

HOUSEKEEPERS SHOULD PLAN WEEK'S MENUS IN ADVANCE

Numerous Substitute Foods and Conserved Odds and Ends Can Be Prepared for Appetizing Meals and Conform to Hoover's Ideas, as This Table Shows



Here are visual sufficient for a number of menus as planned by the efficient housekeeper.

IT WILL pay you, Mrs. Housekeeper, to sit down for an hour each week and spend the time in planning your week's menus in advance. Especially at this time when all are striving to conserve food, you will find a definite advantage in planning your meals in advance. Have some menus for a week. The menus are carefully planned to meet first of all the food administration requirements using substitute for wheat, meat, fat and sugar and they also allow a little variety in planning, you save the time and labor of the housekeeper. Features of the menus are the healthful meals and which include soups, rice, macaroni, meat, fish, eggs, vegetables, and every thing which will do little harm. The menus suggested are all simple and are planned to meet the needs of a family of four consisting of two adults and two children. Some of the menus are inflexible but could easily be varied to meet changing conditions. You can use these as guides in planning your family meals.

A Week's Meals for Four

Table with 3 columns: Breakfast, Luncheon or Supper, Dinner. Rows for SUNDAY, MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY.

Today, and the small quantities of leftover vegetables used for the soup. Instead of stopping each day to an-

CITY HAILS DR. KRUSEN, 25 YEARS A PHYSICIAN

Director of Health Rounds Out Quarter Century of Medical Service

Dr. William Krusen, director of the Department of Public Health and Charities, senior surgeon of the Temple University staff, gynecologist of the Samaritan and Clatterton Hospitals and an active member of national, State and city medical and health associations, is being congratulated today upon his twenty-fifth-year record in the practice of medicine.

LEADERS OF ZIONIST MOVEMENT CONVENE

Fifth Annual Convention of the Mizrahi in Session Here Until Tuesday

The fifth annual convention of the Mizrahi closed here today and left for Philadelphia on Tuesday. The sessions are being held in the auditorium of the Hebrew Literature Society, 215 Catherine street.

What everybody should know about Liberty Bonds

Millions of Americans have just made their first acquaintance with Bonds! Millions more are about to shake hands the first time with a Bond!

What Is a Liberty Bond of the 3rd Liberty Loan? It is an engraved promise by the United States Government to repay you on September 15, 1928, the amount of money you now loan it.

How Can I Buy a Liberty Bond? Go to any bank, trust company, postoffice, department store or to any Liberty Loan Booth or to any Liberty Loan Solicitor and sign a subscription blank.

What Size Bonds Can I Get? You can get bonds of \$50, \$100 or \$500, \$1000 or \$5000 or more.

How Do I Pay for My Bonds? You can pay in full at once. Or you can pay \$1 a week for each \$50.00 bond you buy.

How Do I Get This Interest? Attached to the bond are coupons. Each March 15 and September 15 cut off the coupon for that date.

How Do I Get My Money Back? On September 15, 1928, you get your money back—the full amount you loan the Government now—in the same way that you get your interest each six months.

Will I Surely Get My Money Back? Just as sure as the sun rises.

What Security Have I? Your security is every bit of taxable property or business or crops in the entire United States, estimated at 210 billion dollars or 70 times as much as this Third Liberty Loan.

If Uncle Sam Is Worth That Much Why Does He Issue Bonds? The Government could tax its citizens enough in one year to raise this money.

Can I Sell My Bonds? Yes, at any time. Any bank or broker will sell them for you, or you can borrow money on them at any bank.

If I Don't Buy Liberty Bonds What May Happen? You may be taxed double or treble as much to pay the Kaiser.

If Germany Wins the War What Will Americans Have to Pay? A huge German indemnity that will make this \$3,000,000,000 Liberty Loan look like 30c.

How Would the United States Raise the Money? By taxation and very heavy taxes at that.

Would I Ever Get Any of That Money Back? Not a cent! And the United States would never get a dollar of it back.

This space is contributed by SOUTHWARK FOUNDRY & MACHINE CO. Philadelphia

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LIBERTY LOAN COMMITTEE Third Federal Reserve District LINCOLN BUILDING, PHILADELPHIA

"DREAMLAND ADVENTURES" By DADDY "THE MAD GIANT"

A complete, new adventure each week, beginning Monday and ending Saturday.

CHAPTER V The Giant Gets a Ducking

Previous chapters have told how Peggy and the King of the Wild Geese started to kidnap the King of the Woods and how he was rescued by the King of the Wild Geese.

The King of the Woods found himself borne upward by the army of Wild Geese and birds grew dumb with astonishment. He didn't know whether he was awake or in a horrible nightmare.

When he got over his first amazement, however, his tongue unobtrusively became loquacious.

"Well, of all the green-headed manifestations of aerostic phenomena that I should see the goose-headed!" he muttered absently. Peggy, who was following the feathered kidnappers in her airplane, had never heard such language as this before.

"You stop that swearing this instant!" she shouted.

The Giant was more astonished than ever to hear a voice away up there in the air. He continued about the hammock, trying to see her, but she kept behind him out of sight.

"Who in thunderation are you?" he cried. "And what's the meaning of this fantastic phantasmagoria?"

"You ought to be spanked for talking like that," warned Peggy, shouting loudly to make herself heard above the noise made by the flutter of wings.

"I'll be flabbergasted, masted, assimilated, pumfaced if I can comprehend this fantastically freakish lunacy," quipped the Giant, still trying to twist about so he could see Peggy.

"You didn't know what to do. Such talk must be stopped at once. It didn't seem at all proper to her, particularly away up there in the pure, clean air. She happened to look down. They were flying over a large lake.

"Let's give him a ducking!" she cried to the King of Wild Geese. "That'll teach him better than to use such talk!"

"Good!" hooted the King. "Lower away, my hearties."

Down swooped the flying army so suddenly that Peggy saw the Giant leap as one does when an elevator drops too fast. He looked over the edge of the hammock and saw himself plunging toward the lake. At that he let out such a howl that King and King struck with a pang of pity. Perhaps she wouldn't need to duck him after all.

But she was too late to stop the eager birds. They were keen to give the Giant a bath, and down he went with a great splash.

As the birds came again, the Giant came flopping and strangling, looking all the world like a big fish caught in a net. He coughed out both water and words, the latter sounding to Peggy like "pestiferous piscatorial perversion."

"Down again!" cried Peggy sternly, and the delighted birds scolded him once more, letting him stay under so long that Peggy was beginning to grow anxious when he rose to the surface gasping, thrashing, shivering and shaking. He looked so funny that Peggy laughed.

The Giant heard the laugh and opened his mouth to say something. Before he could speak the birds ducked him again and then again. This time the Giant was so full of water when he arose that he couldn't say anything.

"Will you promise to be good?" shouted Peggy. The Giant hastily nodded. He coughed and spluttered. "And you use such words again!" she continued. Once more the Giant nodded. He was now very meek. More over he was a great deal cleaner than before his bath. Peggy was astonished

and the Giant seemed no burden to them.

"Goodie, Wild Geese! Goodie, Giant! Pleasant voyage to you!" shouted Peggy to them.

As the Wild Geese mounted higher and higher and grew fainter and fainter in the distance, with the Giant still thrashing about in his hammock, the Birds and Peggy returned to the clearing for a happy jubilation. The Birds sang and danced in their joy, and Peggy, forgetting her princely dignity, led by the foot.

In the midst of their celebration King thought of the King of the Woods' old snare and was caught. Peggy ran to release him, cutting him free with the Giant's knife.

As she did so a cutting fear struck her heart. She had just remembered that the Wild Geese had fast to the Giant's hammock, had no way of freeing themselves at the journey's end. They would be until exhausted and then the Giant would easily take them prisoner, killing them at his leisure.

Oh, who hadn't she thought of this before! Through her business she had not seen the brave Wild Geese to their death. Was it too late to save them?

Grasping her harpin javelin, and not waiting even to tell the Birds what the matter was, she ran to the airplane. In a moment she was in desperate chase after the vanished Wild Geese and the kidnapped Giant.

Tomlinson's chapter will tell of Peggy's swift flight after the Wild Geese and of the strange, thrilling end of her pursuit.

Wins Medal for Essay

Shamokin, Pa., May 2.—Harold Zimmerman, a senior in the Shamokin High School, has been awarded the Associated Patriotic Society of the United States that he has been awarded a diamond-studded gold medal offered for the best essay on "The American Flag—What It Means to You."

Resinol Soap should usually be used with Resinol Ointment to prepare the skin to receive the Resinol Ointment. Resinol Soap and Resinol Ointment are sold by all druggists. For free sample each, write to Dept. 12-S, Resinol, Baltimore.

Don't wear a veil to cover up skin trouble. Resinol makes sick skins well.

Is your appearance marred by unsightly skin? There is no need of enduring such discomfort because, unless it is due to some serious internal condition, Resinol Ointment is almost sure to clear the trouble away promptly, easily and at little expense.

Resinol Soap should usually be used with Resinol Ointment to prepare the skin to receive the Resinol Ointment. Resinol Soap and Resinol Ointment are sold by all druggists. For free sample each, write to Dept. 12-S, Resinol, Baltimore.

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