

THE WOMAN'S WORLD

Chatting With Arden H. Duane (For ANP)

Cocktails
 Rice and Cheese Cocktail Balls
 Shrimp a la King—
 Potato Chips Peas
 Rolls Olives
 Date Souffle and Hot Ginger Sauce
 Coffee

Rice and Cheese
 Cocktail Balls
 Two cups boiled rice, one tablespoon prepared mustard, one cup nippy cheese, salt, fat for frying, horseradish.

Work cheese into balls not over one-half inch in diameter. Spread lightly with mustard and horseradish. Roll in salted cooked rice, to cover completely. For this it is best not to rinse or fluff the rice so that the grains will adhere. Roll to make compact ball. Fry in very hot deep fat until golden brown. Serve hot as appetizers with cocktails. In place of cheese you may use anchovy paste, shrimp or crisp bacon.

Shrimp a la King
 One seeded green pepper, one half pound cleaned and sliced mushrooms caps, three tablespoons butter, one small onion, chopped fine

one and one half teaspoon salt, one egg, two cups milk, three tablespoons chopped pimento, one-fourth teaspoon tabasco, one teaspoon chopped parsley, two cups creamed shrimp, three tablespoons flour.

Cook shredded green pepper and mushrooms caps in butter for five minutes. Add chopped onion, flour, salt, pimentos, parsley, tabasco, and shrimp. Heat gently about two minutes. Add one and one and one half cups milk gradually while stirring constantly. Continue cooking until thickened. Then add one half cup milk to which the beaten egg has been added. Heat well and serve on toast.

Date Souffle
 Empty one package vanilla pudding into sauce pan. Add one cup diluted evaporated milk and mix well. Cook over slow fire until thick and smooth, stirring constantly. Add three well-beaten egg yolks and one third cup chopped dates. Fold in stiffly beaten egg whites. Turn into buttered baking dish or individual ramekins. Bake in a slow oven until firm and golden brown about forty-five minutes. Serve at once with hot ginger sauce.

Hot Ginger Sauce
 Mix one third cup sugar and one tablespoon cornstarch thoroughly. Add one cup diluted evaporated milk and cook slowly until smooth and creamy. Stir all the time. Add two tablespoons butter and one and one half tablespoons chopped preserved ginger or crystallized ginger. Add four tablespoons orange juice and one tablespoon lemon juice. Serve warm over the Date Souffle.

SHE LOST 20 POUNDS OF FAT

Feel full of pep and possess the slender form you crave—you can't if you listen to gossipers.
 To take off excess fat go light on fatty meats, butter, cream and sugary sweets—eat more fruit and vegetables and take a half teaspoonful of Kruschen Salts in a glass of hot water every morning on an empty stomach.
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BEAUTY AND ROMANCE

by Marie Downing
DIRECTOR, LARIEUSE BEAUTY FOUNDATION



The Larieuse Beauty Foundation was established by the Godefroy Manufacturing Company to study methods of preserving women's natural beauty, and to make the results of this research available to the public.

For the woman who watches her diet carefully, eliminating the fatty foods, but still has trouble with a bulging waistline, a few simple exercises will often work miracles.
 The secret of successful exercising is persistence. Don't overwork your muscles with too heavy or too much exercising at one time, but pick out a few mild exercises and stick to it. You'll get better results if you exercise only five minutes every morning for three weeks than you will if you wear yourself out with half an hour of exercise for a few mornings and then abandon them.

The exercises I am going to give you for reducing the waistline are rather strenuous, so be sure to observe this caution: Don't try to do too much at the start. If you aren't in top-notch physical condition, and especially if you are considerably overweight, begin with a few simple movements the first morning and gradually increase the number. You can easily overwork your muscles without realizing it until you wake up the following morning, stiff and sore. So remember: Take it easy at first, but stick to it. Do your exercising right after you get up and later you may add a brief exercise period just before retiring.

One of the best exercises for reducing the abdomen is to lie on your back with your arms folded across your chest and your legs hooked under a heavy piece of furniture. Then without using your arms, pull the upper part of your body into a sitting position and lower it slowly back to the floor. You may not be able to do this even once, the first day, but little by little, day by day it will become easier. Then you can gradually increase the number of times you do it each morning.

FOOTLIGHT FLICKERS

(By Alvin Moses for ANP)

New York, March 6—What a strange handle, folks exclaim at times, when referring to the moniker of "LUCKY," that Lucky Millinder carts around the country side with him. They use to say the same thing we answer, about "Lucky Slim" Lindbergh—and didn't that angular one fall into a bucket of gold (La Bella Dame Morrow), even if it later brought heartbreaks and virtual exile from his own country. But this brief epistle concerns itself with a fellow named Millinder—not Lindbergh, so suppose we get right back to our knitting—eh wot????
 After listening enraptured away back in the wings of beautiful Apollo theatre, the Leo Brecher-Frank Schiffman playhouse to the tantalizing strains of the 'Millinder Orchestra and Choral Organization,' one wonder no longer why he thought upon the plow handle..... "LUCKY."

Have you ever tried disbanding (giving walking papers) to a bunch of guys who rated right up there in the front row of jazzland playing?

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You've gotta please those gallery-perchers who whistle and sport

'REVEALING'

PAST, PRESENT and FUTURE ..
BY ABBE' WALLACE
Largest mentalist on the American Stage



NOTE—Your question printed free in this column. For private reply send 25c and (self addressed stamped envelope for my New Astrological Reading and receive by return mail my advice on three questions free. Sign your full name, birthdate and correct address.
 D. C. J.—Will you please tell me who went to see my husband and told him about my boy friend?

Ans: This knowledge has been a matter of common gossip in your neighborhood for quite a while. No one told him directly. The news reached him the way all gossip does. You forget the old saying: "beware your sins will find you out."

M. L. G.—What is wrong with my back and will it interfere with my future vocation?

Ans: You have strained your back and unfortunately you have not shown it the proper consideration. You can overcome this if you will only realize your back is 'sick and act accordingly. See a doctor immediately.

M. L. M.—Will I be able to go back home and get away from the life I am living?

Ans: By all means abandon your present life of wastefulness and dissipation and return home so that your conscience can once more know the peace of a useful and honorable life. There is nothing awaiting you at the end of your present trail except unhappiness.

C. C.—Must I continue to live with my husband and take his mean treatment or would it be best for me to leave him?

Ans: There is no law or circumstances that can force you to live with your husband if he mistreats you. Put the matter before him plainly.....either he must treat you as a wife or go his way ALONE. You can carry out your point in this way.

R. S.—My question is this: I am

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