

A PAGE WHERE WOMEN'S INTERESTS CENTER—TESTED RECIPES—DAINTY BARGAINS—LETTERS

HOW TO MAKE GOOD SPONGE CAKE; MRS. WILSON NAMES PRINCIPLES

Ingredients Must Be Intelligently Put Together and Baking Time Divided Into Periods—There Are Also Recipes Here for Angel Cake, Jelly Roll and Other Delicacies

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All rights reserved.) THERE is no royal road to success in cake making. Each and every step must be carefully taken, as if upon it alone depended the fate of the undertaking.

Each housewife well knows that the pinnacle of fame in cooking is the cake making. Also the woman whose sponge cake is light, delicious and tender knows full well that those who sample it will appreciate the ineffable deliciousness of this cake.

Then, too, the middle-aged woman will remember the delicious, genuine pound cake of grandma's day that required two hours' steady beating. Think of it, two hours' steady beating, ye husters of this twentieth century!

Second. It must be light, the grain neither too fine nor too coarse. Third. It must be well flavored. Fourth. There should not be a predominance of any one ingredient, either in flour, butter, eggs or flavoring.

Fifth. The appearance of the cake itself should suggest deliciousness. Method Have all the utensils and ingredients assembled and ready to use before mixing the ingredients.

Preparation of the Pans Grease and then flour all the pans. This method is much easier than lining the pan with paper. Do not use butter for greasing the pans, owing to the fact that butter burns at a much lower temperature than other shortening and so gives the cake a heavy, dark crust.

There are a limited number of women who are gifted with a sense of proportion. These women are able to judge the amounts without careful measuring. They belong to a class with an eye for quantities. Seldom do they vary their measurements by a quarter of a teaspoonful one way or the other.

ner, but I must know just what was really happening in the oven. The baking time was divided into periods, as follows: First quarter, the cake dough was heating through and rising. Second quarter, the cake, having risen its full height and the heat having set the cell walls, the cake starts to brown. Third quarter, the baking progresses to the finishing point. Fourth quarter, reduce the heat to a very slow oven. This causes the cake to shrink away from the pan and thoroughly cook in the center.

Tests for Cakes The cake may be tested with a clean brown straw or a splinter or a toothpick, or, as the baker does, by pressing firmly in the center of the cake with two fingers. If the cake is firm reduce the heat and bake for ten minutes longer.

Now, keep in mind the fact that with all cakes containing shortening, eggs and sugar the average oven heat will need to be a very moderate one, not more than 300 to 325 degrees Fahrenheit. The use of an oven thermometer will amply repay the home baker. Forty-five to fifty-five minutes is the usual time allowance for a sponge cake. The size and shape of the pan determines the time. Allow twenty minutes for a jelly roll; fifteen to eighteen minutes for cup and small mold cakes; forty to sixty-five minutes for pound cake mixes, while a loaf cake containing fruit, nuts or chocolate will frequently require seventy minutes.

And keep this well in mind: Great haste and a hot oven are the contributing factors of most failures. Now, a word or two about the utensils, which are used for mixing. A bowl with sloping sides and a wooden spoon are preferred by experts. Gone are the days of cheap eggs and butter. These commodities must now be used very carefully. A recipe in the days of long ago, before high prices, that read something like this:

One cupful of sugar, Five or six eggs, One cupful of flour, Little grated rind of lemon, One tablespoonful of lemon juice, Etc., etc.

for making sponge cakes, would today prohibit many of us enjoying this delicious cake. The English Queen was a thrifty housewife and was well versed in economics. In fact, she was the founder of several schools for economy in her kingdom, and in order that the good people would be stimulated to a keen interest she frequently had these recipes made up for the royal household. The British Queen was a splendid cook, and she was most proud of this recipe, which was her own. She placed in a bowl:

One cupful of sugar, Yolks of three eggs, Grated rind of one-quarter lemon, One tablespoonful of lemon juice and then cream this with a wooden spoon until the mixture turned a pale lemon color. This usually required about twelve minutes. Now add:

will be found to be equally delicious as a cake made with five or six eggs and no baking powder.

Now Try This One—It's My Own Three-quarters cupful of sugar, Yolks of two eggs, One-half teaspoonful of mace. Place in a mixing bowl and cream until very light and a good lemon color. Now add:

Four tablespoonfuls of water, One cupful of flour, Two teaspoonfuls of baking powder. Beat to mix and then cut and fold in the stiffly beaten whites of two eggs. Bake for forty-five minutes in a greased and floured pan.

A Sponge Cake Made From Syrup Some folks like a cake that is not as sweet as those above. For them try this:

One-half cupful of white corn syrup, Six tablespoonfuls of sugar, Yolks of two eggs, One teaspoonful of vanilla. Place in a bowl and cream until light lemon color, and then add:

Four tablespoonfuls of water, One cupful of flour, Two teaspoonfuls of baking powder. Beat to mix and then cut and fold in the stiffly beaten whites of the two eggs. Bake for forty-five minutes in a moderate oven.

Note—Do not cut the stiffly beaten whites of eggs in the cake dough too fine. The cutting and folding should be done until the white is cut into pieces the size of an almond. Then pour the mixture into the pans right away. From the above-given recipes many delicious cakes may be made, such as fancy cuts and jelly roll. When the sponge mixture is used for fancy cuts spread the mixture one-half inch deep in square pans and bake; then turn out on a board which has been dusted with sugar to cool. Spread with jelly and then place together. Press firmly and cover with a water icing, and then cut with a sharp knife into the desired shapes. Oblongs, squares and diamond shapes are easily and quickly cut.

For Jelly Roll Cover the bottom of the oblong pan with a greased and floured paper and then pour in the mixture one-quarter inch deep. Spread evenly and then bake for ten minutes in a hot oven. Turn on a cloth and then trim the edges. Spread with jelly and roll tightly in a cloth. Set aside to cool, and then ice with water icing.

Water Icing One teaspoonful of lemon juice, Pinch of cream of tartar, Two tablespoonfuls of boiling water. Place in a bowl and add sufficient XXXX sugar to make the mixture spread smoothly without running. Cocoa may be added to the last part of the icing after one or two cakes have been iced with the white. The correct oven temperature for sponge cake is 275 degrees Fahrenheit.

A Small Angel Cake One-half cupful of sugar, One-half cupful of flour, One-half teaspoonful of cream of tartar. Sift four times and then place whites of three large eggs in a bowl and beat until they will hold their shape. Now gently cut and fold in the sugar and flour. Pour into an ungreased tube pan and bake for thirty-five minutes in a moderate oven. When baked remove and turn upside down to cool.

PASTORS HAIL PROHIBITION Say Passing of Booze Presages Great New Era The passing of the liquor business was referred to by many ministers in their public addresses yesterday as the greatest event in American history since the Civil War.



Once used for drying dishes, the old faithful flour sack has now been promoted. Here are shown little dresses made from none other than that faithful kitchen friend. Scraps of gingham and cretonne were used as trimming.

THE WOMAN'S EXCHANGE TODAY'S INQUIRIES 1. Name a novel shower that can be given for the bride. 2. What is the name of "gussing shadows"? 3. In what part of the world did the use of cosmetics and perfumes originate? 4. Name a government bulletin that contains valuable information about riding the house of ants? 5. What is the right way to make a fire in the range? 6. When alcohol is spilled on varnished wood what should be done immediately?

Catholic Can Be President To the Editor of Woman's Page: Dear Madam—Can you please tell me if a President of the United States must be a Protestant? (Mrs. J. K. M.) There is nothing in the laws of the United States that says a Catholic must never be President.

Wear Your Hair Up To the Editor of Woman's Page: Dear Madam—Please let me know this through your column. I am a girl of sixteen and I will wear my hair down. Not long from now I am going to be a bride-maid and do you think I will have my hair up or down? Thanking you for your advice. (Miss M.) If the other girls in the bridal party are wearing their hair up, then it will look a great deal better for you to have yours up, too.

Surprise Linen Shower To the Editor of Woman's Page: Dear Madam—I would like to have your advice in this matter. I wish to give a linen shower for a sister of mine. Would you kindly tell me how the cards should be worded and if it is better to have them printed and if so, how should they be addressed? (Miss M.) How would you suggest this to be done, because she is not to know of this little affair? (Miss M.) What would you advise to serve that would not be very expensive? (Miss M.) Do not have your invitations engraved for the linen shower. Either send your calling card, with "Surprise Linen Shower for Miss" written across the top, or else write a regular formal invitation as follows:— requests the pleasure of Miss _____ company at a bridge party and surprise linen shower for Miss _____ on Monday, January Twentieth at _____ o'clock.

Blue Serge Dress for Street To the Editor of Woman's Page: Dear Madam—I would like your advice on what to get for a new spring dress for a woman of forty. I am very tall and medium stout, and want something that will be new for street wear in dark color. How shall I have it made? I haven't had an opportunity to see the last few years. Thank you for any advice you may be able to give. Also, want the letters E. A. R. D. and for in the service. (Miss M.) Blue serge is always the best material for a street dress and will continue to be.

Stockings Hold the Stage A Daily Fashion Talk by Florence Rose The first two designs here show some of the new striped stockings, the second one being combined with exquisite lace work. The lace and the drop-stitch stockings are already being sold in the more exclusive shops and there is every reason to believe that the clock—which by the way is a device made to make interesting stockings three or four hundred yards long—will be in high favor this spring and summer. The two designs on the left show, the one stripes made by dropped stitches and the other an embroidered clock.

Now that skirts have grown longer woman becomes interested in unusual stockings that would have been out of place with the shorter skirt. The novel hosiery shown here is described in today's fashion talk.

IF THE short skirt was responsible for the immense interest women have taken in stockings within the last three or four years—ever since the time that skirts began to be abbreviated—the reverse is not true. With the advent of the longer skirt, women are not so much interested in the way we dress our feet and ankles. It is hard to imagine that women will ever again be so indifferent to shoes and hosiery as they were in the other days of the long skirt. In the days when it was considered a mark of awkwardness or indecency to show more than the tip of one's toe to appear beneath the hem's edge. The question will always be mooted, no doubt, whether a more graceful effect is produced in evening dress when the stocking matches the slipper or when it matches the frock. It is, he says, that it will not be interesting in itself, and perhaps the very fact that skirts are longer and that there is less generous showing of hosiery than was the case a season ago has gone to make the present demand for rather ornate hosiery. We dare have a more venturesome design when we are confident that it will not show too blatantly. Striped hosiery that would have been

THOSE WHO LOVE US BEST JUST TAKE US FOR GRANTED

An Afterthought Written to a Girl Who Was Always Asked to Ride in a Flivver When There Was a Large Car in the Boy's Father's Garage

THE boy's father had two cars, one a big one and a little one, and the boy was allowed to use the little one. And so you can understand how it was. The boy's girl and he used to be spinning across the country in the little one and it rattled and the bottom of it was rattled. Who cared? There was tang in the air and there was the blue sky and in the fall there were the leaves. Who cared? Well not the girl.

THE little girl who wrote to ask whether or not to give up this boy's friendship was the little girl who sat home the night she found it out and decided that if she wasn't good enough for the boy's best car then she wasn't good enough for him. We answered her rather briefly at the time because she was in a hurry to know. But the problem stuck deep and somehow stretched away beyond a boy, two girls and two cars.

OF COURSE, there was only one way to answer. One doesn't give up friends for things like that. It would, perhaps, if you are a woman, be like giving up your best woman friend because she did not use her best dishes when you came to lunch. You might have known for a fact she used them the Sunday before when the Joneses came for their annual visit.

PLEASE TELL ME WHAT TO DO By CYNTHIA Cynthia is very glad to answer problems such as are sent to her by the readers of the column, but she asks that those who send letters should state their problems as briefly as possible. The letters are so lengthy it is necessary to keep correspondents waiting very long time for their answers as Cynthia cannot publish more than five or six letters each week.

Meaning of Greek Letters Dear Cynthia—Would you please print in your paper if the Greek letters Sigma Delta Phi represent a fraternity or sorority. The pin has an owl's head at the top with little red and green eyes.

Should She Go to Dances? Dear Cynthia—Is it proper for a young woman or man when engaged to attend dances and parties when each knows nothing of it? I have a sister who insists that she has a right to go and do as she pleases so long as she is not married and says she does not care to tell her father and mother, etc. I have taken the stand that she should be engaged to this young man, she should tell her father and mother in your paper.

What Sincerity Really Is Dear Cynthia—I notice in your columns plenty of comments and criticisms relative to love affairs, but so far no one has put anything very original or new in speaking of sincerity now. It appears when it is focused down to actual facts in the case of love matches these are few that care to assume any responsibility, because the majority are too self-conceited.

Resinol saved me hours of torture 'Well do I know my dear, the hours of discomfort and annoyance that rash has caused you. You just feel as I did—dependent and helpless, but cease fretting, for here's the thing to use—Resinol Ointment.' For many years Resinol Ointment has benefited those suffering from irritating and unsightly skin afflictions. The affected parts respond to its leading medication in a manner that is surprising. The first application generally brings relief. In a very short time that longed-for skin health usually returns. If you suffer—try it. Resinol Ointment and Resinol Soap are sold by all druggists.

ASK FOR and GET Horlick's The Original Malted Milk For Infants and Invalids OTHERS are IMITATIONS Today's Beauty Hint A dull complexion needs lighting up, but do not set it in too great a glare of light. Very light and very dark shades are more becoming as a general thing, than medium shades of any color. Give swarthy and sallow skins more wear leads to advantage. If they are rich not dull in color; they may wear neutral shades with a rich color here and there, but dull brown and dull greens or the pale tints of blue and pink, etc., never.

George Allen, Inc. 1214—Chestnut St.—1214 For Your Trip South an exquisite showing of New Millinery Blouses, Sweaters Silk Underwear, Crepe de Chine and Satin Underwear Silk Hosiery, Leather Goods Veilings, Notions Toilet Articles, etc. All are of the exclusive, dainty character so long associated with Allen apparel.