

Hope Opens Way to Fuller Life.

BEAUTY



Go Mexican

BLANCHE AND EDNA McNEIL know their Mexican food from first-hand experience. They have just written a book on the subject called "First Foods of America." It is published by Sutton-house of San Francisco at \$2.50.

They not only explain the simple mysteries of the standard tortilla, but go into the Mexican's magic with chicken and vegetables.

Follo con Salsa de Almendras—that's just chicken with almond sauce to you. Ingredients: One five-pound chicken, 1 cup ground blanched almonds, ½ cup lard or other grease, ½ cup raisins, 3 cups fresh or canned tomatoes, 6 whole cloves, 1 tablespoon minced olives, 6 red peppers, 1 teaspoon cinnamon, 2 tablespoons vinegar, 1 slice dry white bread, salt and pepper to taste.

Salt and pepper disjointed chicken, cover with water and boil until tender. If fresh tomatoes are used, skin. Fry almonds to light brown, drain. In same grease, fry raisins until they swell. Remove. Then fry bread light brown. Remove and drain.

Each of these fried ingredients, also tomatoes and spices, is mashed separately or else put through food chopper and then added to remaining hot grease. Stir constantly with wooden spoon. Add chicken and broth. Simmer slowly until sauce begins to thicken. Then add vinegar, olives and peppers. Serve with tortillas.

Croquetas de Garbanzo—meaning Spanish pea croquettes. Ingredients: One cup boiled Spanish peas, 1 tablespoon grated cheese, 1 teaspoon minced parsley, salt and pepper to taste, 1 egg, ½ cup bread crumbs, ¼ teaspoon cayenne pepper.

Mash peas while still hot. Add cheese, parsley, cayenne pepper, salt and black pepper. Form into croquettes. Dip in beaten egg, roll in bread crumbs, and fry in hot fat. Drain well before serving. Garnish platter with lettuce and serve with red tomato and chili sauce.

Ejotes, Estofados—our old friend the string beans in fancy dress. Ingredients: One pound green string beans, 1 cup green tomatoes, pinch of soda, 1 onion chopped fine, 3 cloves garlic (you won't want so much garlic for your American taste, but use some garlic despite your prejudices. You will be pleased); 2 tablespoons vinegar, 1 teaspoon salt, 2 tablespoons olive oil or bacon drippings, 3 cups water.

Clean, string, cut beans in half. Heat oil or drippings in saucepan, brown garlic, remove from pan and then brown onion. Add tomatoes, fry slightly, then add beans, water and soda. Cover saucepan and cook slowly until liquid is completely reduced and beans are very tender. Season with salt and vinegar.

Learn Subtle Art Of Dressing Well

DOROTHY COUTEAUR is still a little homesick, despite her new modern salon in New York. She was born in New Jersey. Homesick for East Orange? Oh, not at all—she's still dreaming of her beloved Paris, in whose milder atmosphere she was famous as "Dorothy of Molyneux."

She's quite a "swell" young woman, as her affectionate friends say, sincere, brilliant as a designer, gracious and noted here and in France for her clothes that seek elegance and beauty in line, rather than novelty and theatrical effect.

This interesting woman thinks knowing how to dress is more important than dresses themselves. "One fine dress and a few smart accessories can almost constitute a wardrobe, if a woman understands the subtle art of dressing well," she says. "In fact, I believe a clothes sense is more important than a good figure."

Chintz Covers Will Give Living Room a Refreshing Appearance

IT'S TIME to begin thinking about slip covers. The warmer season is not far off. What kind of linens and chintzes will serve your needs best?

The newest patterns are large, formal or splashy in clear bright colors. Few pastels or dusty tones are being used. Mediterranean blue is greatly in vogue

By Mrs. Penrose Lyly

"**T**HROUGHOUT THE WORLD, wherever there is human life, I find the eternal, universal instinct to worship something, and with that instinct to worship, also the urge to rejoice at the first sign of delicate new life springing forth from the heavy clods of earth. It comes always when spring defeats winter and life begins to glow again on the fields."

Malvina Hoffman, noted American sculptor, world famous for her statues in the Field Museum, Chicago, Hall of Man, has traveled over the face of the earth studying, trying to understand and interpret natives from every corner of the globe. To her belief in the eternal instincts toward worship and joy, she adds these observations which have definite meaning to us at Easter time.

"**F**IRST, that there is an eternal cosmic consciousness that binds all of the races of man together. Savages, scholars, saints and heroes of all creeds and colors understand one another when they are sounded to the depths of their being.

"Second, that it is not fear, but rather hope, and trust in the inevitable force of renewal, that guides the peoples of the earth. Though this hope and this exultation in new life are usually typified by youths and maidens, to me the thought of Everlasting Spring brings to mind only one face and one body, that of Anna Pavlova as she danced. She had the spirit that always looked forward, always reached out for new life just ahead."

The photograph here shows one panel from a series of 25 of Pavlova which is included in Miss Hoffman's current exhibition at the Virginia Music of Fine Arts.

The spring rites of the Pueblo Indians at Taos struck her as the most impressive of all the 125 different types she had seen of the age-old celebration of the worship of rebirth.

"In the chill silence of dawn we drove across the valley," she recalls.

"**W**E WAITED THE SIGNAL from the Mound of Kiwa, the council cave deep under the earth. There all the male youths of the tribe were, we knew, hidden, painted in barbaric colors, from head to foot.

"Suddenly, at a sign, the crowd of 80 youths rushed up from the darkness into the blinding light of day. They darted up the ladder and stopped, quivering for an instant as they raise their right hands to the rising sun and blew a handful of the downy feathers into the air. Next, his first age-old rite accomplished, they rushed, like disembodied spirits, to the opposite ends of the pueblo."

Hope, the pulsating joy in rebirth, youth—these seem to be the underlying symbols of America.



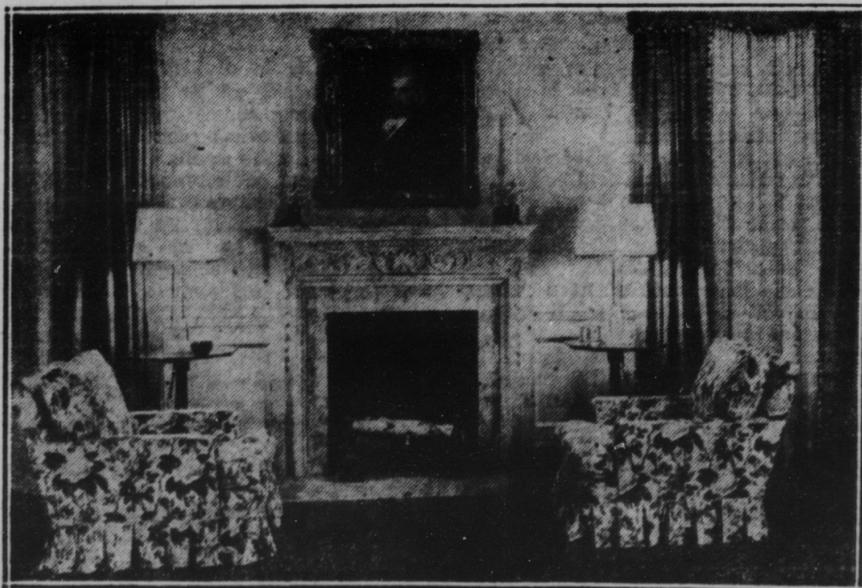
BEFORE THE FIRST CROCUS and after the steam heat and outdoor exposure of a long winter, a special diet would be helpful. Frances Langford, young in life and new to Hollywood, has worked out a four-days-a-week diet for herself which, judging from her pictures, is just what we've been looking for.

"I believe that if fattening carbohydrates are eliminated from the diet for four days of the week, you can eat what you like on the other three," she says.

"This four-day diet is the first requirement of my spring beauty routine. For breakfast, half an orange and a cup of unsweetened coffee. For luncheon, a broiled lamb chop, lettuce and tomato salad without dressing, and a glass of buttermilk. Then for dinner, a serving of broiled sirloin or other steak, lettuce and beet salad without dressing, a dish of sliced oranges or half a grapefruit, one glass of skimmed milk or a cup of tea with lemon but no sugar."

To relieve the monotony of the above diet, this lovely young lady of the movies varies her choices of broiled meats and fruits, providing that the essential food elements are all there. And during her non-dieting days, those other three of the week, Miss Langford eats what she wants, but is fortunate not to want much else than milk, vegetables and milk.

"Yes, really, I do drink two full quarts of whole milk on those days," she says. "I believe milk is not only a body builder but also a beauty builder."



and appears often with a white design in it. Next in popularity this spring comes red, after that plum, turquoise and clear yellow combined with an eggshell white. Brown has assumed prominence not only in drapery fabrics, but also in wall paper and carpets. In a room with a brown background, this color arrangement would be delightful for warm weather; easy chairs and davenport slip-covered in a soft brown printed cotton or linen with large floral design in bright blue, pale green and vivid coral flowers. Gaiety, spaciousness and refreshing coolness will thus be achieved for your living room.

In the room shown in the photograph, the slip covers on the two chairs are done in a large rose-patterned design in chintz. The broad waxy green leaves on the eggshell background harmonize with the brown-rose carpet and the dull-surfaced satin drapes.

PARTICULARLY good this spring, especially for the woman who is making her own slip-covers for the first time, is a four-way color print. Whichever way it is turned, the design comes right side up, so there will be no difficulty in matching and seaming. This helpful print comes in wine, maize, natural and flesh on brown background.

For definitely modern rooms, flower prints are not suitable. In such rooms, use a cotton mohair printed with textured design or a fabric with a simple Olympic wreath. These slip-cover materials for the modern or stylized room come in two colors usually, such as red wreath on cream background, lemon on brown, gray on lemon, brown on shell pink or cream on sea green.

To slip-cover an overstuffed davenport and two arm chairs, use 26 yards of 50-inch width chintz or linen. If using material that is 36 inches wide, you will need 44 yards.