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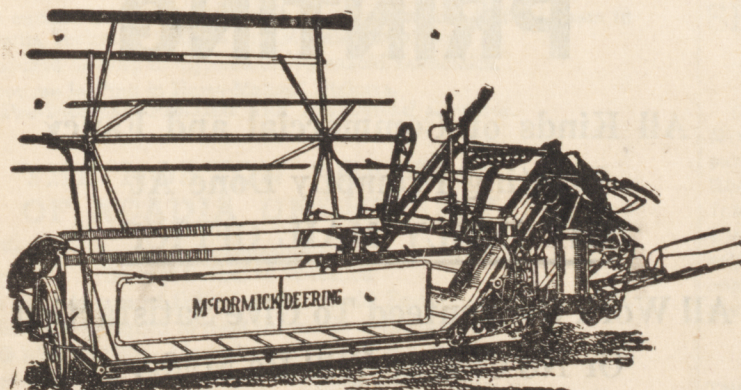
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FREDERICTON, N. B. —and— BRANCHES

## Interest to Women

### SANDWICHES FOR THE QUICK MEAL

#### Summer Suggestions Includes Cream Cheese and Olive With Sardines or Salmon

(By Edith M. Barber)  
The term sandwich covers so many combinations of bread and filling! There are the dainty mouthfuls which we serve with tea, and the tiny open sandwiches which we call canapés and serve with tea and cocktails. There are the plain hearty sandwiches which we associate with picnics.

And then there are the more elaborate luncheon and supper sandwiches, which with their garnishes will furnish a main course for supper or lunch. This is the type that the business woman housekeeper will sometimes use for a main course for a quick meal on a hot evening.

One of the most popular of this type is that purely American production, the club sandwich, made in double decker form, and which uses toast as a basis. Lettuce, sliced chicken, cooked bacon, mayonnaise and sometimes sliced tomatoes are used as a filling. If there is no leftover chicken, its place may be

taken by any cooked fresh meat, by sliced hard cooked eggs, or by using sliced tomatoes on both decks.

For another type of sandwich two slices of buttered bread are arranged on individual plates. On one piece there may be lettuce and ham spread with mustard; on the other there may be a crab, salmon, shrimp or tuna fish and celery salad. The garnish may be sliced tomatoes, radishes, young onions, pickles or olives. Speaking of olives, have you had the green ripe olives which are so tender and which have such a delicious flavor? These are canned soon after brining when they are very ripe, and for this reason have a special flavor which is more attractive than their appearance.

Other suggestions for open supper sandwiches are cream cheese and olives with sardines or smoked salmon, cabbage and pimento with sliced tongue. And for a hot sandwich of this type, nothing is better

than toasted cheese and grilled tomatoes.

#### Club Sandwiches

Toast  
Sliced cold chicken  
Sliced cooked bacon  
Lettuce leaves  
Sliced tomatoes  
Mayonnaise

For each sandwich, toast three slices of bread from which crusts have been removed. Arrange lettuce, chicken, bacon and tomatoes on one piece of toast. Spread with mayonnaise, cover with another slice of toast and repeat the process, making a 'double decker.' Garnish with lettuce leaves. The tomatoes may be omitted.

#### International Sandwich

3 English muffins or 6 rounds bread  
6 slices cheese  
Mixed mustard  
6 slices Bermuda onion  
3 slices tomatoes  
Salt, pepper, butter.

Split the English muffins or cut rounds of bread and toast on one side. Arrange cheese on each muffin or untoasted side of bread, spread lightly with mustard, place an onion slice on cheese and arrange a slice of tomato on onion. Sprinkle with salt and pepper and dot with butter. Put under broiling flame to brown.

#### Quick Meal

Mushroom soup  
Club sandwiches  
Mixed vegetable salad  
Pecan ice cream Macaroons  
Iced coffee

#### Method of Preparation

Prepare salad  
Prepare lettuce and tomatoes for sandwiches.  
Cook bacon  
Open can of soup and heat.  
Make toast.  
Make sandwiches.  
Make coffee.

## A CLOSE-UP ROBS GLAMOUR GIRLS OF THEIR BEAUTY

### Extras Fresher and Lovelier Than Stars, Says Correspondent On Visit To Movie Land

(By Kay Thomas)  
HOLLYWOOD, California—In a town which contains an incredible number of beautiful girls, the visitor is decidedly let-down when he meets the women Hollywood calls stars. There are more good figures and pretty, young faces in Hollywood than most figures can boast. It is full of aspirants to movie fame, extras and show girls. And they are, surprising as it may seem, better to look at than the real glamour girls.

Your correspondent met some of the cinema queens with their eyelashes on. Some were in grease paint, others not. But the almost emaciated slenderness, the gaunt faces, the bad skin, the lined eyes, the artificially colored hair of the high salaried stars are distinctly disappointing.

#### They Seem Worn

Glamour, in Hollywood, comes usually after 30. So it is no wonder that compared to New York fashion models in their early twenties, these cinema girls seem worn.

The very nature of their profession too, is responsible. Faces are gaunt, figures are kept lean by strenuous diets and massage, because of cinema demands. Since the average person photographs ten pounds heavier than she actually is, the necessity of steadily maintaining a slight weight is obvious.

Because of the strain of her work, the average star who plays about at night, and many of them do, takes long chances with her looks. The bad skin is due to this and to the heavy makeup necessary. The lines about the eyes can be attributed to the terrific heat of the studio lights, the relentless California sunshine, and probably to lack of adequate rest. Hair, which is artificially colored, usually hardens the face, but it photographs better so there you are.

#### Short Girls Predominate

In Hollywood a girl 5 feet 5, is spoken of as tall. With the exception of Marlene Dietrich, Kay Francis and Virginia Bruce, who are taller, most of the stars are under this height. This is due less to the small stature and stocky build of the average film executive, who pick the stars, than the fact that people photograph taller than they actually are. And all male stars, you might

be disappointed to learn, are not 6 feet.

Despite the slightly moth-eaten physical appearance of the glamour girl, she does have a better voice, more vital personality, more of what it takes generally than does the beautiful extra or the lovely New York fashion model. All the screen people look shorter and narrower than one expects.

Of all the girls I talked to, Loretta Young is the loveliest.

Even the interviewer, who loathes precocious children, is charmed by Shirley Temple, and her natural baby manner. She yawned, swung her foot about, played patty-cake with her hands in a delightfully childish and unconcerned way. Maybe she'll be spared being a glamour girl when she grows up.

**OFF Easy as Wink!**

**Barbour's ACADIA BAKING POWDER**

THE latest Barbour achievement is the new, easy-opening ACADIA Baking Powder tin. One twist and off comes the top. It's the most convenient Baking Powder tin that ever graced a pantry shelf.

THE SAME LOW PRICE  
**25c**  
THE POUND TIN

And just as the easy-to-open tin gives you delight so does ACADIA Baking Powder bring you economy. Because ACADIA is double acting it assures baking success, and you need smaller quantities than with ordinary brands. One level teaspoonful to each cup of sifted flour is the correct proportion. You owe it to your budget to try ACADIA.

**ACADIA DOUBLE ACTING BAKING POWDER**

In our own home towns and villages, hosts of satisfied friends buy RED ROSE TEA today, as they did 28 years ago—because it is still the same good Tea.



Buy a can of RED ROSE COFFEE—its flavour will surely please you.

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Full information on the Home Improvement Plan and what it covers may be obtained from your local committee, your Provincial Chairman, your bank or the National Employment Commission, Ottawa.

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