

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 blanch under cold 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 fine.
One teaspoon of salt.
One and one-half teaspoons of paprika.
One-half teaspoon of white pepper.
One-half piece of garlic, sliced fine.
One-half cup of salad oil.
Four of one large lemon.
Four tablespoons of catsup.

Heat 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 other ingredients of tomato. Serve with French dressing.

A Suggestive Sunday Menu

- BREAKFAST: Stewed Bananas, Sausage and Waffles.
DINNER: Clear Tomato Soup, Yankee Pork and Beans, Mashed Potatoes, Stewed Tomatoes, Celery and Cabbage Salad, Lemon Pie.
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 pour off the water and let the cold water run on the beans. Return to the kettle and cover again with warm water.

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 windows, what should be used to get the color as well as to aid in cleaning?
4. Describe a pretty way of making a breakfast window 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 by 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, Rump Roast 18c, Hamburger Steak 18c. Real Sharp Cheese 98c. SEA FOOD Nothing But Fresh Fish OYSTERS. MITCHELL'S MARKET Inc. S. Delaware Av., Phila.

Please Tell Me What to Do

By CYNTHIA

"Just Jim" Hits Nail on Head
Dear Cynthia—By this and starts I read your usually "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 intrude.

So She Writes. 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.

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.

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

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

Dress Trimming
If you're beginning to wonder how you will have your summer dress 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.

Advertising
Your ideas are valuable if they are properly formulated.

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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 ruffles 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

THERE 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 buffings and bouffancy.

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After shaving. Delightfully soft, soothing and healing. Free Sample 25c tube, a jar At your dealer's

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Has the strong suction power that sweeps up every bit of dirt and dust. It leaves no "tracks" - but every rug and carpet is scrupulously CLEAN. See it at your electric dealers or phone us. Also the Free - Westinghouse Electric Sewing Machine.

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The Woman's Exchange

Trolley to New York

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.

An Entertainment
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.

Adventures With a Purse
THIS wintry weather with its sloppy walking keeps many of us in the house quite a bit, doesn't it? But it's a splendid chance to sit down comfortably and do some embroidery.

Valentine Party
Dear Madam—I am a young girl, fourteen years old, and in my first year at high school.

Ask For Mrs. Morrison's Puddings
They make it splendid, nourishing. "After School" Treat for Youngsters

HEAPS OF PLENTY
Mason's Chocolate Cocoanut PEAKS—Crisp, creamy mountains of cocoanut covered with that rich chocolate coating, delicious and alluring to the taste.

Mason's Molasses PEAKS conserve SUGAR. Each individual piece wrapped in waxed paper and tin foil, assuring their cleanliness and retaining their freshness.

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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.

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.

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.

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 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.

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, that if, in our quest for beauty we cannot help showing it, and when we show it we share it. And there is nothing more beautiful than that.

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