EVENING PUBLIC LEDGER-PHILADELPHIA, WEDNESDAY, JANUARY 22, 1919

PICKING OUT PRETTY GIRLS FOR YOUP FRIENDS-ATTRACTIVE RECIPES-CYNTHIA-SHOPPING

USING THE SOUR MILK TO MAKE CRULLERS AND CAKE : MRS. WILSON GIVES RECIPES

Requires No Shortening

and Has Health Value; **Delicious Southern Spoon** Bread Can Be Made, Too

Two Sour - Cream Salad Dressing Formulas to Serve With Cucumbers. **Celery** or Cold Meat

By MRS. M. A. WILSON (Copyright, 1513, by Mrs. U. A. A

THE bonny clabber desserts of grandma's day are now seldom used. Few of us realize the wonderful health-giving qualities of this natural food. The southern mammy knew and used this product for making delightful biscuits, hot cakes, waffles and cakes, and if the old mammy liked you well enough to say: "Hush, chile! You-all jest stop pestering your pore ole mammy an' I'se gwine to tell you de truf. It's jest the sour milk dat makes dem crulls so fat an' light an' flaky." then you would know that you had obtained a real secret.

In many parts of Europe the folks know that the lactic acid bacteria spoonful of lemon juice. Use on one-half cupful of sirup. cipally upon a diet of sour milk.

There are various appetizing ways salads or with cold cuts of meat. A cheese, buttermilk cheese and salad of tabasco sauce, dressings. Sour cream may be used in place of milk in making cakes, waffles, etc., by leaving out the shortening. You will remember that cream contains the butter fat of the milk, and for this reason no other additional fat is required when using the cream to replace milk in and add the vinegar and bring to B recipe.

Milk is a valuable body-building food, and while it may become or be made artifically sour, it in no way loses its food value. The souring really purifies the milk.

In preparing cheese from sour or buttermilk do not throw away the clear water-colored liquid. This is the whey, and it may be used for custards and baking in place of milk. If the juice of an orange or one cupful of crushed pineapple is added to one quart of whey and then sweetened to taste and chilled it makes a very pleasant drink.

Skim milk-that is, milk that has upon a thorough beating of the had the cream removed-has lost batter and a hot oven. The southits fat content only. The milk still ern mammy invariably uses the contains its food elements. It may coarse white commeal, but you may be used for cottage cheese if per- use the yellow and obtain just as sour milk. mitted to sour, or tablets may be good results. purchased for making the milk sour. Place one quart of boiling water

They contain rennet.



When a recipe says cut and fold the whites of eggs into the dough beat the whites until stiff in a separate bowl, then turn on top of the dough. Now cut through the white of egg and dough, turning the dough over the white, furn the dish half way around and cut again. Repeat turning dish, then cutting in the egg and folding the dough over each time. The busy hands in the picture belong to a young sailor who is following these instructions. He is careful not to stir the mixture, as he knows this spoils the cake. The sailor is a pupil at the Philadelphia Navy School of Cookery, of which Mrs. Wilson is founder and head

One teaspoonful of paprika, Yolk of one egg. One-half teaspoonful of mustard, One cupit , sour milk.

Mixed to a paste with one tea-poonful of lemon juice. Use on level teaspoonful of baking soda and Fruit Cak of the sour milk reaches and splain lettuce or vegetable salad. Beat this mixture with a large neutralizes the bacteria and ferment If one small cucumber is pared and spoon and now cut and fold in the in the intestinal tract. That is why grated and then mixed with the cream stiffly beaten white of an egg. Pour frequently in one's travels one meets dressing you will have the famous in hot, well-greased pan and bake old folks who eat just a few greens Georgia sour-cream cucumber dress- in a quick oven. The southern cook jule of baking soda. and vegetables and who live prin- ing, which is delicious on spinach. makes delicious soft gingerbread by asparagus, lettuce and for vegetable using sour milk,

Soft Cookies

One-half tenspoonful of allspice.

Place in a saucepan

To add soda to the sour milk, disin which to serve and prepare sour little curry powder may be added solve the soda in one tablespoonful well to mix and then add milk. Among them are cottage for variety, as also may two drops of the milk before adding to the remainder of the milk, and then use

cinnamo

a Dover egg-heater and beat for Cooked Sour-Cream Dressing three minutes to thoroughly mix. One-half cupial of vinegar.

Three-quarters cupful of water. Three level tablespoonfuls of corn-

One cupful of molasses. Dissolve the starch in the water Six tablespoonfuls of shortening. Bring to a boil, and then add a boil. Cook for three minutes and One teaspoonful of ginger. then remove and add One and one-half teaspoonfuls of

One cgg. One teaspoonful of salt, One teaspoonful of paprika.

Three - quarters teaspoonful of fire and let cool. Now add One egg. One cupful of sonr milk. One teaspoonful of sugar. Beat to mix and then beat in one One traspoonial of baking soda. cupful of thick sour cream. This

Reat with a Dover egg-beater to dressing may be used on potatoes, blend and then add sufficient flour chicken and celery salad and with to make a soft dough that can be cold meat or plain lettuce.

Southern Spoon Bread The success of making and bak-

and then flatten between the hands. Bake upon a greased and floured ing this delicacy depends entirely inverted baking pan in a moderate ven for about ten minutes.

Try These Sour-Milk Gems One and one-quarter cupfuls of sodi

One-half cupful of sirup.

Stir to blend and then take from add

handled, usually about six cupfuls. layers of a cake and then sprinkle

Form into balls the size of a walnut the cocoanut over it. Place the cake

Two tublespoonfuls of shortening. Beat to thoroughly blend and then

And So They Were Married

Episode Three-(Jealousy)

By HAZEL DEVO BATCHELOR

PLEASE TELL ME WHAT TO DO By CYNTHIA

Conthia is very glad to answer problems such as are sent to ber by the readers of the column, but she asks that those who send in letters write on one side of the paper only and state their problems as briefly as possible. Many of the letters are so lengthy it is recessary to keep correspondents walling events computing for their enswers, see events computing both more than five or exclusion during the letters dury.

Get Another Place

Dear Cynthia-I am a cashier at t theatre near my home and some of the male patrons are very ill-bred. When near me they often curse and say very mean things. If I protest they laugh at me and some of the other patrons must think ill of me, which is not true. It seems I must hear all and keep my

To been abut mouth shut I cannot stop them, for by the time I say anything they are out of my sight, and the same thing happens the next night. What can I do in the future? A DAILY READER.

A DATLY READER. It would be better to ignore the re-marks of the men than acanowiredge you have heard them, even though made right in your presence. Speak to the banager of the thesatre. It is very likely be can do something to remedy this condition. If not then e rouid he bet-ter for you to seek other work where the atmosphere is suitable for you. In reference to your other question, why not ask your mother to go with you to one of the dental clinics and get the opinion of one of the doctors there as to what can be done with your teeth. She would have to rely on the opinion of the dentist.

Children's

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Do This, Recommends a Young Man in Advice to Girls, and You Will Cease to Be Worried With the

Bug-a-Boo Flirter

With a Purse

PRETTIER THAN YOURSELF

FOR the benefit of Kitty, who wanted to know how to make the boys stop flirting with her, one very thoughtful young man sent the fol-lowing prescription: Don't think too much of yourself. Become chummy with prettler girls than yourself. "After a while," he added, in no spirit of sarcasm, "you will begin to to belleve the people on the street car are looking at your chums rather

A TANGO RATINE COAT CHUMMING WITH THE GIRLS

FOR BALMY DAYS

car are looking at your chums rather than at you." The young man does get to the root of the matter. A girl minus too many thoughts about herself is a girl minus

flirtatious annoyance fror. men. In other words, it is the vain girl who is, after all, the bothered girl; or does she just imagine she is bothered? Adventures

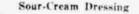
THE knowing young woman realizes her own limitations. It is, indeed, L her own limitations. It is, indeed, good for the mind-broadening process of an attractive girl, who has taken her attractiveness to heart, to chum with prettier girls than herself. Not so long ago in a certain seashoie town I remember the arrival of a cer-tain Jeannette. Pretty? Yes, in a rather fanciful way. Terribly expen-sive-looking, too. And all reparedness, Jeannette came to visit her aunt, who had duly been her hard-working press agent for a month prior to her arrival. OF ONE thing the woman who usee cosmetics must be most careful-



Evening Gowns

Blouses, Dresses, Etc.

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Place three-quarters cupful of cupfuls of commeal. Pour the meal add sour cream in a bowl and whip, in slowly, and just as soon as it One cupful of white flour,

THE WOMAN'S EXCHANGE

starch.

mustard.

One teaspoonful of salt,

TODAY'S INOURIES

Now season with

i cool. Now add

boils remove from the fire and let One and one-half capfuls of cooking the crullers in the oil is graham flour. 360 degrees Fahrenheit.

Place one quart of boung water in a saucepan and then add one tea-spoonful of salt, two tablespoonfuls of shortening and one half ourfuls of commeal. Pour the meal add double the salt, and then add one-half cupfuls of One teaspoonful of salt, Mix to thoroughly blend and then add double the salt of sole, out thoroughly blend and then add the salt of sole only board and then cut and fry in hot vegetable cooking oil until they are the question you ask, I am very "HAPPY."

Paul Would Westward Go Paul Would Westward Go Dear Cynthia-I am a young man seventeen years of age, the time in a fel-low's life when he becomes adventur-ous, ambitious and fearless. I wish very intach to subveed in life I have recently recovered from influenza, having been so iii I just escaped death. While conva-lessing I made a vow to myself that I would never again be caught in such a dread disease.

OUR STORE ORDERS

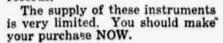
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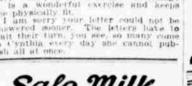


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YESTERDAY'S ANSWERS 1. What particular need among wee Bel-clan and French bables ran be sup-nited here with inst a very little time and labor in America? For every bundred men of marriageable age in England, an Italian scientist has computed there are 121 women.
Mrs. sarolini Naidu is a leading woman suffragist in India.

cipes.





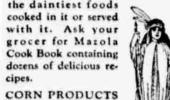


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