CITY TO BE INVADED BY FOOD-SAVING ARMY

Woman Experts to Give Demonstrations in Art of Making War Bread

This city is to be invaded by a battalion of the women's food-saving army on May 20. This battalion, composed of thirty-five or forty experts, will come here under the auspices of the women's department of the United States food administration, in charge of Mrs. H. C. Boden, who is directing the work in

Eighteen members of the battalion are expert demonstrators from State College, who will, in turn, direct the affairs of a corps of assistants, so that every part of the city will be reached in a comparatively short time. Their work will be instruction and demonstration in making war bread, in canning and drying fruits and vegetables. It is planned to have at least thirty-

It is planned to have at least thirtysix demonstrations each day, with the
possible total of about 500. The work
will be done in co-operation with the
various Liberty Loan committees, Red
Cross, Alliance of Catholic Women, Visiting Nurses' Society, Society for Organizing Charity and other women's associations and societies doing philanthropic
and charitable work.

Demonstrations will be given in all
large industrial plants, Red Cross centers, schools, parochial buildings, and in
the central kitchen of the war bureau in
City Hall courtyard, which will be used

City Hall courtyard, which will be used as headquarters. Instructors will leave there each morning and go to their re-spective districts, where they will receive final instructions and talk over the prob-lems of the day. In this way they will be enabled to emphasize the particular methods best suited to particular dis-tricts of the city. This demonstration work will be done

This demonstration work will be done with the view to making all housewives familiar with the making of war bread and the proper use of the substitutes which they must buy with wheat flour. Clubs and other organizations desiring to arrange for instructions and demonstrations are invited to send their names and locations to the United States food and locations to the United States food ing, care of Mrs. H. C. Boden.

CONCERT FOR WAR FUND PLEASES BIG AUDIENCE honey and mellow apples?

Varied Benefit Program Given Admirably by Noted Mu-

The war relief fund was the beneficiary of a sizable addition as the result of a special concert given last evening in the ballroom of the Bellevue-Stratford for the purpose of augmenting the finances of this laudable purpose. The attractive and spacious room was thronged by an interested audience, whose patriotism was rewarded by an evening of the finest musical enjoyment, thanks to the varied and excellent program interpreted by an admirable group of volunteer soloists, including May Ebrey Hotz, soprano; Mrs. Earl Pfouts, pianiste; John F. Braun, teffor, and Earl Pfouts, of the Philadelphia Orchestra, violinist.

Perhaps the "star" number on the

Prouts, of the Philadelphia Orchestra, violinist.

Perhaps the "star" number on the program was the duo from the finale of Puccini's "Madame Butterfty." in which Mrs. Hotz's crystalline and lovely tones blended beautifully with the clear and sweet tenor of Mr. Braun. Mrs. Hotz has sung the role of the pathetic heroine, Clo-Clo-San, with the Philadelphia Operatic Society and Mr. Braun has been for years a capable interpreter of operatic arias, so the combination attained dramatic effectiveness.

Mrs. Hotz sang freshly and finely two groups of songs, and Mr. Braun was also heard to advantage in two groups, the French group being done with especial sympathy. Mr. Pfouts is a technically efficient and interpretatively understanding artist, and his violin pieces were highly enjoyable. Mrs. Pfouts played very discriminating accompaniments.

DEHYDRATION OF FOODS

Dehydration or drying of foodstuffs was discussed at a joint meeting of the Civic Club and the National League for Women's Service at the Art Alliance.

1823 Walnut street, today.

Mrs. Bertha L. Grimes, of New York, an expert on foods dried in the home, was the principal speaker. She discussed the handling of waste, the value of dehydration and its uses and the storing of a year's rations for an ordinary family. Thomas R Elecek Ir, assistant family. Thomas R. Elcock, Jr., assistant food director for the city, also empha-sized the importance of dehydration.

Clean-Up Week Hints for Busy Housewives

A vacuum cleaner can be success fully used to clean a hard-coal stove. By its use all flying ashes can be eliminated.

A handy pocket for storing wrapping paper and string can be made by tacking to the pantry door a heavy piece of burlap or cotton ma-

Old window shades need not be brown away. Soak and boil them clean, taking out all the stiffening. They can be used for roller towels or kitchen curtains or dyed and nade into rag rugs.

Tissue paper which has accumu ated in the house can be saved and kept in a bag in the kitchen to wipe the grease from pots and pans. This effects a great saving in dish

A sewing machine can be cleaned by moistening all the metal parts and the bearings with kerosene, running the machine rapidly for a few minutes and then wiping off all the liquid with a soft cloth. The kerosene oil must be thoroughly wiped off and it is well to run a piece of old cloth through the machine before attempting to sew

> Miss Day 139 South 13th St.

Extraordinary Sale

Early Spring Models Original Prices \$25, \$20, \$18

Selling for

MOTHERS' PROBLEMS

For the Children's Year By MARY L. READ, B. S. Director of the School of Mothercraft War Service

'Tell Me a Story"



Story time at home is a great bond of family life, a pleasure for the pres-

dren? Send them to Miss Read, in care
of the Evening Public Ledger. Write
your questions distinctly on one side of
the paper only. State age of the children

COTTELL me a story" is the great op-I portunity. Here is a child hungry -for vocabulary, for pictures, for emotions, for knowledge, for ideals—and longing to be fed. Shall we feed him with sawdust, with pastry, with gumdrops, with hardtack, or with good whole-wheat bread, pure milk, clover

"Tell me a story" does not come unexpectedly. When the baby is born we know this call is coming in about two years, and then for more than a dozen years there will be this daily opportunity, especially clamorous for six or seven years. And no teacher can be a substi-tute for parents, in story-telling, but

only a supplement.

There is such a wonderful range to choose from, of worthwhile personal reminiscences, nature stories, wonder tales, myths, fairy tales, jingles, bits of history and blography, Bible stories, hero tales, legends, adventure, humorous tales, romance, that the question arises, When is the time for abundant measure of each of these? The interest and choice of the children is our guide. How much of each is needed to furnish the most nourishing diet for a wholesome, sturdy mind and spirit? Here we must be careful, and a good general rule is like that of popular dietetics-to furnish a mixed diet in good variety, and carefully se-

lect the best quality in everything. Anticipate the future, as well as the pleasure of the present, in choosing the stories. We cannot foresee what special problems, what struggles, what difficulties, life will bring to these children. cuities, life will bring to these children, which and interpretatively understandardist, and his violin pieces were ly enjoyable. Mrs. Pfouts played discriminating accompaniments.

HYDRATION OF FOODS

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Chydration or drying of foodstuffs discussed at a joint meeting of the consciousness, and in part in consciousness.

memory.

Effective telling of stories comes through practice. Spontaneity, vividness, vitality, are fully half the charm of the story, and these come better through telling than through reading a story.

Be prepared. Have something ready to tell. Ransack your memory, keep your eyes open, make use of the li-

to tell. Ransack your memory, keep your eyes open, make use of the library. Have something worth telling. Find the best of its kind. Consider and choose carefully. And remember that we cannot hand bread or cookies or peaches from an empty basket, nor be sure of getting even sound apples by grabbing into the barrel in the dark. Know the story so well that you see the pictures in your own mind, see the colors, hear the sounds, feel the emotions of the characters.

Then tell the story so that the children see these pictures, hear the sounds, and feel with the characters in the story—their perplexities, surprise, disappointment, courage, intentions, joys. Story time at home is a great bond of family life, a pleasure for the present and a bulwark for the future.

QUESTIONS AND ANSWERS

My little boy, one year old has eight teeth. I would like to know what food would be best to give him so he will have good teeth. He has only milk at meals, with once a day a coddled egg, and has orange juice between meals. Mrs. C. K.

He needs some hard food and some vegetables every day. Give a piece of

ican section.

torret de emellenek de a sard, uneweetened educator cracker for him to chew upon for about fifteen minutes twice a day before giving the milk. At the midday meal give one of the following, beginning with only a teaspoonful and increasing the amount moderately, if this agrees with him, until he has at least two tablespoonfuls of a vegetable or a cup of puree. Vegetables should be fresh and are to be strained through a medium sieve during the first year. Use baked potato, baked, steamed or boiled carrois, stewed spinach, dried or fresh peas. They may be made into a puree with milk. The pulp or juice of stewed prunes, dates or figs may be used with the afternoon meal as a variety in place of the orange juice. A few swallows of vater should be given after the milk to rime the mouth. You should be using a soft toothbrush after each meal.

My baby is tweive menths old and is just upon for about fifteen minutes twice a

My baby is twelve months old and is just cutting her first tooth. What can I do to make them come faster. Mrs. K. T. Perhaps you will find on inquiring of the baby's grandmarents, that there is a family tendency to cut teeth late. Take your baby to your physician or to a health center for examination to be sure she is in good health. Follow the dietary suggested in the preceding answer. The baby should be taking a quart of fresh milk every day.

FRIDAY-YOUTH

WILL EXPLORE LANDS **NEVER SEEN BY WHITES**

tains. Venezuela

An expedition to explore the Sierra Pareja Mountains in Venezuela, where, it is said, white man has never set foot, is today on its way to South America under the leadership of Dr. Theodore de Booy, of the University of Pennsylvania Museum, assistant curator of the Amer-

The range of mountains into which the expedition will try to penetrate just into Colombia and is utterly unexplored. The character of its inhabitants are unknown. Ever since white men discovered the region 400 years ago strange tales have been told of the Indians, who never come down to the plains. They remain in high elevations, through which no trade routes mass and consequently

remain in high elevations, through which no trade routes pass, and consequently have never been visited.

It is reported that there is a white tribe there, but this is commonly said of many sections, and no such race has ever been found.

The trip will last about six months,

and if promising fields of information are discovered a larger expedition will be dispatched. The mountains are a long distance from Lake Maracaiba and the passes through the range are about too miles apart

Philadelphians at Kelly Field Kelly Field, Texas, May 8.—Sorgeant J. A. Comber has recently returned to Kelly Field, South San Antonio, Texas, and resumed his duty with the 328th Aero Squadron. Comber has been in charge of a detachment sent from the field to an institute of technology. Sergeant Comber resides at 3711 Chestnut street.

phila boys who enlisted some time ago in the aviation section of the signal corps, recently received his rating as corporal in the 169th Aero Squadron.

Ladies' Shirt Waists



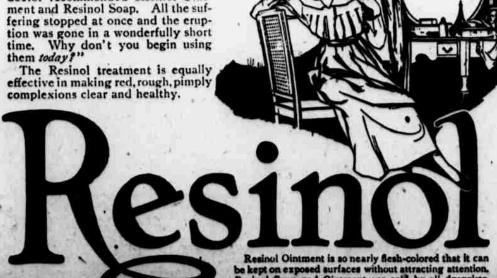
McPHILOMY'S, 1624 Market St NEXT TO STANLEY THEATRE

OPEN EVENINGS

The Store of White Shoes fore with white in real china buck, washable kid and our now famous KID-KLOTH. originated by Geuting's and introduced by us last year. Kid-Kloth is a finely textured fabric that on the foot cannot be distinguished from buck, that is more shape-holding, cooler and more comfort-able, cleans easier and is much more economical. A great idea for a war-time year. In a wonderful series of pumps, exfords and boots. Pure Thread White Silk Stockings, Special at \$1.50 a Pair 1230 Market Street 19 South 11th Street

"I know something that will clear your skin"

"My sister went through just the same thing. Her face was a perfect sight with eczema, and the itching nearly drove her wild—especially at night. She tried everything until a doctor recommended Resinol Oint-



CAMDEN COUNTY'S LOAN

TOTAL OVER \$7,000,000 received at Liberty Loan headquarters Camden County's subscription to the Yesterday, the grand total to date is

day must be turned over eral Reserve banks. The First National Bank yesterday

Camden County's subscription to the third Liberty Loan in all probability will \$6,900,000.

Expedition Under Dr. de Booy to meet a quota of \$1,700,620. Subscriptions continue to Visit Sierra Pareja Mounto to Visit Liberty Loan in all probability will \$6,900,000 to Visit Sierra Pareja Mounto to Visit Liberty Loan in all probability wil

Threihofer's Announcement

In its plan to conserve the nation's wheat supply, the Food Administration has ruled that substitutes or cereals shall be used in making bread.

In the Spirit of Patriotism, the Freihofer bakers are complying absolutely with this ruling, and at the same time exerting every effort to satisfy the discriminating taste with the real Freihofer Quality.

Our laboratory experts, after months of experimental and research work, have succeeded in perfecting a loaf of bread that meets the requirements of wheat conservation, and is highly palatable and nutritious. This perfected loaf is the result of proper blending of materials, and making and baking under the latest scientific methods.

The Food Administration has suggested, for the period of the war, that all bread be named "Victory" bread. Therefore, we are withdrawing from the market our well-known brands —until such time as conditions return to normal. This includes all of Freihofer's famous specialties, such as Butter Krust, Liberty, Shaker and other brands.

This important change takes place today.





Pure, Tasty and Nourishing Scientifically Made Nutrition for the Children

