

Waffles To Attract The Smartest Skier After A Long Run

Quick Breads Delicious After Exercise in the Open.

By KATHARINE BAKER

Skiing is an invigorating sport for those brave souls who can take it. And it's often difficult to know exactly what food is enjoyed most by skiers as they chat of Tellemark and Christiania for hours after a long run. Of course skiers will eat practically anything, but plain waffles with Syrup, hot sausages and coffee, seems to fit into their "ski-ey" world perfectly. And they like those new cheese waffles served with grilled tomatoes.

As ski-ing becomes increasingly popular in Canada, there are more and more late ski suppers. These quick breads, fresh from the waffle iron, are easy to make and simple to serve. They can be made light as down with the use of cake flour in the batter. Cake flour is 27 times as fine as ordinary flour so it responds quickly to leavening and gives that light, airy batter that makes waffles so appetizing.

Feather Light Waffles—2 cups sifted cake flour, 2 teaspoons baking powder, 3 egg yolks, well beaten, 3 egg whites, stiffly beaten, 1/2 teaspoon salt, 4 tablespoons melted butter, 1 cup milk.

Sift flour once, measure, add baking powder and salt, and sift again. Combine egg yolks, milk, butter. Add to flour, beating until smooth. Fold in egg whites. Bake in hot waffle iron. Serve with maple syrup. Makes four-section waffles.

Cheese Waffles With Grilled Tomatoes—2 cups sifted cake flour, 2 teaspoons baking powder, 3 egg yolks, well beaten; 3 egg whites, stiffly beaten; 1/2 teaspoon salt, 4 tablespoons melted butter, 1 cup milk, 1 cup grated cheese.

Sift flour once, measure, add baking powder and salt and sift again. Combine egg yolks, milk, and butter. Add to flour, beating until smooth. Fold in egg whites and cheese. Bake in hot waffle iron. Place a slice of grilled tomato on each section. Makes four four-section waffles. Diced uncooked bacon may be sprinkled over batter before closing iron and its delicious.

FACTS AND FANCIES

Potato-Onion Casserole

Two cups potato balls, two cups small onions, one teaspoon salt, one cup medium thick white sauce, one-fourth cup grated cheese. Cut the potatoes into small balls with a cutter and peel small onions about the same size. Cook the onions until nearly tender, add the potato balls and salt, and cook until both are tender. Place the vegetables in a shallow pan which is well greased. Pour the white sauce over them. Sprinkle with grated cheese and bake in a hot oven (500 degrees) for 12 minutes.

Serve With Lamb

In planning vegetables to serve with lamb, select those that do not conflict with the delicate flavor of the meat. The best choices are green peas, asparagus, squash, carrots, string beans, artichokes, white potatoes in almost any form, tomatoes, oyster plant, eggplant and boiled spring onions.

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When Nails Are Brittle Gladys Tells What to Do

If Dryness is Due to External Cause, Soak Fingertips in Oil, She Advises.

By GLADYS GLAD
"America's Most Famous Beauty"

History tells us that when the Pharaohs ruled Egypt, it was customary for finger nails to be worn long, pointed, and colored a vivid orange, blue or red. Even way back in those days, manicuring was considered an important rite, and it has increased in importance ever since. There are few women today who neglect to keep their nails well-groomed and manicured. Yet there are some girls who, though they manicure their nails regularly, have very unattractive fingertips. And this is often due to the fact that the nails become dry and brittle, and break easily.

The reason women acquire brittle nails is because they do not treat their fingertips properly. Women who have healthy, attractive nails, often attribute this in part to the lubricating treatments they give them. I believe that the average business girl, particularly, should keep a bit of oil or cream in her office with which to lubricate her fingertips after cleansing her hands.

Treat Inside and Out

Dry, brittle nails and those that tend to split easily, require both internal and external treatments for their correction. Such nails are caused by excessive dryness and lack of proper nourishment when the nail is in the process of formation. If a person's diet is deficient in fats, she should first add more of the fatty foods to her menu, for if her system is sufficiently supplied with the necessary oils, nature will supply enough to the nails to insure a healthy growth.

If the dryness of a girl's nails is due to external conditions alone, however, she can make up the deficiency in lubrication by external applications. A bit of warmed olive oil massaged into



DOLORES DEL RIO has very lovely hands

the base of each nail nightly will help. But I've found the best remedy to be soaking the fingertips each night for five or ten minutes in a melted mixture of one ounce of sweet almond oil, one ounce of spermacetti and one ounce of lanolin. This helps to nourish the nails and restore them to normal health.

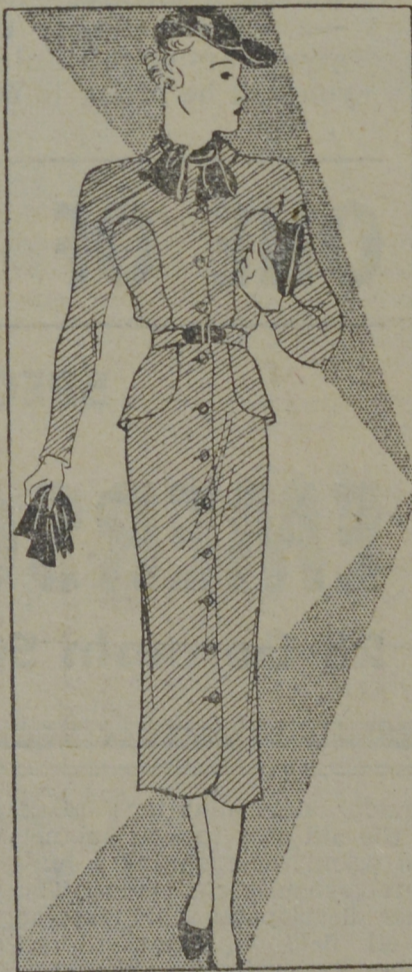
WHAT ONE GIRL WORE

By BETTY BROWNLEE

A practical costume for the business girl during these between-season days is the flannel suit which resembles a dress. It may be worn underneath a coat at the present time and when warmer days arrive it is a smart outfit by itself.

Such a suit is illustrated and, as will be observed, the costume is just as smart as it is practical. This one is in grey, but they will be found in other shades in dress shops everywhere. The jacket, with its little peplum is short to the waist in front and the rounding of the edges is repeated in the lines of the wrap-around skirt.

The curved seaming on the jacket terminates in a yoke at the back and buttons of self-material trim both jacket and skirt. Worn with the suit is a navy taffeta blouse, the bow scarf showing



above the simple rolled collar of the jacket.

Navy accessories are worn with it in this particular sketch, but equally effective are accessories in black, a darker shade of grey or brown if, of course, the blouse is changed.

LARGER SIZES IN SHOES

Women are said to be wearing larger sizes in shoes. Size threes are rarely asked for in these athletic days, while size sevens are growing in popularity.

HEALTH

by
Franklin D. M.D.
A HEALTH SERVICE OF
THE CANADIAN MEDICAL
ASSOCIATION AND LIFE
INSURANCE COMPANIES
IN CANADA

Questions concerning health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

BAD BREATH

Whether it is called bad breath, or halitosis, it is equally offensive, and most, if not all of it, can be overcome by giving greater attention to the care of the mouth.

Halitosis is not a new complaint. It was known to the Greeks who called it by several uncomplimentary names. Modern advertising has had so much to say about it that many people have been made uncomfortable for fear that they may be offending.

The most common cause is the teeth. We all know the bad smell which comes from decaying meat or vegetables. Similar decay takes place in the mouth when particles of food are left in and around the teeth, and the breath is tainted thereby. Teeth which are themselves decayed, or gums which are oozing pus also foul the breath.

One smell may be overcome by another odor; it is then a question as to which you prefer. At one time, perfume was used chiefly to offset body odors due to a lack of bathing. Mouth washes and gargles do not take the place of mouth cleanliness any more than the use of perfumes overcomes the need for regular bathing.

The bad breath may arise from diseased tonsils or infected sinuses; rarely is it due to other than local conditions in or adjacent to the nose and mouth. Eructations of sour material from the stomach will taint the breath for a few minutes only.

Proof that it is the particles of food which are responsible is seen

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in the experiment carried out when onions and garlic were swallowed in capsule form; there was then no odor of either on the breath.

Social customs have had an important influence upon personal health. Halitosis is not a health problem, but mouth cleanliness is very definitely a subject in which those who are interested in health are vitally concerned.

The mouth is the gateway to the body. A clean mouth promotes dental health, which in turn, contributes to the general health and well-being of the whole body. A healthy mouth allows for proper mastication and so gives digestion the right start. A healthy mouth is a clean mouth, and a clean mouth is an odorless cavity.

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