Barley Makes Excellent Cereal for Invalids and Children—Bass Is One of the Most Edible Fish-All Kinds of Beans

By MRS. M. A. WILSON

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DEFINING and classifying fossis and

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Beans—Cultivated as a source of food

The deficite qualities of this exteal make it ideal for children and invalids.

Basil—An arcmane herb with a flavor resembling cloves. Used in flavoring soups, sauces, gracies, basil voring soups, sauces, gravies; basil sinclude the kidney, navy, marrowfat and black beans, also the flageolet, The tough pod beans include the kidney, navy, marrowfat and black beans, also the flageolet, The methods of cooking these beans are of basil leaves in one quart of sinegar.

Barberry is the fruit of a coarse, prickly shuth, growing wild about three to four feet in height. Particularly abundant in New England. Fruit ripens

Sen bass and striped bass are found along tire Atlantic const. The sea bass weighs from one half pound to five pounds, and is in season from May to December. Striped bass weighs from one-half pound to twenty pounds and this reason are difficult to transport.

Mexico. Lab lab Egyptian kidney bean comes from plant much admired for its foliage.

Their beans belong to the troples: they are delicate and tender and for this reason are difficult to transport.

Bay leaves—The leaves of a species helling point. Then cook in manner de-of laurel tree. It is indigenous to the sired.

DEFINING and classifying feeds and the correct methods of their preparation should help the housewife and mother to obtain a real first-hand knowledge of this very important subject.

Seasons of the year are also a factor in food classification. Mother Nature provides suitable feeds for each season. Baba—A cake made from sweet yeast deigh of French origin. This take is then covered with a sweet sirup. Barbados geoseberry—Edible fruit of the cactus plant from the West Indies; in appearance it resembles the geoseberry of the northern markets, yelow-lish color and of spicuald flavor. Served as a jelly with exackers and cheese, it is frequently called the French bean.

as a jelly with erackers and cheese, it delights the true epicure.

Barley—Cultivation of barley comes to us from remote antiquity, and it is grown in nearly every part of the world.

Barley as a cereal contains less protein the snap, French and Kentucky wondard carbobylgates than when I have a deep large.

for eating raw, but it makes splendid more or less familiar in certain localifacture of matic acid, and at Roman they make from this fruit a famous seedless jam, known as femiliare depine vinette.

Bur-le-due—A preserve or felly formerly made of seedled white currants in Bar-le-Due. France. This jelly is sometimes called Lorraine jelly. Bur-less cherries and raspherries.

Bus is a shapely tish of which there are three either eithe eithe eithen either eithe either either either either either either either either eithen either eit

one-half pound to twenty pounds and Scarlet runner, while grown for orna-some larger specimens, in season year neutal purposes, produces an edible Weight as sea bass, and is in season from June to December Two principal types of this fish are the big and small mouth. Bass is an ideal pan and broiling fish. The ment is white and in large flakes, with a particularly delicate that point and then drain. Cover with cold

## THE HUSBAND HATER

By HAZEL DEVO BATCHELOR

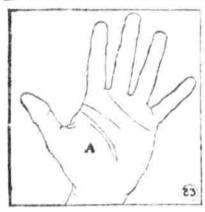
### Cicely at the Hairdresser's

with renewed vigor Comp was a Machene has thick hair," the lightest. To be sure she entirely appoint during the process "It will proved of the fact that Jean level her (wenty curis for half the head." gayety, going everywhere, in dances, the line's quille theatre, after threatre suppers, and the like. They went to bed in the wee.

Small hours of the morning, and had their breakfasts in led at 1 or there shimmum containers, Circly leaded in abouts. At least the gris of the Jack. They funny, and almost indirectly leaded in the countries of the gris of the shimmum containers, Circly leaded in abouts. had his own mear as usual, sitting alone | ugly. in the disingtroom and reading the The actual steaming of the hair lasted morning datus is tween groups of her and only a short time and when he

a blu lim friend to bring Jan Smooth .

Your Soul's in Your Hand DI TRUING B BACON



LINE OF MARS It is virtually a solver line of the line of Life and speaks of extra-ordinary accession of braith and strength.

t rewarful of the their the

Convight, 1921, by Public Ledger Co. ought up in last to my way of locking at things, and or futher) death that is good discipline for him.

A couple of days later an embartans many that I hope you can help hardened from of the moment, had decided to have a great many many that I hope you can help hardened from of the moment, had decided to have a great many many that I hope you can help the moment wave put in her hair. She I was studying art when in

husband, but she saw no roughn why Better on it all," Cleely said rock husband, but she saw no roughn way "said and swen her lovely blonde bair was compressed into forty lozenges that. The two girls fixed as a which of the said out all around like a porcu-

morning just I tween guips of het coftee.

"Team's a way for grille a will have a state of the said when the tubes
over removed and the hair thoroughly
to the result was a very

#### The Question Corner Today's Inquiries

to the conforts for daily end here and needed may be dury liber used to describe a int what shirt en to this end can she find in the department stores? simpled leather tongues of the west how will a decorated? How is a most sport coat seen in

6. How is the honest "Spineh Me" doll dressed? Yesterday's Answers

A child can make a pretty nacking the rows of heads sound them together and A magnifying glass can be made from the waist to the bettem of the skirt and then esteding it up to the other side of the anist, in trout and in back, a sairt can be A new pair of compers for the small boy are hanted. To make the small herrors ve o nograph flowers can be painted on the dark wood surface. obtaining heat for societing burned are an economical method. THE GIRL ON THE CANDY BOX COVER



THE DAILY NOVELETTE

The Woman's Exchange

cild, about three cild, about three particularly in the manner similar to the navy bean. In the manner similar to the navy bean, a new comer to the family the service of dried beans, and the service of dried beans.

The other varieties of beans that are more or less familiar in certain localities are the asparagus bean, which takes the service of the model.

To Sell Painted China



At the boar it's - hoof dinner table. set be able to till b come hately just married is a good one. At least, it is this com-bration where we obtain the transfer one. You see I assumed that brighten which we obtained translate as black which as black which are the state there—that the work of all the state the state that the black our meeting the state ways of a state of the charming made frock designed especially a story-book coincidence. Why d for the grawn at school which allies these two larged distributions and interest in simple, yet unusual, use. For not only are but the pockets also. At the same time the should have calmed you. a guimpe of the same shows under the

#### DREAMLAND ADVENTURES

Judge Out's Busy Day By DADDY

CHAPTER VI As MRS STRONG raises her broom to drive Judge Owl. Blue Jay, Perky Sparrow and Junco Snowbird from ner sunroom out into the raging blizzard, judge Owl noticed something move down heside a flowerpot. Judge Owl made a quick stab and when he straightened in there was a brown mouse in his beak. The mouse was there just a second and then it vanished.

Where had it gone? Why down Judge Owl's throat, of course. He was very hungry after the exciting time he had been through.

en through,
"Ee-ee-ee!" squealed Mrs. Strong
then she saw the mouse in Judge Owl's
walk, "Ee-ee-ee!" she squealed again
and louder than before, and this time
the made a flying leap to the top o a

On the Penk of Scotch Bonnet

By RUSSELL CLAYTON

The day, as days in Scotland are more apt to be than not, was dour and misty. Captain George Bedford, setting out rom the small stone hotel which had been his lodging-place for the last few too!" screeched Gretchen, the cook leaping to the chair beside her and almost.

meet an acquaintance:

He held her hand the very fraction of a second longer than was necessary.

"Its—its a long way from Simia, isn't it. Helene?"

A noment later, sid by wile, they sat and shared a package of rinducines he produced from his broket. Then he live out a pipe heat it a filt that any produced from his broket. Then he live out a pipe heat it a filt to differ in any country where you will observe regular formarks of an old cornial ankited it and published away costly.

Let's forget, he said, "the coincidence of our being ber, it's my first chance of our being ber, it's my first chance to explain the creamatiness which so badly upset, it for both of us.

He paused and lead a lawy a moment to the distant lines in an unavering fastion as if visualizing scenes long produced to marry one aboth the resumed quely, "and, a time a wonderful lines as I shall force longet, we had promised to marry one aboth the resumed for me and I didn't san, You shared on in the carriage asher and, by a cruel risk of a probably have sended the facts for yourself?" The woman held out a concentration of the stream wonderful fail the continued of the resumed for me and I didn't san, You shared on the foremost may fail, passes the riding waten worm about the wife of a relation, you also probably have sended the facts for yourself?" The woman held out a concentration of a continued to explain the resulted your and probably have sended the facts of the affair, anticipating a cally a young man time who has just won the greatest of care, and the foremathiness As I and dressing or the affair, anticipating a cally a young man time who has just won the greatest of care, and the foremathiness and the relating or the affair, anticipating a cally a young man call who has just won the greatest of care, and the foremathiness and the foremathiness and the relating or the affair, anticipating in any server, readiled, way a young man call who has just won the greatest of care, and the foremathiness and the relating or the affair, anticipating

Monday...The "Wardrobe Exchange"

Things You'll Love to Make



# Please Teli Me What to Do

By CYNTHIA

Goes Too Often With Him Goes Toe Often With Him.

Dear Cynthia—Will you please tell
me if you think it too much for a boy
of fifteen, who is not working, to take
a girl, fourteen, to a show three times
a week? This boy insists that it is all
right as he gets an income.

The money part of it seems less an
issue than the going so often with the
same boy when you are both so young.
What does your mother say? Movies,
three times a week, at fourteen, seem
rather a steady diet in any case.

Takes a Different Road

rather a steady diet in any case.

Takes a Different Road

Dear Cynthia—Ever since a child I have read and greatly enjoyed your columns, and at last write to you for some advice. For the past year I find life very sad and dreary. My family tries to satisfy me, but they all meet without success. When I was younger I had a number of friends, but for the past six months I have taken a different road from that of my associates, as they have proved very false. Permit me to any, dear Cynthia, that the majority of girls are false to one another, although they act very kind. The consequence is that I am either doing some work at home or else sit and think, and, of course, the feeling is still more disgusting.

As a good counseles could you let me

they act very kind. The consequence is that I am either doing some work at home or eise sit and think, and, of course, the feeling is still more disgusting.

As a good counselor, could you let me know how I can lose this feeling of dissatisfaction and in return get one of happiness and enjoyment which I have longed to obtain for so long a time. If possible could you advise me where I can meet some nice fellows, as I have met plenty, but not the kind that I have desired to come in contact with?

I hope you will understand, dear Cynthia, what I am trying to get at, all-hough I may not be able to express fully the aggravation I suffer, and I assure you that yeur advice will be greatly appreciated and of much service to me.

LU."

You are making a mistake, dear, in distrusting all your friends. Be true to them first and they will be true to you, Do not stay away from other. In their run and be piensant and kind to all.

His restraint in holding them back and rushing away before he said them fred the population of the greatly deserved some reserve in return on the quarter of the part of his opponent in the quarter.

But she had no feeling of shame about airing a private squabble.

And she could not realize that it was anything but anger that had made him break off and leave in the midst of their may be provided and of the car knew, and enjoyed knowing, that she had started a fight with her husband did not occur to her not all.

You are making a mistake, dear, in distrusting all your friends. Be true to them first and they will be true to you, Do not stay away from other. In the proposal transport of the part of the fire and the fire and rushing away before he said them they do "get each other home" they find the fire out and the house cold or a unexpected loor, or the pup, broken away from his morings in the cellar, joyously shewing on an expensive pair of slippers.

Of course, final snubs and proposal transport of the fire water was an expensive pair of slippers.

Of course, final snubs are to one to be indignant a

kind to all.

To "Hide'n Seek"

To "Hide'n Seek"

Dear Cynthia—With your permission I address a few lines to "Hide'n' Seek."
Don't lose that desire to travel, giris, for it is a wonderful thing to do. But instead of trying to work your way it would be far better to put off the time a bit longer and save enough to insure your success. It would be terrible to be "stuck" far away from home, and working your way is not so good as it sounds, because you seem to forget that there would be girls who are natives where you would be strangers, and they would be given work in preference. Although only twenty-one years old, I traveled across the continent last summer alone. I had no disagreeable experience, and firmly believe that so long as a girl does not make herself conspicuous she is perfectly safe when traveling, especially when a word to the Pullman car conductor makes assurance doubly sure. No. \$300 or \$400 would not be enough. Traveling on summer rates and going from Philadelphia to Seattle by train, from Seattle to San Francisco by boat, back to Seattle and up to Vancouver and east to Nova Scotla by train, via Montreal, then back to Montreal and down to New York and home, the total cost was about \$450, and I had very few expenses in Seattle, San Francisco or Nova Scotla and that did not include clothes. My advice to "Hide'n' Seek" is not to forget about traveling, but to remember only enough to save up until you see \$1000 on your bank book, and by then the rates may be lower. If you want to travel in this country do so in the summer; but, oh, girls, don't miss the Canadian Rockies!

ANOTHER SEEKER.

# SHE AIRED THE QUARREL

"CURLEY."

TWO women were sitting together in the train, discussing the matinee, when another woman came in and sat down across the alsle.

"Oh, I thought I wouldn't make it," she gasped. "Why, where's Jack, wasn't he with you?"

"Oh, yes," replied one of the women in a weary tone loud enough to be heard all over the car. "But he got mad at me and went up to the smoker!"

"My goodness!" laughed the woman across the alsle; "you must have said something awful to him."

"I didn't say half what I'm going to say when I get him home!! threatened Jack's wife grimly.

Everybody in the car heard his wife's words, and to all who heard them they gave a mental picture of Jack sitting in the smoker savagely chewing the end of a cold pipe and wishing he could have said the ungentlemanly things that he wanted to say.

His restraint in holding them back and rushing away before he said them really deserved some reserve in return

wanted to say.

His restraint in holding thenr back and rushing away before he said them really deserved some reserve in return on the part of his opponent in the quar-

ALL OVER THE TRAIN

With Her Threats of What She Was Going to Say to Jack When

She Got Him Home-No Doubt She Forgot to Say It

Two Minutes of Optimism By HERMAN J. STICH

A Tip-Where to Place Your Bet

A GOOD many years ago," says the head of the largest seems of the entrants in a in the world, "I stood in the paddock at a race track as the entrants in a GOOD many years ago." says the head of the largest selling organization the betting remarked to a friend as he gave a final fingering to the saddle on the



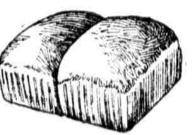


You lost some yesterday and the day before, and you lost some the day before that—and you will continue to lose it every time you pay more than 8c for bread. No matter how much you pay, you can't buy better bread

than the Victor Loaf, for the simple reason that it is impossible to bake purer or more wholesome bread. Victor Bread is made of the finest ingredients obtainable.

Victor Bread is made in large, generous-sized loaves. Victor Bread stays fresh-even from Saturday until Monday!

> Victor Bread is only 8c a loaf! Then why pay any more?



Victor Bis Loaf

"The nearest to what Mother used to bake"

Buy "Victor" Bread today and save the difference

"Asco" Stores all over Phi.a. and throughout Pennsylvania, New Jersey, Delaware and Maryland

ASCO

(To be continued)

nateraci so tremendous an influence.

the earth can give, the opportunity of has grown until now it is not usus playing it, my servan rushed in crythat Sahih Endirect had just been as \$190 and the "Shaylor peoples" a known from one end of the country decett's wife was its cousin, I felt me riding and you passed us just as broke the news and cought her to ave her from falling throughtmust sidence, and very incriminating. Ill

"T've-I've paid " said Helene saily, wasted years!"

Next Complete Novelette-"A Mistake"