

Mrs. Wilson Says a Good Dressing Can Make Any Salad Worth Eating

And Tells How a Girl Who Did Not Like This Green, Uncooked Food Found That It Would Help Her Complexion

By MRS. M. A. WILSON

Copyright, 1922, by Mrs. M. A. Wilson. All rights reserved.

SALAD is no longer considered a luxury. Science or dietary today recognizes the fact that the succulent greens served in the form of a salad, supplies the body with the necessary mineral salts and vitamins to vitalize the tissues, the blood stream.

Many housewives excuse the fact that they do not serve a salad daily by saying that the salad increases the food budget, and adjusts through salads; or perhaps she considers it too much trouble; while again, other women toss up such a mass that the family would really have to starve to eat it.

Modern conditions under which we live tend to rob the body of its vital energy, and unless this is restored through vitalizing foods the kindred disturbances of digestion show in run-down systems, spring fever, low spirits and a host of similar minor ills.

It was possible I would like to have the planning of the menu, and the buying of the family that must conserve and economize. I would serve this family and every other family a tiny bit of green food three times each day.

When you have heard people comment upon the complexion and appearance of health of the foreigner who comes to our shores as an emigrant, little thinking this same peasant of Europe would consider his complexion without a coat of green food, even though this meal were but a portion of black bread and cheese.

Salads give a real food value, and should be served in one form or other three times each day. Have the family get the habit of eating water-cress, young garden onions or scallions, chives, radishes, a leaf or two of lettuce every morning with breakfast.

Almost every vegetable that grows can be utilized for the salad, and if you will teach hubby the trick of dressing the salad on the table it relieves you and encourages the family.

The housewife often is the cause of family peculiarities, for if she does not care for certain foods seldom if ever will she prepare these for the family. From the time the family will quickly establish precedents. This will often explain just why so many families hardly ever unless entertaining serve a salad.

While visiting a friend of your daughter refused a delicious salad with the remark, "Mother, you know I don't care for salad. I am just like Grandmother Steerle, and can't eat salads." This surprised me, and I invited this young woman to assist me with my lesson in salads in a local hospital, and she was greatly interested in the laboratory analysis of the succulent greens when served with simple dressings.

While returning to her home she inquired whether I thought that if she were to eat salads she would clear up her complexion, which was sallow and with occasional pimples. My reply that I believed the salad would even give her a clear and radiant skin brought forth the remark, "If I thought that the salad would do this I would certainly eat it, for I am very anxious to have a clear skin."

She decided to give the salads a trial for three months, and came to me with a pencil and book for some ideas; but I remarked, "You know you are just like Grandmother Steerle, and just can't eat salads." "Oh, yes," and just back the reply "that was before I knew about the mineral salts and vitamins, and I just know that I need them, and if the doctors know they are so very important for sick folks then they must be good for me, and I am going to be just like the little rabbit, and eat my greens three times a day."

In less than six months the change in this young woman's complexion was so noticeable that she wrote me to tell me a good joke; her most intimate friend was positive she was using some new facial cream; and really laughed when she told her eating salads three times each day had produced the results so apparent.

Plain lettuce, when served with a good dressing takes a real festive air. The dressing either makes or mars the salad, with a combination of both the cook and the vegetables to add variety to lettuce, endive escarole and corn salad plants.

French Dressing a la Bourgeoise Place in a pint fruit jar. One-half cup of salad oil. Five tablespoons of vinegar. Two tablespoons of grated onion. Three tablespoons of finely minced parsley. Bit of garlic. Three-quarters teaspoon of mustard. One teaspoon of salt. One-half teaspoon of pepper. One-half teaspoon of paprika. Pinch of thyme. One tablespoon of Worcestershire sauce. Shake hard to blend, serve.

Swiss Cheese Dressing Place in a jar. Three-quarters cup of French dressing. One-half cup of grated cheese. Four tablespoons of catsup. The Shake to blend and serve cold.

Jondon, Swiss Egg and Cream Dressing Rub the yolk of hard-boiled egg through a sieve and place on soup plate, now add. One-half teaspoon of mustard. One-half teaspoon of paprika. One-half teaspoon of onion juice. Two teaspoons of lemon juice. Mix smooth, and then add very slowly three-fourths of a cup of cream; this dressing is just as smooth and thick as mayonnaise. Add salt and lemon juice to taste.

German Cream and Egg Dressing Rub yolk of one hard-boiled egg through a sieve to a soup plate; now add. One teaspoon of salt. One-half teaspoon of onion juice. One tablespoon of lemon juice. Blend and add slowly three-fourths cup of cream beating cream in slowly. Then add the tablespoons of finely minced parsley, and lemon juice to taste.

Boiled Dressing Place in saucepan. One cup of vinegar. Three-quarters cup of vinegar. Two teaspoons of mustard. One teaspoon of salt. One-half teaspoon of pepper. Three tablespoons of paprika. One tablespoon of sugar. Stir to dissolve and bring to a boil; cook slowly for ten minutes; now add. Four ounces of butter. Yolks of two eggs. Three-quarters cup of sour cream. Beat hard to mix and bring to a boil. Now whip stiffly beaten whites of two eggs; cook one minute, then remove from stove.

This makes nearly one quart of dressing. It will keep sweet if placed in fruit jar in a cool dark refrigerator.

Onions Boiled and sliced shall heads of red cab-

A Tight Hip Line on a Loose Blouse



By CORINNE LOWE

The dinner gown, illustrated today, combines a skirt of black chiffon velvet, with a corsage of royal blue chiffon embroidered in imitation jet. At the waist line a large chrysanthemum of the chiffon effects an amicable settlement.

The blousing of the corsage into a tight-fitting hip line noted in this dress is one which has had an extensive influence in the mid-season modes.

well out his chest and flap his wings proudly. "Be a bat like your father," continued Sebastian's mother, "and when you are grown to adulthood you will be your father's pride and your mother's joy."

AND then Sebastian would say, "Ma, your sentiments is all right, but gosh, it's a bat's only young once. Why can't I go out for a good time like the other little bats?"

And then Sebastian's mother would say, "Do all your nattering around at night; that is all right, but don't stay out days. You will fall in with bad companions and they will be your ruination and downfall."

But Sebastian always turned away and went off talking to himself. (Dorothy, will you tell the baby to stop

cranking daddy's car outside. He's weakening the mixture.)

ONE morning Sebastian did not mind his mother, and when daylight came he sneaked out of the house. He was surprised to see how wide and wicked the world looked in the daylight. It thrilled him to think that now he was going out on a big adventure.

But, alas, he fell in with a gang of wicked city sparrows who took him out robbing pigeon lofts and stealing food in the alleys. This was the first step in Sebastian's downfall. His graduation seat was to be worse, and Mrs. Bruno Bat were broken-hearted.

But one day into Sebastian's wicked life beautiful Elsie Hoot Owl came. I'll tell you about this some other time if you remind me. Gwan-to-bed.

GLORIA CARUSO CAN SING

Vocal Experts Say She May Have Inherited Father's Voice

New York, Feb. 5.—Gloria Caruso is believed by vocal experts to have inherited a wonderful voice from her father, Mrs. Emma Caruso yesterday confirmed reports that Morris Baggy and other friends of the late tenor, after tests of little Gloria's vocal range, had termed her tone perfect and her natural talent for music extraordinary for a two-year-old child.

"I will make no effort to train her for the stage, at least not until after she is sixteen, and then only in event she chooses that sort of career," said Mrs. Caruso. "I want her to learn how to swim, dance, play golf, ride and be a regular all-American girl and I'll encourage all that in her. Her father shortly before his death predicted Gloria would be a singer. When she is a few years older I hope to send her abroad for four or five months every year to study French, Italian and music."

Boy Scouts Will Dine Tonight

The annual banquet of the Philadelphia Council, Boy Scouts of America, will be held this evening at The Roomer Hotel. The occasion will be part of "Anniversary Week" which was begun yesterday.

Save 50% on Your FURNITURE BEDDINGS AND CARPETS Visit our showrooms and prove it. Lowest prices; highest quality stock.

Berger Furniture Co. 5248-50 Market St. Belmont 6289 Open Evenings

The ALDINE RESTAURANT AND COFFEE SHOP 19 1/2 AND CHESTNUT STS.

WANAMAKER'S WANAMAKER'S WANAMAKER'S

Wanamaker's Down Stairs Store

An Important Little Sale of Men's All-Wool Overcoats, \$18.50

Not many of any one kind, but every coat a good one. Of Winter-weight all-wool coatings made in ulsterette style with convertible collars, deep pockets and belts across the back. Exactly the type that young men wear year in and year out. Sizes 34 to 42. Plenty of overcoat weather ahead this season and you'll have a good coat ready next Fall.

Men's Oxfords \$5.25

"No better oxfords at anywhere near the price!" More than one man has given that as his opinion. We know that they are good oxfords. The dark tan leather is of sturdy quality, soles are made for long wear and the oxfords have general air of smartness.

Many a Pleasant Surprise in This Collection of New Spring Dresses at \$15, \$16.50 and \$18



Tailored cloth dresses of Poiret twill have braided pockets, loose cuffs and unusual panel effects about the skirts. Some have skirts of Poiret twill and bodices of Copenhagen Canton crepe. Others, of tricotine, are made in coat style. Canton crepe and crepe de chine make some soft and lovely dresses in navy blue, beige, black and henna.

Women's Flannel Nightgowns, \$1

Cut long and full, they have double yokes and long sleeves. The flannel is all-white or in pink or blue stripes.

Women Are Asking for Vests

Short straight chemises—or vests—are being worn with bloomers a great deal. The most desirable are those with neat hemstitching at the tops and straight shoulder straps of the material. \$1 for vests of pink or white nainsook. \$2 for vests of pink crepe de chine or pink or white tub silk.

Two Mavis Corsets Worth Knowing About

Mavis corsets are made especially for us and obtainable nowhere but in the Down Stairs Store. They were made to fill the needs of women who want corsets of the better type at moderate prices. \$3.50 for a 15-inch girdle with panels of silk-figured poplin and strong fine elastic. It hooks in front and there is no lacing. \$4.50 for corsets of figured pink brocade with free hips and well-boned backs. The bust is very low, yet full.

Dark Tailored Skirts in Extra Sizes, \$7.75

Well cut and correctly proportioned skirts designed especially for stout figures. They are of navy blue and black serge of excellent quality, pleated or plainly tailored. One style is made with elastic inserts in the inner belt. Waistbands 33 to 40 inches.

Women's Shoes for All-Around Wear, Special at \$3

High black lace shoes of durable leather have welled soles and low or medium heels. They are both serviceable and neat in appearance. High Brown Shoes With Rubber Heels, \$4.75 Made for real wear—long walks—because the welled soles are firm and thick and the heels are medium. They lace high and have applied straight tips or imitation full wing tips.



The Newest Pongee Blouses Are Trimmed With Lace

Lace edges the roll collar, which is embroidered with silk in criss-cross design, and the vestee is tucked. Other new pongee blouses are made with plain roll collars. All at \$3.50. Crepe de Chine Blouses Also \$3.50 These are in a simple tailored style in white or flesh pink.

Wool Jersey Frocks Are Most Practical for School

They are warm, comfortable, do not muss easily and wear exceedingly well. Girls like them, too. The frock that is sketched has a full pleated skirt on a white underbody. The jumper of jersey has a washable white line collar and cuffs. In Copenhagen, navy, reindeer, brown and henna. Sizes 10 to 16 years at \$6.

Flannel Middies, \$3 New ones in navy blue or bright red trimmed with white braid. Sizes 14 to 20.

White Voile Blouses, \$1 Fresh new blouses with Peter Pan collars. The collars, center pleats and cuffs are edged with pink or blue scalloping or with a narrow pleated frill. Sizes 8 to 14.

Velveteen Dresses in a Clearaway Half price and less than half for a little lot of navy, brown and black velveteen dresses. Girls' sizes, 8, 10 and 12 years, \$7.50. Junior size, 16 years, \$10.

36-Inch Marquisette Special at 20c

Fine enough to use in curtains with crocheted lace! White and cream.

Japanese Crepe Creeper-Rompers \$1.25 For kiddies of 1 to 3 years these are the most practical everyday clothes. Rose or dark blue crepe piped around the square neck, short sleeves and pocket with white.

Central Aisle Opportunities

Good Silk Umbrellas for Men and Women, \$3.90 More expensive ones marked down from our own stocks because they were a bit shopworn, together with a new purchase whose slight imperfections in the weaving class them as "seconds." Women's umbrellas have handles of wood, bakelite or leather straps. Garnet, brown, green, purple, navy and black. Swaggar Handbags, \$3 Large ones in envelope shape with swaggar handles and tabs that fasten over. Black fabricoid in the shiny vachette finish with tabs of red, purple, brown or navy leather with long-grain finish. Duplex Fabric Gloves, \$1 White ones in strap-wrist style have snap-point-stitched backs with English thumbs. Usually half as much again. Women's Cotton Jersey Pantaloons, 85c Closely fitting ones of light-weight navy or black cotton jersey with elastic at waist and in double rows at knees. Ribbed Cotton Vests, 25c Women's regular or extra-size vests in bodice-top styles of finely ribbed white cotton. All perfect quality. 13th Street Aisle Hair Nets, 50c Dozen Six wanted shades in cap or fringe style. A grade that has proved its worth so well that customers return again and again for them.

If It is Silks You Will Find it at Thresher's

Thresher Bros. The Specialty Silk Store 1332 Chestnut St. Specialists in Silk Fabrics

After Stock Taking Sale of Silks

Georgette crepes, crepes de chine, crepes meteor, Canton crepes, kitten's-ear crepe, charmeuse, satin canton, crepe romaine, spiral crepe, chiffon taffetas, pussywillow taffetas, plain and printed foulards, sport satins, tricolettes, blouses, silk bloomers and silk petticoats. It is with much pleasure that we invite you to view and inspect the largest and most exclusive and carefully selected stock that it has ever been our privilege to offer. It demonstrates months and months of the hardest kind of study and forethought that our patrons might be protected in a measure from the unreasonable and exorbitant prices now prevailing. A few prices are quoted below to give you an idea of the real savings obtainable when purchasing at Thresher's silk store. We extend a cordial invitation to you to visit our store, whether you wish to purchase now or not.

Table listing various silk items and their prices, including Silks, Waists, Bloomers, and Silk Petticoats.

Mail Orders Filled Promptly Our mail order department is ready to give prompt and efficient personal attention to the requirements of our out-of-town patrons.

THRESHER BUILDING 1322 Chestnut Street, Phila., Pa. Telephone Walnut 2035

Spring Sends Fresh New Aprons and House Dresses

Probably this very dress apron which is sketched was designed in anticipation of Spring cleaning. It is a real cover-all and has two roomy pockets and a cap to match. Of checked gingham, in two-tone combinations, trimmed with rickrack. \$1.50. Checked Gingham House Dresses, \$2 Lavender, pink, blue and black with white as well as red-and-black-and-white combinations in this pretty dress with a hemstitched white linene collar, vestee, cuffs and pocket-tops. The other dress, of finer gingham, is most charming. Very fine organic banding and points trim the Tuxedo collar, the cuffs and pockets, while the sash is of gingham. In brown, black, blue, lavender and green. \$5.50.

