

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

## A Good Salad Is A Dish With Many Secrets

If I can have just one tomato—there is acid in it—I like my bowl of salad dressed with nothing besides a bit of salt, and no more than one tablespoon of fine olive oil, the best. Most people when mixing this oil with vinegar are likely to use three tablespoons, for the amount of ingredients for which I think one tablespoon of oil sufficient, so there is genuine economy in my way as well as dietetic safety.

A salad so dressed was prepared one day, and after my friend from Sweden had tasted it thoroughly, I said: "You can have some vinegar if you want it." "But I do not want it," was her reply, and from what she said subsequently I knew that she found it hard to reconcile the fact that this salad was so especially satisfactory without a drop of vinegar.

When leaf lettuce is used for this salad it is especially worth while to spare the vinegar because the lettuce will be so much crispier. Besides this, you get whatever of delicious bitter flavor there is in it. There is even more of this appetite-stimulating flavor in escarole, which happened to be the base of the salad tried out on my friend. This can be had in Italian communities, but I went around to a half dozen retail stores near home that day and found it not.

Always I rub my bowl with the cut end of a clove of garlic, next add the broken salad greens and top it with a cut up tomato. Then lightly sprinkle with salt, strewn over the tablespoon of olive oil, "fatigue" it by turning the whole over and over with fork and spoon, and then serve as soon as possible. Three or four scal-

## Etiquette

By Roberta Lee

Q. Does a doctor's wife share her husband's title?  
A. No.  
Q. Where should napkins be placed at a formal dinner?  
A. In the place plate.  
Q. Does a well-bred person ever pretend that he has more wealth or more education than he really has?  
A. Never; nor does a well-bred person who really has wealth and education refer to it.

### BAN IS LIFTED REPORTERS MAY VISIT SINCLAIR

WASHINGTON, May 16.—The ban on reporters in the district jail where Harry F. Sinclair, millionaire oil man, is housed under a sentence of 90 days for contempt of the Senate, has been lifted by George S. Wilson, director of public welfare.

Wilson said the restrictions were placed on the jail because the great number of reporters who swarmed there to see how Sinclair was being treated caused confusion and not because of any desire to hide the treatment.

In the last five years the oil production of Argentina has nearly tripled.

ions in thinnest slices are usually added, and cucumber generally.

The outer or green part of a blanched head of escarole—some heads in the Italian stores are not blanched—makes a wonderful green which I can eat without any seasoning save a bit of salt, but it is superior with butter, or chopped and heated with butter and cream. It has such a nice modest bitterness!

## A Fashion Hint



216

### SMART YOKE EFFECT

A smart sleeveless affair with shoulder yoke, with collarless round neckline trimmed with applied band with circular skirt attached to bodice at normal waistline. The yoke is cut in one with front and back waist sections. The small view shows how it is cut through perforated line, the lower part gathered and joined to upper part, forming the yoke. Style No. 216, designed in sizes 6, 8, 10, 12 and 14 years, only takes 1 1/2 yards of 32 or 36-inch material with 1/4 yard of 32-inch contrasting for the 8-year size. Printed pique, dimity, chambray, linen, cotton broadcloth printed in dot motifs, English prints, wool challis, wool crepe, printed silk crepe and georgette crepe are popular fabrics for its development. For parties, it is really fetching made of pale blue georgette crepe or flesh colored taffeta. Price 15 cents in stamps or coin (coin preferred). Wrap collar carefully.

We suggest that when you send for this pattern, you enclose 10 cents additional for a copy of our Spring Fashion Magazine. It's just filled with delightful styles, including smart ensembles and cute designs for the kiddies.

## For The Cook

### PINEAPPLE ICING FOR CAKES

One egg yolk, beaten until thick and lemon-colored, 3 dessert spoons shredded pineapple and juice, 2 teaspoons lemon juice, a pinch of baking powder, about three-quarters cup of icing sugar. Beat all together, adding a little more sugar if not thick enough. Spread on cake when well-beaten.

Orange Icing: One egg yolk, 1/2 teaspoon lemon juice, 2 dessert spoons orange juice, grated rind one orange, icing sugar. Beat egg yolk, strain juices and add to egg. Then add enough icing sugar to thicken. Beat in one-eighth teaspoon baking powder, and spread icing on cake.

## Gingerbreads

A certain gingerbread recipe with about the thinnest batter any one ever baked, and yet giving a cake that is satisfactory, is given below:

In the old Buckeye Cook Book this was called "ginger drop cake," and the recipe for it is one-half cup of sugar, one cup molasses, one-half cup of butter, one teaspoon each of cinnamon, ginger and cloves, two teaspoons of soda in one cup of boiling water, two and one-half cups of flour, two well-beaten eggs added the last thing before it is baked.

Baked this in a rather large sheet in a 350 degree oven for about half an hour, which is the time required for most gingerbreads—but the thickness or depth of the batter makes a little difference—and one very like this has been called a molasses sponge cake.

There are countless gingerbread recipes and even by tabulating them ones head gets tired and confused in trying to see why they are different. This one is not so different in adding the egg last, although people who use it make a great specialty of this fact, and it can be made with one egg instead of two, and it is astonishing to see how the quantity will shrink under those circumstances, or it will do so when some people put it

## To the Girl Who Would Be Popular // Dorothy Dix // Passes on Masculine Advice

### A Girl Can't Fail to be Popular With Boys if She is as Good-Looking as Nature and Art Can Make Her, a Good Sport, a Gay Companion — Above all, if She Knows How to Jolly Them Along

The one question of perennial heart interest to girls is: How to be popular with boys? Every day I get dozens and dozens of letters from anxious maidens who propound this riddle to me, and I have passed the buck, so to speak, to a group of young men and this is their answer to the conundrum.

They say if a girl wishes to be a WOW with the boys she should:

First—Be as easy on the eyes as Nature permits and dress as well as you can afford, but by being well dressed they mean suitably dressed and they were a unit in deprecating loud and flashy clothes. A boy likes to be seen out with a girl who is smart enough looking to make people rubber, but not with one who looks like a figure of fun.

They don't object to cosmetics. In fact, they thought that a girl who used no rouge looked as faded and washed out as a last summer's shirt, but they liked it put on with artistry and restraint, not slapped on by the bucketful like paint on a barn door, and they preferred their kisses mildly flavored with lipstick instead of being a mouthful of grease paint.

Second—They like a girl who asks questions. It gets the conversation going, and steers it into a channel where the boy feels at home. It is easy to talk to a girl who asks you if you have ever got Honolulu on your radio or what kind of a car you have and how many miles you make on a gallon of gasoline or what do you think of the Babe's batting average or if it isn't exciting and perfectly thrilling to be in the grocery business?

They said that a boy never gets bored with a girl who knows how to ask intelligent questions. Besides, it makes him feel that she is personally interested in him.

Third—They like a girl who is natural and unaffected and who doesn't pose or pretend and who doesn't high-hat them. They like the girl who frankly admits that she makes her own dresses and works because she needs the money, instead of pretending that her frock is a Paris importation and a little thing that she picked up for \$150 and that she is a millonairess who is just pounding a typewriter or standing behind a counter for a lark.

They give a wide berth to the girl who tries to show off how cultured she is by asking them what they think of the new Einstein theory. Also, it is never again for the girl who, when a chap takes her out in his flivver, spends the time telling about what a wonderful Rolls Royce some other man has, or who, when he escorts her to a vaudeville performance, depresses the occasion by discoursing about her passion for grand opera.

Fourth—Boys like girls who can do things. They wouldn't take Venus herself to a ball if she stepped on their feet and had to be towed around like a barge, whereas even a homely girl with nimble heels who knows her Charleston is sure of having plenty of cut-ins.

Same way about bridge and golf and tennis and swimming and hiking. No amount of beauty or brains or charm or the highest Christian character will make a boy overlook a girl tramping an ace or running his game or having to be helped over the hard places or carried back home because she couldn't go the pace.

Fifth—Boys like girls who are neither indifferent nor over-eager. They like girls who neither run after them nor away from them. They like a girl to show that she is pleased at their attentions, but they don't want her to hound them into coming to see her or to take her to places. And they simply loathe the girl with the telephone complex who is always calling them up in business hours to know why they haven't been to see her and when they are coming and what about a date for tomorrow night.

They like a girl to show that she enjoys their society, but if she gushes all over the place about it it leaves them cold, because it indicates that a date is a rarity with her and no boy ever falls for a girl that all the other boys have passed up. He likes to be one of a crowd and it fires his sporting blood to get in a date with a girl that all the other boys are rushing.

Sixth—Boys like girls who are easy-going and good-natured and jolly and pleasant to get along with. They like the girl who enjoys things and who appears to be having the time of her life every time a chap takes her out to any place of amusement. The girl who is always the life of the party and who can make any kind of thing go.

They like the girl who can eat a hot dog and think it perfectly grand, who can dance to the phonograph, who can laugh at an old joke, who can accept a reasonable excuse for a broken date and who doesn't have to be handled with gloves for fear you will hurt her sensitive feelings that stick out of her like quills on a porcupine.

Seventh—They like girls who have mercy on their pocketbooks and who realize that a chap likes to eat cornbeef himself sometimes as well as to be fed a girl on caviar.

They like girls who propose going on a street car instead of in a taxi, girls who suggest going to the movies instead of to a high-priced show, girls who don't pick out the most expensive dishes on a menu at a restaurant. And they positively adore girls who refrain from having more than one birthday a year and who can walk by a jeweler's window or a window in which there are Paris bags for sale without even turning their heads.

Eighth—Boys like girls who know how to jolly them, girls who tell them how handsome and wonderful and big and strong and clever they are. That is a siren song that never fails to get the glad hand and any girl who knows how to sing it in the right key knows all about the secret of how to be popular with boys.

together with the single egg.

Too stiff a gingerbread is not agreeable, and almost any gingerbread is improved with a white icing, but some people would rather have it hot with butter than in any other way. If one likes experimental cookery, the gingerbreads offer a fine field. In these cakes you can use chicken fat, to great advantage for the shortening. Probably if one wanted to be a really competent judge of gingerbreads she should have a great number of kinds before her, taste them and perhaps conclude that they are as like as two peas. Baked in muffin tins it would

be perfectly reasonable to call the products from the above batter spice muffins, especially if some floured raisins are added.

## A Morning Smile

A colored preacher down South was trying to explain the fury of hell to his congregation. "You all has seen molten iron runnin' out from a furnace, ain't you?" he asked. The congregation said it had. "Well," the preacher continued, "dey uses dat stuff for ice cream in de place what I'm talkin' 'bout."

## Milady Beautiful

By Lois Leeds



### BEAUTY FROM FOODS

If you want a smooth, clear skin you must learn to choose the right diet. It makes a great difference to beauty as well as to health how you select your menus. Indeed, each meal may be a real beauty treatment, or, if poorly planned, may be the cause of your complexion blemishes and sallowness. Doctors realize that foods can build health or cause disease; dentists know that diet affects the teeth and gums, and all who are interested in physical culture or beauty culture must also recognize the importance of correct eating.

It may be a little difficult for the laymen in such matters to follow the arguments of professional dietitians in regard to the proper balancing of the diet. We have been told of the necessity for including balanced rations of proteins, carbohydrates and fats. Then vitamins were discovered and their importance was demonstrated. Mineral salts must also find a place in the daily diet. Menus planned solely by calories have had their day of popularity.

Still another approach to the problem of selecting the right foods is based upon combinations of foods in the light of their acid or alkaline forming properties. After foods have been digested in mouth, stomach and intestines, they are assimilated in the small intestines, carried thence by the blood throughout the body, where they are oxidized or burnt up, leaving an ash or residue which is either acid or alkaline. "The power of the blood to resist disease depends upon its degree of alkalinity," says Dr. Sheridan C. Waite in his "Food Pilot" and he advocates the use of four parts of alkaline-forming foods to one part of acid-forming foods in the daily diet of the average person.

The alkaline-forming foods include acid and subacid fruits, like oranges, apples, pears, etc.; nonstarchy vegetables like asparagus, carrots, spinach, etc.; ripe bananas, dates, figs, raisins, and potatoes when eaten with their skins. The acid-forming foods are proteins (meats, cheese, white of egg, fish, game, nuts, etc.); starchy vegetables and cereals, plums, prunes, canberries, rhubarb and the slightly acid-forming sweets, including brown sugar, honey and maple sirup. Milk and fats are classed as neutral.

Instead of mixing the different classes of foods in each meal, Dr. Waite suggests fruit, starch or proteins at different meals. For example we might have a starch breakfast consisting of whole wheat cereal with cream; two scrambled egg yolks (which are classed as animal fats) and clear coffee. Luncheon might be a fruit-vegetable meal consisting of a vegetable platter and a fruit salad with apples, grapes and oranges diced. The third meal should be a protein dinner including tomato soup, raw salad of carrots, celery and ripe olives, chicken with parsley and Brussels sprouts and an apple frappe for dessert made of whipped cream with grape apples (with skin) and crushed pineapple flavored with lemon juice. The alkaline-forming fruits and vegetables combine well with proteins and with each other.

### Tomorrow — Beauty Questions Answered.

## Household Hints

By Roberta Lee

### Plant Growth

Plant growth can be hastened by making a mixture of 1 tablespoonful Epsom salts and 1/2 gallon of cold water. Dissolve thoroughly and pour over the roots.

### When Sewing

To prevent the hands from sticking to the goods while sewing try rubbing them with talcum powder.

### Boiled Eggs

If the water is boiling before the eggs are placed in the vessel, it will prevent the yolks from darkening.

## Write for Free Nestlé's Milky Way Recipe Book

# Always Pure Safe and Fresh



## NESTLÉ'S MILK "CANADA'S KOW"

Produced in Canada by the makers of the Famous Nestlé's Milk Food  
NESTLÉ'S FOOD COMPANY OF CANADA, LTD. TORONTO

### ECONOMICAL · CONVENIENT · RICH

**DIET OF TURTLES**  
LONDON, Ont., May 16.—Emmet Brennan, Cheapside Street, while fishing for frogs in coves west of the city caught a large bulfrog which had swallowed two small mud turtles, each about one inch in diameter. When taken from the stomach of the frog the turtles swam around in water undisturbed by their experience.

**Olive and Chive Salad Dressing**  
A pleasing dressing on endive salad or romaine. One-half cup olive oil, 3 tablespoons vinegar, 1 teaspoon salt, 1 teaspoon mustard, 12 teaspoon paprika, 1 tablespoon finely-chopped chives, 2 tablespoons chopped stuffed olives. Mix dry ingredients and then add to oil and vinegar. Beat until thick and then add chives and olives.



## —makes bathrooms spotless in no time

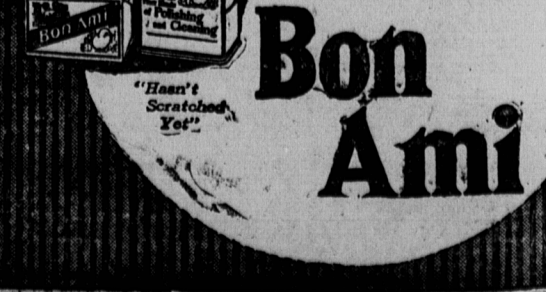
SO many things to clean in a bathroom. But it takes just a minute to keep them spotless with magic Bon Ami.

A shake of Bon Ami Powder on a damp cloth . . . and away goes all the dirt from basin, tub, and tiling . . . faucets and metal things shine like polished silver . . . wood-work and floor once more clean as new.

Windows and mirrors, too! Here the handy Bon Ami Cake holds sway. A little on a damp cloth . . . a few moments' wait . . . whisk with a clean, dry cloth . . . and the job's all done.

Bon Ami brings spotless, healthful bathroom cleanliness — without hard work!

BON AMI LIMITED, MONTREAL



Powder and Cake — every home needs both

**Bon Ami**



"Hain't Scratched Yet!"

# Full of Life and Energy Now!



## and OVALTINE'S responsible

WHAT a difference Ovaltine makes in a very short time! Weak and ailing children become strong and sturdy . . . full of life and energy and with cheeks aglow with glorious health. Such is the experience in many thousands of homes.

The secret of good health is simply adequate nourishment to build up healthy bodies, sound nerves and alert minds. This Ovaltine supplies in abundant measure. After illness Ovaltine rapidly restores health, strength and normal weight. We receive grateful letters constantly . . . always with praise for Ovaltine. One mother writes:

"My little girl Dorothy has derived wonderful benefit from the daily use of Ovaltine during the past six weeks. For the first fortnight of the time she was in bed with measles and bronchitis. She made a quick recovery, rapidly regaining health, and looks so much better than before her illness that people are remarking on the change in her, as previously she was always ailing."

Ovaltine is not a mere haphazard mixture of several ingredients but is manufactured by an exclusive scientific process. Ovaltine retains, unimpaired, all the essential elements of its valuable ingredients—ripe barley malt, fresh eggs and creamy milk from England's richest pastures. Every particle of Ovaltine is easily digested and assimilated. Make delicious Ovaltine your children's daily beverage the year 'round. They'll thrive on it. . . Made in England. Sold at 50c, 75c, \$1.25 and special \$4.50 family size. The larger tins are more economical to purchase.

# OVALTINE

TONIC FOOD BEVERAGE

BUILDS UP BRAIN, NERVE AND BODY

OVALTINE Ranks are more appetizing, easily digested and far more nourishing than ordinary rusk or biscuits. Made from finest Canadian wheat flour, with OVALTINE added.

A. WANDER LIMITED, 455 KING STREET WEST TORONTO, ONT.