

SOME ALL VEGETABLE MENUS GIVEN BY MRS. WILSON

The Coming of Springtime Calls for a Lighter Diet in Order to Prevent Languor—Try Rice, Nut and Celery Croquettes

By MRS. M. A. WILSON

SPRING time frequently brings that all gone and very much tired out feeling—a yawning time—and we feel without ambition to do our work.

During the cold wintry days the body carbonizes the fuel to supply the necessary bodily heat; sometimes the body has been working overtime and has de-

pleted large amounts of fuel and while this heat was not utilized by the body a goodly portion of it was used for energy.

Now when comes the springlike and balmy weather and the body demands less heat and less food producing this heat. A slow-down of heat production lowers the energy, feeling a feeling of languor—the tired feeling and general weariness.

The appetite becomes finicky, nothing tastes good and we discard winter foods and have real difficulty in finding foods that take their place.

Because of the food shortage, but because of our lack of knowledge necessary to cover this difficulty. Ease up opportunity to help the body get rid of its excessive waste products. Clean house, as it were.

Plan to fast for twenty-four hours. Take the juice of one dozen oranges at a time. Plan to eat those foods that will help you regain your normal balance and presto—gone is the dreaded spring lassitude and you are once again yourself.

The best blood purifier known today is the kidney—so eat foods that will keep them in good condition. This is the season to cut down sharply on nitro-

genous foods, such as meats, eggs, fish, peas, beans, lentils, cheese and fish, and thus reduce the poisons manufactured from these foods during the process of digestion.

Eat, in place of them, plenty of fresh green foods, salads, milk, whole wheat bread and both the fresh and dried fruits. Omit overseasoning. So many of us use large proportions of salt, pepper and other seasonings, which irritate the stomach and intestines and interfere with digestion, and thus directly injure the kidneys.

Be greatly surprised when you acquire a taste for the natural unadorned foods—when you find how delicious they are, and then you will find that the liberal use of salt and pepper is truly a mistake.

Here are some snappy spring vegetable menus:

- No. 1 BREAKFAST Juice of One-half Grapefruit Toasted Whole Wheat Bread Unsalted Creamery Butter Coffee LUNCHEON Puree of Celery Toasted Whole Wheat Bread Unsalted Butter Stewed Rhubarb and Raisins Cocoa DINNER Puree of Spinach Celery Nut Cream Sauce Asparagus String Beans Tomato Salad Strawberries Coffee No. 2 BREAKFAST Juice of Two Oranges Waffles with Honey Coffee Vegetable Chowder LUNCHEON Toast Fruit Salad Cocoa or Milk DINNER Cream of Tomato Baked Macaroni String Beans Peas Celery Salad Tapioca Pudding Coffee No. 3 BREAKFAST Two Sliced Bananas and Cream Toast Coffee LUNCHEON Puree of Fresh Peas

- Whole Wheat Raisin Sandwiches Oranges Tea or Milk DINNER Baked Cauliflower Braised Onions Fried Noodles Buttered Beets Lettuce Rhubarb and Raisin Pie Coffee No. 4 BREAKFAST Baked Prunes and Apples Fried Tomatoes Cream Gravy Toast Coffee LUNCHEON Puree of Onion Celery, Beet and Tomato Salad Toasted Rye Bread Rice Pudding Tea DINNER Orange Cocktail Fried Bananas Spinach Asparagus Tomato Salad Rice Pudding Coffee No. 5 BREAKFAST Baked Apples and Cream Toast Coffee LUNCHEON Scalloped Corn Celery and Onion Salad Junket Tea DINNER Celery Radishes Rice, Nut and Celery Croquettes Parsley Sauce Cauliflower String Beans Lettuce Junket with Fruit Coffee No. 6 BREAKFAST Stewed Evaporated Peaches and Raisins Waffles with Honey Coffee LUNCHEON Cream of Asparagus Celery and Nut Sandwiches Gelatin with Fruit Milk or Tea DINNER Celery and Onion Broth Stuffed and Baked Tomatoes Cream Sauce Baked Macaroni String Beans Beet Salad Caramel Sauce Coffee

- No. 7 BREAKFAST Three Sliced Pineapples French Toast Jelly Coffee DINNER Puree of Lettuce Celery Radishes Stuffed Baked Peppers Onion Sauce Asparagus Peas Tomato Salad Ice Cream Coffee This last menu is Sunday, using two meals.

- The use of unsalted creamery butter will give a delicious flavor to the food. Whole wheat and rye bread for variety, with a good eggless mayonnaise dressing, will prevent monotony in this menu, which excludes the use of meat, cheese, fish and dried legumes and eggs, and uses in their place a liberal and abundant diet of nature's own foods.

- Have a clean, well-padded board or table set at comfortable height. Use clean, smooth irons. Rubbing them occasionally with wax or paraffin will keep them in good condition. Rusty or dirty irons should be scoured with sandpaper or bath brick, washed, wiped dry, heated, waxed and rubbed smooth.

- Have clothes evenly dampened and smoothly and tightly rolled. Iron fabrics with the lengthwise thread, if possible, and iron on a large space at one time as possible. Most materials look best if ironed thoroughly dry. Iron first the parts that dry out quickly and that will hang off the board when finished.

- For silks, woollens and colored materials, use medium-hot iron. Iron all these materials on the wrong side, except aprons and children's dresses that need a smooth surface to keep clean longer. Silks and woollens may be ironed on the right side if covered with dampened cheesecloth, say household specialists of the United States Department of Agriculture.

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COAT DRESS OF SERGE HAS SHORT WAIST LINE



By CORINNE LOWE

So many of the season's girdles act like a baneful young man. Something prevents them from moving up.

This shy waist line of today's drawing is typical of the new mode. It is not indicated at all in the front and, although here it extends around the back, many others confine their attentions entirely to the sides.

The model of today is a navy serge coat-dress, trimmed with red and blue embroidery arranged skillfully. The buttons are covered with self-material, and a touch of red piping is found on collar and sleeves.

These sleeves, by the way, are extremely graceful and worthy of particular attention.

First Women Mrs. E. S. H. McCauley, of Beaver, is the first woman to be honored with the presidency of the Pennsylvania State School Directors' Association.

Mrs. Goldie Weinrott, of Moline, Ill., has the distinction of being the first woman to win a place on a University of Illinois debating team.

Mrs. J. C. McNair, of Fayette, is the first woman to be appointed to the Mississippi general board of college trustees.

Adventures With a Purse

DO YOU remember some time ago I told you of a very effective pendant or savor of French jet, with a large ornament or plaque of jet attached to it? They were something like \$3 or \$3.50, as I remember it. You seemed to like these chains immensely—so much so that in a short time they were all sold. Well, now a new shipment has come in, and this time—what do you think?—the prices are lower. As a matter of fact they cost just exactly \$1. They are three-quarter-length chains of black beads. At the end of the chain is a beautiful plaque also of jet, and hanging from this is a tassel of beads—or if you prefer, you can get one with a pearl-shaped bead pendant.

Of course, you have seen the smart tweed hats that are being worn so extensively this year. In many cases they have been made along with the tweed suit to match the suit. But if you did not get one when you bought your suit you can still buy one, which if it will not match perfectly, will at least blend. One shop has a large selection of many colors. They are straight-brimmed affairs that can be turned up or down at will. Their price is \$6 each.

You have seen the black neck ribbons many times—those that come ready-made with a clasp and a little buckle or ornament, and on which one wears a locket or watch or other ornament. But have you seen these in yellow ribbon? No, not yellow, but a perfect gold color? For certain pendants and to wear with certain dresses a gold-colored ribbon would be even more effective than a black one. These that I saw cost fifty cents.

For names of shops address Woman's Page Editor or phone Walnut or Main 3000.

Utilizing Heat

Home gardeners who have hot-water heating plants in their dwellings may find it convenient to use this source of heat in a hotbed where plants can be grown in early spring. Garden specialists of the United States Department of Agriculture say, in case this is done a pit should be dug and the walls built of concrete and a raised floor of boards placed

in the pit to hold the soil. Heating pipes or radiators are placed beneath this floor. An opening one inch wide should be left around the floor next to the walls for the heat to pass upward into the bed. The tops of the walls are fitted with a frame work of lumber to support the soil. Owing to the scarcity of manure for heating hotbeds the pipe-heated bed is recommended wherever it can be connected direct to the house heating system.

PHONE: SPRUCE 2358 FUR STORAGE UNDER SCIENTIFIC CONDITIONS ON THE PREMISES LUIGI RIENZI CORRECT APPAREL FOR WOMEN 1714 Walnut Street

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Children's HICKORY Garters YOUR GUARANTEE OF QUALITY

Yes, madam, we recommend HICKORY It's our policy to give you the best your money can buy. We build confidence and make friends by recommending Hickory Garters because of their five famous Hickory features: 1. The only children's garter made with the patented rubber cushion clasp... 2. Easily adjusted buckle. 3. Extra strong pin—cannot bend or break. 4. Highest quality elastic and webbing, thoroughly tested, uniformly excellent. 5. Guarantee with every pair assures you complete satisfaction or your money back. Hickory Garters at your dealer: In Five Sizes Twenty-five cents and up depending upon style and size A. STEIN & COMPANY Makers PARIS GARTERS for men Chicago New York

WANAMAKER'S WANAMAKER'S

Wanamaker's Down Stairs Store

Center Aisle Opportunities 38-Inch Plain Voile, 28c Pretty for girls' and women's dresses and blouses. Popular shades of apple green, Copenhagen and pale blue, orchid, yellow, Nile green and rose. Short and Long Gloves, 70c, \$1.15 White silk, two-clasp style, at 70c. White silk, 16-button length, at \$1.15. Both kinds are the "seconds" of a celebrated American maker and the name is in each pair of gloves. \$1.10 for Men's Good-Looking Shirts Printed percale and madras shirts in attractive colors. They have slight flaws, but it is pretty hard to find them. From one of our best regular makers so that they are cut and finished properly. Porto Rican Hand-Made Chemises, \$2; Gowns, \$3 Exquisite materials, hand-sewn with tiny stitches and finished with delicate hand-hemstitching. The ribbons are slipped through sheer casings. The envelope chemises have hemstitched straps, the nightgowns have kimono sleeves and deep hems. Double-Panel Petticoats, \$1 White cotton of saten weave but with dull finish. There are double panels front and back so that they are pleasantly shadowproof to wear under thin frocks. Odds and Ends of Blouses Lowered to \$1.45 Dotted swiss, checked colored voile and a number of different whites cottons. Lace trimmed, frilled and plain. Three or four of one kind, a dozen perhaps of another, but not many of any. Broken sizes. Some show marks of handling. Women's Ribbed Cotton Vests, 25c 1200 new "seconds" of much better quality. Band, regular and bodice tops with tape shoulder straps. They are the kind that women like. Little Tots' Creepers, \$1 to \$1.50 Play clothes for 1 to 3 year children to wear in warm weather. White madras, pretty checked gingham, chambray, Japanese crepe. Some have hand-embroidered figures, some are peg-top style, others have white waists with colored trousers. Bib Aprons, 50c Checked gingham or figured percale with rickrack or white binding. Unusually large at the price. Necklaces, \$1 A wholesaler asked us if we would sell all we had to him at \$1—he knew he could sell them profitably again at a great deal higher rate wholesale than our retail price to you. Lovely red ones, plenty of composition jet, kinds that look like amber or jade, many of fine beads with medallions, others with tassels.

A Man Has Good Choosing Among All-Wool Suits at \$25 to \$37.50

New suits arrive every little while to swell the ranks and keep the assortment fresh and up to date. Cheviots Flannels Serges Unfinished Worsteds Cassimers Unfinished Worsteds Plenty of the conservative and semi-conservative, especially well-tailored suits that business men like.

New Suits for Young Men One is a brown or gray all-wool cheviot at \$30. Another is an unfinished all-wool worsted, in the correct shade of blue, at \$32.50. (Gallery, Market)

Good Shirts That Men Like

35c yard for 32-inch madras of fine quality with broad woven stripes of various colors. 55c yard for 32-inch shirting in a crepe-like weave with woven stripes in desirable colors with silky threads running through. 75c yard for 32-inch madras with the favorite stripes of color and white in even widths. Other styles as well. (Central)

Men's Oxfords, \$4.75

Good-looking oxfords that are serviceable and decidedly inexpensive because of a special purchase. All-around, worth-while oxfords! Sturdy tan or black full leather, made on English lasts. Soles are welted.

500 Pair of Boys' School Shoes at \$3.90 Savings of a third on these sturdy shoes of tan leather with heavy soles. Sizes 10 to 5 1/2. (Gallery, Market)

Umbrellas Lead a Life of Ups and Downs

Just now, however, umbrella prices are literally down. Witness these new silk umbrellas for women at \$5 and \$7.50. Handles, rings, tips and short stub ends are entirely of bakelite in white, amber and colors. Covers are of excellent silk (often tape-edged) in navy, gray, brown, green and red. Everything about them marks these umbrellas as distinctly high grade. Prices Are Decidedly Special at \$5 and \$7.50 (Central)

Tailored Dimity Blouses, Special \$2.45 Many women consider them the daintiest of all Spring blouses. Their trim neatness is crisp and fresh and the way they launder is a satisfaction, especially to the business woman. Three long roll-collar styles show tiny stripes and a high-neck blouse has tiny checks. Some have buttons at the snugly fitting cuffs and others are made with turn-back cuffs to be worn with cuff links. (Market)

Certain Interesting New Wraps and Coats at \$25

have just made their appearance. Two distinct types are sketched. On the left is a polo coat of light tan coating, lined throughout with pretty silk. It has an inverted box pleat down the back, two patch pockets, a belt all around and raglan shoulders. One of the best coats we have seen this season for \$25. The other is a velour dolman with a wide band of silk-and-wool embroidery across the back. It is in rookie brown and is silk lined. \$25. Between \$29 and \$49 there is wonderfully good choosing among coats, wraps and capes of satin, tricotine, Bolivia, serge, velour and camel's-hair. Special at \$55 A small gathering of some of our finest wraps of luxuriously soft materials, beautifully lined. Usually just one or two of a kind. Many are marked at much less than their original price. (Market)

Wissahickon Rugs —New American Wire Grass Rugs Made Especially for Wanamaker's These durable wear-resisting rugs of tough American prairie grass were made after our own specifications and are the best obtainable for the prices. Every point about them is planned for sound service—the strong warp, the heavy binding, the thickness of the grass. Even the designs are our own and they are stenciled in oil. Prices are based on the new low rates which are about a fourth less than the quotations of last Spring. 27 x 54 inches... \$1.75 6 x 9 feet... \$8.50 36 x 72 inches... \$2.85 8 x 10 feet... \$13.50 4.6 x 7.6 feet... \$5.75 9 x 12 feet... \$16.50 Japanese Straw Rugs Specially Priced Double-warp rugs, of fresh rice straw, carefully bound and stenciled in oil. These are our own importation and were bought when prices were lowest. 27 x 54 inches... 90c 6 x 9 feet... \$4.50 36 x 72 inches... \$1.50 8 x 10 feet... \$6.50 4.6 x 7.6 feet... \$2.75 9 x 12 feet... \$7.50 (Cheerout)

Crisp Sets for Trim Maids, \$1 Little, indeed, for such fresh pretty sets. The bib-apron, collar and cuffs composing each set are of crisp white organdie trimmed with picot-edged ruffles. Another organdie set, finished with scalloping, is \$2. A fine apron of open-mesh net, in a small pointed style, has wide shoulder straps. Black satin ribbon runs through the waist-band and ties in back. \$3. A Flutter of White Aprons 65c to \$1 Little aprons and bib aprons, aprons with straps and aprons with bibs and bretelles! Quite a variety of the small bib and strap aprons at 65c. Aprons with bibs and bretelles at 75c. Long aprons of sheer, fine materials with hemstitched hems, such as elderly women like, are \$1. Uniforms at \$2.50 for maids and nurses, are of blue chambray that will launder well. At \$2.85, uniforms of striped or plain gray gingham, white linene and black imitation sette. (Central)

They're Great! ED. PINAUD'S HAIR TONIC and ED. PINAUD'S LILAC PERFUME But even greater than these are "Truth in Advertising" and "Quality through the Ages" On this foundation are builded the success and the hopes of the house of ED. PINAUD His name on a label makes your buying a real satisfaction. They at any Drug or Department Store PARFUMERIE ED. PINAUD 18 Place Vendôme Paris American Import Offices ED. PINAUD Bldg. 90 Fifth Ave. New York EMILE UTARD, General Agent Eau de Quinine "A Blessing on your Head" Lilac Perfume "A Fragrant Delight"