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... OF ...
Interest to WomenFOR THE
Valentine
PARTY

Valentine Bridge Luncheon
Cranberry Juice Cocktail
Heart Salmon Croquettes, with
Currant Jelly
Green Peas Hot Rolls
Cherry Gelatine Hearts
Tiny Sponge Cakes
Hot Coffee
Heart Salmon Croquettes
5 tablespoons butter
6 tablespoons flour
2½ cups milk
1 teaspoon salt
¼ teaspoon paprika
¼ teaspoon celery salt
1 tablespoon each chopped parsley
and chopped green pepper
1 cup salmon
1 egg or two yolks
Melt butter, add flour and blend
well. Add milk and cook slowly until
thick sauce forms. Stir constantly.
Add rest of ingredients. Mix well and
cook two minutes. Cool and chill mix-
ture. When ready to make croquettes
take portions and roll in crumbs, then
in egg mixture and again in crumbs.
Shape as hearts and chill until ready
to serve, when croquettes should be
fried in deep, hot fat until they are
well browned. Serve at once.

Soak gelatine in ½-cup boiling wa-
ter five minutes. Dissolve in ½-cup
boiling water. When slightly cooled
add to cream cheese which has been
creamed. Rinse six heart-shaped mold
in cold water, place cream cheese
mixture around the edge of the bot-
tom and sides and chill for 15-20 min-
utes. Dissolve the cherry gelatine in
the hot juice which has been strained
from the fruit cocktail and heated.
Cool slightly and add to fruit. Fill
molds with this mixture and set.
When mixture is turned out, the red
hearts will be outlined in white.

Currant Jelly Dressing
1½ tablespoons lemon juice
1-3 cup olive oil
¾ teaspoon salt
1 tablespoon currant jelly
Combine ingredients and mix well.
Cherry Gelatine Hearts
1 can fruit cocktail
1 package cherry gelatine
2 3-oz. packages cream cheese
11 tablespoon plain gelatine

Baked Bananas
1 cup cranberry jelly or sauce
3 large bananas
2 tablespoons lemon juice
Beat cranberry jelly or sauce until
smooth. Stir in one tablespoon cold
water. Cut bananas into halves length-
wise and sprinkle with lemon juice.
Place bananas in baking dish, cover
with sauce. Bake in moderate oven,
375 degrees F., 10 minutes until ban-
anas are tender. Serve hot with
meat course or chill and serve as a
dessert.

Red and White Cabbage Salad
1-3 cups thick sour cream
2½ teaspoons vinegar
½ teaspoon sugar
½ teaspoon salt
Few grains pepper
2 cups shredded red cabbage
2 cups shredded white cabbage
Mix the sour cream, vinegar, sugar,
salt and pepper. Add cabbage and if
desired additional seasoning. Chill.

WALK BALINESE FOR STRAIGHTNESS

And Hang Your Back From the Ears as an Anti-
slump Measure, Says Specialist

(By Victorine Howard)

How you walk or sit—whether you
slump, or not. Those may not be the
most important determining factors
which decide your chances of getting a
job. But both of those points count
in the sum total of opinion when
applicants come before her, accord-
ing to the recent statement of the
personnel head of a department store
—a woman who interviews as many
as 3,000 applicants a day.
Slumping isn't only important in job
seeking. It can make all the differ-
ence in your health and attractive-
ness, even if you never have to lift a
finger in any more difficult job than
a little light flower arranging around
the house. But if you're a business
girl sitting at desk or typewriter the
greater part of the day, slumping is
a major posture fault to guard against
and try to correct.

A Straight Line

The perfectly straight back, which
the head of one of the town's leading
beauty salon exercise department
says, "should hang in a straight line
from behind the ears," is the ideal.
She calls it a "Balinese back" because
the women of that famous island come
nearest of any women in the world
to having perfect posture. It seems
there isn't a feminine slump on the
whole of Bali.

Those Bali girls get their straight
backs from the old Balinese custom
of carrying the familiar high, heavy
and narrow baskets of fruit on their
heads, both in ceremonial dances and
as part of the daily home and work
routine. Natives of the West Indies
also carry baskets and bundles on
their heads, as this authority points
out, but, she says, "if you'll notice
the West Indians place whatever they
are carrying far forward on the head
—almost to the forehead—with the
result that they walk straight—but
with a vast difference in posture. To
balance that forward-placed load, they
walk from the hips with the chin out
and way up in the air, the back of
the waist swayed in, and the rear
hips protruding."

The "Balinese back" comparison is
this authority's own term. And she's
pretty proud of it. It's caught on.
Greek Pose Unpopular

"Using the Greek statue as a pos-
ture example lesson," she says, "left
women about as cold as one of those
marble torsos. If you said—walk like
an American Indian—it didn't mean
much, since about the only mental

picture anybody had was of a rather
bent figure swathed in blankets
carrying a papoose on her back. But
Bali catches women's imagination.
Everybody has an immediate mental
picture of those gorgeous figures with
straight backs, high chests, and chins
carried in, walking from the chest
and ears—instead of from the hips.
You can aim at this new "Balinese
back" by a simple exercise with a
block of wood about the size of a
brick, against your own side wall. A
thick, narrow book, or even a real
brick, will do in a pinch, but if you
use a brick and find it's a little diffi-
cult to get your back straight at first,
be sure to control your temper and
don't throw the brick into your best
mirror. Here's how you can learn
to walk Balinese:

How to Get It

Stand against the wall so that every
bit of your spine is touching, with
head, shoulders, rear hips and heels
touching, chin held in as far as you
can get it, and the back of the neck
as close to the wall as possible. Then
place the block of wood, or book, or
brick, on top of your head (have
some one place it for you if you find
it awkward to reach), well back, so
it's centered and balanced, and walk
away from the wall carrying it around
the room. That's the posture to try
and hold all day.

This specialist in corrective exer-
cises also suggests the following exer-
cise, which is taught at the salon
in individual and class work as the
best anti-slumping one. It's grand for
flattening shoulder blades, helping
eradicate any hump at the back of
your neck (provided you hold your
chin in) and raising the bust.
Sit cross-legged in tailor fashion on
the floor. Pull in the abdomen, push-
ing the spine out as far as possible
at the back of the waist. Then slowly
lifting the chest as you do so, raise
both arms straight above the head
with palms facing forward. Keeping
the chin in, and elbows straighten-
ed, push both arms back behind the
head as far as you can. Let them
come forward, and push back again.
Repeat ten times. Then drop the
arms sideways to a lower position
and do your pushing back again. Re-
peat it at several levels as you slowly
lower the arms to the sides. The
pushing back should be done with a
sort of springboard back and forth
movement.

CHILDREN CAN HELP
MOTHER MAINTAIN ORDER

(By Olive Roberts Barton)

Children are proud. Even the baby
is proud. It goes back to the "self-
complex" that nature has endowed
him with.

They really prefer to be clean, al-
though we have trouble with Johnny's
ears sometimes. It is not the ears be-
ing clean that bothers Johnny, for
he doesn't love dirt, but just that
other things become so terribly ex-
citing and important, and washing
such a bore, that he is impatient. I
feel urged to repeat that children
prefer order and cleanliness to dis-
order and grime.

In this day and age of good house-
keeping, a chapter on home condi-
tions may seem useless, but let us go
on with it anyway, if only to give the
tired mother a hand when she won-
ders why she tries so hard to keep
things nice and nobody seems to ap-
preciate it.

She may not realize that her nicely
scrubbed kitchen or her smoothly-
spread beds, the mended clothes and
carefully-set tables are having an ef-
fect upon the character of the family
but these things are the very essence
of self-respect. It is not only true that
cleanliness (and order) is next to

godliness, but that the two are al-
most inseparable.

The little child who goes to school
all tumbled and unkempt, won't com-
pare himself to the few who keep him-
company in his looks, but to those
others, the better-groomed. He don't
hang his head and show that he is
ashamed. Maybe he isn't ashamed at
that. But he is quietly sorting his
place in things. It won't be at the
top. He says to himself, "I don't be-
long. I may as well act that way, too.
And maybe he learns to hate child-
ren not in his own fix.

He makes a survey of the average
and that's what he wants to be, gen-
erally speaking. He need not be as
well dressed as the richer child, but
his clothes should be somewhere near
to what most of the others are wear-
ing; and they should be in order.

Home? How can you keep home-
bright and clean with all you have to
do, mother? Well, you can't do more
than your strength permits, that's
sure, or your time, either, so just do
the best you can. But many homes
are complicated by too many things.
It might help to strip away the ex-
tras and the clutter. It is better to
sacrifice some luxury to peace of
mind.

SHOULD A GIRL GO DUTCH ON EXPENSES

(Ly Faith Rogers)

Again we have the question of
whether the girl should offer to pay
for half the expenses of the evening
when she knows that the man's bud-
get is a small one.

My own opinion on this subject is
that it is much better for the girl to
entertain the young man at her home
for one or two nights a week, Sunday
night supper perhaps or a mid-week
dinner, than to "go Dutch" on social
occasions.

If the young man is in his first job
and the girl knows his salary is small
let her choose a movie and a ham-
burg sandwich for refreshments, and
let the young man pay.

If a girl likes a man, she will en-
joy herself just as much at the neigh-
borhood movie as she would at the
higher-priced theatre.

A letter from a club of girls today
goes into this very subject from both
sides. Here it is:

The Dutch Treat

Dear Miss Rogers:

I am one of a group of 12 girls and
we were talking the other day about
going out with boy friends. Some of
the girls earn just as much money as
their boy friends and when they go
out in the evening, they like to "go
Dutch" and feel independent.

jack in the box! You may wobble and
quiver at first, but practice will mean
perfect balance.

But my boy friend Dick got very
angry when I offered to pay half the
check. He says that a boy is a cheap
skate if he lets a girl pay half the ex-
penses. When I told this at the club
meeting, some of the girls said they
didn't agree with me. They said their
boy friends were just as nice as Dick
but that they knew they could not
afford to take the girls out and so
they were willing to share expenses.

I told Dick what they said, but it
didn't make any difference to him.

I would like to know what you and
the readers of the column think? Should
I continue to let Dick spend his money
on me, or should I insist on paying my share.—June-Marie.

Well, here you are girls, I say "no"
on this fifty-fifty question. I think
the boy should handle the expenses
himself. What is your opinion?

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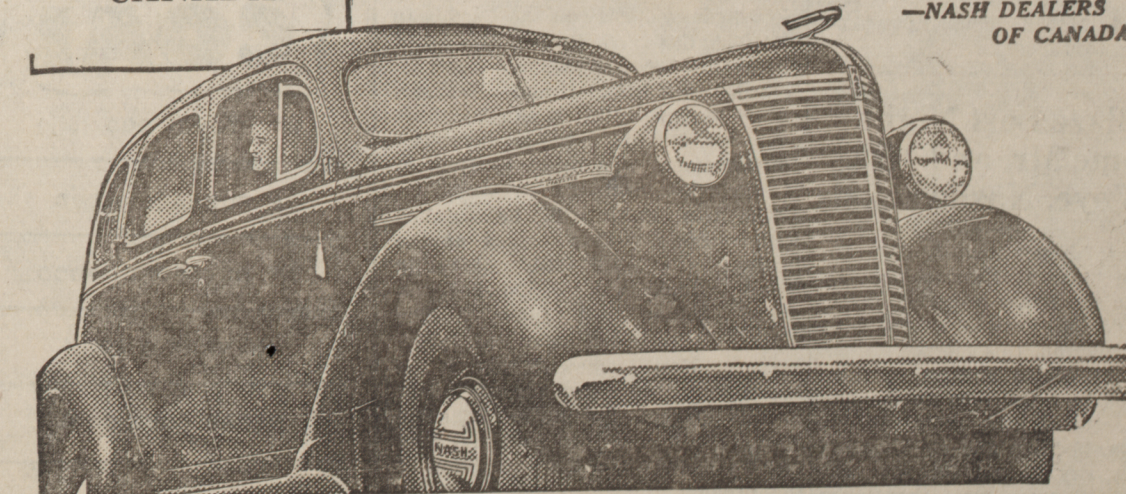
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