

Mrs. Wilson Gives Proper Fever Diet

April 7, 1922

WANAMAKER'S

— DOWN STAIRS STORE

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WEATHER Cloudy

Ready for Easter—Wanamaker's Down Stairs Store

This is the last of a series of articles on vitally interesting subjects taken from Mrs. Wilson's book, "Health and Diet."

By MRS. M. A. WILSON

A patient in bed really requires very little nourishment, and can live thirty days and lose only moderate weight, if provided with only sufficient drinking water. Rather starve than over-feed.

The doctor usually allows: Orange albumin, made from juice of one orange and white of one egg and one-half glass of water. Made by beaten until well blended; meat juices, chopping the raw meat fine, searing in hot pan and then mixing with the juice with press; also pressing on grapefruit juices.

Never return for use to the family any foods that have been in the patient's room. Destroy all food and clean all dishes by boiling in water for ten minutes. Sterilize all clothing, bed linen and handkerchiefs by immersing in cold water and adding two pounds of washing soda, one-half can of chlorine of lime and six quarts of water. Place in a galvanized pail and boil for ten minutes. Stir with a stick and strain through a piece of cheesecloth into bottles. Label: "Disinfectant—Poison."

Never taste food after the patient. This is your protection against the disease. Keep the patient in a clean, comfortably warm room with abundant ventilation. Free from drafts, flies and insects. Remove as much of the furniture, draperies, rugs and carpets as possible. Have plain, washed floor, with runners of matting around the bed; keep things clean; be cheerful and happy.

Never whisper so the patient can hear you. Illness clarifies the hearing, and many sick persons lose heart because of the home diagnosis.

When convalescence begins serve dairy and attractively prepared foods. MENU FOR FIRST DAY

8 A. M.—Orange juice. 9:30—Poached egg on soft buttered bread or toast, small cup of coco. 1 P. M.—Cup of oyster or clam soup. 3:30—Milk toast, orange gelatin.

SECOND DAY 8 A. M.—Juice of half a grapefruit. 9:30—Coddled egg, toast, coco. 1 P. M.—Cup custard. 5:30—Chicken cream soup, with slice of toast cut in blocks; orange jelly, whipped cream.

THIRD DAY 8 A. M.—Pulp of six prunes and half cup of juice from prunes, rubbed through sieve. Serve in small thin glass. 9:30—Well-cooked cereal, about demitasse cupful of cream, toast, coco. 1 P. M.—Chicken broth with toasted crackers.

FOURTH DAY 8 A. M.—Orange juice. 9:30—Boiled rice with cream, poached egg on toast, coco. 1 P. M.—Puree of spinach, toast, two leaves of lettuce, rice custard pudding. 5:30 P. M.—Broiled lamb chops, one small baked potato, two tablespoons of spinach, rubbed through sieve, seasoned lightly, and one tablespoon of butter, chocolate pudding, coco.

FIFTH DAY 7:30 A. M.—Small saucer of crushed pineapple. 8:30—Well-cooked whole wheat cereal and cream, broiled chop, toast, weak coffee, using half hot milk and balance hot coffee. 10:30—Glass of milk. 12:30 P. M.—Puree of celery, creamed white meat chicken, baked macaroni, boiled white onions with butter, three leaves of lettuce, small saucer bread-custard pudding.

SIXTH DAY 7:30 A. M.—Eight prunes and half cup of juice, rubbed through sieve. 8:30—Broiled piece of fresh fish, creamed potato, toast, one-half coffee and balance of hot milk. 10:30—Dish of junket. 12:30 P. M.—Small piece of broiled veal, boiled rice, mashed carrots, lettuce, bread-custard pudding with little whipped cream, tea. 5:30—Oyster stew, toast, small lamb chop, peas or asparagus, two crisp white leaves of lettuce, sliced orange, coco.

Keep this diet for two weeks. After the second week gradually increase the portions until a regular diet is restored. Diet schedule for gradual return from an exclusive liquid diet:

FIRST DAY, MORNING—Omit one milk feeding and substitute cream chicken and rice puree, made by cooking one tablespoon of rice in two cups of chicken stock slowly for a half hour. Rub through sieve and then add one cup of milk, four tablespoons of flour.

SECOND DAY—Use two tablespoons of well-cooked cereal and cream in place of milk feeding. Omit milk or liquid food after mid-afternoon period and substitute cream toast. Omit evening milk feeding and give baked chicken custard.

THIRD DAY—Omit morning or breakfast feeding and serve coddled egg with half slice of soft buttered toast. Omit noon feeding and serve little omelet and half cup custard. Omit evening feeding and give cream toast and junket.

FOURTH DAY—Omit mid-morning feeding and serve one egg on toast, Coco. Omit 2 P. M. feeding and serve oyster stew made from six oysters, cutting out eyes, and a cup of milk. Toasted crackers, tomato pudding and whipped cream. Omit 4 P. M. feeding and serve boiled rice with milk and junket.

FIFTH DAY—Same as first day in diet for fever convalescence. SIXTH DAY—Same as first day in fever convalescence. SEVENTH DAY—Same as second day in convalescence diet. Then follow diet as for different days. Do not pay any attention to the patient's elation if he is starving. Let him fall back on the milk diet to satisfy his hunger.

Do not give olives, radishes, pickles, smoked fish, meat, highly spiced foods, rich soups, sauces or gravies. Breads should be at least one day old; two is about one inch thick and toasted quickly to keep soft. Also do not give fried foods of any character. Allow one month for return to normal diet.



Never Such a Collection of Easter Coats and Capes at \$12 to \$35

Every fashionable kind of Spring coat, cape or wrap is here and its price will surprise you. Not for years have women been able to buy such pretty things for so little money. Herringbone Tweeds Start at \$12 for soft gray or tan sports coats, smartly cut and of excellent quality. Many other herringbone tweeds, mostly with raglan shoulders, are \$16.50 to \$25. Polo Coats, \$16.50 to \$25. Many, many models, all in the creamy tan shade which all women find becoming. Half-lined or lined throughout with silk. Special at \$15. Rust brown polo coats, made double breasted—sketched. Reindeer velour capes, with satin roses trimming the collar; lined throughout with silk radium. Herringbone tweed sports capes in tan and gray. Tweed Wraps, \$16.50. This pretty model is sketched. It is a wrap-coat with deep pointed sleeves which end

Easter Opportunities Central Aisle

Women's vests of pink silk jersey, \$1.75; bloomers, \$2.50; good "seconds." Corsets for slender, medium or full figures—clearaway of discontinued models at newly marked down prices; now all \$1.50. Petticoats of taffeta, jersey or satin and knickers of silk jersey; a special purchase to sell at \$2.85. Waists of dimity and voile variously trimmed and in many styles at \$1.65 and \$2.25. Women's stockings of pure thread silk in black and cordovan are full fashioned and with mercerized tops and soles, slight "seconds," at \$1.35. Scarfs of fiber silk are in plain colors or stripes, \$1.75 to \$5.50. Envelope chemises of pink or white crepe de chine trimmed with lace, satin or Georgette at \$2.25.

New Tweed Suits Special at \$15 and \$16.50 Knicker Suits \$15

\$15 for green and brown mixed suits with indefinite checks in the weave. \$15 for three-piece tweed sports suits with knickers for country and skirts for town wear. The jacket has three inverted box pleats in the back. 8 Styles at \$16.50. Copenhagen, tan, rose, brown and lavender are the fashionable colorings among these pretty suits. All are silk lined and some have the new loose sleeves. \$18 to \$27.50 for a wide variety of charming suits. \$18 for a suit of smart diagonal tweed with a Tuxedo front. \$27.50 for a new brown-and-white checked velour suit with the very long jacket, straight and slender of line. All sorts of delightful tweeds between these prices. Navy Blue Suits. Plenty of new ones have just arrived for Saturday. Of Poiret twills and tricootines, of excellent quality, beautifully tailored. \$25 to \$55. (Market)

Easter Coats and Hats for Little Maids

Miss 2-to-6 can be outfitted for Easter at very little outlay. Styles are varied and prices are low. Coats and capes of serge, tweed and polo cloth in bright Spring colors are \$6.50 to \$14.50. Hats in many styles for little girls or boys are of plain or fancy straws and braids. \$1 to \$4. (Central) For Juniors of 14 to 16. Capes are of tweeds and velours in all the pretty Springtime colorings with plenty of blues and tans. \$6.50, \$10 to \$25. Suits are of tweeds in Copenhagen, rose and tan, \$18 to \$22.50. (Small women can be fitted in these.) Silk Dresses are of Canton crepe, printed and plain color crepe de chine, Russian crepe and taffeta. In Sorrento, navy, henna, Copenhagen, brown and rose. \$13.50 to \$25. Coats, \$13.50—new herringbone mixtures are in gray or tan and polo coats are in brown and Copenhagen. For Girls of 6 to 14. Capes—dear little capes in rose, Copenhagen and tan, start at \$3.50 and go to \$15. Coats—are of light-weight mixtures, tweeds and tan coatings. \$7.50 to \$25. Silk Dresses—Special at \$6.75. Gay little taffeta dresses in navy, brown or Copenhagen, brightly trimmed with colored embroidery and pignings. 7 to 14 years. Coats are in plain brown, some have white bodices and skirts of cherry red or jade green. A third style has an orange bodice and brown skirt. All very soft and lovely. 8 to 14 year sizes. White Dresses, \$4.50 to \$10—Sheer pretty things of voile or organdie, trimmed with laces, embroidery and gay sashes. (Market)

Saturday Is the Day for Children's Easter Clothes



Everything is ready in the Junior Store—new capes and coats, new silk dresses and white dresses—all at most moderate prices. For Juniors of 14 to 16. Capes are of tweeds and velours in all the pretty Springtime colorings with plenty of blues and tans. \$6.50, \$10 to \$25. Suits are of tweeds in Copenhagen, rose and tan, \$18 to \$22.50. (Small women can be fitted in these.) Silk Dresses are of Canton crepe, printed and plain color crepe de chine, Russian crepe and taffeta. In Sorrento, navy, henna, Copenhagen, brown and rose. \$13.50 to \$25. Coats, \$13.50—new herringbone mixtures are in gray or tan and polo coats are in brown and Copenhagen. For Girls of 6 to 14. Capes—dear little capes in rose, Copenhagen and tan, start at \$3.50 and go to \$15. Coats—are of light-weight mixtures, tweeds and tan coatings. \$7.50 to \$25. Silk Dresses—Special at \$6.75. Gay little taffeta dresses in navy, brown or Copenhagen, brightly trimmed with colored embroidery and pignings. 7 to 14 years. Coats are in plain brown, some have white bodices and skirts of cherry red or jade green. A third style has an orange bodice and brown skirt. All very soft and lovely. 8 to 14 year sizes. White Dresses, \$4.50 to \$10—Sheer pretty things of voile or organdie, trimmed with laces, embroidery and gay sashes. (Market)

Easter Gloves

French Kidskin Gloves, \$1.65. 2-clasp white, black, russet, light brown, pastel and gray gloves, overseam sewn, with beautiful self or contrasting embroidered backs. Regularly half again this price! White Strap-Wrist Kid Gloves, \$2.65. Exquisite gloves with 5 1/2-inch cuffs have self or two-tone crochet embroidered backs. \$3.75. 8-button mosquitoire kidskin gloves in black, white, tan, gray. Even more astonishing—the same style, of softest suede in lovely gray and mode, also \$3.75. 12-button white French lamb-skin gloves, \$3.75. (Central)

Boys' Two-Trouser Suits of All-Wool Tweeds Special at \$15

Real tweeds with all colors in them, with predominating tones of gray or brown. Remarkably good value at \$15. Coats are knife pleated, with yokes back and front, and have mohair linings. Both pair of trousers are lined throughout and every seam is taped. Sizes 10 to 18 years. All-Wool Blue Serge Suits With Extra Trousers at \$13.75. They have patch pockets and yokes in back. Sizes 8 to 18 years. (Gallery, Market)

Women's Silk Stockings With Pointed Heels \$1.50 Pair

Polo gray, silver, cordovan, navy, camel's hair, African brown, Russian calf and black, pure thread-silk stockings of fine, even quality with seamed backs and cotton tops and soles. (Central)

Every Man Owes Himself a New Easter Suit

Money conditions are loosening up, business is steadily improving and a general wave of optimism is sweeping the country. It's the time to help it along and help yourself along by coming out in a new suit. It Need Not Cost More Than \$25 or \$28.50 and for those very reasonable sums you can get a good all-wool Wanamaker suit, tailored as a good business suit should be tailored to reflect the good taste of the wearer. Excellent new tweeds, chevots and cassimeres in all the good browns and grays that men are asking for this season. Also some uncommonly fine sports suits with belted coats—plenty of herringbones and light tweeds among them. Special at \$17.50. Still a few of these good all-wool suits of chevots and cassimeres in browns and grays. Perhaps your size is among them—if it is you'll get a value to remember. 6 Styles of Men's Shoes and Oxfords at \$5. Oxfords are in mahogany and tan; shoes are in black and tan. All are well made with good welted soles. Old favorites and new Spring lines and finishes are represented, so that there is something for every man, whether he wants a conservative shoe or a smart oxford. Boys' Shoes, Special at \$2.90. Sturdy black and tan leather shoes with thick soles are in sizes 9 to 13 1/2. Sizes 1 to 5 1/2 are \$4. (Gallery, Market)

Hats Eager for Easter—at \$5

What an array of color and charm and variety! One would know that Easter was very near by these hats, alone. They are bright with the spirit of newness and each one seems to know that women want to look their very best on Easter. Fiber cloths, silks and straws are used alone or in combination. Trimmings call upon cherries, flowers, ribbons, ostrich (both curled and glycerined), embroidery, ornaments and fruit. As for colors: periwinkle, daffodil, beige, navy, red, lavender, many blues and black are all here. Really, these are the prettiest \$5 hats in a long while! Children's New Hats for Easter Are \$1.85 to \$5. (Market)

All the Lovely Kinds of Easter Dresses —\$10 to \$25

\$10 for dresses of crepe de chine, with embroidered sleeves or braid trimmings. Of taffeta with tinsel embroidery. \$10. Of wool jersey with contrasting pipings. \$10. Of Poiret twill trimmed with braid. \$10. \$16.50 and \$25. Here are literally hundreds of lovely Easter frocks of all sorts—taffetas, Canton crepes, wool crepes, crepes de chine and of taffeta and Georgette combinations. Every fashionable color will be found among them. Many handsome sample gowns—just one of a kind—are here. Lace Dresses, \$20 and \$22.50. Radium lace is used with Canton crepe in dresses in henna, beige, silver and black. Wonderfully effective for dinner gowns. Tweed and Jersey Cape Frocks. First choice among the younger set! These are in Copenhagen, lavender, rose and tan, some fringed all around. \$16.50 to \$37.50. Extra-Size Dresses, \$15 to \$25. A complete showing of new Spring silks in sizes 12 to 52. Of Canton crepe, taffeta and crepe meteor, carefully cut and prettily made. Mostly black, brown and navy blue. (Market)

Mary Janes—the Easter Pumps —of Fine Leathers at \$9.90

A choice of five, with low covered heels and finely turned soles, and every one of the five earns a woman's admiration and appreciation. Of patent leather or black calfskin; of patent leather with backs and straps of fawn or gray suede; of black calfskin with gray suede. Women's Oxfords and Pumps at \$6.50. Black or tan oxfords have low or medium heels and welted soles. There are patent leather Mary Jane pumps, with low heels, at \$6.50. Special at \$5. Women's and girls' black or tan calfskin oxfords have low heels. Ruddy tan low-heel pumps have an ankle strap with a buckle and are trimmed with stitching and perforations. 5000 Pair of Children's Shoes in 50 Styles at \$2 to \$5.40. Sizes all the way from a wee 2 to a girl's 6. Among them are many styles of button and lace shoes, including: Patent leather with white tops, white buckskin, white leather like buckskin, tan or black calfskin, black patent leather with cloth tops, mahogany leather and so on. Mary Jane pumps are of patent leather or tan calfskin. (Chestnut)

