

SALAD AS PART OF DAILY DIET

Combinations of Fruits and Vegetables Are Best.

By EDITH M. BARBER
"HE WHO would live for aye, must eat sallets in May." So goes an old English proverb. In contrast to this we find in an old English poem:

Beware of salads, grene metis and of fruites rawe. For they make a man have a feeble mawe.

In old-time England the common people turned to the hillsides and hedgerows as soon as spring arrived to gather all sorts of greens, which they had learned from experience were a remedy for the conditions which a diet of bread and salt meats, their common winter fare, produced. These diseases were no respecters of persons and were as likely to be found in the manor house as in the cottage. The recovery, however, was probably slower in the first because the gentry, believing raw greens to be indigestible, usually served them in cooked form. They were eventually converted by that man of letters, John Evelyn, who was both a patron of horticulture and an epicure. According to him, only raw vegetables belong in salads. He lists, however, almost a hundred types of wild and garden products and includes several flowers.

The salad was adopted in this country comparatively recently and now has become an all-the-year-round part of the menu. Perhaps we have gone a little too far in our combinations of numerous fruits and vegetables which are served with either a French dressing or mayonnaise. After all there can be nothing better than a mixed green salad into which we may put both color and flavor tomatoes or radishes or raw carrots. We can preserve our green color note, however, and still have a most attractive picture if lettuce, romaine, watercress, cucumbers and other greens are used together. A salad of this sort is best mixed with the dressing at the table. Every leaf should be tossed with a wooden fork and spoon so that each may be coated with the dressing.

The combination of greens with grapefruit, oranges and avocado and with a few other fruits will be appetizing for luncheons or as a separate course occasionally at dinner. If the fruit salad is the main dish at lunch, mayonnaise may be used with it, but it demands French dressing with dinner unless it is to act as both salad and dessert.

Salad Bowl.

- 1 head lettuce
- 1 head romaine
- 2 cucumbers
- 1 bunch watercress
- 1 bunch young onions
- 1 bunch radishes
- 1 green pepper
- 1 clove garlic
- 1 teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon mustard
- ½ teaspoon paprika
- Black pepper
- ½ cup olive oil
- ¼ cup onions tarragon vinegar

Wash and separate lettuce and romaine. Pare cucumbers, slice and soak in salted water half an hour and drain. Wash watercress. Slice onions. Wash radishes and green pepper and slice. Chill vegetables in refrigerator. Arrange vegetables in large salad bowl, add garlic. At the table mix seasonings in salad spoon and pour oil over them. Stir into salad and toss vegetables with salad fork and spoon. Add vinegar and mix again. Remove garlic.

Stuffed Tomatoes.

- 6 small tomatoes
 - 2½ cups chopped meat or chicken or flaked fish
 - ¼ cup mayonnaise
 - Salt, pepper
 - Lemon juice to taste
 - Few drops onion juice
 - Lettuce
- Scoop centers from tomatoes. Mix meat, chicken or fish with mayonnaise and season to taste. Stuff tomato shells with this mixture, chill and serve on lettuce.

Pineapple, Cabbage and Pimiento Salad.

- 1 cup cut pineapple
 - 3 cups shredded cabbage
 - 2 minced pimientos
 - ¼ cup mayonnaise
 - Cabbage leaves
 - 2 tablespoons capers or minced olives
- Mix the pineapple with the cabbage, pimientos and mayonnaise. Pile enough for each serving into a cup made of cabbage leaves. Sprinkle with capers or minced olives.

Caviar Mayonnaise.

- ½ cup mayonnaise
 - 1 tablespoon horse radish
 - ½ teaspoon caviar
- Fold horse radish and caviar into mayonnaise. Serve with hearts of lettuce or with whole tomato salad.

Crab Salad.

- 2 cups shredded crabmeat (cooked or canned)
 - 1 cup diced celery or cucumber
 - ¼ cup mayonnaise
 - Lettuce
 - 2 tomatoes
- Mix the crabmeat and celery or cucumber. Line a salad bowl with lettuce and in this put the salad. Skin the tomatoes, cut in eighths and use as a garnish.

© Bell Syndicate.—WNU Service.

Household Hints

By BETTY WELLS

WE CAME back from our visit to Japan with a new philosophy about gardens, and ever so many ideas we tucked away to try out ourselves.

The garden of a Japanese home is as much a part of the house as are the actual rooms. In fact the house proper winds in and around several small gardens and the walls of the house slide back so that in fine weather the rooms flow right into the garden. Imagine that in cherry blossom time, because of course every Japanese garden cherishes a cherry tree if possible. And a cobweb! That is never something to brush away ruthlessly as we do. The Japanese see delicate beauty in a cobweb and point it out with pride.

Their gardens are tiny because space is so limited, but it's a rare house that doesn't have at least one garden, and usually there are several. There is seldom grass, but sometimes moss—more often simply bare earth kept sprinkled to dampness. And there are always



Stone Lanterns and Miniature Trees Are a Part of Every Japanese Garden.

several large rocks and boulders kept scrubbed until they glisten. And alway miniature trees, carefully trained in twisted graceful shapes. These little trees give the illusion of a larger garden than is really there. Running water in the form of a little artificial waterfall or fountain you will nearly always see in a Japanese garden by contrast to the still, tranquil pool of the Chinese garden.

Stone lanterns are perfectly enchanting accents . . . they stand in the parks in whole battalions to illuminate a path or a pavilion, but in a private home just one or two blink their welcome. In festive season the paper lanterns are seen; but we made the mistake of thinking they could be picked up any old time. So instead of buying ours when the stores were blossoming with them, we waited until they were reserved for home, then alas, we hunted all over Tokyo before we found a shop keeper who would go to his warehouse and unpack his holiday cases of lanterns.

When there is enough space, the waterfall or fountain in the Japanese garden will end in a pool filled with enormous goldfish or sometimes with turtles that cavort very giddily considering that they are turtles.

The "Front Room"

The term "living room" did its duty: it gave the family the freedom of the best room in the house. Remember when we first started speaking of the "living room," we had to pull up the window blinds and get some easy chairs in, for up to then the "front room" had been reserved for company best.

But we feel that liberties have been taken there. It's all very well to recognize that drawn blinds and horsehair were too stiff and formal and that the family should enjoy the best room in the house. On the other hand, an active family can wreak havoc in a room that's turned loose in every day. And in



An Active Family Can Wreak Havoc in a Best Room.

the end they will appreciate having one civilized room in the house that they must learn to respect.

So we advocate using another room for the hard wear—the dining room perhaps or make a family sitting room out of the not-often-used guest room.

Then consider that the term "living room" as applied to the "front room" has earned a right to a rest. Dare to use a few upholsteries that have to be treated with respect and choose a rug for some other reason than that it can take abuse. Don't go to the extreme that once kept this room closed off and dark, but don't let it be ragged out like a pair of every-day shoes.

And call this room a drawing room. That alone will make it seem more important. For a drawing room needn't be a huge and formal room, you know. Or else call it the parlor—that's a word that's coming back into fashion . . . doesn't it recall a sweet picture to mind of days that may have been a little stuffy but had their own graciousness and charm?

© By Betty Wells.—WNU Service.

June Bridal Party in Summer Velvet

By CHERIE NICHOLAS



SUMMER velvet is important fashion news for the bride-to-be who is seeking a radiantly beautiful and out of the ordinary material for the making of her own gown as well as those for her attendants.

No word picturing can do justice to this enchanting fabric, for the loveliness of summer velvet cannot be visualized by the mere telling. Unless you have seen summer velvet you are due for a surprise for it is not all-velvet by any means. Imagine, if you can, a sheer filmy mousseline de soie or chiffon or dainty organza background strewn with exquisitely delicate interwoven velvet designs or motifs, well that's summer velvet.

The idea of costuming the bride and her attendants in summer velvet becomes the more intriguing in that a most fascinating play on color is made possible for the velvet motifs can be any color you choose.

The scheme is worked out in this manner for the gowns pictured. White mousseline de soie patterned with tiny winged motifs of white velvet is used for the youthful wedding gown as here shown. The bride wears pearls and a diamond clip at the low V-shape décolletage. Her bouquet is the new idea—pale lavender orchids carried in a handle of carved crystal, forming a fan effect.

The matron of honor to the right in the picture also wears summer velvet—white mousseline de soie with green velvet motifs posed over a

matching green slip. The sash is of bands of matching green velvet and pale yellow. The hat, a new version of the poke bonnet, is in the same green shade with a huge bow and long streamers of wide green velvet ribbon. The matron of honor's bouquet is of palest yellow and white freesias. Her Aris gloves are white glaze kid with delicate embroidery in gold thread. Emeralds are set in necklace and clip. White and yellow are worn by each of the other bridesmaids with jewelry tuned to correspond. These frocks can be worn all summer.

Completing the scheme for this summer wedding the bride's mother, pictured to the left, wears the same summer velvet fabric but in a patterning of delphinium blue bows on a silk sheer with tiny flowers of delphinium, with a velvet sash of matching color. When the jacket is removed the dress has a low formal neckline. Her hat is a smart new tricorné of navy straw with tiny flowers of delphinium. The dainty corsage is of lilies of the valley in the center of which are a few delphinium blossoms.

For that "something different" look that brides covet for their wedding pageantry here are a few suggestions. If the bridesmaids have long streamers to their hats a clever touch is to snap one of the streamers about the right wrist under a bracelet bouquet. Then there is the idea of veils for the bridesmaids. These are of tulle in colors related to each costume. They are waist depth and fall gracefully about the shoulders.

© Western Newspaper Union.

SHORT DANCE FROCK

By CHERIE NICHOLAS



When the new short-length dance frock first made its appearance it created quite a sensation. However, it did not take long for it to become a general favorite. The dress pictured is of lovely printed silk chaifon. It accents the slender waistline such as fashion demands—a return to the silhouettes of the long ago. The gown was worn by a prominent society debutante at "The Silk Parade to Waltz Time," a benefit affair recently taking place in New York.

Lanvin Jackets Are Made of Silver or Gold Kid

Silver or gold kid is used over and over again for evening at Lanvin's where flowing robes are trimmed with oriental applications of leather. At the same house are separate jackets entirely of stitched kid which is so soft and fine that it looks like lacquered satin.

LACE FOR SUMMER BRIDE NEW STYLE

By CHERIE NICHOLAS

The June bride will be fashionably attired this season when she chooses lace for her gowns. With the present vogue for lace for daytime wear, for evening gowns, and for the highly popular house coats and delicate negligees, the romantic appeal of this material makes it a favorite for wedding gowns and bridesmaids' dresses.

Cut on classic lines, the beautiful lace patterns of this season allow for exquisite details of workmanship for the bridal gown. One lovely gown seen recently is perfectly simple in line but has fine details of applied seamings at the point below the hips where the slight fullness starts. The very full train, and the skirt and neck edges likewise, have an applied scalloped edge of lace. This intricate treatment shows to advantage particularly as the veil is quite short and does not fall to the train. In general these lace wedding gowns have shorter veils so that their delicate patterns are not obscured.

Wedding Parties Dressed All in Lace Is Fashion

Wedding parties dressed entirely in lace are in the fashion picture this year. One of the best we have seen is of all-white peau d'ange in a Chantilly pattern for the bride. There were no seams to the dress, avoiding any unnecessary line that might interfere with the beautiful pattern of the lace, and the edges throughout were entirely hand-applied. A matching mantilla head-dress was worn with this wedding gown.

The wedding party, all in lace, made a charming and appropriate setting for the bride. The bridesmaids' dresses were of novelty all-over lace, in pastel shades. The headresses, in contrast with the mantilla of the bride, were formed like a hood, from the collar at the back.

Hints on Tints

Capucine colors will be among the new color accents during the coming season. They have their origin in the various shades of the popular nasturtium.

Fashions to Pep You Up!



HERE'S spring tonic for you, Miss America, done up in fine formula by Sew-Your-Own! The ingredients are bracing and please the taste.

The model at the left is the type to take right away before spring advances further. It is especially beneficial to the willowy figure with its alluring swing and grace, its delicate waistline, becoming collar and stylishly cuffed sleeves. Any of the lovely sheers will do well here.

Miss Athletic Girl. The center package is labeled Miss Athletic Girl. She goes for formula without fuss and fur-below it still is feminine. And, too, she knows that the smart lines down the front and back are not gores but tucks which give the same stylish effect, and necessitate half the effort, thanks to the clever designing of Sew-Your-Own.

A Builder-Up. Upper right is the Builder-Up for the younger Lady of Fashion. Because of it and her other Sew-Your-Owns she will go down in the Year Book as the Best Dressed Girl in the class the first thing she knows. This two-piece has style unmistakable in its absolute sim-

licity of line, round collar so tiny as to be a mere suggestion, and in the perfect balance of its flared sleeves, peplum, and skirt.

The Patterns
 Pattern 1257 is designed for sizes 12 to 20 (30 to 40 bust). Size 14 requires 4½ yards of 39-inch material plus 11 yards of bias binding for trimming as pictured.
 Pattern 1288 is designed for sizes 14 to 20 (32 to 42 bust). Size 16 requires 3½ yards of 39-inch material plus ¾ yard of ribbon for trimming as pictured.
 Pattern 1294 is designed for sizes 8, 10, 12, 14, 16 years. Size 10 requires 2½ yards of 39-inch material.

Send your order to The Sewing Circle Pattern Dept., 247 W. Forty-third street, New York, N. Y. Price of patterns, 15 cents (in coins) each.
 © Bell Syndicate.—WNU Service.



End of the Line

Old Colored Mammy—I want a ticket for Magnolia.
 Ticket Agent (after ten minutes of weary thumbing over railroad guides)—Where is Magnolia?
 Old Colored Mammy—She's settin' over dar on de bench.—Exchange.

Doubt?
 Hotel Page—Telegram for Mr. Neidspondavanci, Mr. Neidspondavanci.
 Mr. Neidspondavanci—What initial, please? —Drexel Institute Drexel.

A (DON'T) COMEBACK

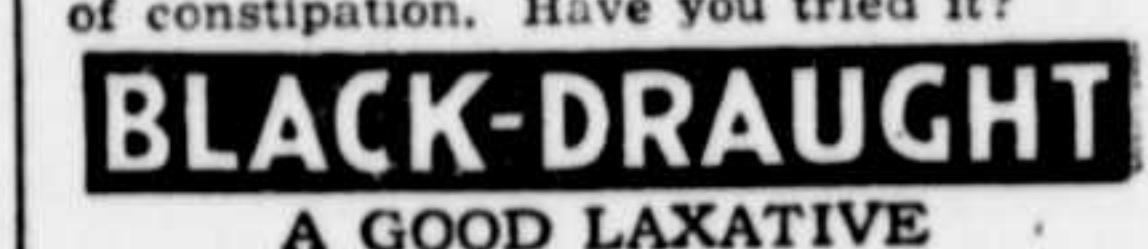


"Pretty place," approved Percy, after surveying his friend's estate with a patronizing air. "Bit bare, though. Trees are so small."
 "Don't let that worry you," replied his host, genially. "Probably they'll be grown to a good size next time you're invited out."

It All Depends
 The lad carrying the bass horn knocked on the door of the rooming house. "How much are rooms?" he asked.
 The landlady hesitated. "Let's hear you play that thing first," she said.

Remember This When You Need a Laxative

It is better for you if your body keeps working as Nature intended. Food wastes after digestion should be eliminated every day. When you get constipated, take a dose or two of purely vegetable Black-Draught for prompt, refreshing relief. Thousands and thousands of men and women like Black-Draught and keep it always on hand, for use at the first sign of constipation. Have you tried it?



BLACK-DRAUGHT
 A GOOD LAXATIVE

The Victims
 The humble suffer when the powerful disagree.—Phaedrus.

KILL THOSE ANTS

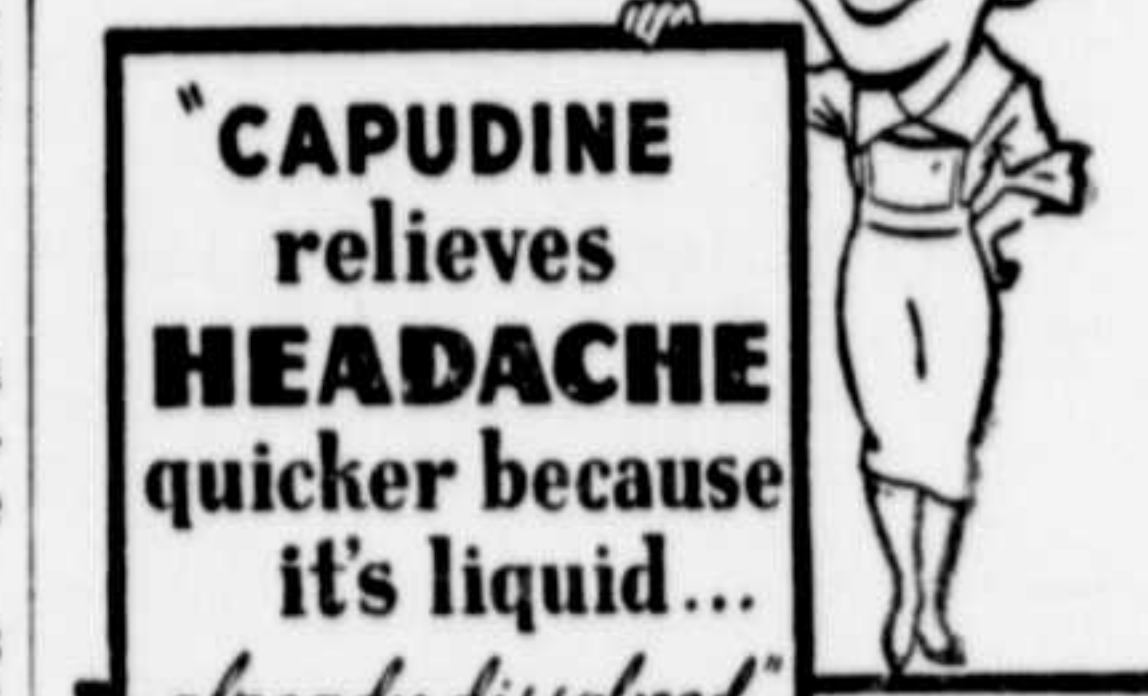
Ants are hard to kill, but Peterman's Ant Food is made especially to get them and get them fast. Destroys red ants, black ants, others—kills young and eggs, too. Sprinkle along windows, doors, any place where ants come and go. Safe. Effective 24 hours a day. 25¢, 50¢ and 60¢ at your druggist's.



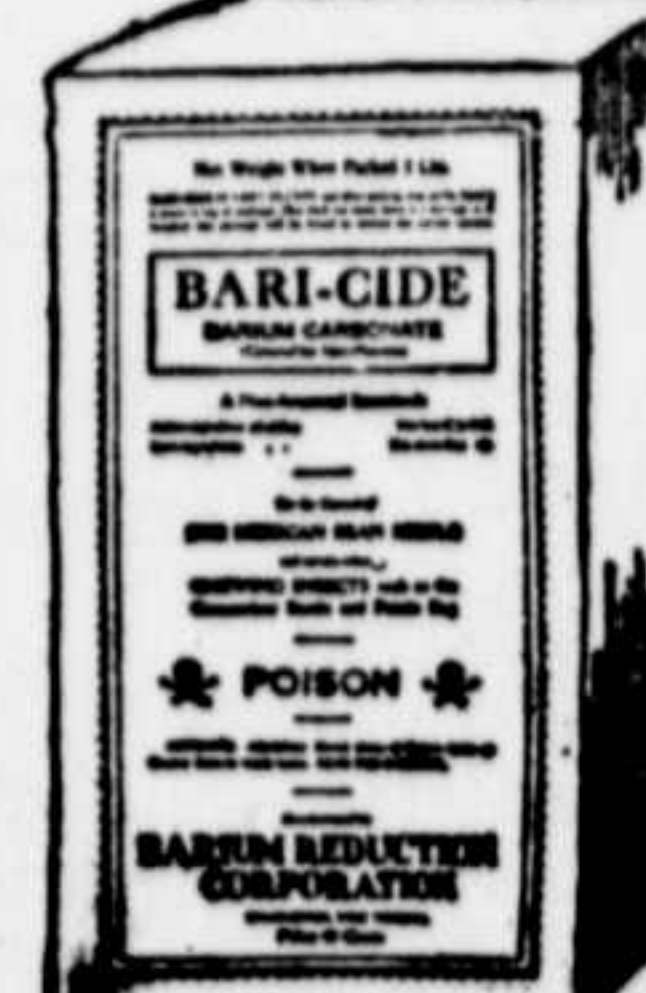
PETERMAN'S ANT FOOD

Strengthened Life
 Life is to be fortified by many friendships.—Smith.

Miss **REE LEEF** says:



'CAPUDINE relieves HEADACHE quicker because it's liquid... already dissolved!



BARI-CIDE

KILLS
 Such Insect Pests As the
MEXICAN BEAN BEETLE
CUCUMBER BEETLE
POTATO BEETLE

Without Injury to the Foliage
 of Crops on Which Its Use is Recommended

A Product of
 Barium Reduction Corp.,
 So. Charleston, W. Va.

For Sale by Reliable Dealers