# EVENING PUBLIC LEDGER-PHILADELPHIA: SATURDAY, APRIL 3, 1920

# MRS. WILSON GIVES SOME **ITALIAN RECIPES FOR SALAD**

## But Adds a Good Old-Time English Mustard Sauce to Use as

Dressing for Plain Lettuce or Sandwiches

By MRS. M. A. WILSON right, 1920, by Mrs. M. A. Wilson, All

UST about the time the pussy willow begins to bloom, the true son of taly begins to long for the sainds of is home country. It is to Italy we owe be most wonderful health giving and be most wonderful health giving and orrective foods known to mankind. By linds I do not mean the combination rectives fruits, fish and meats and reactions fruits, fish and meats and

These salads, eaten daily, are not

only corrective, but are also life sus. few minutes, loosen from edge of mold taining, because they furnish the human can illa on warm sauce. Serve with body with the life giving vitamines that are most essential in the early spring. Eat freely of fresh green Candied eitron, orange or lemon peal

spring. Eat freely of place of the old-time sulphur and molasses remedies of our grandmothers-these salads are this recipe serves four persons nature's own remedy for an overacid system.

The Italian is particularly fond of corn, endive, romaine and lettuce succulent greens are utilized by this hearty son of suinny Italy. Nor does he need special utensils for the combina. tion or dressing of these delictous

A bowl that is large enough to hold the salad easily is all that is required. The greens must be washed thoroughly in plenty of water and to the last water nust be added one teaspoon of salt to loosen the unseen mites and slugs that cling to the early spring greens. Place the greens in a cloth to drain and then place in a salad bowl and tear the leaves into pieces, if so desired. Add a tablespoon of grated onion to onetspoons of a good salad oil, and

One tablespoon of vinepar. Now sift so as to sprinkle all over the salad

One-half teaspoon of salt. One-half traspoon of paprika. One-eighth teaspoon of mustard.

One-eighth teaspoon of mustare. Toss gently to mix and then serve with toasted strips of bread. For va-riety use two tablespoons of grated to resist if you stop to see it. In the first place, it is considerably larger around than a dinner plate. The one I particularly like is you that and the

### Misto Salad

One teaspoon baking powder. Two and one-half cups of flour. Three-quarters cup cream, One-half teaspoon salt. One-half teaspoon nutmey.

Beat hard for ten minutes. Now carefully fold in stiffiy beaten whites of the pended on this "kissing game." Listen. boys, just take it from one who loves every boy who wore a oniform, yes.

vegetables, smeared with a mixture of egg. oil and seasoning, but the crisp and green vegetables of early spring, dressed with golden corn oik even an "Ex-Top Kick." That little old game can get you in more trouble and expense than any poker or crap game you ever played, and to quit when one hour : remove from oven, let stand started is more difficult than any

few minutes, loosen from edge of mold barbed-wire entanglement you ever tried to get through. I'll have to admit to quartermaster

or crystallized ginger may be cut in bits and added if desired. One-half of string beans and braised cab-Sarve

bage with roast goose.

With a Purse

WERE you to ask me, I would tell tising column, so what's the use? you that my conception of a pretty blouse for a smart little spring suit is one that is of a soft defleate nuterial. Dainty it must be, and fine, and the triuming should be Irish lace. And if Dear Cynthin-As I often read your wise column and ind it helpful. I am coming to you to ask about an annoythis description corresponds to your conseption of a smart little blouse, why then I would tell you of the shop I know of that has an exquisite collection of blouses of French voile, sheer and then pour over the salad four ind the one lace. You could probably find the one you would lave to have for \$12.75, although if yours is a fat purse you can look among some even

higher-priced blouses, some hand embroidered and trimmed with Irish, others in georgette, flesh-colored and trimmed with Irish.

particularly like is very flat, and the lid is covered with a gold brocaded Prepare the lettuce as directed and then add one cup of cooked macaroni and one cup of cooked string beans. Young onions, celery or radishes may kinds of caudy on for six different kinds of candy or nuts, all ranging be substituted. The Italian dearly loves garlie and many tales are told of its wonderful medicinal properties; among them, one of its rated virtues is the prevention of around a center plate. I am not sure but if you love to keep a box of candy

soon stop.

### A PRETTY EASTER GIFT Please Tell Me What to Do

By CYNTHIA

ermaster sergeants and others.

They Flirt With Her

Stands Up for Ex-Top Kick



ing problem. Something has been trou-bling me so very much lately. years of age and she is only in the lowing week, but never kept his prom-

neighborhood of eighteen. I fully rea-lize my love for this young lady and would ask her to marry me but I have always been against early marriages and girl who demands respect and will not I am a girl still in high school. I am not a bit pretty, although I have curly, light, bobbed hair. Why, when I go out on the street, do men and I think she is a little too young yet to know her own mind. Now, Cynthia, yon have been so good

boys wink at me, or smile and try to be too friendly? to others maybe you could help me to bring her to a realization of the more today would rather have the girl who serious things in this life and stop run- allows familiarities. I have always Men in trolleys and trains often act the same way, and it often embarrasses me very much if some tough man flirts with me when I am with a friend. Cynthin. I really can't understand

me very much if some tough man flirts me very much if some tough man flirts with me when I am with a friend. Cynthia, I really can't understand it. Now, if I were pretty, or a painted doll, or a flirt. I could, but Fram not flirty. I do not use rouge or excess powder and I feel that my manner in no way encourages such actions. I have tried to stop this by ignoring their re-tried to stop this by ignoring their re-

"TSALO."

silly remarks about being mad, etc. What shall I do to stop this? It most humiliating to me. BOBBIE. is pretty young, but an understanding. But you would be wise to make other leaving both free to go with others un-friends and let him alone even in your It is You will find if you entirely ignore the winks and smiles that they will very Abave all things, do not preach; a Be

No young girl who utterly ignores im-of fun and bright spirits. Do not see

Sold at All Leading Drug Stores

# The Woman's Exchange

**Dissatisfied With Her Hair** Dissatisfied with Her Hair To the Editor of Woman's Page: Dear Madam-My hair was the color of a dirty blonde. Two months ago I put peroxide on and blenched it. I do not like it. Can you please tell me how to get my hair to its natural color again? I used the peroxide just once. EAGER.

like to make your If you wait long enough your hair will probably become dark again. Hair that has been touched up with peroxide gift something more than that, always has to be retouched up with perovide always has to be retouched again and again, you know, and if you fail to do the retouching the hair will gradually get back to its matural color. Of course, this will take some time, for it has to grow out from the roots, which are still the same color. Perhaps if you consult be an of the some time of some put your flowering plant into a decorated can like this. It's just an ordinary tin can, paint ed at home with a hairdresser she can tell you consult a hairdresser she can tell you of some way to hasten this. Would it be mean of me to remind you that you "let your-self in for this" and will just have to take it? enamel paint. The design is picked out in a contrast -

### Various Kinds of Cleaning To the Editor of Woman's Page:

Dear' Madam - Please tell me through your column how to clean baby's new buck shoes. I cleaned them, but not satisfactorily on account of the shoes being very dirty. Please tell how to clean a brass bed; also where I can get whiting for white ivory furni-MRS. J. P.

drahage

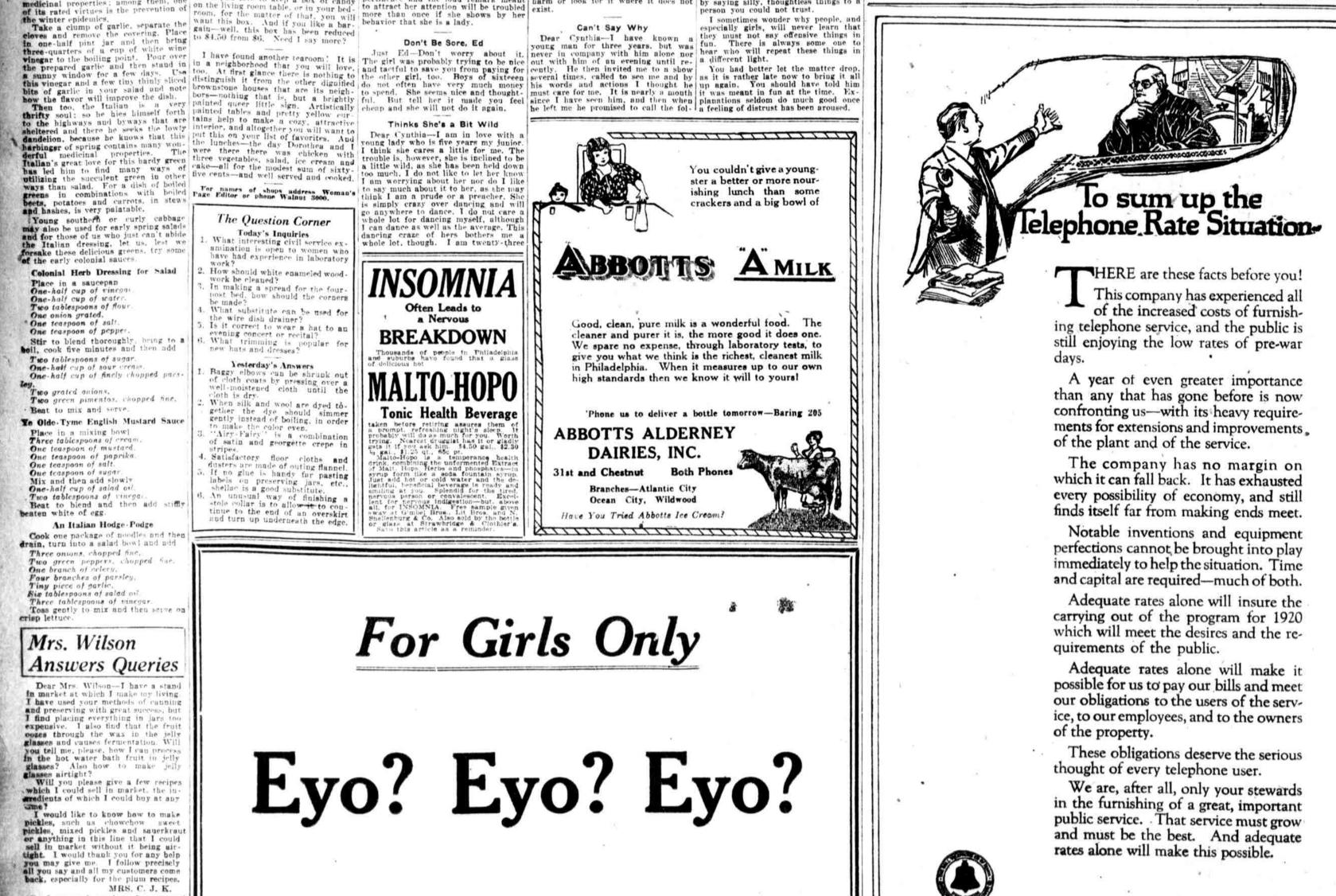
There are commercial cleaners on the There are commercial cleaners on the market for both white shoes and brass beds. No doubt if you use a good cleaner on top of the one you did use it would clean them nicely. Get the kind that has a sponge with which to rub on the cleaner: this assures a good, moist cont of the whiting. Simply rub the bed with a cloth moistened with a good brass cleaner, and polish afterward with a chamois or flannel cloth. You can buy whiting at any of or flanuel the housefurnishings departments the large department stores.

### Hair Is Getting Dark To the Editor of Woman's Page:

Dear Madam-Ever since I had the "flu" my hair has been falling out and got much darker than it was before I had this disease. (It was golden). Do you know of anything that will keep it light? R. E. Putting lemon inter the built of the built on that Putting lemon inter the built of the built

Putting lemon juice in the rinsing come, and before you know it they've water when you shampoo your hair will joined hands above your head. The fruit trees make their annual debut in this if your hair is very dry. for it is pink and white, and songbirds fuss and apt to cause dryness. If you could take a course of treatment at a hair-dresser's that would be the best thing to Why, we understand that this isn't our

feet 10 inches feet 7 inches feet 7 inches and go out in cloudy weather without 5 feet 10 inches



THERE'S A LAZY SEASON We Reach Out Toward the Day All Winter, but After It Comes We Stop and Talk Things Over Before Starting

AFTER EASTER GETS HERE

Life Again

EASTER at last! Now that it's here, or will be to-morrow, don't you feel as if something morrow, had here reaching out for since this and that with our neighbors. We that you had been reaching out for since 'way last winter some time had sud-denly arrived? It's the same feeling perfectly well without it.

denly arrived? It's the same feeling you have when you pull on a rope or a string and it won't come, and then suddenly—it breaks. For months you've been suffling around in overshoes and a big coat and a sweater and a muffler and a muff, shivering and suying, "Oh, I wish Easter would get here!" For long weeks you've been telling your-

kitchen table because we always forget to have the screen door put on. We've just let life slide past us because it was so pleasant to live. We have for-gotten all about these "when-Easterself that as soon as Easter arrived and this cold weather stopped a little you'd look over that last year's suit and see what could be done with it. For sev-eral centuries, it seems to you if you are a schoolgirl, you've been plodding along, hating every lesson you had to comes" promises.

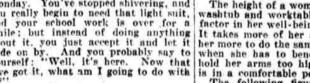
comes' promises. Perhaps this lazy time of year was meant for a little resting time, before housecleaning and all the rest of it, starts in. Whether it was or whether it wasn't, we've made it that; whether we're lazy the rest of the year, too, or whether we're industrious and hard-working, this midseason between Eas-ter and early summer is sure to find most of us just "loungin' 'roun.'" study, managing (just managing) to get through every class and each examina-tion, and you've said to yourself. "If Easter vacation doesn't get here pretty soon, I won't be able to stand it.

And now it's here. But somehow, instead of being a crisis, like the opening and shutting of a door, or the ar-rival of a parcel post package, it's just a Sunday like other Sundays, as far

Working Heights as the day goes, and the day after it is Monday. You've stopped shivering, and you really begin to need that light suit, and your school work is over for a The height of a woman's kitchen sink, washtub and worktable is an important factor in her well-being and well-doing. t takes more of her strength and tires while; but instead of doing anything Now that

riends and let him alone even in your houghts. Better Let Things Go Dimples—How unhappy you have to keep your hair from falling out any the evening. We take wild chances

about it, you just accept it and let it slide on by. And you probably say to yourself: "Well, it's here. Now that I've got it, what am I going to do with THERE is a between-seasons time



It takes more of her strength and tires her more to do the same amount of work when she has to bend over too far or hold her arms too high than when she is in a comfortable position. The following figures make a good general guide in finding the correct height of working surfaces. Each woman ought to find out for herself the working level at which she can work most easily and efficiently, and see that her worktable, washtub and sink are adjusted accordingly. She should re-member that the working level of sink is the bottom, the working level of

sink is the bottom, the working level of a a washtub a point about half way be-tween the bottom and the top (where most of the work of scrubbing is done), and that for ironing a lower surface is needed than for a general worktable:

HEIGHT OF WOMAN

made yourself and this friend of yours pertinence and the loud remark meant harm or look for it where it does not by saying silly, thoughtless things to a tract her attention will be troubled exist.

Send stamped envelope for personal reply. Dear Mrs. Wilson-Kindly pub-

lish a recipe for making Montrose pudding; also what vegetables should served with a roast goose dinner? MRS. W. J. L.

Montrose Pudding sig ownees succet butter. p of sugar. light add

The Bell Telephone Company of Pennsylvania