

**The Various Elements in Foods  
Are Discussed in Mrs. Wilson's Lesson**

**In Order to Have Well-Balanced Meals It Is Necessary to Know  
What Substances Are Needed by the Body**

By MRS. M. A. WILSON  
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**FOOD** is that substance which, when taken into the body to build and repair the tissues, also produces heat, strength or energy. In other words, food is that which we eat that we may live, giving the body substance, which will help it grow bone tissue and flesh. And also to furnish us with the necessary power to move about.

The food principles necessary for our physical upkeep are water, vitamins, mineral salts, fats, carbohydrates and proteins.

**Water**  
The human body contains about 67 per cent of its total weight as water. Water is vitally necessary for the purpose of promoting the circulation and keeping the blood stream limpid; it also regulates the body temperature, helping the elimination; quenches the thirst, and stimulates the nervous action. The average person requires about fourteen glasses every twenty-four hours.

**Vitamins**  
The life-giving elements in our food—many are destroyed by heat—are found principally in milk, butter, yolk of eggs, in grains, cereals and leafy green vegetables and fruits, and are the elements that give tone to the muscles and blood above of the mysterious vitamins in our daily ration produces disturbances of the digestive system and stunts the body growth. Fat soluble "A" is found in butter fat; water soluble "B" is found in yeast; water soluble "C" is found in leafy green vegetables and fruits. When the diet lacks the essential vitamins, such diseases as beri beri, pellagra, polynuric, scurvy, rickets are to be found and recovery begins when foods rich in the vitamins are placed abundantly in the diet. A one-sided or mono diet of bread, meat and potatoes is frequently the cause of the above diseases, and the remedy lies in the fact that the food stuffs known to contain the vitamins should be added to the diet in liberal quantities.

**Mineral Salts**  
The ash content, or mineral salts, found in our food is needed by the body for bone and tooth structure. And also to give tone to the muscles and blood stream. They are found abundantly in all fresh vegetables, fruits, whole grains, milk and meats.

**Fats**  
Fats or hydrocarbons are energy and heat producing foods that supply the fuel for the body. They are found in all our bodies, and to do work or labor and for lubrication that we may exist.

**WHAT'S WHAT**  
By HELEN DEWIE



Chandeliers—the second of February—celebrated as the feast of light, comes most appropriately in winter's last month. The celebration is much older than Christianity; the date marks an ancient Roman fête.

For a "Chandeliers" birthday or other anniversary dinner, white flowers, snowdrops, white hyacinths, white roses or paper white narcissus should be the only floral decorations. The place-cards should be cut in the shape of candles with a "right" quotation on each. White candles (without shades) appear in the center of the table or at each plate. Ice cream is served in candle form in candle holders.

A blanket should be placed over the table, and this can be lighted by each guest. Wax matches are passed for this purpose. Jesting "fortunes" are told by the slow or rapid extinction of the candlewick, such as how soon this or that guest will be engaged, or married, or away on a journey, etc.

Tomorrow—Rising Writing

It warms and cheers and satisfies

**ASCO**  
**Coffee**  
**25c lb**  
At all our Stores

**AMERICAN**



**Your Feet Feel at Home**

Why feel uncomfortable in stiff, unaccommodating shoes, when your feet can feel at ease and at home in Cantilever Shoes? In the Cantilever Shoe you will find an arch flexible like your own, a toe of fashionable width, a sole with a natural outline, and a low fitted heel that enables you to walk correctly. These special features are combined in a shoe exceptionally comfortable, well made of fine materials, and reasonably priced.

When you wear Cantilever Shoes you avoid foot troubles and the many painful ailments physicians ascribe to tired, abused feet. The Cantilever flexible arch works with you every step of the day, permits strengthening exercise of muscles that ordinary stiff-shodded shoes do not consider, and so improves your circulation that you feel and look more vigorous.

In Cantilever Shoes your feet feel at home in a good-looking shoe.

Widths AAAA to E.



**CANTILEVER SHOE SHOP**  
1300 Walnut Street  
Over Cunard Street

Cantilevers are also on sale in nearby cities:  
Allentown—Holtzman's, 1202 Elizabeth Ave.  
Ashbury Park—Best Shoe Co., 622 Columbia  
Camden—Cunard Shoe Store, 119 Broadway  
Easton—Mayer's, 427 Northampton St.  
Harrisburg—Cramer's, 21 N. 3d St.  
Johnstown—Zanig's, 256 Main St.  
Lancaster—Fry's, 29 East King St.  
Reading—Schwartz's, 432 Fern Square  
Scranton—Lewis & Kelly, 114 Wyoming Ave.  
Shamokin—H. Hines, 316 E. Independence  
Trenton—H. M. Kondes & Bro.  
York—Harris—M. F. Murray, 13 Public Sq.  
York—The Lion Toes

**WANAMAKER'S DOWN STAIRS STORE WANAMAKER'S**

**Wanamaker's Down Stairs Store**

**A Sale Presenting the Best Values in Fabric Gloves That We Have Ever Had**  
**50c 75c \$1.25**

Two thousand pair of women's fashionable fabric gloves of the highest type. They are unusual in workmanship, in quality of material used and in beauty and variety of coloring. Every pair is perfect in every particular.

Every pair is marked at a special low price.

**2-clasp Chamois-Lisle Gloves 50c Pair**  
White, black, gray, covert, beaver and brown gloves with spearpoint-stitched backs; single weight.

**2-clasp Duplex Gloves, 75c Pair**  
A find, indeed! Here are all sizes in white, mode, beaver, mastic and pongee; sizes 6½ and 7 in dark brown. They have silk-embroidered backs.

**Duplex Strap-Wrist Gloves \$1.25 Pair**  
Most unusual gloves in delightful colorings—pearl gray, medium gray, sand, mode, pongee and white. They have the English thumb and are cut precisely like leather gloves, even to the pique-sewn spams, the deep gauntlet cuffs and the heavy silk embroidery on the backs. You'll want two or three pair.

**Silk-Lined Chamois-Lisle Gloves \$1.25 Pair**  
Beautifully made gloves at the lowest price we have ever been able to quote for such quality. They have silk-embroidered backs and there are all sizes in white, champagne, gray, mode, beaver and tobacco brown. Some sizes in almond, black and sand, also.

**Spring Peeps Through the Winter Curtain in the Form of Pretty Frocks—All Specially Priced**

There are so many frocks and they are all so vastly different that every woman is sure of finding something to her liking.

**\$10, \$13.50 and \$15**  
Frocks of Pique twill and tricot are trimmed with braid or embroidery. Some are charmingly combined with bright silk crepes.

**Lovely Silks at \$15, \$16.50 and \$23.50**  
Taffeta, Canton crepe and crepe de chine frocks are pretty, fluffy affairs or in the appealingly simple straight-line models. Sleeves hold the attention by their newness and charm.

**Wonderful Choosing Among Frocks at \$25**  
Crisp Springlike taffetas, beautiful Canton crepes, lovely crepe-back satins are in the most becoming and fashionable styles.

Included are many sample frocks, one or two of a kind.

**Delightful Dance Frocks**  
of layer upon layer of chiffon or tulle and combinations of taffeta and tulle are gray and colorful. \$16.50, \$23.50 to \$39.



\$15 \$13.50

**Sample Spring Skirts in a Special Sale at \$10 (Many Worth Half as Much Again—Some Even More)**

Dozens of styles, delightfully different, expressing the last word in skirt fashions for Spring. Some of the skirts are pleated, some gathered and you'll see a number of the new "wrapped-around" skirts.

Among the materials:  
White flannels,  
White flannels with embroidered stripes in primitive colorings.  
White flannels with black plaids formed of narrow lines of black.  
Silk failles, Canton crepes and crepe pongee.  
Basket weaves, velour checks and striped prunellas.  
They are in black-and-white, green, blue, red, gray, black and plenty of white.

Waistbands measure 28, 29 and 30.  
(Market)

**FEBRUARY SILK SALE**  
**Down Stairs \$1.10 to \$3 Yard**

A carefully selected assortment of moderately-priced silks of unquestioned quality. Every yard (except the tricolette) is pure silk and perfect goods, correct in fashion and excellent in value.

**Prices Are, Conservatively, A Fourth Less Than Current Market Prices**

The silks are new and fresh and bring with them delightful visions of new blouses, party frocks, street dresses and afternoon gowns, of luxurious silk underclothes and Spring petticoats.

You can depend upon every piece of silk in the sale. There is nothing flimsy or shoddy in the collection. Everything new, everything fashionable, everything low-priced.

**Canton crepe, 40 inches wide, \$3 a yard:** Navy, Copenhagen or cornflower blue, midnight, jade, henna, brown, castor, tan, gray, rust, orchid, white and black.

**Taffeta, 35 inches wide, \$1.75 a yard:** Nickel, fuchsia, white, sapphire, gray, taupe, brown, tan, old rose, navy, seal, concord, bright blue, beaver, serves, burgundy, midnight, marine and black.

**American pongee, 36 inches wide, \$1.35 a yard:** Natural color.

**Charmeuse, 36 inches wide, \$1.55 a yard:** Black, marine, beaver, coral, navy, African, Quaker and Copenhagen.

**Spring-like foulard, 40 inches wide, \$1.75 a yard:** Black-and-white, brown-and-white, navy-and-white, in charming new patterns.

**Wash satin, 36 inches wide, \$1.65 a yard:** White, flesh, pink, orange and turquoise.

**Paisley crepe de chine, 40 inches wide, \$2.50 a yard,** is in lovely color combinations.

**Radium silk, 40 inches wide, \$2 a yard:** White and pink.



**Messaline, 36 inches wide, \$1.50 a yard:** Lilac, brown, black, tangerine, navy, jade, rose, beige, marine and sapphire.

**Checked taffeta, 36 inches wide, \$1.50 a yard:** Checks and hairline blocks on navy grounds.

**Black dress satin, 39 inches wide, \$1.75 a yard.**

**Black satin superior, 10 inches wide, \$1.85 a yard.**

**Satin charmeuse, 40 inches wide, \$2 a yard:** Black, seal and navy.

**All-silk white broadcloth, 33 inches wide, \$1.85 a yard.** In self stripes for shirts, plain white for underclothes and blouses.

**All-silk white pongee, 36 inches wide, \$1.90 a yard.**

**Glistening fiber tricolette, 36 inches wide, \$1.10 a yard.** Plain and drop-stitch effects in black, navy, Copenhagen, henna, flesh, gray, white, tan, brown, jade, midnight, gold and cream.

**Gros de Londres, 35 inches wide, \$2.50 a yard.** Lovely blue, rose and peach, changeable colors.

**Women's Conservative Black Kidskin Oxfords—Special, \$5.25**

To show what women think of them—we have sold 1600 pair lately. The oxfords are an unusually slender last with simulated wing tips, welted soles and medium heels. They fit well about the ankles and heels.

**Skunk-Trimmed Pony Coats at \$90**

The good-looking warm model is sketched and it comes in all regular sizes. The fur has the luster that proclaims quality.

Pony coats trimmed with natural raccoon are \$67.

Marmot coats are \$78 to \$108.

**Collars and Small Throw Scarfs Marked Low**

Of nearsail (dyed cones), mole and skunk are \$11 to \$41.

Animal scarfs, which are worn throughout the Spring, are of natural opossum, fitch, mink, raccoon and stone marten, one or two skins, at \$6 to \$30.



**The Blum Store**  
Spector's  
1310 Chestnut Street  
**After-Inventory CLEARANCE**  
Commencing Tomorrow

Reductions on Blum Store garments that create the most remarkable values we have ever offered.

<b>4 Plain Winter Coats</b> Were 39.50 Reduced to <b>10.00</b>	<b>30 Jersey and Velour Suits</b> Were up to 39.50 Reduced to <b>12.00</b>
<b>2 Leather Sports Coats</b> Were 49.50 Reduced to <b>16.50</b>	<b>18 Plain Tailored Suits</b> Were up to 49.50 Reduced to <b>16.50</b>
<b>8 Plain Tailored Coats</b> Were up to 39.50 Reduced to <b>19.50</b>	<b>12 Fur-Trimmed Suits</b> Were up to 89.50 Reduced to <b>22.00</b>
<b>30 Fur-Trimmed Coats</b> Were 98.50 to 179.50 <b>½ Price and Less</b> Very handsome models, trimmed with fashionable furs.	<b>On the Dress Balcony Cloth and Silk Dresses</b> Values up to 39.50 Reduced to <b>18.00</b> Very desirable and practical models in beautiful fabrics.

**All Sales Final None C. O. D. No Refunds**

**Beginning February, the Month for New Rugs, With A Rug Sale at Savings of a Tenth to a Half**

The time for procrastination and doing-without-until-prices-come-down is past. Rug prices are down to rock bottom as far as the most discerning of big rug-business men can see.

**It Is the Time to Buy Rugs**  
"And," as more than one woman has said, "goodness knows, the house needs them!"

Most of these rugs are special lots from reliable rug manufacturers at price concessions and are marked very low.

<b>Fine Chenille Bath Rugs</b> Half Price 24x36 inches ..... \$1.25 24x48 inches ..... \$1.65 27x54 inches ..... \$2 30x60 inches ..... \$2.50 36x72 inches ..... \$3.45	<b>Small Axminster Rugs</b> Mottled Design 27x54 inches ..... \$2.75 Oriental Patterns 27x54 inches ..... \$3.25 <b>Hit-or-Miss Rag Rugs</b> Savings of a Third 18x36 inches ..... 40c 24x36 inches ..... 55c 25x50 inches ..... 75c 27x54 inches ..... 90c 24x36 inches ..... \$1.15 30x60 inches ..... \$1.15 27x48 inches ..... \$3 36x72 inches ..... \$1.50 (Central Alle)	<b>Room-Size Axminsters</b> 6x9 feet ..... \$16.50 8.3x10.6 feet ..... \$27.50 9x12 feet ..... \$30 <b>Extra-Heavy Seamless Axminster Rugs</b> 6x9 feet ..... \$25 7.6x9 feet ..... \$30 8.3x10.6 feet ..... \$39 9x12 feet ..... \$44.50 <b>Several Good Patterns in Seamless Tapestry Brussels Rugs, Woven of Fine Worsted Yarns—9x12 feet at \$25.</b>	<b>Larger Sizes in the Splendid Hit-or-Miss Rag Rugs</b> Colors are bright and dark enough to give character to these rugs, made of fresh, clean factory rugs. Very durable. 4x7 feet ..... \$2.65   8x10 feet ..... \$7.50 6x9 feet ..... \$4.85   9x12 feet ..... \$8.50 <b>Axminster Rugs in Extra-Large Sizes</b> A Persian design in rose color and "the pick of the basket"—we could get only one design at these low prices and we chose this. 9x12 feet ..... \$52.50   11.3x15 feet ..... \$62.50 <b>Axminster Hall Runners</b> They've been about the scarcest of all floor coverings the last few years, and they're none too plentiful now. Especially at these prices they make rare good news. 22½-inch Width 9 feet long ..... \$5.75   9 feet long ..... \$6.85 12 feet long ..... \$7.65   12 feet long ..... \$9.35 15 feet long ..... \$9.65   15 feet long ..... \$11.75 (Chester)
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