Asparagus Has Medicinal Properties-What Aspic Is Made Of and Ingredients of Baking Powder Also Told

ACLASSIFIED list of foods helps the housewife to have a keener knowledge of those foods which are needed for our daily upkeep. Business men have many years ago classified and listed mercantile products, as well as those supplied by the rancher, peultrymen, fishermen and farmers.

Asparagus—a great favorite of the carly Romans—is a luxury in the early of flour.

early Romans—is a luxury in the early of flour.
spring in Europe and the U.S.A. The For cakes, one cance of baking pow hothouse or forced variety is espe- der to one pound of flour. cially delicate. Seeds of this plant are: For cookies, one bull ounce of baking sometimes used for making a beverage powder to one pound of flour.

Asparagus contains valuable mineral saits of diuretic character, and this makes this vegetable very desirable for those suffering from kidney and other intestinal disturbances. Market disturbances are the white, which is often tinted with shades of purple, and the green, which varies from a deep and the green, which varies from a deep and the green to greenish purple. Care is necessistically a light cellular structure of texture. sary when cooking asparagus to preserve its delicate flavor. Wash in many
waters and then plunge the tips of the
grass up and down to force the sand
from the bud or tip ends.

structure or feature.

Raim—tiaries baim, baim or mint or
lemon baim is an aromatic garden herb
belonging to the mint family. It has
a pronounced lemon oder. Is used for
seasoning, preserving and spicing.

Average or alligator pear in species parlies.

Average or alligator pear in species parlies.

of pear growing in the tropies. Has a Bananas Fruit of the tree which is a native of the West Indies, but is a mative of the West Indies, but is now critivated in additional tries extensively. The flowers are sometimes, the day of the tree which is a native of the West Indies, but is now critivated in additional tries extensively. The flowers are sometimes, the day of the tree which is a native of the West Indies, but is now critivated in addition.

Purchase bacon by the strip or pieca develop.

cumming her 1998, by the mer cast is usually from him. She mer cast is believed with a capacitant to be liaput; with a crown, but crempthing this shall be not heapt,

Dick Mason Again JEAN was standing with Com-

By MRS. M. A. WILSON

the conditions are, first, when combined with suitable amount of flour and moisture to dough up the flour; second,

structure or feature

Aspic a translucent and savory jelly seasoning, preserving and spicing, made of yeal and other meats and bones. Bamboo shoots are tender year.

Esed for cold entrees, for decorative should and to glaze tongues, gelatins, etc. The name is a derivation from the spike jelly or French lavender—a dainty old-time dessort of France.

Average or allember to the property of the mandaring to the property of the parabose should are tender young another the parabose should are tender young another the parabose should are tender young another the parabose should are the parabose should be p

held in a pocket near the center of the fruit.

Au Gratin—an entree or dish made of cooked food with a cream sauce, turned into a baking dish and covered with and before curned at first foliated, close together to form a head at the end of a large deepning spike. The flowers at the end or tip of spike die unproductive, the halance cheese, and baked.

Bacon is cured and smoked meat of commanding from the stem side and hogs—cuts usually used are sides, led named in a from the foliation of the training that the control of the training the fruit. Layer after layer form in circles, around the stem, which steadily grow longer and give each layer or hand plenty of room to Sure spoush, they had to some the training after them.

Sure spoush, they had to some the stem of the training after them.

And rub well with salad oil and dust with bran to prevent modding. Place on ince for twenty-four bours before silting and then the housewife may slice it as thin as paper.

Broiling is the very best method by which to cook buren. Nick the edges to two high to cook buren. Nick the edges to two high to cook buren. Nick the edges to two high to cook buren. Nick the edges to two high to cook buren.

TRIMMING FALLS OFF BRIM



and real world with senior of a brothe days more where they hours before the housestiff may all the source before the housestiff may be for a sounce better the property where the sounce of the prope

The second secon

the cory bone from which they be found that she was spending to her information that she was spending the high with an aunity to first of new adventures for Judge covil, the first but if you fine of new adventures for Judge covil, the first but if you fine of new adventures for Judge covil, who lived out that way who a he felt a found that for hand, and after a fine how the found the going to the reside of the house birds. What there adventures are fine how the house birds. What there advents the house birds. What there advents the house birds while being a found to frequency of the found while going to the reside of the house birds. What there advents the house birds while being the high with an annity of the found that way who a he felt a covil ring pressed against his neck and a hourse volce in his eight informed him, the first behind while going to the reside of the house birds. What there advents the house birds are found to the found that way who a he felt a covil ring pressed against his neck and the first behind while going to the reside of the house birds. What there advents the house birds are found to the found that way who a he felt a covil ring pressed against his neck and the first behind while going to the respective she was spending the hight with an annity who lived out that way who a he felt a covil ring pressed against his neck and the first behind the first

Today's Inquiries.

Describe a wonderfully con-venient and well-planned baselthe newest of waists fashioned?

What new kind of stocking-darner is now being used?

Illow mity an effective bureauseaf be inade?

6. Describe a warm and smart-looking glore that is being worn a great deal with the sport suit.

 Last year's serge street dessi-tiony be transfermed into this year's good-looking afternoon frock by having the sleeves and the parts of the wai-t undermeath these of copper colored silk, with a pointed place of this material set in either side of the skirt.

A smart overbloose to be work with a plaid skirt is unde of jersey cloth, with collar, cuffs, and a band around the bottom of brush wool. 4. A new way to make some cun

he same with me. So I guess it's Harnesday evening

Next complete novelette-"A Mistake,"

On Straight Lines

Without a Belt

criainly means wonders to me.

I am a girl of eighteen years, or at least will be the last of this month. I am very stout for my age, weighing about 170 bounds, and I am not "killed with looks," and to add another ill luck. By CORINNE LOWE

Straight up and down and simple to the last degree is the claim made by a tailleur of buff-colored velours to un-

A CONSTANT READER. The fact that you are stout for your age need not worry you, dear. If you are careful not to sat too rich food you will not grow stouter and you evidently have a sweet disposition. Cultivate will not grow award that the have it award disposition. Cultivate thinking well of every one and always say kind things. You will be known for your kindness of thought and your disposition; and all the boys appreciate a girl of what type,

Skin Tortured Babies Sleep Mothers Rest After Cuticura

POOR RELATIONS SUFFER FROM THOUGHTLESS GIFTS

Just Because They Wanted Music in Their Home They Were Sent a Toy Phonograph, Which Got on Their Nerves

Dear Cynthia—I am a young man twenty-five years old and have just twenty-five years old and have just moved to Philadelphia and I want to and the most terrific noise was with "poor relations" as its victims. ask for your advice as to the best way heard from within.

to get to meet some girls and how to make friends with them, as I am just daughter of the family, from the South and the girls seem some"It's all right," said her mother, reWhy, just because they a what different here from what they do down there. I am a young man of good standing and would like to have a few gift. Come in and hear it."

"I can hear it out here."

They girl friends.

Please Tell Me

By CYNTHIA

Wants to Meet Nice Girls

from the South and the girls seem some-

Says He Cares for Her

giri frienda.

What to Do

SOUTH.

But she went in and inspected the

Ask the rector of your church to introduce you to some nice girls or join a man's club, where the men will get to know you and introduce you to some size. It was a talking machine, or at least was built like one. It stood on the table in the middle of the room with an apologetic manner, as if it knew what an apology for a elaborate lacy evening gown in a mis-Dear Cynthia—I would appreciate your advice on my letter very much. I

phonograph it was. But its voice! By its voice they knew it for what

your advice on my letter very much. I am a young man sixteen years of age and go with a girl of the same age. There are a lot of things going on about this girl and I do not know whether they are true. They say she has changing ways. I care for this girl very much as we are built the same and rival in a good deal of things. This girl cares for me, also, Every time I invite her to go with me, she says she wants to go with was. "We can't stand this thing," exclaimed the daughter of the family, as she wound it up for about the fourth time during the so-called singing of the "Battle Hymn of the Republic." It will make us all deaf—I never heard revers; no doubt they could afford with me, she says she wants to go with a crowd; but I do not invite a crowd, I invite her. So, therefore, Dear Cynthia, I ask your advice about this girl.

They had been longing for some to buy mouth organs, themselves, and they might even have saved up enough the going round with one boy alone. Be good friends with her and do not try to force any sentiment.

Advises Them to Break

They had been longing for some to buy mouth organs, themselves, and they might even have saved up enough to buy one of these little toy machines!

But they wouldn't do it, because it wasn't worth while; it wouldn't do space in the crowded apartment, which was so much cheaper than the old home.

They want harmony, beauty, something soothing and plant the plant of the plant

It is done in all kindness, but with

Why, just because they are poor. should their tastes be correspondingly

They like good music now just as they always did when they could afford to make it with their own fingers upon a good instrument.

This habit of sending just anything to a family who hasn't much of anything is very much like sending an

sionary box.

The poor, shivering Alaskan who pulls the beautiful, soiled thing out of a box would rather that you sent nothing at all; it is so disheartening to look at the space it took up and think what t nice warm dress or coat could have been put there instead.

Their relatives, better off, and distantly sympathetic, thought they really ought to do something for them.

Dear Cynthia—May I write a line to Dizzy and Rod"? Don't you think that you are a little too young to fall in love? Because you know, it is some awful "fall," take it from one that knows. You say you don't know your own minds. Well, for heaven's sake make its acquaintance quick, because if you don't who else will? Your parents are right; you should break off. You will find that once you have tried the rest will come of itself. Why not concentrate your whole mind on your work and wait until you are twenty-one or twenty-two years old? You will find that there are things that come up every once in a while that make life more pleasant than being married. I don't mean to work so that whatever you do will be a pleasure and not a burden and above all, make friends with a crowd of young girls, then you will find that there are other things besides "puppy love."

BROWNIE.

Their relatives, better off, and distantly sympathetic, thought they really onely. A give discordant thing which makes them positively nervous. Charity, after all, is not just girlng for the sake of giving.

A great deal depends upon the appropriateness of the gift.

Two Minutes of Optimism

By HERMAN J. STICE

THERE was a rare little sensible girl who every time she got "mad" wonk walk—till she walked the "mad" off:

And why not?

Hiking is the easiest and the most efficacious way to keep the body toned and things besides "puppy love."

BROWNIE. and the spirit serene. It is the magic oil that is guaranteed to keep your thinkery operating smoothly and at maximum power. It is warranted to put an edge on you that will cut clean into whatever you tackle. When you're sick and tired, or grumpy and dumpy, or out of patience and

> Hiking isn't ambling, rambling, sauntering or honeymooning. Hiking means pep in your stride, ginger in your gait, exercise, that exhiberates rather than

> Walk! Walk with a will! Walk so you stimulate the system, so your veins pulsate with redder blood, so you feel and radiate life and its glad song.
>
> When people had to tramp miles to business and to school, instead of traveling in dried out trains and trams, there was less pneumonia, less bronchial

breakdowns, less coughs and colds-and more vigor, more sturdiness, more virility Automobiling is capital sport, but an ever-mounting upkeep item is the cert of dyspepsia tablets. The healthiest and the happiest passenger is the foot passenger. Rise half an hour earlier and use your holidays to absorb the breath of life, to give the revivifying oxygen sorely needed opportunity to revitalize and reanimate and resuscitate. Make for a certain spot, and cut the time when

Never mind snow or sprinkle. Never mind tiredness. Never mind anything.

Hike! And he a happy, healthy, wholesome human being. Come along! Any time is hiking time! Hike and win!

What Kind of a Man Do Girls Like?

Dear Cynthin—I am not good on preambles; therefore. I will just sing on and aim in midair: if thits your girl and aim in midair: if thits your girl and aim in midair: if it hits your girl and aim of the welding of the wedding or to the church, if the bride's father gives her away? There are two bridesmalds; is it necessary to have a maid of honor I change my course—lend me your ears. Girls (including Cynthia), what would there are many like me who would like or act as? I am an overgrown lad and there are many like me who would like to know how to be amiable or pleasing to any and every girl he comes in contact with.

There is a breakfast in the morning and reception in the evening. Where do the bride and bridegroom sit at breakfast and where in the evening? HELEN, at the morning wedding the bride-sash at the side just under the flower. What Kind of a Man Do Girls Like?

there are many like me who would like to know how to be amiable or please in contact with.

It know how to be amiable or please in contact with.

At a Church Wedding the content of the platenia front was a success of which the please of the

Things You'll Love to Make



Pay Your Bills Promptly

Today is Pay Your Bills Promptly Day. If you every one else, can pay every bill promptly if

Your Soul's in Your Hand By IEVING R BACON

CROSS BABS Horizontal lines, close ingether oning defects on Mounts of rat-

appears For it comp part of the grille's make-up Cr

Page Editor or phone Walnut or Main 3000, the officered by a too clever working.

Munday - Further Trouble

Adventures With a Purse galage a a language maintain that nothing the ones there on the innelson table than a strength set of Madeira. Cleaming the set of Madeira and the soft glow of a nahogany rable with its pure white deliles and contempers of Madeira—what so tall be leveller? Because of my first the set of penemial for Madeira I was especially deligated to find a clon that is selling Madeira I measurement of pure good trail to find a profit design for \$7.55. I went mounted to full thirton pure

to g centerplace and So much about the importance of to in since girl's leading tent in her office has been written lately. I need not suthing to this matter—even i leadly like remains but for me to tell of any little plan I know which n gives telp her to maintain her from sport respect through the busy day. Well I do know of one thing that may seem gifty unimportant. But that, if you gity unimportant. But that, it is seen is purely a matter of viewpoint. I make it is most important. But to we still seen, the farmous librettist is most important. But to we still seen, the farmous librettist of the ellibert and Sufficient operas, wrote the control of the Bashful Man. The

the if is most important but the special of the differt and soft against of the difference of the diff

Keep a clothes brush in cour desk while we don't agree with dilbert's newer Then when your skirt is envered with little "crumbs" from an closer, give your skirt a vigorous can softer torounts from his skytess. A tacthetic for the majorited and to the life of the softer and get the clothes continue to the life of the softer and get the clothes with which are known that he is therefore the softer broader that the test there is not be the soft as the test there is not be the soft at the life of the softer to be the soft that are the trying to make him expenses. ing the different man dreads a

c'an you guess what happens to Judge cay! Blue Jay, Perky Sparrow and James Showbird?

Their queer adventures help them gab a warm home for the test of the wire!; but can you ague out what those saventures are?

WHAT'S WHAT

By HELEN DECIE

1. When will the next congress of International Woman Suffrage Altiance take place and in what part of the world will it be held? net for the tiny person's com.
3. In what nevel style is one of

Yesterday's Answers

2. The latest needles for the talk-ing-machine are made of clay,

ning pillows for the nursery is to fashion them in envelope hape of unbleached muslin, as have small, pert ducks stenciled or embroidered on the flaps.

Milk can be heated in an enumel pitcher with a saucepan placed beneath the spent so that when it comes to a bell it will bubble over into the pan instead of onto the store.

6. The latest full in famor corsets is

a cornet made of heavy lace.

the last degree is the claim made by a tailleur of buff-colored velours to unusual distinction. Of course, some credit must be given the collar and the built of a muff, both of which are of alynx and therefore cannot help but be interesting. It may be that the contrast of the buff cloth and the gray of the fur has its own subtle charm. It is unusual and equally becoming to outh and would-be youth. Slynx, being the fad for of this winter, is put on cloth, velveteen, velvet and on satin. It supplies the essential touch of gray without which it seems practially hopeless to assume that demure attitude required by the mutable taw of fashion and which is so neatly influenced by the sort of clothes one wears.

do not pay your bills promptly, you are in reality asking your butcher, your grocer and your drygoods man to lend you money without interest. The simple truth of the matter is that unpaid bills mean higher prices. You, and you make up your mind to buy only things you can afford.

Philadelphia Thrift Committee