

IN THE PATHS WHERE WOMEN'S INTERESTS MEET—THE DEAL BUCKWHEAT CAKE—HOME TALKS

GOOD OLD-FASHIONED BUCKWHEAT CAKES; MRS. WILSON TELLS HOW TO MAKE THEM

The Secret of the Nut Flavor Is in Setting the Buckwheat to Raise Overnight

Recipes Are Also Given for Rice and Cornmeal Griddle Cakes—Use of Grid-dles Discussed

By MRS. M. A. WILSON

(Copyright, 1918, by Mrs. M. A. Wilson.)

CHILL December mornings bring visions of the hotcakes browning on the griddle and the anticipation of a large platter with a stack of golden-brown buckwheat cakes fills us with the thoughts of a real breakfast.

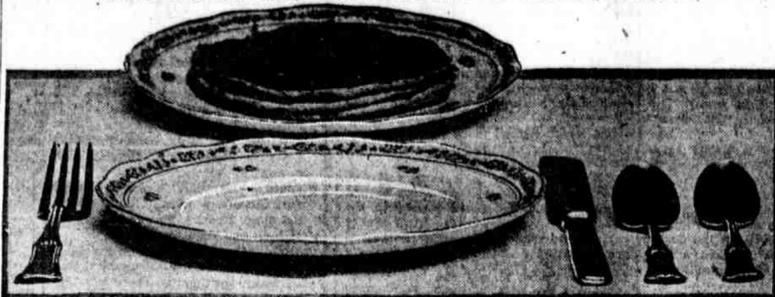
Quite recently I received a call from a gentleman asking me for a recipe for the good old-fashioned cakes like mother used to make. This gentleman told me that he found that most of the cakes he had eaten in the last few years lacked the real true flavor of the buckwheat, and he thought that perhaps it was the fault of the materials used or else the griddle caused this change.

To bring the true nut flavor from the buckwheat we must go back to the old-fashioned method of setting the buckwheat to raise overnight. Don't you remember the brownstone crock that was kept in the pantry and each time it was left with just enough of the mixture to start a new batter? The buckwheat would be prepared each night just before bedtime. In the morning a cup of warm water was added together with a couple of tablespoonsful of sirup. The mixture was beaten thoroughly and then the griddle was put on to heat. Sometimes it was a soapstone or a heavy iron griddle. When well heated it was rubbed with a piece of cut turnip or potato. The batter was poured on in large platter-size cakes and then as quickly as they browned they were dexterously turned to brown again.

To make perfect buckwheat cakes you must first of all obtain a stone ground flour, and then it must be blended in proportion. Good, lively yeast is added, and, if milk is used for the mixing, it must be scalded and then cooled before using. Now let us prepare the flour for the mixing.

Three pounds of buckwheat flour. One and one-half pounds of wheat flour. One pound of corn flour. One ounce of salt. One-half ounce of baking soda. Sift twice to thoroughly mix and then place in a dry container and the flour is then ready to use. Scald and then rinse out with cold water a large stone crock. Pour in

WHO WOULDN'T COME DOWN TO BREAKFAST?



one cupful of scalded and cooled milk and One and one-half cupfuls of water 80 degrees Fahrenheit. Two tablespoonfuls of sugar.

Crumble in one-quarter of an yeast cake and stir until dissolved, then add three cupfuls of the prepared buckwheat flour. Beat to thoroughly mix and then cover and set aside overnight to rise. In the morning add sufficient lukewarm water to bring the mixture to a pouring consistency. This usually requires about one cupful. Add two tablespoonfuls of sirup, and then let stand in a warm place while the griddle is heating, then bake.

Rice griddle cakes may be prepared as follows: Wash one-half cupful of rice in plenty of water and then place in a saucepan and add three cupfuls of water. Cook until the water is absorbed and the rice is soft. Let cool. Now place in a crock

Two and one-half cupfuls of water 80 degrees Fahrenheit. Two tablespoonfuls of sugar. One-half yeast cake.

Stir until dissolved and then add The prepared rice. Three cupfuls of flour. One-quarter teaspoonful of baking soda.

Beat to mix and then cover and set aside to rise overnight. In the morning add sufficient lukewarm water to make a pouring batter, adding two tablespoonfuls of sirup and one teaspoonful of salt. Beat very hard and then set in a warm place while the griddle is heating.

Cornmeal Griddle Cakes Scald one cup of cornmeal with two cups of boiling water and then let cool. Now add

One and one-half cupfuls of water 80 degrees Fahrenheit. Three tablespoonfuls of sirup. One teaspoonful of salt. One-quarter yeast cake.

Two cups of flour. One-quarter teaspoonful of baking soda. Beat hard to mix and then let rise



Above is a plate of good old-fashioned yeast-raised buckwheat cakes. Below is shown the crock in which the buckwheat mixture must be set to raise overnight

Mrs. Wilson's Answers

If you have any cooking problems bring them to Mrs. Wilson. She will be glad to answer you through these columns. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

Replies to Letters

My dear Mrs. Wilson—In my family of my husband and three boys we love cookies. Please give a recipe for cookies that taste like lady fingers. Some dough which can be cut with fancy cutters. Would like to have this before December 21. B. F. K.

B. F. K.—In reference to cookies, see that Christmas cake article coming this week.

My dear Mrs. Wilson—Please tell me some ways to use canned lobster. Mrs. R. K.

Lobster au Gratin Two cupfuls of cream sauce. One cup of lobster. One tablespoonful of grated onion. One red or green pepper, chopped fine.

Two tablespoonfuls of parsley, chopped fine. One-half cupful of mushrooms, pared and cut in pieces and par-boiled before adding to the mixture. Two teaspoonfuls of salt. One teaspoonful of paprika. Mix thoroughly and then pour into baking dish and cover the top with fine bread crumbs and two tablespoonfuls of grated cheese. Bake for thirty minutes in moderate oven.

Lobster a La Newburg Place in chafing dish or saucepan One and one-half cupfuls of cream sauce. Meat from one medium-sized can of lobster. One teaspoonful of salt. One teaspoonful of paprika. Heat slowly, stirring constantly, and when hot add

Juice of one-half lemon. Yolks of two eggs. Stir constantly. As soon as mixture reaches the boiling point remove from fire and serve.

Things to Know

Egg stains in linen should be soaked in cold water—never in hot, which would make them almost impossible to remove. To remove glass stoppers, wind a soft stout string around the neck of the bottle twice, and while some one holds it, draw the string to and fro at great speed. This friction heats and expands the neck, so that the stopper is easily removed.

Short-Sleeved Suits Sleeves go up and then they come down, and then, of course, they go up again. They do anything this season to make themselves different from what they were last season. Hence it is that there is already interest in possible street frocks and even coats with short sleeves, and there is some indication that three-quarter length sleeves will be seen on suit coats.

A Sewing Hint Sewing machines should be kept immaculately clean. Kerosene is a good thing to use for taking off "gummed" oil.

The Daily Novelle is published today on No. 20.

Mrs. Morrison's Chocolate Pudding A delicious dessert A nourishing food. This package of 4 oz. can get it for 75c.

Green Will Dye Black To the Editor of Woman's Page: Dear Madam—Can dark green velvet be dyed black? If so, how, so as to retain its main smooth? HOUSEWIFE. It would be unwise to try to dye the velvet at home. But it can be dyed black at a professional dyer's.

Go to a Clinic To the Editor of Woman's Page: Dear Madam—Could you suggest a remedy for catarrh in the head? C. G. I couldn't speak with very much authority on catarrh. C. G. Better see a doctor and let him prescribe. Or, if that is too expensive, go to the clinic in one of the city's large hospitals.

Christmas Department If you are puzzled about what to give any one in the family or out of the family for Christmas, write to this department for suggestions. Please send a self-addressed stamped envelope, as unless you wish the answers will not be printed in the columns. Address queries Christmas Department, Woman's Page, EVENING PUBLIC LEDGER.

Help Your Skin With Cuticura All-grades: Soap 25c. Ointment 25c. 30c. Tube 50c. Free of "Cuticura" from the "Cuticura" Dept. 25c. Boston.

The Grocers Snickered when told that Miss Priscine Pure Phosphate Baking Powder would sell by the carload. But they investigated it and bought seven (7) carloads to start with. Next they ordered nine (9) carloads to keep going—all in six (6) months. Philadelphia has discovered that Priscine is the greatest baking discovery in 50 years.

heat them only, so that, for a test, a few drops of water when dropped on it, will boil. Reduce the flame to maintain an even heat and then start baking. Keep this in mind, if your cakes stick to the griddle, then it is too hot.

PLEASE TELL ME WHAT TO DO

By CYNTHIA

Ride Together in Trolley Dear Cynthia—We have come to you in request of a favor which we would like to be answered. We are seven boys and seven girls, all living in South Philadelphia, and we are all invited to an evening gathering given by one of our girl friends in West Philadelphia.

Do you think it is proper for boys and girls between the ages of sixteen and seventeen to go in a trolley car all together? If so kindly state in your column and if not, kindly state how we should arrange it. VERY ANXIOUS.

Arrange to go together in the trolley, but be careful not to get noisy nor laugh and talk loud.

Invite Him to Lunch Dear Cynthia—I frequently read your column and find that you give very good and practical advice. My questions are these: Is it proper, according to the rules of etiquette, for a young lady to invite her gentleman friend with whom she has been intimate for several years, but is not engaged to him, to her home for lunch?

It is perfectly proper to extend the invitation if the young man to your home to lunch, and it is quite correct to have him accept an invitation either from you or a member of your family. The gracious thing is to do so, and to extend the invitation if that is possible.

As for your other question, it is very nice to have a young man accompany a young lady to church whether they are engaged or not.

He Is Angry Dear Cynthia—I am a girl eighteen years old and was going with a young man about one year. Last week my sister had two boy friends calling on her and they decided to go to a show, and they asked me to go along. He is angry at me for doing so. Hoping to see my answer in tomorrow's Evening News. SHOWN EYES.

Unless you are engaged to this young man or have an understanding that you are to be engaged to him he has no reason to resent your going out with others. It is a mistake for a girl to hold herself for engagements with one man unless they are engaged. She should have a number of men friends until such time as she may explain this to one, then let her sister know, and she should not be before. Explain this to the boy in question. Tell him you do not want to lose his friendship, but you think it a mistake to go out only with him.

Thank You, F. A. H. Dear Cynthia—Just can't help offering a bit of common sense to B. F. I am a young man of twenty-six years and have been eleven months at the Middle West Normal School, and plenty of grammar-school education, but was a failure in college. Since coming here I have tried every means to get on my feet, but I am a failure. I have a Y. M. C. A. which helps me to pass an honorable living. I have made many acquaintances, but my hope was to find an opportunity to be engaged to a girl. I have a Y. M. C. A. which helps me to pass an honorable living. I have made many acquaintances, but my hope was to find an opportunity to be engaged to a girl. I have a Y. M. C. A. which helps me to pass an honorable living. I have made many acquaintances, but my hope was to find an opportunity to be engaged to a girl.

Very truly yours, F. A. H.

It is true that it is pretty lonely on the "art gallery" until they have a girl to get what they bargain for. There is nothing under the sun which means more to a young man or woman than to go forth joyously in his or her duties with the assurance that some one truly

When the Young Are Sincere Dear Cynthia—I have just read the article entitled "How Are You Going to Tell When a Man is Sincere?" and I am a young man, but this does not define the phenomena of kidding, flirting or throwing one's affections around carelessly, with no thought of the future. Perhaps the advice of a medieval man would get some consideration.

My perplexed friend should learn that love has deceptive traits, usually upon the motives and temperaments of those who fool with it. It can bring great joy and happiness, but it can also bring great sorrow and pain. It is a sturdiness of habits and sometimes prosperity to those who share it in its truest sense.

But those who are merely trifling with this greatest of all divine gifts usually get what they bargain for. There is nothing under the sun which means more to a young man or woman than to go forth joyously in his or her duties with the assurance that some one truly

When the Young Are Sincere Dear Cynthia—I have just read the article entitled "How Are You Going to Tell When a Man is Sincere?" and I am a young man, but this does not define the phenomena of kidding, flirting or throwing one's affections around carelessly, with no thought of the future. Perhaps the advice of a medieval man would get some consideration.

My perplexed friend should learn that love has deceptive traits, usually upon the motives and temperaments of those who fool with it. It can bring great joy and happiness, but it can also bring great sorrow and pain. It is a sturdiness of habits and sometimes prosperity to those who share it in its truest sense.

But those who are merely trifling with this greatest of all divine gifts usually get what they bargain for. There is nothing under the sun which means more to a young man or woman than to go forth joyously in his or her duties with the assurance that some one truly

When the Young Are Sincere Dear Cynthia—I have just read the article entitled "How Are You Going to Tell When a Man is Sincere?" and I am a young man, but this does not define the phenomena of kidding, flirting or throwing one's affections around carelessly, with no thought of the future. Perhaps the advice of a medieval man would get some consideration.

My perplexed friend should learn that love has deceptive traits, usually upon the motives and temperaments of those who fool with it. It can bring great joy and happiness, but it can also bring great sorrow and pain. It is a sturdiness of habits and sometimes prosperity to those who share it in its truest sense.

But those who are merely trifling with this greatest of all divine gifts usually get what they bargain for. There is nothing under the sun which means more to a young man or woman than to go forth joyously in his or her duties with the assurance that some one truly

When the Young Are Sincere Dear Cynthia—I have just read the article entitled "How Are You Going to Tell When a Man is Sincere?" and I am a young man, but this does not define the phenomena of kidding, flirting or throwing one's affections around carelessly, with no thought of the future. Perhaps the advice of a medieval man would get some consideration.

My perplexed friend should learn that love has deceptive traits, usually upon the motives and temperaments of those who fool with it. It can bring great joy and happiness, but it can also bring great sorrow and pain. It is a sturdiness of habits and sometimes prosperity to those who share it in its truest sense.

But those who are merely trifling with this greatest of all divine gifts usually get what they bargain for. There is nothing under the sun which means more to a young man or woman than to go forth joyously in his or her duties with the assurance that some one truly

When the Young Are Sincere Dear Cynthia—I have just read the article entitled "How Are You Going to Tell When a Man is Sincere?" and I am a young man, but this does not define the phenomena of kidding, flirting or throwing one's affections around carelessly, with no thought of the future. Perhaps the advice of a medieval man would get some consideration.

My perplexed friend should learn that love has deceptive traits, usually upon the motives and temperaments of those who fool with it. It can bring great joy and happiness, but it can also bring great sorrow and pain. It is a sturdiness of habits and sometimes prosperity to those who share it in its truest sense.

But those who are merely trifling with this greatest of all divine gifts usually get what they bargain for. There is nothing under the sun which means more to a young man or woman than to go forth joyously in his or her duties with the assurance that some one truly

When the Young Are Sincere Dear Cynthia—I have just read the article entitled "How Are You Going to Tell When a Man is Sincere?" and I am a young man, but this does not define the phenomena of kidding, flirting or throwing one's affections around carelessly, with no thought of the future. Perhaps the advice of a medieval man would get some consideration.

My perplexed friend should learn that love has deceptive traits, usually upon the motives and temperaments of those who fool with it. It can bring great joy and happiness, but it can also bring great sorrow and pain. It is a sturdiness of habits and sometimes prosperity to those who share it in its truest sense.

But those who are merely trifling with this greatest of all divine gifts usually get what they bargain for. There is nothing under the sun which means more to a young man or woman than to go forth joyously in his or her duties with the assurance that some one truly

When the Young Are Sincere Dear Cynthia—I have just read the article entitled "How Are You Going to Tell When a Man is Sincere?" and I am a young man, but this does not define the phenomena of kidding, flirting or throwing one's affections around carelessly, with no thought of the future. Perhaps the advice of a medieval man would get some consideration.

My perplexed friend should learn that love has deceptive traits, usually upon the motives and temperaments of those who fool with it. It can bring great joy and happiness, but it can also bring great sorrow and pain. It is a sturdiness of habits and sometimes prosperity to those who share it in its truest sense.

But those who are merely trifling with this greatest of all divine gifts usually get what they bargain for. There is nothing under the sun which means more to a young man or woman than to go forth joyously in his or her duties with the assurance that some one truly

When the Young Are Sincere Dear Cynthia—I have just read the article entitled "How Are You Going to Tell When a Man is Sincere?" and I am a young man, but this does not define the phenomena of kidding, flirting or throwing one's affections around carelessly, with no thought of the future. Perhaps the advice of a medieval man would get some consideration.

My perplexed friend should learn that love has deceptive traits, usually upon the motives and temperaments of those who fool with it. It can bring great joy and happiness, but it can also bring great sorrow and pain. It is a sturdiness of habits and sometimes prosperity to those who share it in its truest sense.

But those who are merely trifling with this greatest of all divine gifts usually get what they bargain for. There is nothing under the sun which means more to a young man or woman than to go forth joyously in his or her duties with the assurance that some one truly

A WELL-MADE COAT IS A FRIEND INDEED

This coat, with its trim, smart lines, is made of heavy velour. The hat is of stitched velour and velvet. (Copyright, 1918, by Florence Ross.)



This coat, with its trim, smart lines, is made of heavy velour. The hat is of stitched velour and velvet. (Copyright, 1918, by Florence Ross.)

Cares for his or her happiness and welfare. The trickery in love is just as dangerous as in business affairs, and those who fool with it must endure the consequences. Usually men and women of culture and good breeding are not inclined to scatter their affections promiscuously. There are, of course, such among the idle rich and others, too, looking for sport, but the young man of means and intentions shun such society.

No prudent young man will stake his fortune with a girl whose word and conduct cannot be depended upon. Now, my perplexed friend, this may open to the clue to your troubles. The mill of divorce continually grinding upon undependable wives and husbands who have in the majority of cases been undependable lovers.

In all well-bred society women are considered helpmeets, but thousands have become mistresses on the necks of their husbands instead of an inspiration, and it usually is in this class that get in all sorts of trouble before an after marriage.

On the feminine side wealth is usually the controlling factor. It is a difficult matter to teach young men and women that there is more real good in building a fortune than in squandering it.

When men are sincerely in love they look to women who agree to do their share. They want some nice woman of real intentions, who knows the value of a dollar.

But the real love, the real wife or companion, is the one who has and can make good. Men and women of indefinite character have no right to expect any consideration from those whom they maliciously deceive. D. C.

A Miracle Worked With a Pot of Beans You wouldn't think you could do much with a pot of beans, would you? Well, the other night I gave Jim a dish which is now on our regular menu. It was beans with tomato sauce, to be sure, but with

that I mixed bananas baked slowly in maple syrup until they were soft, and then I just gave it a dash of AI Sauce. Boston wouldn't have recognized those beans. Jim says he will recognize them if he meets them again, and he hopes it will be often. AI Sauce is not a Westchester, you know, it is just a miracle-working favor that transforms left-overs and turns

ana into bills.—Adv.

Big Manufacturers' Sale of Furs An extraordinary Christmas gift opportunity. Sweeping clearance of all this season's garments. The manufacturing season is nearly at an end. We are making now purchases of raw skins and getting ready for next year's business. Hence, the closing out of present stocks. Wonderful gift bargains. Every piece guaranteed high Gittelmann quality from our own workrooms. Comparison will prove these rare values.

GITTELMANN'S SONS Only One Store 916 Arch St.

The DIET During and After The Old Reliable Round Package Horlick's Malted Milk Very Nutritious, Digestible The REAL Food-Drink, instantly prepared. Made by the ORIGINAL Horlick process and from carefully selected materials. Used successfully over 1/4 century. Endorsed by physicians everywhere.

Specify Horlick's The Original

Horlick's Malted Milk

Very Nutritious, Digestible

The REAL Food-Drink, instantly prepared.

Made by the ORIGINAL Horlick process and from carefully selected materials.

Used successfully over 1/4 century. Endorsed by physicians everywhere.

Specify Horlick's The Original

Horlick's Malted Milk

Very Nutritious, Digestible

The REAL Food-Drink, instantly prepared.

Made by the ORIGINAL Horlick process and from carefully selected materials.

Used successfully over 1/4 century. Endorsed by physicians everywhere.

Specify Horlick's The Original

Horlick's Malted Milk

Very Nutritious, Digestible

The REAL Food-Drink, instantly prepared.

Made by the ORIGINAL Horlick process and from carefully selected materials.

Used successfully over 1/4 century. Endorsed by physicians everywhere.

Specify Horlick's The Original

Horlick's Malted Milk

Very Nutritious, Digestible

IS THERE SUCH A THING AS LEARNING TO LOVE?

A Girl of Eighteen Wants to Know Whether to Say the Final No to an Earnest Young Man Her Parents and Friends Advise Her to Consider

IS THERE such a thing as learning to love? Our correspondents, who is being advised by her parents and all her friends to wait and see before she says the final "No" to a very prosperous and earnest young man, wants to know this.

"He is as good as gold to me," she writes, "and would give me anything under the sun. He has always asked me to go to the theatre and sends flowers and would take me anywhere. He joined the navy in the first part of the war and made six voyages across, but all that time he has never wavered in his love for me. That may sound funny to me, but I do know he really cares for me. Now that the war is over he wants his answer. He has a good position. I do not know whether to send him away for good or whether to stay friends with him in the hope that I will learn to love him. I am eighteen years old and full of fun. He is quite in a crowd and his embraces reassures me. He is twenty-three."

"EILEEN."

DEAR EILEEN, I do really believe there is such a thing as learning to love, although a great many persons may disagree with me. Yet what do they call that which makes a young girl spurn one type of man when she is eighteen and gradually grow to admire only that type when she is twenty-three? Into love, Eileen, must go admiration, which is another word for respect where love is concerned.

Now at your age girls very often admire most the boy who is most popular with the other girls and who is in a word the biggest "hit" socially. They respect a boy of this type very often for these things alone when there is nothing else back of the ability to get along well in a crowd. You may not think so, but it is true. And I can tell from one little sentence in your letter that you, too, Eileen, look up to the boy who gets along well socially. "He is quiet in a crowd and this embarrasses me," you say. That might be the whole secret of your not caring for him. He is very often at a disadvantage in your eyes and we are so human we want those who care for us to be looked up to by others.

I CANNOT guarantee that you will learn to love this young man, Eileen, but I feel you are too young to send him away with the hopeless message that you are sure you can never come to care. You are too young to know what caring really means. If you are an average girl of eighteen you will change your ideals of men a dozen times between now and the time you decide to get married.

For instance, when you are twenty-two, say, and have perhaps battled

in the world for a while, or even at close hand watched the battles of others, you will know that the real kind of love is the sort of the man who is "as good as gold to you," of the man who has worked hard in order to be able to offer you the best home within his power. By that time you will have learned that being quiet in a crowd is no crime and that the world does not care whether a man is quiet or not as long as he accomplishes something worth while.

IF I WERE you, Eileen, I would tell the young man just how it is—how you are too young to know your own mind yet and that your only answer now would have to be no. Explain that you do not care for him in the way that he asks at this time. Then say you are willing to be friends if he would still like to be. I give this advice, assuming that if you are absolutely certain in your wildest dreams you could never learn to care for him you will be an honorable girl and tell him so in a crowd that he may find some other girl who will be willing to make him happy.

WILBUR'S COCOA "ALL FOOD, NO WASTE"

A DELICIOUS DESSERT

That uses very little of the foodstuffs our Government has asked us to conserve. Easily made and sure to please. How to make it among

Wilbur's War-Time Recipes

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia

WILBUR'S COCOA

Send for it today H. O. WILBUR & SONS, Inc. Philadelphia