

Today's Lesson Mrs. Wilson Tells More About Graham and Wheat Flours

Recipes for Buns Made of Sweet Doughs Which Will Make Tempting Delicacies

By MRS. M. A. WILSON

In the lesson preceding this you have learned the history of the wheat grain and the history of the flour made from grain. Wheat is milled into three grades of flour, known as whole wheat, graham and the standard patent which is the white flour we use in our white bread.

The standard set for judging a good loaf of bread is as follows: Good bread should be light, round and well-raised. It should have a minimum of 22 per cent of golden brown crust; the crumb, if cut, should be soft and spongy; the color of the loaf should be a clear, creamy white, with a pleasing odor, and if dried in an oven should not lose more than 35 per cent of its total weight.

After standing twelve hours bread is removed, and after this is known as "retarding." This is due to chemical changes or reactions in the loaf and to escape of steam from the loaf in this stage. This does not harm its nutritive value or wholesomeness, but makes it easier to digest.

Quick Graham Bread Place in mixing bowl: One cup of graham flour, one cup of white flour, one teaspoon of salt, three level tablespoons of baking powder, three tablespoons of sugar, rub between the hands to mix and then add: Two cups of milk, four tablespoons of melted shortening, one cup of seeded raisins.

White Bread The lesson preceding this explained that temperature is the controlling factor in successful bread making, so for this reason we will make all bread with water heated to a certain degree.

Two cups of water, 80 degrees, in summer, and 90 degrees, in the winter, and add: One-half cup of sugar, one-half cup of butter or good substitute, two eggs, cream well and then add to the sponge when ready with: Three cups of flour, one-half cup of finely chopped citron, three-quarter cup of finely chopped nuts, one-half cup of finely chopped candied ginger.

Remember The Name "SALADA" TEA ITS STRENGTH, PURITY AND FRAGRANCE ARE UNEQUALLED The Sealed Packet is your safeguard

5 reasons why mothers buy HICKORY GARTERS for children




1. The only Children's Garter made with the patented rubber cushion clasp, which holds stockings firmly between rubber and rubber. Saves wear and tear on stockings and means less darning.
2. Highest quality elastic and webbing, thoroughly tested, insures long wear.
3. The pin buckle and clasp are absolutely rust proof.
4. Extra strong pin. Cannot bend or break.
5. The buckle is easily adjusted and prevents broken finger nails.

25c and up
depending upon style and size.

Complete satisfaction assured or your money back

A. STEIN & COMPANY
Makers of PARIS GARTERS for Men
CHICAGO NEW YORK

A SPRING COSTUME



Can You Answer the Following Questions?

- First. Give reasons for the use of judging a good loaf of bread.
- Second. Tell something about stale bread.
- Third. Do you consider stale bread healthful, and if so, why?
- Fourth. What is whole wheat bread?
- Fifth. Explain the difference between the whole wheat and graham flour.
- Sixth. Why do you consider a thermometer necessary in bread making?
- Seventh. Where would you place the bread to rise and why?

Can You Tell?

By R. J. and A. W. Bolmer

The Origin of the Military Salute

We have seen the soldier raise his right hand to his cap in meeting an officer, and many of us have wondered how the salute originated.

Beaded Bags Repaired

Also Leather, Gold & Silver Buckles, Parasol repair, Hemstitching, IMPROVED FRINGED BEADED NECKLACES \$1.25 UP TO \$4.00

Lace Curtains

Curtains of lace, net, madras, macramé, etc., cleaned expertly at reasonable prices. Call, Write or Phone Walnut 5565

Primo Dye Works

Fancy Dyers and French Dry Cleaners 512-12-14 S. 13th St. 209 S. 15th St.

WANAMAKER'S

March 26, 1922

DOWN STAIRS STORE

Wanamaker's Down Stairs Store

New Spring Bonnets for Baby Dear

Fine, crisp, white lawns, made in the prettiest ways for tiny babies to children of 2 years. 50c to \$2.50.

Exquisite hand-made bonnets of finest lawn are \$2.25 and \$2.50.

Washable Figue Hats—\$1.25 to \$1.65

Pink, blue or white pique, some white piped or stitched with color. Many have detachable crowns. (Central)

Young Men Are Undoubtedly Getting Into Tweeds

—New Sports Suits of All-Wool Tweeds and Herringbones Are \$25 and \$28.50

Rough, masculine-looking tweeds are certainly to the fore this season. Grays and tans, principally, in a wide variety. Coats are made with pleated backs and belts, patch pockets and soft lapels. Some have the concealed pleat in the shoulder, which appeals to the golfer. Three-piece suits, all of them, and every thread wool. (Gallery, Market)

March Sales—Central Aisle

More Astonishing Dresses for Girls at \$1

Fresh gay frocks just unpacked for 6 to 14 year girls' Spring school days.

White regulation sailor dresses with white, Copenhagen or bright red collars and cuffs, at \$1.

Pretty striped and checked gingham and plain colored cotton frocks in the same sizes at \$1.

Not many mothers would care to make them at any such price!

Clearway of Washable Capekin, Mocha and Suede Gloves, \$1.15

Good assortment of colors and sizes in these one-clasp gloves for women. Capekin in pearl white, tan and brown; suede in tan; mocha in gray. Not all sizes in each kind.

Dimity and Batiste Blouses, \$1.85

All in the roll collar style that fits so well over suit collars. Made of fine batiste and dimity in plain or cluster stripes. Trimmed with rickrack, frills, pleating or pique folds.

Silk Petticoats and Knickers, \$3.85

Bright new Easter frocks call immediately for bright new silk underthings.

Here are straight-line petticoats of silk radium in jockey red, jade green, purple, periwinkle, American Beauty, beige and brown as well as black, white and navy.

Also silk jersey knickers finished with fancy accordion-pleated ruffles in an unusually wide color assortment.

Sport Hats New at \$1.85

Smart hats that turn up in front and back and are pulled down at the sides, according to the dictates of the wearer.

Many colors, including apple green, apricot, red, black and navy, trimmed very simply with crepe braid around brim and crown. Other sport hats, \$2 to \$6.

Women's "Double Extra" Size Vests, 25c

Sizes 46, 48, 50. "Seconds" but remarkably free from imperfections. Made of ribbed white cotton. (Central)

Tweed Suits—Most Springlike of All—\$15 to \$37.50

That is why so many women and girls are eager to get into tweed suits. They express Springtime in their delightful tints and in the free lines of their tailoring.

Mixtures with the predominating black and white tones and diagonals in plain colors are highly fashionable—rose, orchid, tan, light blue, brown, gray and Copenhagen.

Mannish tailored jackets, cape jackets and Tuxedo jackets are here for the individual selection.

Tweeds in Extra Sizes, \$30 to \$35

Good-looking tweed suits in the fashionable light tints are made especially for women who wear extra sizes. Jackets are lined with silk pongee or silk crepe.

Navy Blue Suits Particularly Well Tailored \$25 to \$48

The dark tailored suit allows no middle course. The jacket is either short and full or long and straight and both are very smart. The shorter, fuller jackets are mostly quite elaborately embroidered or beaded or both! Some of the loose jackets have wide, flowing sleeves, between elbow and wrist in length. (Market)



\$25



\$25



\$25

Women's Easter Coats and Capes

Specialized at \$16.50 \$25 \$27.50 \$35

Imagine a soft woolly herringbone cape that has a full sweep of four yards—at \$16.50! That's only one of many unusual wraps in the Down Stairs Store. Yes, the shoulders of these \$16.50 capes are silk lined, and the finish is all that a particular woman will want.

Black and Navy Capes, \$27.50

Three good styles to be featured Wednesday. A wrap of black or navy Poiret will with deep fringe and silk stitching is lined throughout with silk foulard. Another rather elaborate wrap that looks more costly is of tricotine, richly embroidered and tasseled, and has a plain peau de cygne lining. A picturesque black cape is of Poiret twill with standing collar surrounded with silk roses and silk lined. All \$27.50.

Polo Coats or Tweed Capes, \$25

Attractive polo coats of sports cloth in the favorite light tan with striped silk linings.

Tweed, wool poplin, serge and Bolivia capes—those of poplin or serge have many rows of black braid and two dozen or more buttons.

The Wrap Pictured at \$35

is of interesting wool crepe eponge with contrasting collar, revers and wide armholes; it is silk lined. (Market)



\$16.50



\$25

Low Prices for Children's Good Shoes

That is a very different thing from children's low-priced shoes and a more economical proposition in the end. The question of wear is such a big one in children's shoes that it doesn't pay to buy poor shoes, no matter how low the prices.

5 Standard Styles of Children's Shoes Are \$3.75 to \$5.75

Patent leather lace shoes with white tops are in sizes 6 to 2. These are favorites for Easter, and the style is sketched. Other shoes of tan or black calfskin and patent leather, in sizes from small 6 to big 6, \$3.75 to \$5.75, according to size. (Chestnut)



\$3.75

Canton Crepe \$3 Yard

In navy, black, periwinkle, orchid, orange, Copenhagen and jade. 40 inches wide.

Crepe de Chine \$1.50 Yard

Navy, black, white, pale blue, orchid, jade, pink, flesh, tan and gray. 38 inches wide. (Central)