Place a drop of water within the angle formed by each match. The matches will open out into the star diagram shown in Figure 2.

for use next winter when they will be high-priced.

24 NURSES TO GRADUATE

School Exercises Torught

loss of weight in meat while per piece will lose less in comparion of pound for pound than the smaller

piece or the piece that is cut thin.

Two methods govern the principle of cooking meats. One is that method that is used for soups and broth: asmely, placing the meat in cold water and heating slowly to boiling point, and then simmering slowly. This manner extracts the nutritive pieces and the flavoring into the liquid, thus enriching the broth or soup. The other method consists of cooking the meat in such a manner that the pores are sealed immediately, and the juices and nutriment, as well as the flavor, are all gonserved in the seat. This method consists of cooking meats such as are used for stews, got roasts and braises, by either covering them with boiling water or searing at once until well browned with dry heat and then adding all water boiling hot.

Brolled, panned, or roast meat has its surface charred or browned quick.

with dry heat and then adding all water boiling hot. Broiled, panned, or roast meat has its surface charred or browned quickthus again conserving the nutritive substance and also the flavor. Cleaniness and neatness is essential in the
keeping and handling of all foods for
our health's sake. This means not only
absence of all visible signs of dirt and
fifth, but also care to prevent undelith, but also care to prevent undelith, but also care to prevent undelith, besteria from developing.

well after
well after
basicle the water glass. Use one
package of water glass to ten quarte
of boiled and cooled water. If you
purchase the eggs for winter packing
be sure and tell the farmer that they
are not to be wiped, as this will remove the fine film covering of the egg.

fith, but also care to prevent unde-strable bacteria from developing.

Food and drink may become dan-serous carriers of disease and death-dealing bacteria. Every year many thousands of folks are made dangersaly ill through careless methods of radling foods and storing them in

Refuse to buy foods that are exceed to the dirt and dust of the highuse or that remain uncovered for
the fits. Often the heat used in
belies will be held in the clinical amphities will be delivered
by Dr. William J. Taylor.

Members of the graduating class are
Jemima McCready Barr, Marguerite

by Dr. William J. Taylor.

Members of the graduating class are Jemima McCready Barr, Marguerite Dudley Borton, Ruth Cashel, Mary Paulden Dale, Ruth Margaret Davis, Charlotte Biddle Deacon, Effic Mildred DeFrehn, Dorothy Bliss De Vine, Evelyn Carmelia Dudley, Margaret Earnshaw, Beatrice Grace Gledhill, Mabel Jackson, Martha Estella Lanning, Meta Elizabeth Lemke, Emma McHale, J. Elizabeth Miller, Helena Catherine Rauch, Margaret Josephine Rees, Laura Scott Roberts, Elizabeth C. Roe, Ester Martha Staiger, Dorothy Jane Sutter, Emily Andrews Vale and Marion Stuart Wurtz. Food that has started to decay has irendy developed harmful bacteria e intestinal disturbances can be di-actly traced. Then again, you never on tell whether the deadly ptomaine sin tell whether the deadly promaine sum is already present. The warm wather will be here very shortly and the housewife should make it an important duty to carefully investigate the refrigerator. A poorly constructed hox will prove expensive, as it will not keep the food below danger temperature, and one serious spell of illness from this cause will have paid for a very expensive refrigerator, not counting the worry, fear and anxiety. counting the worry, fear and anxiety. It is dangerous, indeed, to be penny careful and pound foolish in regard to the refrigerator and the places where

When people are living in over-crowded communities, unless caution and care is exercised by the house-wife and the family in safeguarding the foods and keeping the premises clean and keeping the premises clean and free from trashy accumulations, disease soon overtakes them. Careful, conservative buying is necessary to prevent waste, and a reasonable amount of care in storing the food as well as in cooking it, for if the food is carelessly stored no d as well as in cooking it, for if food is carelessly stored no ount of cooking and seasoning will tore the lost natural flavor. Also, will make little difference how expensive the food may be if poor and carelessly cooked. This may be sum-

med in the following way:

Money is wasted if expended for
this food; fuel and time are lost because of careless method employed;
family are insufficiently fed and must

mek other food to appease their appetite, thus increasing the cost of the
food thus purchased.

Despite the fact that experts claimthat men eat more than women, I
find that the amount required by the
man and woman is about the same,
and they eat about equal portions.

The growing lad, of fifteen to twenty,
can eat and digest about one and onecan eat and digest about one and one-half times more food than that re-quired by the adult. This may be eas-ily understood when the activities and growth of the lad are taken into con-sideration.

Of late years there is a decided change in the amount, quality and variety of food necessary for our physical upkeep. This is due partly to our present method of living and the fact that by far the greater proportion of our population is engaged in sedentary or indoor labor. Then, too, our facilities for travel have become luxurious and convenient and we no longer walk to our daily employment, and seldom, unless we are housed in old-fashioned buildings, even walk upstairs; therefore, we no change in the amount, quality and even walk upstairs; therefore, we no longer require heavy protein or the sich carbohydrate dishes. So for this cases there must be a decided change

our dietary plans.

The middle-aged adult will do well eliminate breakfast entirely and take in place of this meal a glass of fruit inter middle-aged adult. take in place of this meal a giass of fruit juice mixed with equal amount of cold water and a cup of coffee, if desired, and then at noon a light luncheon, consisting of a plate of soup, a salad and dessert, with a beverage if desired. The evening meal may be as usual. This will prevent the dull, heavy feeling that comes over you every afternoon, and will also give you sufficient energy to complete your day of toil and still be fresh in the evening.

To plan a menu like this will eliminate the usual spring lassitude that usually is called spring fever, and help you to be physically fit during the warm months that are coming.

From now on, and until late in the fall, we will have plenty of the green, succulent fruits and vegetables in our markets, and the wise housewife will plan to have them in abundant variety on the table for every meal, cutting down sharply on meats and starchy dishes. From now on, plenty of reasonably priced eggs will be found in the markets and shops, so plan to use them often, as the protein source of the menu, and if you can be sure of chaining nearby fresh eggs, by allimans put down as many as you can



CHAPTER IV

their dancing was fast and filled with queer antick.

At first the birds and frogs, intent on outdoing their foes in racket making, paid no attention to the white flags. Then the birds and the frogs near to Jack and Janet began to watch the queer antics of Jack and Janet. They stotpped their screaming and their croaking to watch the better. General Purple Swallow and General Croaker looked to see what was lessening the racket, and they, too, became curious as to the dance.

Jack and Janet, seeing their plan had succeeded, quit their antics.

"Now," said Jack to the panting birds and gasping frogs, "what is this racket war all about?"

"The frogs say they are better music-makers than the birds," screamed General Swallow.

"The birds say they are better music-

Fresh eggs gathered during the menth of May may be placed in water-glass solution and then stored in cool place for winter use. Do not move or disturb after final process.

makers than the birds," screamed General Swallow.

"The birds say they are better music-makers than the frogs," bellowed General Croaker.

"And the frogs are not! They are not! They are not!" shricked the birds from the trees.

"And the birds are not! They are not! They are not!" boomed the frogs from the bogs.

In an instant the war was on afreah. Indeed, it was fiercer and more rackety than before, as both the birds and the frogs had been able to catch their breaths in the moment's pause.

Then Janet suddenly turned a somersault. And Jack followed with a cartwheel? flip-flop. This astonished the birds and frogs and abruptly they quit their racket. Janet faced General Croaker.

"We have come to settle this war," said Janet to General Swallow. "Don't you dare let the birds make any more noise until we have heard both sides." Boil the water and cool the water before adding the water glass. Stir well after adding the water glass to dissolve the water glass. Use one

said Janet to General Swallow. "Don't you dare let the birds make any more noise until we have heard both sides."
"We don't want another croak out of you frogs," said Jack to General Croaker. "We are going to end this silly racket."
"Well, then, end it," bellowed General Croker saucily. "Tell us we are the better music makers."
"No," screamed General Swallow. "Tell the truth. Tell those frogs our music is sweeter."
The war blazed up once more. The birds shrieked; the frogs bellowed.
Then Jack had a happy thought. He turned three cart-wheels, one after the other, to silence the birds, and as they

Pennsylvania Hospital Training

other, to silence the birds, and as they stopped to watch he shouted his mes-"We have a human musicmaker here," he said, pointing to Fred the Fiddler, who still held his hands over his ears. "He knows all about music. We will leave the matter to him."

FOUTHFUL DASH OF GEN. GRANT Hitherto unpublished personal anecdotes of America's great general, as told by his distinguished sranddaughter, the Princess Cantacusens, will appear in the Magazine Section of next Sunday's Public Lindens in honor of the hundredth anniversary of General U. S. Grant's birth. Read the Magazine Section every Sunday, "Make It a Habit."

Wanamaker's Down Stairs Stor



Gay Sports Hats and Sailors, \$3 to \$6

ing of new ones!

A wonderfully wide assortment of sailor hats of dark shiny straws, combinations of light and dark straws, in turn-up or turn-down shapes. Most of them have attractively draped bands. Navy, brown, black, tan, purple, Copenhagen blue and

In sports hats of every imaginable shape and size the colors are softly blended or brightly contrasted. They show greater diversity than in many, many seasons.

The little fringed hat pictured is only \$8.85; very effective, made of crepe de chine and felt in several two-tone combinations.

What possibilities for every woman or young woman who wants a sports hat or sailor and wants it at a small price!

(Market)

Men's All-Wool Sports Suits Well Cut and Wanamaker Tailored Are Low Priced at \$25, \$28.50 and \$30

Look around and you will find that it's very hard to get a well-set-up sports suft of all-wool tweed for less than \$35 to \$38-in fact, very few stores are able to show them. These are Wanamaker suits through and through, and are of uncommonly good tweeds in excellent brown and tan mixtures and herringbones.

Coats are cut with pleats, half-belts and roomy pockets. Some even have the new golf back, which provides a pleat at the back of the shoulder, close to the sleeve, allowing perfect freedom of movement.

Young men are wearing sports suits everywhere these Spring days.

Business Suits

With Two Pair of Trousers \$32.50

All-wool, of course, in navy blue or black with pin stripes and in good mixed patterns. Coats are single breasted and semi-conservative in style. Fine every day business suits for men and young men.

(Gallery, Market)

Colonial Rag Rugs

40c to \$1.50 More of the favorite hit-andmiss weave in fresh, gay colorings. All are woven of new, clean factory rags, so there are no germs lurking within! Sizes from 18x86 inches at 40c to 3x6 feet at \$1.50.

Bloomers, Petticoats, Nightgowns, Chemises, . 50c to \$1

Two very special items we have been waiting for are bloomers of white pajama check at 50c for regular and 65c for extra sizes. Also pink and white crinkle

crepe nightgowns at \$1.

Petticoats of flowered cotton taffeta at 75c and envelope chemises and nightgowns of white nainsook at \$1 are likewise specially priced.

Women's Silk Stockings Black or cordovan in good silk stockings with seamed backs and tops and soles of fiber and lisle

nterwoven or mercerized cotton second quality. All-Linen Kitchen Toweling, 20c Yard An importation from Great Britain that housewives will welcome as superior quality at a dis-tinctly low price. 16 inches wide.

get) have fancy color tops.

Central Aisle Every Fashionable Kind of Coat, Cape or Wrap in This Wonderful Collection

at \$16.50 to \$35 Tan polo coats Sports coats of mixed tweed

Sports coats of herringbone tweed Wraps of Bolivia and velour Capes of tweed, velour and Bolivia Capes of navy blue tricotine and serge

In every type there is a variety of styles—and, a great point in their favor, you will not find many capes or wraps of any one kind. This assures individuality of style which many women prize highly. In color there are plenty of the soft tan and beige shades so

fashionable, as well as Sorrento and Pekin blues, orchid, American Beauty, rust, henna and navy and black. Sketched on the left is a navy blue serge cape finished with silk

fringe and a throw scarf. It is lined throughout with printed silk and is only \$16.50.

The other wrap sketched is of Bolivia, in light colors, with crisscross stitchery and heavy silk tassels for trimming., \$27.50.



Have the Cars Slip-Covers Cleaned

O Contraction of the contraction

This is the season to brighten up the automobile and put on its clothes.

No matter how soiled the slip-covers were last fall, our special process will bring back the original shade and make them spotless.

An increasing number of our patrons have this work done here regularly. It is both economical and satisfactory.

All articles insured for fire and theft until delivered to you

I. HERZOG & CO.

Germantown's Dyers& Cleaners

5904 Germantown Avenue Phone, Ger. 03-92

Orange sie sie in the sie se and contrate or contrate sie se se se se se se se



Wee Knitted Capes for Miss 2 to 6

Children's Imported Cotton

Socks, 50c Pair

right now at the beginning of the season, when mothers are

buying them for the youngsters. These are mercerized socks

me-not, gold, lavender and dull green; another style with small

cuffs has striped tops in white, pink, blue and brown.

for girls or boys wearing sizes 6 to 91/2.

The best value in socks we've seen for many a day come

White socks have deep cuff tops in checks of pink, forget-

Navy, cadet blue and brown socks (they're usually hard to

Nothing in the way of wraps for tiny little girls has ever seemed quite so pretty and cozily warm as these knitted woolen

\$4.25 for the Cape Pictured It comes in dull green with deep collar, ands, armholes and fancy tassels of white,

or in a tan and brown combination. A knitted cape in a fancy stitch comes in rose or turquoise blue with a deep shoulder collar of tan brushed wool, or in pink with white or gray brushed wool. \$4.50.

SPARKLING NOTES From the Jewelry Store

Glittering rhinestone pins, to catch up the brims of the smart little hats of the day, are in the shape of darts with round, pointed

or triangular heads. \$1. Bracelets of black silk cord have gleaming beads or pendants in all the colors of the rainbow. 65c and \$1.

An Important Little Half Price Sale of Finesse Corsets, \$4.50 In 3 Models for Heavier Figures

Finest pink broches are used in these splendid corsets, suitable for tall stout figures, short stout figures and medium stout figures. They are heavily boned with black boning and each corset has six hose supporters.

A point which marks these as corsets of the highest type is the shield of pink silk plush inside of the front steel of each. Sizes 24 to 32, though not all sizes in each model.

An excellent opportunity to buy a really fine corset for the price of an ordinary one.

Silk-and-Cotton Crepe 50c a Yard

is in great demand for dainty underclothes, for negligees and Summer frocks for mother and the girls. Very lustrous and airy, in orchid, forget-me-not, peach, rose, pink, Copenhagen, silver, lavender, wistaria, navy and black; it is 36 inches wide.

White Habutai, \$1 Yard

Excellent quality for sports blouses, underwear, pajamas, etc. 36 inches wide.

Chinese Pongee (Dust Free) \$1.50 Yard

Unusually heavy grade, suitable for slip-over frocks and capes, or suits and skirts. 35 inches wide in a creamy tan shade.

Fresh, Pretty Gingham Dresses for Schoolgirls \$1, \$2 to \$5.50

Plaids, stripes, checks and plain colors in numberless styles for girls of 6 to 14 years. Nearly every girl needs several of these becoming, serviceable frocks to finish the school term and begin

Shirtwaists and Skirts for Juniors

The shirtwaists are crisp, pretty affairs of dotted dimity, of cross-bar lawn with red or blue checked gingham collars and cuffs, of cotton pongee with frills of Japanese crepe, etc. \$1 to \$3.50.

Skirts to wear with sweaters or separate coats are of checked velour, striped and plain serge, knife, side or box pleated. A va-riety at \$5.50, \$5.75 and \$6.75.

Step-in Bloomers in Pretty Colors, \$1.50
Sun-glow, orchid, light blue, white and pink are the colors, in very fine batiste. The step-ins are finished with hemstitching and wee silk rosebuds. and wee silk rosebuds.





Patent Leather Mary Jane Pumps Brown or Black Oxfords in Women's Sizes, \$6.50

Here's fine choosing among women's most fashionable footwear. Nine out of ten well-dressed women are wearing either oxfords or Mary Jane pumps, and here they are at a very moderate price.

Mary Janes are of patent leather with low heels and welted soles. Oxfords are of tan or black calfskin or of black or brown kidskin with

Cuban or low heels and serviceable welted soles. Exactly right to wear with tweed

Women's Eyelet Ties and High Shoes Half Price at \$2 Pair

Patent leather one-eyelet ties have low heels and welted soles. Broken sizes. Black dull leather high-laced shoes have medium and low heele. (Everybody needs at least one pair of shoes of this type.) ' All sizes.

Women's Fine French Kidskin Gloves, \$2 Pair

A few months ago similar qualities were a dollar more and every one thought them very good. These are the best \$2 gloves we've had in our regular stocks since before the war! All are full-length two-clasp style.

Overseam-sewn gloves are in white, black, tan, brown, beaver and gray self-sewn or in white and black with contrasting Parispoint backs.

Pique-sewn gloves are of slight-ly heavier kidskin, very soft and elastic, in gray, brown, tan, white and black with wide two-tone embroidered backs or in white and black with self-em-

(Central)

Japanese Crepe in **Bright Colors** 35c Yard

For smocks, aprons, house dresses, fancy work, draperies, women's and children's frocks and all the other uses that this practical material can be put to. Especially attractive for dresses when smocked in black or a contrasting color.

Tiger lily, forget-me-not, rose, orchid, lavender, sunglow, French blue, cadet, pale green and white. 30 inches wide. (Central)

Extra-Size House Dresses at \$2

So clean looking! That is what one notices first. The material is a fine percale in lavender, blue, black or pink checks. The dresses are made in a long-waisted style that is almost straight of line. They have snowy pique collars and are excellent value at the low price. Sizes 48 to 52.

(Contral)

