

he and his skating partner, Miss Fritzi Stanford, posed for the photos here shown.

BY FRED CRIHFIELD

(Illustrated with Photographs of Himself and Miss Fritzi Stanford.)

Skating the waltz hesitation may sound difficult, but really it is not.



Any person with ordinary skating ability can master it with very little effort.

The whole action of the waltz hesitation is a figure eight forward and reverse.



Of course you know the position taken by a couple in starting a waltz on a dance floor; well, the same position is used on skates.

The gentleman leads with his left foot, using his right foot to push with. The lady raises her right foot and glides backward on her left foot.

The first circle of the figure eight is made on the foot on which they start, changing to the opposite foot for the second circle.

Upon the completion of the last circle of the figure eight comes the reverse. This is nothing but a short step to make the turn, the gentleman skating backward on the left foot and the lady forward on her left.

Each circle is made on one foot, enough force being used in the start.

There you have the complete steps and action of the waltz hesitation, the rest being only a repetition of what has already been explained.

It is a great sport and breaks the monotony of straightaway skating. Try it yourself and see.

CHICKEN SUPREME

Dice enough cold cooked chicken to make one pint and over it turn two tablespoons of melted butter, one-half teaspoon of salt and one-half teaspoon of celery salt and a dash of pepper. This may be prepared early in the day.

When ready to serve put one tablespoon of butter in the pan and set over hot water pan nearly full of water. When the butter is melted add one heaping tablespoon of flour and stir until smooth; pour in one cup of cold milk and cook until it all begins to thicken. Stir constantly to avoid lumps.

Cook at least five minutes, then add the chicken and heat for five minutes, then add two tablespoons of heavy, sweet cream and serve at once.

When a short man tries to kiss a tall girl he's up to something, isn't he?