

TEMPTING WAYS TO SERVE EGGS—A NEW WAY TO MAKE A DRESS—IN THE SHOPS—CYNTHIA

MRS. WILSON GIVES TASTY EGG RECIPES

Why a Boiled Egg Is a Spoiled One and the Right Way to Cook It to Make It Digestible

How to Make a Spanish Omelet, Tiger Eye Sandwiches, Eggs Cartheoth and Other Dishes

By MRS. M. A. WILSON

EGGS are a valuable food product; they contain the purest form of albumen, which digests very easily. Eggs are body builders and flesh-forming foods, and they can very readily take the place of meat.

Ordinarily speaking, when we say eggs we mean those of the hen, but this may be made to include the eggs of the bantam, guinea fowl, turkey, ducks, geese, gulls and wild fowl. Plover and pheasant eggs are esteemed to be a great delicacy.

The similarity in the proportion of the shell, yolk and white of eggs in the chicken eggs is that the shell averages about one-tenth, the yolk about three-tenths and the white about four-tenths. The shell alone is counted as waste. The white contains about six-eighths water, the solids of the white are virtually all nitrogenous matter or protein. The yolk contains about one-half water and one-third fat, and the balance is of nitrogenous matter or protein.

Newly laid or fresh eggs have a semitransparent uniform, pale pinkish tint; the shell contains a very small air chamber, which separates the skin and shell of the egg and is filled with air. This chamber increases with the age of the egg.

Eggs when cooked at a low temperature are delicate and easy to digest, and they can be used for invalids, children and persons with a delicate digestion.

**How to Cook Eggs**  
Eggs boiled are eggs spoiled; the physicians tell us that hard-boiled eggs require three and a half hours to digest. Keep this in mind when cooking eggs. Water boils at a temperature of 212 degrees Fahrenheit. Eggs should be cooked at a temperature between 165 and 185 degrees Fahrenheit.

**How to Do It—The Boiled Egg**  
Place water in a saucepan and bring to a boil; boil for three minutes and then add the eggs. Place on the back of the stove and let the eggs stand for eight minutes for a very soft boil and ten minutes for a medium soft boil and twenty-five minutes for hard-boiled. The water should be kept hot—that is, just below the boiling point.

**Fried Eggs**  
Place the fat in the pan and heat until very hot and then place where the pan will maintain this heat without getting any hotter; if you use the gas turn down the burner. Add the eggs. Let them cook very slowly until set and then turn if desired. Eggs cooked in this way will not absorb the fat and will be tender and delicate, and not have a crust of crisped egg around the edge.

**Omelet**  
Plain and fluffy omelets are cooked in the same manner as the fried eggs.

**Plain Omelet**  
Place three tablespoons of shortening in a frying pan and then, while heating, place three eggs in a bowl and add

One tablespoonful of milk.  
One tablespoonful of water.  
Beat with a fork to thoroughly mix and then, when the pan is smoking hot, turn in the mixture. Then place where the omelet will cook very slowly. Season and then turn and fold and roll, turning on a hot platter.

**Fluffy Omelet**  
Separate the yolks and whites of three eggs. Place the yolks in a bowl and add three tablespoons of milk. Beat to thoroughly mix and then beat the whites until very stiff. Cut and fold the yolks into the prepared whites and then turn into a pan and cook slowly. Fold and roll and turn on a hot platter.

Fried eggs and omelets may be garnished with ham, bacon, parsley, finely chopped; pimientos and green peppers.

To make variously flavored omelets, prepare the omelet as for plain omelet and then just before the turning and rolling add the desired flavoring. Then roll and fold the omelet and turn on hot dish. Have the filling heated before spreading on the omelet. Leftover vegetables and bits of meat may be used in this manner for attractive dishes.

**Spanish Omelet**  
Use the fluffy omelet recipe and then chop fine two medium-sized tomatoes, drain free from moisture and add one medium-sized onion and four large olives, chopped fine. Place in a small pan with one tablespoonful of butter to heat. When hot spread over the omelet and then fold and roll or place in a hot oven and bake.

**Poached Eggs**  
To prepare poached eggs place water in a saucepan and add one

Ask Mrs. Wilson

If you have any cooking problems, 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, Evening Public Ledger, Philadelphia.

tablespoonful of vinegar to each pint of water. Bring to a boil and then open the egg on a saucer and slide into the boiling water. Let simmer slowly until it forms and then lift with a skimmer on to a napkin to drain. Ten roll gently on a slice of buttered toast.

If you have any old-fashioned muffin rings place them flat in the bottom of the saucepan and then pour the eggs in and poach. Or you may use any of the poachers that are usually sold in the housefurnishing stores.

**Tiger-Eye Sandwiches**  
Use a strictly fresh egg for this. Separate the white and yolk and keep the yolk in the shell until ready to use. Add a pinch of salt to the white and beat until very stiff. Pipe in a pyramid on a square slice of toast. Make a well in the center of the white of egg and then drop in the yolk. Dust over lightly with paprika and then bake for seven minutes in a hot oven.

**Eggs Cartheoth**  
Tomatoes, pepper or pimientos are generally used for this dish. Prepare the tomatoes or peppers by cutting a slice from the top and then hollowing out the centers. Break in an egg and then season with salt and pepper and a little finely minced parsley. Cover with two tablespoonfuls of cream sauce. Place in the oven and bake for ten minutes. Finely minced ham or bacon may be sprinkled over the egg before adding the cream sauce.

Cold-cooked or leftover vegetables, such as corn, peas, asparagus, onions or cauliflower may be used also. Cold-boiled potatoes, beets, turnips, etc., may be made do duty in place of tomatoes, peppers or pimientos for the sake of variety.

Serve a thick, highly seasoned cream or tomato sauce with this dish.

Daisies and Blue Georgette

A Daily Fashion Talk by Florence Rose



Daisies and dark blue georgette are used with tan straw in the hat at the left. On the center hat little ostrich feathers are used, and to the right there is a most charming little bonnet piled high with flowers and fruit.

This building the crown up high is a feature this season.

**RIBBONS, feathers or flowers?**  
This is the question that presents itself to us every spring when we think about the new hat. And usually by this time any one who is the least bit interested in dress could tell you whether it was to be a ribbon season, or a feather season, or a flower season. But this year it would not be so easy to determine. Because, in truth, it is all three. There is wide variety in the sorts of trimmings that will find their way to women's hats.

When just one sort of hat answers the purpose for the very smart hat: when every woman who appears well goes with a certain type of hat on her head, then we content ourselves with that one kind. Now, last spring, you know, untrimmed sailors were very smart. A well-adjusted sailor hat was supremely smart for street wear. And because we didn't have much of a heart for clothes when the war was still waging we somehow seemed content with one street hat, at least for the first part of the season. But this year things are quite different.

Suppose we decide that the supremely modish hat is one of those charming feathers being combined with really delectable pears and grapes. The hat is of straw, with a pleating of wide ribbon around the edge and a tiny bow perched at the left side.

TO MAKE A DRESS FROM A MAN'S SUIT



The dress sketched here was actually made from a man's old suit. In addition to the material from the suit a remnant of silk, a little over two yards, was used. This cost \$1.75. Added to this there was 20 cents spent for thread, button molds and belting, bringing the actual extra cost of the dress to \$1.25.

How a Stylish Dress Was Made From a Man's Discarded Suit

By MRS. MARY R. PAINE

THIS is a story about a dress—how it was made from an old suit of men's clothes. The idea came to me during those days when our nation was learning to give and save, when men's suits were in a most magical manner cut and shaped into fresh-looking pieces of Belgian tow. I began to question, "How far would a man's suit go toward making a one-piece dress for a woman?" I picked out one of my husband's discarded suits, with his consent, it was a single-breasted dark blue diagonal serge, which seemed just the right one. Instantly I got a mental picture of the dress as it would look when completed. Of course it would require material, perhaps two or three yards, and it would have to be heavy silk, I decided.

With a sharp knife I ripped the seams apart in a short time. Of course I did not rip off the collar, the pocket laps, the belt or the trousers pockets, but I joined them to the main garment. I did not throw any parts away, but laid them aside for possible piecing. Even the coat lining, which was mohair, I had planned a use for.

I then cleared the suit, shaking out each piece in the open air, and then washing it in warm water and strong soda or pure white soap and a little ammonia. Then I wrung them out and hung them over the clothes bark until they were past dry. I ironed them on what had been the front of the suit, and then replaced them on the clothes bark, thoroughly dry and smooth. When this was finished I felt well repaid, for the material looked like new.

I now laid the dress as it would look when completed. Of course it would require material, perhaps two or three yards, and it would have to be heavy silk, I decided.

**From Here and There**  
Had was regarded by the Egyptians as a symbol of fidelity.

Seventy-five railroad cars are needed daily to haul away the merchandise sold by America's largest mail-order house.

For centuries the Chinese had a monopoly of silk-making and jealously guarded the secret of its manufacture, but eventually the knowledge of the art spread to Korea and thence to Japan, where the industry was established about the third century of the present era. The art was carried thence to India and finally reached Europe.

Please Tell Me What to Do

By CYNTHIA

From a Jersey Girl

Dear Cynthia—I have been reading your column and following up your letters for some time. Recently while reading it over I came across the letter entitled "Disgusted With Vampire's Ways." As I saw you asked for some of the girl's ideals I thought I would read a few lines of my own. I am a very sensible young fellow, I am a girl living in a small town in New Jersey. I am not good-looking, but have many friends; neither do I dance, because my parents do not approve of it; I never use rouge or powder, but still I like a girl to be clean and neat and to wear regularly, but when they wish to see me they come to my home and sometimes we go to a show, or if we don't go out we stay home, play games and read music and have a fine time. I go to lots of parties and places and also entertain lots of times. In this way I am a happy girl, and I have a great deal more of a fellow. So I may, keep on, D. M., you are on the right road.

These girls that paint and powder and are always talking about love and marriage to the young fellows only go out to get a husband. I have seen a lot of girls on this subject.

How Strong Love Is

Dear Cynthia—I have read your column for some time and I wish to submit to you a question of my own. I am a comparatively young man (twenty-four) and have recently met a girl who attracted me very much and who seemed to me to be just the thing I needed. Her folks, however, are well to do, and she has always been accustomed to all luxuries, while I am as poor as "Job's turkeys" and have my own way to make. In addition to this, I am handicapped by the fact that I am only nineteen years of age.

It is wise to continue calling on the girl under the circumstances. She is only nineteen and I have no money and I do not see why you should not continue to call on the young lady, since she seems to find pleasure in your company. If you do not wish to marry her, you will not ask her to marry you until you can see your way to taking care of her. When a woman really loves a man such a handicap as you mention makes no difference in her love, and the fact that you are not able to provide for a girl now is no reason why you will not be able to provide for her nicely a few years from now, that is, if you work hard enough. Love is the big ruling guide in life, like this, not certain amounts of money, but the physical perfection. What do other readers think?

**Would Act in Movies**  
Dear Cynthia—I am a reader of the Evening Public Ledger, and I am writing for advice. Can you please tell me where I can apply to become a motion picture actor? READER.

**Advice to "Worried"**  
Dear Cynthia—I was reading the paper tonight when I came to a story at the name of "Worried." I don't think that the man ever had a nice charming girl friend, or he does not understand them, because we all like a little fun of course, too much is not good either for girls or men. As old as I am, I was never to a ball, dance or a party because I do not care for a thing like that. I am sorry for "Worried" if he wants a wife and can't find any, but maybe this letter will help him. But "Worried," don't think whenever you get married to make a slave out of your wife or to look her up in as pretty as you remember, we all must have fresh air and fun.

The Question Corner

**Today's Inquiries**  
1. What is the game of Blarney flags to be played at the St. Patrick's day party?  
2. "Marine" is a famous and best-loved character in literature. Who is "Marine"?  
3. What simple little ornaments are the girls in themselves to trim a black velvet dress?  
4. What innovation in the way of borders for wall-papers has been introduced this spring?  
5. To what use can old neckties be put?  
6. Why is it impracticable to pour hot water on stains that come from milk, eggs or meat juice?

Yesterday's Answers

1. The Red Cross has asked that knitting be resumed as in old articles in demand are socks for the tiny refugee babies of France and the fact that the law is more or less theoretical. In Nevada, Kansas, Utah, Washington and California all suffrage states, women are permitted to serve on juries, but not to hold office. In the other suffrage states they are not even permitted.  
2. Rubarb sticks of coral or corn color wool makes a novel trimming for the blue or black satin pelium blouse made from the good pieces of an old satin dress.  
3. The most popular patterns in wall-papers for this season are in old chintz, damask and flower tapestry effects with no color predominating. Motives are also good.  
4. To prevent food to be kept hot from drying out, place in the oven over top of a pan of hot water and cover with a plate.  
5. Rubarb should never be cooked in a tin utensil because the acids in the fruit working on the tin produce a poison.

MR HOOVER says that care in cooking makes second cuts palatable and helps save money. You can work something of a miracle and make your husband admire your cookery, by using plenty of A1 SAUCE

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MAKING YOUR HUSBAND BUY YOU A NEW SPRING OUTFIT

This Particular One Doesn't Want to, Although He Complains About His Wife's Shabbiness—Why It Is a Woman's Duty to Keep Her Heart Young With New Clothes

THIS is the season of the spring hat, with its flowers to please, of the pretty new spring suit, the frilly, white collar and the shoes all slick and span. I feel it; you feel it, and so does the woman next door.

And so at this time of the year, when all women, rich and poor, are in accord in spirit, comes this little letter: Dear Friend: I hope you can help me with your advice, for I need it. It is right for me to spend a little money on spring clothes. I haven't had anything new for five years, but have always made over my hats and worn the same coat. I have two little girls, and it keeps me busy buying clothes for them out of the money I get.

Now, dear editor, here is the funny thing about it. Although my husband makes fun of me for the things I wear, and asks why don't I look stylish like other women, he will not let me have any money to buy clothes when I ask for it. He says, "I am extravagant. But he buys what he wants and says he has to make a good appearance where he works. Do you think this is right, dear editor? What can I do to make him know I have to have clothes too, and still not make him mad?"

He gives me his money each week, but I have to give him whatever he asks for, and then there is barely enough to buy clothes for the children and meet expenses. What can I do?

**DON'T** believe him, Anxious Wife; a man doesn't need clothes to make a good appearance in his job any more than a wife does in hers. The woman who goes about shabby and down at the heels runs just as much danger of falling down on her job as the down-at-the-heels man does on his. Just try, and get this into your mind, little woman. It is your duty to dress in pretty things. Your duty to yourself and your children. A

ANNIE'S WIFE

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