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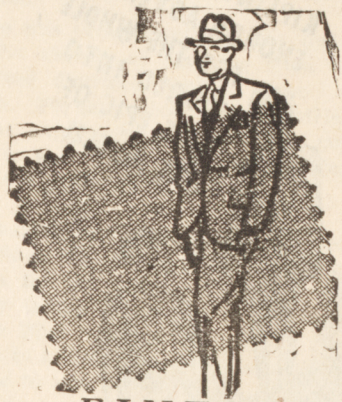
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...OF...

**Interest to Women****ENERGIZING SALADS AREN'T FATTENING**

(By Marjorie Mills)

There's a decided swing toward the salad bowl in clubs, restaurants and dining cars these days—places where men eat a great deal—a swing that bids fair to make this former favorite of the ladies a men's specialty.

That is one thing about a man's taste in foods. He may love hearty meats and potatoes and rich desserts for a noon-day lunch but just let him find out that it's responsible for the afternoon logginess and let-down and he's quite ready to go lightly at lunch time.

We've gathered together a few delicious salads that appeal to men—try them out at home—see if they tickle and perhaps the men of the house will like them so well they'll be a little more moderate about those lunches away from home.

**Cap'n's Table Lettuce Bowl**1 head lettuce, broken into pieces  
2 cups canned salmon  
½ cup chopped cucumber  
1 cup chopped celery  
¾ cup salad dressing, mixed chopped sweet pickle, onion juice and chopped hard cooked eggs

Combine fish with cucumber and celery. Arrange in bowl with lettuce and toss with dressing. Serves four to six.

**Lettuce Bowl Palm Springs**2 heads lettuce, broken into pieces  
1 grapefruit  
2 oranges  
¾ cup salad dressing thinned with ¼ cup grapefruit juice

Combine grapefruit and orange sections with lettuce in large salad bowl. Toss with dressing and serve. Serves six to eight.

**Regal Chocolate Sauce**2 squares unsweetened chocolate  
6 tablespoons water  
½ cup sugar  
Dash salt  
3 tablespoons butter  
¼ teaspoon vanilla

Add chocolate to water and place over low flame, stirring until well blended. Add sugar and salt and cook until sugar is dissolved, and mixture very slightly thickened, stirring constantly. Add butter and vanilla. Makes about one cup sauce.

**Barberry Sauce**4 quarts barberries  
2 quarts molasses  
1 peck sweet apples

Pick over the barberries and boil them in water enough to float them. Add the molasses and cook until the barberries are tender. While these are cooking, pare, quarter and peel the apples. Skim out the barberries and cook the apples in the syrup until tender. Put in jar with the barberries. Boil the syrup until thick and pour over the fruit. Next day heat all together and put in a large stone jar. Scald occasionally and they need not be sealed and will keep indefinitely.

**Celestial Jelly**9 quinces  
1 quart barberries  
1 teaspoon salt  
4 large sour apples  
3 quarts water

Cook 20 minutes, strain through cheese cloth. Add ¾ cup sugar to 1 cup juice. Cook until done, about five minutes.

**Simple Refreshments**

Somehow we feel that when you appeal to this department for party refreshments, club meeting teas, etc., you're sometimes disappointed that we suggest such simple things as steaming hot fragrant tea and homemade cookies. Or the plain simple fare that is easy to get together but which has that quality stamp of being homemade. Nut brown cookies, or a chewy ginger cookie or fresh baked refrigerator cookies served with tea in fragile china and perfect appointments will get a royal welcome just about any time.

**Chewy Ginger Cookies**1 cup shortening  
1 teaspoon salt  
1 teaspoon soda  
1 teaspoon cinnamon  
1 teaspoon ginger  
1 cup sugar  
1 egg, well beaten  
1 cup molasses  
¾ cup sour milk  
4 cups sifted flour

Combine the shortening, salt, soda and spices and blend. Add sugar and cream and mix well. Add beaten egg and mix and then add sour milk and molasses. Add flour and mix well. Drop from teaspoon on baking sheets which have been greased. Let stand for a few minutes and then flatten cookies by stamping with a glass covered with a damp cloth. Bake in a moderate oven, 350 degrees F., for 12 to 15 minutes. Makes 7½ dozen.

**Nut Brown Cookies**2-3 cup shortening  
¾ teaspoon salt  
3 cups brown sugar firmly packed  
4 eggs, well beaten  
3½ cups sifted flour  
1½ teaspoons baking powder  
½ cup chopped nuts  
Combine the shortening and salt.

Add brown sugar gradually and cream well. Add beaten eggs and mix thoroughly. Sift the flour with baking powder and add to creamed mixture. Add nuts and mix well. Drop from a teaspoon on to a small greased cookie sheet and flatten cookies out. Bake in 375 degrees F. oven for 12 to 15 minutes. Makes 6½ dozen.

**Refrigerator Cookies**¾ cup shortening  
2 eggs, well beaten  
2 cups brown sugar, firmly packed  
3½ cups sifted flour  
2 teaspoons baking powder  
1 teaspoon salt  
1 cup chopped walnuts  
1 teaspoon vanilla

Melt the shortening and cool. Combine the beaten eggs and brown sugar and beat until sugar is dissolved. Add melted shortening and blend thoroughly. Sift flour, salt and baking powder and add to first mixture, mixing well. Add nuts and vanilla and blend. Shape in two rolls of 2 inch diameter. Wrap in waxed paper and leave in refrigerator overnight or until firm and well chilled. Cut in thin slices with a sharp knife and place on greased baking sheets. Bake in 375 degrees oven for 12 to 15 minutes. Makes 5 dozen.

**Hot Oven Custard Pie**3 eggs and 2 egg yolks or  
4 eggs, slightly beaten  
¾ cup sugar  
½ teaspoon salt  
3 cups milk  
1 teaspoon vanilla  
Nutmeg

Beat the eggs slightly and add sugar and salt. Add milk and vanilla. Strain custard mixture into unbaked pie shell and sprinkle with nutmeg. Bake in a hot oven, 450 degrees F., 30 to 40 minutes or until a knife comes out clean when inserted.

**Mincemeat**2 pounds lean beef  
1 pound chopped suet**TWO FACETS TO THAT  
THING CALLED HAPPINESS**

Comparisons of the Homes and Lives of a Rich and a Poor Couple Who Both Seem to Have Found the "Bluebird"

(By Ruth Cameron)

Happiness is a state of mind. Not an original discovery, to be sure, but I was reminded of it anew after talking with two friends recently.

The first friend is about to move into a house which is as near perfection in its appointments as anything I have ever heard of.

In the living room is a fireplace with an imported marble mantel, and the walls are paneled in mahogany. One panel slides back to disclose a deep closet where you store bridge tables and chairs. Beside the fireplace is still another hidden closet, which houses a dumbwaiter on which firewood is sent up from the basement.

The three bathrooms have sunken tubs and mirrored walls and glass-enclosed showers.

And, of course, an interior decorator did the whole house in exquisite taste.

There's a special playroom for the small son of the family, with casement windows that open wide to let

4 pounds tart apples  
6 cups sugar  
3 pounds currants  
2 pounds raisins  
1 nutmeg  
½ teaspoon ground mace  
2 oranges  
2 lemons  
½ pound citron  
1 tablespoon salt

Stew the beef in as little water as possible until quite tender; cool and chop into fine pieces. Add beef suet, chopped fine, and apples, pared, cored and chopped. Then add the sugar, currants, raisins, spices, oranges and lemon juice, grated rind of the orange and of one lemon, chopped citron and salt. Mix thoroughly and cook for one hour. Pack in clean jars, seal and store in a cool place.

in the sun and breeze through screens treated electrically to kill any marauding mosquitoes and flies that might light upon them by night.

There's an outdoor pool and a jungle gym and swings and a toy train big enough for a 3-year-old to ride upon.

And of course, my friend is very happy.

The second friend is moving into a new home, too—that is, it's new to her. In reality, it's very old, but that's half the fun of it—"don't you love to fix up old houses," asks my friend. And the rent is remarkably cheap. Such luck to find it when rents are so high! She's the mother of a fascinating two-year-old boy. They're only been married four years and have to count pennies pretty carefully so they are thrilled with finding a house like this one.

**Aren't They Lucky**

There isn't a fireplace, but they discovered an old chimney flue and some one loaned them a Franklin stove and it's going to be so cheery next winter.

The one bathroom is upstairs, but there's a downstairs lavatory which is the envy of all their friends—so many steps saved when a grubby two-year-old needs to be cleaned up before lunch.

The living room curtains will only have to be shortened a bit to fit the new windows perfectly, and my friend knows a place where you can get lovely remnants of cretonne for a song, so she plans to make slip covers for the couch and to arm-chairs, they've gotten so shabby with the baby climbing on them and all.

The biggest feature, however, is the yard—a fence all around it and no worry about young Bobbie getting out in the street. That's really a blessing, because it's so hard to find a yard like that in the city with a

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Your friend,  
**PETER RABBIT**

Little maple tree and a lilac bush, too. They know a man who can get them some old cobblestones for the price of carting them, and next year they are going to build a terrace where the yard slopes down from the house. And have steamer chairs on it. And they are going to use the empty packing boxes to make a little play house for Bobbie.

So many plans, so much to do, such fun making something out of nothing! And, of course, my friend is very happy.

Happiness is a state of mind.

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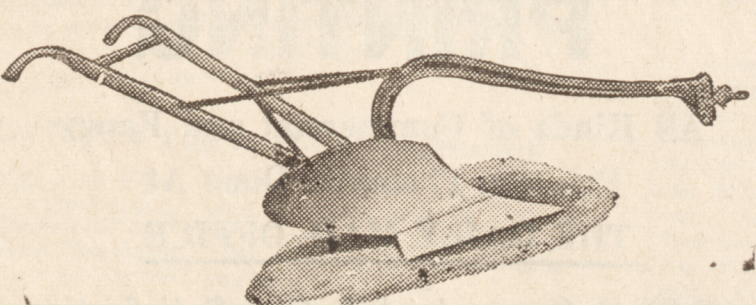
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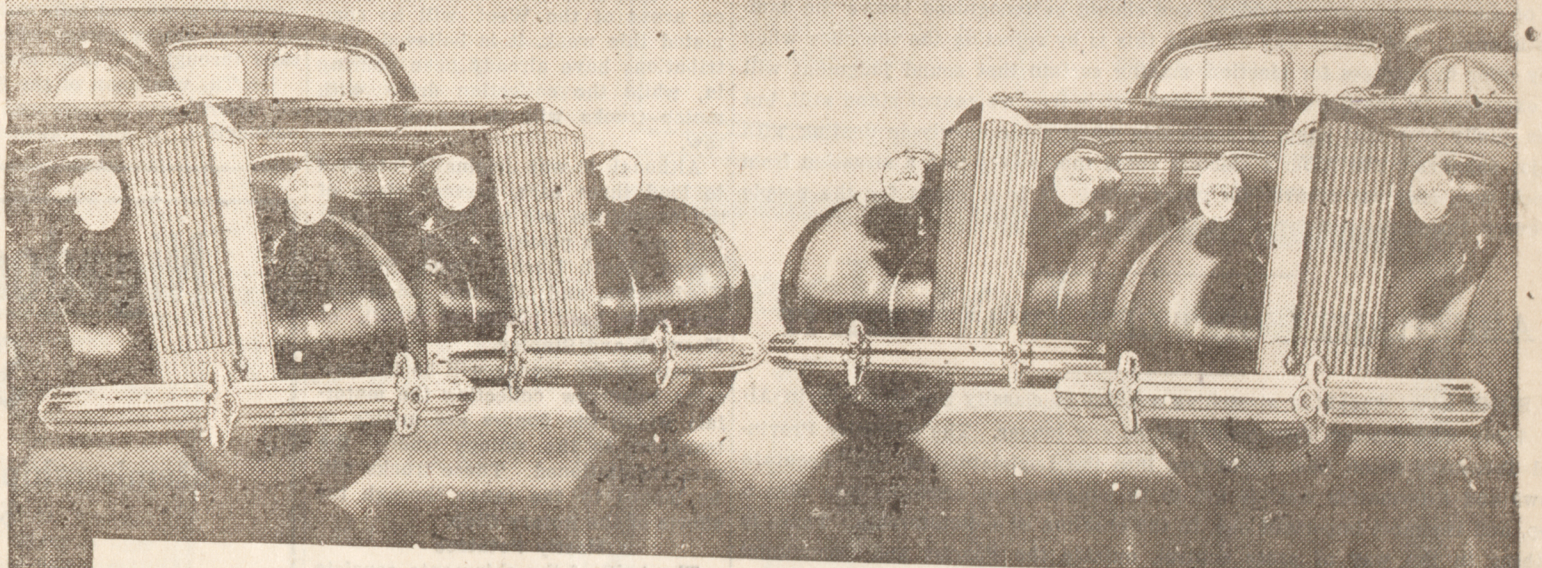
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