IMPORTANCE OF MEASUREMENTS IN COOKING-MAKING A VEST-THE BRAINY WOMAN-CYNTHIA

MRS. WILSON TALKS ON **EXACT MEASUREMENTS**

Shows Just How Many Good Recipes Turn Out Poorly Because Women Refuse to Be Accurate in Their Level Spoonfuls

By MRS. M. A. WILSON Copurisht, 1919, by Mrs. M. A. Wilson All Rights Reserved

MANY women are familiar with the importance of accurate measurements in preparing foods. Others frequently complain of the frouble they have with their recipes; but what they actually need to know is that we no longer live in the days of twenty-five cents per dozen fresh eggs and that the day of thirty cents per pound for creamery butter of excellent quality is past.

Gone are the days of plenty, when the extravagant cook was the best cook. Banish all recipes that call for cupfuls of butter.

From motives of real practical economy, we now use level measurements; that means that you first sift your flour into a bowl and then fill the measure, using a spoon to fill with and then level the top of the measure with a knife. Level measurement means all that which lies below the edge of a cup or

The experienced cook with an eye for measurements can gauge the amounts, very frequently, to a nicety. While she may sometimes have a failure, she will never at- 8 tribute it to her measure or the 2 method of compounding the ingredients; oftentimes she will blame the flour, the baking powder or even

One woman wrote me that she wished to know what the trouble was with her cakes. I asked her to give me the recipe and she answered that she generally used a bowl for measuring and that then she used sugar, eggs, butter, flour and enough milk or water to make a batterthere were no real, definite amounts. When I replied, I told her that it was the measurements and methods that she used that frequently caused a failure. But she was sure that was not the case, for her cake was usually good, and it was only once in a while that she had a failure. So I had quite a time convincing her PEKIN BLUE GEORGETTE that accurate measurements will always give the same results and assured success, and that she could bake the same cake 365 days in the year and not once have a failure.

Today this woman would not return to the old way of doing her cooking, and recently I had a little note from her telling me to let the other middle-aged and young housekeepers, too, know how necessary it is to be accurate.

You know it only takes a few minutes longer to measure accurately. and then you are able to make that delicious cake without a failure. No failures, no waste. Truly, the words of "trusting to luck" should be taboo in the efficient woman's kitchen.

temptation to add just a limore sugar, flour or shortening to a recipe with the idea of improving it must be eliminated if you wish to cook successfully. When using vegetable oil in place of butter in making cakes cut down the quantity of fat fully one-third. Many cake recipes contain too much fat.

When the amounts are less than one cupful, frequently it is easier to measure with a spoon. Remember all measures are level:

Sixteen tablespoonfuls.... 1 cup

Sift the flour once before measuring. Standard measuring cups holding one-half pint are divided on one into quarters and on the other side into thirds, and they are usually found in all housefurnishing stores, and there is a choice of aluminum, glass or tin.

Sets of measuring spoons will save time and trouble. The spoons graduate from one-quarter of a teaspoonful to one tablespoonful, thus making accurate measurements for

Of General Interest

food scientist states that one and if pints of milk with half a pound pints of milk with half a pound flour would supply all the es-ingredients for a whole day's

Ask Mrs. Wilson

If you have any cookery probems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, Evening Public Landen, Philadelphia.

do you know how much waste there was; or the weight of the bone in the meat that you purchased on Wednesday? Do you ever weigh your purchases? Think this over and then buy a good pair of scales and keep them in a convenient

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AFTERNOON DRESS IN



The georgette, which his blue, is decorated with beads in the same

en or fifteen or twenty years ago had big blue eyes. The reduced a sketch somewhat like the hat we have for you today, with through Ruth. Was this child still jealseasonings and flavorings.

A spatula will repay its cost many times over the first month it is used. It is possible with this knife to remove every particle of food from a mixing bowl.

How can you keep house without a pair of reliable scales? Do you know how much the chicken weighed that you bought on Saturday, and the suggestion as absurd; you would have regarded that you bought on Saturday, and sometimes and of course you would have regarded that you bought the dressmaker had taken leave of her senses, and of course you would have regarded that you bought the dressmaker had taken leave of her senses, and of course you would have through Hause had itself though Hause had itself to be for that reason that though the through Hause had itself though the been for that reason that though the first? Had it been for that reason that they it had it been for that reason that they are something she (Ruth) had had itself that to be f engagement announcement, and had taken the first step in the beginning of a friendship between them?

Buth smited Ruth to be f engagement announcement, and had taken the first step in the beginning of a friendship between them?

Buth smited Ruth to be f engagement announcement, and had taken the first step in the beginning of a friendship between them?

Buth smited Ruth to be f engagement announcement. The food Administration Drops Regulation Restricting Licenses

Washington, March 12—(By A. P.)—The food administration announces in the support of a friendship between them?

Buth smited Ruth to be f engagement announcement. The food administration announces in the support of a friendship between them?

Buth smited Ruth to be f engagement announcement. The food administration announces in the support of a f

leave of her senses, and of course you would have regarded the design as a suggestion from one of those freakish dress reform organizations that disregarded the mode for the sake of hygiene and comfort. For here are all the things that the dress reformers were ever eager that the dress reformers were ever eager likely to he true that it was

Although green is the gala color of the Turks it is seldem found in Turkish right. This is because the Turk does not approve of the use of the color where it would be trodden by the feet.

As far as can be learned, the earliest use of the color of the nickname John Chinaman as a designation for Celestials is in "A Litter to the Committee of Management of Drury Lane Theatre" published in London just one hundred years ago.

The coming summer will mark the same color. It has a very long of the Sues Canal, one of the greatest angineering projects of the world. The six of the Sues Canal, one of the greatest angineering projects of the world. The six of the sues Canal, one of the greatest angineering projects of the world. The six of the sues Canal, one of the greatest angineering projects of the world. The six of the sues Canal, one of the greatest angineering projects of the world. The six of the sues Canal, one of the greatest angineering projects of the world. The six of the sues Canal, one of the greatest angineering projects of the world. The six of the sues Canal, one of the greatest angineering projects of the world. The six of the sues Canal, one of the greatest angineering projects of the world. The six of the sues Canal, one of the greatest angineering projects of the world. The six of the sues Canal, one of the greatest angineering projects of the world. The six of the sues Canal, one of the greatest the same color. It has a very long of the Sues Canal, one of the greatest the same color. It has a very long of the Sues Canal, one of the greatest the same color. It has a very long of the Sues Canal, one of the greatest the same color. It has a very long of the sues Canal, one of the greatest the same color. It has a very long of the sues Canal, one of the greatest the same color. It has a very long of the sues Canal, one of the greatest the same color. It has a very long of the sues Canal, one of the greatest the same color. It has a very long of the sues Canal, one of the greatest the same color. It has a

A NOVEL EMBROIDERY DESIGN FOR THE VEST



And So They Were Married

By HAZEL DEYO BATCHELOR

RUTH and Natalie eventually left, would be able to afford it, anyway, and she could go down and pay for it toincrease and have the bill canceled. Then no one need know anything about it.

Ruth decided to speak about the hat diserved it but expected to do so, of course, with scott's entire approval. Every woman

you the truth, I don't know whether to to you about it first."
get a gray or a blue," she said. "And "How much was it—eight or ten dolafter I saw the gray I thought it too lara?"

wasn't deep enough to credit any one with secret ideas on any subject. Buth took advantage of this good humor on Natalie's part and hastened to say:
"But I must have a hat, and I do know just what I want."

And so they went into the hat de
"And so they went into the hat de
"But I must have a Chaperone

Dear Cynthia—You have helped others. I wonder if you could help me?

I am only a young gir and am a to to dancer in a theatre here. I have only been dancing a little over a year now, because I am only sixteen. I am only a little over five feet tall.

Well, now to my tranks there seem, to be few denter in themselves, there seem, to be few others. I wonder if you could help me?

I am only a young gir and am a took dancer in a theatre here. I have only been dancing a little over a year now, because I am only sixteen. I am only a little over five feet tall.

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I am only a young gir and am a took dancer in a theatre here. I have only been dancing a little over a year now, because I am only sixteen. I am only a little over five feet tall.

Well, now to my tranks took and the young girs and am a took dancer in a theatre here. I have a Chaperone

"Taker lode fashioned ideas of a manitation of the few of the few of the such that the ped of them." The ped of the few of t

And so they went into the hat department and Ruth had hat after hat (The next story deals with a man's tried on her tawny head and finally idea of the cost o' a woman's clothes.) bought one, a fascinating thing, neither too large nor too small, the kind that grushed down over one eye and left haif of the other exposed. It was made of the soft black straw and had fruit bunched coup at the front. It cost twenty-two

Then the two girls went to lunch and Natalie insisted upon paying the bill, after which she went home to the ting apartment uptown, but not before Nata-lie had teld her that she had two teas on for that afternoon.

"I'm going to wear a different dress decorated with beads in the same color. The lines are very good at each," she informed Ruth childship, and then I'm going to dinner with a stencil design of a flowernot then I'm going to dinner with a stencil design of a flowernot Law bean the effect if a dressmaker some two or lifeton or twenty vears are had been the effect if a dressmaker some asked naively, looking up at Ruth with leads is applied, but the petals curving up from the surface asked naively, looking up at Ruth with leads in the some with a silk-covered w

and comfort. For here are all the things that the dress referemers were ever eager that the dress referemers were ever eager for—comfortable collaritine, sane skirt length, and a loose waistline. Well, any sketches that the referemers submitted we spoke of as meal bags, and of course by air is credited to the British, we would have regarded the sort of whose auspices the experiment made with varying success in India.

The dress referemers were ever eager it more likely to be true that it was not hecause Natalle cared so much for jack as it was because her pride suffered at having so many people know how awfully he had been in love with Ruth Rowland at one time? She gave Natalle the benefit of the doubt, however, and hoped for the beat.

The dress referemers couldn't put it was not hecause Natalle cared so much for other as it was because her pride suffered at having so many people know how awfully he had been in love with Ruth Rowland at one time? She gave Natalle the benefit of the doubt, however, and hoped for the beat.

Once at home Ruth undid the string

It but expected to do so, of course, with scott's entire approval. Every woman had asked eraftily.

Ruth flushed.

"No, I don't think so, because I am not sure just when we shall be able to come in."

And it was thus that she finally excaped, followed by Natalie.

"I don't believe you reality wanted as surt." Natalle said as they went down in the elevator. Ruth fancied that she detected a mean little tinge in Natalies votees. Not- for the world would she have had Natalle suspect the real state of affairs, and so she laughed unexpected to do so, of course, with Scott's entire approval. Every woman had asked for you," the scott's entire approval. Every woman who is married knows that feeling that seven she is the first time, the first place, my dear, you could not be in love with a boy you do not know. And the second place, I cannot know and the size you advice how to attract strange boys—excent to say—don't do it.

Object to Her Marriage

Object to Her Marriage

Object to Her Marriage

Dear Cyntha—I have been reading would write and ask your advice. I am wenty-one years old and go with an in the elevator. Buth fancied that she feeling that are entirely personal, certainty not any of the bills for have had Natalle suspect the real state of affairs, and so she laughed unexpectedly and agreed with the timer than I would usually pay you the truth, I don't know whether to

"Fron't be silly, dear." Natalic responded instantly; she was a volatile to do otherwise. She really hats cost; I don't know?"

Washable Gilcloth Doilies

Washable Gilcloth Doilles

For the cottage breakfast and lunch
table one can now buy olicloth sets of
centerpiece and doilles. They are stencled in colors, in yery attractive designs, and can be washed with a damp
cloth with the utmost ease.

Some of the designs are in conventional lines, done in blue or brown, on a
cream-colored ground. Some show
fruit in natural colors used with a stenclied outline design in black.

REMOVES LIMIT ON MEAT

tions had bee bremoved from all food-tuffs except meats. Officials said that with the abandon-tent of the hog price minimum agree-ment policy reason for continuing the heat regulations passed.



Please Tell Me What to Do .

Illas your mother a reasonate jection? Why not have the young man talk to your mother and find out what her objections are. He can probably overcome them, and if not, and the reasons are good, you had better listen to your mother.

Here a Chapterone Chapterone

well, now to my trouble. Although very young. I have had several proposals. I rejected them all, but one affected me deeply. It was one of my benefactors who loves me, but I always thought he liked me as a daughter. I don't love him, but I certainly do admire him. Also, would you receive any male visitors in the dressing room in a theatre?

CARMEN.

It would be wiser not to receive male visitors in your dressing room, and never level would be wiser not to receive male visitors in your dressing room, and never level would be wiser not to receive male visitors in your dressing room, and never level would be wiser not to receive male visitors in your dressing room, and never level would be wiser not to receive male visitors in your dressing room, and never level would be wiser not to receive male visitors in your dressing room, and never level would be wiser not to receive male visitors in your dressing room, and never level would be wiser not to receive male visitors in your dressing room in advance.

LEDGER as soon as Correspondence

Dear Cynthia—After reading the good advice you have given others. I decided to ask you to help me. I was sick for several weeks with the "fu." It was sick for several weeks with the "fu." It was level you bake given others. I decided to ask you to help me. I was sick for several weeks with the "fu." It was level you to help me. I was level you to help me. I was sick for several weeks with the "fu." It was level you to help me. I was sick for several weeks with the "fu." It was level you to help me. I was sick for several weeks with the "fu." It was level you to help me. I was sick for several weeks with the "fu." It was level you to help me. I was eleve you have given others. I decided davie you to help me. I was sick for sak you to help me. I was level you to he

Let's Hear More Views

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Dear Cynthia—I have been much interested in the letters published in your column on the subject of husbands helping their wives with dishwashing. After all, it does seem rather a vital question. The letter from the "Contented Bachelor" was the most amusing No doubt he is the smug, utter'ly self-satisfied type of man who would no more think of deign-

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BRAININESS IN A WOMAN DOES NOT ATTRACT MEN

Therefore the Clever One Hides Hers if She Would Fain Win a Man-Be Wooed and Won-After Marriage There's Another Side to the Story

THERE is a saying which runs, "Be good and you'll be lonely," which ought to be twisted around to "Be clever and you'll be lonely." This applies in particular to young women not averse to finding husbands. Men do not like clever women, or rather they are not attracted to them if they think they are clever.

The marries, just as surely does he begin to search for them after having had the prize package home for a while.

Then comes the inning of the clever woman. A man likes to display a clever wife before his friends. Somethow they are clever.

think they are clever.

In the possession of brains, or, to be more exact, in letting the world know he has brains, a man has all the advantage. A woman will sit by the hour listening to his ideas and his achievements when she hasn't any earthly idea what he is talking about. Then she goes upstairs and confides to any ready feminine ear the fact that "John C. is a wonderful talker."

BUT as for a woman with "too much D brains," frankly a man is bored with her He will call once or twice, bring around another man or two to meet this perfect whizz who can keep up a brilliant conversation all evening long; and then somehow his interest wanes. This girl will make a splen-did wife for some one else.

And the next morning with the memory of the brilliant conversation still in his mind he hies him to the telephone to see if some wide-eyed young person with a ruffly pink dress would like to go to the movies on Wednesday night.

Thus ends the reign of the clever

In spite of these obstacles, however, clover women are marrying every day. How do, they do it? By keeping their brains well under cover. If they have accomplished things it must seem to

a while.

Then comes the inning of the clever woman. A man likes to display a clever wife before his friends. Somehow the glory of her cleverness reflects upon him. There must have been something particularly brainy about himself to have won the attention of this marvel. tion of this marvel.

Thus begins the reign of the

What Fashion Says Many of the new cotton or silk blouses have wheeves of three-quarter length, with wide cuffs,

Some of the new brocade vests in the smart box coats have their lower parts gathered like a girdle.

Blouses to wear with box coats are generally of georgette embroidered with silk floss or yarn.

Theatre hats are often of the tiny Directoire style, and made of black satin and black straw with aigrettes.

The tendency is decidedly toward full flaring overskirts with tight underskirts...

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