

# In the Realm of Women--Some Interesting Features

THE CHARMER

By Juanita Hamel

The flavour of  
**H.P. Sauce**

is quite unique. Oriental fruits and spices perfectly blended with pure malt vinegar give H.P. a delicious flavour and piquancy that suits all tastes.



"Points" for Summer

My yes! Unless you wish to be quite outé. Dealers everywhere have Mercury's with Pointed heels.

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He who never boasts is esteemed at a third more than his value. If he is worth anything.



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With strangely preoccupied air—as though no eyes could pierce the armor she wears—she strolls, or tides, through life as gaily as though she ruled the world. But what is it she holds within her hand? That little figure atop her riding crop seems to stare challengingly at her as if to say, "Charmer though you are, within my power lies far greater charms than even yours, my dear. Evade it as much as you may try, love some day will bend you to your knees and to love's way!"

## THE HOME KITCHEN

By Jeannette Young Norton  
Author of "Mrs. Norton's Cook Book."

Five Recipes for Delectable and Seasonable Salads

The popularity of salads is ever increasing and the search for new recipes is always on with women who make their table a study. The wholesome salad has much to

recommend it and it stands high in the balanced ration in the estimation of the home dietitian.

The lettuce diet is one of the new fads for reducing flesh. By giving up meats and sweets and eating three or more heads of fresh lettuce a day, exercising and so on, the trick is done.

But for those who object to so strict a green diet, a compromise may be made on a plentiful amount of salads in the diet of mixed variety. The best of oil and seasonings, the freshest of lettuce, and other salad materials, are necessities. If the salads are to be crisp, inviting and

healthful.

### Asparagus Salad

Trim freshly boiled asparagus stalks down to the tender point. Then cover them with a marinade of vinegar, a half-bud of garlic, pepper, salt, a half bay leaf, two cloves and a small sliced onion. Set aside to chill. When ready to serve, drain and lay the stalks on lettuce leaves, allowing five to a portion. Get a teaspoonful of chopped pepper, celery and onion mixed on each portion and a tablespoonful of French dressing.

### Jellied Asparagus Salad

Prepare the asparagus as directed in the marinade and allow it to stand for three hours. Then drain it. Have ready a package of lemon gelatine dissolved in a pint of boiling water and cooled. Arrange the asparagus in a wetted mould that has been smeared with a coat of the gelatine which has stiffened in place. Put sliced boiled egg between the stalks and scatter in a few washed capers. Then cover with the jelly. When hardened and ready to serve, turn out and with a sharp hot knife cut in slices or cubes, and serve on lettuce leaves with a little heap of mayonnaise on top of each portion. This makes a hearty luncheon salad.

### Strawberry Salad

Wash and top a small box or ripe strawberries. Then cut them into halves. Add a cupful of minced celery and fold them in mayonnaise that is made without mustard and lightened to a fluffy texture with whipped cream. Add a teaspoonful of sifted powdered sugar to the mayonnaise just before it is used. Serve in white lettuce leaves and garnish with sprays of fresh mint leaves that have been washed, then dusted with a little sugar.

### Vegetable Salad

Boil and dice six young carrots, one new turnip, two potatoes, a cupful of finely cut young string-beans, a half-cupful of peas, and a table-spoonful of finely cut chives. Dust with pepper and salt and a teaspoonful of sifted powdered sugar. Fold in mayonnaise and serve on lettuce leaves. Garnish with olives stuffed with peppers.

### Cherry Salad

Take two cupfuls of ripe stoned cherries and set to drain and chill. When ready to make the salad, add three-quarters of a cupful of minced celery. Fold in very stiff mayonnaise made without mustard, and serve in lettuce leaves arranged in cup-like form. Garnish with cheese straws. The salad should be served at once before the fruit juice tins the mayonnaise.

No man who loves applause more than the truth will add much to the world's progress.

The remedy of tomorrow is too late for the evil of today.

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