

# When It's Hot, Eat Lightly

By BETTY BARCLAY  
Nationally Known Food Writer.

NEW WOMAN'S PAGE FEATURE  
Prepared Exclusively for the Illustrated Feature Section.

THE recipes and food items of Elizabeth May Barclay, known to women from coast to coast as "Betty Barclay," appear in almost one thousand publications—ranging from small-town weeklies to newspapers and magazines with over one million circulation. For some time Miss Barclay's syndicated material has been appearing in the Illustrated Feature Section. Beginning with this issue, she will furnish us with exclusive food items and recipes. We believe that our women will appreciate this new feature and shall be glad to have comments from those who try the recipes given.

**D**ON'T eat too heavily when the weather is too warm—and see that the children are not allowed to eat to excess. This does not mean that one must starve. Merely cut down a little on the heavy foods, such as bread, meat, fish and eggs, and continue to enjoy your green vegetables, your fresh fruits and your beverages such as milk, iced tea, grape juice, lemonade, and of course, good cold water.

Avoid ice-water, but serve iced-water. There is a difference in these. Ice-water is water filled with bits of ice, so that the temperature is almost freezing. It is not wise to drink this to excess, or drink it rapidly. Better far is iced water—water that has been placed in a bottle and set aside in the refrigerator to cool. It is plenty cool enough to drink, and by having two or three bottles on the ice, one can always be sure of a cool drink.

### A SUMMER SALAD

- 3 tablespoons rice (brown preferred)
- 1 cup orange juice
- 1/2 cup finely chopped peanuts
- Cream cheese balls

Wash rice and cook for seven minutes in boiling salted water; drain. Cover with orange juice and cook in double boiler until rice is tender. Cool, mix with finely-chopped peanuts; sprinkle with salt and arrange on lettuce leaves with cream cheese balls. Serve with cream mayonnaise or French fruit dressing.

### CREAM MAYONNAISE

- 1 cup mayonnaise
  - 2 tablespoons powdered sugar
  - 2 tablespoons lemon juice
  - 1/4 cup cream
- Beat cream until stiff and fold in to other ingredients.

### FRENCH FRUIT DRESSING

- 3 tablespoons lemon juice
  - 3 tablespoons orange juice
  - 4 tablespoons oil
  - 1/4 teaspoon salt
  - 1 tablespoon sugar
- Mix all ingredients thoroughly.

### CHEESE BALLS

- 1 cup cheese
  - 2 egg whites
  - 2-3 tablespoon flour
  - Salt, cayenne pepper and crumbs
- Beat the whites of eggs until real stiff then fold the other ingredients in very carefully. Make small balls, roll in tiny crumbs and fry in deep fat.



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### BETTY BARCLAY OFFERS FREE RECIPE BOOKLETS

Betty Barclay, whose recipes and food stories have been appearing for some time in this publication, will be glad to have the names and addresses of women readers interested in recipes of various kinds, so that from time to time she may forward them recipe booklets that are available. Merely drop a postal to Miss Betty Barclay, Illustrated Feature Section, in care of this newspaper, and your name will be added to the list.

### SERVE SALADS THIS SUMMER

The summer salad is valuable not merely because it contains light, alkaline foods that are needed to balance the acid-producing foods eaten, but also because it serves to satisfy the appetite and fill the stomach without furnishing too many calories to a heat-tortured body.

Serve a salad with every dinner, even though it be the simplest kind of a salad. Half a banana, half an orange, a few cherries or lettuce leaves with a touch of dressing will do. Serve it ice cold and it will be relished by all—family and guests alike.

### Sore Legs Healed

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## CHATS ABOUT BOOKS

### Too Much "Mother Love"

THESE ARE MY JEWELS, by I. B. Campbell. Published by W. W. Norton & Co., 183 pages. Price \$2.00.

MRS. MASTERSON, although a product of the 19th century is a modern mother, who sees that her children are equipped for life by the time they are old enough to think for themselves. Her many clubs do not prevent her from overseeing everything her children speak, do, or think; so that when Maurine, the youngest, shows symptoms of being independent, there is some amazement that she belongs to the family at all.

When Harry marries a girl unknown to his mother, the new family is ruled with such completeness that Harry is forced to remove from his mother's jurisdiction. Hardly has she recovered from this blow when the death of Jim, Jr., in the world war reveals his secret marriage.

The energetic lady now turns her forces upon her daughter, Violet, whose husband flies to Paris, leaving her because she could not bear separation from her mother. The restored calm of the Masterson household is again broken by the marriage of Maurine, the independent. Her refusal to "try Sammy out on the family" shocks and grieves her mother, who plunges into fresh club activities to soothe her sense of injury.

The story reveals a wide understanding of the problems arising frequently between the mother-in-law and her children. It gives the reader an insight into these relationships such as it rarely gained from vicari-

ous experiences. The revolt of the children against too much protection presents a moral which applies to every situation upon which mother influence is brought to bear unduly. Written in splendid style, tinged here and there with fine irony, this book affords an interest which not only entertains but instructs, and which may be invaluable to mothers who are inclined to be too protective.

It is Miss Campbell's first novel, and presents a vivid delineation of a character whose dominant personality overflowed the bounds of her own home and invaded those of her children. The disastrous results of her well-intentioned efforts are told with unsparring clarity and direct-



# When Pain Comes

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