

Food Must Be Clean When Selected, Then Comes Right Way of Preparing It

By MISS M. A. WILSON... The cooking of food has much to do with its real nutritive value...

Two methods govern the principle of cooking meats...

Food that has started to decay has already developed harmful bacteria...

When people are living in overcrowded communities, unless caution is exercised...

Of late years there is a decided change in the amount, quality and variety of food necessary for our physical upkeep...

To plan a menu like this will eliminate the usual spring lassitude...

From now on, and until late in the fall, we will have plenty of the green, succulent fruits and vegetables...

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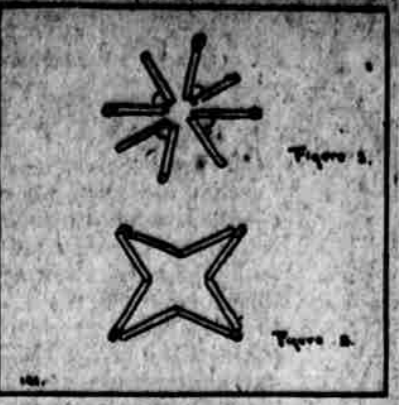
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No. 141—The Match Star... Break four matches at the center and lay them as shown in Figure 1.

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.

To Water Glass Eggs for Winter Storage... Fresh eggs gathered during the month of May may be placed in water-glass solution and then stored in cool places for winter use.

Water glass, or soluble glass, is the name given to potassium silicate or sodium silicate, the commercial product often being a mixture of the two.

Do not wash or wipe. This means no soiled eggs can be used. Be sure there are no cracked ones, for one cracked egg will spoil the whole crock.

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 package of water glass to ten quarts 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.

24 NURSES TO GRADUATE... Pennsylvania Hospital Training School Exercises Tonight.

Members of the graduating class are: Jennie McCready Barr, Marguerite Dudley Borton, Ruth Cassel, Mary Paulsen Dale, Ruth Margaret Davis, Charlotte Biddle Deacon, Edna Mildred DeFrehn, Dorothy Bliss De Vine, Evelyn Carmelia Dudley, Margaret Egan, Beatrice Estelle Glanville, Mabel Jackson, Martha Estella Lanning, Meta Elizabeth Lemke, Emma McEneaney, J. Elizabeth Miller, Helena Catherine Rauch, Margaret Josephine Rees, Laura Scott Roberts, Elizabeth C. Roe, Esther Martha Stalger, Dorothy Jane Sutter, Emily Andrews Vale and Marion Stuart Wurtz.

YOUTHFUL CASE OF GEN. GRANT... (Historical anecdote about General Grant's childhood).

ADVENTURES

The Music Makers... Jack and Janet had found the Fielder in the woods where he is trying to catch a new lute.

CHAPTER IV... Who Are the Better Music-Makers? Janet and Jack, waving their handkerchiefs as white flags, danced between the warring birds and frogs.

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 stopped their screaming and their croaking to watch the better.

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

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

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

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

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

"The frogs are not! They are not! They are not!" boomed the frogs from the bog.

"Well, then, end it," bellowed General Croaker 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 stopped to watch he shouted his message."

"We have a human music-maker here," he said, pointing to Fred the Fielder, who still held his hands over his ears. "He knows all about music. We will leave the matter to him."

Wanamaker's Down Stairs Store



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

It's great fun to choose a hat from among this jolly gathering 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.

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 \$3.85; 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!

Central Aisle Every Fashionable Kind of Coat, Cape or Wrap in This Wonderful Collection at \$16.50 to \$35

Colonial Rag Rugs 40c to \$1.50... More of the favorite hit-and-miss weave in fresh, gay colorings.

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.

Women's Silk Stockings 75c... Black or cordovan in good silk stockings with seamed backs and tops and soles of fiber and lace interwoven or mercerized cotton.

All-Linen Kitchen Toweling, 20c Yard... An importation from Great Britain that housewives will welcome as superior quality at a distinctly low price.

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 suit 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.

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.

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 crisp-crook stitchery and heavy silk tassels for trimming. \$27.50.

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.

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.

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.

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.

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.

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.

Women's Eyelet Ties and High Shoes Half Price at \$2 Pair... Patent leather one-eyelet ties have low heels and welted soles.

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.

Step-in Bloomers in Pretty Colors, \$1.50... Sun-glow, orchid, light blue, white and pink are the colors, in very fine batiste.

Have the Car's Slip-Covers Cleaned... This is the season to brighten up the automobile and put on its "summer clothes."

RUSSIA CALF VAMPS BEIGE SUEDE BACKS... We present this idea in countless new styles for Spring and Summer.

Children's Imported Cotton Socks, 50c Pair... The best value in socks we've seen for many a day comes right now at the beginning of the season.

Wee Knitted Capes for Miss 2 to 6... Nothing in the way of wraps for tiny little girls has ever seemed quite so pretty and cozy warm as these knitted woolen capes.

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.

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Silk-and-Cotton Crepe 50c a Yard... is in great demand for dainty underclothes, for negligees and Summer frocks for mother and the girls.

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