skirts—\$4.50
The kind daughter has been talking about to wear with her sweater. This is a good all-wool material in two-tone combination of brown and tan. 28 to 31 inch lengths.

Navy Blue Coats—Lowered to \$12
A sports model of smooth finish velour has inverted pleats in back, a stitched collar, raglan sleeves, big patch pockets, a narrow belt and is lined throughout. Really a Winter-weight coat. It can be worn for a good while yet and then put by for next year. 14 and 16 year sizes. (Market)