

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

Breakfast Foods

The American people waste many millions of hard-earned dollars annually on "breakfast foods." As a matter of fact, the real food value of the average package of breakfast food is small compared with that of the raw material which could be purchased for the same amount of money.

For example, a package of breakfast cereal selling at ten cents usually contains less than a pound of grain. Not infrequently the raw material is scarcely worth more than one cent.

The breakfast food fashion has become a raging fad through the farmer who raises wheat or corn until it has been ground through the mill, the factory, the storehouse, the jobber's warehouse, and is handed back to him over the counter of the corner grocery.

Why should the poor man pay out his money for "foodless food" when the granary and the grain elevator are bursting with splendid energy-laden cereals which need only the simplest preparation to fit them for use?

Here's a recipe for a breakfast dish that is "all there," and which is as palatable as it is wholesome.

A HEALTHFUL BREAKFAST DISH
One cupful steel-cut oats.
One cupful corn meal.

Mix the cereals, stir slowly into three times the quantity of boiling water. Continue stirring for five or six minutes. Serve at once with cream or stewed fruit.

Everybody will like this breakfast dish, and it is a splendid laxative food which does not clog the bowels in good order. Be sure cereals by making them pasty and constipating.

Fibrous Vegetables
What are fibrous vegetables? Mrs. A. C. Nearly all kinds of garden vegetables are fibrous. The potato and the sweet potato are almost the only exceptions. Some fruits are fibrous also.

Disinfection of Dishes
Will boiling constantly for thirty minutes destroy the germs which are on a dinner plate? Mrs. M. M. Yes, simply washing the dishes in boiling water is sufficient. Five minutes' boiling is ample.

Effect of High-Heeled Shoes
What is the effect of high-heeled shoes? Mrs. M. C. It is impossible to walk gracefully with high-heeled shoes. It is impossible to stand with any sort of grace or with any safety.

Milk Lemonade
Is a milk lemonade as dispensed at the ordinary soda fountain a dietetic drink? Mrs. M. M. That depends upon the amount of germs in the milk and in the water. As obtained at the ordinary soda fountain, it is somewhat objectionable.

Tar Soap for the Scalp
Is tar soap to be recommended for cleaning the scalp? Mrs. G. Yes, it is very good, but usually no better than good castile soap.

Pine Nuts
What are pine nuts? Where do they grow? W. W. G. Pine nuts are the fruit of the nut pine. More than twenty different kinds of pine nuts are known. They vary much in size.

Farmer Smith's Column

DO YOUR BIT

My Dear Soldiers—What can children do to help in the great war? They can obey! They can be cheerful! They can be helpful.

STRANGE ADVENTURES OF BILLY BUMPUS

ANOTHER ESCAPE

By Farmer Smith

One of the stillest places on earth is a farm at midnight, as you can imagine what an exciting time there was on the farm where our old friend Billy Bumpus found himself when the bell rang at about 12 o'clock.

How was Billy Bumpus to know that there was a bell on the end of the rope that was eating? How was he to know, for instance, that the bell would ring if he ate part of the rope?

At any rate, the bell began to ring when Billy started to eat the rope, and from all sides there seemed to spring up men hunting for a fire.

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"Hey, there!" shouted the farmer in the darkness. "Who on earth brought that goat here?"

Billy heard him, and thought it was about time for him to run. Still, there was temptation to stay a while and see what was the matter.

The hired man came and helped the farmer up. Billy could see them by the light of the lanterns. "I wish I knew who rang that bell," said the farmer, rubbing his knees.

"I wonder if that goat did it," answered the hired man.

"How on earth could a goat ring that bell?" asked the farmer, taking the lantern and going over in the direction of the bell-post.

"There's no telling what a goat will do and what he will not do," replied the hired man.

"Well, look at that!" said the farmer. "If that goat hasn't eaten a bit off the bell rope!"

The hired man took a look by the dim light of the lantern and, sure enough, a piece had been nibbled off the bell rope.

"Where on earth is that critter?" asked the farmer, taking the lantern and starting in search of Billy.

Suddenly he spied him and made a grab for the goat. Billy was too quick for him, however, and dodged the farmer's hand by about an inch.

And how they did run! The farmer could hardly see by the light of the lantern, but he went as hard as ever he could. Up hill and down they went, until finally Billy started down a long hill, the farmer still after him.

Billy had done this very thing before, and he knew how to do it, you may be sure. He was running for all he was worth, and the farmer went head over heels over Billy's back and landed on his head.

The hired man was just behind the farmer. What was there for him to do but catch his foot on the farmer's leg and tumble over him.

By this time Billy had risen to his feet and started off in the direction of the barn where, by this time, he had established headquarters.

Carlo was there before him, and when the dog saw him in the faint light he asked: "What have you been up to now?"

"I was eating the rope which was tied to the bell, and the bell rang," answered Billy. "Why didn't you tell me there was a bell on the end of that rope?"

"You didn't ask me," replied Carlo.

That was too much for Billy, and he lay down to sleep.

Germans Move English Capital!
AMSTERDAM, June 14.—The Berlin Morgen Post asserts that the British Government contemplates moving the seat of Government from London, owing to the continual air raids.

Concert at Lemon Hill
The Fairmount Park Band, under the leadership of Richard Schmidt, will play tonight and this afternoon at Lemon Hill. The program follows:

PART I—AFTERNOON, 4 to 6 O'CLOCK
1. Overture, "Pavane".....Lassen
2. Suite, "The Three Quatuorlets".....Lassen

TOMATOES, EGGPLANTS, PEPPERS RESPOND TO INTENSIVE FARMING

Methods That Bring Success on a Small Truck Patch. Training "Tomats" on Poles or Trellises—Ways to Speed Crop and Insure Fine Specimens

By JOHN BARTRAM

INTENSIVE "farming" should be the slogan of the home garden this wartime year. The first principle is to make every inch of soil and every ounce of every count to the fullest.

When tomatoes are grown commercially the vines are usually allowed to sprawl out along the ground, which they do to the extent of several feet.

But these are the only method of growing tomatoes they would not be a good crop for home gardening because of the room they occupied. But by the use of intensive methods tomatoes can be brought into small compass and they become one of the heaviest food producers to the square foot of ground.

The vines must be trained to climb. In hot climates, where every foot of space is valuable, tomatoes are always trained on trellises. In the garden they can be tied to three or four foot poles or stakes and in this way other crops can be planted close to them.

One method of training is to pinch off the side branches as they appear so that all the plant's vigor will go into the main stalk, which is trained to a pole or stake. Another way is to prune the plant, but to hold in each row with a fence about one foot high on both sides of the row and lay plants across this fence to support the vines.

Pruned plants can be set close together at eighteen inches, the others about three feet. Transplanting two or three times strengthens tomato plants and for that reason, some gardeners are trained to transplant for them is long they are usually started from seed in pots or boxes indoors and then set out after the weather is warm and settled.

When setting tomatoes out make the hole generous and put a little fertilizer at the bottom. Pinch off half of each spray of leaves in order to compensate for the shock to the roots. When using hotbeds, the method pinch off all but the most vigorous side shoots. This will throw strength into the bearing branches. It is also a good practice to pinch off buds where they are too numerous.

Standard varieties are Early Detroit, Chautau Early, Jewel, Earliana and Bonny Blue. Some gardeners make three transplants for each seedling, one for the main crop, Dwarf Giant, an upright growing development of Ponderosa, Dwarf Stone and Dwarf Champion require little if any staking.

CULTURE OF EGGPLANT
Eggplant is usually deemed a too-difficult vegetable for the amateur gardener, and possibly it is starting from seed. Growing from bought plants is not hazardous if simple precautions are observed.

Plants should be set eighteen inches apart in the row and rows two feet apart. Fruits may be eaten when they are three inches or more in diameter. Tying up to a single stake is sometimes desirable for support.

English black beauty, New York purple and some other varieties are usually grown in rows. When plants are bought one usually has to take the kind the nurseryman has selected.

Peppers are handled much the same way as eggplants. They can be set as near as one and one-half feet apart in the row. The soil should be light and porous and if originally clayey can be made fine by admixture of sand and well-rotted manure. Staking it is sometimes desirable, as well as thinning out about one-quarter of the blossoms. Fruit should be picked before maturity, as it is sweeter and less "woody."

Peppers require an abundance of sunlight—all they can get. Top dressing with hen manure, a nitrate of soda, speeds

"LET me suggest that every one who creates or cultivates a garden helps, and greatly, to solve the problem of the feeding of the nations."—President Wilson.

Bring your gardening problems to the EVENING LEDGER for practical, helpful solution. Address JOHN BARTRAM.

There is time yet to start a home garden. Spade the ground and start this week. Beans, onions, peas, corn, beets, tomato plants, carrots, cabbage plants can be put in safely and profitably from now on. START NOW.

growth. Incorporation of a forkful of rich rotted manure in the planting place is a warrant for a successful crop. Most peppers are sweeter in the green form before full maturity, when they change color. Chinese Giant and Bulbosa are large and sweet, excellent for baking. Pimento is small and delicately flavored. Coral Gem and Birdseye are hot peppers. Golden Down and Golden Queen are sweet "vegetable" peppers.

GARDEN QUERIES ANSWERED
Bugs on Cabbages
M. C.—Any of the insect powders that are sold in grocery stores will do the trick on cabbage and lettuce plants. These are very

close. Apply when the plants are dense with dew, and sprays two or three days in succession. Or use a fine stream of water between rows and spray it on with a hand sprayer. Use with a watering can, if the plants are less than three-quarters headed. This is a mild poison, but fatal to stomachs of chewing insects. Use the same to control caterpillars on cabbages, as it soon loses its virtue.

Canning Peas
Pensioner Reader—I don't know how to can peas to depend on bought plants. These, however, succeed better than the home-raised ones. The degree of B. A. were Louis Francis Kindell, of Philadelphia, and Mary Fredericka Schind, of Bellefonte.

Culture of Asparagus
H. Y. W.—Your various queries concerning planting and cultivating asparagus are answered more fully than I could do here in an article on the subject which I have sent by mail.

Slipping Rubber Plant
Admirer—Make a diagonal excision extending three-quarters of the way across the stem. Make the incision extend from the terminal end of a branch. Place a bit of broken match with the incision to keep it open, and bind about it a bunch of moss the size of a large egg. Keep this mossy bundle in place three weeks you will see tiny white roots appear through the moss. Then you will know the time has come to separate the plant from the parent plant. Plant the cutting in a soil composed of equal parts of garden loam, sand and manure, equal parts.

Early Tomatoes
M. L.—It is too late now to plant not merely early tomatoes, but any from seed. You will have to depend on bought plants. These, however, succeed better than the home-raised ones. The degree of B. A. were Louis Francis Kindell, of Philadelphia, and Mary Fredericka Schind, of Bellefonte.

BRYN MAWR GIRL CHAMPION
Western College Elects Miss Byrne Assistant Professor of Latin
OXFORD, O., June 14.—Announcement was made by the Western College for Women that Miss Alice Hill Byrne, of Bryn Mawr, has been chosen as assistant professor of Latin. Among the thirty-eight graduates of each of whom received the degree of B. A. were Louis Francis Kindell, of Philadelphia, and Mary Fredericka Schind, of Bellefonte.

SAMARITAN HOSPITAL
NURSES' CLASS DAY
Exercises Will Be Held Tonight in Homes at Park Avenue and Ontario Street

Class day exercises of the Samaritan Hospital Training School for Nurses will be held tonight at the Nurses' Homes, Park Avenue and Ontario Street.

Dr. Wilmer Krusen, director of the Department of Health and Charities, will address the graduates. Alice V. Goodnow has been selected to deliver the valedictory address, and the presentation will be made by Harriet W. Stevenson. The class history will be read by Maude H. LeVan, and the class prophecy will be given by Sadie M. Riley.

The home has been attractively decorated, and following the exercises the members of the graduating class will hold a reception and dance.

The members of the graduating class are Misses Alice V. Goodnow, Maude H. LeVan, Sadie M. Riley, Cora E. Inman, Edna E. Kingston, Naomi S. Blaser, Ida M. Price, Marie M. Tiffin, Gertrude E. Costello, Jean I. Lyons, Dorothy M. Bickett, Summah L. Wickett, Catherine M. Rothloff, Harriet W. Stevenson, Marion G. Martin and Fluetta M. Lawrence.

TEN-YEAR-OLD BOY ENDS LIFE
Lad Puts Bullet Through Head After Scolding From Stepmother
HACKENSACK, N. J., June 14.—Sammy Abbott, ten years old, of Chester, committed suicide by shooting in the head after having had an argument with his teacher and a scolding from his stepmother. The body was found in an attic room.

Have You Bought a Liberty Bond? YOUR COUNTRY NEEDS YOUR HELP And Offers Absolute Security and Business Profit 10.95 meals The Average Yearly Kitchen Output

Truly, the kitchen is the workshop of the house; and in these days of grossly distorted values, the thrifty housewife must deal conclusively with the practical side of dollars and sense. Ten hundred and ninety-five meals to provide; and each one should count for health and comfort and home happiness. Did you ever think of it in just that way?

Conditions are such that housekeeping with a large bank account calls for business ability; but housekeeping with the average, limited purse is a positive science. THE AMERICAN STORES stand out in distinctive helpfulness just at this point, and show you the uselessness and wastefulness of careless spending. A nickel here and a penny there—and the grocery end of those ten hundred and ninety-five meals will register a very substantial saving.

You can't buy "cheap" goods at any of THE AMERICAN STORES, for QUALITY is the ideal of the whole business. We won't sell anything that we can't guarantee, and we can't guarantee anything that we don't know all about. There's comfortable and practical assurance in dealing with us; and we offer the same excellent service that was given at THE ACME STORES, by ROBINSON & CRAWFORD, at THE BELL STORES, by CHILDS & COMPANY, and at THE DUNLAP STORES. Say the word, and the whole efficiency make-up of our service will respond at once.

"American Stores Blend" 20c OUR VERY BEST COFFEE

Goodness is the quality in a thing that makes it go; and this wonderful coffee so thoroughly meets the demands of critical drinkers that our yearly sales are running into millions of pounds.

It's distinctively a high-grade blending, and gives a rich, smooth, delicious cup. If it fails to please you, return the unused portion and we'll refund your money in full. This is a business proposition to all coffee-loving people.

Best Granulated Sugar... 8c lb. Choice Creamery Butter... 44c lb.

Economy is of itself a great revenue
Grape Nuts... 12c pkg. Choice Rice... 7c lb. Good Laundry Soap... 35c cake
New Post Toasties... 8c pkg. Fancy Rice... 10c lb. Laundry Starch... 5c pkg.
Quaker Corn Flakes... 6c pkg. Seedless Raisins... 13c pkg. Elastic Starch... 4c, 8c pkg.
Sliced Wheat Biscuit... 11c pkg. Hires' Root Beer Extract, 13c bot. Blueing... 5c bot.
Puffed Rice or Wheat... 12c pkg. Absolutely Pure Vinegar... 5c bot. Ammonia... 5c bot.
Peanut Jelly (assorted)... 9c glass Sliced Bacon... 24c pkg. Clothes Line... 50 for 5c
Pure Butter... 12c glass Sliced Dried Beef... 12c pkg. Clothes Line... 15c yard
Good Corn Starch... 7c pkg. Good Matches, 3 large boxes... 10c Lux Soap Flakes... 3c pkg.

Needed Things for Home-Preserving
Parowax... 10c pkg. MASON JARS Pints, 55c doz. Jar Tops... 24c doz.
Jelly Glasses... 30c doz. Quarts, 60c doz. Jar Rubbers... 8c doz.

Shop Early on Wednesdays
Our summer half-holidays have commenced and all our stores (excepting those at Seaside Resorts) will close on Wednesdays at 1 p. m. during June, July and August. We do this entirely in the interest of our employees—that they may have some relaxation during the summer months—and we feel sure it will generously meet with YOUR hearty co-operation.

American Stores Company EVERYWHERE IN PHILADELPHIA And Conveniently Located in Cities and Towns PENNSYLVANIA, NEW JERSEY, DELAWARE, MARYLAND

MARKET STREET THEATRE—"Souls Triumphant"
The Arts-Triumph, with Lillian Gish and Wilfrid Brinley, will play tonight at Market Street Theatre. Directed by John B. O'Brien.

City Hall Plaza Concert
The Philadelphia Band, under the leadership of Richard Schmidt, will play tonight and this afternoon at City Hall Plaza. The program follows:

London BOOT SHOP
1223 Chestnut St. 2nd Floor Saves \$2
PUMPS for 2 Days Only \$2.85
Just another instance of the "big sale" which will play tonight at City Hall Plaza. The program follows:

LUIGI RIENZI 1714 Walnut Street Semi-Annual Clearance Drastic Sacrifice of Values in These Astonishing Reductions SUITS \$15 to \$33.50 DRESSES \$15 to \$45.00 COATS AND WRAPS \$20 to \$49.50 MILLINERY \$5 to \$15.00 WOMEN'S SEPARATE OUTFITTING SKIRTS SWEATERS, BLOUSES Furs Stored, Altered and Repaired

Elfman's 1421 WALNUT STREET JUNE REDUCTIONS ALL DARK COLORED HATS at Very Special Prices \$5 up All Silk Sweaters Reduced