

HOME AND HEART INTERESTS FOR WOMEN—A DAILY COOKING ARTICLE—WHAT'S IN THE SHOPS

MRS. WILSON TELLS TASTY WAYS TO FIX THE WINTERTIME SALADS

These Are Very Necessary to the Daily Diet and Here Are Recipes That Help to Vary Their Sameness—Dressed Cabbage and Celery, Scallions à l'Italienne and Other Tempting Dishes

By MRS. M. A. WILSON

THE most remarkable thing about the human body is that it keeps an even temperature, no matter how hot or cold the climate may be.

Now, the housewife who does not understand food values may be providing her family with an over-abundance of the wrong food, and the family may be so very poorly nourished that they are subject to every ill that is going.

A strong, healthy body demands and requires certain foods that will rebuild muscle and tissue.

During the warm weather this will not be necessary, for the temperature of the air being near to that of the body, very little heat is given off.

The menu each day should contain, in addition to a tissue-building food, food that will supply heat and energy during the cold weather.

Here are some combinations that are good: Cut into tiny cubes the coarse outside branches of celery, having about two-thirds of a cupful.

Wash the bones and meat and then place into the fireless-cooker kettle and add the water in.

Ask Mrs. Wilson

If you have any cooking problems bring them to Mrs. Wilson. She will be glad to answer you through these columns.

Two cups of finely shredded cabbage. The red or white may be used as desired.

One small onion grated. One-half cupful of mayonnaise. Three tablespoonfuls of vinegar.

One-half cupful of mustard. One teaspoonful of salt. One teaspoonful of paprika.

Wash the salad well and rinse in water that contains about one teaspoonful of salt to each quart of water.

One-half cupful of sliced cooked carrots. One-half cupful of cooked string beans.

One onion, minced fine. One-half cupful of finely diced celery.

To Make Genuine Russian Dressing Place one cupful of mayonnaise dressing in a bowl and add:

One tablespoonful of grated raw beet. Two tablespoonfuls of grated raw carrot.

Three tablespoonfuls of grated raw onion. Two tablespoonfuls of paprika.

One teaspoonful of mustard. Juice of one-half lemon. Blend well to thoroughly mix.

Paprika Dressing Two tablespoonfuls of finely minced parsley.

Two teaspoonfuls of salt. One teaspoonful of mustard.

French Dressing Eight tablespoonfuls of salad oil. Four tablespoonfuls of vinegar.

One-half cupful of water. Three teaspoonfuls of baking powder.

Beat to mix and then add one cupful of nut meat. Then cut and fold in the stiffly beaten whites of two eggs.

Plain Cookies Place in a bowl One cupful of flour.

Molasses Cookies Place in a bowl One-half cupful of brown sugar.

One-half cupful of molasses. Five tablespoonfuls of melted shortening.

Now add One egg And cream well, and then place in separate bowl.

Three cupfuls of flour. One-half cupful of baking soda.

One teaspoonful of cinnamon. One-half teaspoonful of nutmeg.

Sift to mix, add to the first mixture. This should make a soft dough.

Nut Cake Pecans, walnuts or almonds or peanuts may be used.

Lebanon Crumb Pie Line a deep pie tin with plain pastry and then place one cupful of molasses in the prepared pie tin.

One cupful of flour. One-half cupful of brown sugar.

Adventures With a Purse

"PASS me the salt shaker, daddy," says your small son, and you realize with a start that your supply of salt and pepper holders is getting rather low.

I take it that you received a box or two of stationery for Christmas and being a gift, it is probably of very much better quality than you could afford had you purchased yourself.

Once upon a time, not so many months ago, a very clever woman made a study of women's needs.

Most of the handbags have small purses within that are attached to the top framework by means of little chains.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, Evening Public Ledger, or phone the Woman's Department, Walnut 5000.

Convenient Handbags Most of the handbags have small purses within that are attached to the top framework by means of little chains.

Keep on writing, Helen H. I have been reading your column for a long time and I must say Helen H. has written the most interesting letters that I have read.

Sorry You Had to Wait To Discourage and Annoy—You have no idea how many letters Cynthia receives in a day.

The thread of this distinguished little frock are pulled to give the fringe effect. The thread fringe is hemstitched.

A Daily Fashion Talk by Florence Rose (Copyright, 1919, by Florence Rose) FRENCH FRINGE will not do so completely as a plain fringe.

My Dear Mrs. Wilson—When buying citrus, lemon and orange peel through the food grinder for fruit cake, which knife do you use?

My Dear Mrs. Wilson—Will you kindly give me through the EVENING PUBLIC LEDGER a good recipe for plain cookies, also for molasses cookies?

My Dear Mrs. Wilson—Will you kindly give me through the EVENING PUBLIC LEDGER a good recipe for plum pudding, tells if a recipe for a fruit cake says to bake it two hours and you make only half the quantity, does that mean to bake it only half the time or one hour?

My Dear Mrs. Wilson—When buying citrus, lemon and orange peel through the food grinder for fruit cake, which knife do you use?

My Dear Mrs. Wilson—Will you kindly give me through the EVENING PUBLIC LEDGER a good recipe for plain cookies, also for molasses cookies?

My Dear Mrs. Wilson—Will you kindly give me through the EVENING PUBLIC LEDGER a good recipe for plum pudding, tells if a recipe for a fruit cake says to bake it two hours and you make only half the quantity, does that mean to bake it only half the time or one hour?

My Dear Mrs. Wilson—When buying citrus, lemon and orange peel through the food grinder for fruit cake, which knife do you use?

My Dear Mrs. Wilson—Will you kindly give me through the EVENING PUBLIC LEDGER a good recipe for plain cookies, also for molasses cookies?

My Dear Mrs. Wilson—Will you kindly give me through the EVENING PUBLIC LEDGER a good recipe for plum pudding, tells if a recipe for a fruit cake says to bake it two hours and you make only half the quantity, does that mean to bake it only half the time or one hour?

My Dear Mrs. Wilson—When buying citrus, lemon and orange peel through the food grinder for fruit cake, which knife do you use?

My Dear Mrs. Wilson—Will you kindly give me through the EVENING PUBLIC LEDGER a good recipe for plain cookies, also for molasses cookies?

My Dear Mrs. Wilson—Will you kindly give me through the EVENING PUBLIC LEDGER a good recipe for plum pudding, tells if a recipe for a fruit cake says to bake it two hours and you make only half the quantity, does that mean to bake it only half the time or one hour?

My Dear Mrs. Wilson—When buying citrus, lemon and orange peel through the food grinder for fruit cake, which knife do you use?

My Dear Mrs. Wilson—Will you kindly give me through the EVENING PUBLIC LEDGER a good recipe for plain cookies, also for molasses cookies?

My Dear Mrs. Wilson—Will you kindly give me through the EVENING PUBLIC LEDGER a good recipe for plum pudding, tells if a recipe for a fruit cake says to bake it two hours and you make only half the quantity, does that mean to bake it only half the time or one hour?

My Dear Mrs. Wilson—When buying citrus, lemon and orange peel through the food grinder for fruit cake, which knife do you use?

THE FIRST LADY OF THE LAND



It is interesting to the women of America to see this unusual frock worn by the first lady of the land during her recent memorable visit to England with the President. One notices that Mrs. Wilson's gown lives up to the last word in fashion in that it combines a fragile, filmy fabric with fur.

SHORT WOOL FRINGE COMES INTO VOGUE



The thread of this distinguished little frock are pulled to give the fringe effect. The thread fringe is hemstitched.

Please Tell Me What to Do

By CYNTHIA

Defends Helen H. Dear Cynthia—I cannot refrain from writing to you after I read "Another Who Knows" letter to Helen H.

Sorry You Had to Wait To Discourage and Annoy—You have no idea how many letters Cynthia receives in a day.

The Kind of Girls Men Marry Dear Cynthia—I can't help but admire "Another Who Knows" letter to Helen H.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

Are Men Conciliated? Dear Cynthia—This is to Concocted Ted.

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

1. For every hundred men of marriageable age in England how many women are there?

2. When a man is walking with two girls does he walk in the center or on the outside?

3. What frequently takes the place of the basket for the little new-born one?

4. Name a dainty gift for the baby who has reached her first birthday.

5. Suggest a pretty gift for the invalid.

6. Suggest a pretty gift for the invalid.

7. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

8. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

9. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

10. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

11. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

12. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

13. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

14. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

15. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

16. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

17. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

18. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

19. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

20. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

21. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

22. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

23. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

24. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

25. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

26. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

27. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

28. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

29. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

30. The use of cosmetics and perfume originated in Egypt and certain parts of the Orient.

WILBUR'S COCOA "ALL FOOD, NO WASTE" A DELICIOUS DESSERT That uses very little of the food stuffs our government has asked us to conserve.

Hidding 1422 Walnut St. WEST OF BELLEVUE STATION PARIS PALM BEACH SMART WINTER MILLINERY 5.00-10.00-15.00 Offering reductions of One-Third to One-Half former prices