SELECTED RECIPES FOR THE UP-TO-DATE HOME MAKER

FRUIT MEAL SALAD
(Individual Service)

From lettuce head cut a slice ½ inch thick. Put on salad plate and center with mound of cottage cheese (1½ tablespoons). Around this at equal distances arrange in cross formation 4 piles of orange segments. Allow 1 medium or 2 small oranges to a serving. In spaces between orange segments, place 5 walnuts (in first space), 1 dessert spoon seeded raisins (in second space), 6 almonds (in third space), 5 dates (in fourth space). Serve with a sweet French dressing.

COFFEE PUNCH
(By Ex Perta)

An unusual beverage which never fails to delight guests is coffee punch. It is inexpensive and always suitable, no matter what the season of the year. Here is a receipe for a large party of very thirsty human beings:

In a bowl place a block of ice. Make your coffee by the drip method, which means it should be finely ground and that it will be full of fragrant flavor. The coffee should be fully a half stronger than usual because of the dilution by the ice.

Let us use four quarts of coffee for this punch. It is poured over the ice and then a cup of heavy cream and two-thirds of a cup of powdered sugar are added. Next comes a quart of vanilla ice cream, which should be placed in the punch bowl in large spoonsful, and a cup of chopped maraschino cherries and their juice—the cherries add the Turkish touch.

When the punch has become thoroughly chilled you will find it makes a popular drink at any party.

ORANGE CANAPE
(Individual Service)

Peel oranges and slice in 1-3 inch slices. Allow 1 large or 2 small slices to a serving. Arrange on lettuce. Sprinkle with ½ tablespoon minced celery. Serve with French dressing. Garnish, if desired, with slices of stuffed olive or with small strips of pimento.

FOOD ELEMENTS IN CANDY

Because sugar is the characteristic ingredient, many people think of candy as a carbohydrate or energy food only, and do not realize that it contains a greater variety of food elements than any one article of diet.

Proteins are present in candies containing milk, popcorn or nuts; fats in those containing butter, milk, cream, chocolate and nuts; some minerals may be secured from milk, chocolate, fruits and molasses.

As for the vitamins. A is found in milk, butter, egg yolks, nuts, pineapples, oranges and peaches; B is found in popcorn and a number of fruits; C is found in oranges, lemons, apples, strawberries, etc., provided they have not been dried or cooked; D is found in milk, eggs, butter and some nuts.

Candy is really the ideal all-round food in highly concentrated form. The piece or two that are nibbled as dad goes to work or Johnny to school on a frosty morning, furnish both heat and nourishment to chilled bodies.

Pears Preserved and Pickled

By ANNE SCHUYLER

Pear preserves are among the most popular of the preserve family. Pickled pears are also pleasing. Here are two recipes which will enable any housewife to put up a liberal quantity of both, at little expense.

Pear Preserves

1 pound pears
1 pound sugar
1 pint water
1 lemon, sliced thin

The fruit may be preserved whole, in halves, or in quarters. Boil the sugar and water for 5 minutes, add the pears and the lemon, and cook the pears until they are clear and transparent, and until the syrup is of a thick consistency. Turn them into clean, hot jars and seal them. If hard pears, such as Kieffers, are used, they should be cooked in clear water until tender, and the water in which they are cooked should be used in making the syrup. A few cloves or a stick of cinnamon is sometimes added for flavor. Pineapple juice gives a delicious flavor.

SUMMER LEMONADE

6 cups cold water
6 lemons
1 cup sugar
lemon [illegible]

Extract lemon juice, add sugar, and stir until dissolved. Then add water and serve immediately, pouring into glasses over crushed ice (not too much ice for children). Place a lemon slice over the rim of each glass. By dissolving the sugar in the lemon juice before adding the water, you will acquire the real "knack" of lemonade making.

Orange Tartlets, Glace

4 oranges, sections free from membrane, ¾ cup sugar, 1 package orange flavored gelatin, 1½ cups boiling water, 1 cup cream, whipped, 9 baked 3½ inch tart shells.

Combine orange sections and sugar and let stand 15 minutes. Dissolve gelatin in boiling water, pour over orange sections and chill until gelatin begins to thicken, stirring frequently. Fold 4 tablespoons of thickened gelatin into whipped cream. Chill. Place a layer of whipped cream in bottom of each tart shell. Chill about 10 minutes. Arrange jellied orange sections on whipped cream and add thickened gelatin to fill tart. Makes 9 3½ inch tartlets.

HINTS TO THE HOUSEWIFE

Look over your emergency shelf and see whether or not you have everything you are likely to need for the coming holiday season. Guests are likely to arrive unexpectedly and you should be stocked so that soups, salads, and desserts may be made at a moment's notice without the necessity of telephoning or running to the nearest store.

Don't forget at least a can and a package of coconut. This healthful food should really be used much more by the average housewife than it is. The southern style coconut is particularly desirable for use with cake icings, candy, fresh fruit combinations, sweet salads, garnishes or decorations. Its moist sweetness and attractive appearance make it ideal here.

You should also have a package of the old-fashioned standby, shredded coconut, which is ideal for any dish in which it is combined and cooked with the mixture such as pie fillings, puddings, and custards. This is also good for fondants and all types of candy in which moist coconut is not desirable.

How to Treat a "Cheating" Husband

Have you a puzzling love affair on which you need friendly advice? Write to Julia Jerome, care of this newspaper. If you wish a personal reply please send a stamped, self-addressed envelope.

Julia Jerome

A married women of New Orleans asks advice.

My Dear Mrs. Jerome:

I accidentally opened a letter of my husband's, and found it from another woman. When I confronted him with it he said that he really loved me and that the other one had just caught his fancy and somehow he was in an affair with her before he realized what was happening. He swore that he would never see her again if I would forgive him.

I have been absolutely true to him, although I am very attractive and many men would like to have me. Now if I have been able to be on the level, I don't see why he couldn't have been. This has hurt me deeply, but I still love him. What am I to do? Give him another chance, or leave him and go to someone else who wants me? UNHAPPY.

Give him another chance. It is harder for men to stay clear of women than for women to keep themselves true to their men. The reason for this is not that men are more passionate, as the popular notion goes, but because they have been taught to think they are. They imagine it is unmanly not to appear stirred by every pretty woman who passes.

And women themselves encourage men in general to think this. They will act resentful and feel so if every opening they give a man is not seized. Therefore, men have constant temptations to wander. Other men too, also the product of this double standard way of thinking, will tease a man if he seems to be too true to his wife.

Women, on the other hand, receive praise for being virtuous. The men who try to seduce them and fail will respect them for their resistance. Their women friends will like them better because they will feel they are safe to have around their own menfolks. Thus, as you see, men who remain true to their wives have the whole world to combat.

Therefore we must be a little lenient with them. Forgive him, but warn him that next time you will not do so. And then never, never mention the incident to him again.

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Satan's Henchman

Continued from Page Four

are the only man I ever loved or ever will love. Marcia could never love you as I do. Won't you give her up and come back to me?"

For a moment Theo was puzzled at this new demonstration of her whimsical nature. "No, Clarice, I'll tell you once and forever that there can never be anything more than friendship between us again. That's final," he told her, in no uncertain words. "Now give me the key. I must leave."

"Very well, you have scorned me. But let me tell you this much. You will never marry Marcia Anson, and I'll not give you the key. If I can't have you, no one else shall." With a movement she gained her feet and from a table drawer she drew a small automatic revolver.

But Theo, realizing her near approach to hysteria, had contemplated just such a move, and before she could raise her arm and fire he had disarmed her. Like a fanatic she clung to him, but disregarding her near nudity, he searched her until he found the key and disengaged her arms from him. Taking the revolver with him, Theo descended and left the home.

At the curb Theo met Marcia, hurrying to the Oliver home. Surprise showed on the face of each, but soon there came an understanding, and another enemy was chalked up against the success of their love.

"Why, dear, what are you doing here so soon?" Marcia asked.

"Well, the night I left your home with Oliver and Clarice, he remarked that there were some matters he wanted to talk over with me in private. This morning Clarice called me and said her father asked me to call at once. I came, was admitted by Clarice, who showed me upstairs, presumably because her father was ill and wished to see me in his room.

"I entered the door she designated, she followed, locked the door, and I found myself alone with her in her room. She pleaded with me to give you up and return to her, and when I refused she seized a gun, and I disarmed her and left. I brought the gun with me. That's the whole result of my visit, only that she con-

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Dr. Bunker's Handwriting Analysis

By DR. M. N. BUNKER

On the desk in front of me I have a three page letter from Elaine H. Williams, who signs herself an "Algorithmatician." This name she tells me is one that comes down from Arabia when in the 9th Century a learned man of those days gave the nine figures, 1, 2, 3, etc. the term "Algorism."

Miss Williams takes the numbers of the letters in your name, and does remarkable things with them, all of which however is apart from the story that her handwriting tells. Here we have a remarkable imagination. There is keen wit, and a mentality that is alive to outside interests — new things, new ideas, new impressions.

This writing shows a strong strain of literary talent; sufficient it seems to provide a reason to think that Miss Williams could easily become a capable fiction writer. She thinks rapidly. She is practical rather than visionary. She uses her head rather than letting her heart influence her too greatly.

There is a minor strain of irritability here, but not a mean or biting temper.

Above everything else this writing shows a personality that glories in change, in variation, in meeting people, and dealing with new interests and activities.

Sundaries of organ-
be enjoyable con-
ights.

I have never met Miss Williams. I do not need to meet her to know these intimate facts about her. I know that she can become a capable story writer. She can succeed in this field, because she has talent that is going unused — unless she is writing.

Your A, B, C's, written as you ordinarily write them have many little curves and shades that each tells its own story about you. This story is likely to be complete or nearly so in only a few lines of writing, but in a page or two or three pages these many little individualities in your writing will give a perfect picture of the soul of you.

Like Miss Williams, you may be capable of writing books. Or you may be talented for the stage or for the movie world. You may make a better school teacher than you would make in any other field. You may be happier selling things to people. No matter what your natural talent your writing is going to tell the story of you.

This has been proved thousands — almost countless thousands — of times. It is true that you put a picture of yourself on paper. This picture does not tell your past, nor your future, but it does give you a chance to see yourself as you are today, with all the possibilities you have for making your future a success.

If you would like to try this science — if you would like to know something your handwriting tells about you merely write a letter. Address this letter to Dr. M. N. Bunker and send it in care of this newspaper. Enclose an envelope addressed to yourself, and properly stamped. At the same time send along an extra two-cent stamp to cover the actual cost of the stationery used. If your home is outside of the United States be sure to send International Reply Coupons instead of stamps. There is no charge for this analysis.

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