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... OF ...
Interest To WomenNO NEED TO TIRE OF STRING BEANS
IF COOKED IN THESE WAYS

Stew With Meat, Saute With Mushrooms, Serve Roman Style or Flavored With Chives

(By Frances Blackwood)
Paganini made himself famous with a melody on one string, muttered the young man beside me at the dinner table, "I wish our cook could do as much with her string beans!"

The beans looked pretty good to me. Tender, well drained and dressed with browned butter. But it set me thinking.

String beans are enough answer to the busy woman's menu problems to become an easy habit. And that, after all, is a bit hard on the family. There should be pleasant variations.

First there are different varieties of canned string beans. You may use the cut kind, though I prefer those for salads, soups and certain stews. Then there are the string beans packed 'asparagus style'. There also is a method of canning being used more and more generally called 'shoe string'. That is the beans are cut into thin slivers or julienne. There is something in the cutting of any vegetable in this style that brings out hidden, delicate flavors.

Canned beans can be used cold in salad, just as they come from the can. But when used hot they gain in flavor and tenderness if simmered in their own juice for a little while.

Even better than that—cut up some old bits of ham or some fat pork or bacon, drain the liquid from the beans, add the meat to this and let simmer until liquid is reduced to about half. Then add the beans and some salt and pepper and continue simmering until liquid is nearly gone and the beans meltingly tender and

flavored through and through with the meat. Or if you prefer, simmer the beans, then drain them and mix tiny bits of bacon (and its fat) that has been cooked gently in its own fat until crisp.

Sauteed mushrooms are good with string beans. Chop the mushrooms to small bits, simmer these until tender in a little butter, add the well drained beans and cook gently until thoroughly heated. See that they are well seasoned.

Some people like a trace of garlic in their beans. Cut a clove of garlic and simmer until it sizzles in some butter. Remove the garlic and use the butter for dressing the beans. If the garlic is a bit too strong in flavor—use chopped chives instead, they are delicious.

Add a teaspoon of chopped chives to the asparagus type beans and their liquid and simmer about 20 minutes. Drain thoroughly. Arrange the beans on crustless squares of buttered toast. Cover with cheese sauce and brown in the oven. Make the main dish for luncheon out of this.

Use them Roman style: Melt two tablespoons of butter in a skillet. Add three medium sized thinly sliced onions, simmer until tender. Add a can of chopped string beans, ½ teaspoon of salt, ¼ teaspoon pepper and dash of nutmeg, three chopped anchovies and one cup of good stock. Cook gently until liquid has almost entirely evaporated then add lemon juice to give zest—it takes the juice of a small one usually. Serve at once and mutterings will change to joyous welcome.

CAN GROW OLD IN GRACEFUL MANNER

Says No Reason Usually For Old Age to Be an Ugly Era

(By Ruth Cameron)
Let me grow more lovely growing old
So many fine things do.

So sings one of our gifted minor poets, and goes on to mention some of the things that do grow more lovely growing old. Lace and trees and ivory. Amber, she might have spoken of, but didn't. And thin old spoons. And some furniture. And old gardens. And some houses.

And of course there are lots of things that don't, that lose what beauty they seemed to have, grow sordid, outmoded, useless, superfluous, even offensive.

Which way is it with people? Too often the bad way. Now and then the beautiful way. What decides which? Well to some extent that's a matter of choice, or rather of character. Loveliness won't come to you as the patina comes to old silver, the rich color to ivory, the mellow tone to an old violin.

You've got to work for it as constantly as the pianist works to develop his skill, the singer to develop her voice, the player of any game to develop and maintain his technique.

So far as the body is concerned, it is not likely that you can improve its outward appearance, though I have seen people who looked better white haired than they did before their hair turned. Silver hair is quite as lovely as gold, I think, and if eyes remain bright, contrast is charming.

But you can avoid carelessness in the care of the person. You needn't get slovenly, you needn't slump.

Gelett Burgess in his recent book claims that it's only because we

slump in our carriage and our habits that old age is unlovely.

You needn't slump as far as the outward things are concerned, and so far as the inner things are concerned you can build up a personality more beautiful than the raw material with which you started out.

Someone has said that young people are attracted by two qualities in older people, by the quality of living according to their expressed convictions, and by the quality of joy. That they are repelled by sentimentality and by gloom. That surely is a guide post to a successful old age.

Then if life has taught you anything at all you will certainly grow more tolerant growing older. Less apt to say, "I'd never do this, I'd never stand for that."

Also you will have learned to listen you will be more willing to be one of the audience while others strut their bit, and all the world loves an audience.

You will have learned to smile at many things which once you would have wanted to argue about.

You will be much less anxious to judge people because you will have lost youth's hardness and surety.

You will be more thoughtful, more sensitive to other people's feelings, more able to get along with them, because you understand so much more about people. You have been going to the school of life for 50, 60, 70 years studying daily, with no vacations, what makes people do what they do, how to best adjust yourself to them for their happiness and yours.

When the poet wrote, "Grow old

FILM STARS GIVE BEAUTY HINTS

Dark Makeup for Blondes, Foot Care and Massage Hour Among Tips

(By Antoinette)
A few beauty hints from movie personalities are herewith presented. Miriam Hopkins believes that blondes can contribute to the lightness of their hair by the use of a darker makeup.

When removing face cream, Ginger Rogers utilizes the moment for facial aid by following a sort of massage ritual.

She uses the upward stroke on the cheeks, up and out. Up and outward on the forehead, out over the lid and under and around the eyes, using a light stroke here.

Feet, according to Lily Pons, are an important beauty requisite. They'll produce tired lines in the face, she reminds us, more quickly than anything else. So, when selecting new shoes one has to train one's self not to be carried away with a style unless it happens to fit to perfection.

In any event, there always should be that pair of extra comfortable shoes for walking, regardless of how one may indulge the fancy for dress-up occasions. And careful pedicures each week are recommended by the petite opera star.

Because her face is tiny, Ida Vollen has a fluffy aura of her blonde hair brushed up to and then away from her face, with no waves en-

circling her head. She feels that large, deep waves make the face look smaller than it really is.

Margot Grahame goes directly home from the studio at night, has a hot bath, then dinner. She rests for an hour, has a massage so that she is thoroughly relaxed and can sleep. If she is going out the massage hour is eliminated, but the hot bath and 15 minutes of rest hold.

For use around the house, or for breakfast in bed, Betty Grable modernizes the old boudoir cap idea, with various caps done in lace or in materials and colors carrying out the negligee, housecoat, robe or gown theme.

PEPTIC ULCER
CURABLEGood Medical Treatment
And Proper Hygiene Important

The peptic ulcer personality is frequently described as spare-built and angular, tall and narrow-chested, with a long thin face, a sharp nose and an angular jaw.

From the behavior standpoint he is described as alert, aggressive, ready to tackle any job or problem, and 'possessed of an alert, watchful expression which conveys the suggestion of continual apprehension mixed with defiance.'

One authority has described the peptic ulcer type as 'always in the front line of life's activity.' These individuals display enthusiasm at any project in hand and execute their task with zeal, and sometimes with intense excitability.

Such an individual, however, must not be considered as inescapably doomed to have peptic ulcer. Nor, having developed one need he become a chronic sufferer.

Good medical treatment is usually effective in healing an ulcer. But to make the cure lasting it is essential to educate the patient on the relation between his emotional and psychological states and his digestive functions. By readjusting the load of responsibilities he carries, the victim may regain sound health.

WALK CORRECTLY

Do you really know how to walk, or do you merely get around, more or less awkwardly? Stand in front of your mirror in perfect posture, head erect, chin in, shoulders drawn back and down, abdomen flat, and feet parallel. Point your toes straight forward. Now walk slowly toward the mirror, being careful that your weight is evenly distributed between both feet. Lift your heel slightly at the end of each step to exercise the longitudinal arch and prevent flat feet. Check your errors in the mirror, then practice perfect walking in public. The reward will be a lighter step, fewer corns and bunions. Isn't it worth the effort?

DRESS HINTS

So you're short and stout and discouraged! Perhaps your figure isn't exactly of movie proportions, but clothes do much to make the woman you know. Choose dresses that accentuate the line from waist to hem. Wear narrow, inconspicuous belts. No 'Buster Brown' collars or massive necklaces for you. Elaborate necklines make the neck look short and thick. Your hats should be small but with upturned brims. Floppy hats only make you look slightly squashed down. Carry yourself well at all times. Remember you need every inch you can stretch.

PROTECT HANDS

Do you wear gloves in the house? You should if you want your hands to rival those of the leisure ladies. If you don a pair of rubber gloves when you wash the dishes and wear loose cotton gloves when you wield a mop or vacuum cleaner, you'll protect your hands and keep them from telling the world what you've been doing all day.

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