

# Practical and Fancy Needle Work



### ANOTHER CAMOUFLAGE.

OLD suits are not generally accounted as assets to a modern wardrobe, but with just a little skill an old suit can be made over into the most up-to-date cloth dress. The suit in the sketch has had two years' good wear. It was bought in 1915. Do you recognize it in the dress sketched beside it?

What has been done with this suit can be done with any broadcloth, velvet, serge or light jersey suit. Of course, if the suit is spotted or torn the material should be cleaned and neatly matched, but from a fairly worn suit, in fairly good condition, a new dress may easily be made.

The cut of the dress will depend somewhat on the cut of the suit, and also on personal taste and on the type of dress wanted. Below are directions for the dress sketched here:

Five-gored skirt, two yards at hem, one and a quarter yards at the waistline. Pocket slit six inches from waistline, in seam, and six inches long. Embroider one and a half inches wide.

Waist: Plain seam front and back, embroider one and a half inches each side of front closing. Plain coat sleeve, with flaring cuff. Girdle, three inches wide, slips through three-inch slots in the tabs at the back. Sash end in front at left side, covering skirt fastening 16 inches long, from waistline breadth, end to end. Embroider tabs at waistline six inches long, one and a half inches wide. Satin collar, 26 inches long and three and a half inches wide.

The design in the embroidery silk is the same color as the cloth, with a lighter shade of yarn. Outline stitch, then chain stitch; cross stitch in center held in place with cross stitch of black silk.

## Nemo

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The Oregonian for January 18, let me say I have never tasted as delicious cured pork as that used by a friend and I met, Mr. C.

Use equal parts coarse salt and brown sugar. Water enough to cover meat well. Make brine strong enough to float a good egg. Add about two ounces saltpetre for each 100 pounds meat. Boil water, sugar, salt and saltpetre for 10 minutes. Take from fire and let it get absolutely cold. Pack meat in jar, cover with cold solution, weight down so that all will be covered several inches over. Let as desired. This is ready to fry without freshening and is better than fresh pork. Hope you will give me a service.

Many thanks for your recipes which, I am sure, will be appreciated by my two correspondents. In regard to the latter, however, I must remind you that at present we are asked not to use sugar for any purpose where it is not strictly necessary or where a substitute can be used, and that sugar is not "necessary" in securing good salt pork.

In regard to your remark that the salt pork "is better than fresh pork," I presume you mean that it suits your personal taste better. It is to be remembered that salt pork has lost a portion of its nutrients in the curing and is therefore not "better" than fresh pork in its nutritive value and that it seems also to be less easily digested, and is therefore not "better" in this respect, either. Salt meat cannot entirely take the place of fresh meat in diet, and should be used in strict moderation.

THOOD RIVER, Or., Jan. 14.—Dear Miss Tingle: Will you kindly give me, through the columns of The Oregonian, the recipe for Thousand Island dressing as used for salad dressing. Thanking you for help,  
MRS. H. B.

I do not know "the" recipe for Thousand Island Salad dressing, since this is a general name given to almost any kind of salad dressing to which various chopped ingredients, such as pickles, nuts, olives, pimientos, parsley, green pepper, chives, onions, chervil, canned mushrooms, etc., have been added, with or without liquid additions, as catsup, Worcester sauce, fruit juices, flavored vinegars, and different kinds of pepper such as paprika, tabasco, or chili powder.

Practically any time you meet a salad dressing with a chopped-up material in it you are safe in calling it either "Russian" or "Thousand Island," though if it has a large quantity of green or yellow color it is more probably called "Hungarian." The best recipe is "take your favorite dressing—French, Mayonnaise, or whatever you desire, and add to it any chopped ingredients you enjoy, in any proportion that you like." You may then insist, if you like that the result is "the" recipe for Thousand Island dressing. No one will be able to contradict you.

Following are three of the most innumerable varieties of Thousand Island dressing:

Thousand Island Dressing No. 1.—One-half cup salad oil, juice of 1/2 lemon, juice of 1/2 orange, one teaspoon grated onion, one teaspoon chopped parsley, eight cooked and chopped walnuts, 1/2 teaspoon salt, 1/2 teaspoon prepared mustard, eight olives, stoned and finely chopped. Mix all together in a glass jar.

Thousand Island Dressing No. 2.—Two tablespoons mayonnaise, one tablespoon French dressing, one tablespoon cream, one-half teaspoon paprika, 1/2 teaspoon mustard, one tablespoon sweet green peppers chopped fine, one tablespoon pimento chopped fine, two small "pickling" cucumbers chopped fine, one teaspoonful best (if desired) chopped fine. Add the chili sauce and Worcestershire sauce to the boiled dressing with seasoning. Add green and red peppers and vegetables just before serving.

I can give you an unlimited number of other recipes if these do not suit you. Each of the above is given to me as the one and only "correct" Thousand Island recipe, and you see how many others differ.

Here are three more, each guaranteed as "the" recipe:

Thousand Island Salad Dressing, No. 4.—2 tablespoons finely chopped sweet peppers, 2 tablespoons finely chopped canned pimento, 1 teaspoon pearl onions (or onion juice), 1 hard-boiled egg finely chopped, 1 cup mayonnaise, 1/2 cup whipped cream, 1 tablespoon tomato catsup, 1 teaspoon Worcestershire sauce, 2 tablespoons chili sauce, 1 teaspoon paprika, 1/2 teaspoon salt, 1 teaspoon chopped parsley or chervil.

Thousand Island Salad Dressing, No. 5.—1 cup mayonnaise, 1/2 cup whipped cream, 1/2 cup onion salad, 1/2 cup onion tarragon vinegar, 1 hard-boiled egg finely chopped, 1/2 level tablespoons each finely chopped green pepper and canned pimento.

Thousand Island Salad Dressing, No. 6.—3 yolks of eggs, 2 egg whites, 1 teaspoon salt, 1 teaspoon sugar, 2 tablespoons lemon juice, 1/2 tablespoons orange juice, 1/2 tablespoons vinegar (or better, 1/2 tablespoons celery vinegar), 2 tablespoons tarragon vinegar and 2 tablespoons cucumber vinegar) 2 tablespoons cream. Make into a cooked dressing in the usual way. When cold, beat in 1 teaspoon chopped parsley, 1/2 stuffed olives finely chopped, 4 stoned, chopped, 2 walnuts, chopped, 1 small sweet pickle, chopped, 1/2 seedless raisins, chopped, 1 teaspoon onion juice, a few grains cayenne or Spanish pepper. Dilute with cream if too thick. One onion may be substituted for the onion juice. If liked the mixing bowl may be rubbed with a cut clove or garlic, and the onion may then be omitted.

If celery vinegar is not available, add 1 tablespoon very finely chopped celery.

### Potatoes, Meat and Peppers.

Clean and dry three good-sized long potatoes; bake until done, then cut each potato into halves lengthwise, scoop out the pulp and pass it through a wire sieve. Melt a tablespoonful of butter substitute in a steppan and put in the sieved potatoes. Add a tablespoonful of milk and season with salt and pepper. Mix a cupful of minced cold meat with half a cupful of bread crumbs, a tablespoonful of finely chopped onion and half a green pepper finely chopped. Season with salt and pepper, bind with a little gravy and fill the potato shells. Put the sieved potatoes into a forcing bag and decorate the edge of the shells, brown in the oven. Serve hot. These are especially nice when leftover chicken is used with white sauce.

### A Stubborn Cough Loosens Right Up

This home-made remedy is a wonder for quick results. Easily and cheaply made.

The prompt and positive action of this simple, inexpensive home-made remedy in quickly healing the inflamed or swollen membranes of the throat, chest or bronchial tubes and breaking up tight coughs, has caused it to be used in more homes than any other cough remedy. Under its healing, soothing influence, chest soreness goes, phlegm loosens, breathing becomes easier, tickling in throat stops and you get a good night's restful sleep. The usual throat and chest clogs are conquered by it in 24 hours or less. Nothing better for bronchitis, hoarseness, croup, whooping cough, bronchial asthma or winter coughs.

To make this splendid cough syrup, pour 2 1/2 ounces of Pinex (40 cents worth), into a pint bottle and fill the bottle with plain granulated sugar syrup and shake thoroughly. You then have a full pint—a family supply—of a much better cough syrup than you could buy ready-made for \$1.00. Keeps perfectly, and children love its pleasant taste. Pinex is a special and highly concentrated compound of genuine Norway pine extract, and is known the world over for its promptness, ease and certainty in overcoming stubborn coughs and chest clogs.

To avoid disappointment ask your druggist for "2 1/2 ounces of Pinex" with full directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Ft. Wayne, Ind.

### CUTICURA HEALS SKIN TROUBLE

Of Twenty Years' Duration At Cost of \$1.25.

"I am out in all kinds of weather and have suffered terribly with cracked hands and pimples. The skin was sore and red with itching between the fingers, and in hot weather I could not sleep. I irritated the affected parts, and I could not work at times. The irritation was unbearable. Then I used Cuticura Soap and Ointment, and after using three cakes of Cuticura Soap and one box of Cuticura Ointment I was healed." (Signed) Dennis A. Sexton, Juniper, Oregon.

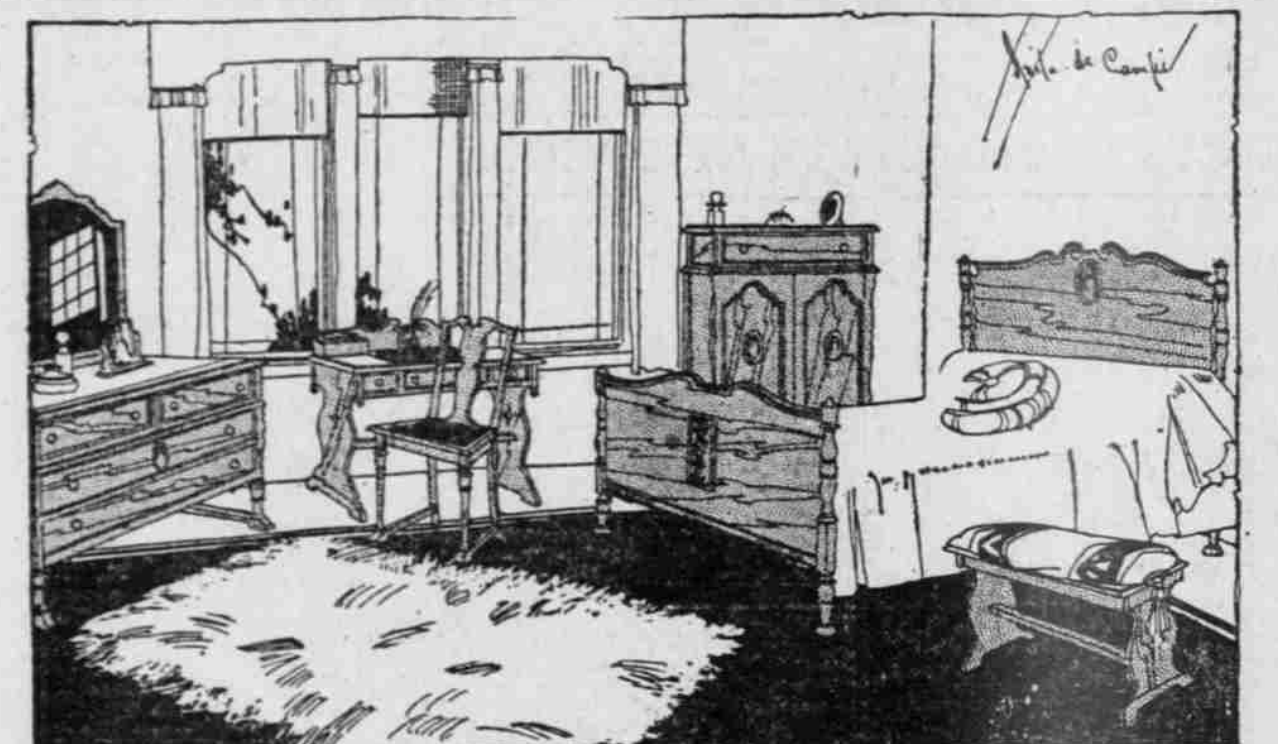
Use Cuticura Soap for daily toilet purposes and Cuticura Ointment occasionally to soften, soothe and heal. Sample Case Free by Mail. Address: "Cuticura," Dept. H, Boston." Sold everywhere. Soap 25c, Ointment 25 and 50c.

### TODAY'S BEAUTY HINT

It is not necessary to shampoo your hair so frequently if it is entirely and properly cleaned each time by the use of a really good shampoo. The easiest to use and quickest drying shampoo that we can recommend to our readers is one that brings out all the natural beauty of the hair and may be enjoyed at very little expense by dissolving a teaspoonful of Canthrox, which can be obtained from any druggist, in a cup of hot water. This makes a full cup of shampoo liquid, enough so it is easy to apply it to all the hair instead of just to the top of the head. This, when rubbed into the scalp and on to every strand of hair, chemically dissolves all impurities. It is very soothing and cooling in its action, as well as beneficial to both scalp and hair. After rinsing out the lather so created, you will find the scalp is fresh, clean and free from dandruff, while the hair dries quickly and evenly, developing a bright luster and a soft fluffiness that makes it seem very heavy.—Adv.

## THOSE WHO ARE ABOUT TO FURNISH BEDROOM ARE ADMONISHED TO KEEP IT DIGNIFIED

Work of Decorator Too Often Set at Naught by Occupant of Room, Who Frequently Frivolous It Up With Innumerable Trifles.



Keep the bedroom dignified.

IN advising about the finishing and furnishing of bedrooms for grown people, the admonition that comes most immediately to mind is this, "Keep it dignified." A disheartening experience that almost every good decorator will recognize is that of seeing a room well planned and entirely satisfactory to both artist and client, six months after its first occupation all too often with the beautiful work ruined by the "personality" of the occupant, who has frivololed it up with innumerable trifles, photograph souvenirs, etc. Keep trifles put away. Allow the mantel shelf and dresser top to be formal in arrangement and to hold just a few really decorative objects that are balanced in placing and that could not be accused of being trashy. Photographs are the greatest offenders—they grow like weeds and overrun the place to the utter destruction of decorative effects. It is a pity that photograph albums have come out of fashion, but why not improve a new fashioned album? A good idea would be to get a regular artist's portfolio and cover it with beautiful cloth—silk or brocade—then fill it with loose leaves of stout art paper in light tint, gray, tan, or dull green, and paste all the unframed photos on these loose leaves. This would be a sensible, orderly way of conserving them and would save the bedroom from a great deal of litter. Many attractive bedroom sets are offered at greatly reduced prices at this particular season. Lovely Colonial four-posters are seen in the furniture advertisements, and Adam sets and even charming copies of Italian pieces. It is a temptation to dispose of old furniture and to de the bedroom over with pretty new things. A bedroom that is small, and yet quite perfect in its appointments, has furniture of symmetrical wood in straight line pattern. The wallpaper is in that

outlined with a wide and a narrow band of black. The two beds are drawn close together and are covered with a day cover of velveteen the color of the edges of pink roses that have begun to wither. Sometimes a combination sounds unspeakably ugly, when in reality it is not only interestingly new, but admirable. Daring is a room with a perfectly apple-green side wall and white enameled woodwork, a gray stained floor, prune colored rug, and walnut furniture upholstered in russet and amber stripes. The bed is in an alcove in white, and several pictures framed in white are keyed to deep violet in their color scheme. Before the dressing table is a bench covered with a violet silk pad. The lamp shades are covered with the brightest yellow silk.

### ANSWERS TO CORRESPONDENTS

BY LILLIAN TINGLE. PORTLAND, Or., Jan. 14.—Dear Miss Tingle:—I will please give me some general directions for the use of rye flour in the recipes that I am used to, dishes that I like to make, etc. I am in the other ingredients? Could it be used successfully in baking powder biscuits like the rye used in both breads, and in plain cakes or cookies? Does a proper observance of measures defeat the use of small pieces of meat as flavoring—a little piece of pork in a loaf, for instance, you for this and that helpful advice. M. S.

RYE flour does not contain the elastic material that enables us to make light, spongy wheat bread, consequently wherever rye is substituted for wheat flour you get unacceptably a denser texture as well as a darker color and characteristic flavor. Rye flour can be used in place of all or nearly all wheat flour in plain spice cakes or cookies (where the color does not matter) and where the flavor is "covered" by the spice in plain steamed puddings and in both yeast bread and the "quick" breads. The texture, color and flavor will be different but not necessarily unattractive.

For wheatless days "straight" rye bread should be used. For other days bread made with part rye and part wheat flour is good. A little practice is necessary in making rye bread. Generally a hotter oven at first is needed than for wheat bread. In substituting rye for part of the wheat flour, no special modification of ordinary plain recipes should be needed. Equal parts rye and wheat are needed in some cases but two parts rye to one of wheat can frequently be used. In gingerbread, plain spice cakes and plain cookies I have had good success using equal parts rye and barley without any wheat.

Have you tried barley flour as a wheat substitute? It makes a useful change from rye, oatmeal and corn for wheatless meals and gives good results as a "flour" extender, mixed with one, two or three parts of wheat flour or equal parts rye and wheat.

In regard to baking powder biscuits equal parts wheat and rye will give a fairly good biscuit for "wheat" days, and rye muffins or steamed rye bread can be used for wheatless meals. It is necessary to be much stricter about wheatless meals than many housekeepers have been in the past. We are now required to keep nine wheatless meals a week, as a minimum, and requested to keep more if possible. We are also reminded in the latest bulletin from the Food Administration that "graham" is wheat and therefore should not be used on wheatless days.

A large number of rye and other wheat substitute recipes have been given from time to time in this column. Will you let me know if you are interested in any special type of recipe and I will try to give them as soon as possible. It is well to remember that macaroni is a wheat product and should be used sparingly at any time and never at "wheatless" meals. Rye or barley

In answer to inquiry from Sheed, Or., in