## SAY BEAN FLOUR **CUTS BREAD COST**

Meat Long Used by Chinese Would Help Housewives Save

CORNSTARCH ALSO AIDS

Recipes for Muffins and Sponge Cake Given by United States and Magazines

Soy bean flour as a part substitute for wheat flour in the making of bread and pastry is the latest material advocated by the United States Department of Agricul-ture to enable the housewife to save a few in her daily bakery expense-un ftem cests in her daily bakery expense—an item that has contributed largely to the grocery bills of recent months. Fortunately for the average citizen, this department of our

the average cilizen, this department of our National Government is always experimenting to meet the immediate needs of the country in its every-day life.

Boy bean flour is rich in protein and oil, but the product of the fully ripened bean contains no starch or at most only traces of it, and consequently when used in breadmaking it must be mixed with wheat flour. The bread thus made has a higher protein

The bread thus made has a higher protein content and a lower starch content, but in its general appearance and characteristics it is much like ordinary wheat bread and may well be used as a substitute.

According to the bulletin issued by the Department of Agriculture, "soy bean meal or flour has been marketed to some extent in the United States for use in invalid distetics in cases where it is desired to limit or lower the amount of starch used. It has not, however, been on sale in quan-It has not, however, been on sale in quan-tities which would lead the housewife to titles which would lead the housewife to use it freely as a substitute for wheat flour, though there is every reason to believe that it can become a market commodity for such uses if there is a demand for it." GROWN FOR 25 YEARS

Although the soy bean plant has been grown for more than twenty-five years in this country, especially in the southern States, it has been used almost exclusively as a fodder crop. As a coffee substitute the broken bean has been placed on the market at various times, but with little success, although it comparies very favorably with some substitutes now used quite extensively. In China and Japan it has been used as human food for centuries, both as a cooked vegetable and as a flour for baking pur-

Experiments indicate that the soy bean Experiments indicate that the soy bean flour may be used in much the same way as corn meal, and as a mixture with the wheat flour in ordinary bread making it should be used in the general proportion of one part soy bean flour to three parts wheat flour. After a few trials the housewife can learn just the amount to suit her own taste and experience. The trials made to the contract of the country of the contract of the country of the contract of the country of the coun and experience. The trials made at the department laboratories in Washington show the bread, biscuits, thuffus, griddle cakes and waffles are most palatable.

The following recipe is given for soy bean muffins: Haif cup of soy bean flour, one and one-half cups wheat flour, one cup sweet milk, half teaspoonful of salt, two cggs, four tasepoonfuls baking powder, one and one-half tablespoonfuls melted butter. Beat all ingredients well, adding the melted butter hat, and bake in gem pans in a hot oven. CORNSTARCH HELPS

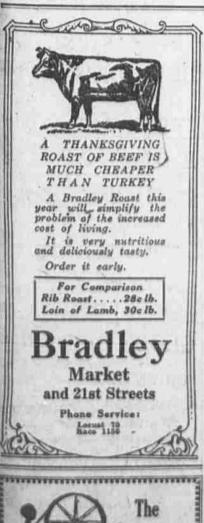
Another saving in wheat flour can be made by the use of cornatarch more freely than has been the custom of the American housewife, according to many authorities in home economics. It can be added to wheat four productions producing a most delicious pastry four by reducing the gluten content. The mixture generally advocated is one part constarch to five parts of wheat flour. The following recipe for cream sponge

take is given in a recent issue of the Couptry Gentleman: Four egg yolks, one cup sugar, four tablespoons water, one and one-half tablespoons cornstarch, one teaspoon lemon juice, wheat flour, one and one-half lemon juice, wheat flour, one and one-half teaspoons baking powder, one-quarter teaspoon salt, four egg whites. Beat the egg yolks and water until thick and lemon colored. Add sugar gradually and continue beating for about two minutes. Put the required cornstarch in cup, then fill with wheat flour. Mix and sift all dry ingredients and had to the mixture. Add lemon juice. Fold in beaten whites and bake thirty minutes in a moderate oven.

APPEAL FOR "SHUT-INS"

In order to provide Thanksgiving cheer for families whose heads are handleapped by permanent illness the Pennsylvania. Branch of the Shut-in Society, with offices at 1710 Chestnut street, has sent out an appeal to the public for contributions of money. Many on the list of the organization are greatly in need of milk and eggs and high prices make these difficult to obtain.

The society is also desirous of furnishing cripples with wheeled chairs. A contribu-tion of \$25 will give the donors the priv-flege of naming the chairs.





### HOW TO REMOVE FLESHY SIGNS OF AGE FROM FACE

By LUCREZIA BORI Prima Donna of the Metropolitan Opera

JPON discovering the first wrinkle a woman is apt to be more or less con cerned. She usually resolves to do everything within her power to rid herself of that ittle tell-tale line of approaching age. But

how few women really stick to this resolu-tion! Yet I have seen grandmothers whose faces are as free from furrows and lines as furrows and lines as their daughters.

Wrinkles can be eradicated by gentle mannage with cold cream, and if you are persistent in the treat-ment they will soon disappear. Not so,

Not LUCREZIA BORI. disappear, with the fleshy signs of age about the face. They are harder to get rid of, and, therefore, much more to be dreaded than wrinkles.

When a woman reaches the "fair, fat and forty" stage folds of fat begin to collect beneath her chin, and ere long she has a double chin, the bane of many a woman's existence. If the chin is to be reduced to its normal size it must have heroic treatment. This couplets of manages and a This consists of massage and s 'sweating-out" process.

Warm weather is the best time to remove the fleshy signs of age, for the soaring tem-perature is a great aid in the reduction

TO REDUCE DOUBLE CHIN The instant you notice that your chin is using its clear-cut outline begin the foi-

owing treatment: Fill a basin with hot water and from it wring towels. Fold them to form strips about five inches in width and wrap them closely about the chin and throat. Cover the entire overfleshy surface with the hot towels, which will open the pores and cause free perspiration. The next step in this process of reduction is to apply a generous coating of cold cream. Then massage the throat and chin vigorously, always rubbing downward from the chin's tip to the chest.

This can be done with the palm of the hand or with the thumbs. It must be a heavy massage, bearing down hard upon the flesh, and must be kept up for ten minutes r more at a time.

Almost every woman knows of the merits of the chin bandage of rubber which pro-motes perspiration and literally melts away the flesh. It should be worn during the night and during the day whenever it is

FOR OVERFLESHY THROAT After the massage freatment it is always a wise plan to apply a piece of ice to the fiesh or an astringent lotion so that the

tissues will be hardened. Then there is the distressing lump of fat that sometimes appears between the shoul-der blades at the base of the neck. It is rarely seen in young persons, but the woman who is inclined to be stout will no-tice this rounded cushion of superfluous flesh after she passes the thirty-year mark. This ugly hump will destroy the beauty of an otherwise lovely neck, and should, be sweated and massaged away as soon as it oppears.

appears.

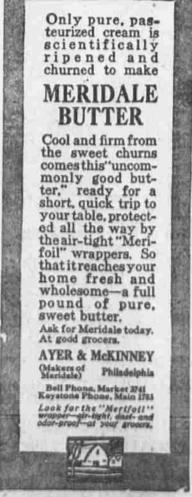
Instead of using plain hot water, make a solution of strong salt water and immerse the towels in it. Lay them over the cushion of flesh, changing them when they no longer feel uncomfortably hot. Massage the hump with cold cream, using firm, rotary motions for ten or fifteen minutes. Then apply an astringent lotion.

If women who are overburdened with

if women who are overburdened with fleshy throats and chins will follow these simple directions they will soon discover that the fat is gradually disappearing and that the lines of youth and beauty are again returning.

(Copyright.)

Old Shore Hotel Damaged by Fire ATLANTIC CITY, Nov. 27.—Delaney's Hotel, which was as famous as Kuehnie's celebrated "Corner" in the old days, when "Big Bob" Delaney ran the Fourth Ward and challenged Boss Kuehnie's domination of the town, was badly damaged yesterday afternoon by a fire of matterious critical and challenged by the statement of the town, was badly damaged yesterday afternoon by a fire of matterious critical control of the c afternoon by a fire of mysterious origin Society Asks Funds for Thanksgiving The loss exceeds \$2500. The building has been unoccupied since Delaney's death several years ago.



ASK FOR and GET

HORLICK'S THE ORIGINAL MALTED MILK

Cheap substitutes cost YOU same price

Deerfoot Farm Sausage-have some

for breakfast tomorrow. Farm at Southborough, Mess.

### TODAY'S FASHION



Blouse of dark blue georgette with frills of net.

THE colored blouse is very much in vogue, This charming model is of navy blue georgette crope. The front is turned back to disclose a vest of white net trimmed with narrow, plaited frils. The round collar is embroidered with blue dots and bordered with fells. Turned-back cuffs to match the collar finish the bishop sleeves.

#### HOUSEHOLD HINTS

How to Solve Some of Your Spice Problems

LARGE assortment of spices in small A quantity is one of the housewife's best aids in maintaining an attractive table. Unlike many other staples, it is best to buy spices in smaller quantities and renew more often with a fresh supply than to buy a very large quantity, as the strength and

aroma of spices is ilkely to deteriorate when kept long and exposed frequently.

Incidentally, many housekeepers find it a helpful plan to keep all spices always in glass jars, not in the containers or paper bags in which they were purchased. Small mass spice lars can be purchased for it glass spice jars can be purchased. Small glass spice jars can be purchased for a small sum, or the glass containers in which many varieties of jams, peanut butter, etc. are sold can be kept for the purpose and fitted with little tin tops. This keeps the spices in much cleaner fashion than in many of the paper or tin boxes which easily steb differs. catch dirt as they are opened. Also the housewife can tell quickly, with these trans-parent containers, whether she has a suf-ficient quantity of spices on hand when she makes up her grocery order, without having

to take down each little box, open and examine the contents.

Because the pungency and aroma of spices evaporate, it is better to buy packaged than bulk spices. But read the label!

Many brands of spices are adulterated, and if you read the labels carefully you will know what to avoid. "Compositions" of spices very often contain fillers of flour, cornstarch and even ground refuse, and it is a loss to pay spice prices for cornstarch or refuse even when such "spices" are of-fered very cheaply. Buy spices whole whenever possible and grind them yourself, and you have complete assurance of their purity, and if you have the time to grind your spices freshly before using you will be able to get more flavor and fra-

grance from a smaller quantity.

A small quantity of each of the following spices should be on the spice shelf, a magic wand to help vary the menu: Allspice, anise, bay leaves, capers, caraway, carda-mon, cayenne pepper, celery seed, cinnamon, clover, coriander, cumin seed, dill, fennel, ginger, Indian curry powder, horse rad-ish, mace, marjoram, mustard, nutmeg, pa-prika, pepper, saffron, sage, savory, thyme,

tumeric and vanilia.

Clanamon should be bought by the stick clanamon should be bought by the stick added to stewed fruit, etc., for pure flavoring. Vanilla, too, is best when bought in

#### SHOULD AN ACTRESS MARRY? MISS ATWOOD THINKS NOT

Much-Mooted Question as Successful Member of the Profession Views It

SERIOUS-MINDED woman who | marriage itself should automatically on A serious minded woman who crate to retire women from the stage, of artistic success cannot be a real wife."

This is the decree of Lorena Atwood, who in addition to being leading woman with Fred Niblo in "Hit the Trail Holitday" is also one of the beauties of the

"I cannot understand why a man wants to marry an actress, anyway," she declared. "One can readily understand a man being fascinated by a playhouse doll, but why a man wants to marry a real actress is beyond my comprehension. How would it do to have a law against stage women marrying unless they agree to retire immediately—and permanently, I cannot talk about myself, because well too-from the stage? Or, better still.

the bean. The dark and oily cloves are the best quality, and in buying nutmegs try to get the short and round ones rather than the long, dry ones

In buying flavors like vanilla, lemon, win-tergreen, etc., see whether the label says, "lemon extract" or "lemon flavoring" or "compound artificial lemon." So many ex-tracts are synthetic coal-tar products rather than the pure fruit extracts. It is true that a tiny amount of some of them are than the pure fruit extracts. It is true that a tiny amount of some of them are not injurious: nevertheless, why pay for artificial flavoring when you can obtain the pure article? At any rate, be sure that you know what you are getting before buying the clusive flavorings. (Copyright.)

#### Brand-New Babies

The Evening Ledger will print, free of charge, notices of recent births sent in through wroper channels. Address "Brand-New Bables." Evening Ledger, 600 Chesting street. Name and address and, when possible, telephone number of sender must accompany each notice so sent.

AUGUSTINE, Mr. and Mrs. L. Herbert, 63 COLEMAN, Mr. and Mrs. Thomas, 4063 Haines street, a son, 7 lbs. 9 cz. DEAN, Mr. and Mrs. Leroy, 1727 Wood-stock st., a daughter, 6 lbs. 9 oa. EISENBROCK, Mr. and Mrs. Meyer, 2620 S. Beulah st., a daughter, Sylvia.

GOLDBERG, Mr. and Mrs. Max. 2442 South Eighth at., a son. SHIBERSTEEN, Mr. and Mrs. Samuel. 264 South Fourth st., a daughter, 7 lbs. SILVER, Mr. and Mrs. Nathan, 1819 South Seventh st., a daughter, 6 lbs. 8 oz.

Lucas **VELVO-TONE** FINISH Stains, Varnishes and Produces Hand-Rubbed Effect In One Operation Formerly Required Three For Sale by all Good Paint and Hardware Stores

# Gray Buck White Kid

Two More Boots of Unusual Smartness

High cut, of new design, made over a dainty new flat pointed toe, it seems as if shoes could never be more beautiful.



And may we remind you that these two big shops are headquarters for storm and walking boots with quite the largest assortment in town at

\$5 to \$8

The Harper Shoe Go. WALK-OVER SHOPS 1022 CHESTNUT ST. 1228 MARKET ST.



#### WATCH THE TURKEY'S WEIGHT City Bureau Will Aid Housewives

"A wife's proper place is in the home

with her husband, for a woman is the

homemaker, when she is not the home-

wrecker. Moreover, personal association

and intimate companionship between par-

ents and children are, it seems to me, ab-

solutely essential to the happiness and

well-being of the entire fmaily. When a

creation she will find very little time and much less inclination for home creation

and the onerous tasks that come with

"What? Have I been in love? Oh,

well, now that's hardly a fair question.

DINNER TO POOR CHILDREN

Salvation Army Arranges Turkey Meal

for Thanksgiving

More than 1300 poor "kiddles" will be rovided with a Thanksgiving Day dinner y the Salvation Army of Philadelphia, urkey and all the "trimmins" are to be cluded. The big feast will be held in the

first Regiment Armory, Broad and Callow-

hill streets. A concert will also be given for the benefit of the youngsters and the

The Salvation Army is making extensive plans for its endeavors during the coming

winter months. Special meetings to further the work are being arranged in the different Salvation Army halls throughout Philadel-phia and vicinity.

motherhood.

that's another story."

woman is possessed of a passion for stage

Prevent Overcharge Be sure that the turkey you buy for

Thanksgiving Day is not short in weight. This is the advice of Chief Virdin, of the tureau of Weights and Measures.

For the purpose of checking up the pur-chases for the holiday the offices of the bureau will remain open until 10 o'clock at hight during the first three days of this

inspectors with motorcars will be ready. to investigate any legitimate complaints in any section of Philadelphia at a moment's

notice. And if the purpose of the hurse is not misconstrued it will "go hard" will any dealers who attempt to sell at abor-weight, especially in regard to the "festis-bird of the day," the turkey, which is selling for fifty cents a pound.

Housewives are requested to telaphora the bureau if suspicious of fraud and as inspector will be sent to check her pur-

Housewives' Boycott Wins STRAUSSTOWN, Pa., Nov. 27.—An attempt to increase the price of milk here two cents has failed. A boycott by the consumers is responsible. The rise in price was to 7 cents a quart. Because of the boycott the price will remain at five cents.

THE REAL PROPERTY OF THE PROPE

1335-37 Walnut Street

(Opposite Ritz-Carlton) REMARKABLE SALE OF DRESSES

(For Tuesday Only)

Values \$24.75 to \$35.00

Afternoon dresses of Satin, Georgette and Charmeuse. Dance dresses-Taffeta, Satins and Nets.

No C. O. D.-No Approval-No Exchange 

# At All Our Stores Where Quality Counts Low Prices Prevail

Our Stores Will Be Closed Thursday, November 30, Thanksgiving Open Until Ten o'Clock Wednesday Evening

# A Few of Our Thanksgiving Specials For TODAY, TOMORROW and WEDNESDAY

CHOICE CRANBERRIES Special 6c lb. Sound, red, ripe Cranberries-the kind for making appetizing sauce and tarts.

LARGE GRAPE FRUIT

Special 5c each Price

Large, ripe Grapefruit of choice quality. A special Thanksgiving price at "All Our

GOLD SEAL MINCE MEAT lb. 121/2c

Our famous Gold Seal Mince Meat is the best kind for pieswe are selling Atmore's for 10c

CHOICE SWEET ORANGES

You're sure to want a dozen of these choice sweet oranges for Thanksgiving.

# R. & C. Best Blend COFFEE

The finest Coffees grown are skillfully roasted and blended to produce the rich, mellow, smooth flavor that characterizes R. & C. Best Blend. If your Coffee taste is critical and exacting, you'll enjoy a cup of R. & C. Best Blend.

ROBFORD BLEND COFFEE 1b. 20c Robford is "The Best" Coffee sold in this city at its price. Just try a pound.

NUTS For Nuts of good quality and in large variety deal at "Our Stores." Brazil Nuts, lb. . . . . 20c Fancy Mixed Nuts, lb. . . . . 22c.

ONIONS Ib. 41/20

Richardson & Robbins' PLUM PUDDING can 22°; 42°

Made from selected ingredi-ents. You'll enjoy this delicious Plum Pudding for your Thanksgiving dessert.

RAISINS and PEEL

Let "Our Stores" Supply You. Gold Seal Seeded Raisins, pkg. 12c
Fancy Seedless Raisins, pkg. 15c
Fancy Citron, lb. 20c
Fancy Orange Peel, lb. 18c
Fancy Lemon Peel, lb. 18c

Cooking HERBS pkg. 2c; 4c

# GOLD SEAL ASSAM TEA 16. 45c

1/4-pound package ...........12c When you buy Gold Seal Assam Tea you get the choicest selection of the finest Teas grown in India. Gold Seal Assam has the strength, flavor and fragrance only found in Teas of the highest grade. To those who like a strong drinking Tea we recommen our Gold Seal Assam, and if you prefer a mild drinking Tea of the same high quality, try our Gold Seal Mixed or Black. For Tea of this quality in such few stores as you will find it, you'll pay 80c to \$1 the pound.

KAMELIA BLEND TEA 16. 29c Superior in quality and flavor to the Teas usually sold in this City for 40c the pound.

Fancy Pumpkin, can ......10c Choice Spinach, can ......12c Fancy Strawberry Beets, can...12c Gold Seal Asparagus, can.....22c Gold Seal Asparagus Tips, can. 19c Choice Asparagus, can ......10c Gold Seal Tomatoes, can .....14c Choice Tomatoes, can ....10c-12c Gold Seal Corn, can ......12c Campbell's Tomato Soup, can..10c

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HAWAIIAN SLICED Pineapple can 12c

The finest quality Hawaiian Sliced Pinespple, packed in a good syrup—more wholesome and economical than the fresh fruit.

Best Cracker Dust, Ib ..........7c Breadcrumbs, pkg......5c Best Ground Ginger, 1/4 lb.....7c Best Ground Cinnamon, 34 lb ... 7c Large Sour Pickles, dos. . . . 12c Stuffed Olives, bot . . . 8c, 13c, 20c Plain Olives, bot . . . 5c, 8c, 13c, 20c Gold Seal Vanilla or Lemon Extract, bot..................8c Vanilla or Lemon Flavoring, bot.4c

## Gold Seal Sifted Peas can 15c

The choicest of the season's crop. Tiny, tender Sifted Peas of the highest quality, unusual value at 15c the can

Gold Soul Peas can 12c | CHOICE Peas can 10c Tender Early June Pegs. fine in quality and deli-

A money-saving price on tender Peas of good

Gold Seal Peaches can 18c Large, hiscious halves of the finest California
Peaches, packed in rich syrup. Make your
Thanksgiving Dinner complete with
Gold Seal Peaches for dessert.
We know you'll like them.

CHOICE CALIFORNIA Peaches can 15c Genuine California Peaches of vary choice quality a bargain at this price.

FANCY BLICED Peaches can 10c Fancy sliced peaches exceptional quality, a big bargain at 100 the can

## 3-4c pkgs. UNEEDA BISCUIT for 10c

HOLIDAY TIMES ARE ESPECIALLY BUSY, SO LET US HAVE YOUR ORDER AS EARLY AS POSSIBLE, PLEASE.

The Stores Where Quality Counts Throughout the City and Suburh