CHEAPER FOOD GRADES EFFECT BIG SAVING

Loretto C. Lynch, Noted Expert on Household Problems, Gives Some Shopping Advice.

BY LORETTO C. LYNCH.

"Has Mrs. Hennessy been in yet, Herman?" queried the bustling little housewife, as she blew into Arley's grocery store a little earlier than was her wont.

"She has," answered the weary Herman as he mechanically wrapped a dozen packages or so into one neat bundle for the customer he had been attending.

"You're next," Mrs. Farley; "what tonight?"

"I suppose," continued the somewhat excited Mrs. Farley, "that, as usual, she bought the best of everything!"

"Yes, she even treated her family to a box of our Southern strawberries—only $1 a box tonight," Herman suggested, for he had been a clerk in this neighborhood some years and he had learned by constant contact with housewives of this poor neighborhood more psychology than many young men learn in a long time at college.

The remark had its effect. Mrs. Farley fairly bristled. And drawing her shabby shawl a bit closer she placed her market basket down with a bit of a jerk.

"Well, Herman, my husband is earning just as much as Hennessy, and see that you show me the best quality of everything I ask for tonight."

This is not fiction. It is fact. And the clerk later told me that there was a marked change in the demands of the great mass of housewives when they came shopping today. They call for nothing but the best quality of every commodity. I began to think that, perhaps, this was peculiar to this particular neighborhood, where there is much shipbuilding and wages are uncommonly high.

But just at this time there came to me the statement of Mr. Cumpson, president of the New York Wholesale Grocers' Association. This gentleman says we cannot expect lower prices for at least two years to come. Four things make this certain, in his opinion: a short supply, an immense demand, short hours and high wages of labor, and the universal call for the highest quality regardless of cost. He says that this last compels wastage of lower grade products and puts more demand and more prices on high grade goods.

Yet I earnestly believe that there are housewives who have never seen the problem from this angle. Now, of course, we all know that there is no economy in purchasing something that is not fit for human consumption. But there are several grades in commodities that are edible. For instance, one may purchase broken rice at a decided saving. The grains are simply broken and not quite so pleasing to the eye. Yet, I had to go to at least a dozen grocers before I could fine some broken rice.

Carry High-Priced Goods.

In the poorest enighborhoods grocers told me they no longer carried it because they never had a call for it. And in several of the stores I tried the clerks assumed that hurt expression that I have often noticed on the faces of $25-a-week saleswomen when a timid woman dares say she is not interested in the $125 suits—that she thought she—might—be able to get something for about $35.

One of the things I have tried to impress upon my students who are studying scientific marketing, is this: If you must, only sacrifice appearance and not food value, by all means buy the cheaper grades.

Again, food that had to be cooked, may be purchased cheaper in bulk. In other words, oatmeal and some other cereals that have to be cooked very thoroughly before being eaten may be safely purchased in the "loose." And this is especially true if your dealer is a modern one and keeps his wares properly protected from dust and other foreign matter.

Crackers a Clean Eatable.

There are certain things that we eat without further cooking. For instance, it may seem more advisable to eat chackers from a package, the contents of which has not been handled by human hands. But I must confess it has been something of a mystery to me why women buy dried peas in a glass jar at a huge price, when if they cook them and finely boil them, thus making them quite as thoroughly clean by physician sterilizes his dirty surgical instruments.

Suppose you make a list of all the commodities you purchase within a month. Make inquiry as to the prices of the various grades of each commodity and list them. Decide also just which commodities you may safely purchase in bulk and which you prefer to purchase in package.

And let us wish—this time—that thrifty housewife's table. They came in for the table of the enormous wealthy among us. Why not let them have these luxuries until nature provides them in our own neighborhood in their proper season. We can enjoy them then at a fair price as well as at their very best.

VALUABLE ADVICE FOR CARE OF COMPLEXION

Cavalieri Gives Timely Hints on Restoration of Healthy, Ruddy Tint to Face.

BY LINA CAVALIERI.

Perhaps your skin is fairly smooth and comparatively free from wrinkles, but you are very pale. This detracts from your appearance because your face looks as though every drop of blood had been drained from it. Naturally enough, it is easy to deduct that your stock of vigor is below par by the dry texture and loose condition of your skin. Ask your physician to give you a tonic.

Meanwhile, you can refresh your skin by giving it a cologne bath. Pour a few drops of cologne or rose water over a piece of gauze and pat the face lightly with it. This will coax the blood quickly to the surface.

Another way is to soak a square piece of flannel in olive oil and place it over the face. The skin absorbs this oil and in a short time looks much fresher.

Should you, despite your tired, bloodless aspect, have to be seen in public, bathe the face in tepid water, using a handful of almond meal, wet with a few drops of benzoin, instead of soap. Then dash cold water upon the face. This soon calls back the color that has forsaken the visage.

Many women follow the sensible practice of "giving the face a drink." For proof of the efficacy of this carry to your bathroom a drooping, dying plant. Turn upon it with the rubber spray a shower of cool water. Very shortly you will see the fainting plant revive.

Just as grateful as was this plant for its needed draft is the skin that is parched, in the first stage of the dreaded withering process, for its "drink."

The way to do it is to close your eyes, hold your breath and thrust your face deep into a bowl of cool water. Keep it thus submerged as long as you are able. Then, raising your head, breathe deeply and again thrust your face into the water. Repeat this drink five or six times, keeping your face in the water as long as your breath will permit.

After you wipe the moisture off with a soft towel you will be amazed to see the response that your complexion makes to the treatment. Your skin will seem transformed from a brownish white parchment, crossed by the faint etchings that portend wrinkles, to a delicately smooth, pink and white silken surface.

The skin should be one of the "liveliest" things in the beauty's whole make-up, yet it is that part of you which oftenest looks "lifeless." A "dead" skin, as specialists know it, is pale and withered looking. It is seamed with fine lines and appears absolutely devoid of moisture.

There are many methods of remedying this regrettable appearance, which adds so many years to a woman's apparent age, and which by some means must be avoided.

The fundamental remedy is a change of diet. The old-fashioned advice, "Eat two apples and drink a glass of water before going to bed," makes a most excellent beauty rule. It gives nature prompt and powerful aid in cleansing the interior of our bodies, and until this is done there can be no clear, live skin. A mottled, pimpled skin is an almost infallible sign of an unclean interior.

But the apples eaten at night are not enough. Drink lemon juice slightly diluted with water in the morning. The juice of an entire lemon pressed into the glass and diluted with same quantity of water will cleanse the stomach and aid wonderfully in clearing the skin.

Another remedy for a dead-looking, mottled skin is a teaspoonful of grape juice with the same quantity of olive oil night and morning.

A French remedy for a faded skin is to eat a small plateful of watercress with salt every day. Any woman who really wants to be beautiful will always eat some kind of fresh green salad every day for this same reason.

PLACE TORNADO DEATH TOLL IN SOUTH AT 44

Eighty People Are in Hospital and Mass-Meeting Raises $50,000 Fund.

ATLANTA, GA., March 30.—The toll of dead from Sunday's tornado's in Georgia and Alabama, appeared tonight to be finally determined upon at forty-four.

Reports from the Mayors of La Grange and West Point, Ga., placed the fatalities at La Grange at twenty-two and at West Point at eight. Two other persons were killed in Georgia, one at Macon and one at Milner, while twelve were killed in Tallapoosa County, Alabama. Eighty persons are still in hospitals at La Grange, while twenty were severely injured at West Point.

Citizens of La Grange at a mass-meeting today subscribed $50,000 for aiding the sufferers.

Cudahy Leaves $2,500,000.

MILWAUKEE, March 30.—Patrick Cudahy, wealthy meat packer, who died several months ago, left an estate valued at approximately $2,500,000, according to the inventory of appraisers filed in County Court today.

To abort a cold and prevent complications, take

Calotabs

The purified and refined calomel tablets that are nauseless, safe and sure.

Medicinal virtues retained and improved. Sold only in sealed packages. Price 35c.

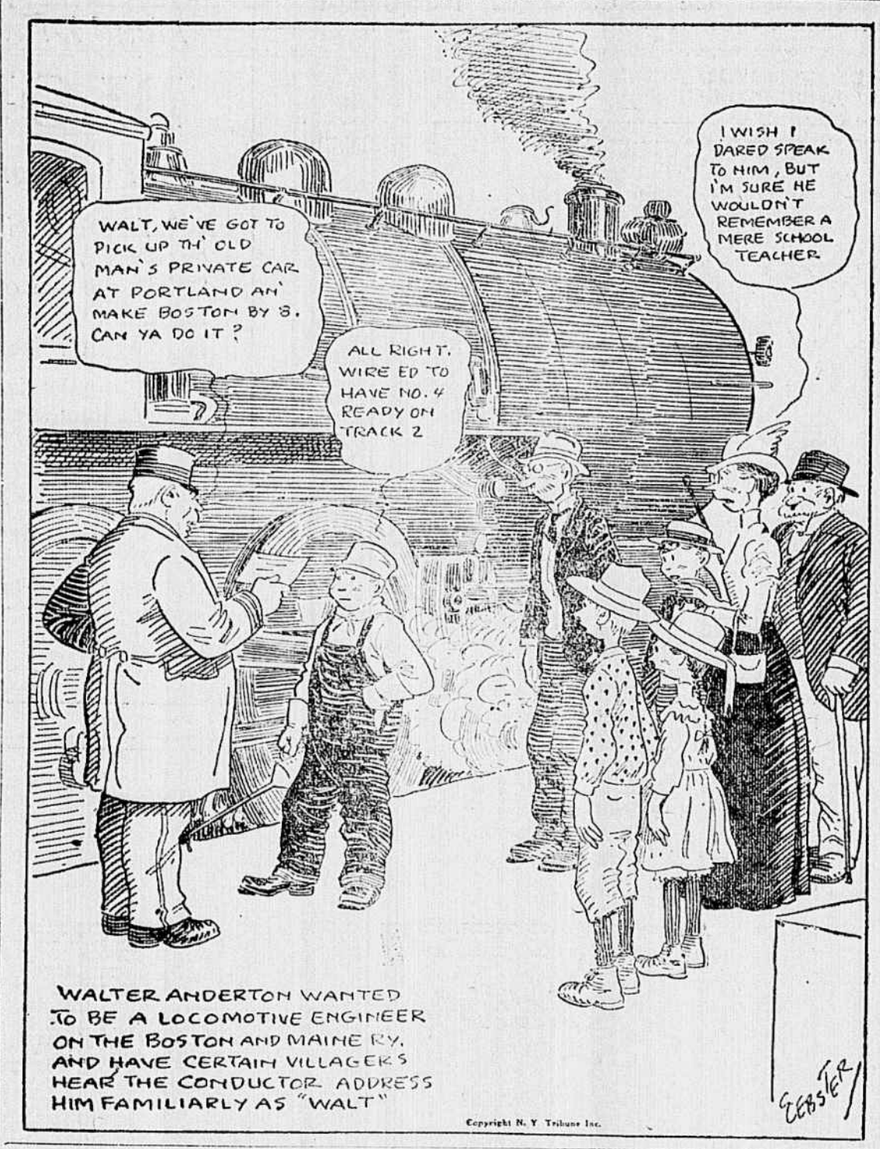
SOY BEANS

Peas, Beans, Peanuts, will double in yield if you use

NitrA-germ

It improves your crop and land. A trial will easily prove its efficiency. Costs $2 per acre. 5 acres $9, delivered. Easy to handle. Write NitrA-germ, Savannah, Ga., for Book No. J-2

Our Boyhood Ambitions



Bewitching Spring Hats Appearing

Feathers Making Unusual Impression on Millinery Ideas.

BY RITA STUYVESANT.

Irresistible, colorful interpretations of the most distinctive and individual hat ideas are showing themselves for spring in the smart shop windows along the avenue. Large hats and small hats full of beauty of the budding season are, indeed, beautifully gay with brims turned up to greet the spring, and sometimes wisps of Paradise trailing off the brim.

Brises and ribbons and fine brown straw combine their charms to create a lovely chapeau for a blond woman. The small hat was built of a plaitish brown straw wound in close coils about the shape and was faced with picot ribbons arranged around the crown was twisted and tucked a few roses in a wonderful shade of orange pink. To complete this hat one hangs a long veil of fine brown mesh and holds it entirely with an odd pin at the back of the crown.

Expressing the glory and gaiety of the outdoor world was another sport hat of embroidered squares in bizarre colors. A small round crowned hat abruptly turned up and flared off the face. It was with a foundation of crinoline. Over this were hand-embroidered squares done in yellow, dark, red, turquoise, dark blue and green. Stitches used in simple effect that was unusually effective despite the simplicity of the stitchery.

A study in black and white is always interesting, but when one sees such old subjects as black silk cloth and white wool the result is bound to be unusual. Such indeed was a youthful turban for spring days and trotteur wear, which chose black oilcloth to cover its frame and white wool to trace out small squares for decoration. With a navy blue afternoon suit this jaunty hat forms a pleasing divergence from the ordinary models one sees so often.

But one must not ignore the impression of feathers as being used in smart millinery these days, for all leading displays are showing some very striking feather hats. There are women who do not feel well dressed unless they wear "fine feathers."

A striking example of the tailored type of hat takes the form of a black dull straw in triangular sections pointed at the top Chinese style. Then the milliner cleverly adds fine glycerined clipped ostrich tips and allows them to fall at a smart angle from the top peak of the hat, nearly sweeping the shoulders.

Small hats of fine straw favor clipped ostrich feathers in dull French blue spilled over the top and wisping gracefully at the sides. And so feathers are not neglected when spring hats are planned.

VERITABLE WORM ARMY COMES OUT OF DESERT

Myriads of Crawlers Reported Headed for Growing Crops of California Valleys.

(By Associated Press.)

EL CENTRO, CAL., March 30.—Millions of army worms, reported traveling toward the green fields of Imperial Valley from the desert west of Dixie Land, in this county, were met and fought by ranchers who were prepared today to place poison on the bridges across the irrigation ditches and prevent the entry of the worms.

Where the worms came from is not known. The desert is reported covered with them over an area of several square miles. They are moving in what those who have seen them declare seems a never-ending migration to the growing crops of the valley.

Where the worms have crossed paved highways automobiles skid as on a greasy pavement.

PROMPT RELIEF

for the acid-distressed stomach—try two or three

Ki-moids

after meals, dissolved on the tongue—keep your stomach sweet—try Ki-moids—the new aid to digestion.

MADE BY SCOTT & BOWNE MAKERS OF SCOTT'S EMULSION

DR. BURKHART

Wants you to write him today for a treatment of Dr. Burkhart's Vegetable Compound. Pay for same when cured of Liver, Kidney, Stomach Trouble, Constipation, Catarrh, Rheumatism. Don't miss this grandest of remedies and wonderful preventative for Grip, Flu. Address 621 Main St., Cincinnati, O. For sale at all Drug Stores. 30-day treatment $2.—Adv.

SHOES WEAR LONGER

When you walk in comfort with shoes that fit. A package of Allen's Foot-Ease, the antiseptic powder to shake into the shoes and sprinkle in the foot-bath, gives that cold shoe comfort and rest wherever Allen's Foot-Ease makes tight or new shoes feel easy. Ladies can wear shoes one size smaller by shaking some Allen's Foot-Ease into each shoe in the morning. Sold everywhere.—Adv.

HEADACHE

Bad for Health Upsets Nerves Go to Drug Store—Try

CAPUDINE

BY DOSE AND IN BOTTLES—10¢ 30¢ & 60¢

DEEP-SEATED FRECKLES

Need attention NOW or may remain all summer. Use the old and time-tried treatment that has given satisfaction for over 15 years, and rid yourself of these homely spots.

Kintho Beauty Cream

At All Druggists and Department Stores.—Adv.

IF YOUR EARS RING WITH HEAD NOISES

If you have roaring, buzzing noises in your ears, are getting hard of hearing and fear Catarrhal Deafness, go to your druggist and get 1 ounce of Parmint (double strength), and add to it ¼ pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little, and is pleasant to take. Any one who has Catarrhal trouble of the ears, is hard of hearing or has head noises should give this prescription a trial.—Adv.

Judge Makes Erroneous Prediction Regarding Lawyer

"About one clean shirt is all I thought he would ever wear. He had fallen away to a mere shadow; was as yellow as saffron and often doubled up with pain. Doctors continually gave him morphine and were about to operate for gall stones. Mayr's Wonderful Remedy quickly restored him to perfect health again." It is a simple, harmless preparation that removes the catarrhal mucus from the intestinal tract and allays the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitis. One dose will convince or money refunded. Grant Drug Co. and druggists everywhere.—Adv.

ADMIRAL MAYO APPEARS BEFORE NAVAL INQUIRY

Faulty Organization in Department Helped to Prevent War Preparation, He Says.

(By Associated Press.)

WASHINGTON, March 30.—Faulty organization in the Navy Department and "absence of a definite foreign policy, except that of strict neutrality" operated to prevent preparation of the entire navy for the war, Rear-Admiral Mayo, commander of the Atlantic Fleet during the war, declared today before the Senate naval investigating committee. The active fleet, itself, however, was never better prepared, he said, than when war was declared.

Admiral Mayo, who was rear-admiral Sims' immediate superior, technically at least, during the war, took issue with some of the statements made by that officer in his indictment of the department's conduct of the war. To the charge that no adequate plan for co-operation with allied navies had been made in advance, he answered that the office of chief of operations had been created only in 1915 and was not comprehensive enough to secure the best possible results, but that without it conditions would have been "chaotic."

The navy was well prepared for war in 1917 as were the British, French and Italian navies in 1914, Admiral Mayo asserted, adding that it would have been better prepared had the operations' bureau been created sooner.

Admiral Mayo did not agree with Admiral Sims' contention that every available destroyer and antisubmarine craft should have been sent abroad when war was declared. He said it was imperative that some destroyers be kept with the Atlantic Fleet.

Pointing out the necessity for sharply defined foreign policy, Admiral Mayo said that the armed forces of a nation were merely the instrument to support national policies.

The Navy Department, he argued, was responsible for the efficiency of the service only to the extent of congressional provisions, and he added, that it took more than a year or two to build up a navy adequate to a great emergency.

"The differences of opinion as to what constitutes an adequate navy can be traced to our lack of a definite foreign policy," he said. "The remedy for this condition lies outside the Navy Department, but it is vital to the question at issue."

The organization of the Navy Department before and during the war and now is unsatisfactory, Admiral Mayo said.

"So long as the present organization exists," he continued, "the maximum efficiency either in preparation for war, in the conduct of war, or in economical development of the navy in peace, cannot be attained. In the present organization, responsibility for the readiness of the navy for war cannot be placed anywhere but with the Secretary of the Navy, who must co-ordinate thirteen officers, boards and bureaus."

The chief of naval operations, Admiral Mayo said, should be given more authority and wider latitude and then be held to account for lack of efficiency.

GIVE STOMACH WHAT IT NEEDS

The Alkaline Effect of Stuart's Dyspepsia Tablets Usually Corrects the Stomach Faults that Provoke Attacks of Indigestion or Dyspepsia.

To sit back after a good meal and know there is not going to be sour risings, gas, drowsiness and discomfort is the logical result of using Stuart's Dyspepsia Tablets immediately after eating. Most people believe they can trace each attack of indigestion to the something they ate and can still "taste." And it surprises them, invariably, to note how quickly relief comes after using one or two of these tablets. Whether it is highly seasoned food, rich pastry, the heavy hearty foods or some one particular offender the relief comes just the same. Those who are susceptible to attacks of indigestion or dyspepsia should try Stuart's Dyspepsia Tablets, as they supply the stomach with an alkaline effect just as it does naturally when it is working in a perfectly healthy condition.

Stuart's Dyspepsia Tablets are so widely known and used that you can get them in any drug store in the United States and Canada at 50 cents a box.—Adv.

Says Tuberculosis Is Slated to Go

Must Put Skids Under White Plague Along With Kaiserism.

BY BRICE BELDEN, M. D.

Tuberculosis is slated to go, along with yellow fever, smallpox, leprosy, human slavery and kaiserism. We must put the skids under the great white scourge—tuberculosis.

Yellow fever has been wiped out by tropical sanitation; smallpox has succumbed to vaccination; leprosy, said to have been as prevalent in the Middle Ages as tuberculosis is now, is rarely encountered. The defeat of tuberculosis is no idle dream.

Great attention is being given these days to the detection of latent tuberculosis, meaning by that the period between infection and the development of sufficient damage to enable us easily to recognize active disease.

Throughout this latent period the human body is waging warfare against the toxins produced by the tubercle bacillus. Toxins are poured out into the circulation, antitoxins are produced, and so the battle goes. The host is well or ill or only slightly disturbed as the tide ebbs and flows.

Latent tuberculosis may easily become active tuberculosis, so we have to give earnest consideration to its manifestations. The success of our efforts to wipe out tuberculosis depends largely upon the recognition of latent disease. If we wait until the lungs are actually diseased we have lost valuable time.

The signs are not very definite, but much may be inferred from certain manifestations, and the tuberculin skin test helps us to identify and exclude those who are not infected.

Run-down children and young people especially should be studied for evidence of latent tuberculosis. If a child is poorly developed, is found to be wearing the same size clothes that he did last year, has drooping lower eyelids with bluish pink triangles under the eyes, conspicuous veins on the chest, small beady glands in the neck, and a poor upper chest, you may at least suspect latent tuberculosis.

Young people who are tired all the time and thin, and whose blood pressure is abnormally low, are not infrequently subjects of latent tuberculosis.

This condition is quite manageable, and a reasonable concern at this stage will accomplish much more than panic or despair later.

Try Beazley Today.

Hearing of the case of W. A. Beazley, charged with impersonating a Federal officer, will take place today before United States Commissioner Melvin Flegenheimer. It is alleged that Beazley, a public chauffeur, assumed the role of a Federal officer to obtain two gallons of wine and a sum of money from a colored man.

The Quick Way to Stop a Cough

This home-made syrup does the work in a hurry. Easily prepared, and saves about $2.

You might be surprised to know that the best thing you can use for a severe cough is a remedy which is easily prepared at home in just a few moments. It's cheap, but for prompt results it beats anything else you ever tried. Usually stops the ordinary cough or chest cold in 24 hours. Tastes pleasant, too—children like it—and it is pure and good.

Pour 2½ ounces of Pinex in a pint bottle; then fill it up with plain granulated sugar syrup. Or use clarified molasses, honey, or corn syrup, instead of sugar syrup, if desired. Thus you make a full pint—a family supply—but costing no more than a small bottle of ready-made cough syrup.

And as a cough medicine, there is really nothing better to be had at any price. It goes right to the spot and gives quick, lasting relief. It promptly heals the inflamed membranes that line the throat and air passages, stops the annoying throat tickle, loosens the phlegm, and soon your cough stops entirely. Splendid for bronchitis, croup, hoarseness and bronchial asthma.

Pinex is a highly concentrated compound of Norway pine extract, famous for its healing effect on the membranes.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex" with directions and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Ft. Wayne, Ind.—Adv.

JOHN W. JONES WILL FACE ELEVEN CHARGES IN COURT

Alleged Organizer of Gang of Boy Thieves to Be Given Hearing Today.

Eleven charges against John W. Jones, of 822 Spring Street, who is alleged to have been the organizer of a gang of boy thieves here, will come up in Police Court this morning. Nine of the charges have been pending for some time, but two charges of petit larceny were filed against him last night.

James Campbell Peatross, alias Peachy, of 1308 McCarthy Avenue, was brought back from Washington by the police last night and confined at the Second Police Station. Peatross is alleged to have been the right-hand man of Jones and is said to have fled when the arrest of the alleged band was threatened by the police. He is charged with housebreaking and theft of a quantity of tobacco and chewing gum from a storehouse belonging to J. B. Peter, 401 South Harrison Street.

Three or four boys, who, after their arrest, were said to have implicated the two men now under arrest as the leaders of the alleged gang, have been convicted in the Juvenile and Domestic Relations Court and sent to reformatories or otherwise dealt with.

Eight charges against Jones, it is declared by the police, are to be nolle prossed. He has already been convicted on two counts and is under suspended sentence of four years in the penitentiary.

When Peatross arrived here last night he complained of hunger and kind-hearted policemen at the Second District Police Station arranged the purchase of food for the prisoner.

Postpone Trust Cases.

WASHINGTON, March 30.—Another postponement until next fall of arguments in seven antitrust suits now before the Supreme Court has been decided upon. It was said today that the Department of Justice desired to study the recent decision against the government in the United States Steel Corporation case and review the dissolution suits now pending.

FLETCHER DEFENDS HIS BREST CONVOY COMMAND

Admiral Concludes Five-Day Stand in His Own Behalf as Part of Sims Inquiry.

WASHINGTON, March 30.—Rear Admiral William B. Fletcher concluded today a five-day defense of the Brest convoy operations during the war under his command, and flag lieutenant, Joseph A. Carr, reserve force, took his place on the stand before the naval court investigating Vice-Admiral Sims' action, October, 1917, in removing Admiral Fletcher after the torpedoing of a transport off Antilles.

Under cross-examination by his own counsel, permitted over the objection of counsel for Admiral Sims, Admiral Fletcher said the Antilles and two other ships were left to the protection of only two yachts when the third yacht of the escort, the Kanawaha, was driven back to port by rough weather the night before the transport was sunk. He also answered questions by his counsel designed to compose his administration of the Brest command with that of his successor, Vice-Admiral Henry B. Wilson.

Lieutenant Carey, who also served later as flag lieutenant to Vice-Admiral Wilson, was asked how the operating orders to the commands compared.

"They were substantially the same," he said.

Admiral Sims sought to explain personally the "irrevelancy" of the comparisons, but was overruled by the court.

The Premier ELECTRIC CLEANER

UNDER furniture, all around it, searching out dirt and dust from difficult corners, goes Premier—doing better cleaning in less time and with less effort.

It's as satisfactory for one-minute crumb clearing around the dining table as it is for a thorough cleaning of the whole house. And it keeps the home bright and clean ALL the time.

Come and see the wonderful things Premier does—how it saves several hours each week—time you can and should spend in the enjoyment of life. Premier is inexpensive—convenient terms if you desire them.

W. B. Catlett Electric Co.

525 East Main Street.

Trap Flies At Their Source of Food Supply

At Your Back Door, Home or Store

Put a Curry Fly Trap, "The Scientific Fly Exterminator" at the back door of your home, hotel, restaurant, grocery store and all places where the deadly, disease carrying fly inhabits.

Kill Flies Outdoors Where They Breed

Don't Let Them in The House To Kill You

The common house fly is man's deadliest enemy, the greatest germ carrier known, causing typhoid, summer complaint and tuberculosis. Thousands of lives are sacrificed every year, due to this deadly pest. **Trap flies at their source of food supply**—at your back door or near the garbage can—the sure, scientific way.

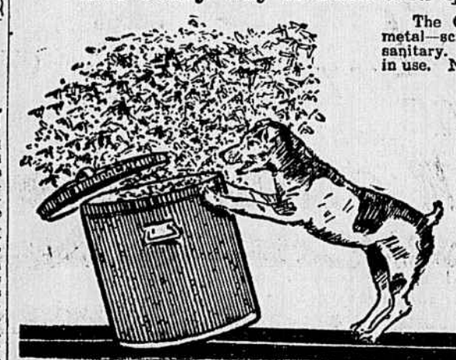
Curry Fly Trap

"The Scientific Fly Exterminator"

Used by U. S. Government for Camps and Hospitals

The Curry Way *The Scientific Way*

The Curry way is sure and quick—the most efficient fly exterminator on earth.



The Curry Fly trap operates itself—all metal—scientifically constructed—absolutely sanitary. Knocks down, when shipped or not in use. Nothing to get out of order.

No home is complete without a Curry Fly Trap—as necessary as the ice box. A Curry Fly Trap at your back door will keep flies out of the house and health in your home.

Two sizes: No. 1, 21x21; No. 2, 14x14.

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Curry Fly Trap Company, Inc.

Tulsa, Oklahoma

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