

Mrs. Wilson Tells About Cheese: Its Content and Its Various Styles

Some Tempting Recipes for New Ways of Preparing This Wholesome Food—It Is Delicious After Dinner as Well

By MRS. M. A. WILSON

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THE moon is made of green cheese," says Hadliht in his book of old English proverbs. To one who would believe a gudgeon or untruth one would say, the moon is made of green cheese. Ancient lore has it that the moon held putrefying properties and the cheeses were molded to represent the moon possibly had some connecting link for the cheeses was its habit to stand while a process of fermentation or curing and ripening of the curd went on.

It is a well known fact that the peasantry of many nations depend largely upon the cheese for their protein food; yet indigestion is almost unknown among them. A slice of bread, a little cheese and a slice of onion is the daily fare of many foreigners here in our country. And for a luxury they occasionally toast the cheese, spiced with either a stick of butter, a little cheese and a slice of onion before a bright fire and toasted lightly.

Toasted cheese was held in high regard and considered a luxury by the early Romans; and today we too regard the toasted cheese a tasty tidbit. The highly-concentrated food value of the cheese requires that it be used with other rich, bulky foods, and that we may realize this I have prepared the following analysis:

The protein in cheese in the form of albumin and casein is the firm cheese, averages from 25 to 45 per cent.

Fat, 15 to 40 per cent.

Milk sugar, 1 to 6 per cent.

Water, 20 to 40 per cent.

You will notice that cellulose or fatty structure is absent, and so for this reason it will be necessary to add a little bulk to it to eliminate any of the intestinal ill for which cheese is blamed. Chemistry also tells us that the combination of bulky foods with the cheese permits easy digestion, and the average proportion of cheese per person is about one ounce.

Cheese is the name given to the prepared curds of milk. The Germans call it *Casein*; the French, *Fromage*; the Holland Dutch, *Casein*; the Italian, *Casein*; the Portuguese, *Casein*; in Spanish, *Casein*; while the Greek knows this food under the name *Casein*.

The standard varieties of cheese are known as soft, firm and hard cheese, and to identify the varieties they are as follows:

Swiss Fondue
Swiss fondue or cheese pudding makes a very palatable dish.

Place one-half cup of milk in a small saucepan and add:

Two tablespoons of butter, and when hot, two tablespoons of bread crumbs.

The grated cheese.

Heat very hard, and as the cheese melts take from the stove and add one-quarter teaspoon of red pepper and fold in the stiffly beaten whites of two eggs; turn in a baking dish and sprinkle a teaspoon of grated cheese over the top, and place at once in a hot oven and bake for twelve minutes; serve at once.

Golden Buck
Many varieties of this dish are to be found; in fact, almost every nation has a cheese dish as it is represented in this style of cooking.

Devonshire Golden Buck
Place a thin cut of nicely boiled ham on a slice of toast, lay on the ham a round egg and cover the egg with melted cheese; dust lightly with paprika and serve.

Italian Minestrone
Prepare a vegetable soup, using leek, finely chopped cabbage and soup herbs for the vegetables, and forty-five minutes before serving add one-half cup of spaghetti, taking care not to break the spaghetti. If you will stand the spaghetti in the soup kettle it will soften and then slip down in the kettle. Season well and serve with a plate of hotly grated cheese. The soup is ladled into the plate and then is covered thickly with the grated cheese.

Shropshire Cheese Pudding
Place in a pan:

Two cups of milk.

One-half cup of flour.

Stir to dissolve the flour and milk and then bring slowly to a boil, beating hard while cooking, and cook for ten minutes. Remove from the stove and add:

Yolks of two eggs.

One teaspoon of salt.

One-half teaspoon of pepper.

One-half cup of bread crumbs soaked in one-half cup of warm milk.

One-half cup of grated cheese.

Beat well to blend, then fold in the stiffly beaten whites of the two eggs.

Turn in a well-buttered baking dish and bake in a slow oven for twenty minutes.

Toasted Cheese
Cut thick slices of bread and toast a delicate brown. Cover the toast with a thick slice of cheese and place in the broiler of the gas range and toast a delicate brown. If you do not have a broiling oven place on the top shelf of a hot oven. Dust with paprika and serve at once.

Vin Rouge de Lapins
This dish is known as blushing bunny, or red rabbit. Place in a saucepan:

One cup of thick pulp of canned

One onion, minced very fine.

Three tablespoons of butter.

Cook slowly until the onion is soft,

enriches the cake, which makes the only relative difference. When butter and eggs are creamed together and sugar added last this produces a finely grained cake.

My Dear Mrs. Wilson—Will you give me a recipe for making candied orange peel and also candy from carrots? MRS. M. V. S.

It will not pay you to attempt to candy orange, lemon peels or the citron. The process is complicated and long and any slip-up in one single part will result in failure, and then, besides, you can really purchase it much cheaper than you can make it.

Carrot Candy
Pare and cut carrots in thick slices, drain. Now place in a saucepan:

Two and one-half cups of sugar.

Three-quarters cup of raisins.

One-half cup of water.

Bring to a boil and cook to 245 degrees, using a candy thermometer, then add:

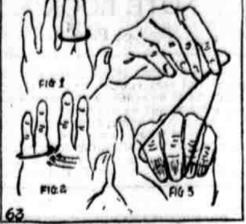
Two cups of the prepared carrots.

One-half cup of candied ginger.

Cook until the mixture will form a firm ball when tried in cold water, then turn in a well-oiled pan and let cool. Use salad oil for greasing the pan.

MYSTERY STORY OF WEST
"Tangled Trails," full of action and the unexpected, starts Saturday, January 21, in the Evening Public Ledger.—Ado.

After-Dinner Tricks



No. 65—Jumping Rubber Band
To make a rubber band jump from the first two fingers to the last two may be done as follows: Stretch the band inward with the other hand and bend all four fingers into the hand. Show the back of the hand with the band still on the first two fingers, and then extend all four fingers. The elastic will jump to the last two fingers.

The process may be reversed to bring the band back to its original position.

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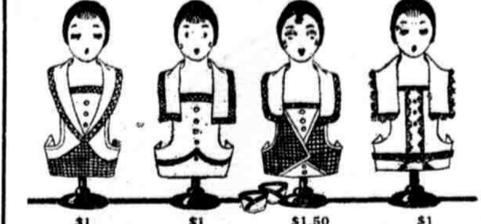
Wanamaker's Down Stairs Store

New Low Prices on All Our Women's and Young Women's Winter Suits
Prices have taken a drop and good serviceable suits can be had for a song. Not all sizes in any one style, but fittings in all regular sizes in the collection.

\$7.50 \$9.75
for jersey, velour and a few navy blue serge suits. for 3-piece heather jersey suits—a slip-on dress with a jacket to match.

\$15, \$25 and \$45 for Fur-Trimmed Suits
Suits of velour, duvet de laine and illama cloth are in navy, Sorrento, brown and black with trimmings of beaverette, nutria, mole and Australian opossum. Mostly small sizes.

(Market)



Delightful Fancies
In New Vestees, Collars and Sets

A bright array of crisp Spring neckwear, as fresh as daffodils. Particularly interesting are the colorings and the general air of newness.

Vestees \$1 to \$6.50
Any one of these will be the making of a dress or suit. They are of white organdie or pique with bindings of pink, blue, green, brown, lavender or red checked gingham. Of organdie with scalloped pleated frills stitched in color. Of sheer lawn with bright pipings. Some are entirely of colored line with ruffled vestees; others have cuffs to match. Note the little sections of shining belts.

Peter Pan and Roll Collar Sets \$2.25 and \$3.75
Many of these are of heavy linen with facings and bandings of tan, Copenhagen or tangerine ratine with sprigs of embroidery done in heavy thread. A white one has a binding of black-and-white checked gingham with red fagoting.

Real Lace Collars and Sets \$1.25 to \$2
The laces are 2 to 2½ inches wide and the collars 20 to 22 inch long.

Woe back collars, pleasantly curved, are of fine net combined with imitation Valenciennes lace and real filet and Irish, some with a touch of embroidery. \$1.75.

Roll collars combining net, filet and Irish laces are in five styles (some ecru color) at only \$2.

(Market)

Central Aisle Opportunities

Women's New Gloves Low Priced at \$1.65 to \$2.85
Beautifully made gloves of soft, carefully treated skins. \$1.65 for brown or tan washable cape skin in one-clasp style. Spearpoint-stitched backs.

\$2.15 for brown washable cape skin in strap-wrist style. \$2.85 for strap-wrist style mocha gloves in beaver color.

Women's Stockings, 30c and \$1
30c for mercerized stockings with seamed backs. Black in drop-stitch effect and cordovan in plain weave.

\$1 for pure silk stockings with mercerized tops and soles, in black and colors. Some of "first" quality have seamed backs and others, "seconds" of a more expensive kind, are full-fashioned.

New Leather Handbags, \$3.50
Swagger shape in black vachette (shiny black like patent leather, though with a long grain) and in long-grained leather in dull finish in black, brown or navy.

Women's Sateen Bloomers, \$1
Navy or black sateen made with plain front and pleated back to give comfortable fullness.

Women's Underclothes, 50c and \$1
50c for lace-trimmed bodices of fine white nainsook. \$1 for lace-trimmed camisoles in flesh-colored satin.

\$1 for many styles of white nainsook nightgowns daintily lace trimmed.

Crepe de Chine Blouses, \$3.50
Women like them for business or street wear because they stay fresh so long! Moreover, one can launder them herself with astonishingly little trouble!

Flesh or white in roll collar style.

Corsets, \$1.50 to \$2
Short ones for slender women are of pink coutil and have tops of heavy elastic at \$1.50 and \$1.65.

Longer ones of white coutil have abdominal reinforcement and heavier boning at \$2.

Flexible Bracelets With Rhinestones or Blue Stones, 65c
Think of it, flexible rhinestone bracelets at 65c, graceful and full of light and color. Sapphire-colored stones are really lovely, too.

Smart Sports Coats in Reindeer and Tan at \$16.50

Clean cut of line, good-looking and warm, are these new polo coats. They are fully lined with silk. The raglan shoulders, inverted pleats in the back, the sleeves—all are well tailored. The buckle-finished belt on each coat is the finishing touch of smartness.

Mannish Coats at \$16.50
are of English-looking tweeds in mixtures and almost invisible checks in tones of brown, gray, red, green, tan, etc. The coating is thick and firm and the coats have big patch pockets, convertible collars, inverted pleats and slit backs. They are splendid sports coats and young women, especially, like them.

Coats With and Without Fur at \$25 to \$49
Coats without fur have collars of interesting cut. Coats with fur have collars of beaverette, opossum, nutria, raccoon or wolf. All are fully lined and many are interlined. Materials include velours and fine bolivias.

At \$36, charming coats of fine black bolivia have generous collars of full-furred Australian opossum. The sash belt and narrow back panels are finished with fringe.

(Market)

Glittering Head Bands To Crown a Lady Fair!

\$1 to \$3.50
The most delightful, fairy-like bandeaux are here—and they are the very newest and most fashionable innovations, you know. Some are so delicate that they might almost be the frosted breath of a wood's fairy!

Glittering leaves are in blue, green or pink of such silvery radiant hue as one seldom sees.

Wee gold colored leaves with tiny pearl beads, combinations of small leaves and buds in various colors, finished at the ends with larger flowers, and so on.

Plain bands of flashing brilliants there are, too, and others as interesting and becoming.

Hair will look fluffier, eyes brighter and cheeks warmer under such head bands! Both girls with bobbed hair and older women with veritable crowns of glory will want at least one!

(Central)

Modart Front-Lace Corsets \$5 to \$11

The choosing is unusually good right now! Many women wear this corset exclusively because it is so well made and carefully planned to fit figures of all types. Among the new Modart corsets:

For Slender Figures
A pretty pink cotton broche in a low-bust model for slender figures is \$5.

For Heavier Figures
Plain pink coutil is used in a very low-bust model for average to stout figures. And there is one of white coutil for a woman of tall, full figure. Both are \$6.50.

Our corset-fitting service is without charge.

(Central)

White Frocks for Mid-Year Graduations

Frocks of white Georgette are very youthful and graceful, quite suitable for graduation exercises. All are made over white silk foundations. They are made with frills or flounces of Georgette and have white ribbon sashes or girdles. Sizes 12 to 16 years. \$12.75, \$16.50 and \$18.

Touches of hand-embroidery add to the daintiness of white organdie dresses at \$8.75. Sizes 6 to 14 years.

Practical Serge Frocks
\$5.75 for a two-piece navy blue serge for girls of 8 to 12 years. The skirt is pleated and the overblouse is piped with bright red flannel.

\$7.50 for a frock of blue serge with pleated skirt and bodice trimmed with gold braid. For girls of 12 to 14.

(Market)

Doll Lamps and Telephone Covers Special, \$2.75 to \$3.50

These dainty doll lamps are usually quite a bit more; but this little lot was a fortunate purchase.

They are in the form of court ladies with bouffant skirts and each is composed of a doll head (some with blond, brown, auburn or white coiffures) and a spreading wire frame over which the silk skirts are to be draped. Those for boudoir lamps are fitted with electric-light sockets.

(Central)

Special: Fine Pleated Prunella Skirts, \$6.75

A little lot of extra-fine skirts marked at a much lower figure than ever before.

They are of fine prunella skirtings with plain color stripes of blue or tan alternating with gray stripes and checks in a variety of colorings. All of the skirts are very carefully tailored and the pleats are stitched around the hips. Delightful with Spring sweaters and top coats.

(Market)

Small Boys' Shoes at \$2.90

Play and school shoes of tan leather with wide toes are made for the hard wear that active boys will give them. Sizes 10 to 2.

(Gallery, Market)

Wool-Filled Quilts, \$4.50

Imagine that for a soft quilt filled with warm lamb's-wool! Covers are of figured material with plain color borders.

All-Wool Blankets, \$7.50 Pair
66x80 inches.

All-Wool Block Plaid Blankets, \$8.50 and \$10
\$8.50 pair for 66x80-inch blankets in pink, blue, tan or gray plaids. \$10 pair for heavier blankets, 70x80 inches, in pink, blue or tan plaids.

Scotch Plaid Blankets, \$12
Cheery as to color and ever so warm. All-wool and 72x84 inches in size.

(Central)

Sale of Men's Brushed Wool-Mufflers, \$1.35

1200 of them, soft and warm, of brushed wool in the prettiest colors and mixtures!

Plain camel's-hair color that so many men are asking for (and that are usually much higher priced); also plenty of blues, browns, grays, greens, etc., in plain colors, heather mixtures and some mighty good stripes.

This is an opportunity that men who know value will take advantage of.

Men's All-Wool Trousers for a \$ Bill
means a saving of \$2.50 to \$3 on every pair! All kinds of mixtures and patterns are included, with especially good choosing among desirable grays. Bring in the vest of your suit and let us "match them up!"

(Gallery, Market)

AMERICAN STORES CO. AMERICAN

Why the difference?

There are many things that go to account for the difference in various coffees. First of all, there is the climate and altitude of the region where it is grown and the care with which it is cultivated.

Then there is the skill and expert knowledge used in its blending and roasting.

Again, coffee is best only when fresh roasted.

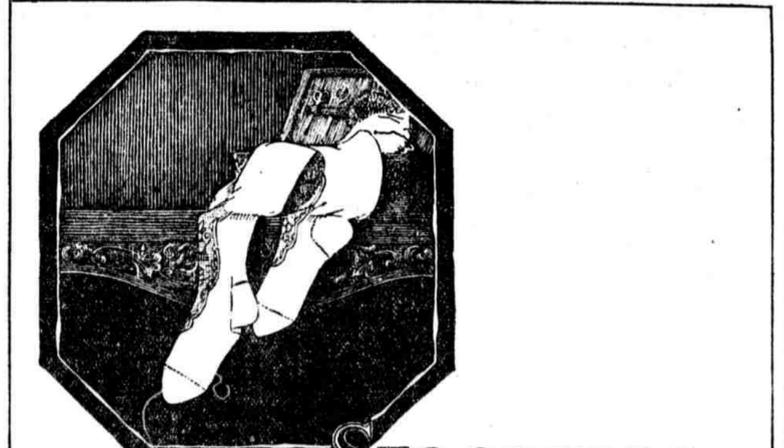
ASCO Coffee is a combination of high-grade coffees from the best cultivated regions of the tropics. It is carefully blended according to our own process and roasted under expert supervision. Delivered fresh roasted, right from our Roasteries to our Stores.

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STOCKINGS
Fine silk threads and meshes, thinly woven and in delicate colors are SAFELY washed in the silky suds of Colgate & Co.'s new wash-bowl flake—

FAB
Fab flakes are thin— and that's one reason they are safe. Because they are thin they dissolve completely and leave no sticky lumps of soap to cling to silken threads and stain or rot them.

Fab—the new Colgate wash-bowl flake—was tested in the laboratories of Carnegie Institute of Technology and pronounced a superior soap flake for washing all fine fabrics.

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