

# Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

## What the Fashionable Are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern

By **Anabelle Worthington**



An unusually smart model of novelty dotted crepe silk in sweet olive green shade.  
You'll like the intricacy of the way the circular flare is handled. The back and the side-fronts of the fitted bodice extend into circular fullness. The back hem is slightly dipped. The flared sleeves are refreshingly youthful.

Style No. 2545 may be had in sizes 16, 18 years, 36, 38, 40 and 42 inches bust.

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Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department, The Summer Fashion Magazine is ready! It contains most interesting styles for adults for town or vacation wear. Also darling styles for the kiddies. It is 15 cents a copy, but may be obtained for 10 cents if ordered same time as pattern.

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## Spinach

Spinach is one of our most valuable spring foods, but not always as carefully prepared as it should be. Wash carefully in several waters, lifting the leaves out of the water rather than pouring the water from them. Put in a tightly covered saucepan, sprinkle with salt and cook for ten minutes or until leaves are tender. No water need be added as enough water will cling to the leaves to cook them. Drain well, chop fine, season with salt and pepper and butter. Lemon juice or vinegar may be sprinkled over it if desired. Reheat before serving.

A tasty supper dish is made by placing hot, well-seasoned spinach on a platter with strips of bacon or poached eggs over it.

## Spinach Souffle

To cooked spinach, which has been well chopped, add two or three well-beaten eggs (according to the amount of spinach), a tablespoonful of milk or cream, a tablespoonful of butter, salt and pepper. Mix thoroughly, put in a buttered baking dish, bake ten or fifteen minutes and serve at once.

## Baked Spinach

After washing spinach, put it in a baking dish, sprinkle with salt and pepper and cover closely. Bake for half an hour. It is advisable to cut the spinach with a sharp knife before putting it in the dish. Drain and chop, add butter, more salt and pepper if needed.

**Spinach with Cheese Sauce**  
Season cooked spinach with butter, pepper and salt and pack in a mold and keep it hot while making the sauce. Cook as many eggs as are desired till hard; shell, and either slice or cut in halves. Turn the mold of spinach on a rather deep platter, surround with the eggs, and over the eggs pour a cheese sauce made with 1 cupful milk, 2 tablespoonfuls butter, 2 1-2 tablespoonfuls flour, 1-2 cupful grated cheese; salt and pepper to taste.

**Keeps Your Skin YOUNGER LOVELIER**



## Cream of Spinach Soup

Cook spinach and drain, reserving liquid. Measure one cup of spinach and one cup of the liquid. Chop spinach very fine or rub through a coarse strainer. Melt 2 tablespoonfuls of butter in a saucepan. Add 2 tablespoonful flour and 1 teaspoonful salt. Mix well, then add 2 cupfuls milk and the drained liquid. Cook until hot, stirring constantly, then add chopped spinach and a teaspoonful of grated onion. Cook five minutes more. A teaspoonful of whipped cream may be placed on each service of soup.

## Spinach and Cheese Scallop

Chop 2 cups cooked spinach and add 3-4 teaspoon salt. Arrange in a buttered baking dish alternate layers of the spinach, 1 cup grated cheese, 1 cup dried bread crumbs, having top layer of crumbs. Dot with butter and bake fifteen minutes in a 50 degrees F. oven.

## Jelled Spinach with Meat

Pour 1 cup of boiling, thick, well-seasoned white sauce on to 2 tablespoonfuls softened gelatine. Add 1 cup chopped spinach, 1 tablespoon onion juice and 3-4 cup each of chopped celery and any chopped left-over cooked meat. Pour into wet mold and when firm, cut in slices. Serve with mayonnaise.

## Spinach Sandwiches

Drain and chop 11-4 cupfuls cooked spinach. To this add 1-4 cupful boned mashed sardines, or anchovy paste, 1 tablespoonful lemon juice and 1-4 teaspoonful salt. Spread between slices of buttered bread.

## Spinach Cakes, Onion Sauce

Drain 11-4 cupfuls cooked spinach. Chop very fine with 1 hard-cooked egg. Add 1 teaspoonful salt, 1-8 teaspoonful pepper and 1 well-beaten egg. Let stand fifteen minutes to stiffen then form into flat cakes and dip into fine crumbs. Pan fry in 2 tablespoonfuls hot fat until brown on both sides. Add 1 grated onion to 1 cupful of thin white sauce. Pour over the spinach cakes.

## Ham Omelette with Spinach

Make a ham omelette in the usual spinach; reheat, adding 1-2 teaspoonful salt, 1-8 teaspoonful pepper and 1 tablespoonful butter. Serve in a ring around the omelette.

## Cake Baking

A family often marvels at the variety of delicious cakes mother makes, and thinks she must have the most wonderful memory in the world. The truth is that she bases all her cake recipes on one good plain white cake. With a little initiative she can put her hand in the bag and extract a rabbit anytime. A few drops of flavoring, a sprinkle of nuts and spice, different icings,

## Etiquette

By **Robert Lee**

Q. What should a man wear to an afternoon wedding?

A. If the wedding is very informal he may wear a dark business suit, but a frock coat and gray striped trousers would be more correct.

Q. What is the usual tip to a bell-boy who pages one for a telephone call?

A. Not less than ten cents.

Q. When at a table, what should one be careful to avoid?

A. The clattering of silver, rattling of dishes, and other unnecessary noises.

## For The Cook

### COLD SLICED MEAT IN ASPIC

Let two ounces of gelatine stand in one cup of cold water until the water has been absorbed, then pour on five cups of cleared consommé soup, heated to the boiling point. Have ready some cooked peas, figures cut from cold, hard-cooked eggs, and from beets. Let a few spoonfuls of the aspic jelly become "set" in a chilled charlotte mould, holding three pints, standing in chopped ice. Upon this place the decorations of eggs, beets and peas, and cover with more aspic. Dip other pieces of decoration in aspic and set them against the chilled sides of the mould. Fill the mould, alternately, with thin slices of ham and breast of chicken and liquid aspic. Let stand in cold place several hours. To unmould, set the mould, an instant only, into warm water, letting the water come up on the outside to the height of the mixture on the inside. The water must not be warm enough to melt the jelly. Invert on a serving dish.

variety in form and presto the family! and guests are enraptured and pleasantly misled.

As most housewives agree, it is best to cream butter and sugar thoroughly, to add the milk and dry ingredients alternately. Beat the egg whites and add the yolks to the whites, then beat again. Add this last to the batter. Pour into buttered pans. Bake one-half hour in a moderate oven, unless the cake is small.

### Reliable White Cake

1 cup granulated sugar.  
1-2 cup butter  
3 eggs (white of one for icing. If not needed for icing 2 eggs will do.)  
1 scant cup milk.  
1 1-2 cups flour sifted twice.  
2 teaspoon baking powder.  
1-2 teaspoon salt.

### Burnt Wood Cake

Three-quarter cup granulated sugar. Put over fire until it melts into syrup. Add 1-2 teaspoon butter. Four 1-2 cup of boiling water to syrup and let boil a few minutes.

Make the white cake recipe and before you put in the flour, add 4 large tablespoonfuls of caramel to make up the cup of milk. Boil remainder of caramel with one cup of sugar and when it stings remove from the fire. Flavor with vanilla, beat and spread on the cake.

### Spice Cake

This, too, is made with a white cake foundation. Add 1 teaspoon cinnamon, 1-2 cloves, 1-2 allspice to the flour. Use either a chocolate or white icing.

### Exceptionally Good Chocolate Cake

1 cup granulated sugar.  
1-2 cup butter.  
1 egg, or if the egg is small, use 2 eggs.

Drop the egg into the batter without beating.  
1 cup of sour milk.  
1-2 teaspoon salt.  
3 dessertspoons of cocoa.  
1 and 1-2 cups of flour.  
2 teaspoon of baking powder.  
1-2 teaspoons soda dissolved in the sour milk.  
Flavor with vanilla. Mix and sift the dry ingredients twice.

### Walnut Cake

Use the plain white recipe and to this add 1-2 cup of chopped walnuts. Flavor with almond. Frost with any of the following icings:

### Maple Syrup Icing

One and one-half cups maple syrup. Boil syrup until threads form. Remove from the fire and add the well-beaten white of egg. Beat until cool and thick. Then spread on the cake.

### Marshmallow Icing

Place in top of a double boiler 1 unbeaten egg white, 7-8 cup of granulated sugar, 3 tablespoonful cold water. Beat with an egg-beater for 7 minutes. Then add 1-2 teaspoon of vanilla and 1-2 teaspoon of baking powder. Cool and spread on cake. Grate a little orange rind on this icing before it cools or add coconut if desired.

Discusses Privileges of Sterner Sex

## Dorothy Dix

Advantages in Being Men

### Why Shouldn't a Man Be Proud Simply Because He's a Man, When All the Advantages and Perquisites of Society, Business and Marriage Fall to His Lot by Right of Birth?

"Of course, men are all puffed up and vainglorious over being men," said a man the other day, "why shouldn't we be on a silver salver just simply because all the best things in it are handed us on a silver salver just simply because we are men?"

"Just look at a few of our advantages, please. In the first place, men are generally stronger in body and have better health than women and are therefore more capable of doing hard and sustained work than women are. And sometimes they have better brains, and whatever ability they have is better trained, because parents recognize that a boy must be fitted to make his own living and cope with other men, whereas they always hope that their daughters will get married, and so they do not think it is worth while to have the daughter taught some profession by which she can support herself, and that makes women run a bad second in the commercial race.

"Then opportunity knocks far oftener at a man's door than it does at a woman's. There are plenty of things that a man can do from which a woman is debarred just by reason of her sex. And there are other things which she might perhaps do, but from which she is shut off, for the present at any rate, by reason of the prejudice against women.

"All the really big plums drop into masculine mouths. You don't hear any mother telling her little Maud Geraldine that if she will eat her nice spinach and study hard at school when she grows up she may be President of the United States or generalissimo of the army or an admiral or what not.

"Then another advantage in being a man is that a man doesn't have to watch his step as a woman does. If he is a peppy blond young lad, he doesn't have to kiss a fat old employer in order to hold his job, or console amorous bosses who are married to wives who don't understand them. All that is expected of him is for him to do his work. He does not have to personally conduct a petting party.

"And he can do things with impunity for which a woman is sent to Coventry. He doesn't have to keep one ear cocked, listening to what Mrs. Grundy is saying behind his back. If he drinks too much now and then and philanders a bit, people simply shrug their shoulders and say he is a devil among the women and forget it, but if a girl stumbles she is gossiped about and her past is remembered against her as long as she lives.

"Still another advantage in being a man is that looks don't count. Of course, it is a comfort to a man to be able to take a pleasure in what he looks at when he shaves every morning, but his personal satisfaction is about all that amounts to. When he goes to look for a job no employer turns him down if he is competent because he has not a peppy complexion and hair with a natural wave in it, as they do a woman.

"No hostess refrains from inviting him to a party because he has carrot hair and pale eyes, but nobody invites a homely girl except upon compulsion. No girl declines a man's invitation to dance, or go to a theatre because he is fat and bald-headed, but you can figure out for yourself what chance that sort of girl would have of ever getting a man to take her around any place, or ask her to tread a measure with him at a night club. The ugly man is just as popular as the sheik, but the ugly girl is simply sunk.

"Furthermore, a man is a darling in society just because he is a man. The social ladder is a hard and slippery one for women to climb unless they have family and social backing and money and prestige, and the women up there are mighty likely to kick them in the face and knock them off their perch. But for men the rungs are padded with velvet and the sides wreathed with roses and the grand dames who are sitting pretty on the top hold down a helping hand.

"For there are never enough men to go around, and any chap who is presentable and has a well-cut dinner coat and decent manners and who knows how to dance, can crash in anywhere among the elite with no questions asked about his family tree, or previous condition of servitude.

"Another great advantage in being a man is that you have the privilege of picking out your mate. If a man sees a maiden who fires his fancy, he can pursue her and use his every endeavor to 'sell' himself to her and convince her that he is the hero of her girlish dreams, and that she can never be happy unless she has him for a husband.

"But the woman who sees a man that she likes has to sit around and keep her fingers crossed for luck, hoping and praying that he will come her way. Every move toward winning him that she makes must be done stealthily and under cover, and that cramps her style and likely as not while she is trying to fool him into thinking she is running away from him while she is really pursuing him, she fumbles her game so that she loses out.

"And what I consider the crowning advantage of being a man is that you can have your cake and eat it, too, in the way of being able to go on with your life-work and still get married, as women very seldom can do. When a man marries he adds the joy of a home and wife and children to his career. When a woman marries she has to sacrifice one or the other.

"She has to be a wife and mother and give up the career, or keep the career and be a failure as a wife and mother, because being a wife and mother is no part-time job. Neither is making a success of a career. And there is no arguing with Nature, that has never devised any new way of having babies, or any synthetic mother that took the place of the real one.

"So, considering this and that and the other thing, is it any wonder that men are all set up over the advantages of being men?"

DOROTHY DIX.

### Chocolate Icing

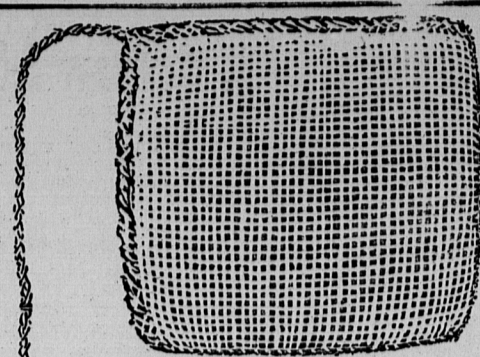
3 dessertspoons cocoa.  
A small piece of butter.  
1 1-2 cups icing sugar.  
To this add enough boiling water to make a suitable paste. Spread on the cake. Sprinkle with nuts if desired.

### Raspberry Muffins

Cream of 2 tablespoonfuls of butter with 2 tablespoonfuls of sugar, add 2 beaten eggs and beat thoroughly. Mix and sift 2 1/2 cups of flour with 2 1/2 teaspoonfuls of baking powder and 1/2 teaspoonful salt and add to the first mixture alternately with one cup of sweet milk. Beat well again add 1/2 teaspoonful of lemon juice and 1 cup of well-floured raspberries, half fill buttered muffin pans and bake about 1/2 hour.

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## Strawberry Time

### Strawberry Tarts

Summer wouldn't be summer without strawberry tarts—and the professional ones you see at the pastry counter are not really difficult to achieve.

Make the cases of rich pastry, baking them on the bottom of your patty cans. When the cases are cool, fill them with ripe strawberries. Keep back any ill-formed berries and use them to make a glaze in the following manner: Crush the berries, measure them, add an equal amount of sugar and a little lemon juice and cook together until it spins a thread. Rub through a fine strainer, bring to boiling point again and pour over the fresh berries in the pastry shells. Allow to cool before serving.

### Strawberry Pie

1 quart berries.  
1 cup flour.  
1-3 cup shortening.  
1-2 teaspoon salt.  
Water.  
6 tablespoonfuls sugar.  
1 tablespoonful flour.  
1-2 tablespoonful butter.  
Rub the fat and flour and salt together; and water to form a paste; divide the paste and cut in half. Roll out 1-2 of paste and line a pie tin; put berries into lined pie plate on a layer of sugar; put 3 tablespoonfuls of sugar over the berries, sprinkle with flour and dot with butter. Make a "cross-barred river" of the remaining pastry and bake in a hot oven.

### Strawberry Sauce

1 quart berries.  
2 cups sugar.  
1 cup evaporated milk.  
Crush berries and sugar well with a fork and let stand for an hour or so. When ready to serve, add the milk and stir all together. This is a delicious sauce for a pudding, or to serve with vanilla ice cream.

### Strawberry Souffle

1-2 cup milk.  
1 1-2 tablespoonfuls flour.  
1 tablespoonful butter.  
2 egg whites.  
2 egg yolks.  
2 cups strawberries.  
1-4 cup sugar.  
1 tablespoonful cornstarch.  
Mix egg yolks and butter till foamy, add 6 tablespoonfuls milk and the flour; make a smooth paste and stir into the rest of the milk, which should be hot; beat 2 minutes. Fold in egg whites, beaten stiff. Pour into greased jelly mold, stand in pan of boiling water and bake 25 minutes. Turn out on platter and pour crushed strawberries over it.

### Strawberry Salad

For each person take:  
1 slice canned pineapple.  
1 tablespoon cream curds.  
Fresh strawberries.  
Salad dressing.  
Crisp lettuce.  
On each plate arrange crisp lettuce leaves—or a nest of shredded lettuce—and place a slice of pineapple on it. Put on the pineapple. Cut other berries carefully in quarters or sixths, according to size, and arrange these little pieces on the pineapple around the whole strawberry star-shape. Make a border of cream curds around

the pineapple. Serve mayonnaise or boiled dressing separately.

### Strawberry Butter Frosting

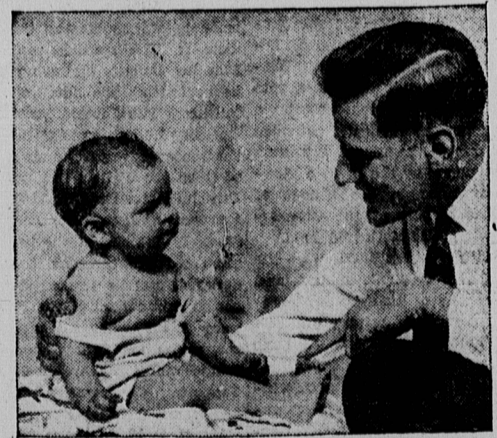
Wash 1-4 cup of butter in cold water until all the salt has been removed, then pat it in dry folds of cloth. Cream well and gradually add 1-2 to 2 cups of confectioners' sugar, then 1-2 cup of strawberries pressed through a sieve. Allow to chill before using. Use to ice small cakes.

### Strawberry Meringue Frosting

Beat the white of 1 egg until it begins to froth, then add 1-2 cup of crushed strawberries and beat to blend before beginning to add 1 cup of confectioners' sugar very gradually, beating vigorously with a rotary beater. The frosting will become very fluffy and should expand greatly as the beating continues. Pile thickly between the layers of little cakes split and also over the top and serve the cakes with a fork.

### Fresh Strawberries in Pop-over Cases

For the pop-overs.  
1 cup flour.  
1 cup milk.  
2 eggs.  
1-8 teaspoon salt.  
Mix the beaten egg and milk and sift in the flour and salt. Beat until smooth pour into greased pop-over tins and bake 35 minutes in a moderate oven.  
With a sharp knife open the top of each popover and fill with fresh



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