

# In the Kitchen

## JAMS AND PICKLES

Some of the least costly of the summer and early fall products can be transformed into delicious jellies for the winter table if a little time is given to their preparation. In the heart of the pear season use up the less perfect pears in the making of pickles. Grapes, too, can be spiced, and are a tasty accompaniment to a meat dish.

### Pear Meat Jelly

12 large pears  
1 pound of sugar  
1-4 cupful of lemon juice  
8 whole cloves  
1 tablespoonful of gelatine.

Pare and quarter the pears and place in a shallow dish with the sugar, cloves and just enough water to cover. Stew until tender, but not broken. Place in small glass jars. Soften the gelatine in a little cold water, dissolve in the hot juice of the pears. Keep in a cool place.

### Watermelon Pickle

3 pounds of brown sugar  
1 quart of vinegar  
1-2 watermelon rind  
1-2 tablespoons of cinnamon  
1 tablespoon of cloves  
1 tablespoon of allspice.

Pare the rind and cut into inch pieces. Wash and set aside to drain. Cook the sugar, vinegar and spices together and boil for one hour, then add the melon rind and cook until tender. Drain off the pieces of melon and pack into stone crocks. Continue boiling the syrup for 15 minutes, then pour over the melon.

### Grape Pickle

7 pounds of grapes  
4 pounds of sugar  
4 teaspoons of powdered cloves  
4 teaspoons of powdered cinnamon  
2 cups of vinegar.

Remove the grape skins and set aside. Boil the pulp until soft, then strain through a colander into the skins and other ingredients. Boil for two hours and pour into hot sterilized bottles. This makes a spicy, seedless, grape pickle.

### Rhubarb Jam

3 pounds of rhubarb  
1 pound of figs  
3 pounds of sugar  
1 lemon, juice and grated rind  
1-4 teaspoon of salt  
1-4 teaspoon of cloves  
1 teaspoon of ginger.

Do not peel the rhubarb. Wash and cut into inch pieces. Wash and chop the figs and put with the rhubarb and half the sugar in a kettle and let stand over night. In the morning boil until clear, then add the other ingredients and cook until thick.

### Ripe Tomato Jam

3 pounds of ripe tomatoes  
3 pounds of sugar  
2 lemons  
1 teaspoon of ginger  
1-4 teaspoon of salt.

Scald the tomatoes and peel, then cut in half and remove the seeds. Cook for two hours with other ingredients, skimming and stirring frequently. Pack in small sterilized glasses and seal tightly.

## GRAHAM CRACKER CAKE

One cup white sugar, 1-2 cup oleomargarine, 3 egg-yolks, 1-4 cup milk, 1 teaspoonful vanilla, 3 graham crackers, 2 teaspoonfuls baking power.

Cream the butter; add sugar, egg yolks (beaten well), liquid and graham cracker crumbs alternately; lastly add the three egg whites, which must be beaten stiff. Bake in two layers in a moderate oven for 15 minutes.

## TO PUT IN YOUR COOK BOOK

While the amount of ice cream and other ices eaten in restaurants and ice cream parlors has enormously increased within the past few years, far less ice cream is packed at the ice cream producer's and delivered to private houses. This is due to the enormously increased cost of ice cream so delivered. Many concerns that formerly were willing to send it packed in this way have actually given up this end of their business and those that continue have fewer orders because of the great advance in price. And though many housewives still make ice cream at home the increased cost of ice and the high price of cream make this less interesting than it was some years ago.

Meantime there are some desserts that can be made at home which, though they are not actually frozen, may be made very cold if kept near the ice for some time before serving, and they prove almost as welcome on

## Stiff Hats to Protect Miners

The United States Bureau of Mines would be glad to persuade the coal and other miners of this country to wear stiff hats. Not "stovepipes," but some other sort that would protect their heads against the danger of falling rocks.

All over Europe in the mining districts, underground workers are required by their employers to wear stiff hats. In France and Germany these head coverings are commonly of papier mache. British miners wear padded caps, or sometimes tight-

a warm day as does ice cream. Desserts made with gelatine are especially cooling. If you find that plain jelly is insipid you can vary them by the addition of beaten white of egg or whipped cream. Always be sure to have it well chilled, as nothing is flatter than tepid jelly. Sometimes by serving a little sliced fruit or berry with the jelly a good effect is gained. Much depends on the appearance. If you garnish the dish with leaves or flowers it adds to the appetizing effect. Here are some recipes that may prove helpful:

### Pineapple Snow

Take one can of chopped pineapple and drain off all the juice. Cover half box of gelatine with one cup of cold water and let stand until softened, then add the chopped fruit and juice and two cups sugar. Stir over boiling water until dissolved, then add the chopped fruit and juice and two lemons. Add the whites of two eggs beaten until stiff and stand the mixture in a pan of ice water and beat 15 minutes. Turn into a mold and let it harden on the ice. Serve with whipped cream.

### Filled Pineapple

Filled pineapple is made by scooping out the fruit of a large pineapple, chopping it fine and replacing it after it has been mixed with pulp of one small grapefruit, a quarter of a pound of seeded, chopped Melaga grapes, and a teaspoon of powdered sugar—all thoroughly stirred together. The pineapple should be served on a bed of broken ice in a glass bowl.

### Ginger Pear Loaf

Pare, quarter and core enough pears to make a pint of pulp when cooked. Stew the pears in a syrup, seasoned with lemon rind, until soft enough to mash into a pulp; and then add a cup of finely chopped preserved ginger. Soften a third of a box of gelatine in half a cup of water. Bring the pulp to a boil and add half a cup of sugar and the gelatine, stirring until dissolved; then pour into a bowl and set on ice. When the pulp begins to stiffen beat with a cream whip until light and stiff; then add a pint of whipped cream that has been sweetened. Pour into dish and set on ice again. Garnish with preserved ginger.

### Bavarian Cream

One quart of sweet cream, the yolks of four eggs, beaten together with a cup of sugar; dissolve half an ounce of gelatine in half a teacup of warm water; when it is dissolved stir in a pint of boiling hot cream; add the beaten yolks and sugar; cook all together until it thickens; then remove from the fire; add the other pint of cold cream, whipped to a stiff froth, adding a little at a time, beating hard; season with lemon or vanilla, whip the whites of the eggs for the top; dip the mould in cold water before filling; set in a cold place, to this could be added peaches or any other seasonable fruit.

### Apricot Mould

One can of apricots, one wineglass of orange juice, one ounce of gelatine, whipped cream. Drain the apricots on a sieve and reduce the syrup to half its quantity by boiling. Pass the fruit through a sieve and mix it with the syrup. Add the wineglass of orange juice and the dissolved gelatine. Pour into the mould with open center, and when set turn out and fill center with whipped cream.

### Pineapple Whip

Pare a pineapple, remove the eyes, and grate. Put the pulp upon a sieve to drain. Beat the whites of four eggs till frothy. Add four tablespoons of powdered sugar. Beat till stiff. Fold in one pint of cream, whipped. Beat in the pineapple pulp, adding as much as the cream and meringue will hold without becoming too soft. Serve very cold in custard glasses.

### Snow Cream

Four whites of eggs, one pint of cream, whipped; one teaspoon of vanilla, four tablespoons of powdered sugar, one tablespoon of sherry. Beat the whites until foamy; add the sifted sugar by degrees, beating steadily; then beat until stiff and glossy. Add vanilla. Whip the cream to a stiff froth over a pan of ice. Stir it carefully into the meringue. Serve in glasses, very cold.

### CORN PUDDING

One can corn, two eggs, salt, pepper, sugar, two tablespoonfuls oleomargarine, one pint milk.

Method: Beat the eggs, not separating yolks and whites). Add them to the corn; then add to this milk and oleomargarine. Season to taste with salt, pepper and sugar (if desired). Bake until firm.

fitting caps of sole leather resembling a jockey's in pattern. This style of headgear has saved many a "pitman," crawling through a low coal bed, from the infliction of a broken head by encounter with a rock.

When the subways of New York and Philadelphia were in progress of construction the engineers and laborers, to safeguard their heads, allowed their hair to grow very long and wore felt hats or close-fitting caps. In the Lake Superior district at the present time the miners usually wear stiff hats. In metal mines such a protection is especially valuable. A small piece of rock falling down a shaft may kill a man if it strikes him on the head; but a stiff hat may save his life.

## Francis Paulus Returns to Belgium

By LEN G. SHAW

When Francis P. Paulus, having succeeded in gathering up most of his art treasures that had been scattered to the four winds when the Germans occupied Bruges, turned the key for the last time in the house that had been his home during these happy days preceding the world war, he bade goodbye forever to Belgium. The country whose quaint people he had perpetuated on canvas, whose wonderful buildings and landscapes and bits of river and wharf he had erected with a skill that gave him world fame, was to know him no more. Battle-scarred, filled with refugees who had lost their all in the Titanic struggle, its cathedrals wrecked, its mills silent, it was a picture of desolation and despair that made no appeal to one in whom there was the least touch of the artist.

That was more than a year ago, when Paulus, who lingered at the outbreak of the war until discretion became the better part of valor, and then, with a few unfinished canvases in a roll, under his arm and what personal effects he could carry, hurried to England, went back after the signing of the armistice to ascertain to what extent he had been a sufferer, because practically all of his worldly possessions were left behind. It was with a sad heart that he took his last survey of Bruges, and with increasing sorrow that he made his way through the devastated areas of the one time sunny France that he had known so well, firm in the conviction that henceforth America and Detroit were good enough for him.

But within a month Mr. Paulus will be on the Atlantic on his way back to Belgium, where he plans to take up the work which was interrupted that unforgettable day when the first of the enemy hordes clattered into Bruges. Mr. Paulus, who was reared in Detroit, and who has a warm place in his heart for the city where much of his life had been spent, admits that the hold Belgium took on him, the fascination it exercises from an artistic standpoint cannot be shaken off, particularly when there is present-day Detroit as an alternative.

"The noise, the clatter, the mad rush here," said Mr. Paulus, shrugging his shoulders deprecatingly, in discussing his change of plans.

"I came back to Detroit full of ambitions and ideas. I wanted to stay here and work. That was why I brought my art treasures here and had to auction them because I could find no place to keep them without paying a fortune for rent. But I found that I could not concentrate. Always there was the snort of a motor, the smell of gasoline, the clatter of a truck, the mad scramble of people—and little else. The Detroit of even a few years ago has gone—never to return.

"There were some things I should have liked to do here. But they were impossible. Fancy a man trying to catch Woodward avenue, with the business district at a vista. Before he had the first detail fixed in mind along would come a motor car—and if he didn't step lively he'd get an entirely different vista than he had figured on.

"It is such a contrast to Belgium, with its quaint market places and its picturesque people. Over there you can plant your easel in the middle of a street and nobody pay any attention to you. Here, if you attempt to make a sketch on a pad of paper everybody else stops working and crowds around as if you were a freak who had escaped from a zoo. It is all so different, and besides—"

"Then besides being that Belgium has laid hold on Mr. Paulus, just as Paris has on countless others, and he is going back to his old love. He will probably make his headquarters in Bruges, but he plans to preserve in etchings the war ravages around Verdun and the country to the south, including some of the cathedrals that in their ruined splendor stand as a silent testimony to the most ruthless savagery civilization has ever known, and as a constant rebuke to their despoilers that the Detroit artist believes should be perpetuated for all time to come.

## Cupid Sleeping

(From the Greek of Plato)  
Through a shady forest going,  
Found we cupid, all alone,  
And his cheeks, so smoothly glowing,  
Like to garden apples shone.

He had not his quiver by him,  
Nor his bow, well-bent and strung,  
But we soon espied them nigh him,  
Midst the leafy branches hung.

Swarms of tawny bees come flying  
All about his waxen lip—  
Often thus one sees them trying  
Flowers, that with honey drip!

—GEORGE HORTON.

Japan has the greatest number of divorces each year of all nations of the world, while the United States is second.

It is estimated that from 500,000 to 600,000 lives are needlessly lost from preventable diseases every year in America.

## Sugar and its Sources

"Sweet as the Sugar Cane," and Things That Are Just as Sweet

Once upon a time (and it is not so very long) some enterprising American started the idea of making sugar from watermelons. But this new idea of increasing the supply of sugar was very short-lived. Refrigerator cars and cold storage made a wider and more profitable market for the melons themselves.

Now that sugar brings so high a price, however, perhaps the idea may be found practicable. Possibly new sources of sugar may be worked successfully.

For sugar exists in many growing things besides the sugar cane and the sugar beet, from which it is chiefly made for the world's use.

Sugar has been made from different kinds of palms for centuries by the natives of India. The palm ("arenga saccharifera") yields 87.91 per cent of cane sugar ("sucrose") as compared with 93.33 per cent from the sugar cane, 92.90 per cent from the sugar beet and 82.80 per cent from the maple tree.

The saps from many trees, besides the sugar maple, contain sweets. Among these are the wild date ("Phoenix sylvestris"), the birch ("Betula papyrifera"), the butternut ("Juglans cinerea"); the "pinus Lambertiana" (which grows in Australia and California); apple and pear trees, etc.

The bamboo ("Bambusa argeata") was a source of sugar to the ancients in Asia and is thought to be the first plant from which sugar was extracted.

The vegetable garden is full of sources of sugar. Maize (or Indian corn), with which experiments have been made, gives 88.42 per cent of sugar. Durra (or Asiatic and African corn)—"Sorghum vulgare," known in the United States as Chinese sugar cane—is a good syrup-producing plant. Peas have a small percentage of sugar. So have rice, onions, celery and asparagus, carrots, turnips, sweet potatoes, barley meal, oatmeal, rye, etc.

The stage of growth and the degree of ripeness have a very decided effect on the kind and quality of sugar in fruits. Apples have about 2 per cent, ripe roseberries and ripe pears about 6 per cent; raspberries, strawberries and apples about 8 per cent; sweet plums as high as 14 per cent; ripe bananas 11 per cent; ripe peaches 16 per cent; cherries 18 per cent.

Figs, raisins and dates are rich in sugar. Dried figs yield over 60 per cent of sugar. Raisins are used for making sugar in practically all the countries of southern Europe and western Asia.

Sugar exists (in solution) in many vegetable juices. It is found in the stems and roots of the grasses, especially the sugar cane, sorghum and cornstalks; in fleshy roots like the beet; in the sap trees; in almost all sweet fruits, and in the nectar of flowers. See the bees and the birds dipping into the heart of the garden blossoms! They are after the sugar.

At the present time the sugar cane and the sugar beet are the only important sources of the world's sugar supply. For the proportion of sugar is not large enough in other sources to make profitable its separation from the other substances with which it is combined. Pure sugar does not grow in nature. It is an artificial product of man.

There are some sources of other sorts of sugar. Chief among these is milk, which yields "lactose," or "milk sugar," quite a different thing from the sugar of commerce.

The honey of bees is a well-known source of sugar. But honey in itself is too highly prized as a wholesome sweet food to permit its being turned into dry sugar for the table or kitchen.

The sugar maple ("Acer saccharum") was the first leading source of sugar in the United States.

## Aid for "Farmers Mutuals"

Assistance has been given a large number of farmers' mutual fire insurance companies by the United States Department of Agriculture by suggesting to these organizations suitable articles of incorporation, by-laws, and application of policy forms. In connection with the by-laws recommended by the department's specialists a classification of risks has been prepared which has received the endorsement of the National Association of Mutual Insurance Companies. Already several companies have adopted this classification. A set of by-laws prepared by the department for one of the more progressive farmers' mutual wind-storm insurance companies is now recognized as a model among leading men in this particular field of agricultural insurance. A simple system of records for farmers' mutual insurance companies prepared by the department within recent months is already being used by seven concerns and more than a score of other companies indicate by correspondence that they are contemplating adopting the system of records.

A declaration of war always brings down the suicide rate of a country, while a financial panic increases it.

## A Little Talk on Thrift

By S. W. Straus, President American Society for Thrift

A list of fifty men who are taking leading parts in the business life of America shows that only four of this number are under fifty. The average age is sixty-one, while twelve of the group are past seventy.

It is thrift of years to prolong one's period of usefulness as much as possible. Youth, with its restless ambitions and its unfulfilled dreams, has a place in the great affairs of men. But it is a fallacy that the age of fifty marks the dead-line of accomplishment. Comparatively few of the men who have played prominent parts in shaping the course of civilization were known to fame at fifty, and most of the epochal accomplishments of mankind have been brought about through the power and genius of those well beyond the half-century mark.

Chauncey M. Depew once said that "Men and women have died because they have believed what King David said. You can die any time you like if you think hard enough that you cannot live beyond that time." While it is true that there are some lines of work that can be performed only by young men and young women, it is a false doctrine of economics that the burden of human advancement falls entirely upon youthful shoulders. No phase of thriftiness is as cruel in its manifestation and as false in its philosophy as that which proclaims the uselessness of so-called old men.

It is just as much a part of thrift for a man to remain active and useful to the very last possible day as it is to conserve money or material resources.

Thrift of time means putting as many years of accomplishment as possible into the span of one's life as it means the putting of as many busy moments as possible into each day.

The man who at fifty has not yet found his place in the great affairs of men need not be discouraged. He still has his chance. He should learn to treasure his mistakes and his failures as a fund of priceless experiences, and with this dearly-paid knowledge and wisdom, set forth to accomplish the great work which he feels lies within his power. No man ever is defeated as long as he still can kindle the fires of ambition in his soul. His life may be a story of wasted years, but this grim fact should prove only a scourge to drive him on to ultimate success.

Thrift does not consist alone in saving money, conserving food and wearing made-over clothes. The prolongation of the years of one's usefulness constitutes one of the most glorious examples of his virtue.

The sum total of human accomplishments will be immeasurably increased when humanity learns the profound lesson of the thrift of years.

## Squabs for Army

The soldier in these days is a man of varied occupations. Indeed, there is hardly a trade known to civil life that is not practiced in the United States Army.

For instance, in the signal corps a feature is made of raising homing pigeons, to serve as carriers of intelligence, and the duty of breeding and training the birds is assigned to a section of that branch of the military service in which officers and men are specially educated for the purpose.

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## Inquiry Saves Paper

A single page leaflet, entitled "New Light on the Forestry Question," carrying the announcement of two new publications by the United States Department of Agriculture, has been mailed to several thousand persons commonly interested in Department of Agriculture activities. This method of determining what persons will be glad to receive publications about to be issued in accord with the policy of the department which endeavors to limit the number of copies of bulletins, circulars, etc., distributed to persons who believe they will be directly benefited by them.

This particular leaflet calls attention to the fall report on forestry conditions in this country which the Forest Service has prepared in response to a resolution passed by the Senate. It also states that a summary of this report in the form of a department bulletin has been prepared. This latter can be had free by addressing a request to the United States Department of Agriculture, Washington, D. C.

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## Bread and Butter for the Kiddies

Good white bread and butter. Bread with peanut butter, Graham bread and butter. Raisin bread and butter. Raisin bread and butter. Or any of these healthful breads with pure jam or jelly—and a glass of rich, creamy milk!

How the children love it! How it buskiness to their young limbs, tingling life to their bodies!

Older folks got it, of course—the "piece" between meals with a regular thing when we were youngsters, but too many kiddies of the present day have the candy or cookie habit in the place of real staff of life.

Of course, candy and cookies have their place, but small children should have regular rations of bread and milk between breakfast and lunch and lunch and dinner—especially children of school and kindergarten age. The younger ones rarely let mother forget it, but older children frequently object to missing some part of their prytyme to sit down and eat—especially bread!

It's very easy to cultivate this healthful habit in children, and if the bread-and-milk time menu is varied, if all the different kinds of bread are used and then unsweetened graham or oatmeal crackers once in a while for a change, you'll find they'll get to like their little lunches tremendously.

Also, bread and milk are very inexpensive when compared with the return they bring and very easy to prepare.

Up to the time we entered the war, the largest national drive for raising money had been a pension fund for clergymen, with \$4,000,000 as its objective.

## Noted Airman Trains to Reach "The Ceiling"

In order to train himself for an attempt to reach what airmen call "the ceiling," situated roughly seven and one-half miles high, and so break the world's height records, M. Jean Casale, the famous French airman, who has held height records, planned a severe and novel endurance test.

To accustom himself to the low pressure and cold at great altitudes, M. Casale has constructed a special pneumatic bell in which he will seal himself, and after it has been hermetically sealed, the air will be gradually pumped out until the barometric pressure falls to that approximating the pressure registered near "the ceiling." At the same time a refrigerating apparatus will be set to work and the bell gradually cooled.

M. Casale says that when he made his six and one-quarter mile record, he felt no particular sensation until five miles high, when he became numb and could hardly move his limbs. His hands and feet seemed to weigh about 150 pounds. Higher still his brain became affected and he felt indifferent to all sensations of life or death.

Approaching the six-mile level he began to experience loss of memory and to lose all idea of how to operate the motor and steering gear. At this point, therefore, he turned his aeroplane's nose earthward and began to glide down—Continental Daily Mail.

## The Bedbug

It is no disgrace to have bedbugs but it is a sign of indifference or carelessness to maintain this disgusting human parasite in the home. It is not generally known among housekeepers that this little "bezzar" will migrate from one house to another, passing through cracks in walls or along the water pipes or gutters. Migration from an infested house is sure to happen if the human occupants leave.

During the day these pests hide in all sorts of places; in the cracks of the floors, under washboards, and wall paper, in the walls, and where wooden beds are used they can be found in the cracks and under the slats.

The activity of bedbugs is regulated by the food supply. They feed exclusively upon human blood. They can go long periods without food. Carefully conducted experiments have proven that adults can live from 54 to 316 days without food. Even newly hatched bedbugs live 17 to 42 days without any food whatever.

The most effective method of controlling the bedbug provided the infested building is isolated, is to fumigate with hydrocyanic acid gas. It is deadly poison and must be handled carefully by an experienced person. A bulletin upon household fumigation by this gas will be sent upon request.

A safe and effective remedy is heat. If the temperature of a building infested with bedbugs is raised for 135 degrees Fahr., and that temperature maintained for twelve hours there will not be a live bug left in the building, and the eggs will also have been killed. The heat will be far more effective if there is a high humidity. In steam heated houses this can be easily produced by opening the air-cocks in the radiators.

For further information regarding household pests direct questions to the Bureau of Plant Industry Pennsylvania Department of Agriculture, Harrisburg.

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