

MRS. WILSON TELLS OF POTATO DISHES

Glves History of Tuber and Directions for Storage and Preparation

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All fresh vegetables, whether they belong to the tuber or leafy class, contain more water than solid content and form a valuable source for supplying the body with nitrogen.

The potato is a native of Cordilleras, of South America, where it still grows wild; and although today it constitutes the main portion of the starchy food of man, in the seventeenth century it was virtually unknown and viewed with suspicion.

The portion of the plant used for food consists of the engorged tuber growing on stem under the ground. Potatoes stored for winter use should be kept in a cool, dry and dark place covered with a clean, dry sand.

The flavor of the potato lies very close to the skin, so that the food value and the digestibility of the potato depend greatly upon the method of cooking.

Table with 2 columns: Component and Percentage. Includes Starch (20.0%), Protein (1.2%), Water (75.0%), Cellulose (1.0%), Mineral matter (1.0%).

To Cook Potatoes

Potatoes are boiled, baked and fried or sautéed. Boiling, either in the skins, or pared and then cooked. When paring potatoes, in order to conserve the mineral salts and other food elements, pare thinly with a sharp knife; wash and place in saucpan. Cook all potatoes that are to be boiled by covering with boiling water at once and then soak out in cold water to remove the starch granules, which are then cooked in the water and thrown away, thus robbing the potato of not only a goodly part of its mineral salts, but also of some of its starchy content.

Hash Brown Potatoes

Place four cold boiled potatoes fine. Now place in skillet. Fry tablespoons of good shortening. Two tablespoons of butter, and when hot add the potatoes. Cook slowly for ten minutes without browning. Turn shape as for omelet and brown. Drain the excess grease off, and when ready to turn on hot plate absorb all fat in the pan with a soft paper napkin; turn on hot dish and garnish with fine chopped parsley.

Potato Timbale

Place in a bowl. Two cups of mashed potatoes, prepared as for baked potatoes. One teaspoon of onion juice. Pinch of nutmeg. Yolk of two eggs. Three tablespoons of butter.

Whip up hard to blend; then fold in the stiffly beaten whites of the two eggs. Butter custard cups and place a small mound of buttered paper in the bottom of each cup, fitting the paper smooth. Fill with the prepared potato mixture and stand the cups in a pan of warm water and bake in a hot oven for twenty minutes; turn from the cups on hot plate and garnish with peas and cooked carrots, cut and trimmed to shape like small corals.

Potatoes au Gratin

Place six cooked potatoes and cut in slices; rub a baking dish with either melted butter or bacon drippings. Place a layer of potatoes, season and sprinkle with a light covering of grated cheese; repeat until baking dish is full; then pour over one and one-half cups of milk cream sauce. Sprinkle top thickly with coarse breadcrumbs and four tablespoons of grated cheese. Bake in a moderate oven for thirty-five minutes.

To Bake Potatoes

Wash and wipe potatoes of even size; rub well with a good shortening and place in moderate oven to bake; time required from thirty-five to fifty minutes, depending upon the size of the potato.

Sweet Potatoes (Ipomoea Batatas Lamark)

belong to the morning glory family, and all enlarge side root or tuber of the vine is the edible part. The sweet potato contains more sugar, sum, pectose and less starch than the white potato.

Candied Sweet Potatoes

Cook the potatoes in the skin and peel. Then place in a skillet. One cup of sirup. One-half cup of sugar. One teaspoon of cinnamon. One-half teaspoon of baking powder. Four tablespoons of bacon drippings. One tablespoon of vinegar.

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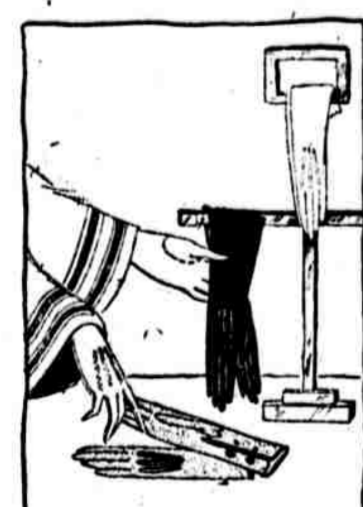
Women's Shoes to Measure

James L. Welding 1109 Walnut Street 2nd Floor

Wanamaker's Down Stairs Store Wanamaker's Weather Generally Cloudy

Beginning March With a Store Full of Spring Merchandise at Lower Prices—Wanamaker's Down Stairs Store

Important Sale of Gloves! French Lambskin Gloves, 90c French Kidskin Gloves, \$1.35 French Slip-on Gloves, \$1.85 Lowest Prices in Many Years for Such Gloves



-a Third Less and Half Price Skins are beautifully soft, and the gloves have that perfection of fit and finish characteristic of fine French workmanship. Colorings are perfectly delightful—every fashionable shade being included. Particularly good are the pastel tints for wearing with tweed suits.

Charming Frocks Fill the Dress Salon These Days If you feel there is nothing new under the sun a tour of this pretty room will prove most refreshing.

A dress of heavy Russian crepe is made with a plain long waist and a gathered skirt which is of two colors, with inch-wide fagoting marking the joining. A frock of cafe au lait has navy blue for the lower part of the skirt.

Special at \$10 Tweed cape dresses in two models—one with a tucked slip-on frock, the other with a Peter Pan collar of white kid.

Thousands of Brand-New Blouses Very Low in Price \$1.65 \$2.25 \$3.25 Made especially for the new suits that all up-to-date women and girls are wearing.



1000 Blouses in Six Models, \$1.65 One usually expects to pay around three dollars for blouses like these! The best of it is that each model is in all sizes.

New Spring Capes for Miss 6-to-14—Prices Begin at \$10 \$10 is a small sum to pay for such a delightful flare cape of tweed as the one pictured.

Polo Coats \$13.50 to \$29 Polo Coats \$10 \$11.25 Of fine velour, chinchilla or rough coating, they are usually in the various lovely tan shades that characterize the Spring coats.



Women's New Organdie Underthings Are Delightfully Dainty Imagine sheer fine organdie in peach color, all cut in scallops and bound with black.

Negligee Nightgowns, \$2 Soft white nainsook nightgowns are trimmed with bands of lavender and have lavender sash belts that may be drawn through loops and transform the nightgowns into negligees.

Crepe de Chine Chemises, \$2 Very pretty envelope chemises are in flesh, orchid and blue crepe de chine in tailored styles.

Lovely Satin Chemises, \$3 What a low price for chemises as lovely as these! The satin is excellent quality, in blue, honey dew, orchid, pink and white.

A Splendid Lot of Men's Shirts at \$1 Fresh, new, full-made, fast-color GOOD shirts. Purchased from one of the makers of Wanamaker shirts and first quality in every incidental—cut, workmanship, buttons and button-holes.

Uncommon Neckties, 35c (3 for \$1) A rich, silky tie in warm brown with woven dots and raised brocaded stripes... an all-silk faille tie in dark blue with double-woven stripes of gold...



Men's All-Wool Overcoats, \$15, \$21 Mighty little for a good Winter overcoat! It's well worth while buying one now in anticipation of next Winter.

Table with columns: Size (34-42) and Quantity (3-1). Shows quantities for various sizes of overcoats.

Best \$10 Bags and Suitcases in Years and Years Only the strongest surface cowhide is used in both traveling bags and suitcases, and the workmanship is of high grade to match.

March First Sale on the Central Aisle Nothing on any table is more than two dollars—some things are as low as 10c. Prices are a quarter, a third, a half less—some are less than half.

Several Makers Co-operate in a Good-Fortune Sale of Neckwear at 25c All Exactly Half Price Peter Pan collar and cuff sets of eyelet embroidery at 25c. Roll collars of eyelet embroidery at 25c.

Gimpes With Sleeves, \$1 A third less for point d' esprit and net gimpes with sleeves. Daintily trimmed with lace or smartly plain.

Shirtwaists at \$1—Half and Less Than Half the Original Prices Dimity voile and batiste waists generally in favorite tailored styles but there are a few with the lacy frills that one will want to wear Easter.

Women's Part Wool Sports Stockings, Some With Clox, \$1 Considerably less for good "seconds" of silk-and-wool sports stockings in black, cordovan and tan with seamed backs; a few are in the drop stitch effect.

Black and Cordovan Silk Stockings, 65c So much better than one expects at 65c that every pair will be a pleasant surprise.

Tub Silk Petticoats—Less Than Regular Wholesale Cost, at \$2 Extra as Well as Regular Sizes White petticoats of firm tub silk with double panels front and back so that they will be shadow-proof under thin frocks!

House Dresses and Billie Burkes, \$1 Only two hundred women can share in this fine half-price lot of pretty house dresses at \$1.

Chemises and Nightgowns—Many Twice as Good as Usual at \$1 Nightgowns of that trade-marked soft finished crepe which everyone likes. Nightgowns of dainty nainsook with lovely laces or a touch of embroidery.

Underclothes Sets, \$1 Step-in drawers and vest sets are also special at \$1 a set. Pink or white batiste daintily hemstitched.

Satin Camisoles, 50c Pink satin with three rows of lace back and front. Pink satin with embroidered georgette insertions. Charming affairs to wear with Easter costumes.

Half Last Year's Price for Embroidered Organdie Flouncing, \$1 Yard Forty-two Inches Wide Uncommonly lovely shades of Swiss organdie beautifully embroidered in contrasting and matching colors for Summer frocks.

Binche, Valenciennes and Other Good Laces, 10c Yard All are at least a third less than our regular rate—many are less than half.

Scrim and Marquisette Curtains Special at \$1 Those of ecru scrim have hemstitching and imitation Cluny edges or insertions. Those of marquisette are white, with hemstitched hems.

Silk Jersey Pantalettes \$3.50 In black, navy, Sorrento blue, purple, green, brown and henna. The silk jersey is good quality. The bloomers are cut full, well re-enforced and have double elastic below the knees.

Special Quilt Values! Cotton-Filled at \$2 Well-filled quilts of pure white cotton have figured tops and plain backs in green, pink, light blue, rose and Copenhagen. All-Wool-Filled at \$4.75 72x80-inch quilts are covered with figured cambric with plain sateen borders in light blue, rose, cadet and pink.

Pure-Down-Filled at \$9 These quilts will go quickly and the quantity is limited. They are covered with fine sateen in pretty figures and well filled.



An Amazingly Fine Collection of Tweed Suits at Low Prices For Women and Young Women Prices start as low as \$12.75 and go to \$32.50, with a score of different styles between.

Four Smart Spring Oxfords for Women, \$7.25 The low heel is accepted as the heel of the Springtime. The plain vamp is here, too, but straight tips hold their own, as well.