

POOR DOCUMENT M C 2 0 3 5

THE EVENING TIMES-STAR, ST. JOHN, N. B., THURSDAY, NOVEMBER 8, 1923

Sister Mary's Kitchen BY SISTER MARY.

Who doesn't like waffles? Nobody! For breakfast, Sunday night lunch or tea waffles will "go like hot cakes" and the maker will be happy in her popularity.

The batter for waffles is much the same as that for hot cakes. More eggs are used if a rich, light waffle is desired, but one egg can be beaten in such a way that a delicious puffy waffle is the result.

Sweet or sour milk is used.

Sour Milk Waffles.

One egg, 2 cups sour milk, 2 cups flour, 1 teaspoon soda, 1/2 teaspoon salt, 1/2 teaspoon baking powder, 2 tablespoons melted butter. Mix and sift flour, soda and salt. Add yolk of egg well beaten. Work perfectly smooth and beat in melted butter. Beat white of eggs until stiff and dry. Add baking powder to beaten white. Fold into first mixture. Put one tablespoon of the batter in each section of the iron and cover. The iron should be hot enough to turn almost as soon as covered. If an electric iron is used add another tablespoon of melted butter to the rule.

Fill the socket of an ordinary waffle iron with salt and there will be no burning fat while baking the waffles.

Sweet Milk Waffles.

Two eggs, 2 cups flour, 2 1/2 teaspoons baking powder, 1/2 teaspoon salt, 2 cups milk, 2 tablespoons melted butter.

Mix and sift dry ingredients. Add yolks of eggs beaten until thick and lemon colored. Mix thoroughly and beat in melted butter. Add milk and beat well. Fold in whites of eggs beaten stiff and dry. Bake as in preceding recipe.

The secret of tender, crisp waffles lies in the baking rather than in the number of eggs used. The iron should be well heated on both sides and well greased before filling. The heat should be even and evenly distributed. A round iron fits over the flames of a gas range better than a square one.

Some old waffle recipes use as many as seven or eight eggs. This is quite out of the question these days and also unnecessary. Buttermilk was also considered imperative, but sweet milk waffles can be made just as good.

The recipes given are calculated to serve four persons.

Sues With Doug



Evelyn Brent, former leading lady for Douglas Fairbanks, has joined Doug and his wife, Mary Pickford, in the libel suit against an eastern magazine. The publication, their petition contends, asserted Miss Brent had caused a rift in the Fairbanks' marital life. This, all three deny. And what's more, they allege the magazine said Miss Brent was fired by "Doug" because she was "growing fat."

Miss Irene McArthur, Miss Emily Sturdee, Miss Bessie Seely, Miss Helen McAvaney, Miss Lillian Heans, Miss Elizabeth Foster, Miss Ruth Foster and Master Browne Pipes.

Sir George and Lady Foster, who have been traveling in the western provinces, have returned to Ottawa.

C. H. Wiley and family returned to the city yesterday from Havrelock where they were guests of Mrs. Wiley's parents, Mr. and Mrs. J. M. Keith.

Mrs. Charles B. Pittblado, formerly Miss Anne Morrison Wisely of St. John, says Wednesday's Montreal Gazette is receiving this afternoon for the first time since her marriage at the residence of her husband's mother, Mrs. John Pittblado, 8 Seaford street.

Mrs. Harry W. Heans held her post-nuptial reception yesterday afternoon from 3 to 6, at her residence, 48 Duke street, when a large number of her friends took advantage of the opportunity to call. Her mother, Mrs. A. Brown Pipes, received with pink roses and carnations. Those who assisted were Mrs. G. C. L. Foster, Mrs. W. D. Foster, Mrs. Fred A. Foster,

navy blue velvet beaded in steel. Mrs. D. Rykert, McQuig and Mrs. G. Ross Robertson, Jr., will pour tea and coffee, and the ice will be cut by Mrs. Boyd and Mrs. W. Clement Munn. Assisting in serving will be Miss Eva Pittblado and Miss Edith Paterson of St. John.

The regular weekly meeting of the St. Andrew's Young Men's Club was held on Tuesday evening with an attendance of 20 members. After the regular business of the meeting was concluded, Rev. Mr. Bonnell addressed the group on the procedure of debate and the advantages of debating training. It was decided to hold a debate in two weeks on the subject "Resolved that the Maritime Provinces would be benefited by annexation to the United States" with debating teams as follows: Affirmative, Allister Morrison, Stanley Rankine, R. Trentowsky, Negative, E. Megarity, Benson Robinson, W. Brander. Basketball is arousing much interest in the club and there is no lack of good material for a four-team class league.

The ladies presiding in the dining room were Mrs. James Heans and Mrs. S. Kent Scoville. The table was very prettily decorated with pink roses and carnations. Those who assisted were Mrs. G. C. L. Foster, Mrs. W. D. Foster, Mrs. Fred A. Foster,

Social Notes of Interest

Badminton has begun at the armory, the second meeting being held yesterday. Several were present, although the inclement weather interfered somewhat. Equally so the fine weather attracted many to the outdoors last Saturday on the opening day of the season.

Mr. Goodday, of Quebec, is guest at the residence of Mrs. Charles J. Coster, Princess street.

Mrs. Andrew Blair, of Rothesay, is the guest of her sister, Mrs. Vaughan, Montreal.

St. John was represented at the annual event of the Ladies' Montreal Tennis and Badminton Club, when the president, Mrs. W. D. Birchall, entertained at tea last Monday afternoon. Among those noticed were: Mrs. F. M. Stevens, Mrs. H. Beverly Robinson, Mrs. Louis W. Barker, all formerly of St. John, also Mrs. G. H. Dugan and Mrs. Edward Mackay, who are known here. The function was held in the Royal Highland Armory, Bluary street, Montreal. There was a large attendance.

Miss Kathryn Gallivan, who has completed a successful four weeks' engagement in St. John's, Nfld., is expected to sing in Halifax, N. S., within the next few weeks.

Mrs. Reed Carling, entertained at luncheon on Monday for Mrs. Leonard Blackburn. Among those present were Mrs. William Pugsley, Mrs. J. W. Pugsley, Mrs. Willis O'Connor and several others.

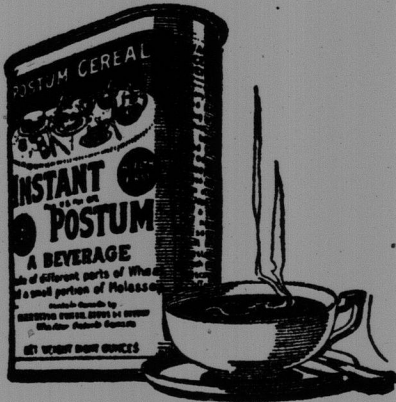
Mrs. Reginald Wright entertained at bridge yesterday afternoon, following a delightful bridge on Tuesday. Those winning prizes were Mrs. John Sayre and Mrs. Ronald McAvity on Tuesday and Mrs. William Rising and Mrs. Fred T. Barbour on Wednesday afternoon.

Mrs. Harry W. Heans held her post-nuptial reception yesterday afternoon from 3 to 6, at her residence, 48 Duke street, when a large number of her friends took advantage of the opportunity to call. Her mother, Mrs. A. Brown Pipes, received with pink roses and carnations. Those who assisted were Mrs. G. C. L. Foster, Mrs. W. D. Foster, Mrs. Fred A. Foster,

Mrs. R. A. Brehm arrived Wednesday from St. John's, Nfld., and will spend the winter with her sister, Mrs. F. H. Grimmer, 16 Queen Square.

Mrs. Edward Sears is still suffering from the effects of her severe accident of Monday. Numerous friends have called by telephone, inquiring for her. Mrs. Sears expressed great appreciation for the interest of the many who have inquired and mentioned the motorman,

Keener Enjoyment from Life



Better health goes hand in hand with Instant Postum. Tea and coffee contain harmful drug elements frequently the cause of poor sleeping, excitable nerves, indigestion and similar troubles. Instant Postum, because it is all goodness, offers you a fragrant, full-bodied hot drink which may be enjoyed by everyone at any time without harm—prepared instantly in the cup with boiling water.

Instant Postum—a pure cereal beverage—is particularly delightful and wholesome for children when made with hot milk. It is an ideal drink which all the family can enjoy. Economical—costs half-a-cent a cup. Try it. For those who prefer it, there is Postum Cereal, made like coffee. Ask for Postum at your restaurant, your club, or on the train.

INSTANT POSTUM

"There's a Reason"

A generous sample tin of Instant Postum will be sent postpaid for 2c in stamps. Write

CANADIAN POSTUM CEREAL CO., LIMITED

Head Office: 45 Front Street E., Toronto.

Factory Windsor, Ontario

215

At BROWN'S Bigger and Better Bargains Friday and Saturday

A Saving of 20 p.c. to 50 p.c. on All Merchandise Quoted Below

Last Call English Ginghams

27 inches wide. Reg. 25c. yd. Sale 15c. yd.

Ladies' Stockings

Black Cashmere. Reg. 75c. pr. Sale 39c. pr.
All Wool Hose, wide and narrow rib, all shades. Reg. \$1.25 pr. Sale 98c. pr.

Children's Hose

Fine Black Cashmere. Sizes 7 inch and 7 1/2 inch. Reg. 75c. pr. Sale 29c. pr.
Boy's English Worsted Hose. Reg. 75c. pr. Sale 59c. pr.

Bath Towels

Extra large size, heavy quality. Reg. 69c. each. Sale 39c. each.

Pillow Slips

Hemstitched, size 42 and 44 inch. Reg. 59c. each. Sale 43c. each.

Striped Flannelette

Good colorings. Reg. 23c. yd. Sale 18c. yd.

Velvets

700 yds. 22 inch Velvet. Colors, Black, Navy, Gray, Emerald, Myrtle, Sax, Brown, Beaver, Rose, Red and Purple. Suitable for costumes etc. Reg. \$1.50 yd. Sale 89c. yd.

Corduroy

Velvet Cord Fine Rib. 36 inches wide, good weight for children's wear. Brown only. Reg. \$1.50 yd. Sale 89c. yd.

Serges

All Wool Botany Serge. Black, Brown and Green. Reg. \$1.50 yd. Sale 69c. yd.

Ladies' Underwear

Ladies' Winter Vests and Drawers. High neck, long sleeve, V neck, and short sleeve. Reduced for this sale at 59c. each.

Gowns

Ladies White Flannelette Gowns. Round neck, short sleeve, slip over style. Special 89c. each.

Damask

Table Damask 56 inch. Heavy quality. Reg. \$1.00 yd. Sale 69c. yd.
72 inch Bleached Damask, fine quality. Reg. \$1.50 yd. Sale \$1.00 yd.

White Flannelette

Value 23c. yd. Sale 18c. yd.

Bleached Sheetting

72 inch. Reg. 75c. yd. Sale 59c. yd.

Towelling

Rolled Towelling. Reg. 25c. yd. Sale 17c. yd.

Men's Underwear

Fennmen's Heavy Fleece, all sizes. Reg. \$1.25 each. Sale 89c. each.

Bloomers

Ladies Bloomers, all sizes. Oxford, Harvey Watson and Turnbells. Pink, Cream and White. Values to \$1.35 pr. Sale 95c. pr.

Brassieres

12 kinds. Values to \$1.00 each. Sale 49c. each.

Shaker Blankets

Medium size. Reg. \$2.95 pr. Sale \$2.59 pr.

I. Chester Brown 32-36 King Square. Next Imperial Theatre.

LORNEVILLE W. M. S. MEETS

The Women's Missionary Society of the Presbyterian church at Lorneville

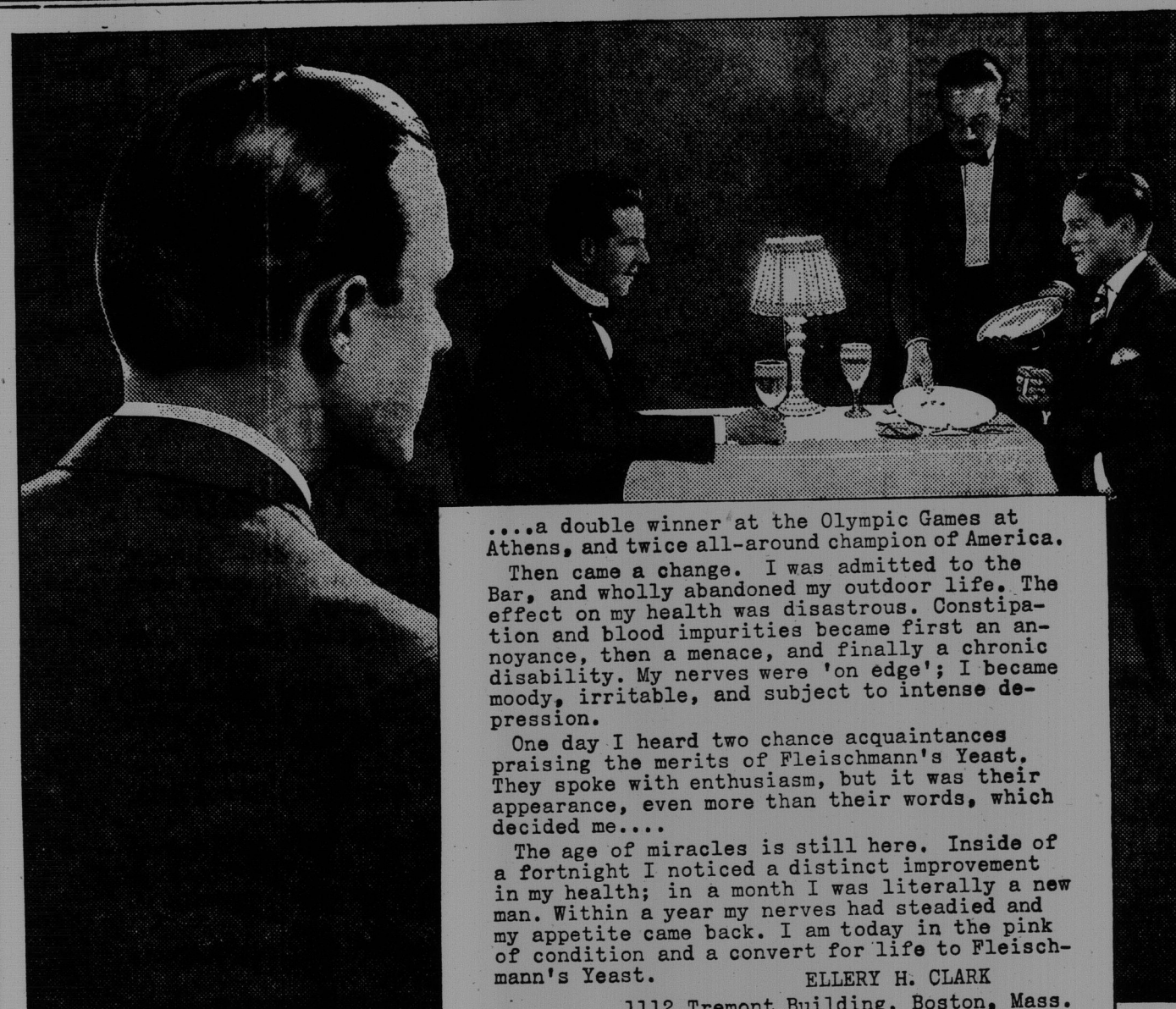
met at the home of Mrs. Albert Cunningham yesterday afternoon, with

Mrs. W. J. Bevis, presiding. A reading on missionary work was given by

Mrs. David McCavour and Mrs. Bevis

led a talk on the subject of the day, "The Planting of the Faith." Mrs. William McAllister and Mrs. Bertha

Ferguson also contributed to the interesting programme. At the close of the service a social half hour was spent and tea served by the hostesses.



"the age of miracles is still here—in one month
I was literally a new man"

There is nothing unusual about the enthusiasm of the New England lawyer whose letter is printed above.

Constipation, skin troubles, digestive disorders—all of them are generally due simply to wrong habits of living and eating. All of them have been becoming more common year by year. Now at last we are learning how to fight them.

The whole secret of the overwhelming popularity of Fleischmann's Yeast is that it is a food, not a medicine, and that it helps to remove the cause permanently, not merely to check the symptoms temporarily. Its millions of tiny living cells aid digestion and give the intestinal

muscles regular, healthy exercise. Its rich vitamin and protein content increases the white corpuscles in the blood and helps to tone up the whole system.

Remember that Fleischmann's Yeast for Health comes only in the tinfoil wrapper, and cannot be purchased in tablet form. All grocers have it.

Eat two or three cakes a day before or between meals, plain, in water or fruit juices, or spread on crackers or on bread, whichever you prefer. Send for free booklet, "The New Found Value of Fleischmann's Yeast in Building Health." The Fleischmann Company, Dept. 209 D, 208 Simcoe street, Toronto, Ont.

FLEISCHMANN'S YEAST—a natural corrective food