

SUNDAY'S MEALS—WOMAN'S EXCHANGE—ADVENTURES WITH PURSE—FLORENCE ROSE FASHIONS

MRS. WILSON GIVES TASTY SALAD RECIPES

String Beans Are Used for This in West Indies During Spring Months and Make a Good Dish

Yankee Pork and Beans Are Included in the Menu for Dinner in Middle of Day on Sunday

By MRS. M. A. WILSON

CORN salad, cross, dandelion, cucumber, yellow dock, cabbage, lettuce, celery, onion and carrots are some of the prominent plants and each one may be found reasonably priced at certain seasons of the year.

Then there is artichoke, of which there are two varieties found in the market, the head variety and the rubber root. In preparing the head artichoke the fleshy pulp of the leaf, before the plant blooms, is cooked in boiling water until tender and then served as a salad or vegetable. The rubber root artichoke is somewhat similar to the small irregular-shaped potatoes and grows in clusters of various sizes. Red, purple and yellow are the colors most frequently seen.

This variety may be cooked in boiling water like the potato and served with Hollandaise or cream sauce. In some parts of Europe the rubber root is served like the cucumber, pared and cut raw into thin slices and served with salt, paprika and French dressing. This plant may also be used as a salad.

Asparagus is too well known to require description. It is most popular when served hot, but for variety try an asparagus salad served either plain or with sliced tomatoes or an asparagus vinaigrette.

Both wax and string beans lend themselves to salads and when served as they are, during the spring months, in the West Indies, they afford a splendid change to vary the monotony of the everyday salad.

West Indian Bean Salad

Remove the strings from one quart of wax or snap beans and cover with boiling water. Cook until tender and then drain and macerate under running water for five minutes. Turn into a cloth to drain and then place in a bowl and add:

One small onion, sliced fine. One pint, sliced tomatoes. One teaspoon of salt. One and one-half teaspoons of paprika. One-half teaspoon of white pepper. One-half piece of garlic, sliced. One-half cup of salad oil. Juice of one large lemon. Four tablespoons of catsup.

Beat to mix and then pour over the beans. To serve, place three cups of lettuce on individual salad plates and then two thin slices of Bermuda onion and one dozen of the prepared string beans and the dressing on top of tomato. Serve with French dressing.

A Suggestive Sunday Menu

BREAKFAST: Sliced Bananas, Sausage and Waffles. Radishes. Coffee.

DINNER: Clear Tomato Soup, Celery, Yankee Pork and Beans, Mashed Potatoes, Stewed Tomatoes, Celery and Cabbage Salad, Lemon Pie. Coffee.

SUPPER: Mock Cheese Rabbit, Potato Salad, Eggless Fruitcake, Toast, Tea.

Yankee Pork and Beans: On Friday night wash and carefully look over one pound of new beans. Place in a bowl and cover with plenty of warm water. Soak during morning wash again and place in a saucepan. Cover with warm water and bring to a boil. Cook for fifteen minutes and then turn into a colander and let the hot water run on the beans. Return to the kettle and cover again with warm water.

Salt Pork Cake: Place one cup of finely chopped salt pork in a mixing bowl and add:

One cup of molasses. One cup of seeded raisins. One teaspoon of cinnamon. One-half teaspoon of nutmeg. One-quarter teaspoon of allspice. One-quarter teaspoon of cloves. One cup of hot water. One cup of finely chopped nuts. Five level teaspoons of baking powder.

Beat to mix thoroughly and then turn in well-greased and floured cake pan and bake in slow oven for one hour.

Me Dear Mrs. Wilson—I'm making bread, would like to know what quantity of yeast to use in making two loaves of three times as much as you give in the recipe. I had a grand success with it, but am afraid to use twice or three times as much yeast in making a large quantity without superior knowledge given. Had a grand success with the Christmas baking from your recipe. MRS. F. G.

Make separate batches of dough, using the regular recipe when you make in large quantities. It requires longer kneading to be successful, and this requires great strength.

Yesterday's Answers: 1. Duvet is a new material that is a soft and velvety cloth something like drapery. 2. Wrought iron should be cleaned by rubbing with a soft, lintless cloth, moistened with lemon oil. 3. An excellent ink eraser for dress occasions is made of ribbon encased in coat pattern, and knotted around the edge to make a long shirlike fringe of the ribbon. 4. In cleaning leather with oil the preservative should be taken off and wiping off all the surplus oil to prevent dust from sticking to the leather. 5. When a postal card is used for a short note, the message should start without salutation, and close in the same way. 6. A popular trimming for the new sport hats of leather and fur is a bow or two of glassed leather.

The Question Corner: Today's Inquiries: 1. What device has been invented that will do away with the necessity for bottle holders, or burnt hands? 2. How should a sun in a silk stocking be mended? 3. In washing clothes, what should be used to set the color as well as to aid in cleaning? 4. Describe a pretty way of making a breakfast nook beside a window in the kitchen. 5. How is raffia used to make a plain overskirt unquail? 6. What kind of writing paper is popular now? Yesterday's Answers: 1. Duvet is a new material that is a soft and velvety cloth something like drapery. 2. Wrought iron should be cleaned by rubbing with a soft, lintless cloth, moistened with lemon oil. 3. An excellent ink eraser for dress occasions is made of ribbon encased in coat pattern, and knotted around the edge to make a long shirlike fringe of the ribbon. 4. In cleaning leather with oil the preservative should be taken off and wiping off all the surplus oil to prevent dust from sticking to the leather. 5. When a postal card is used for a short note, the message should start without salutation, and close in the same way. 6. A popular trimming for the new sport hats of leather and fur is a bow or two of glassed leather.

Cheese BUY Cheese Your MEATS Wholesale Come to Our New Up-to-Date Market. Follow the Crowd. Chuck Roast 18c 3 Real 98c. Rump Roast 18c 3 lb. Sharp Cheese 98c. Hamburger Steak 18c 3 lb. SHARP CHEESE. Selected Eggs (in Cartons) 5c Dozen. FOWL (3 lb. av.) Range 35c. SEA FOOD Nothing But Fresh Fish. OYSTERS. Special Attention Given Cakes and Commissaries. MITCHELL'S MARKET Inc. S. Delaware Av., Phila. This is Our Only Market.

Ask Mrs. Wilson

If you have any cooking problem, 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.

and bring to a boil. Cook for ten minutes and then drain and blanch again. Now place in a large bean or baking dish and add:

Three medium-sized onions, chopped fine. Four tablespoons of molasses. One and one-half teaspoons of salt. One-half teaspoon of pepper. One teaspoon of mustard. One tablespoon of vinegar. Two cups of boiling water.

Mix to blend thoroughly and then pour over the beans and mix throughly. Add two pounds of nice country salt beef, cover with water so that the water is about two inches above the beans. Bake in slow oven for four hours.

Mock Cheese Rabbit: Place in a saucepan One grated onion. Two and one-half eggs of milk. Six tablespoons of flour.

Stir to dissolve the flour and then bring to a boil and add:

Three-quarters cup of grated cheese. One teaspoon of lemon juice. One teaspoon of salt. One teaspoon of paprika. One-quarter teaspoon of mustard. One teaspoon of Worcestershire sauce. Two cups of boiling water.

Beat to blend thoroughly and then cook until the cheese melts. Pour over the toast and sprinkle with paprika.

One-half dozen bananas. One pound of sausage. One bunch of endives. One cup of tomato soup. Two stalks of celery. One pound of beans. Two pounds of country pork. Two lemons. Two-quarter pound of cheese.

Purchase seasonably the necessary scraps. This should include potatoes, cabbage, turnips, carrots and beets.

Mrs. Wilson Answers Queries

My Dear Mrs. Wilson—I would like very much to have your recipe for chocolate fudge; also maple fudge. I have tried it myself, but I am not successful. It gets hard and dry. Thinking you in advance.

MRS. A. D. Try your recipe against the trouble is in the cooking. You cook the mixture too long. A candy thermometer gives exact results. Cook mixture to 245 degrees on the thermometer.

My Dear Mrs. Wilson—Your good columns have been of great help to me, but there is one more question on which I should like your advice. This fall I prepared quite a bit of grape and peach jelly and almost all of it has spoiled. Now, what I should like to know is has this become poisonous or will reworking make it edible? Any help that you can give will be greatly appreciated.

MRS. D. S. O. Remove the mold and then stir the jelly with a cloth rung from hot water and then reheat to the boiling point. Sterilize the glasses, and when cool cover with paraffin.

To Mrs. K.: Your letter is so long that there is not space enough for printing. Use onion paper to remove the rust and then coat with aluminum paint. When dry, light the oven for one-half hour to burn off.

Salt Pork Cake: Place one cup of finely chopped salt pork in a mixing bowl and add:

One cup of molasses. One cup of seeded raisins. One teaspoon of cinnamon. One-half teaspoon of nutmeg. One-quarter teaspoon of allspice. One-quarter teaspoon of cloves. One cup of hot water. One cup of finely chopped nuts. Five level teaspoons of baking powder.

Beat to mix thoroughly and then turn in well-greased and floured cake pan and bake in slow oven for one hour.

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Please Tell Me What to Do

By CYNTHIA

"Just Jim" Hits Nail on Head: Dear Cynthia—By this and starts I read your musically "poppo" column. But I've never had the desire to be a part of it until now. I used to think that only silly young kids wrote to you, but here I come along wanting to do the same thing. (Doesn't that sound vain?) Just as if I was an old woman, but I really do feel that I'm past the "silly kid" stage.)

To get down to what I am writing this letter for, "Just Jim" has surely hit the nail on the head when it comes to the "before-breakfast" feeling. I have been more or less saved by Jim's kindly suggestion. I never realized what it was until tonight.

Then the "Buck Private" comes along. What earthly reason could a girl have but that in a heavenly moment like a kiss she doesn't want to look and see just plain, everyday wall-paper or piano before her? She or any one else sees her eyes when she smells a delicious perfume which not only she likes. Surely a kiss is far more delightful than a mere scent. She doesn't want to come back to earth until she has to, and she aims her eyes to keep out earthly things. SOPHIE D.

So She Wrote. After All: Dear Cynthia—In answer to the Buck Private's question of the other evening I would say that if the girls would keep their eyes open and see what they are letting kiss them they would never live through the ordeal. Hence they keep them closed. BILLIE.

This Should Console T. B. P.: Dear Cynthia—I will appreciate it very much if you will be kind enough to publish the following for the benefit of the Buck Private.

Why do girls close their eyes when kissed? I am married, and I can recall my first kiss. I closed my eyes, and yet every time my husband kisses me, I close my eyes. Whether it is instinct, love or habit, I don't know, but I am sure it is either instinct or love. Take my tip. When a girl loves, she will close her eyes (right shut) whether it is habit or not. In my opinion it means the girl really loves you. ORIENT.

Sounds Slightly Personal: Dear Cynthia—I want you to print this in your column.

So Buck Private wants to know why a girl closes her eyes when a fellow kisses her. Cynthia may give their opinion on this. I will read them. I may be wrong. SENG.

Why So Hard on Him?: Dear Cynthia—Will you please print this letter in your column.

Dear Buck Private—Maybe it's your face that makes the girls close their eyes when you kiss them. THE VAMP.

Dress Trimming: If you're beginning to wonder how you will have your summer dresses trimmed, don't bother about it any longer. Just decide on galeon in a matching or harmonizing color and you'll be in the height of style. If your dress happens to be white, you can touch it up with a belt, cuffs, pockets and even the edge of the hem of galeon in bright colors and have a stunning dress.

Advertising: Your ideas are valuable if they are properly formulated.

The advertising profession needs men of ability and initiative to fill many important positions.

The opportunity is greater than ever before.

Learn how to train your mind to produce workable selling ideas.

For men who wish to make good we announce an advertising class, beginning Wednesday evening, February 4. Fees extremely moderate. A few free scholarships for discharged service men.

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TAFETTA IN STYLE FOR SPRING FROCKS



No, it isn't black; it's navy blue. And the material, of course, is taffeta. If it were anything else the rules would not have so much style. The girlie only reaches across the front, but it is made of flowers and fruit. The hat is of tan straw.

A Daily Fashion Talk by Florence Rose: TAFETTA is a decided style significance in the fact that taffeta is much in vogue both here and in Paris. It means that the style is of the sort that calls for a fairly crisp material. It means ruffles and undings and bouffancy.

When you hear that the fabrics most in demand are velvets and crepes and chiffons, then you may be sure that it is a season of demure, a season sans bouffancy, sans crispness. In short it is an entirely up-and-down season, while this year there is a good deal of the horizontal.

Now the frock I am showing you today simply couldn't be made of a velvet or a crepe for instance. The whole effect depends on taffeta. In this case it is navy blue taffeta which is finished with a square neck provided with a lace collar. A wreath of flowers and fruit forms the girdle at the front. The underskirt is fairly neat, the bouffancy of hips being gained by gathering the skirt into outstanding ruffles. The sleeves are of the French type—shorter perhaps than the more usual American

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The Woman's Exchange

Trolley to New York: To the Editor of Woman's Page: Dear Madam—Please publish in your column, if possible by this Saturday, how I can trolley from Philadelphia to New York city and the fare it would cost.

Take the ferry over to Camden, then take the Public Service trolley, which starts right at the ferry. You have to change at Trenton, but you can go right on to Newark after that, and then take the tube to New York. The fare one way is \$2.17.

An Entertainment: To the Editor of Woman's Page: Dear Madam—On or about February 10 I am to entertain the "King's Daughters," an organization of our town. After the usual business meeting we provide some form of entertainment lasting from one-half to three-quarters of an hour. You have so kindly helped others at such times that I feel free to ask your aid. As it is near Valentine's Day, please suggest a form of program appropriate to the occasion. MRS. A. B. M.

I am sending you some games and refreshments for a Valentine party, which I hope will be helpful.

Perhaps for this kind of an organization the following more grown-up game would be more appropriate: Distribute little heart-shaped books among the guests, with the names on them. Have a dozen or more pages inside, each bearing a verse about love by some well-known poet. Call upon the guests to identify the poets, writing down their answers in the books. Award a book of poetry to the person who guesses the greatest number of poets correctly.

Valentine Party: To the Editor of Woman's Page: Dear Madam—I am a young girl, fourteen years old, and in my first year at high school. I would thank you very much if you would advise me on the following: Is it proper to have a Valentine party and invite young boys of my age? Please state some inexpensive preparations. A. C.

It would be perfectly proper for you to have a Valentine party and invite girls and boys of your own age, of course, you would have to get permission from your parents first.

I am sending you some suggestions for decorations, refreshments, names and invitations. You can get the crepe paper for the decorations at the five-and-ten-cent store. I hope you will have a very nice party.

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"SEEK BEAUTY," FIRST LAW THE CAMPFIRE GIRLS LEARN

Is Worth Adoption by Those Who Do Not Belong to This Organization—It Lifts Its Followers Above Sordidness

THE Camp Fire Girls, that organization whose motto is "Wo-he-lo"—work, health, love—has a law which is worth noting. More than that, it is worth adopting for every one of us, whether we are fortunate enough to be Campfire Girls or not. There are seven precepts in this law, but the first is the most unusual. It is this—seek beauty.

No, it doesn't mean try to be good-looking. I don't think we need to be told that; we all do it anyhow. It means seek out the beautiful side of people, of things and of ourselves. It does not ask us to put aside common sense and be so blinded with goodness and virtue that we see only the lovely side of everything. That would make us very hard to live with; for we should lose our ability to discover ugly things that need correction, and we should become so utterly wishy-washy and sweet that our characters would be nothing but sugar. No, it doesn't mean that at all. It wants us to be real, red-blooded human beings, able to see both the good and the bad in other human beings and their surroundings. But there are two ways of doing this seeking. We can see it "just plain," or we can see it with possibilities. To see it with possibilities we shall have to use an artist's sight.

A person with no sense of color looks at a piece of wrapping paper lying all rumped up on a table, and sees simply a piece of wrapping paper lying all rumped up on the table—a tawny, brownish color. An artist or a person with a pronounced color sense looks at it and sees all the softness of its tones, the dull violet shadow in the folds. To him it is a beautiful thing; he has sought beauty until now it is a habit with him to see it. But, on the other hand, that would never prevent him from seeing the practical side of that piece of paper and using it to wrap up his shoes to take them to the shoemaker's if he found it necessary.

And so in our quest for beauty we must adopt the vision of an artist. We must look beyond the commonplace

facts of life and see whether there is anything worth while in them. "But," the practical person will object, "How are you going to find anything beautiful in washing dishes? That's nothing but unlovely, sordid of it except clean dishes." Perfectly true, but the fact that it is done every day at a certain time in a certain place shows a submission to duty that is beautiful in itself. The beauty that can be got out of it is a greater beauty of character that comes inevitably from the discipline of doing disagreeable tasks agreeably. And, incidentally, searching through your mind to find something lovely in washing dishes, you have forgotten the sordidness of it and before you realize it your dishes are done.

It is not easy to find beauty in everything. But then, this little precept doesn't say "Find it"; it says, "Go look for it." It gives no promise of success, and it does not say, "This is easy." But it does intimate, and we may be certain of this, that in seeking beauty we will acquire it, if not in our surroundings or our duties, then in ourselves. Having gained it in our characters, we cannot help showing it, and when we show it we share it. And there is nothing more beautiful than that.

A Nutritious Diet for All Ages Quick Lunch at Home or Office Avoid Imitations and Substitutes

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Mason's Molasses PEAKS conserve SUGAR. Each individual piece wrapped in waxed paper and tin foil, assuring their cleanliness and retaining their freshness. A Confection that combines quality with quantity. Look for the box with the Peaks and the Cocoanut Trees. Established 1864. Mason, Au & Magenheimer Confectionery Mfg. Co. 18-25 Henry Street Brooklyn, N. Y.

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