

Tougher Meats Have More Nutriment Than Tender Ones, Mrs. Wilson Says

Long, Slow Cooking Will Soften Tissues and Make Palatable Food—Various Ways of Serving These Cuts

By MRS. M. A. WILSON

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To buy wisely, study the various cuts of meats as you find them in the butcher shop. Quickly and easily cooked cuts of meat form about 25 per cent of the total weight of the animal and come from the part of the animal that is exercised the least; hence are tender or soft. The balance of the carcass contains meat that is just as sweet and requires a little longer to cook or soften the tissues, but it also contains more nutriment, pound for pound, than the expensive and quickly cooked cuts.

For the reason that the part of the animal's body is continually exercised, and contains more blood. It is the blood which carries the nutriment of the food to the animal's body.

When marketing for meats keep in mind: First, Good meat should be firm to touch and elastic to the touch. Marbled or streaked with fat, lean, dry meat will not be juicy. Third, Bright and good-looking color. Fourth, Have a fresh, sweet, and agreeable smell. Fifth, All meats should be cut across the grain.

Take the wrapping paper from meat as soon as it is taken from the cooler. Hang from a hook in the refrigerator. Do not place meat in the ice compartment. Personally select your meats, phone orders are not apt to be satisfactory, and then again, you may see some other cut that will answer your purpose and cost less. Keep in mind the fact that small pieces of meat lose nearly twice as much in cooking as a larger piece.

Flaming Beef With a fire-pound cut of meat, searing a boiler or boiler cut, or perhaps a piece of rolled brisket, make a dozen little holes in the meat with the point of the knife about one inch deep and one inch apart.

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Gravy and place on a top crust; making three little gashes in the top for the steam to escape. Bake in a slow oven one hour. Brush the top of the pie with melted butter about twenty-five minutes before removing from the oven. If you desire to boil this pudding, do not make the little gashes in the top crust, but just put on plain and then tie the bowl in a piece of cheese cloth, having the tie under the bowl. Plunge into a large pot of boiling water and boil for two hours, lift; place in hot oven for few minutes and serve. This pudding is delicious and will be welcome change. It is particularly nice for a stag dinner, the men folks like it.

LITTLE BENNY'S NOTE BOOK By Lee Page Last night I had a fearful dream, dreaming a bergular was in my room and he put everything in a great big bag and then he took a pin in my foot-ball just out of meanness and then he pulled the pillow from underneath my bed and put that in the bag too, and then he started to walk up and down on top of me as hard as anything, me thinking, 'Owch, what the heck! Which just then I woke up and just when I started to feel glad it was only a dream I saw something moving around in the room looking like a man, me thinking, Holy smoke, there is one in here! And I quick shut my eyes so he would think I was asleep in case he turned his flashlight on me all of a sudden in case he had a flashlight, and I thought, I wonder if I cawfed or something; I wonder if he's get scared and run.

And I opened one eye about one third way open to see if he was still there. Which he was, and I tried to cawf and did not on account of not trying hard enough, and then I tried hard as anything to cawf a fearful cawf and cawfed a little one instead, and the man said, O, you're awake, are you? Being pop, and I said, O, G. is that you, pop? Its me all right, but wears my bedroom slippers; I can't find them high or low and your mother says you were monkeying with them today, sed pop. There on the chair near the door, I was playing 7 league boots with them and I meant to put them back only I forgot, I sed.

Well then forget this, sed pop. And he gave me a fearful crack somewhere with one of the slippers and then went down stairs again. 'Proving' was in doubt you wanted to even cawf.

315th Infantry to Honor Fathers Fathers of men who served with the 315th Infantry will be the guests of the 315th Infantry Association at the meeting in the P. R. Y. M. C. A., Eighteenth and Filbert streets, this evening. Fathers of men who died in the service while serving with the regiment are especially invited to attend. Chaplain Richard V. Lancaster will be the speaker.

None Equal Our Assortment However Large in other Lines

We wish to state that although we have had a most wonderful response to our January sale announcements, in fact, at times, all the business we possibly could attend to even with our enlarged sales force, our stocks are more complete than ever before at this season of the year notwithstanding the fact that our sale has been in progress nearly three weeks with very heavy selling each day. We are making this final announcement of our January sale of all odds and ends, discontinued lines and short lengths at such remarkable values that will insure almost immediate clearance before stock taking January 31st. Raw silk is advancing, and, coupled with the proposed changes in the tariff, will greatly affect the silk situation. We cannot too strongly recommend purchasing now and anticipating your needs for spring. Again thanking you for your loyal support and assuring you of our continued determination to be worthy of its continuance.

Boston Philadelphia Cleveland

SPOOL SILKS

Thresher Bros.' Spool Silk—guaranteed one hundred yards, full in weight and as good as any brand on the market at 18c spool. January sale price 12c spool. Thresher Bros.' Large Spool Sewing Silk—black and white only. Retail value \$1.25. January sale price 78c spool.

36-Inch Imported White Habutai Wash Silk—made in Japan. Retail value \$1.00, \$1.75, \$2.25 yd. January sale price 68c, \$1.10, \$1.65 yd.

33-Inch Imported Chinese and Japanese Shantung Pongee Wash Silk—natural color only. Retail value 85c and \$2.00 yd. January sale price 68c & \$1.45 yd.

32-Inch Striped Tub Silk—also plain white (extra-heavy silk broadcloth), fast color and will launder perfectly in a good line of color combinations; suitable for waists, dresses, men's shirts and pajamas. Retail value \$2.25 yd. January sale price \$1.55 yd.

40-Inch Georgette Crepes—in a line of colors, also white and black. Retail value \$1.75 yd. January sale price \$1.10 yd.

36-Inch Imported Black Waterproof India Silk—made in Japan and Lyons dye. Retail value \$1.25, \$1.75 and \$2.25 yd. January sale price 78c, 85c and \$1.35 yd.

33-Inch Black Satin—suitable for waists, dresses, linings, etc. Retail value \$2.00, \$2.25 and \$2.50 yd. January sale price \$1.35, \$1.55, \$1.95 yd.

36-Inch Brocades—in the latest and most up-to-date color combinations, especially adapted for coat linings, etc. Retail value \$2.00 yd. January sale price \$1.45 yd.

36-Inch Brocades—extra heavy in weight, guaranteed all silk, the correct material for fur coat linings, etc. Retail values from \$3.50 to \$7.50 yd. January sale price \$1.95 to \$4.95 yd.

40-Inch Silks—five of our crepe weaves, in a full line of colors, street and evening shades, also white and black, selected from our own stock, including the popular Canton crepe, satin crepe, crepe meteor, crepe Armure and crepe de chine. Retail value \$3.00 to \$4.00 yd. January sale price \$2.55 yd.

Silk Remnants—an accumulation of double-width remnants, lengths from one yard to five yards. Usual retail price \$1.55 to \$2.00 yd. All at 95c yd.

Waists and Blouses—Georgette, crepe de chine, tub silks and stripe satin messaline, black and white, lot limited. Retail value up to \$4.95 \$8.00. January sale price \$4.95

Silk Petticoats—made from our best-wearing silk, namely rosetta, also in polaris stripes in a good line of suit shades, including black, made in our own workroom, generous widths. Retail value \$9.50. January sale price \$6.95

Bloomers—double back, reinforced all-silk heavy-quality tricot jersey. Retail value \$5.50. January sale price \$3.95

Bloomers—of extra-heavy quality all-silk jersey with Van Dyke accordion-pleated ruffle, street shades, also black. Retail value \$8.00. January sale price \$5.95

NOTE Owing to the extremely low prices that obtain during this sale all purchases must be considered final; no C. O. D.'s, reservations or exchanges. Please allow a little more time in filling mail orders on account of the rush in a sale of this magnitude.

THRESHER BUILDING 1322 Chestnut Street, Phila., Pa. Specialists in Silk Fabrics Boston Store, 19 Temple Place Cleveland Store, 1148 Euclid Ave. Telephone Walnut 2035 " 2036

WANAMAKER'S WANAMAKER'S WANAMAKER'S

Wanamaker's Down Stairs Store

Annual January Sale Brings Low Prices on Men's Wear

Particularly fine choosing among shirts. Here are good Wanamaker shirts made after our own specifications, which means they are better proportioned and better made than most, marked at real money savings. Every shirt is first quality down to the last button. Percal shirts, 90c and \$1.15. (Some of the 90c ones are a little mussed). Madras shirts with woven or printed stripes, cheviot shirts or plain tan mercerized shirts, now \$1.45 and \$1.75. Neckties, 25c and 55c. Every kind of pattern you can think of, diagonal stripes, small figures, jacquard patterns, plain colors and knitted ties. All of the silks and silk mixtures are in open-end four-in-hand shape. Special Prices also on mufflers, nightshirts, pajamas and various wearables for boys. Especially good sweaters for boys at \$5.



All-Wool Overcoats \$29 and \$35 How many men have put off buying overcoats until now! These are worth waiting for! Most of them are of contrasting plain or plaid back overcoatings that are heavy, closely woven and warm. These are special value and are sound investments, because a man will have a thoroughly good overcoat to start next season with, as well as warm protection and correct appearance for the rest of this.

Men's Black Shoes Special \$4 Cut Blucher, with well-rounded toes, as men like them, the shoes are of sturdy black leather with thick, welted soles and rubber heels. Men's Soft-toe Brogue Shoes \$9.50 Really exceptionally fine shoes, with the new soft toes that men are asking for. The leather is tan calfskin and the shoes have small brass eyelets. Perforations and inlaid light fiber in the soles add to their fine appearance.

Small Boys' Soft-toe Shoes, \$2.90 Durable, as only a shoe made entirely of a single piece of leather can be—only one seam in each shoe, with applied straight tips over the soft toes. The leather is thick and sturdy and light tan in color. Toes are healthfully wide and welted soles are serviceably thick. Sizes 10 to 2.

Lowered Prices on All Fur-Trimmed Suits for Women and Young Women A little group of our finer suits of velour, suede and duva de laine, trimmed with beaverette, mole and Australian opossum. Just one or two of a kind and mostly small sizes. Now \$15 to \$40. Jersey Suit-Dresses, \$9.75 Wool jersey suits, each with a sleeveless slip-on frock and a jacket to match. Young women's sizes.

Certain New Frocks With a Sprightly Air of Spring

have just made their appearance in the Down Stairs Dress Store. Some are of rustling tafetas with frills, shirrings and bouffant ruffings. Others are of Canton crepe or crepe de chine in lovely shades of Harding blue, jade, beige, navy, brown or black. Often these show a striking bit of gay embroidery or a facing of bright color. Others are beaded. All are new and fresh and remarkably lovely. \$15, \$16.50, \$20 to \$39. Other Interesting New Dresses in Great Variety at \$7.50 to \$16.50



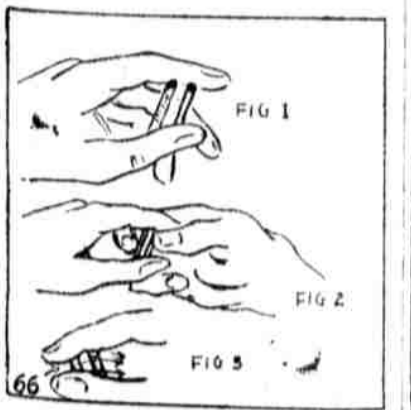
Worth-while Values in Women's Coats, \$20 and \$25 It will do you good, whether or not you want a coat for yourself, to see them and realize for how little one can now get a good-looking warm coat. Coats With and Without Fur at \$25 The two models sketched are but examples of two groups that include many styles. The one with fur is of navy velour with a beaverette collar. Notice the braid embroidery that goes all around the coat. It is fully lined with figured silk. The Polo Coat at \$25 is well tailored and as interesting a coat on sports lines as we have had. It is in a warm light brown tone and lined with silk that harmonizes well. Notice the use of buttons. Scores of Good Coats Lowered to \$20 A few of a style, but many styles! Chinchillas, velours, bolivias and polo coats are among them. Almost all are fully lined with silk and many are interlined. Some of the models are of decidedly distinguished appearance. Handsome Bolivia coats with deep cape collars of nutria or wolf, \$42.50 and \$55.

Extra-Size Skirts \$5.75 and \$7.75 Regularly more, but because sizes are somewhat broken and there are only 150 of them prices have dropped. All sizes 33 to 40 in the lot. Fine serges, mostly in plain blue or black, and some smart pin stripes or gray mixtures. They show interesting pleats or pockets, or both. Some have adjustable waistbands with elastic in the back. At \$3.75 Another lot of those excellent navy blue and black serge skirts with the inset, button-trimmed pockets. Waistbands 33 to 40. (Market)

Real Irish Lace Collars, \$2.25 Price sounds ridiculously low, doesn't it? It is, for such lovely ones in the variety of patterns that these present. 21 to 24 inches long and 3 to 4 inches wide, which is a good size. Women who love hand-made lace will find a real treat in this little sale. (Central)

Central Aisle Opportunities Odds and Ends of Upholstery, 50c to \$1.50 Clearing away piano and table scarfs of velour, fiber silk and other materials, pillows of many shapes and kinds, table covers and other attractive articles! Some are a bit soiled from handling and all are only one or two of a kind. They are offered now at a fraction of their former prices to close them out. Silk Blouses in Broken Sizes, \$1.90 Fiber tricolette, all-silk crepe de chine, Georgette crepe and silk lace blouses and overblouses now less than a third their original price. Some are soiled, others are mussed. Only one or two of a kind in a broken range of sizes. Washable Capeskin Gloves, \$1.65 Women like them because they are so practical and comfortable. One-clasp style in tan and brown at this low price.

Women's Underclothes, 85c to \$1.50 85c for pink or white sateen bloomers. \$1 for regular and \$1.50 for extra sizes in petticoats of shiny, heavy black sateen made with deep flounces. New lingerie sets are composed of a novelty chemise of silky white malscock daintily lace trimmed and made generously long and step-in bloomers to match. \$1.50 a garment. 13th Street Aisle Opportunities Bead Necklaces, 50c to \$1 Clear or frosted beads, some combined with fancy metal links. Particularly pretty are the bright red ones that the season so strongly favors! Linen Scarfs, 50c Hemstitched scarfs of heavy linen—the kind that will always launder beautifully! 18x50 inches.



No. 66—The Mystic Matches

A pair of paper matches are shown to have printing on one side, but to be blank on the other. They are held by the ends between the left thumb and forefinger. The right thumb and forefinger turn the matches at the center and turn them over, but the printing is still uppermost, no matter how often they are turned. The secret is a half twist made by every time the matches are turned over they make a complete twist, which leaves the same side on top. The twist is so indetectable, as the turning of the matches makes it unnoticeable.

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