

# Live in the Sun and Wind

EDITED BY *Cruze Rittenhouse*

## Eat More Salads: It's A Patriotic Privilege

### Not Only Are They Healthful and Appetizing, but They Will Save Food Needed Abroad

WE have for years been urged to eat more salads, because of their health giving qualities. They are wholesome, we have learned, and are therefore worthy of much attention.

This year there is another reason why we should be especially generous in our self-allocation of salads. They are a patriotic food.

This is our second summer of war, and we ought to profit from the mistakes we made as well as from our successes last summer. One of the big slogans of the Food Administration last summer, you remember, was "Eat the perishables." We did eat some of the perishables. But just the same there were tales afloat of fruit that rotted on the ground and vegetables that were wasted.

Now this year we want to begin to think about the perishables early, and we want to eat them all. Eating perishables instead of staples in the summer is almost like releasing a man for the front. It is like giving staples for next winter or for overseas use.

All this to show why salads may be considered as an especially patriotic form of food. Salads are made largely of perishables—or at least may be made largely of perishables in summer. Another thing: salads may be made in such a way as to utilize all sorts of leftovers.

**Salad Twice a Day.**

We can't eat salad three times a day—although in certain parts of the country lettuce and sliced cucumbers or tomatoes for breakfast are not unusual. But we can eat salad twice a day. And if we do eat salad twice a day we are surely gaining a good hold on the food situation—provided the salad is wisely planned.

If you can possibly do so, grow salad greens in your own garden. Even if you have no space or time for a war garden of large proportions you can cultivate a lettuce bed and a few green pepper plants, with perhaps one plant of tomatoes, and some parsley, onions and radishes.

Try to get the lettuce, at any rate. You can plant seeds and eat the tender leaves as they grow to a suitable size without attempting to head them. Or you can buy the little heads already started and transplant them and grow them until they reach maturity.

Remember that fruits as well as vegetables may be used for summer salads. Cherries make delicious salads. Sliced or sour, red, white or black, they may all be used.

The pits should be removed, and the cherries may or may not be filled with more cherry or with a bit of nut. Dress the cherries with French dressing, made of oil and lemon juice, or oil and cherry juice, if that is tart. Lemon juice is always better than vinegar for a fruit salad, for the fruit acid of the lemon seems to blend better with fruit than the acid of vinegar, especially of the inferior vinegar that we so often get nowadays—harsh, sour and puckering.

Peaches, too, cut in big chunks, served on lettuce, and dressed with French dressing, are good. Plums may be used for salad too, and cubes of watermelon and muskmelon and later on early summer apples may all be concocted into delicious warm weather salads.

When watercress is plentiful that may be used for the salad green. Like fruit, it is better with lemon juice in the dressing than with vinegar.

**War Time Dressing.**

Of course, fats of all kinds are on the list of war foods that we are urged to save. However, we are not urged to save fat at the expense of our health, and that means that we must eat a certain amount of them. The vegetable fats are not so much wanted for transportation as the animal fats, like butter and lard, so we may, with a free conscience, dress our salads lavishly with oil.

If you like olive oil and can afford it at its present price there is no reason why you should deny yourself French or mayonnaise dressings made

with it. However, if you wish to you can use some of the other vegetable oils—peanut oil is much cheaper, and is much liked by many persons who until lately had thought olive oil was the only kind they would ever use.

And there are ways of making mayonnaise dressing diluted with a foundation sauce of some sort. A good white sauce or drawn butter sauce may be used. And, too, egg whites beaten very stiff may be added to finished mayonnaise to increase its bulk. A little seasoning must of course be used when any such method of increasing the bulk of the dressing is used.

Plain garden lettuce can be served three or four times a week for dinner without too much monotony if you learn to vary the French dressing. A tablespoonful of tomato catsup added to half a cup dressing makes a pleasant variation.

Sometimes use vinegar of one kind and sometimes use vinegar of another—white and brown, wine and cider, with sometimes a dash of tarragon. You can, too, if you like them, make flavored vinegars by steeping, for instance, some chives in one little bottle of vinegar, some capers in another, some minced parsley or mint in another. These flavored vinegars may then be used with delicious results in making French dressings.

**Chopped Vegetables Help.**

You can also vary the plain lettuce salad by adding chopped vegetables of various sorts. Chopped radishes sprinkled over the lettuce leaves—the radishes unskinned, so that they have their bright red and white coloring—may be used. Chopped green pepper or chopped onion and pepper, chopped cabbage, chopped parsley or chopped cucumber may all be used with French dressing with very good results.

Cheese salads may be considered highly economical, and the combination of salad greens, cheese and some sort of war bread makes a highly nutritious and satisfying lunch. One good cheese salad is made of freshly grated American cheese sprinkled generously over crisp lettuce, well mixed with French dressing containing a liberal addition of paprika.

Pot cheese and cottage cheese, which will skim milk—and that is one thing we are urged to do, you know—and sour milk as well, can be fashioned into many delectable salads. Little pats or cakes of the cheese, sprinkled with paprika, may be served on lettuce leaves, with French dressing, or the cheese may be crumbled over the lettuce.

One interesting combination salad is called Port Rico salad, but it might just as well be named war garden salad. Romaine lettuce is called for, but any lettuce will do.

Line a vegetable dish with the lettuce and fill the middle of the bowl with sliced green peppers—in rings, of course—sliced tomatoes, sliced cucumbers and sliced onion juice or a clove of garlic rubbed on the bottom of the bowl may be substituted for the sliced onion.

A good pepper salad consists of diced green pepper and celery mixed with mayonnaise and served in tiny lettuce cups. Sweet red pepper may of course be substituted for the green, and the color of the red pepper is of course attractive.

**Eggs for Luncheon.**

Now that eggs are plentiful egg salad forms one of the best of the substantial luncheon salads.

One good one is made of hard-boiled eggs—remember to cook the eggs just below the boiling point for half an hour to have them digestible—cut in halves and laid on pieces of tomato lettuce leaves. Around each slice of tomato and half of egg lay a ring of sweet green pepper, made simply by washing and slicing the pepper.

Another good egg salad is made of halves of egg whites from which the yolks have been removed, filled with diced beets and peas and mixed with mayonnaise. Each egg half is propped up in lettuce leaves and the egg yolks are crumbled over the whole salad.

## HANDBAGS MADE AT HOME

SURELY we are in the midst of a great vogue for handbags. We see them not only overrunning the counters of all the shops, but we see them in the hands of every smart woman. No woman who dresses well nowadays thinks at the importance in her complete costume of the handbag she carries.

It is not, of course, true that we must have a handbag for each frock; but still we must have several handbags. And as a plea for the salvation of leather is coincident with a frame for handbags of silk, satin and velvet, any woman clever with the needle may fashion her own bags, and so increase the number that she may have for a given expenditure.

There are two general ways of making handbags: One is with a drawing top; the other is with a frame for handbags of silk, satin and velvet, any woman clever with the needle may fashion her own bags, and so increase the number that she may have for a given expenditure.

The shops sell now many tops of the bag that may be easily attached. There are rings of various sorts and sizes, from the small rings of silver, just large enough to slip easily over the hand, to the very large rings of bone or tortoise, there are almost large enough for knitting bags. And according to the size of the ring may the fabric be chosen. A heavy but soft brocade may be used with the small silver rings and a velvet with the larger ones.

Then the shops sell frames of im-

## FRAMES FOR YOUR SOLDIER'S PHOTOGRAPH

pace pack and carried in the pocket. These come in gold and silver, and they come also covered with khaki. And if you have a soldier boy you want one of these folding frames too, so that whenever you go away from home you may carry your soldier's picture with you.

We all of us look on the photograph worn conspicuously on a locket chain or breastpin with a shudder of horror. Usually it is a very poor photograph. But that is what causes the shudder. And yet we can understand the sentiment that makes the fond mother, wife or fiancée wear her Sammy's picture in such a prominent position.

The closed or concealed locket solves the problem for the woman with more discriminating taste. She may wear her soldier's picture always, yet in no inconspicuous manner that no one need know it. When she wants to see it all she need do is to snap open the locket about the neck or on her wrist. Yet when this is closed there is no suggestion, save the tiny enamelled star, of its contents.

It was the French soldier who first wore the wrist locket, and since he found out its value it has gained a wide and wider place in our liking. It proves perhaps the most convenient frame for the small picture of the soldier that one likes to have always about.

One little novelty frame is made of gunmetal. It really amounts to a large locket and can be worn about the neck, or by means of a little brace that can be pushed out in the back it can be set up on the dressing table or desk.

For the soldier who smokes there is a very attractive combination cigarette case and pocket picture frame combined. It also has accommodations for bills and change and is withal not in the least too cumbersome to slip into any soldier's pocket.

And speaking of cigarette cases, there is one that hasn't anything to do with a picture frame that is sure to delight the man in camp or trenches who smokes. It can be opened entirely with one hand; in fact, it can be closed, replaced in the pocket, and a gentle pressure of the finger a spring opens the case and the cigarettes are so arranged that a single smoke can be withdrawn with the lip without in the least disarranging the other cigarettes in the case. Then with a simple movement, the case can be closed, replaced in the pocket, and—well, any man who smokes knows how to light his cigarette with a single hand.

And with all picture frames on dressing tables, desks and all these lockets worn by devoted mothers, wives, fiancées and sisters, what a rush there has been to the photographers. And for every man that gives his picture there must be a girl giving her picture in return. And Sammy's mother, too, who has been putting off having her picture taken every year since some time before Sammy was born, has had to put on her best frock and a smiling face—though her heart may be heavy enough—and go forth to have her picture taken, too.

Various shades of beige, biscuit and string are dominant in the spring clothes, because they are an imitation of khaki. There are splashes of blue, black and green against the neutral coloring to enliven it.

The house of Callot has laid its impress upon the use of tree green for everyday costumes. The American women are taking it up slowly, so it is well to advise them that green is a peculiarly good color for the American summer.

There are scientists who believe that colors have an effect upon the health and temperature of the body and the depression or enlivenment of the mind. Nature leads the way in providing green for the summer as a relief to the eyes and the nerves, so, knowing that, it is well that the women in America should follow the lead of the house of Callot and make green a constant companion from now until October.

Jade green is worn in the evening and is combined with black lace or tulle.

The fashion of cutting a neck scarf in one with the back or front of a coat or cape has grown in popularity. It is an eccentricity which many women do not like. However, it takes the place of any other kind of neckpiece, and it envelops the chin in the manner that has become a general fashion. There is a scarf of tulle attached to the hat which winds around the chin and hangs at the back, or there is a thin scarf attached to the coat. If you are fashionable you take your choice between the two, or you use one for the morning and one for the more formal afternoon hours. One thing seems to be certain: that whether the blouse is cut high or low at the neck, some extra material must be thrown around the neck and chin to take away the appearance of being décolleté in the street.

There is no strong contrast this spring between the décolletage for the street and that for the house. The neck is wrapped with a scarf or veil when one is in the open air, and when this appearance is removed in the house after the fashion of a Chinese tunic, the blouse or dress is cut in the deep square that women have worn in a century; that is, deep for a day gown. Women are seen at lunch at hotels in gowns that are cut exactly like those worn in our Colonial days. There is not even a line of white to keep the cloth from resting against the flesh. The effect is startling, but it is new.

The house of Paquin invented a bedroom negligee that was cut like a medieval garment with square sleeves. It was made of satin, trimmed with lace and fur, and slipped on over the head after the fashion of a Chinese tunic. It was far more modest and becoming than the usual negligee which is open in front, and far more protective against chill airs.

The war workers who brought it over from Paris as a model in our shops and sold at a third the price paid for it at the house of Paquin. It is the new successor to the room robe that has existed for over a century.

The high backed Oxford tie in black patent leather with fancy stitching, and in red leather unstitched, is the shoe that the smart American woman has accepted. France has worn these shoes for three years but could not get America to accept them. Now we have discovered the pump to a great measure in order to accept these more comfortable shoes.

It is a pity that the American has not adopted the round toe of the French shoe. She continues to wear the spiked imitation of the 18th century's men's shoe, which is not only impracticable, but it keeps the feet at all proportion to the length of the body, but which are devoid of sense and comfort. It is strange that with every quality against them in beauty and in comfort the American woman continues to display her bad taste in accepting them from the shops.

Perhaps as the war proceeds the American will adopt the shoe of the French, with its rounded toe and its straight, high Spanish heel. At any rate the Oxford is now the thing.

Triple pockets were invented by Clerici and have been taken up by American designers. They are put on coats and one-piece frocks. They are serviceable, however, is doubted. They merely make that triple effect somewhere on the frock which is a minor detail of fashion that has a come important. We have triple skirts, triple capes, triple shoulder collars, triple cuffs and now triple pockets. They are flat flaps bound with braid and embroidered.

## Trifles That Count in the Dress World

There is no reason to suppose that women will not wear fur this summer, as they have done for the last four seasons. The substitute for it on bulks of jersey and thin cloth is Angora, cut in strips and usually colored.

Fur neck pieces will continue to be used throughout the late spring and early summer. Gray fox is preferred. It is worn like a cape, hanging well down over the shoulders and joined over the chest with two of the paws.

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## RENAISSANCE PERIOD IN GREENWICH VILLAGE

**By HARRIET SISON GILLESPIE.**

WHEN the Renaissance of Greenwich Village is complete, home folks who long for their own vine and fig tree, plus a fireplace that makes an artist's studio, will find that a new Greenwich Village is springing up before their eyes. Best of all, the reconstruction is based on the needs of home folks, not on the flights of the builder's fancy.

**Reclaiming the Old Houses.**

To stem the tide of disintegration that threatened the Village as a place to live in was no easy task. But one by one the old houses of the neighborhood were snatched back from oblivion and reinvested with much of their old time flavor. So now it is possible to secure a room in an old fashioned house with a grate of ancient design for \$25 a month, or to enjoy the princely delight of a duplex apartment, hidden demurely behind a row of street dwellings, for the ridiculous sum of \$55 a month.

Invested with a picturesqueness quite foreign to its source, the new Greenwich Village enjoys a character all its own. Lying on the edge of Little Italy, it just naturally borrowed something of the Latin's love of color, the kaleidoscopic effect of which is highly stimulating to eyes grown weary of the gray monotony of city streets. To the French influence is due the extensive use of that adorable shade known as Trilium green, and a tribute to pre-revolutionary fancies is the fashion for Colonial yellow.

In the architectural anomalies that have arisen in response to the villagers' domestic needs are hints of the art of many countries. In a stuccoed wall embellished with wrought iron decorations is seen a suggestion of Spanish Mission; in the Gothic details superimposed on a modest Dutch dwelling the English taste. But whatever the adaptation, there runs through it all, like the warp and woof of a hand woven design, that love of home that was brought over when the first Dutch settlers from Holland settled New Amsterdam.

**One of the Masterpieces.**

One of the old houses have been remodelled with such rare judgment and exquisite taste that none of the home charm is lacking. Take the lovely Colonial house in West Twelfth street, for example. Could anything be more delightful than its white hooded doorway upheld by slender pillars, its picturesque fan and side light? The Colonial yellow facade, with its blue-green blinds and quarled wisteria vine climbing over the porch and framing the windows?

To call such a house home, to enter that hospitable portico and find that the illusion lasts is an experience as strange to the typical Manhattanite as it is delightful to the housewife. It is a type of city dwelling, built about 1830, and though long unoccupied, is well preserved. It contains all the rare features common to houses of the period, and such decorative details as tall pier glasses richly framed in gold, mantels of Carrara marble elaborately carved, cornices and mouldings hand modelled—all of which have been retained to add their own individual note to the remodelled dwelling.

The studio, the width of the house,

has a high north light, a spacious brick fireplace and in an "L" quite hidden from view, a handy little kitchenette. It is the mezzanine floor, however, that most appeals to the feminine mind. When, in this case, it includes a regular Romeo and Juliet balcony, with casement windows either side, the fascination is redoubled.

**A Garden Retreat.**

There are other beauties in connection with this compact little house. At the rear the studio door gives access to a garden, all enclosed in trim, green lattice. Tall box trees lend a smart air if no shade, and in summer awnings will be so hung as to utilize the space for an alfresco dining room, or as a retreat, where the artist tenant may commune with nature.

A large brick fireplace in an upper flat, the mantle of which is upheld by slender Colonial columns; wrought iron balconies opening off all the rear living rooms and window boxes front and back and "homed" partitions.

In Sheridan Square, which is the very heart of Greenwich Village, another old residence is in process of regeneration. Its many architectural beauties have been retained. Among the suggestions of old time elegance that go to make the house popular are quaint pilasters, low arched partitions, carved cornices, mammoth fireplaces and solid mahogany doors.

At the rear of this house, but facing on another street, is a Colonial duplex studio apartment of three rooms, bath and kitchenette. On Fourth street another Colonial style apartment, with carved cornices, mammoth fireplaces and solid mahogany doors.

Through French windows access is had to the outdoor living room, which, furnished with wicker under gay striped awnings, comprises a feature such as the most fortunate of city folks might envy.

If the front entry is provided with one fireplace of Tudor design, the rear reduces to two of old fashioned brick construction, the result of the two rooms being thrown together. The lucky occupant of what was once the kitchen is thus able to enjoy the unusual experience of toasting her toes before a fire in the original Dutch fireplace adjoining the historic back oven.

To the typical dyed in the wool flat dweller nothing is more appealing than a duplex apartment. To enjoy the freedom of two floors is a joy known only to those who have been condemned to the use of one. While such an ideal arrangement isn't common, yet there are prizes of this sort to be found in the Village, if you search diligently for them.

In Washington place, for example, which is one of the recent streets to come under the spell of the rejuvenator, a particularly charming model is to be seen. The pedestrian would have been attracted to this house by no external beauty of facade, for it has nothing to recommend it except the coziness peculiar to the type, which followed the quaint dormered period and preceded by some years the mid-Victorian epoch when not only architecture, but fashions generally lapsed in artistic quality.

It is only when after casually entering the American basement you come upon a picturesque door at the far end of the passage decorated with an old brass knocker that a new element of interest is aroused. The door opens to a tiny entry, to the right of which is a pocket edition of a yard, closely built street dwellings.

Originally it was one large room, and you enter through a doorway. Now the space is divided into a main floor and a mezzanine balcony, to

which a pretty Colonial staircase rises. A large fireplace and chimney of Philadelphia brick is the main feature of the living room, which is lighted from four big windows by day and by Colonial style lights at night.

Beneath the balcony, out of sight, is a kitchenette with full culinary equipment. In the gallery are bedroom and bath. The rental is \$45 monthly. And then there is Grove street, a name with which to conjure, in Greenwich Village. It was about that triangular little square known as Christopher Park that the new Greenwich Village was born. It was there once attention was first caught by tantalizing glimpses of old fanlight and side lights, quaint dormers and stucco facades.

**A New Apartment in Character.**

Not a few of these apartments have been shown to make room for a modern apartment. But what was lost is contained in a slightly different guise, in the new building, where one can get the little square known as Christopher Park that the new Greenwich Village was born. It was there once attention was first caught by tantalizing glimpses of old fanlight and side lights, quaint dormers and stucco facades.

It may be that Greenwich Village will become the centre of a cooperative colony, for two young women at least have started houses along this line. Miss Helen Todd, suffrage speaker, has taken three floors of a quaint house in Grove street and rented her rooms to congenial spirits. In the basement is a community dining room and kitchen where a domestic science expert oversees. Should the experiment prove successful Miss Todd may start a train of similar houses in the neighborhood.

When Miss Jean Gouet, another ardent suffrage speaker, took a long lease of a house in Charles street the neighbors, to say nothing of her friends, thought she had taken leave of her senses. The house had been known as the hoodoo of the neighborhood. It was battered and old. Twelve layers of paper had to be removed and the walls scraped to start with. Now it is one of the most livable houses in the village. It is being conducted on the cooperative plan, and with its numerous fireplaces provides a typical village home, the kind with a fireplace that burns.

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