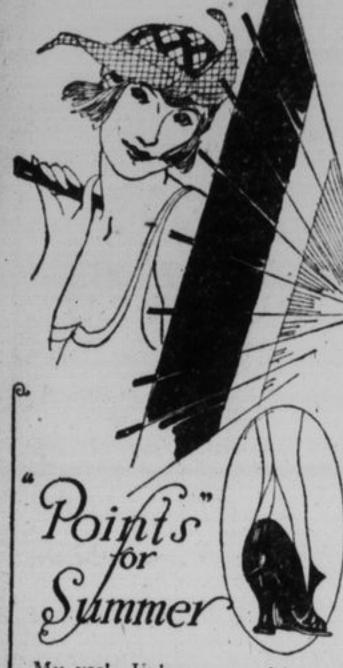
## In the Realm of Women---Some Interesting Features

The flavour

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Old Dutch

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



With strangely preoccupied air—as though no eyes could pierce the armor she wears she strolls, or rides, 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

THE CHARMER

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

Five Recipes for Delectable and Seasonable Salads

recipes is always on with women who freshest of lettuce, and other salad French dressing. make their table a study....

recommend it and it stands high in bealthful. the balanced ration in the estimation

of the home dietician. The lettuce diet is one of the new fads for reducing flesh. By giving stalks down to the tender point. up meats and sweets and eating Then cover them with a marinade three or more heads of fresh lettuce of vinegar, a half-bud of garlic, pepa day, exercising and so on, the trick per, salt, a half bay leaf, two cloves

strict a green diet, a compromise leaves, allowing five to a portion. may be made on a plentiful amount Get a teaspoonful of chopped pep-The popularity of salads is ever of salads in the diet of mixed variety. per, celery and onion mixed on each increasing and the search for new The best of oil and seasonings, the portion and a tablespoonful or materials, are necessities, if the sal-The wholesome salad has much to ads are to be crisp, inviting and

Asparagus Salad Trim freshly boiled asparagus and a small sliced onion. Set aside to chill. When ready to serve, But for those who object to so drain and lay the stalks on lettuce

JelLed Asparagus Salad

Prepare the asparagus as directed 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 suffened in place. Put sliced borred egg be tween the stalks and scatter in 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 mayonuaise 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 tablespoonful 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 lettue leaves arranged in cup-like form. Garnish with cheese straws. The salad should be served at once before the fruit juice thins the mayonnaise.

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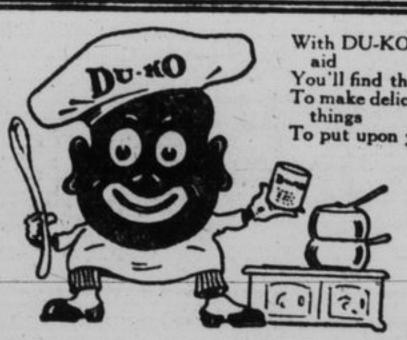
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