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

MRS. WILSON TELLS TASTY WAYS Adventures 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 a and Celery, Scallions a l'Italienne and Other Tempting Dishes

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson, All rights reserved.)

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. When the body temperature rises or falls below normal, which is about 98 degrees Fahrenheit, we know that it is not due to atmospherical changes, but is due to internal physical disturbances, caused either from insufficient, poorly cabbage. The red or white may be cooked food, improper food or per- used as desired, haps an overindulgence in some particular food.

Now, the housewife who does not understand food values may be providing her family with an overabundance of the wrong food, and the family may be so very poorly he other hand, her plain and slaw in a bowl and cover with a spoonful of salt to each quart of a tascinating study, and I repeat elever, the other hand, her plain and slaw in a cool place. It imple menus may be so out of seasurer and put in a cool place. It is not that the digestive organs are overtaxed in caring for this food.

Wash and remove the biemistes fine and then add there exists of the system of the stady. For she discovered that the digestive organs are overtaxed in caring for this food.

Wash and remove the biemistes fine and then add the system of the specified in the appearance of her malls. But specified in the appearance of her malls. But she was the specified in the appearance of her malls. But she conjugated as the ut of order.

too, in cold weather the bodily heat dressing, evaporates very rapidly, and for this season a liberal diet of foods that be provided daily.

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; hence little or none of the heat-giving foods will be needed. But by reason of this, while we require a liberal diet of meat during the cold weather, we can very well cut down upon this variety of food during the warm weather.

The menu each day should contain, in addition to a tissue-building food, food that will supply heat and energy during the cold weather and a liberal allowance of fresh fruit and vegetables. A diet of meat, starchy vegetables and sweets requires plenty of fruit and green vegetables if the blood stream is to be kept in good condition and thus prevent the liver from becoming lazy and Aproid.

Serve daily a simple salad made market: Celery, watercress, lettuce. add romaine, endive, escarolle, corn salad. One cupful of brown gravy. red and white cabbage and scallions. One cupful of thick cream sauce, A splendid variety can be made from One ounce of grated cheese, the above Hat. Then, too, green peppers and radishes are in all win- One reaspoonful of papeika.

are good: Cut into tiny cubes the for luncheon. having about two-thirds of a cupful. Place in a bowl and add

Ask Mrs. Wilson

If you have any cookery prob ems bring them to Mrs. Wilson She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs M. A. Wilson, Eventso Posts LEDGER, Philadelphia.

Two cupfuls of finely shredded

One teaspoonful of salt,

Toss to thoroughly mix and then

Place one cupful of mayonnaise

One tablespoonful of grated raw

Three tablespannfuls of grated

One-half teaspoonful of nonetard,

Blend well to thoroughly mix.

Paprika Dressing

Two tublespoonfuls of finely

Two tablespoonfuls of finely

Eight tablespoonfuls of salad oil,

Place in a wide-mouthed bottle or

This will keep for about two weeks

French Dressing

Four cablespoonfuls of vinegor.

One tempoonful of salt.

Eight tobbespoonfuls of salad oil,

One-half tenspoonful of mustard.

One-half teaspoonful of white

Place in a bottle and shake until

Two teaspoonfuls of paprika,

One tenspoonful of mustard,

One teaspoonful of salt.

Two tablespoonfuls of graved raw

Two teaspoonfuls of papeika.

One teaspoonful of salt,

Juice of one-half lemon.

dressing in a bowl and add

rate onion.

mineed parsley,

in a cool place.

fonade salad.

One small onion grated, One-half cupful of mayonnaise, Three tublespoonfuls of rinegar, of pickle and serve. Two icaspoonfuls of salt, One tenspoonful of paprika,

One-half tenspoonful of mustard. Mix thoroughly. This amount will nourished that they are subject to be sufficient for two meals for a every ill that is going. While, on small family. Place the left-over water that contains about one tea-

fine and then add three strips of carrots, A strong, healthy body demands bacon cut in dice and nicely browned. and requires certain foods that will Serve on a hed of well-cleaned brans, febuild muscle and tissue. Then, watercress with French or Russian

One onion, mineral fine, Romaine, endive and escarolle celery, salads may be served with finely furnish this needed element must chopped onlons and green peppers serve with Russian dressing. and served with Roquefort cheese or

Thousand Island dressing. Radishes may be served separately with celery, watercress or

Try This Dressing of Plain Lettuce Wash and remove all blemishes

from one bunch of scallions; then curror, chop fine and add One-half cupful of mayonnaise,

Two tablespoonfuls of vinegar. One and one-half teaspoonfula of One teaspoonful of papelka.

One-half teaspoonful of mustard. Mix the spices and seasoning with This will keep for about one week the vinegar and add to the mayon- in cold weather. naise. Then add the finely chopped scallions. Serve on plain lettuce.

Scallions a l'Italienne Wash and then remove the blemishes from two bunches of scallions, chop fine and then parboil and drain. Now cook four ounces of macaroni in boiling water until tender. Drain, blanch under cold of some winter greens. You will water and then drain again. Now be able to find one or more of the place the cooked macaroni and the following varieties in your local prepared scallions in a saucepan and a fruit jar and shake until creamy.

Two teampountain of salt

Toss gently until hot and then Here are some combinations that serve with waffles in place of meat

Wash and remove all blemishes creamy. This dressing will keep from two bunches of scallions and until used if put in a cool place.

With a Purse

"Pass me the sait shaker, daday," says your small son, and you realize with a start that your supply of salt and pepper holders is getting rather low. If company should come now, you'd be in quite a fix. But not if you stop to see the neat silver-finish then remove the seeds and stems salt and pepper shakers one of the from one green pepper. Chop very shops is showing for 35c each. They are fine, parboil and then drain. Now very of a well-known brand of plate ware, are place two tablespoonfuls of shorten- just a single band about a quarter of ing in a frying pan and cook gently, an inch from the bottom. And while Just before lifting sprinkle over not of ungainly size, they are large Just before lifting sprinkle over mot of ungainly size, they are large enough not to require filling after every four tablespoonfuls of grated cheese, single meal. Stir until the cheese melts and then I take it that you received a box or

two of stationery for Christmas and be One-quarter teaspoonful of mus- ing a gift, it is probably of very better quality than you could had you purchased it yourself. If such One teaspoonful of sail,

One teaspoonful of paprika.

Blend well and then spread this or letters. Of course, you want to save mixture on thin slices of buttered a box of less expensive stationery for rye bread. Cover with a second slice ordinary use. One shop is having a sale and then garnish with a thin slice of stationery just now. In pale pinks of pickle and serve.

The crisp, solid heads of the new picke lage, are now reprired at 34c and California lettuce, which is now 38c. You will do well to purchase some.

plentiful, make a delightful chif- once upon a time, not so many moons One-half capful of cooked string liquid preparation which she guarantees One-ball enpial of finely dieed make disappear disfiguring ink or fruit To Make Genuine Russian Dressing enders.

ticles mentioned in "Adventures with a Purse" can be purchased, nidroes Editor of Woman's Page, Evening Public Length, or phone the Woman's Department, Walnut 2000.

Convenient Handbags

Most of the handbags have small purses within that are attached to the top framework by means of little chains. This obviates the necessity of feeling blindly about in the depths of the bag for the change purse, as one has had to do in the small-mouthed bags of the moment.



THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

 For every hundred men of marriageable age in England how many women are there? Who is Mrs. Sarolini Naidu?

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

5. Name a dainty gift for the haby who has

To the Editor of Woman's Page:

Dear Madam-Will you kindly tell me through your columns where in Philadelphia an Eastern Star Chaper meets and on what dates. I am a member and am a visitor in this city and would like to nitend.

MRS. G. H. 5. The Eastern Star Chapter of the Sons and Daughters of Liberty—I suppose that is the organization you refer to—meets on Mondays at 3724 North Fifth street.

Open Draft Will Prevent This .

Open Draft with 'Pope'.

To the Editor of Womin's Page'.

Dear Madam—As I am a daily reader and
see that you have helped others kindly advise mis through your paper what to do in
avoid coal gas. Every time I put coal on
the heater the whole house gats full of coal
gas. I have tried dampening the coal with
water, but it doesn't seem to do any good.

READER.

YESTERDAY'S ANSWERS

the most number of correct guesses, wim.

3. The use of cosmetics and perfume originated in Expet and certain parts of the Orient,

4. "House Ants. Kinds and Methods of Control" is a Government bulletin that can be of great service to the housewife. This is sent out free from the Department of Agriculture, Washinston, Ask Tor Farmer's Bulletin 143.

5. To make a fire in a range properly whether coal or wood, clove all dampers of the stove and shake the fire box to free it from ashes, dust and clinkers. Take off the lids over the fire box, place rumpled paper in the fire box, place rumpled paper in the fire box, arrange kindlings over and around it so that the air can pass freely between them and out on a small shovelful of coal, Light the paper, open the damper and the slaveoine damper, and put on lids. When the coal glows red, a little more coal should be added and when the fire is burning well, the fire box may be filled. If wood is used as fuel put on a few sticks at a time.

6. When alreaded it would be used as fuel put on a few sticks at a time.

6. When alreaded is spilled on varnished wood, apply sweet oil immediately, as the alreaded and the sheline.

water, but it desert's seem to do any good.

EEADER.

The only way to prevent coal gas from rising when you put chal on is to keep the flues open while you are doing it. Be sure that the draft is on after you put the coal on so that plenty of air circulates through the furnes. Dampening the coal will only make the coal gas worse.

Cleaning Gilt Frame of Mirror

To the Editor of Woman's Page:

Rear Madam—Would you kindly let me know through the Evisiva Plants Lincon they to clean a gilt frame of a mirror?

Also how can one prevent a faute over from setting rusty?

M. E. F.

Clean a gilt frame by washing it with a small sponge moistened with oil of turpentum. The sponge should be just damp enough to remove the dirt. Do not wipe the frame afterward, but let it dry itself. A preparation of lard with a listic camphor and graphite will prevent iron from rusting. Clean the Dutch oven thoroughly, rub the mass over it and allow it to remain for twenty-four hours.

Where to Dance

so in few sticks at a time.

When alreaded is spilled on varished wood, apply sweet oil immediately, as the alcended is pulled on varished. When alcanic his policied on varished wood, apply sweet oil immediately, as the alcended in the sheline.

When alcanot his placed or lamply sweet oil immediately, as the alcended in the sheline.

When a leaded is an include at thick paste. And o sodium beneated the sheline at the drug store, or oil of vioret, to keep it. The alcent high at the back of the lead and the front high at the back of the head and the front high at the back of the head and the front high at the back of the lead and the front high at the back of the lead and the front high at the back of the lead and the front high at the back of the lead and the front high at the back of the same store, or oil of vioret, to keep it. The alcent high at the back of the lead and the front high at the back of the same store, or oil of vioret to keep it. The alcent high at the back of the leads and the front high at the back of the lead and the front hi

To Clean Tarnished Gold

Where to Dance

To the Editor of Woman's Page:

Dear Madam—Nindly let me know where I can get dancing lessons in the nearest place in this district?

FROM A DALLY READER.

You did not sign your name and address, so that I might know your district. However, by detective fashion, I looked at the postseript and noted it was marked Southwark. If you go to the Southwark Neighborhood House, 101 Elisworth street, you will be able to find out the names of nice places where you can learn to dance, or I believe-you can learn to dance there at the house, I know there are dances for young persons given there.

Two Good Cames

To the Editor of Woman's Page:

Two Good Cames

To the Editor of Woman's Page:

Two House a very heavy maching the waster which I hought last year. I don't ease for the way I is made over?

Tilanks FU.

Are you sure that your jewel case is gold-filled if it is gold and not gold-filled if it is gold and the black comes from tarnish you can learn to dance there at the house, I know there are dances for young persons given there.

Two Good Cames

To the Editor of Woman's Page:

User Madam—I would be very thankful if you could tell me how or while to gold-filled tell me how or while to gold-filled if it is gold-toned over?

Tilanks FU.

Are you sure that your jewel case is gold-filled if it is gold and the black comes from tarnish you can clean it with jeweler's rouge on a cloth moistened with alcohol, but if it is to have it washed over again with yold plate at a jeweler's. If your save term made with a plain stitch you can favel it out, but even if it does pull out easily twill not be very stankled. Machine-made weaters are not knit in a chain like two more.

Nan.

Are you sure that your jewel case we gold and the black comes from tarnish out an clean it with seveler's rouge on a cloth moistened with alcohol, but if it is to have it washed over again with you can heart to dance or it believe you can learn to dance, or it believe you can learn to dance, or it believe you can learn to dance, or it believe

COCOA "ALL FOOD, NO WASTE" A DELICIOUS DESSERT That uses very little of the

food stuffs our government Easily made, and sure to please. How to make it



Mrs. Wilson Answers Questions

a fireless cooker: Have the butcher cut into fine pieces one and a half pounds of beef from the neck or shin. Add three pounds of bones, hands until fine and crumbly and well cracked, and two quarts of then spread over the pie. Bake in a

Wash the bones and meat and then place into the fireless-cooker kettle and add the water and One large carver, out in dice

Three branches of relery One fagat of sump herbs

Bring to a boil and cook for ten minutes, and then place in cooked upon the disk, which has been heated for twenty minutes. Close the cooker and let cook for six bours. Remove from the cooker and then strain. Let cool and then remove the fat. Now place in a clean saucepan and bring to a boil, and

a bottom crust.

Lebanon Crumb Pie

Line, a deep pie tin with plain pastry and then place one cupful of molasses in the prepared ple tin. Now place in a bowl One cupful of flour One-half cupful of brown sugar

Rub this mixture between the slow oven for thirty minutes.

Plain Cookies

Piges in a how! One expiral of flows

One-half teorpowers of well-

even for ten minutes. Nuts or generally seen veiled and a raisins may be used for garnish.

peanuts may be used.

My Dear Mrs, Wilson-Will you powder kindly give me through the Beat through through the Beat through through the Beat through through through the Beat through through the Beat through through through the Beat through through the Beat through through the Bea recipe for plain cookies, also for molasses cookies? Also a good recipe for a nut cake, stating whether pecan nuts will be all right to use. Thanking you for an early ceply, I am. M. C. M.

M. C. M .-

Three-quarters at a constal of

Nut Cake Pecans, walnuts or almonds or

Three-quarters of a cupful of

Seren tablespoonfule of shorten- Four tablespoonfule of shortening

Yolks of two eggs. Cream well until light lemon color and then add

Two and a quarter cupfuls of flour One-half capful of water Three teaspoonfuls of baking

Beat to mix and then add one cupful of nut meat. Then cut and fold in the stiffly beaten whites of two eggs. Bake in loaf or round pan for forty minutes in a moderate

My Dear Mrs. Wilson-When putting eltron, lemon and orange peel through the food grinder for furit cake, which knife do you use? My grinder has four knives-butter, bread crumbs and two larger ones. Also which knife do you use for grinding these things for plum pudding. If a recipe for a

Cloth of Gold for Hat
A good deal of storn of gold is now generally seen yelled aris makine late from the fright shows how effective such a fringe may be replanted in the first fringe was produced by the first inspiration for this form of an inch apart. This effect is seen in sand on brown, Chinese blue on black, and is especially adaptable for draped turbans, crowns and facings.

This is a spinding letter Successful Wife," and Cynthia thanks you might give a little party inviting if the content of using narrow arrives of monkey fur or "cingo." as the French call it—shows how effective such a fringe may be. Then if you seek as no man well no doubt be remarks from the slighted young men and then a fringe may be then that the first fringe was produced by the traveling or frayling of woven shout eighteen inches wide and slitched with slik floss in rows about a quarter of an inch apart. This effect is seen in shown in sand on brown, Chinese blue on black, and is especially adaptable for draped turbans, crowns and facings.

This is a spindin letter Successful Wife," and Cynthia thanks you.

Are Men Conceited?

Dear Cynthia—This is to Conceited Ted. this is not your enemy. Conceited Ted. this is not your enemy. Conceited Ted. I am on your chemy. Conceited Ted. I am on your integral and present and its of bound in the situation you describe. For meet is about as fringe may be then that the first fringe was produced by the triveling of worsen will be a fringe may be then that fringe was produced by the first in the situation you describe. For instance, my brother is about as fringe will not doubt be remarks from the slighted young men and then a fringe was produced by the situation of the situation o

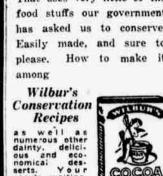
It is interesting to the women of America to see this unusual frock worn

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. The picture was taken in England

THE FIRST LADY OF THE LAND

Concludit susponestal at all the product of showly until reduced to one of the large may replace the showly until tapioca is soft and clear. Season slightly. Do not season any food while cooking. When ready to serve use only the smallest amount of seasoning. Use paptrila in place of white engine for white explain and then place in the product explain of braining of the product of white explain and then place in the product explain of the product explain of season any food while cooking. When ready to serve use only the smallest amount of seasoning. Use paptrila in place of white explain on the product explain of season any food while cooking. When ready to serve use only the smallest amount of seasoning. Use paptrila in place of white explain on the product explain of season any food chapter may replace the tapioca for white explain on the product explain of season any food chapter may replace the tapioca for white explain on the product explain of seasoning. Use paptrila in place of white explain on the product explain of seasoning. Use paptrila in place of white explain on the product explain of seasoning. Use paptrila in place of white explain on the product explain of seasoning. Use paptrila in place of white explain on the product explain of seasoning. Use paptrila in place of white explain on the product explain of seasoning. Use paptrila in place of white explain on the product explain of seasoning of seasoning. Use paptrila in place of white explain on the product explain of seasoning of seasoning. Use paptrila in place of white explain on the product explain of seasoning of the season any food-white explain of seasoning of seasoning



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