

AN EASY WAFFLE RECIPE—STUNNING EVENING GOWN—WOMAN'S EXCHANGE—ROUGHING IT

SECRET OF GOOD, CRISP WAFFLES REVEALED BY MRS. M. A. WILSON

Proper Method of Setting Table and Serving Food for Breakfast Is Explained First of All

By MRS. M. A. WILSON Copyright, 1913, by Mrs. M. A. Wilson. All Rights Reserved. TO ARRANGE the table, using the tablecloth, for breakfast it is first necessary to cover the table with a thick cloth of washable material. This silene-cloth may be the regular table padding or it may be made from two old white bedspreads cut to fit table. Arrange the tablecloth so that it hangs evenly on all four sides. Nowhere in the household do careless and indifferent methods show so clearly as they do in a poorly arranged table. Teach Sonny that that cloth must lie smoothly and must be absolutely immaculate before he places the table service. Then arrange the silver and china as directed last week.

A small tray of china or, lacking this, a large dinner plate covered with a doily holds the sugar and cream; this makes for an attractive table. Small willow baskets can be purchased quite reasonably, and with a doily placed in the bottom a basket can be used for a bread tray.

A boy of fourteen is now preparing the breakfast for a family of four, and as most of the actual preparation is done the evening before it does not require more than thirty-five minutes to prepare this morning meal, even though waffles and hot cakes are on the menu.

The fruit is prepared and placed in the icebox and ready to be lifted on a tray and set in place in the morning. The cereal is placed to cook overnight. Waffle or hot-cake mixture is also mixed and placed in the refrigerator the last thing at night, so that all there really remains to be done in the morning is to make the coffee and prepare the other dishes.

Now for a secret about waffles. Without the slightest bit of exaggeration, I think I have more requests for a good waffle recipe than any other. The trick is to have a nice, tender and crisp waffle. My old colored mammy used to make these waffles so that they would fairly melt in your mouth, and when folks would inquire for her recipe she would say:

Piping Hot Muffins

THEY'RE delicious! That's what you'll say about the coronal muffins made the way Mrs. Wilson makes them in her new cooking movie shown at the

VICTORIA THEATRE Ninth and Market streets, all this week.

OTHER COOKING MOVIES

The other cooking scenarios that have proved so popular are being shown as follows:

Lebanon Crumb Cake

Thursday, Friday and Saturday, the Lincoln. Forty-ninth street above Woodland avenue.

Charlotte Russe

Thursday, Friday and Saturday, the Overbrook. Sixty-third street and Haverford avenue.

Queen Victoria Sponge Cake

Thursday, Friday and Saturday, Darby.

For copies of recipes ask at box office or send self-addressed stamped envelope to Editor of Woman's Page.

"Well, Ah jes' takes some frounch an' aigs and sometimes Ah adds some cream an' agen Ah-don't, and then you-all jes' have 'bout it a poweful lot. By this time th' waffle iron is about hot enuf, so Ah jes' bakes 'em—that's all."

Tricky Cindy! She knew right well that no one could make a success from that recipe and, more than that, she didn't intend that they should, for she left out the secret or trick of success. Now, you remember when the housewife cooked waffles in the days of long ago she always used the kitchen range to heat the iron; wood or sometimes coal was used for fuel. And whatever kind of fuel she used not only heated the iron, but it also heated the stove and oven, and as the process of baking the waffle was slow she just started a little ahead of time, and as fast as she had them baked she lifted them from the waffle iron and laid them on the shelf in the oven; this dried the waffle out and prevented it from becoming soft. When piled atop one another they were always crisp and tender, never soft and tough.

Keep this in mind for perfect waffles. You must place the baked waffle on the shelf of the oven and leave the door open, so that the moisture can evaporate. Do not leave the waffles in the oven any

every morning. Do you eat much rich or fattening food? That will make you stout. If you really want to reduce go on a regular diet. Any physician will outline a diet for you that will not include any fattening food.

There is no way for a girl to increase her height when she has attained full growth. However, you have not stopped growing yet, you know, and if you get plenty of fresh air and exercise you may be able to grow that three inches in the next few years. I am sure that you will be much better and much happier if you try some of these suggestions, but be sure that you don't just sit down and worry about being stout, because that will just make you worse.

To Freshen Dyed Silk

To the Editor of Woman's Page: Dear Madam—Can you tell me please how to freshen a satin messaline dress that has been dyed? It is so lumpy and sticky, it has lost that finish new silk has. I so want to use it, but as it is now it does look rather sad.

Is salts of tartar harmful to one's hair used in the rinse water, as an agent for lightening fast fading blonde hair? MIGNON.

Try steaming the silk and pressing it while still damp over a cloth. There is a dressing in new silk which comes out when it is put in water, and it is very hard to get the stiffness and body back again. If the steaming does not freshen it, try dipping it in a solution of one tablespoonful of gum arabic to a quart of water. Use cold water so that the dye will not run. Press when it is almost dry.

Salts of tartar is very drying to the hair, as any bleach is, and if your hair has a tendency to be dry it may harm it by making it brittle and lifeless. But there is no harm in it if your hair is not dry.

The Question Corner

Today's Inquiries

- 1. What is the "Mystic Art Gallery" that can be a novel feature of the Halloween party?
2. How can black silks and black cretonne be combined in attractive bags?
3. When a child is sick and cannot be induced to take liquid nourishment out of a glass, what little playful plan often makes him change his mind?
4. What makes a stainless and odorless glue for little boys and girls to play with?
5. How can bran and oatmeal be used to help beautify the skin?
6. What household staple makes a very effective dry shampoo for oily hair?

Yesterday's Answers

- 1. The birthstones for October are the opal and tourmaline.
2. The birthday "flower" for this month is the hop.
3. Broken knitting needles can be made good again by sharpening with a pencil sharpener.
4. A similar monogram to that used on an engaged girl's linen is the latest novelty for the hope chest. It is done in brass, etc.
5. When mud splashes on a black dress all the last traces can be removed by rubbing raw potato over it.
6. A Batik spread is one that has a design on it made by a certain process in printing.

Fourteen-Year-Old Sonny Can Easily Follow These Directions and Prepare Appetizing Meal

longer than five or six minutes. Send each lot to the table.

A Good Waffle Recipe

Place in a mixing bowl One cup of milk, One egg, Three tablespoons of shortening, Two tablespoons of sugar, One teaspoon of salt.

Beat with egg beater to mix and then add

One and one-half cups of sifted flour, Three teaspoons of baking powder.

Beat to a smooth batter and bake in a smoking hot waffle iron.

Another stunt for efficiently working the waffle iron is to use a new sewing-machine oil can and a vegetable-cooking oil for greasing the iron. Cleanse the can thoroughly and then let dry; fill with cooking oil and use it on the iron, just where it needs it; this will prevent a waste of shortening and fingers will not be burned.

You will also find Sonny will become very adept at baking waffles if the batter is placed in a pitcher so that he can pour it out, and by all means have the oil can ready for him to oil the iron. Once in a while serve a few slices of crisp bacon with the waffles for variety.

One cup of leftover cold cereal may be used for variety—cold-boiled rice, hominy or mashed potatoes.

The secret for an ideal cup of coffee is to first have the water just freshly boiling. This means that the teakettle must be rinsed out in the morning and fresh water placed in it and brought quickly to a boil, then poured upon the freshly ground coffee in the pot. If you use a percolator see that the water is freshly drawn from the spigot. Let the water run from the spigot for a few minutes and then measure it into the pot and place the percolator in position. Add the required amount of freshly ground coffee and a small pinch of salt. Close the percolator and place it on the stove.

Next week: Some breakfast dishes made with cereal that daughter may prepare.

A STRIKING EVENING GOWN



Photo by Joel Feder—Central News Service.

Brilliant colors are the favorites in the new evening gowns for the winter. Shimmering greens, flaming reds and various tones of violet and purple are noticeable among the popular shades. The wrapped skirt of the gown shown above has a design in metal embroidery. Metal also appears on the waist or net drawn up over a close-fitting bodice of gold cloth. The soft satin skirt is of the predominating color of the gown.

Most of the smart dresses, if not all of them, come from New York and I believe the hats follow them from there. A few skillful stitches here and a touch of handwork there, assure you of procuring a gown that will not be met with on any one else and a hat that will hold its own in any assembly.

Adventures With a Purse

THE new coat hanger is very different from the ones we are accustomed to seeing and is both unusual and useful. It is what might be called a folding hanger, or an adjustable hanger, for it is made of a number of separate blocks of wood, looking for all the world like the vestibule in one's back home. The advantage of this hanger is that it can be folded to fit any shoulder breadth, so that it will accommodate the coat belonging to the man of the house, or your own narrow-shouldered serge dress. It is lined with old rose velvet and comes all folded up in a box for \$1. It is one of those things that make a nice gift.

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DRESSING FOR THE DANCE IN THE CRUISER CABIN

Unearthed the Stern Truth About the Girl Who Said She Loved to Rough It

"MERELY because you want to put persons in the friendship or pal class," writes an analytical young man reader, "is no reason they will fit into the class you desire for them. You know, your right shoe does not fit on your left foot."

This sage little remark is equally true taken a little bit further. Frequently we put ourselves in the wrong class. For instance:

There was once upon a time a young lady who said she liked to rough it. To prove it she went camping one whole week in the naughty woods of old and came back and said to the girls: "It's great, but I wouldn't advise any one to go unless she really knew how to rough it. Of course, I had a perfectly wonderful time. You know how I am about that."

The story skips now and one month later finds our heroine in the cabin of a small cruiser. In pink satin camisole, with petticoat to match, she is standing, or rather attempting to stand, before a sea-going mirror, engaged in that intricate process only a woman understanding—looking at the back and side view of the hair with the aid of hand glasses. Ever try to do that in the cabin of a little two by four cruiser, gleefully gawking over the waves? Well, then, between ourselves, you know, it can't be done.

Our heroine was dressing for a dance to be given at the yacht club, for which the little cruiser was busily steering. Making furtive dives this way and that with the hand mirror in her right hand, she addressed another girl who was lazily sitting on the edge of the bunk.

"I don't see why they ever invited us if this is the way they expected us to dress. Why, I don't know what I'm going to do. This is just awful. I can't see my hair at all." (Business end of innocent little cruiser giving an unusual lurch) "Gracious sakes alive! If this boat does that again I'm going right in and tell Mrs. K—I can't possibly go. How you can sit there like a bump on a log when we have to be ready in fifteen minutes is beyond me."

AND the other girl smiled and pulled up the tie on her white crepe-de-chine waist and stretched over for the shoe powder. Let me tell you the inside story of both of these girls. The one who threatened to lose her mind at one minute because she couldn't see how her hair looked from the sides and back knew that there was to be a dance and was all prepared with a dainty organdie dress and all that went with it.

For a Boy's Room

There must be washable and serviceable things in a boy's room, but they may also be artistic in a crude way. Unbleached muslin is a rather good material for making covers and cushions. One good way to treat it is to make a border or center of alternating colored blocks of patchwork in dark colors—his school colors will please him. The blocks can be stitched out by machine or applied with fancy feather-stitching.

Things to Know

Before marking handkerchiefs starch and iron them. Scruffs of serim will keep clean longer than linen scarfs. A zinc covering on the kitchen table saves lots of work. For ironing dainty baby clothes a set of toy irons is useful.

IF YOU LOVE

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The Woman's Exchange

Wants to Reduce To the Editor of Woman's Page: Dear Madam—How much should a girl of thirteen and one-half years weigh? And how much should her height be? I weigh 105 pounds and am five feet one inch tall. How can I reduce? M. M. There is no prescribed weight or height for a girl of thirteen. The weight depends on the height. The correct weight for a girl of five feet one inch is about 102 1/2. You can reduce by exercising. Join a gymnasium class at school or at your church or at the Y. W. C. A. and get some regular exercise under the direction of a good teacher. But don't worry about it too much if you seem too stout. As you grow taller you will lengthen out and get more slim, too. You still have several years before it makes any difference whether you are "fat" or not.

How to Frame Butterflies

To the Editor of Woman's Page: Dear Madam—I am going to frame some butterflies and would like to know if they have to be preserved before doing so. Some one told me they have to be dipped in certain things before framing, but as I do not know what, will you please tell me if this is so, or what should be done? Will you also tell me what would be a pretty way to frame them and what kind of a frame to use? ANXIOUS.

It is not necessary to preserve the butterflies in anything before mounting them. They keep perfectly well under the glass. Just place them on cotton so that they will sink down without breaking, and put the glass over them. One of the prettiest ways to frame them is in a teatray, get a mahogany tray, or a wicker one, and put the layer of cotton down first, then lay a few dried grasses and wild flowers diagonally across the end of it. Then place the butterfly wherever you want it and fasten the glass on. It is pretty to use light blue cotton, to look like the sky, or you might use white or light blue silk, like the trays that you see in the stores. I hope you will be able to make a very attractive tray.

Worried About Getting Fat

To the Editor of Woman's Page: Dear Madam—I will appreciate it exceedingly if you would help me with the following, which worries me greatly. How can the bust be made smaller? Can you recommend anything? How can one increase her height, say, three inches? I should like to be tall, but it seems I hardly grow. What can I do? It is this that troubles me and worries me. As you see, I am a girl now, I am a girl past sixteen and I've noticed that my body is becoming stout. My face is small and thin, but my body is becoming stout. I do not like this, but I do not know what to do about it. Oh, how I do envy the slim girls! What can I do? S. D. B. Exercises will help reduce your bust. Do not start any exercises without consulting a physical culture expert, for if you try it alone you might do just the wrong thing. The best thing to do is to reduce all over and work on your muscles by exercising, so that there will be only solid flesh and no soft fat. Get some dumbbells and go through regular exercises with them every night before you go to bed and

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