

Nippy Snacks Are Very Easily Made For Your Party

Two Cups of Flour Make 15 Dozen Tidbits.

By KATHARINE BAKER

Savory bits of pastry—some spicy, some sweet—are in high favor with smart hostesses these days. Every party menu must include something to nibble with the cocktail course. For luncheons or supper, zippy Cheese Straws are always good.

Finely milled cake flour, with its delicate gluten that expands readily, giving extra lightness and tenderness, must be used to get perfect results. Two cups of cake flour will make 15 dozen savory tidbits from this simple recipe.

Snacks—2 cups of sifted cake flour, 6 tablespoons cold butter or other shortening, 6 tablespoons ice water, ¼ teaspoon salt, seasonings, as desired.

Sift flour once, measure, add salt, sift again. Cut in shortening until mixture resembles coarse meal. Add water, springling small amount over flour mixture and mixing with fork. Continue until all water is used. Wrap dough in waxed paper and chill. Use one-quarter of dough for each seasoning given below. Bake only snacks of similar size and flavoring together.

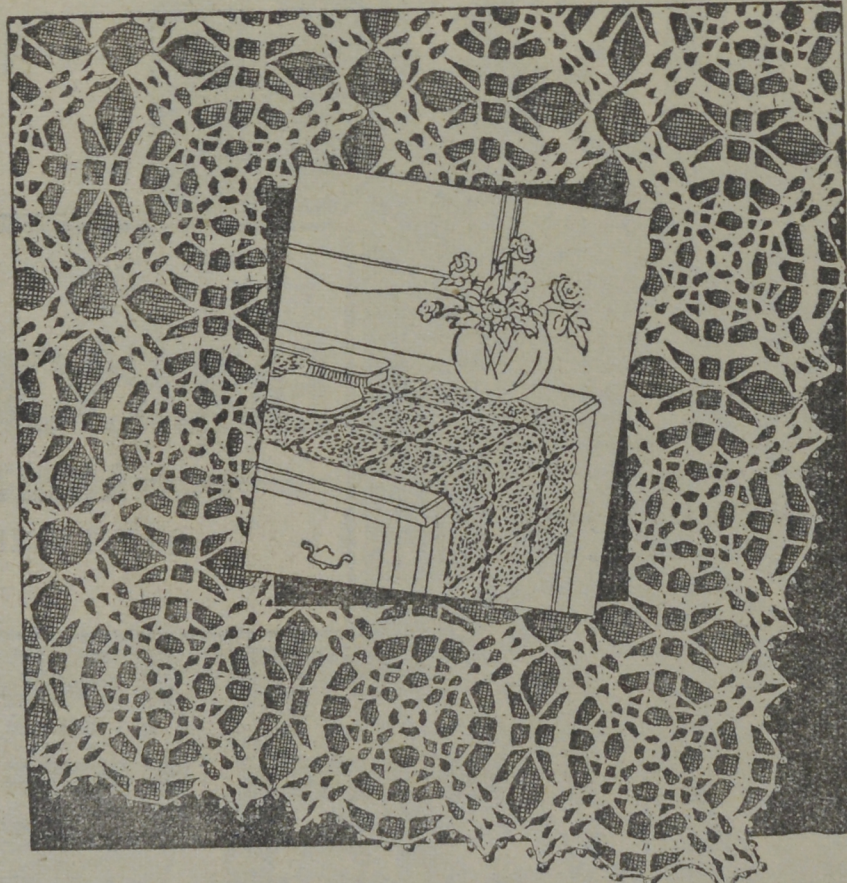
Place one-quarter of dough on slightly floured board and roll into rectangle one-eighth inch thick. Sprinkle or spread one-half of desired seasoning over half of dough; fold and press edges together; then fold again. Roll once more into sheet one-eighth inch thick; sprinkle or spread remaining half of seasoning over dough; then fold and roll as before. Cut in one and one-half inch squares, or in straws, three by one half inches, using pastry jagger or straight knife, or with fancy cutters. Place on baking sheet; bake in hot oven (400 degrees F.) as directed.

Greet Spring With a Smile!



Won't catch this lady napping when spring coaxes off coats! She'll be all ready (and so can you!) to blossom out like this—in a lacy crochet blouse, with novel sleeves and collar made to resemble accordion pleating—one of fashion's latest whims! What do you need to get started? Just the Laura Wheeler pattern, a crochet hook and some humble string in one of the many lovely new colors. When you see how fast the easy stitches slip off your hook, you'll likely want to crochet a plain skirt—so Laura Wheeler has designed one for you, to transform the blouse into a smart two-piece costume when the mood strikes you. Blouse Pattern N1144 comes in sizes 16 to 18 and 38 to 44. Skirt pattern N971 also comes in sizes 16 to 18 and 38 to 44. To get patterns, send twenty (20) cents for each (40 cents for both) to The Maritime Broadcaster, 22 Canterbury St., Saint John, N. B.

Simple Crochet Resembles Rare Old Lace Says Laura Wheeler



CROCHETED SQUARE—PATTERN 1139

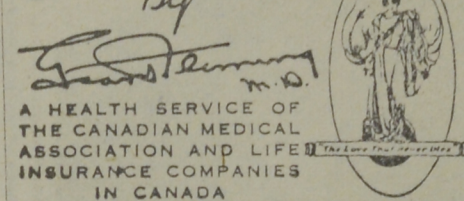
"Such lovely lace!" your friends will exclaim, and immediately set you down as one of rare good taste. They will be even more impressed to learn that it is your own handiwork, and that so much loveliness lies in a single "key" square which anyone will find easy to crochet. Before you know it, the squares are rolling off your hook, and soon the lot may be joined for an all-lace cloth, or alternately combined with plain linen squares. Use string or crochet cotton.

Pattern 1139 comes to you with complete directions for making the square shown and joining them to make a variety of articles; illustrations of it and of all stitches used; material requirements.

Send 20 cents in stamps or coin (coin preferred) for this pattern to—Needlecraft Dept., The Maritime Broadcaster, 22 Canterbury Street, Saint John, N. B.

Write plainly PATTERN NUMBER, NAME and ADDRESS.

HEALTH



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

FOR WOMEN

Towards middle life, women look for a cessation of their menstrual periods and they expect to experience certain sensations which are commonly associated with the menopause or "change of life."

Many women suffer needlessly because no matter what they suffer from, they blame it upon the menopause when, in reality, the condition may have nothing to do with the cessation of menstruation. At this period of life, women should not presume that they know the cause of their complaints; they should seek the medical care they require just as they would at any other time of life.

Irregularity of menstruation, the appearance of spotting between periods, and particularly the re-appearance of any discharge after the cessation of the periods call for prompt attention. Cancer of the cervix (lower part of uterus) will show itself in some irregular bleeding, usually of very small amounts and seldom with any pain or real discomfort.

If women would pay attention to these danger signals, many more cases of cancer would be diagnosed in the early stage when the chances of cure are best. Delay is always dangerous.

Fear of cancer is justified only if it is limited to late cancer. Be afraid of neglecting the early signs, but do not be afraid of finding cancer early; if it is found early, you are quite fortunate be-

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cause early cancer is now curable.

Those who are wise put into practice what they know. A woman is not to blame if she has not been told that there are certain things regarding cancer which are of particular interest to women. A woman is to blame if, knowing these things, she fails to make use of them.

A lump in the breast, indeed, any change in the size or feel of the breast, should be investigated at once. "At once" does not mean a week or a month after the lump is first noticed. Most women find it hard to believe that a painless small lump may be the first sign of cancer, but nevertheless, that is what it may be and there is only one way to find out—go to your doctor.

Other parts of the body may be affected by cancer, but the two forms, cancer of the breast and cancer of the cervix, can be fought with a good measure of success just as soon as women, who recognize the earliest suggestion of abnormal conditions which may be due to cancer, secure medical advice without delay. In no other way can we hope to fight cancer successfully.

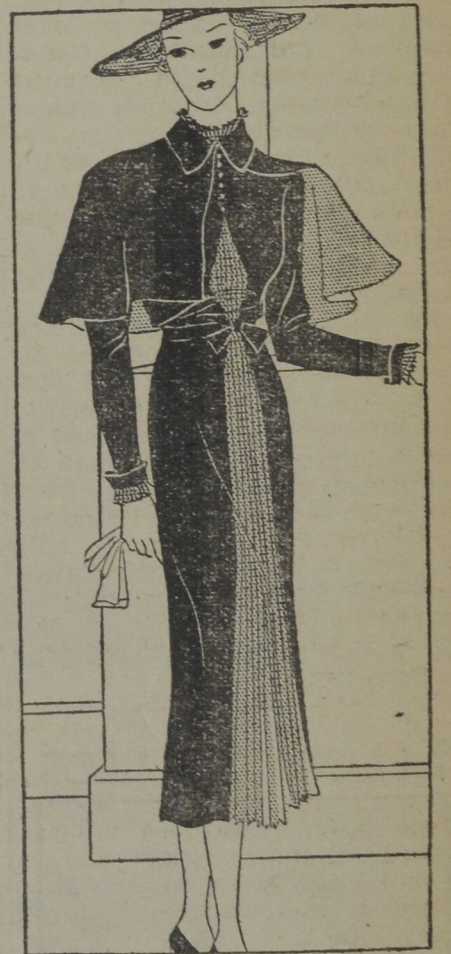
WHAT ONE GIRL WORE

By BETTY BROWNLEE

Several features of importance noted in the collections for early spring wear include the slightly shorter skirt, an abundance of pleated effects and shoulder lines which are accented by details tending to broaden them.

A smart frock which contains all of these features is illustrated. It is a charming little model in black crepe, with color contrast furnished in touches of French blue sheer. As will be observed, the skirt is not drastically shorter than the recent vogue but has been shortened just enough to lend a more youthful line and to provide a little more freedom for walking.

The pleated insert down the entire front of the dress is one of the new features of the spring vogue and reflects a redingote influence. The French blue used



for the insert is repeated in the lining of the little cape and also in the dainty pleated ruffle used to trim the collar and cuffs.

In this frock it's the cape which gives breadth to the shoulders, in keeping with the current mode.

Other details which command attention are the sash-like belt which is of self-fabric, lined with the blue, the smart tailoring of the cape and the slender silhouette of the frock, despite its pleated front.



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