EVENING PUBLIC LEDGER-PHILADELPHIA, TUESDAY, JANUARY 7, 1919

HOW TO MAKE GOOD BREAD-WAY TO FIND A REAL BEAU-WOMAN'S EXCHANGE-IN THE SHOPS



the Woman Who Has Failed With Her Loaf in the Past

12

The Importance of Proper Kneading, Good Flour and Right Degree of **Oven** Temperature

By MRS. M. A. WILSON (Copyright, 1819, by Mrs. M. A. Wilson, All rights read sect.

HISTORY tells us that bread has been a staple article from time immemorial. In ancient times bread was made from plants, grains, barley, rye, wheat and millet. We have

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are closely covered, prevent a hard crust from forming on the dough.

Do not fail to give the dough plenty of proof-that is, let it rise for a sufficient length of time as given in the recipes.

above the wrist, to knead and work Plan to use the stale bread for sponge or dough method, and why?

the dough. Kneading is most important and should be thoroughly done. Do not be afraid of hurting the dough; you can handle it as roughly as you like. Heavy, active kneading distributes the yeast organisms and develops the elasticity of the gluten and gives body and strength to the dough.

Now, a word about the baking.

most ficial I My dear Mrs. Wilson-Will you The please publish in the EVENING PUB-LIC LEDGER as soon as possible a the fa futile 1 De cannot a it for Italy

THAT repshoulder and hams and lay on clean

In the long, cold winter eve nings it's fun to pop corn. And this year is what they call a popcorn one. Perhaps it's because things we've been through have stirred oid fireside dreams that even the gayest of the gay like to sit around the hearth and watch

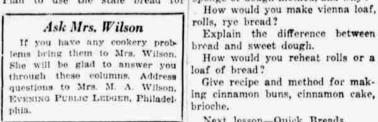
the little yellow kernels burst into snowy-white flakes. Anyway, everybody's doing it or trying to. There's an art to popping corn. Do you know about it? Or do you know some half-dozen different

sorts of home-made candy to make with those delicious white flakes after they are turned out of the popper? If you don't, please look for Mrs. Wilson's article tomorrow. It's about popcorn! And if you haven't got a fireplace, read the

An oven temperature between 400 that organ to manufacture the ad-

fall. Keep the fact in mind that the bread kept in a poorly ventilated dough? Give reason for using no bex will mold and spoil and thus

be unfit for food. Place the freshly baked bread on a wire rack to thoroughly cool be- then turn the dough over when set-Use a good grade of blended flour. fore storing. Do not put old bread ting the dough to rise? Use the ball of the hand, just in the box with the new baking.



Mrs. Wilson Answers Housewives' Questions

just reward for giving those of us who are not so fortunate as yourself the kindly benefit of your

every success as well

Per Cent of Your Total Dear Cynthia-The young man who Food Requirements. fall for his charms. Well, "Blarney," you'd better come Value of Stale Bread down a bit in your own estimation if you

1 Series of Baking Ques-tions That Will Serve as a Guide to the House-A Series of Baking Ques-

wife toast, dressings, bread and cabinet with" a young girl (sixteen) for about cight months. She has just given me her photograph. Should I return one of

place dough in the pans?

my photographs, as I just had pictures The Food Value of Bread taken? aken? What have you to say as to ex-hanging pictures? Or course, we are ust good friends and go out about once week together. PHILADELPHIA. Wheat contains the sixteen needed elements for nutrition, and, when made into palatable bread, it forms

I would not give the picture unless the about 40 per cent of our total food young girl asked for it. And, frankly ley, rye, wheat and millet. We have learned by specific investigations that wheat contains the right proportions of gluten to make a perfect loaf of bread.
Now, although the modern women have had the opportunity to study the art of bread making, there are still many women who fail to make a good, palatable loaf of bread.
Bread is baked to kill the fermentation and to hold the glutinous walls of the dough in place and to cook the starch and thus make it palatation are to for the dough in place and to cook the starch and thus make it palatation are to for the dough in place and to cook the starch and thus make it palatation for the dough in place and to cook the starch and thus make it palatation are to mean anything the starch and thus make it palatation to make a good, palatable loaf of bread.
Mown temperature between 400
Mown temperature between 40 requirements. Stale bread digests

About Exchange of Pictures

How would you punch down the flour when molding up and about to

in my farewell to you. Miss Helen, 1 ill allow Mr. Longfellow, the Long ellow on short sayings, to come into the solution. Why do you grease the bowl and imelight:

In after years when you recall Which makes the better bread: the

 In after years when you recall
 In beseribe a novel gift for the girl who has When some forgotten column you read, Keep one kind thought for me, CHARLES G. ALIAS ONE WHO
 Suggest a novel gift for the girl who has Just announced her engagement.
 When a vell becomes wrinkled how can it be stretched gut and be made fresh and 3. When a veil becomes wrinkled how can it he stretched out and be made fresh and dainty again?

How to Win Her

4. How often should the average head of bair be washed? Dear Cynthia-I know a girl that 1 am very fond of have known her some 5. How can a leak in the sink be temporarily mended? time. At times she seems very friendly 6. What will brighten olicioth? and at other times very distant. I come

the deam at all times. I know this girl-isn't very well to do, but 1 am worth a nice little sum and would give almost anything if I could win her affection. AN ADMIRER

You will understand what I mean, if only because there are so few different tops for lemon pie.

A Daily Fashion Talk by Florence Rose want a real friendship with some young Dear Cynthia-Have been "going

Here are three clever little close hats that lend themselves well to the new veils

a good, palatable loaf of bread. They must study and learn the able to apply these plain, casy print is more than the state when they is an accomplishment of which any woman may well be proud. For-must be good which is a universal food, must be good and wholesome. The fair, erock or box in the sealed will help the home baker: The fair, erock or box in the sealed are closely covered, treevent a hand the entaring the sealed and ere easy to clean, and when they are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-are closely covered, treevent a hand the fair and hand tree times weekly dur-and the spring summer and terret fair and hand tree times weekly dur-field. Keek the spring summer and early the spring summer and terret fairs the fair time fairs the fair time fairs the fairs thand the fairs the fairs the fairs the fairs

THIE WOMANPS EVCUANCE

THE WOMAN'S EXCHANGE TODAY'S INQUIRIES YESTERDAY'S ANSWERS

pan of water on the radiator or store beins cut down the coal bill because this moistens the air, and moist air heated to 63 degrees is as comfortable us dry air heated to 70 or 73 degrees. 1. Describe a novel game that can be played 1. A with baby photographs.

2. When the income is \$100 a month thirty dollars a month should be used BY THE girl who is particular, Elise for food when there are two in the I don't mean to describe the one family.

Channels is especially useful in mending cursets. A little piece of this over a steel will prevent it from running through the goods again.

MOTHERHOOD

So short a time at my contmand, These children that I hold tonight; God give me grace to understand, Wisdom to guide their steps aright,

TELLING OUR FRIEND ELISE HOW TO FIND A REAL BEAU

It Isn't How Many Boys You Meet, but Making Those Few You Da Meet Like You-Regarding the Girl "Who Doesn't Meet the Right Sort"

THIS is really a little private letter penned to Elise, and if any one else isn't interested they needn't read it. Elise is a young business woman of twenty-two who would like to know how to find a beau. As though to fore stall any attempt on my part to tell her that in going to church one is apt to set acquiging the suys: "I go

her that in going to church one is ago to get acquainted, Elise says: "I go to church, but to worship and not to and a beau."

Ah, Elise, you might do worse than to be introduced to a young man on your way out from church—a nice young man who would ask you if he might walk home with you and then wonder if he couldn't please come and call on you some evening. Why, of course, girls don't go to church to seek romance! But you wouldn theid

Remove Coffee Stain

seek romance! But you wouldn't hold it against a young man, would you, Elise, just because he did go to church? Elise, just because he did go to church? ELISE, you ask me how to go about of having one of them like you bet-ter than the other girls and want to

With Left-over Cheese

Jim loves cheese any way, but, of course, he doesn't like it just plain, and it used to be terribly hard for

me to think up new ways of pre-paring it for him. But since I've

learned the secret, it's so easy-and such fun to watch Jim consume perfectly ordinary dishes as though

they were the creations of a milliondollar chef. For instance, the other day for Sun-

day night supper I made a cheese omelet that was delicious. I just

made an ordinary omelet, and after seasoning it with salt and pepper I added haif a cupful of leftover cheese, grated. There are two se-crets in the making of a light, fluffy

cheese omelet. I've found. One is to put in the beaten yolks and beaten whites of the oggs separately,

and the other is not to forget the flavoring-plenty of the relish with the Frenchy zest-Al Sauce. It

makes all the difference in the world.

Try it and see-for your Jim .- Adv.

NTEBURG

COCOA

"ALL FOOD. NO WASTE"

SPREAD

ter than the other girls and want to be with you when President Wilson declares holidays and such, You didn't say it like that, but that is what How I Work Magic

you mean. Let me tell you a little secret, little business girl. Getting to

mitted that the vells in the red shade of the vell is in a fine mesh and the are almost universally becoming, for if lower half in a large square mesh. a woman can wear a red hat, then nine inquiries are solicited and may be ad-times out of ten she will find the vell dressed care of this newspaper. that matches enhances rather than de-that matches enhances rather than d sibility to the girl who has "no beau and wants one." Many a girl has gone throuch her late teens and her twenties being so particular that she

woke up at thirty or thirty-five to find nobody seemed to care whether she was particular or not.

who has the opportunity to turn down 3. Old messuite netting folded into six thick. Received makes a good wash cloth. Crocket the cloth. crochet the eiges.
4. Lemon Joice will remove stains from the Ingernals, but in using it rub a little who has never had the opportunity to further down. It is her own fault, so was too particular at the start Unless she was immediately attracted to a man she did not bother to care whether or not she practiced the whether or not she practiced the foolish Liking people—ves and lowing them—is in most cases a matter of knowing them. The best husbande

among

FOR BREAD Takes the place of butter Much less expensive. Quite as appetizing and has extraordinary food value. It is good for young and old How to make it shown

Wiibur's Reg Al and OTHER War-Time Recipes 稽 as well as numerous other dainty, delici-ous and eco serts. Your copy's walting it's free.

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COC

Give recipe and method for mak-ing cinnamon buns, cinnamon cake, brioche. Next lesson—Quick Breads. Next lesson—Quick Breads. This condition must come from poor circulation. Try bathing your face first in hot then in cold water for several

AN ADMIRER Have you ever asked the girl if you might come to call on her? That would be the nice, frank, manly way to begin being friends. Then after you have called ask her to go to the theatre with you some evening. Follow this up with you some evening. Follow this up with you some evening. Follow this up with your cheeks gently with your fingers, rubbing upward and to stimulate the circulation. To of regular exercise that will up muscles of your body and get eral circulation in good order redness persists consult a ph page the times she wont talk she is budy. Put your friendship on the girl have been sen-sible friends for some time and you feel and the girl have been sen-sible friends for some time and you feel and the girl have been sen-sible friends for some time and you feel and the girl have been sen-sible friends for some time and you feel and the girl have been sen-sible friends for some time and you feel and the girl have been sen-sible friends for some time and you feel and the girl have been sen-sible friends for some time and you feel and you have hole of the date of any she is friend and the with the some friends of any you fails more the sen-sible friends for some time and you feel and the sendy to have you fails more the sendy to have hole of the sendy to have you fails more the send to have you fails more the send to have you fails more the send to the you way to have you fails more the send to the you way to have you fails more the you way to have you way t

siris and hows should create some form of anusement for the whole school. All girls wear mildies and thes of the same color, that clars wants to do something different. Could sup superior one or two things that would be different and at the same time cheap? minutes each day before you go out. finishing always with cold water. Rub your cheeks gently with your first two fingers, rubbing upward and outward,

burg tr board to cool. Then split the carfavor a bered (t & Co nye mem, and set aside the leaf fat for lard. wards into Trim each cut to a neat shape, then may be rega emove the spare riss. To the pickle, There arthat you intend to cure or pickle, sgainst th rub with the following mixture:

vard b ilmen ill su on. I ouncil or ar aprove

Boil and then skim and cool the uncommonly mastry CLAR' brine. Cover the meat with a board and then place a heavy weight on

it, then pour over it the brine. To prepare the shoulders and

Precede d her i Hang the shoulders and ham by a ere has ne stout string from a har across the to argume top of the barrel and then, when sent con' thoroughly smoked, rub with black

pepper and hang in a cool place. in the Use the pork trimmings for making tish a sausage meat. Jercak! able

My dear Mrs. Wilson-I am more than interested in the page on which I find your suggestions and recipes as well as proof of your knowledge in the art of making goodies, one of the most im-portant characteristics of the real womanly woman, and I rather envy you for your skill and ex-perience, but I at least wish you

salt between the layers. When the utensil is full, pour over it a brine made of twenty-five pounds of salt, One hundred pounds of salt, Three ounces of saltpeter. Three ounces of saltpeter. Four pounds of brown sugar, Two quarts of molasses.
Boil and then skim and cool the utensking your small daugners dress which you are making yours pounds pounds of the the sales of the point of the sales of the sa

Fee Graveling comes & [Dile black] medicine case containing four bottles. The case is of black leather, and is small enough to be thread away in the corner. hams, trim to shape and then take of scar suit use or hag. And a good a small wooden spoon and loosen they is a carry aromatic spirits of the meat from the hock ends of the other medicinal standbys when taking a shoulder and ham. This must be done trip. You never know when you might clean down to the hip joint. Place have need of them. The case templete this with the mixture that was used birthday gift. My num, who received

and then add the sugar, salt, salt-and masic were written by two French soldiers. The piece has been selling for ninety cents, but just recently this shop has secured the American rights, and so has been selling for has secured the American rights, and so has been selling for me, and t vow it has a swing that will keep your feet taming yourself humming the you comb your half in the moraling the you comb your balf in the moraling the you comb your half in the moraling the you comb your half in the moraling the you comb your to use renot superstitions about singing it is almost as frequently sung as the Marselliase." Well, little wonder, for, in faith, 'is a rollicking ture. two barrels. Set them one on top of the other, fastening them securely, so that they will not tilt or fall.

n faith, 'tis a rollicking tune.

For the names of shops where ar-ticles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, Evening Public LEDGRE, or phone the Woman's Department, Wainut the 3000.

ma J. D.-Make a brine of

To use: Remove the meat and then wash under cold running water. Place in a deep saucepan and cover with cold water. Bring to a boil and cook slowly until tender. The fireless cooker will give the best results in cooking corn meat. Beef, pork and mutton may be stored in this manner. · Source and a second s

initial the mixture is light and flufy, when the mixture will hold its shape, carefully cut and fold in six table is poonfuls of granulated sugar. Spread on the pies and dust with pulverized sugar and then place in the way went together for the zero. The the zero area of the mixture will hold its mixture is included in the serve. The maximum content is the term in the maximum content is the content of the serve. The relation the place in the twe way not may be to read a many clique in the channer of the serve. The mixture is the fold in the serve hard the mixture is the fold in the serve hard the mixture is the fold in the serve hard the mixture is the fold in the serve hard the mixture is the fold in the serve hard the mixture is the serve hard the serve.
The the rolls recipe in the Event the number you sail if the girl may be the serve is the serve. The fold is the fold in the serve is the serve is the serve is the fold in the serve is the serve

There is an old custom precalling in high school that once or twice a year the senior,

Happy New Yar, M. B. S. A handhing of black silk velvet would be very pretty. A few bright steel beads on this would brighten it and would rot be hard or trke much time to put on. Regular tops for hugs come in the stores. Here are other suggestions: Two little guest towels with frish lace inserts in them and initials worked, a cretonne haundry bag, book ends, which you buy in wood and cover with cretonne i dimity and cretonne bureau and chiffonler scarfs to mutch. The cretonne makes the border. Heppy New Year to you. the border. Happy New Year to you





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