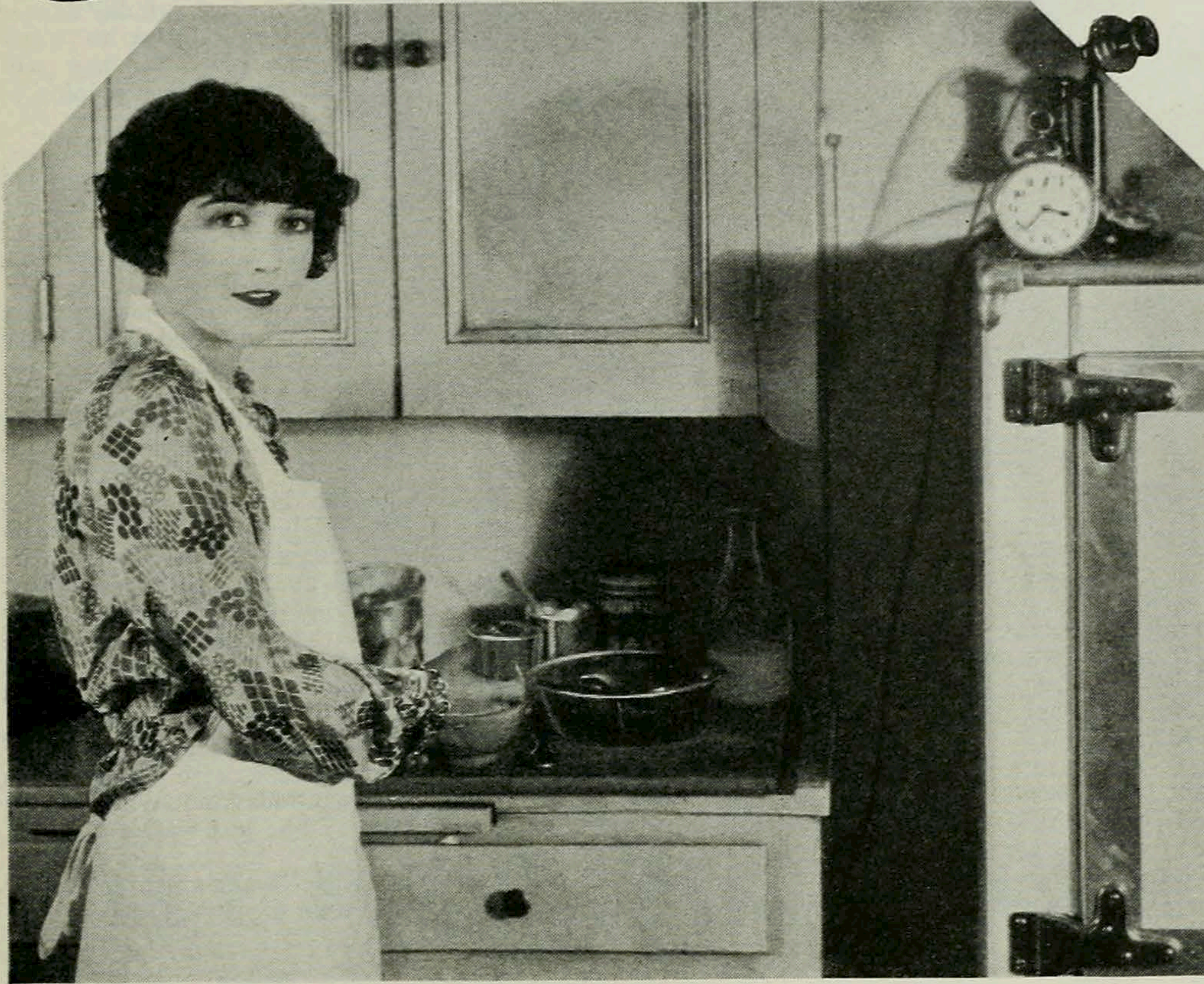


Salads for BEAUTY



Crisp greens and fresh fruits with your meals may mean the big difference between a bad complexion and a good one

Aileen Pringle is one of the best hostesses in Hollywood. And also one of its most beautiful women. Try her favorite salad recipe, given below, and learn why her dinners are so popular

DO you make it a point to serve a salad with dinner every night? If you don't, you are missing the most health-giving course of the meal. Fresh greens, vegetables, preferably uncooked, and fresh fruits are the most important items in the diet of the woman who would keep both her good looks and her health.

Raw fruits and vegetables, and these are the basis of the best salads, are absolutely essential, if you want a clear skin and bright eyes. While the rest of the meal may provide nourishment and energy, the salad is the tonic. Here, if you keep books on your diet, you will find most of the very necessary vitamins.

Most salads are easy to prepare, if you follow a few simple rules. Be sure that all your ingredients are cool, fresh and clean. Lettuce should be washed and allowed to drain in the refrigerator for several hours before it is to be used. Whether you like French dressing or one of the many variations of mayonnaise, use only the best materials.

Salads are, as a rule, the cheapest item on your dinner

menu, and it is poor policy to try to economize on oil, vinegar or seasonings.

There are fourteen splendid recipes for salads in PHOTOPLAY'S Cook Book. Salads are a popular item of food in Hollywood; green things are generally cheap and in season. Many stars make a salad their principal dish at luncheon and, of course, the girls who must keep slim make it a point to eat heartily of leafy foods, because even allowing for the oil in the dressing, they are almost the least fattening article of diet.

I am going to give you Aileen Pringle's recipe for her favorite salad. You'll find it useful for many occasions. It is almost a luncheon in itself. It is an ornamental salad and consequently would be ideal to serve at any afternoon affair. And, of course, you may serve it for dinner, particularly when you are having only a light dessert.

Here is the way Miss Pringle prepares her Pineapple Fruit Salad. You need a sliced pineapple—canned or fresh— $\frac{1}{2}$ lb. cream cheese, $\frac{1}{4}$ lb. chopped walnuts, two oranges, lettuce, sliced apples, maraschino cherries and whipped cream.

Chop nuts and mix with cream cheese and roll into small balls. Slice oranges and apples and place alternately on beds of lettuce with pineapples. On top of this place cheese balls in attractive designs.

Top this with whipped cream and decorate with maraschino cherries.

If you wish, you may use your favorite salad dressing instead of the whipped cream.

This salad tests your artistic talents, as it is important to have it attractive to the eye, as well as to the taste. As a rule, it is best to make all salads at the last possible minute. Few of them gain anything by standing, as many uncooked fruits and vegetables discolor quickly.

PHOTOPLAY'S Cook Book, with its one hundred unusual recipes supplied by the stars, has been immensely popular. It is a particularly attractive book and an invaluable aid to the girl who likes to give parties. If you will write your name and address in the coupon, and enclose a quarter, PHOTOPLAY will send you a copy.

CAROLYN VAN WYCK.

PHOTOPLAY MAGAZINE

750 N. Michigan Ave., Chicago, Ill.

Please send me a copy of PHOTOPLAY'S COOK BOOK, containing 100 favorite recipes of the stars. I am enclosing twenty-five cents.

Be sure to write name and address plainly.
You may send either stamps or coin.