Gives History of Tuber and

Directions for Storage and Preparation

By MRS. M. A. WILSON ight, 1922, by Mrs. M. A. Wilson. Al

ALL fresh vegetables, whether they belong to the tuber or leafy class, estain 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

man, in the seventeenth century it was

virtually unknown and viewed with suspicion. Active cultivation began late in the eighteenth sentury. Many varieties of potatoes and the season of ripening make it possible today for the house-

wife to have new potatoes the greater

part of the year.

The portion of the plant used for food consists of the engorged tuber grown as stem under the ground.

Potatoes stored for winter use should

Potatoes stored for winter use should be kept in a cool, dry and dark place covered with a clean, dry sand. Warmth, light and moisture will cause the tuber to start growing. This changes the starchy content and destroys much of the putitive value of the potato.

the nutritive value of the potato.

The flavor of the potato lies very

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.

The potato belongs to the carbohydrate group. The composition of the potato:

Extractives and organic acids... 1.5

Cellulose 1.0 Mineral matter 1.0

To Cook Potatoes

Potatoes are boiled, baked and fried er sauted. Boiling, either in the skins, or pared and then cooked. When paring potatoes, in order to conserve the mineral saits and other food elements, pare thinly with a sharp knife; wash and place in saucepan. Cook all potatoes that are to be boiled by covering with boiling water at once and then

with boiling water at once and then keep boiling slowly until tender. Drain

at once and cover with a clean cloth

for a few minutes and set where the pan will keep warm. Soaking or plac-ing the potato in cold water loosens and

soaks out of the potato the starchy granuals, 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. Salt the potato

Hash Brown Potatoes
Dice four cold boiled potatoes fine.

Fire tablespoons of good shorten-

ing.
Two tablespoons of butter,
and when hot add the potatoes. Cook
slowly for ten minutes without brown-

ing. Then shape as for oraclet and brown. Drain the excess grease of, and when ready to turn on hot plate absorb all fat in the pan with a soft

paper napkin; turn on hot dish and sarnish with fine chopped parsley.

Potato Timbale

Place in a bowl
Two cups of mashed potatoes,
prepared as for mashed 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

a small round of buttered paper in the bottom of each cup, fitting the paper smooth. Fill with the prepared po-tato 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 corks.

To make potato souffle omit the yolks

of the eggs and use whites of three

Potatoes au Gratin

Pare six cooked potatoes and cut in dice; rub a baking dish with either melted butter or bacon drippings.

Place a layer of potatoes, season and

prinkle with a light covering of grated

cheese: repeat until baking dish is full

then pour over one and one-half cups

of thin cream sauce. Sprinkle top

four tablespoons of grated cheese. Bake in a moderate oven for thirty-five min-

To Bake Potatoes

Wash and wipe potatoes of even size; rub well with any good shortening and place in moderate oven to bake; time

required from thirty-five to fifty min-utes, depending upon the size of the

Sweet Potatoes (Ipomaea Batatass

Lamarck)

belong to the morning glory family, and the enlarged side root or tuber of the vine is the edible part. The sweet

potato contains more sugar, gum, pectose and less starch than the white po-

Cooked by the same method and

served for variety, the sweet potato holds an important place in our diet. The sweet potato is also used for pte, alling for puddings and candied.

Candied Sweet Potatoes

Cook the potatoes in the skin and peel. Then place in a skillet

One-half teaspoon of nutmeg. Four tablespoons of bacon drippings,

Cook to a soft ball and then add the

sweet potatoes and baste with the syrip,

simmering slowly, basting every few

THIS ARCH SUPPORT

will relieve pain and cure a fallen arch in three months. You are invited to a free dem-

Women's Shoes to Measure

James L. Welding

1109 Walnut Street

One cup of sirup, One-half cup of sugar, One teaspoon of cinnamon,

One tablespoon of vinegar.

cooked potato as thin as paper.

Note-Greasing the skin of the potato before baking will keep the skin soft and permit it to be peeled from the

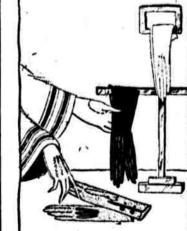
Now place in skillet

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

Colorings are perfectly delightful-every fashionable shade being included. Particularly good are the pastel

tints for wearing with tweed suits. The slip-on gloves are in high favor to wear with flowing sleeves, with capes and with wraps.

2-Clasp Gloves, 90c Overseam-sewn French lambskin gloves in white, tan, brown, gray and beaver with self stitching. In white with black stitching and in black with white.

2-Clasp Gloves, \$1.35

Finest French kidskin gloves, full pique sewn, with contrasting bindings and heavy crochet embroidery on the backs. In black, white, tan, brown, gray, navy, pastel, mode and beaver with contrast-

ing embroidery. In black and white with self embroidery. Slip-on Gloves, \$1.85 Six-button length French lambskin gloves, overseam sewn, with Paris-point stitching on the backs. In black, white, tan, brown and beaver with self stitching; in

Women's New Organdie Underthings Are Delightfully Dainty

Imagine sheer fine organdie in peach color, all cut in scallops and bound with black. Add a bit of black hemstitching and a black satin bow here and there and you have some idea of these

latest sets of underthings. Step-in drawers and vests are each \$1.50. Nightgowns are

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-

Printed Madras Plain White Cheviot

Plenty of neat stripes in black-and-white and other desirable combinations. All with attached soft cuffs. Sizes 14 to 17. (Market Street Gallery and Central Aisle)

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 . . . a beautiful moire tie of black with woven light blue stripes . . . A black crepe with bayadere stripes with embroidered dots. Dozens of others equally unusual—at 35c.

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. They are all good coats of pure wool materials in various dark mixtures, in double-breasted ulsterette style with belted backs and convertible collars.

\$21 coats are in all regular sizes from 34 to 46 and there are 75 coats to choose from. They have contrasting backs and plaid backs. Some have belts all around.

\$15 coats are limited in quantity, so we give the exact number in each size, that no one may be disappointed:

Size							40		
Quantity	3	7	10	4	3	1	3	1	
			(Galler	y. Mar	ket)				

Charming Frocks Fill the Dress Salon These Days

white or black with contrasting stitching.

If you feel there is nothing new under the sun a tour of this pretty room will prove most refreshing. It's a Spring tonic just to look at these beautiful new dresses.

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. Another of silver gray has periwinkle blue. \$35.

Cape dresses of tricotine, Canton crepe or crepe eponge are most youthful. \$25 and \$39. Fascinating new colors are everywhere-dahlia, fuchsia, rose-rust, hollyhock, crow-blue and yellowstone.

Dozens and dozens of different models at \$25, \$29, \$32.50, \$39 to 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. Navy blue tricotine dresses in a dozen different styles. They are trimmed with embroidery, braid, silk facings, etc.

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 getting! The blouses all have the open cuff that can be worn outside the suit sleeve. Materials are crisp, snowy, fresh and such amazingly good quality for the low prices. Styles are exactly right-tailored, trim and youthful, in keeping with the new Spring suits.



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 Among them are fine striped dimi-

ties with Peter Pan or roll collars; barred voiles; plain voiles with dotted Swiss collars, and charming voiles with checked gingham collars and cuffs. One of the last is sketched in the oval. \$2.25

Peter Pan blouses of checked dimity are trimmed with new shirred scallops of checked gingham in pink or blue.

Striped dimity blouses, in the model sketched, have printed dimity

collars, cuffs and ties in brown, gold or blue.

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. It has three little straps and is in a lovely soft rose color.

The other cape pictured is tan tweed trimmed with blue and is \$11.25. It is cut to resemble a vest

Plenty of other capes of plain or fancy tweeds are almost all full length and many are fully lined,

Polo Coats \$13.50 to \$29

Of fine velour, chinchilla or rough coating, they are usually in the various lovely tan shades that characful and smart they are, too, with ragian shoulders and novel pockets.

Knickers and Skirts The knickers of good-looking

homespun mixtures and check velours are in 12 to 16 year sizes at \$6.75 and \$8.50. Tweed skirts are in Copenhagen, tan and lavender tones with cut-in pockets. 28 to 32 inch lengths at \$5.75.

Best \$10 Bags and Suitcases in Years and Years

the workmanship is of high grade to match. All the corners are reinforced and sewed. being used as much as possible, for greater durability. They have tan leather linings, with pockets and good catches and locks. In black and tan.

of wear is reinforced with extra leather. Inside there are leather straps in the bottom and the lid. They have striped linene linings and shirt pockets. In a rich tan.

March First Sale on the Central Aisle

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

Roll collars of eyelet embroidery at 25c. Color embroidered roll collar and cuff sets at 25c. Fascinating cretonne collar and cuff sets bound with plain color at 25c. Imitation Venise lace collars of the better kind at 25c. Fine imitation cut-work collars which look like old Italian work at 25c. Flat collar and cuff sets of imported Swiss embroidery at 25c.

Guimpes With Sleeves, \$1 A third less for point d'esprit and net guimpes with sleeves. Daintily trimmed with lace or smartly plain. Many have the entire back as well as front made of the net so that they are almost

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. All show marks of handling and some are slightly soiled but one laundering will restore them to Sizes 34 to 36 mostly but there are a few in larger sizes. 25 different styles, some only one or

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 Equally exceptional are the first quality part-wool stockings with woven clox—cordovan with

bright blue, green or tangerine.

Black and Cordovan Silk Stockings, 65c So much better than one expects at 65c that

every pair will be a pleasant surprise. First quality. Pure silk. Seamed backs. Mercerized 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 shadowproof under thin frocks!

So far this season we have not seen as good petticoats as these wholesale at \$2-not even in regular sizes. Almost two hundred of them in this very special lot.

House Dresses and Billie Burkes, \$1 Only two hundred women can share in this fine

half-price lot of pretty house dresses at \$1. One of our makers turned over all his odd lots for this special March Sale and there are a number of real surprises. Mostly of printed percale but a few dresses are of plain chambray. One style has a rickrack trimmed collar and vestee and is fitted and belted at the waist Sizes 36 to 46 among them but not in any one style.

Only the strongest surface cowhide is used in both traveling bags and suitcases, and

The bags have full 18-inch frames and are sewed throughout, single pieces of leather

The suitcases are full 24 inches and have extra-wide straps all around. Every point

Nothing on any table is more than two dollars—some things

All Exactly Half Price Peter Pan collar and cuff sets of cyclet embroidery at 25c.

4000 pieces of this wonderful neckwear. Every piece beautifully fresh and highly popular. Chemises and Nightgowns -Many Twice as Good

> as Usual at \$1 Nightgowns of that trade-marked soft finished repe which everyone likes. Nightgowns of dainty nainsook with lovely laces or a touch of embroidery. Chemises with embroidery or quite elaborate with good Valenciennes. Eleven different styles

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

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 Half Last Year's Price for Embroidered Organdie Flouncing, \$1 Yard Forty-two Inches Wide

Uncommonly levely shades of Swiss organdie beautifully embroidered in contrasting and matching colors for Summer frocks. Orchid, pink, rose, sky blue or white with color. Plenty wide enough for the length of the new longer skirts.

All-Silk Printed Chiffon, Half the Standard Price-Now 50c Yard

Soft cloudy effects in misty chiffon that is very thread all silk and 40 inches wide. Indeed is even less than half the regular price for this delightful material to be used for dresses, undersleeves, scarfs, negligees and so on. Black and white, gray and violet and other desirable

Binche, Valenciennes and Other Good Laces, 10c Yard

All are at least a third less than our regular rate—many are less than half. 11's to 4 inch widths among them-in fine imitations of duchesse, Cluny, binche, Valenciennes and heavy square-mesh crochets. Excellent patterns for practice.lly every purpose.

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. All are 2½ yards long. About 250 in the lot. Prices are a quarter to a half less—and lower.

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.

Men's Special Half Hose

35c, three pair for \$1black-and-white striped silk plated half hose that men like particularly well. They are very durable. Full fashioned. 25c-black, navy and cordovan artificial silk plated hose, well reinforced. (Gallery, Market)

Special Quilt Values! Cotton-Filled at \$2

Well-filled quilts of pure white cotton have figured tops and

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

Suits with patch pockets and a hint at pleats.

Plain-color jackets and checked skirts.

different styles between. Plain-tailored suits. Suits with belted jackets.

Suits with white Tuxedo collars and white pipings, They're of smart, sporting tweeds in the softest, most becoming shades imaginable—lilac, French blue, stone blue, mist gray, bobolink tan and mixtures as Scotch as heather,

You'll find rough tweeds with knotty threads, smooth soft tweeds, herringbone weaves and basket checks. All new, all youthful and all

very smart. Sizes for women and young women at \$12.75, \$18.75, \$22.50, \$25, \$29 to \$32.50.

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. These are about the best looking Oxfords we have ever turned out. They are built on a new last that is especially comfortable. There are plain vamps and straight tips for your choosing, in medium tan calfskin or black leather with a suggestion of graining. All have welted soles.