Before planning to make the different dressings. I would like to say a word about some combinations that are popular, yet are out of dietetic balance. First we have the fruit salads, and my experience in the last few years and my experience in the last few years in having many gentlemen protest against the serving of oil dressings led me to investigate, and I now can tell you some interesting facts. The fruits are cooling, cleausing, supplying some roughage to the intestinal tract and satisfy the palate with their delicious, delicate flavor. The process of digeation of these fruits is extremely simple, and does not tax the digestive organs. If a dainty fruit dressing is used as the salads they then become valuable and pleasing to the taste, supplying needed vitamins and mineral saits. On the other hand, if they are coated and covered with an oily dressing, the oil and seasonings create a disturbing effect, and many will tell you that some of these effects are in the form of indigestion. The oil coats the fruit, hiding the very elements that you are so anxious to bring to the body, while the spier content over-stimulates the gastric juices. Combinations such as cheese and pineapple create the same condition, and many cases of scute inspicy content over-stimulates the gastric juices. Combinations such as cheese and pineapple create the same condition, and many cases of acute in-digestion can be traced to this combidigestion can be traced to this combi-nation. Cheese, a protein food, is di-gested in the stomach, the various juices of the stomach handling the protein as it does the protein centent of meat. The incapple contains a vegetable sub-stance that has the power to accelerate the digestion of food. This, when dressed with oily dressings, creates a disturbance and faulty digestion occurs. Serve all fruit sainds with fruit juices or special fruit salad dressings that do not contain either oil or butter. Serve all vegetable salads with either

Do not combine fruits and vegetables. Do not combine protein foods with other fruits or vegetables. This means that cheese, meats or chicken bould not be combined with either the fruits or vegetables.

French, mayonnaise or cooked dress-

Spice Vinegar Place in piece of cheesecloth

The blades of mace, One piece of stick cinnamon,

Tuelva cloves, Tuelve allapice,

One piece of ginger root.
One piece of cadmus root or one-half

caspoon of cadamon seed, One clove of garlic, One teaspoon of mustard seed. Tie securely and place in saucepan. Then add two cups of malt vinegar or the plain old-fashioned apple cider vinegar. Heat slowly to boiling point and then turn in fruit jar. Let stand until cool and seal.

Mint Vinegar Use the white wine or malt vinegar for making this vinegar. Place in pint

One cup of vinegar.
One cup of finely chopped mint leaves, taking care to pick the leaves from the stem before chopping.
Stand in sunny window for three days and then seal, atrain the vinegar in ten days and seal. It is then ready to use.

To use the above vinegars, add
One tenspoon of the vinegar to both
the dressing and to the vegetable or while cooking to give real flavor.

Honey Dressing This is a natural all-fruit salad dressing, and is very palatable. Place in small bowl

One-half coup of honey.

Juice of one lemon.

Juice of one orange.

Pinch of nutures.

Pinch tablespoons of sirup from the

Mereschino cherry bottle.

Beat to blend and serve.

MRS. WILSON'S ANSWERS Mrs. Wilson-Please give recipe

MARIE FLEMING. Ginger Ale

Place in large preserving kettle
Pive pounds of sugar.
Three gallons of water.
Itoil for fifteen minutes and add
Four ounces of powdered ginger, tied
two thicknesses of cheesecoleth,
One small pot of preserved ginger.
Cutting the ginger in small preserved ginger.

cuting the ginger in small pieces; add the sirup ffrom the ginger pot also; now boil for thirty minutes and let cool, then filter and add one yeast cake crumbled in little particles; stir well and let stand for two hours and then bottle. To filter line the colander with three paper napkins and set the colander over a small bowl in a large bowl or crock and pour in part of the ginger ale and allow it to filter through. This makes the ale aparkling and clear.

Dear Mrs. Wilson—Are apples in any way injurious to the system? I have a continual craving for the same and eat at least five a day. I am wondering if this is too many.

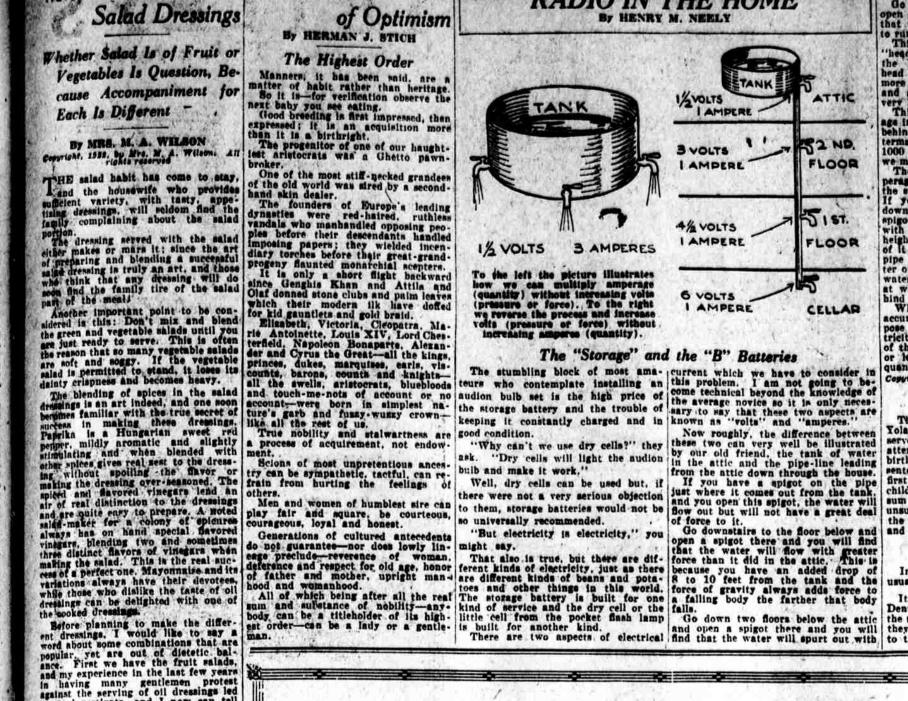
FRUITY.

If you do not allow this apple eating to take the place of your regular meals, the eating of apples will not cause any have: If you are an indoor worker have the same any have: If you are an indoor worker have the same any have: If you are an indoor worker have the same any have:

Two Minutes of Optimism

By HERMAN J. STICH

RADIO IN THE HOME



decidedly more force than it did from

decidedly more force than it did from the tank.

Go all the way down into the cellar, open a spigot there are you will find that the water will have force enough to run a small motor or water-wheel.

This is due to what we call the "head" of the water—in other words, the height from which it falls. A head of 50 feet will have a great deal more force than a head of 25 feet, and a head of 1 or 2 feet will have very little power behind it.

This head of water is similar to voltage in electricity. Voltage is the power behind the current. We measure it in terms of 1 volt or 6 volts or 100 or 1000 volts, as the case may be, just as we measure the head of water in feet.

The other aspect of electricity, amperage, might be likened toythe size of the stream which flows from the tank. If you have a ½-inch pipe leading down through the house and open the spigot in the cellar, the water will flow with the regular speed of water at that height, but you will not get so much of it in a given time as if you used a pipe 2 inches in diameter. The diameter of the pipe governs the quantity of water and the head governs the force at which it flows, or the pressure behind it.

While the comparison is not strictly accurate, it is sufficient for our purpose to know that amperage is to electricity very much what the diameter of the pipe is to water—that is, more or less roughly, an indication of the quantity.

Copyright, 1988, by Public Ledger Company

Copyright, 1888, by Public Ledger Company

A Lucky Nurse

The reported engagement of Princess Yolande and the Belgian Crown Prince serves to recall how the nurse who attended the Italian princess at her birth and in early infancy was presented with \$2000 with the royal baby's first tooth, another \$2000 when the child was able to speak and a similar sum when the little princess walked unsupported. In addition to these gifts the nurse received a liberal salary and a life pension.

Wedding Customs In Bohemia the bridal wreath is

usually made of rosemary. It is the custom for engaged girls in Denmark to wear a plain gold ring on the third finger of the left hand. When they get married the ring is moved to the third finger of the right hand

WANAMAKER'S

The Wanamaker Down Stairs Store

A Cool, Well-Ventilated Shopping Place on One Floor

Glistening Sports Satin for Summer Skirts-\$2

Brocaded fiber silk sports satin comes in all the lovely colorings that women like to wear with Summer sweaters-wistaria, flame, Pekin blue, pink, Copenhagen, turquoise, gold, sand, tan, black and white. 39 inches wide,

Women's White Canvas Pumps at \$5

Mary Jane pumps, with a buckled strap, have low heels and the leather sole has a white welt

Other canvas pumps, with a buttoned instep strap, have covered heels and white leather soles.

Oxfords at \$5.75

White canvas sports oxfords with corrugated soles and flat heels of flexible white fiber have white calfskin wing tips, waistbands and back pieces.

Black-and-white oxfords combine shiny black patent leather and snowy canvas admirably. The wing tips, cut-out waistbands, and back pieces are all of patent leather. Low heels are also black.

Beads Like Ice

Clear, glittering beads like drops of mountain pring water; frosted beads that make one think the windows on the coldest day in January; hanging clusters of clear beads like icicles; glistening white beads like quartz crystals in a cool, damp cave—necklaces of coolness for the hot days of Summer! 50c to \$1.50.

(Central)

Women's Knitted Wool **Bathing Suits** In Large Sizes—\$8.75

Well-cut suits on generous proportions make the swim doubly enjoyable. Sizes 38 to 48 - in black, brown, tan and navy with contrasting

Swimming Slippers **Entirely of Rubber**

are new this season. They fit like a glove and stay on in the water and are so light that one scarcely knows that they are there. In rose, blue and black,

(Surf Store, Market)

RATINE The Most Popular Summer

Cotton is making some of the smartest sports skirts, slip-on dresses, cape dresses and kiddies' frocks.

Imported ratine in plain bright colors is \$1

a yard, or in stripes, checks and plaids of many colors at \$1.50 a yard. 36 inches. Domestic ratine in plain gray, blue, buttercup, lavender, brown, rose, etc., 50c yard. 36 inches wide.

Imported Check Gingham 38c Yard

Two sizes of checks in fine, silky looking gingham, 32 inches wide. Black, navy, light blue, pink, green, red and lavender with white.

How Little a Pretty Frock Costs

—\$3.50, \$4, \$4.50, \$5

-when one buys it in the Wanamaker Down Stairs Store! Scores of models are of practical gingham in pretty styles, trimmed with pique, organdie, dotted voile and so on.

Cool Dresses of Imported Gingham—\$6.50

The gingham is so soft and fine that it is a joy to touch, to wear and to look at. Many of the dresses are trimmed with cluster

bands of sheer white organdie, as refreshing as a cool breeze. Some of the bodices are of gingham combined with organdie and trimmed with gingham hands. Brown, green, violet and Copenhagen checks

Refreshingly Smart and different are frocks of cotton crash in linen

color at \$6.50. The skirts and collars show stripes of green or Copenhagen.

\$21.50

Means Something Particularly Fine in

Men's All-Wool Suits Just Now

It means one of the best values we have offered in a long while. The all-wool fabrics are cheviots, fine herringbones, indefinite checks, etc., and some plain gray or brown mixtures. They are so much finer, so much more closely woven, so much more durable than anything obtainable at anywhere near the price last season. These are before-thewar value and then some.

All are conservative and semi-conservative suits that business men of good standing wear. As for the tailoring, we need only say that it lives up to the quality of the fabrics.

(Gallery, Market)

1000 Extra-Fine New Neckties, 65c

By far the best we've had in a long, ong time for such a price. Mugadors-rich heavy silks seldom found in any but expensive ties.

Taffetas in a fine assortment. Stripes of every width and color combination—usually on dark grounds. All open-end four-in-hands.

(Gallery, Market)

Cool Barred Marquisette 25c a Yard

"I'll take a whole bolt of it!" said one man. He happened to be a man who knew the value of good curtain material. This is in white, cream and ecru with large cross bars and wide tape borders. It makes very dainty half-sash curtains for bungalows and Summer cottages. 36 inches

Plain marquisette, in white or cream, is 36 inches wide at 20c a yard.

Cretonne, 20c a Yard

For people who want to make their Summer. homes livable and pretty, this is exactly right, for it is in charming patterns and costs very little. Average 35 inches wide.

Women Are Learning What Real **Corset Comfort Is**

Five years ago any one showing corsets like these would have been thought demented. But now women are refusing to wear the heavy, uncomfortable harnesses of former years and are adopting lightly boned, comfortable girdles that allow freedom of movement.

Especially for slender women is this cool little hip confiner. The bones in the front are just 7 inches long and the back is only 9. It laces in back and has four hose supporters. \$1.50.

New Things at \$3

These corsets are cut longer in back, but are comfortably short in front. One has 7 strips of elastic across the back; the other laces in back and has elastic inserts. Both of pink batiste and perfect for any kind of outdoor activity.

Light-Weight Mohair Sweaters Only \$2.50

Smooth, loosely knitted slip-overs in the prevailing style which all young women are wearing. These have a dropstitch stripe and a bound V neck. In French blue, buff, orchid and jade green-all with sashes. (Central

Cool Frocks for Little Girls, \$2

Of airy voiles or batistes with printed stripes or dainty patterns on white grounds. Some are trimmed with crisp white organdie. Sizes 7 to 14 (Market)

Sale of Women's Muslin Underwear, 50c and \$1

Fresh new undermuslins bought as a first of June special but late coming in. All of the underthings are cool, fresh and most inexpensive.

White nainsook corset covers are trimmed with lace and embroidery. Step-in sets are of cross-bar pink voileimagine how cool and airy that is! Vests and

step-in drawers, each 50c. Step-in drawers of pink batiste are tailored or trimmed with colored hand-embroidery.

Bloomers are of white pajama check or of pink or white batiste touched with embroidery.

Ten different styles in nightgowns—of flesh, orchid, light blue or white batiste with a lacy square neck. Of plain white batiste or with lavender or blue stitching or lace. A tailored white muslin nightgown comes in sizes 15 to 20—regular and extra sizes.

Envelope Chemises, \$1 Of orchid, light blue or honeydew batists with a tailored hemstitched top.

Other Lingerie Specials

85c for two-piece pajamas in orchid, flesh, light blue or white. 75c for white sateen pettlecats with double front panel and tucked flounce.

announce A Re-Building Sale!

at 127 South Thirteenth Street

Commencing-Monday-June-Twelfth Women's and Misses' Apparel "At Drastic Reductions"

Entire Stock Included—Without Reservations This shop must be in the hands of the builder July first. Rather than risk the depreciation-even ruination of stock inevitable in the dirt, dust and chaos of re-building-we offer you-

At the Very Height of the Season the Newest and Most Exclusive Merchandise for Emphatically Less Than August Clearance Sale Prices

For Example Dresses—Values \$19.75—\$25—\$39.75 -\$59.75—\$85—\$125

At \$5-\$10-\$15-\$25-\$35-\$45 and \$55 Coats, Wraps and Capes

Values-\$39.75-\$45-\$50-\$89.75-\$125 At \$7.50-\$19.75-\$25-\$40-\$55 and \$65

Blouses—Values \$2.00-\$2.95-\$4.50 \$5.00-\$10.00-\$22.50 At 50c-\$1.00-\$2.95-\$5.00-\$12.50

Sports Skirts-Sports Suits and Three-Piece Costumes Millinery-French and American Models Many Models at Less than Cost

127 South Thirteenth Street

Owing to the enormous increase in our volume of business during the past year, we must enlarge the Thirteenth Street Shop. The re-building operations include an ENTIRE NEW FRONT AND ENTRANCE—A NEW ELEVATOR SYSTEM—A GREATLY IMPROVED SELLING FLOOR AND FITTING ROOMS AND NEW LIGHTING AND VENTILATING SYSTEM.

"MILLARDS"