WHAT EVERY WOMAN WANTS TO KNOW-THINGS THAT INTEREST MAID AND MATRON

PINCH OF NEED

By C. HOUSTON GOUDISS

is in the home. The day seemed far distant when the food supply furnished by

our colonyal acreage would not be suffi

Now, with hardly enough warning to

enable us to catch our breath, we find ourselves confronted by the near pros-pect of a struggle with the same prob-

tem that has for years been a hughear to the nations of Europe—an actual searcity of food. In other words, seeing

that no power can stop the export of at least a part of our food supplies, so long as Europe wants them enough to pay

There could be no greater catastrophs

than the colossal war which is now shaking the civilized world to its very centre. But if the stress and strain of

it bring home the need and also the per-manent value of real economy, the present pinch of stern necessity will be

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Graham Bread

Make a light sponge with one cake of

yeast, one and one-half plats of lukewarm

water and white flour. Let rise over

night and add one-half Graham and

one-half white flour to make it stiff

enough to knead. Knead well and let

rise three to four hours. The Graham

all white is used. Knead again and make

into leaves and let rise to top of pan. If

the pans are well greased with melted

fat and the loaf is turned over in this

it will not be necessary to grease bread

hour to an hour and a quarter.

ways and take lessons in economy.

clent to meet the demands of our rapidly

and throwing away the rest.

The United States has begun in earnest | bring ourselves to believe that its place to feed the warring nations of Europe. Last September we sent abroad twice we much wheat and corn, it times as much fresh beef, 12 times as much sugar, sight times as much canned goods, 55 times as much cats, eight times as much wice and 10 times as much barley as we exported during September of the pre-

If the demand were only temporary, we might regard it as a stroke of good luck. If it were to be a permanent condition, and we had had ample time to prepare for it by increasing our production, it would mean wealth and prosperity high prices for them, it is likely that we shall be forced to mend our extravagant for the whole country through the rmous increase of export trade. We must learn to eliminate the enormous waste of foodstuffs that has been roing on for years. We must learn efficient and economic methods of pro-

But, as the matter stands, it is meeting an emergency abroad at the expense of people at home. Even now, sithough there is enough of this year's crop to supply the deficiency in France, England and Balatum and yet leave plenty for home consumption, the effect of this mormous increase of export trade will undoubtedly affect our own market prices

and be felt seriously by the consumer.

The situation demands serious thought.

It does not matter at present to the average American consumer whether or net the cataclyam in Europe will be of benefit to our international trade; what does matter is, what effect will it have on the grocer's bill, to say nothing of the butcher's bill. The larger view shows un that our commerce and manufacturing interests must and will be benefited when foreign countries are obliged to come to us for products which were formerly sent here from abroad. But the man in the street, to say nothing of the woman in the home, is inquiring about what the effect of this economic upheaval will be upon the average American family.

Whatever its effect may be, the upheaval is here and we have to face it. There is just one way to do this-through conservation of our food supply. Food reformers and economists have been preaching this for years, showing us facts and figures to prove that our careless and wasteful methods of production were bringing us nearer and nearer to the day when we should not be able to feed even our own people. But we have grown used to the cry of "Wolf! Wolf!" and have paid little heed.

We Americans are optimistic and casyreferred to by future generations as the greatest bleesing of this age. going folk. We admit that conservation is all right in its place, but we cannot

The Wealthy Girl

Two girls were walking along Chestnut

street the other day, quite oblivious of the

to their very audible chatter.

a quiet smile.

shadow behind them, who was listening

"What do you want for Christmas,

dear? You know I always believe in giv-

ing people what they want, and the best

way to find out what they want is to

ask. You know mother buys me so many

things that I really need very little, but,

"No, indeed," said the other girl, with

Just here the shadow turned off on an-

other street, wondering at the strange

ways of human nature. She noted the

stunning velvet suit and lovely fox furs

on the first girl, and the simple little

homs. The creaking radiator has unfor-

thack less should be of the greatest size that the fireplace will hold, and if it is of great wood will burn longest. The log house be shoved against the wall. If it is a split log the inside of it should be

The Queen of Italy

toward the front.

serge gown on the second.

every one liked her.

of course, everybody isn't like that."

Present Prices of Vegetables

The higher-priced vegetables are to be seen in the market now. Mushrooms sell at 50 to 60 cents a

Jerusalem artichokes sell at 10 cents Hothouse tomatoes sell at 15 cents

California quinces sell at 60 cents : Gozen. Cassaba melons sell at 40 cents a piece. increasing population, and we have cheerfully gone on buying what we could afford, enting what we happened to fancy Hubbard squash sell at 25 cents a piece. Eggplant varies in price according to size, beginning at 20 cents.

The Woman Speaker

The woman speaker will always be with us, according to the loke books, but the public speaker is coming into her own with a vengeance. "Free speech" is a good old American slogan, and if you look over the programs of a couple of public meetings and note the number of women it becomes a reality.

And why not? A woman does have ideas necasionally, in spite of what the efficient and economic methods of production and distribution. It is not enough to try intensive methods of agriculture and to make two blades of grass grow where one grew before. We must learn the actual value of every article of food and make it go as far as it will. okesmiths say, and the awakening public is just giving her a chance to show them. The shaking graduation oratress has been the usual criterion by which the public udges the women speaker, but, happily,

We must learn how to prevent the appalling breakage and rotting of eggs; Mrs. Carrie Chapman Catt is one of our finest speakers, and has decided ideas on the subject, too, "Women as speakers compare favorably with men," she says. we must stop the spoiling of fruits and vegetables and see that everything vegetables and see that everything which is entable reaches the consumer. We must lay the ax to the very routs Their voters may not carry so well, but they are much more concise. You can call on a woman unexpectedly and she'll make the shortest possible cut to the presentation of her argument. On the whole, I believe that the woman speaker makes the better short speech of the economically wasteful and dis-honest methods which throw away hugo consignments of food rather than allow prices to be lowered by a plentiful supply. Above all, we must learn to cook. In future years, when we come to recken both the cost and the gain, we and the man makes the better long sustained effort.

will find that we have guined much by meeting the present crisis. We will have raised fish to its rightful place as an There is another kind of woman speaker, the outcome of industrial life. Language is not all rules and rhetoric at a shirtwaist makers' strike. You'll realeveryday article of food. We will have learned to make a wider use of cereals tee it may be just plain facts, if hear Miss Clara Lemich speak. And this girl at the age of 17 spoke at Cooper and other less expensive foods. We will have learned to make savory dishes from the cheaper outs of meat, and especially Union, precipitating a strike of 50,000 we will have learned to utilize every scrap of food.

Miss Elizabeth Flynn is called the schoolgirl orator. The names of Miss Leonard O'Reilly, Miss Rose Schneider-mann, Miss Melinda Scott and Miss Agnes Nestor are equally well known. Women speak nowadays because they have some thing to say, and any one with a message

The Beauty of Beads

The smart woman has one bead necklace, at least, to harmonize or contrast with her tailored costume. Beads are very popular just now, and one shop shows a great many black and white effects. The large pearl necklace, com-Another is of cut jet, breast-length, with balls of fillgree silver of the same size alternating. A very effective combination is of let and crystal, in some cases, with rhinestones. Large triangles of the jet are used-both dull and polished, having flour makes it slower to rise than when bigarre rhinestone centres and bold designs on the chains. A new importation is the bandeau of dainty black lace, lined with white net or chiffon. This is substitute for the rather ordinary black elvet so much worn last season. Pendants of rhinestone or cut jet are fastened any further. Bake in a slow oven an on these bandeaux, and make a charming suggestion for the elderly woman.



CONSERVATIVE FUR MODELS IN WHITE FOX AND RUSSIAN

WOMAN OUTSIDE THE HOME

Around the Clubs

In a study of contemporary art, interest, Club in London, w. attaches to a new periodical, the Chinese
Review. There Miss J. Kong-Sing takes a
leaf out of Mr. Markine's book and has presented English scenes through a Chinose art medium. The Oriental art motive is very strong at present.

Queen Mary, says the Queen, has set her face against the wearing of plumage. So well is this known that the less scrupulous Madame Poincare carefully removed her paradise plumes during the royal visit to Paris.

At the British Medical Congress meetng in Aberdeen last July, Dr. Mary Bell, in moving a resolution declaring that the salaries paid to medical women should be the same as these paid to men, said re-cently an attempt had been made by a Government department to upset this principle by the appointment of one woman inspector under the Board of Control of the mental deficiency act. She was thank-

sister-in-law of Arthur Balfour, and noted as a suffrage leader. The Paris president is another grande dame, the accomplished and versatile Duchess d' Uzes, noted as a

Mrs. Newmarch, an Englishwoman, has one a great deal to popularize and intermen. She has lately published a remarkable book, "The Russian Opera." As Mrs. Newmarch is intimately acquainted with the main critics and composers of the Russian musical renaissance, she is well qualified to do Justice to a subject of which the outer world knows very little.

Miss Anna Holman, who has just passed er juridical examination at the versity, is now nominated sworn attorney the judge in the district of Holt, in ledenes, Norway. The district judges have to travel the circuits, and they have more work than they themselves can do.

MODES OF THE HOUR

Leniency of Fashion Allows Unlimited Individuality in Selection of Furs This Season.

There are so many furs worn this season, all of them fashionable, that one
can make the selection a matter of taste,
letting the personal equation enter in
without going amiss in the matter of
style.

White for is an attractive fur and one

White for is an attractive fur and one

White for is an attractive fur and one

White fox is an attractive fur and one that is very becoming to girls. In the was made of three-inch wide motre ribe set illustrated a whole animal is used bon, just long enough to fasten around for the neck piece, head, tail and claws, and another one for the muff, with white velvet at the wrists.

The other set of fur shown is Russian

A distinctive note is given to the collar by using two animals and cross-ing them at the back so that in front both sides are alike, heads inside and

The must is made of dark brown velvet and the pelts lie flat and extend from side to side.

These two muffs are shaped alike. They are long and supple and of the barrel shape without its stiffness or hardness of outline. As the fur season advances this shape, which has not been carried for many years, takes a more and more, prominent position among the styles that

This is a season when the clever girl back.

an make her own set of furs. Single colfs can be bought at a price that will make the set made at home cost about me-third of the price of the set pur-

and another one for the muff, with white velvet at the wrists. pink velvet rose occupied a place at one

Again, a band of fur, whatever one ilkes, from ermine to skunk, encircles the neck and makes the foundation for frills at both sides of chiffon, satin, velvet, taffeta, as the mood of the moment com-

A choux of some sort, a saucy little bow, or a flower gives a necessary touch and fastens the tour de con effectively. They are warm and cosy and show off to advantage with the plain walking suit.
Frocks for indoors and out of doors are almost certain to show fur somewhere; if not in front, then unexpectedly at the

Collar and cuffs of white caracul used in the place of the usual organdie collars and cuffs redeemed a very simple gown from the commonplace. One could almost place for at random nowadays and dechissed made.

The popularity of silk or velvet in comination with fur makes it possible for fully planned by some clever designer.

A Female Edison

Did you know that up to a very few years ago we had a "woman Edison"? Her name was Miss Margaret E. Knight, and she was the inventor of 87 separate contrivances.

Her career was most interesting and will bear repetition. Her birthplace was Manchester, N. H., 75 years ago. She began her extraordinary work at the age of 12, when she invented a stop-motion arrangement to prevent the steel-tipped shuttles of the mill looms from falling out and injuring the employes.

Her brothers were employed in a mill at the time, and the idea came to her on one of her visits to take them Their din-

We can thank Miss Knight for the inestimable benefit of the square-bottom paper bag. It was in 1871 that she in-vented the machine which manufactures them. She also gave us a very useful variety of the popular tin can. After this was accepted by several prominent canning concerns, her picture was hung in

the Patent Bureau in Washington.

Most of her inventions were confined to rubber, cotton and shoe machinery, although she is better known by her engine devices and the Knight-Davidson motor. It is interesting to know that during the course of her work she encountered numerous lawsuits, but she never contested full-to say the two selected women had both resigned (pending equal salary being offered). The association carried the resolution unanimously.

The marvelous growth of the Lyceum

They, therefore, have sworn attorneys, who may take charge for the Judge himself, and may perform all the official duties of the Judge, at the proceedings in the courts of law.

Are you ruining your little daughter's looks? A great many mothers, with the very best intentions in the world, either make their daughters ugly, or worse still, let the girls do it themselves.

Don't let your little daughter screw

Your Little Daughter

her hair up. The pretty, natural effect of the hair growing softly about the face is best suited to young girls. Girls nowaof the hair growing sortly about the lace is best suited to young girls. Girls nowa-days want to put their hair up before they are over playing with dolls. Nothing is more attractive than the young girl of 15 or 16, with the large single curl in the back caught loosely with a bow or barette. The front may be parted or in a soft, flat pompadour. How seldom you see this-most of the girls wear a more or less correct imitation of their mother's colffure, marcel wave and all.
Curiers and tongs—in fact patent wavers of all kinds—are very bad indeed for the young child's hair. All natural, unaf-fected things are best for children. They are a part of youth itself. Fluffing the hair gently the wrong way or turning up the straight ends with a damp comb is the only natural way to encourage curls. Never use heated irons. These will surely ruin the hair, making it become brittle,

lifeless and lose its color.

If your daughter's hair falls out at an early age see to it at once. A healthy child's hair grows quite rapidly and as the hair first indicates the general condition, better watch it carefully. See that she brushes it for a short while-say five or ten minutes-every night, rub some good tonic in about once a week and never, never let her pull it tightly back in any way.

Milady's Note Paper

THE PRESENT SLENDER FIGURE Note paper this season shows an infinite variety. There is a very handsome box made of rose-colored moire slik, filled The slim, elegant figure is evidently | your undergarments as you do in selectwith the finest white linen paper with a here to stay. There were rumors a short ing your gowns.

Gone are the days of the whalebone and fine gold edge. The whole is very ex-quisite and one could find innumerable

is easily distinguished by the row of little dancing figures across the front in silhouette. This also has a gold edge, with a broad line of rather violently contrast-ing color as a border.

"Votes for Women" campaigners have evidently left no stone unturned, for their popular slogan decorates a dainty vellow and white paper. Inside a small circle on the front of this is a sketch of the

White House.



The styles for wearing evening dresses. which were shown in the shops early this fall, were well described by the man who called them "pneumonia models." Sieeves are conspicuous by their absence. This brings us to the subject of

well-shaped arm are justified in wearing the sleeveless gown. The fully exposed arm draws attention to every blemish. and it would repay you to take the best of care of it.
All skin disfigurations, such as moles, warts, etc., should be removed by elec-

relysis. The thin arm is most distressing to ock at. Hold hot water to the arm, or cloths wrung out of hot water, and hen apply a good fattening cream. Cocca-butter, clive oll or a good skin food

can be used.

Nothing will reduce the fat arm but massage. Remember to work upward, paying particular attention to the wrist, which should be made to taper.

Liquid powder is the best to use on the arms, as it does not fall off so quickly as the plaid powder.

Votes for Women

From Seattle came an account of the first vote cast by the women of Alaska. It has helped materially to decide the elections by being cast on non-party lines. The annual report of the Chief inspector of Factories and Workshops in England, read last July, presents some hopeful features, despite its insvitable gloom.

LOVE, HAIR AND MARRIAGE From the beginning of romantic his-

tory down to the present day every story of love has spoken of the maid-en's hair as one of her chief charms. Fair locks amply pay for the care and time used in keeping them beautiful, and care is all that is necessary for developing and retaining hair beauty. In washing the hair it is not advisable to use a makeshift, but always use a preparation made for shampooing only. You can eajoy the best that is only. You can eally the best that is known for about three cents a shampoo by getting a package of canthrox from your druggist; dissolve a teaspoonful in a cup of hot water and your shampoo is ready. After its use the hair dries rapidly with uniform color. Dandruff, excess oil and dirt are dissolved and entirely disapp Your hair will be so fluffy that is look much heavier than it is. Its lustre and softness will also delight you, while the stimulated scalp gains the heavier before that growth.

'roughened" throat. It will even cure

or before retiring is an excellent one. There is no better general tonic than an

When the sudden burn occurs in the rubbing immediately with but-

If you sleep with your head on a little allp of linen, with orris-root powder in-side, the hair will have a delightful odor.



Corsets Meet Fashion's demand for the

La Grecque

coming season and combine style with comfort.

Our corsetieres give expert help in correct fitting.

Van Orden Corset Co. 1204 Chestnut St., Phila.

Not Too Early to Bespeak Christmas Gifts

Packed, if you like, in a Christmas box with a dainty sachet

Designed and made expressly for us

Albatross Sacques, in colors, \$3.75. French Flannel Sacques, \$4.00 upward.

Silk Sacques, exquisite tints, \$8.00 to \$18.00. Boudoir Negligees, Silk and Albatross, from \$5.50 upward to \$45.

Also of marked delicacy and style are Boudoir Capa; Camisoles for evening gowns white and charming colors-\$1.25 upward; special Underwaists with sleeves, \$1.50 and \$2.75.

Lingerie-foreign and home styles vic with each other in attraction. Silk Skirts and Silk Bloomers.

IOCE CHESTNUT STREET

THE CARE OF THE CHILD

"Why one should try to impress one's often because grown-ups fall to take the proper care of them-waich may spoil their appearance in later years. The or badly growing teeth. Preventive denwealth on any one, to say nothing of a personal friend, is a profound mystery,"

ed soap on a child's soft skin? Unless you know the exact composition of this soap, it is probably not suited to a tender skin. As a result, your baby will grow up with red veins on her cheeks, or with a coarse-grained blotchy complexion. take the place of sound education. Giris who go to these schools are too frivolous for college and too restless to stay at This particular girl was sweet and pretty. She had dainty, refined ways and "Alice is a dear. She'd do anything for you, and I never heard her say a mean thing about any one. She's the jolliest kind of a girl in a crowd, unless she begins to talk about our Tom's new machine and mother's ermine furs and baby's Victrola. You'd think nobody ever had a Victrola before, and that Tom

Luncheon Table Decorations

discovered the auto. We can all see that her father has money, but that fact doesn't keep any of us up nights. Allce is such a dear girl, it's a shame she lets this desire to boast make a laughing-stock of her." said one of her girl friends. One of the newest ideas for the luncheon table is the crocheted bonbon basket. The advantage of this is, that you can "She told me last week she paid \$100 for her first suit, and that she always went to the best place in town," said analways have a pretty decoration on hand, and they will look fresh and far superior to the fancy paper boxes. Nothing looks so dilapidated as crepe paper articles

other. "I wasn't feeling very nice any-how, so I said I guessed John D. Rocke-feller's daughter paid more than that." which have been torn or handled. There is some reason in this girl's rather unkind retort. Wealth is mostly comparative, and why one should feel above all Buy plain cardonnet crochet cotton. Make enough two-inch wide, shell-stitch others in this particular respect is incomprehensible, even ridiculous. The only real thing a girl is justified in priding herself on is womanliness and unselfishness. These qualities are not born in many of us: they must be cultivated by constant, patient effort. Remember, this edging to go around a jelly glass or small dish. New the ends together. Then make a plain circular mat to fit the bottom, stitch it to the edging and your little basket is complete. The problem effort is far harder than the race for wealth, and give credit where credit is of making it stand upright is easily stiffly, and pull it into shape while it is

A handle may be added, if you choose Charm of the Open Fireplace A nancia may be added, if you choose it could be white, with a ribbon rosatte of the same color as the basket. A contrasting pastel shade, such as pink with blue, or blue with yellow, may be used to show up nicely. Another good thing about it is that you can use fraternity, which we will be a should be a should be adventiged. The The open fireplace is the only romantio thing left in the "emclent" American tunately come to stay, bringing in its make the innumerable problems of heater club or college colors to advantage. The handles are made of the plain erochet beading, starched stiffly, or a fine wire

man and plumber, coal and ashes, with all their attendant complications. The only rabel against the tyranny of steam feat is the good, old-fashioned fireplace. Long may it live. beading, starched stiffly, or a fine wire bound with ribbon.
These charming little accessories to the luncheon table are also used as favore. They are used as trinket holders, or miniature jewelry cases. If you put candy in them, a good protection for the basket itself is a little pad of tissue paper in the bottom. They are so easily made and so attractive to look at it is too bad to spoil them by carelessness. The glooms' chorus begins to tell us at-idy of the fireplace's inconveniences. They smoks all over the place, and make everybody orr."
"All I've done is feed the thing. I carry None of this will happen if you build the fire properly. In building a wood fire in an open fireplace, the first thing to do is to shake out a double sheet of newspaper and crush it lightly, leaving the edges loose so it will ignite easily. The too bad to spoil them by carelesaness.

Milady's Face Powder

Tinted powders are seen in all the shops now. They are not very likely to become a general favorite, but certain colors are useful for those who like to colors are useful for those who like to attract attention. For instance, brunctes of the pale type use the deep creamy yellows in the evening. It gives them a touch of the Orientaliam so sought after at present. The mauve that has been used by blondes with more or leas success. It is very sensational, giving a gray look to the face, but when used with the cream tint is less conspicuous. period toward the front.
Three logs are enough to start a fire
with the back log, a smaller one in
mot and the third one on top of these.
If of the sales of the first three should
furt up the hearth; it makes a fine bed
hearing the embars hot after they
are islien through the androus.

Mix year woods if you want a very
arm first the green wood with dry and
harder ones oak and pine with the
est of old fruit trees that have died.

The wood gives a particularly attractive

The pink powder, of course, is only s The pink powder, of course, is only a rouge, and should be used as such. The laist posters gave us weird green and crange faces, and the fickle Parisienna took them up. The result was colored wigs, burds and face powders. The strong sectric lights of thestree and cafes were said to necessitate the religivithis. Be that as it may, we hope they won't last long.

Correspondence of general interest to member transfer will be printed on this page fluid extrempendence should be addressed in the Woman's Relier.



Tou have all met girls like this one.
They are usually the outcome of fashionable "finishing schools," where false notions of suchbery and social distinction

their appearance in later years. The or badly growing teeth, Preventive dentities that even the strength of the only humane kind for the young child. Have the teeth examined every four menths, and you will never have sleepless nights nursing abscesses.

akin. As a result, your baby will grow youth she will have much difficulty cultup with red veins on her cheeks, or with that it is a coarse-grained, blotchy complexion. A shoes for your young daughter. The othbaby's face should be gently washed with a very soft silk-sponge and a pure unscented seap. Almond meal is good, too, if put into a cheesecloth bag. This is a sort of wash cloth, made of part almond meal and part oatmeal. Put in good health demands these precautions, enough to make the bag about as thick enough to make the bag about as thick as well as appearance.

> The Ice Box Ways of Beautifying It

The common ice-box can be made a

thing of beauty if properly cared for. There are many little things which others have found helpful in this line.

The toe problem comes first. To have the ice-box completely filled twice a week has been found more practical than buying a little piece daily. The full box retains an even temperature, and food is better preserved.

New boxes are on the market now with facilities for placing long objects, such as tall water jugs upright. The centre shelf is easily removed or transferred, like those of a bookcase, and leaves room solved. Starch your whole basket very for watermelons, large pumpkine, etc. These are ordinarily hard to dispose of.

The use of newspapers as an ice preservative is to be recommended. Do not awaddle your foe, however, or the food in the lower part of the refrigerator will decompose. Simply lay them on top, so that the ice is not affected by the incoming air when the door is opened.

Do not transfer food straight from the table, if it is still warm, to the ice-box. The doors must not be left open, as it stands to reason that the air you have been cooling for hours escapes by this method in a few seconds. Insist upon the white enameled boxes. They show the results of your efforts to keep them clean. The dark ones assume

a worn look and have often an un-pleasant odor. Washing gods and water should be used to flush the waste pipe once or twice a week. Take out each rack and scald it, drying in the open air when possible. You would be surprised to see the ugly slime which forms on the pan undermeath when it has not been carefully drained and scalded. A refrigerator treated in this way will have no objec-tionable odor.



DR. M. CAREY THOMAS President Bryn Mawr College.

Care of the Chin and Ears Americans neglect two features, name-iy, the chin and ears, unless they are so

prominent that they can't be overlooked. Heveral rows of chin will always attract attention, and so will large, outstanding In her recent act here Valeska Suratt drew much attention to her ears by leaving her face pale and ranging the ears a deep crimson. This is the fashion among Parisin women. They also pinch the lobes of the ears frequently, to keep

them the proper shape.

Chin bleaching is another favorite. The feet are put into very hot water for 10 or 15 minutes every night. This is to draw the blood down from the reddened nose or chin. The massage with such bisaches as sour milk, fruit juice, cucum-her or even bruised lettuce leaves always

The chinband is good for double chins.
It consists of a sort of bandage made of rubber, lines, etc., and can be worn to bed at night. With the aid of massage and disting, the flesh disappears margaretics and velously soon.

Just Coffee 33c lb.

3 lbs. for 95c Distinguished for many years for its fine flavor. Ask for BRADFORD BLEND; increases in popularity daily. Whole, Ground or Pulverized. Every day fresh Rousted.

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