

A PAGE OF VARIED AND PRACTICAL INTERESTS FOR WOMEN IN THE HOME AND OUT OF IT

MRS. WILSON TELLS HOW TO MAKE SOME FAMOUS SALAD DRESSINGS

Warm Days Call for Crisp Uncooked Greens, and Their Appeal to the Appetite Depends on the Way They Are Served—Here Are Recipes for Thousand Island Dressing, Roquefort, Russian and Many Other Delicious Kinds

By MRS. M. A. WILSON  
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EARLY Romans considered the appetizer served at the beginning of a meal very important, and as a result of this they usually ate lettuce, seasoned with oil and vinegar and spices, and occasionally a hard-boiled egg, which was then considered a great luxury. The Greeks used honey, oil and seasoning, while the Hebrews used salt alone on their greens.

Physicians tell us that a diet of meat and starchy vegetables is responsible for many of the present-day ills and they urge a liberal diet of the uncooked succulent greens, such as lettuce, watercress, celery, cabbage, cucumbers, corn salad, endive, romaine, green peppers, radishes and the various herbs, such as parsley, chives, onions, leeks, tarragon, sorrel and chervil.

These leafy plants contain a valuable mineral element which is necessary for our daily growth and physical well-being. Now that these foods are abundant, they should be served in the form of an appetizer and a salad. Thrifty housewives are apt to feel these succulent greens expensive and think that they do not warrant their expense in the daily dietary.

Since dietitians have made these facts plain many of the old diseases due to poor and impoverished blood stream have disappeared. The old days of sulphur and molasses are no more. We of the twentieth century prefer to take our tonic in more palatable forms.

**Appetizers**  
The appetizer is a small morsel of food served at the beginning of the meal to cause a free flow of digestive juice and thus help the digestion. During the growing season these canapes may be scallions, served icy cold; radishes, cold and crisp and cut into thin pieces, but still left on the stem; well-cleaned, crisp, celery watercress; coleslaw, with crinkly coleslaw, with green and red peppers, or with scallions, or with bacon or ham nicely browned; or just a slice of full-ripe tomato, spread with mayonnaise and dusted with grated cheese or paprika.

The use of paprika is decidedly better than the pungent pepper. This pepper is mildly sweet-flavored spice that does not irritate the delicate lining of the throat or stomach. Now, fully as important as the green appetizers are the dainty salads, lettuce, corn salad, endive, romaine, tomatoes, onions, cucumbers, cabbage and the cooked vegetables, such as lima beans, peas, string beans, beets, etc.

The success of all salads depends entirely on the dressings used with them. So, with this in mind, we will now prepare some delicious dressings. Place in a fruit jar and then put them in the ice box where they can be had at the minute's notice. You know that often when you come home just fagged out, when perhaps you did not take the time to get luncheon, a cool, crisp salad and some thinly sliced buttered bread and a cup of tea will not only satisfy and refresh you, but will also prevent a headache.

**SOME DELICIOUS DRESSINGS**  
**Thousand Isle Dressing**  
One cup of sliced tomatoes,  
Three onions, chopped fine,  
One green pepper, chopped fine.  
Place in a saucepan and cook until thick. Rub through a sieve into a fruit jar and add  
One tablespoon of sugar.

One teaspoon of salt,  
One teaspoon of paprika,  
One-half teaspoon of mustard,  
Three-quarters cup of salad oil,  
Juice of one lemon,  
Two tablespoons of vinegar,  
Juice of one-half orange,  
Two tablespoons of raw onion, grated,  
Three tablespoons of finely minced parsley.

Shake until creamy and then use. This mixture will keep until used if kept in the refrigerator.

**Hungarian Paprika Dressing**  
Three-quarters cup of salad oil,  
One-quarter cup of vinegar,  
One teaspoon of paprika,  
One teaspoon of salt,  
One-quarter teaspoon of mustard,  
One teaspoon of sugar.

Place in a fruit jar and shake until creamy, then use.

**Italian Dressing**  
One-half cup of salad oil,  
Four tablespoons of vinegar,  
One teaspoon of salt,  
One teaspoon of paprika,  
Three tablespoons of grated cheese.

Place in a fruit jar and then shake the blend.

**Sour Cream Cucumber Dressing**  
Pare the cucumbers and then soak in ice-cold salt water for one-half hour. Wipe dry and then grate. Place in a bowl and add  
Two tablespoons of grated onion,  
Three tablespoons of finely minced parsley,  
Two tablespoons of lemon juice,  
One teaspoon of salt,  
One teaspoon of paprika,  
One-half teaspoon of mustard,  
One teaspoon of sugar,  
One cup of sour cream, beaten stiff.

Blend well and then use on fish or meat, salads, lettuce, tomato and lettuce or potato salad.

**Plain French Dressing**  
Place in a fruit jar or a wide-mouthed bottle  
One teaspoon of salt,  
One teaspoon of sugar,  
One-half teaspoon of paprika,  
One-half cup of oil,  
Juice of one lemon or three tablespoons of vinegar.

Shake until creamy. All of these dressings will separate if left standing any length of time, but if mixed in a fruit jar they may simply be shaken until creamy again and then used.

**Mayonnaise Dressing**  
Place the yolk of one egg in a soup plate and add  
One teaspoon of lemon juice,  
One-quarter teaspoon of paprika,  
One-quarter teaspoon of mustard.  
Beat with a fork until thick and creamy before adding the oil. Then beat in the oil, adding a little lemon juice or vinegar from time to time. This dressing may be made in a bowl with a Dover egg beater. Add the salt last of all.

**Russian Dressing**  
One beet,  
One carrot,  
One onion.  
Pare the raw vegetables and then grate them into a bowl, and add  
One and one-half teaspoons of salt,  
One and one-half teaspoons of paprika,  
Three-quarters teaspoon of mustard,  
Two teaspoons of sugar.

One cup of thick mayonnaise dressing.

Beat to thoroughly mix. This recipe is the genuine Russian dressing as it is used in the great Ukrainian wheat district of Russia during the harvesting.

**Roquefort Cheese Dressing**  
Place two ounces of Roquefort cheese in a bowl, mash fine and add  
One-quarter teaspoon of paprika,  
One-half teaspoon of salt,  
One-half teaspoon of sugar,  
One-half cup of salad oil,  
Juice of one large lemon.

Work to a smooth paste before adding the oil and lemon juice. English dairy cheese and pimento cheeses may be used to replace the Roquefort cheese.

Note—When preparing all green leafy foods that are served uncooked wash them in four or five waters and then add one tablespoon of salt to the last water, and wash them again carefully. This will remove any mites or small slugs, which are so tiny that they can hardly be seen by the naked eye. Now rinse again in plain water, place in a cloth and lay on the ice.

Lettuce, etc., will keep fresh and crisp for four or five days in the hottest weather if it is treated in this manner.

Mrs. Wilson Answers Queries

**Replies to Letters**

My dear Mrs. Wilson—Will you kindly let me know the best way to put up butter for the winter? Some say brine, others say brine is not good. Some say salt. As everything is so awfully high in price, I would like to try putting up some. Thanking you in advance,  
LANCASTER.

To pack butter for winter use scald and cool the crock, and then line with cheesecloth. Place a layer of salt one-inch deep in the crock and then pack in the butter in three-inch layers. Sprinkle with one-half-inch layer of salt and then repeat this process until the crock is filled to within two inches of the top. Gather up cheesecloth around the butter and cover with a two-inch layer of salt. Cover closely, tying with paper after placing on the lid. Store in a cold spring house or cellar.

My dear Mrs. Wilson—Would you kindly publish in your columns a recipe for lobster a la Newburg and oblige,  
Mrs. W. W.

**Lobster a la Newburg**  
Place in a saucepan  
One and one-half cups of milk,  
Five tablespoons of flour.

Dissolve the flour in the milk and bring to a boil. Cook for five minutes and then add  
One well-beaten egg,  
Lobster meat, cut in one-inch blocks,  
One teaspoon of salt,  
One teaspoon of paprika,  
One-half teaspoon of Worcestershire sauce.

Heat until boiling hot and then serve.

The New "Summer Furs"  
A Daily Fashion Talk by Florence Rose



One of the loveliest of wraps for summer is the chiffon one with fur trimming such as is shown on the middle figure in the sketch. All three of the wraps are described in today's fashion talk

"SUMMER furs" is such an old expression and has been used so much the last few seasons, since women have been wearing peltry in the summer time—to say nothing of the ridicule that has been attached to the fashion—that women hardly have the nerve to admit they either own or would wear summer furs. After all, many of the fur pieces are only morsels, just a mere touch of fur at times, but as a rule that little touch is choice and expensive as well.

The fur tippets I told you about many months ago, but with the coming of the suit into favor this spring, the tippet became the rage to finish the neck of the suit. They are also worn with the dresses of serge or lighter materials—just a little something about the neck to take away the bare look. Sable and marten are considered the smartest, and here and there one sees mink and ermine. The head, claws and brush play an important part and usually decorate the neck at the left side or at the back toward the left. One of the tippets is shown at the right of the sketch.

Small capes are also very good, and it is rumored that this style is to be very good for the coming fall. One of these little shoulder capes is shown at the left of the drawing. This is made of mole and is draped at the front into a jet buckle.

Of all the fur-trimmed things that are shown for summer, I like best the capes and wraps of chiffon with bandings of fur. I have to admit that there

is not much warmth to such a garment, but they are so attractive and look so well over the summer frocks. As a rule two or more shades of chiffon are used to make these capes. For instance, I saw a very attractive model where the gray chiffon formed the lining and the outside, while between the two thicknesses was used a wonderful shade of lavender chiffon. This cape was trimmed with narrow bands of mole.

Black and white effects are very good in these chiffon wraps. This combination makes them adaptable for several seasons. Shown is a black chiffon cape lined with white chiffon and trimmed with ermine, the tails of the little animal forming tassels to trim.

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**Things to Know**  
A fern will thrive better if you stand it in a bowl of lukewarm water over night instead of watering it in the usual manner.

Machine oil stains will disappear if rubbed with soap and cold water. Hot water will set the stain.

An elephant can pick up a needle with its trunk.

The Woman's Exchange

**Invitations to Barn Dance**  
For your invitations for the straw ride and barn dance you might draw, or trace, if you cannot draw, the figures of Dolly Drake and Bobby Blake, or some other cute figures, in farm clothes, apron and sunbonnet and overalls and straw hat. Underneath write: "We are dressed for the straw ride and barn dance to be given on June 2, Mrs. sent us to ask you to dress the same way and come to the same party. It starts at her house at 7:30 o'clock."

Or you might just send a plain card with the usual formal invitation, and at the bottom add, "Farm costumes." You might write the words "Straw Ride" and "Barn Dance," and the date, address and time, on a piece of calico cut in the shape of a sunbonnet, and simply add the words "Costumes." Everybody will surely understand what you mean.

**The Question Corner**  
Today's Inquiries.

- Who are Adele Ragi and Ayero Proion?
- What is an easy way to remove creases from silk or chiffon dresses?
- Describe a pretty vest used on some of the newest waists?
- What is a popular style in parasol shapes this summer?
- It is correct to address a clergyman "Rev. Jones"?
- When bureau drawers stick, what will make them move smoothly?

**Yesterday's Answers.**

- Blanche Geary is the economic expert advisor in the national war work council and the woman who opened the first Y. W. C. A. hotel in Paris.
- When the case of a pair of tortoise-shell rimmed glasses becomes rubbed and soiled, the lid can be removed and the lower part used as a holder for pens, pencils and erasers on the desk.
- Knitted articles that have been washed should be squeezed gently, then placed in a pillow case which is hung up on the clothesline. This prevents stretching in drying.
- When the point of a gold barpin becomes dull, it can be sharpened on the knife sharpener that comes with a carving set.
- A tie made of narrow light blue or rose satin ribbon makes a pretty and unusual touch on a dark blue silk dress.
- Cut on the top of an old pair of long kid gloves, and fasten them over baby's stockings at the knee, to keep the stockings from wearing out at the knees when the baby creeps.

JUST WHAT IS A COQUETTE, AND HAS SHE ANY BRAINS?

Discussing the Young Woman Who Always Has Room for One More Heart on Her Sleeve—Define Her

WHAT is a coquette? Some one has defined her as "a heartless flirt," a thing with more beauty than sense, more accomplishment than learning, more charms of person than mental graces, more admirers than friends, more fools than wise men for attendants."

It was a puzzled young man who described her in even plainer words than these. I don't know how it is, but she seems to make every man she meets think she is just on the edge of falling in love with him. The minute she is introduced to a man in a gathering of people you would think every one else in the room had disappeared into thin air and there was only just one person standing there, and he the handsomest, most attractive and most interesting chap in the world.

The coquette is the young woman who collects hearts, as it were. There are never quite enough of them on her sleeve. At least there is always room for one more. She may even be engaged to be married, but if there is an attractive man in the room wild horses and ten other pretty girls in the room who are not engaged cannot keep her from wandering to where she can catch his eye. The coquette is the girl who finds it necessary to take off her engagement ring when her young man is out of town and she is invited to a specially interesting party.

"Have a better time," she explains to her nearest girl friend. "And what's the harm?"

THE coquette is selfish. Youth for her must be one long standing line of men falling in and out of love with her, or she won't play. Marriage for

her is not a noble partnership, but something she eventually goes in for because she is smart enough to know youth does not last forever and she had better make hay while the sun shines. The coquette is very often half engaged to two or three men at once. Then, like as not, she'll go down to the seashore, cast off all these entangling alliances and begin all over again.

What justification has the coquette for her line, past, present and future performances? Why goodness' sake, is it her fault? The men just all naturally fall in love with her. She doesn't do an earthly thing. It is terrible—gets her in the worst scrapes, and she doesn't know what to do about it at all. There goes the telephone now. It must be Jack. What under the sun will she say?

What I Learned at the Canteen

Down at the canteen, where I worked during the war, I learned how to make a lot of vegetables into tempting dishes— inexpensive vegetables, too. One of them is eggplant. Jim never used to eat eggplant, but when I took it for him now in this new way—well, I wish you'd see him eat it!

I cut up my eggplant into squares and boil until it's tender. Then I put it into a baking dish and season it with pepper and salt. I cover the eggplant with a layer of tomato sauce and chopped hard-boiled egg. I bake all this for about twenty minutes, but of course, it isn't complete without the delicious flavor that Jim thinks the most important part of any dish—A1 Sauce. It makes a wonderful entree, and sometimes I serve it as the chief dish of the meal. It would be good, anyway, but the A1 Sauce makes it simply luscious. There's no other word for it. Just you try it some time for your Jim.—Adv.

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SHOULD THE SERVANT GIRL HAVE AN EIGHT-HOUR DAY?

To the Editor of Woman's Page:

Dear Madam—I have been reading the letters on the servant-girl question and would like to say that N. L. is speaking the truth, and may God bless her. Girls should be treated with more respect. They are not looked upon as human beings.

I have been a servant girl for quite some time. I have to support myself, having a stepmother and younger brothers and sisters. There were too many at home, so I, being the oldest of them, had to leave. On "my own lookout," I took a position and made up my mind to live honestly, no matter how small it might be, as living in a large city without relatives or friends to ask for advice or help is very hard, at least to keep in good company. I have worked from morn till night like a slave without its being appreciated. They never give a servant girl a kind word, but take advantage of her in every way, and when she is given a Saturday or Sunday off she must work so hard before she goes that she loses all interest in her trip, and when she gets back everything has been left undone and is waiting for her to do it. Even the dishes have not been washed and she must either do them before going to bed when she returns or rise earlier than usual to do them before breakfast. She is even expected to hang up such things as hats and coats that have been thrown on chairs.

Now when will a servant girl have a vacation and liberty? When she goes on her vacation during the day to buy some things, she must hurry back

and, therefore, cannot select them with care. A servant girl never has one moment to herself. Just because she is poor she must work and do things women are not supposed to do. Why are we asked to move such things as pianos and ice boxes every time we dust? Do women forget we are just like they, only "lower classes"?

There is one place where rich and poor are classed alike and also treated the same, and if we cannot have freedom and pleasure on this earth we may perhaps rest in peace in the world beyond, where we will be looked upon as human beings. CAROLYN.

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