

PAGE OF INTERESTS CLOSE TO WOMEN'S HEARTS : CHRISTMAS SHOPPING : CYNTHIA'S LETTERS

MRS. M. A. WILSON EXPLAINS HOW TO MAKE FRUIT AND NUT BREADS

**Also Tells How Six One-Pound Loaves Can Be Made for 39 Cents**

One Batch of Dough Can Make Many Varieties Pleasing to the Family

By Mrs. M. A. WILSON

WHAT really constitutes a good loaf of bread? On this point authorities differ. Yet all experts will agree that the loaf should be baked so that the crumb in the center of the loaf is light and slightly moist; that the bread should have a palatable, nutty flavor, pleasing to smell and taste, and that the crust of the baked loaf should be elastic, evenly shaped and of a uniform golden-brown color.

To insure uniform results, use accurate measurements and sift the flour. Have the liquid at the proper temperature and keep in mind that more yeast will be required in cold weather unless the room where the mix is rising can be kept at an even temperature. Compressed, liquid and dry yeast may be used. Each will require a different method and all are good and will make loaves of good bread.

Frequently will come the question: Is it cheaper to make or to buy the bread? Now let us stop for a moment to take a pencil and do some figuring:

4 lbs. of flour at 7c..... 28  
 yeast cake..... .02  
 quart of water..... .00  
 1 lb. potatoes, medium-sized..... .02  
 Salt, sugar and shortening..... .03  
 Fuel..... .04

Total..... 39

This mixture will yield six loaves of one pound each, of good, palatable bread. Then again, it is quite easy to provide a variety that will prove attractive to the family.

One cup of shelled peanuts put through the food chopper will give a loaf of nut bread. A cup of raisins, dates or figs may be added for fruit breads. Finely chopped citron or candied orange or lemon peel will also give variety.

Bread containing fruit or nuts will retain its moisture for a longer period of time than the plain wheat bread. Where there is a family of growing children, it is a matter of real economy to bake bread at home. The average child will eat nearly 50 per cent of his total food allowance on bread and butter.

Breads made of the coarse flours are aids to good health and are exceedingly palatable. Physicians are encouraging the use of these

**Christmas Fruit Cake**

Do you know how to make it? A recipe for a good, genuine fruit cake that comes within the law of the average pocketbook will be one of the features of Mrs. Wilson's article on this page tomorrow.

Among others there will also be recipes for Lancashire plum pudding, home-made raisin fudge and a delicious fruit cake. This is the first of Christmas cookery articles that will continue to appear at frequent intervals until the great day of days. If there are any questions about any of the recipes contained in the articles, Mrs. Wilson will be glad to answer them. Mrs. Wilson will also answer any other question that pertains to cookery. Address all letters to her in care of the EVENING PUBLIC LEDGER, Philadelphia.

bread. Wheat bran is used in making bran breads; this provides the necessary bulk and stimulates the digestive tract.

Graham and whole wheat flours contain the germ and frequently, unless purchased in small quantities and carefully stored, will spoil. Bran, on the other hand, will, if properly stored, keep indefinitely, and will be found to be an excellent substitute. Rolled oats may also be used.

When baking a one quart mix, that is, using one quart of liquid, try making two plain loaves, one nut loaf, one raisin loaf, one pan of rolls and one pan of cinnamon buns. Wrap the plain loaves in wax paper and store in the bread box. Use the rolls first; the cinnamon buns will keep for two days and will be equally nice if, when cool, they are placed in a box that has been lined with wax paper. Place a piece of cut apple in the end of the box; it will prevent the buns from drying out.

The bread should be at least two days old before using.

**California Orange Bread**

Grate the rind of two oranges and then place in a bowl and add one cup of orange juice, warmed to 80 degrees Fahrenheit.

Two tablespoonfuls of melted shortening.

Four tablespoonfuls of sugar.

One and a half teaspoonfuls of salt.

One egg.

Beat to mix and then dissolve one yeast cake in one cup of water 80 degrees Fahrenheit, and add to the above mixture; then work in sufficient flour to make a smooth elastic dough, usually about seven to eight cups. Place in a greased bowl and turn the dough to thoroughly coat with grease. Cover and let rise for three hours. Pull the corners of the dough to the center and punch down,

turn over and let rise again for one hour. Repeat the punching down and then let rise for three-quarters of an hour. Turn out on a molding board and mold into three loaves, adding:

One-half cupful of seeded raisins to one loaf.

One-half cupful of chopped almonds to second loaf.

and keep the third loaf plain. Place in a greased pan and let rise for three-quarters of an hour. Bake in the hot oven for 50 minutes. The temperature of the oven should be 400 degrees Fahrenheit.

This bread is delicious for sandwiches. Undoubtedly one of the causes of the failure in making breads at home is that the process is hurried and the bread is insufficiently baked. The size and shape of the pans affect the quality of the bread. Avoid too deep or shallow pans. A pan, 7½ by 4½ inches, will give the best results.

Turn the bread on a wire cake rack to cool. This permits the free circulation of air.

**Scotch Oat Bread**

Place in a bowl

One cupful of scalded milk cooled to 80 degrees Fahrenheit.

One cupful of water, 80 degrees Fahrenheit.

One-half cupful of sirup.

Two teaspoonfuls of salt.

Crumble in one yeast cake and then mix until the yeast cake is dissolved and then add

Four cupfuls of flour.

Beat to mix and then let the sponge rise for two and a half hours. Now add

Two cupfuls of rolled oats.

Two cupfuls of flour.

Knead to smooth elastic dough and then place in a greased bowl turning the dough to coat it thoroughly with shortening. Let rise for one and three-quarter hours. Pull the corners down to the center and punch down. Turn over and let rise for one hour. Now turn out on molding board and cover. Let spring for ten minutes and then shape for pans. Place in well-greased pans and brush the tops of loaves with melted shortening. Let rise forty minutes. Bake in hot oven.

A MINARET OUTLINE FOR EVENING FROCKS



This frock illustrates the minaret silhouette, which French dressmakers are apt to bring to favor. It is in black velvet, with a tunic of paprika red georgette crepe, embroidered in black chenille.

**A Daily Fashion Talk by Florence Rose**

The French designers have done wonders even to keep aloft during the last few years. Even the ordinary human being understands how war conditions disturb the routine of a regular existence. But to be in business in the very midst of the horrors and endeavor to turn out the artistic and beautiful, is a strain on one's nerves and creative ability that few of us can comprehend.

Now, however, they are free and can plunge ahead and recuperate not only their art, but their business as well, which has suffered during all this time.

There is much guessing and surmising as to just what the new things will be like. But different they will be, all are sure of that. The silhouette is sure to change, for the reason that we have had the slim silhouette for so long if for no other reason, it would not be a surprise to me to see the minaret outline come into fashion with this new era.

The artist has made you a sketch of a frock which, in a way, illustrates this premonition. This dress was made of black velvet. The skirt was draped and held tight about the feet. The full tunic was of paprika red georgette crepe embroidered in black chenille. The tunic was edged with a wide band of skunk fur. A band of the skunk also finished the long sleeve. Mechanical toys are (Inquiries are solicited and may be addressed care of this newspaper.)

**ARMY OFFICER AT 20**

Ralph B. Myers Was Youngest Leader in Machine-Gun Section

When he was made a second lieutenant at Camp Hancock in September, Ralph B. Myers, grandson of Albert L. Myers, 534 Locust street, was the youngest man to receive a commission in the machine-gun section of the army. He was twenty years old.

Shortly after he got his commission he was discharged under the order of demobilization that followed the signing of the armistice. He immediately enlisted in the reserve corps.

Lieutenant Myers was a student at the University of Pennsylvania when he enlisted. He went to Plattsburg for two months before he entered the officers' school at Camp Hancock. He entered military service in June, 1918.

The Woman's Exchange

**TODAY'S INQUIRIES**

- Suggest three prizes for little girls, to be awarded for winning games at the Christmas party.
- What woodwork and draperies give a room the appearance of being larger and really let it?
- How can a real linen sheet be made into a double bedspread that makes a lovely gift for an engagement or wedding gift for a bride?
- When a man receives any sort of embroidery bureau scarf how can a note of color be given to the arrangement?
- What will remove rust stains from material?
- How can scratched wallpaper be fixed so the marks will not show?

**YESTERDAY'S ANSWERS**

- Charades is a sort of game in which the whole idea is to get ideas to suit while the other side watches and guesses the word. It is a sort of charades of the word and suit separately. For instance in the word "penmanship" one set would illustrate "pen", another set would illustrate "manship". The letters are jumbled together in a bottle near at hand, such as other people's coats, etc.
- A novel gift for a woman who has a good bit of jewelry is a jewelry-cleaning outfit, which contains a fine jewelry soap, sawdust and sawdust drier. The outfit can be bought in a neat little wooden or leather box.
- The oval shape for the nails is considered the most graceful and desirable.
- Imperfect drying frequently causes eruptions on the back and upper arms.
- Old soft soles in a shoe can be mended or replaced in the shoe or can be built or crumbled into the shoe.
- Old wallpaper can be easily removed by applying to it freely with a brush a solution of water and water glass. The paper will peel off, and the water glass will keep the wall from being stained. A whitewash brush is best to use.

**"Different" Christmas Gifts**

To the Editor of Woman's Page:

Dear Madam—I want to ask you to suggest a new idea in answer to the very interesting article on the woman's page of the Evening Public Ledger and in answer to the letters which you have published, why they write the same thing to me as if I were a child, would please me if he likes that kind of thing. I am sure that if you will fall to interest and please a child of that age. You might make your father and mother like these, "do you like to read new books, only of costume or burlesque, would please him if he likes that kind of thing." Mechanical toys are not of the best, but they are nice and can be made for very little money. I have made one for a boy, it is a mechanical toy which will make a noise like a bell and will be a very nice gift for a boy. I am sure that if you will fall to interest and please a child of that age. You might make your father and mother like these, "do you like to read new books, only of costume or burlesque, would please him if he likes that kind of thing." Mechanical toys are not of the best, but they are nice and can be made for very little money. I have made one for a boy, it is a mechanical toy which will make a noise like a bell and will be a very nice gift for a boy.

Please Tell Me What to Do

By CYNTHIA

**Do Not Call Them Silly**

Dear Cynthia—I wonder if you could help me? You have helped so many others, that I have often thought of bringing my troubles to you and have often hesitated, for I was so nervous, too much to do as it is. But I have at last determined to see if you can take the time to help me, for I need your help so much.

This is my trouble: I am twenty years old and have several friends in the American expeditionary forces, who I have written long, cheerful letters ever since they have been in France. Now when these boys called at various times were all merely friends; indeed, most of them were pals of my brother's college life and were more his friends than mine. Since they have been over there I have noticed a change in the letters which three of them write to me. At first the change was hardly noticeable, but lately it has become so pronounced that I do not believe it can be ignored any longer. The fact is, that these silly fellows have been writing that they "love me," "I have been so far away from you, I am only waiting for the day when our dreams will come true."

I have ignored these foolish advances; I have referred to them in no way in my letters, but have continued to write as cheerful and impersonal letters as those which I write to my brother, who is also in France. But, Cynthia, the time is almost here when these boys are coming home and as they have not gotten over their ailment, as I felt sure they would, something must be done. But what is to be done? "Something" I write to them now and tell them how foolish and silly they are or shall I wait until they are home and tell it to them when they call? Won't you tell me what you advise? One reason why I have refrained from telling them while they were fighting is because I am a girl, sentimental myself (though not in their way) and I did not want to make them blue and dejected while on the battlefield and far from home.

If you can help me through your columns of the EVENING PUBLIC LEDGER I shall greatly appreciate it and offer you my sincerest thanks.

PUZZLED.

I do hope dear, that I would not call these boys foolish or silly. I think you take for a woman to look on sincere

feeling on the part of a man for her, as silly. Something in your bright cheery letters has appealed to them and they have begun to care for you. Naturally you are worried and if you write again to them before their return you must discourage them all. If you do not care for any one of them, but do tell a man he is silly if he offers you honest love.

Write the same kind of bright cheerful letter but say you are sorry they have mis-understood your letters as you have no feeling of love for them, that you want to be good friends. If there is no time to write before they return you must see them bravely and tell them you are very sorry you cannot care for them. Above all things, however, do not call them silly.

**To Friend K. H. C.**

If you would apply to the employment section of the department stores it is very likely you would be able to obtain a position of the sort you suggest. Then too if you apply to the woman's section of the Federal employment bureau, 215 South Seventh street it is possible you might be able to obtain this type of work. I hope you succeed.

**How to Make Small Talk**

Dear Cynthia—Please tell me how to talk "small talk." Whenever I go anywhere, especially to dances, I never know what to say to people I am not well acquainted with, and I am afraid I give the impression of being dull. I read quite a little, go to the movies, etc. but I don't seem to be able to say those little pleasant remarks that make one agreeable and sociable. May you tell me a young woman of twenty-one.

Make it a point to try and center the small talk around the person with whom you are speaking. For instance you might make remarks like these, "do you like the dance?" "Have you always lived in Philadelphia?" "Where did you go to school?" etc. Any one of these remarks is a good leader for a light friendly conversation. Now in spite of the fact that many look about the weather as a topic of conversation it is indeed a very good beginning for conversation for everyone is interested in the weather. Just smile when you say, "hasn't it been a wonderful day?" It was just the sort of a day that made you want to take a long walk. Don't you love to walk? Don't make the mistake of trying to be brilliant. Those who talk about the simple little

DID THE FRENCH GIRL WIN HER WAY INTO HIS HEART

She is Always Willing to Sit and Listen and Likes to Fetch and Carry for the Boy She Cares For—Will Our U. S. A. Soldiers Come Home With New Girl Ideals?

THE returning of many of our boys from France these days is bringing age-old question into prominence again. Which kind of a girl do the boys like best—the simple domestic type of girl or the one who is independent, accepting his attentions as a matter of birthright?

The French girl, in spite of the fact that she did all of a man's work during the war, still remains a purely domestic type. The boys describe her as being happy to listen to a man rather than to try to thrust her own affairs into the conversation. They have found her extremely eager to wait upon them, expecting no waiting on in return. Moreover, in addition to these virtues, our warriors tell us the French girl is very, very pretty and an ideal companion. What has war given us to live up to?

Undoubtedly the little French girl who won her way into the American soldier's heart, over and above all, is the one who is simple, unaffected little creature who goes through tortures unbelievable and came up smiling. Has she then come home with changed ideals of what a woman can and ought to be.

The French woman is a queer combination. She represents the best of type and the old. For instance, she has always worked side by side with her husband. I do not mean worked with her hands, although she has done this, too but with her brain. She has prospered in the small shops of France long before the war when she would find the husband tending to his customers but the wife took care of the little room seeing to the vital aspects of the business—doing the housekeeping.

When the war came, therefore, it was no great change for her to almost a change of charge of the business, instead of simply share the work that had formerly been hers. Perhaps this is the reason it is possible to say the French woman represents the old-fashioned type who ever did before should make her absolutely independent of her husband or her sweetheart. And so she worked that way, waiting on him and altogether looking up to him just

**BED LOOKED STRANGE TO HIM**

Soldier Hadn't Slept in One for Six Months

When he got a bed to sleep in for the first time in six months, Corporal John P. O'Donnell, Company K, 112th Infantry, didn't know which was the head or the foot.

He told this story on himself in a letter to a friend, Stanley W. Smith, 514 North Sixty-fourth street. He was at Art-les-Barus on a furlough of ten days at the time. This is a rest place for American soldiers and the sound of guns at the front cannot be heard there.

Perhaps some of our soldiers or sailors who have been in France will write and tell us just how the American girl ranks with the French demagogue and if they have come back to us with new ideas in their mind of what a girl can and ought to be.

**WAR TROPHIES SHOWN**

German Souvenirs in Automobile Jubilee Week Display

A showcase full of war trophies, brought from France by Captain E. E. Devlin, of the Hullyway Heavy Artillery, is a contribution to Automobile Jubilee Week.

German gas masks, officers' shoulder straps and other odds and ends left behind by the booties in their flight toward the Rhine are included in the collection gathered by Captain Devlin.

The showcase has been given a conspicuous place in the jubilee week display at the headquarters of the Bigelow-Wiley Motor Company, 364 North Broad street. One of the war prizes is a placard upon which is inscribed in German one of the former Kaiser's former references to the demagogue as a "placard" and a "placard" and a "placard".

Adventures With a Christmas Purse

I STOPPED involuntarily before the lovely umbrellas. My first thought was that I would examine them and then describe them to you in case you might like to put one on your Christmas list. My second thought was that they surely would be too expensive. Made of union taffeta, they are adorned with

sample handles, and you should see them. Light wooden handles with wrist straps, straight handles of white with edge and tips of green and green cords; dark blue or green handles with round bracelet, which slips on the wrist. "Yes," you say in a tired, discouraged voice, "and they probably cost \$8 or \$10." And "No," I answer you brightly, "their price is but \$3.75." A real bargain!

I found the last warning note of the Christmas-card call. Get yours now, before there is little choice left. Particularly if you want to purchase some Christmas cards for the kiddies, please stop and see the jolly display I discovered today. Those cards will do your heart good and send you out with a smile. Roguish kewpie babies peering slyly over the tops of calendars, fat, knowing Santa with movable eyes, mischievous little boys and demure little girls—oh, my word, but you'll find them all there, and they are priced at five cents and ten cents.

The most complete and novel sewing set for little girls that I have ever seen I discovered today. It consists of a long, flat box, which on first sight appears to be a game. Inside are half a dozen little spools of sewing silk of various colors. Here, too, are scissors and embroidery floss, a little centerpiece already on hoops to be embroidered. There is a number of cut-out cards, every thing that the little girl who loves to sew or can do easy outline embroidery would need. And its price is but \$1, which is remarkable.

**Bidding**  
 THE PARIS SHOP OF AMERICA  
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 WEST OF BELLEVUE-STRAITFORD

CONTINUE THEIR COMPLETE READJUSTMENT OF PRICES AND OF FASHIONS

consisting of TAILORED and FUR-TRIMMED SUITS COATS-WRAPS-GOWNS DRESSES-HATS and FURS

All Millinery will be offered at ESPECIALLY ATTRACTIVE PRICES during the month of December

The Secret of Social Success

Pretty Hair Always Creates Admiration And Is The Most Delightful Of Social Charms



Are You Losing Your Influence—Your Power to Charm? Do You Realize How Much Really Depends on a Woman's Looks?

**NO** woman should grow old before her time or permit the appearance of coming age to handicap her socially. Gray hair is the bugbear of many a woman and should be avoided. Nothing ages a woman so quickly as gray, streaked with gray or faded hair, and if this condition is making you look older than you wish—do as many others have done and use La Creole.

**LA CREOLE HAIR DRESSING** is the most popular Hair Color Restorer in use among society women of America today. It is a safe, delightful preparation which uniformly restores gray, streaked with gray or faded hair to its youthful beauty and lustre. La Creole does not dye the hair—this is guaranteed. It simply restores the original color in a natural way and keeps the hair dark, lustrous and beautiful.

**LA CREOLE HAIR DRESSING** will not stain the scalp, wash or rub off, nor does it give the hair that greasy or dyed appearance which is so very noticeable. It is easy to apply by simply combing or brushing through the hair each night before retiring, and the results will delight you surprisingly. La Creole is positively guaranteed to do all that is claimed.

La Creole is for sale by all good druggists and toilet counters everywhere or sent direct for \$1.20 by Van Fleet-Mansfield Drug Co., Memphis, Tenn.