

Mrs. Wilson Talks About the Flour From Which Various Breads Are Made
The Baker Uses a Thermometer to Gauge Temperature of Ingredients as Well as That of the Oven

By MRS. M. A. WILSON
Copyright, 1922, by Mrs. M. A. Wilson. All rights reserved.

THE grain belongs to a vast and very important family, the Gramineae, (the grass) family. This family furnishes the cereals from which our breads and cereals are manufactured. Wheat (Triticum, L.) is the most important of our grains; this cereal is rich in gluten, and is the important grain in manufacturing flour from which bread is made.

About 40 per cent of our diet is supplied by breads in one form or other and about 85 per cent of the total flour used for making this bread is made from the grain of wheat.

Avena, L., the oat, comes next in nutritive value and is used in most popular form as a breakfast cereal. In many parts of the country this cereal is also used in flour form.

Rye (Secale cereale) is a grain inferior to wheat, lacking in the quality of gluten, necessary for fine bread making. Used in Europe and this country as a bread flour. This bread is dark in color, and makes a more dense bread than wheat.

Barley (Hordeum L.), the Zea Mays, Indian Corn, and Rice (Oryza sativa L.), Buckwheat (Tayopyrum Tourni) complete the list.

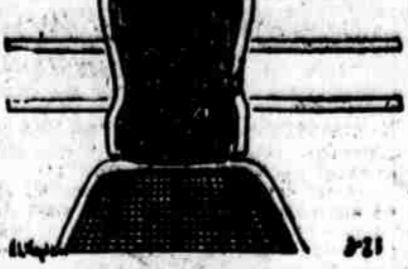
Arrowroot is manufactured from the starch of the Maranta (Arundinacea Lin) and is the smallest of all the starch granules. The three which produce this starch are winter wheat, Indian arrowroot, and arrowroot is easiest of all starches to digest, and for this reason is used in invalid cooking and children's foods. The starch grains require a cooking about 100 degrees Fahrenheit.

Tapioca and Cassava are the fleshy parts of two species of the Manihot, prepared by special process of manufacture. The tapioca is prepared for the market in the granulated form and pearl.

Hominy is prepared from corn.

Things You'll Love to Make

Cushion to Fit Chair Back



A comfortable back rest and pretty decoration is a CUSHION TO FIT THE CHAIR BACK. Cut a paper pattern of the shape of the back of the chair. Cut down this pattern two inches smaller on the sides, and five or six inches from the top. Now lay this pattern on the material of which the cushion is to be made. Cretonne, silk or velvet is pretty. Cut another piece for the back of the cushion.

This can be made from a plain material. Join the pieces with a two-inch band. Pad with cotton or feathers. Silk or soft cotton material clipped into tiny pieces serves nicely as a filling for cushions. Fit this CUSHION TO FIT THE CHAIR BACK to the chair with ribbon that matches the cushion covering.

FLORA.

flour or find it necessary to worry about bread?

No. 8—Give some facts about temperature.

No. 10—Why does the baker find it so very necessary to carefully adjust the temperature to its entire process?

No. 11—Give a description of yeast.

No. 12—Have you tried experiments as directed in this lesson? If so, what results do you obtain?

SWIMMING & GYMNASIUM FOR WOMEN AND GIRLS
Lessons by arrangement. Rates moderate and for competition. THE Y. M. C. A. OF PHILA.

Beaded Bags Repaired
Also Leather, Gold & Silver Work. Repairing, Restoring, Remounting. NECKLACES \$1.50 UP TO \$5.00. MARCEL BEAD SHOP, 1810 Chestnut St. Newark 7829.

EXHIBITION SUIT
Of Chicago Red Chamber Furniture Glass. At Special Sale Color, Stratford, Pa. NOW \$205.00. Regular Price \$415.00. A. L. Diamond & Co., 1815 Walnut Street, and at Stratford, Pa.

You'll taste the difference

25¢ lb

At all our Stores

AMERICAN

WANAMAKER'S DOWN STAIRS STORE

March 21, 1922

Wanamaker's Down Stairs Store

A Sale of Women's Brand-New Fabric Gloves of All Lengths

(Central Aisle)

2-clasp chamois-lisle gloves
Strap-wrist gloves—5 and 8 button lengths
Mousquetaire gloves—8, 12 and 16 button lengths
Duplex Gloves, 2 clasp and strap wrist
Novelty gloves—several styles.

Lowest price we have ever quoted on gloves of these types. They're from one of the best makers of fabric gloves in America—a manufacturer who produces only high-grade goods.

The gloves are in the most fashionable styles of the Spring season and there are plenty of the soft covert, cafe au lait and beaver shades, so hard to get, as well as white, biscuit, walnut and chamois. Also plenty of long white gloves. Some of the novelty gloves have Van Dyck points or pearl buckles.

If you have very sharp eyes and look very closely you may find a tiny oil spot or a small irregularity in the threads of some of them, but so slight are they that they do not impair the service or appearance of a single pair of these excellent gloves.

All sizes in the collection (plenty of size 6½), though not all sizes in every style. Fine choosing in the lot for a Summer's supply.

(Central Aisle)

The Man Who Wants a Spring Suit Now Wants a Good One
All-Wool Suits, \$32.50

Fine all-wool cloths are used exclusively—plenty of Springlike grays, some attractive overplaids and a few checks. Men are well pleased with the quality of the material, the tailoring and, considering both of these, the price.

For one thing, the suits are all correctly conservative of style—the kind that real men wear, nothing second-rate or tawdry about them. They are right.

Light-Weight Overcoats

are mostly tweeds and herringbones, all-wool of course, but Spring weight, at \$22.50 to \$34. Many are the days between now and Summer, when one of these will be welcome!

(Gallery, Market)

Men's Light-Weight Bathrobes Are In

In the neat, good-looking stripes and figures that please men. Of madras, cotton twill, cotton pongee and terry cloth in blue, brown, lavender and green tones mostly. They are cut over comfortable, roomy patterns, as are all our men's garments. Prices, \$4.85 to \$10.

(Gallery, Market)

Bird Houses for Robins, Blue Birds, Wrens and Others

Cozy, scientifically built outdoor bird houses in artistic woody shapes at \$2.25 to \$9.75, according to the kind of bird for which the houses are designed.

(Central—Thirteenth Street)

March Sales—Central Aisle

Gingham in Pretty Checks, 22c Yard

Red, pink and blue in small, medium and large checks. Lavender-and-white, black-and-white, green-and-white and broken checks in two and three color combinations that are very fresh and clear. 32 inches—a width that cuts most advantageously.

Silk Vanity Cases, \$3

Made of moire or satin-stripe taffeta silk with flaps finished with metal corners or small metal clips. They combine one's handbag and vanity case and are both smart and practical.

Square or envelope shape—some with rounded corners. Silk cord handles.

Reversible Cotton Rugs, \$1.50

More of these well-liked rugs that women will want for Summer cottages or in place of the heavier Winter rugs.

Made of soft, firm cotton yarn with all-around borders that are a pleasing contrast. Rose, gray, green, brown and lavender—all with fringed ends. Size 2x4 feet—usually large for such a small price!

Toilet Water Half the Regular Price at 25c

A favorite brand of a well-known maker. Put up in decorative ounce bottles and attractively boxed in bright red.



\$15 \$15 \$27.50 \$25 \$25

It's Decidedly a Season of Capes and Here They Are in a Wonderful Collection at \$15 to \$27.50

Here are sports capes with real out-door air, street capes of dark blue and a variety of all-purpose capes of velour, Poiret twill, bolivia and serge. Wide circular capes fall from the shoulders in pleasant ripples. Others are gathered at the neck or shoulder and some have a semi-fitted shoulder line.

\$15 for reversible sports capes, tan on one side and bright green on the other.

\$15 for sports capes of tan herringbone weave, for tan polo capes and for misty blues and grays with big indefinite plaids. Most of these are circular.

\$25 for bolivia capes with throw-scarfs finished with long, heavy silk tassels—in tan, navy and black, soft and very beautifully lined.

\$25 for a charming cape of French blue bolivia trimmed at each side with a vertical band of tan bolivia and lined with tan.

\$27.50 for fine Poiret twill capes, gathered at the neck and finished with small roses of satin. In sand and navy.

Navy Blue and Black Capes

Many women prefer these darker colorings and among them are some delightful wraps for Spring and Summer. Of velour, bolivia, serge, Poiret twill and tricotine, trimmed with fringe, silk tassels, embroidery or made without any trimming whatever. \$25 to \$48.75.

(Market)

Boys' All-Wool Navy Serge Reefers—\$8.75

Mothers with little boys of 4 to 10 will be interested, for this is a decidedly low price for such good Spring coats. These are duplicates of a similar lot of coats that went out in no time a few weeks ago. The quality of material and the tailoring are especially noteworthy.

Good-looking little coats, made with inverted pleats in back, sleeve emblems, pockets, belts all around and lined throughout.

(Gallery, Market)



A Trim, Pretty House Dress for \$3.50

It is made of linen in dull blue, rose, tan and green. The bodice is scroll-stitched in white, and the hemstitched collar, cuffs and vestee are of white. The frock is nice enough to wear shopping or on the porch. All sizes, 36 to 46.

Neat Gingham and Percale Aprons Special—35c

Blue- and white checked gingham aprons edged around with rickrack.

Pretty percale slip-on aprons in neat figured patterns on white grounds.

(Central)

Women's Black Silk-and-Fiber Stockings, \$1 Pair

In appearance they seem like all-silk, but they are a silk and fiber mixture that gives excellent service. They are shaped, with seamed backs and mercerized cotton tops and soles. All sizes.

(Central)



Bright Straws, Full of Delight—Unusual Hats at \$6

Color, shape and trimming to delight the feminine heart and— we might add—the masculine eye, for what woman is indifferent to man's approval of her bonnets!

Flower-trimmed hats for Easter! We couldn't do without them, so charming and youthful and altogether seasonable are they.

A wide-brimmed dull blue hat with flowers at the very edge; a deep lavender hat with an interesting crown and flat-petaled flowers in bright orange; flowers and fruit mingle on a semi-poke shape in jade green or orange; so much for flowers.

The smartness of the tailored hats. It makes them especially suited to the needs of the woman whose Spring outfit will be a tailored frock or one of the new suits.

Aside from the individual becomingness of the hats, variety is the great attraction.

(Market)

It's More Important for Children's Shoes to Be Good Than to Be Low Priced

But how satisfying when the shoes are both good and low priced—as in this Down Stairs Shoe Store. Here we make a specialty of outfitting families of moderate means—where shoes are needed for some of the children every few weeks.

Every Kind of Shoe Is Here

White shoes; black shoes; brown shoes; black patent leather; black shoes with white tops and some with gray or brown tops; soft little shoes for a wee tottler and thick tough leather shoes (yet not harsh) for the tomboy!

Wee Sizes 2 to 5, \$2 to \$3.25. (With turned soles—not to be confused with others that have not.)

Sizes 4 to 8, \$2.50 to \$4.

Sizes 6 to 2, \$2.90 to \$5.40.

Girls' sizes 2½ to 7, \$4 to \$6.50.

Special at \$2.50—sizes 4 to 8 in children's shoes of black patent leather, button style, with gray, white or champagne tops.

(Chestnut)

BONWIT TELLER & CO.
Individual Lingerie Shop
THIRTEENTH AND SANSOM STS.
CONTINUING TOMORROW
CLOSING WEEK OF THE GREATEST LINGERIE SALE

EVER HELD IN PHILADELPHIA
Prior to Moving From This Shop to the
ST. JAMES HOTEL

NIGHTGOWNS 2.50 to 25.00 Formerly 3.95 to 78.00 Nightgowns of French batiste; hand made. Hand embroidered. Some trimmed with real lace. Straight and Empire models.	Savings up to Seventy-Five Percent	PRINCESS SLIPS 5.00 Formerly 9.75 Princess Slips of fine quality satin, in straight and Empire models, with wrap shoulders.
CHEMISES 3.95 to 25.00 Formerly 4.95 to 69.00 Envelope and straight chemises of fine batiste and linen. Some trimmed with real lace. Empire and straight models.	SILK CHEMISES 2.25—3.95 to 5.95 Formerly 4.95—7.95 to 9.75 Envelope Chemises of fine quality crepe de chine. Empire and straight models. Some lace trimmed.	SILK NIGHTGOWNS 5.00 Formerly 70.75 Nightgowns of fine quality crepe de chine. Straight lace models some trimmed with real fillet lace.
DRAWERS 5.95 to 25.00 Formerly 10.75 to 69.00 Open drawers of fine batiste or linen. Some trimmed with real lace. Several models.	SILK PAJAMAS 7.50 Formerly 16.50 Pajamas of fine quality of satin and crepe de chine. Slip-on coat and trousers. Some lace trimmed.	SILK NIGHTGOWNS 7.95 Formerly 14.75 Nightgowns of fine quality crepe de chine. Pajamas of fine quality crepe de chine. Some are trimmed with real fillet lace.

No Mail Orders Filled