

MRS. WILSON TELLS HOW TO USE CORNMEAL IN BREADS

Delicious Hoe Cake From Northern Ohio—Spoon Bread From Dixie Land Is Time-Honored and Wholesome

By MRS. M. A. WILSON

IN THE early colonial days corn was undoubtedly the article of commerce and also the staff of life. Modern milling has made it possible for us to utilize this wonderful sun-kissed golden grain the year round by removing the germ and the excess fat, which can be utilized for commercial purposes.

Cornmeal makes delicious hoe cake, butter bread, cracker bread, crackling cake, cornbread, muffins, johnnie cake, griddle cake, and I would like to see the American housewife make use of this wonderful all-American product the year round.

Mush is the most familiar form in which we find cornmeal. It is used throughout the winter as a substantial breakfast food.

The following are some recipes for surprisingly good breads made from cornmeal:

Hoe Cake

Place in a mixing bowl One cup of cornmeal, One teaspoon of salt, Two tablespoons of sugar, Two level tablespoons of baking powder, One tablespoon of grated onion.

Now pour over the meal one and a half cups of boiling water and beat to a smooth batter. Let stand until cool. Form into flat cakes as thin as wafers between the hands and then bake in a well-greased griddle for five minutes. Turn frequently. These cakes can be served with stew, goulashes and hashes in place of potatoes.

This recipe for hoe cake has come to me from an old gentleman who is about eighty years old and who is the son of one of the first settlers of Northern Ohio. His grandfathers learned to make the cake from the Indians and his mother improved upon and formulated the recipe.

Spoon Bread

Every true daughter of Dixie has her own pet recipe for this old ago-bellum delicacy. In the days of long ago, when mammy could afford to have a liberal hand with cream and rich and such, this bread was as high as a kite and must then be eaten sparingly. But old man H. C. L. has come to the "rescue" and this bread is now minus the rich ingredients, but is palatable and very good and thus may be eaten in generous portions without the danger of overheating the blood stream.

The Recipe

Place in a saucepan Two and one-half cups of boiling water, One-half cup of shortening, One-half cup of sugar, One-half cup of cornmeal, One-half cup of sifted flour, Two level tablespoons of baking powder, One teaspoon of salt, One-half cup of cold water, Two well-beaten eggs, One-half teaspoon of nutmeg.

Beat hard to mix and then turn into well-greased baking dish and bake in a hot oven for thirty minutes. The fact that it must be lifted from the dish with a spoon and served with a rascher of bacon, and thus form a delicious bread, thus gives it the name of spoon bread.

Crackling Cake

Mince five four ounces of salt pork, place in a frying pan and cook slowly until a light brown. Turn the crackling and fat into a mixing bowl and add One and one-half cups of cornmeal, One cup of boiling water, Stir until cool and then add One cup of flour, Two level tablespoons of baking powder, One teaspoon of salt, One-half teaspoon of nutmeg, Three-quarters cup of brown sugar, Three-quarters cup of milk or water, One-half cup of raisins.

Beat to mix and then turn into well-greased baking dish and bake in a hot oven for thirty minutes.

The Question Corner

Today's Inquiries

- 1. Who is Miss Emily Farnham?
2. What is the "Protopar" hat?
3. In bathing white material what will make the line easier to follow on the sewing machine afterward?
4. How should a light-colored or orange dress be washed and ironed to prevent fading?
5. What detachable addition to an evening dress will make two different dresses out of it?
6. When a hall is long and narrow what method of arranging furniture in it will make it appear shorter?

Yesterday's Answers

- 1. Judge Jean Norris, of the Court of Inferior Criminal Jurisdiction of New York, is the only woman judge of a criminal court in America.
2. Narrow black silk head is sewed in rows round the hips of a blue serge street dress to make a deep yoke that is very good-looking.
3. A plate-rack hung on the kitchen wall near the stove is a convenient place to keep odd kettle lids when they are not in use.
4. A convenient white collar for a dark summer dress is made with buttonholes that correspond with buttons on the dress so that the collar is detachable for washing.
5. Creams for small hand-made tucks can be made by running the material through the tucker on the sewing machine without thread.
6. Linoleum in a tile design of large black and white squares makes a cool, neat floor covering for the entrance of a summer house.

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greased loaf-shaped pan and bake for forty minutes in a hot oven.

Cornbread Place in a saucepan One and one-quarter cups of cornmeal, Three-quarters cup of flour, One teaspoon of salt, Two level tablespoons of baking powder, Three tablespoons of shortening, Four tablespoons of sugar, One egg, One and one-quarter cups of milk or water.

Beat to mix and then pour in well-greased and floured pan and bake for thirty-five minutes in a hot oven. This bread is delicious if baked in a narrow loaf-shaped pan. When one day old, cut in thin slices and butter and spread with a fruit mixture; form into sandwiches. For the fruit mixture use raisins, nuts, prunes; chop fine and then mix to taste, using one tablespoon, or two of sirup and one teaspoon of lemon juice.

This cornbread recipe also makes delicious muffins if baked in either the iron popover pans or cupid cups. It can also be made into corn pone if turned into a liberally greased iron roasting pan three-quarters of an inch deep, bake in a hot oven for twenty-five minutes.

The Woman's Exchange

To Remove Freckles

Dear Madam—Please tell me what is good to remove freckles. "ONE IN NEED."

There are a number of good bleaching creams on the market that are very helpful in removing freckles. Have you tried any of them? You can get them at drug stores. Lemon juice is also a good thing to use.

Wants to Know Musicians

To the Editor of Woman's Page: Dear Madam—I have been reading the women's column for a very long time and enjoyed it very much, and you have helped many others. I am a girl of twenty years of age and I would like to get acquainted with people who follow my profession and who are older than I am. I have been playing in about thirty-five theatres since six years ago until now. I played the organ since three years for theatres.

I wrote the music of a song four years ago which is in stores now making a hit. Do you think it would be a good idea if I would belong to all kinds of musicians' clubs, such as composers' clubs, organists' clubs, orchestral clubs, etc. you think I can meet a future husband in one of those places? MISS L. C.

In the business directory of the telephone book under "clubs" you will find a number of music clubs with their addresses. You would have to call them up to ask about them. They are not likely to be in the "future husband" category. You are just as likely to meet him anywhere else. But you can meet people who follow your profession, and that is always pleasant.

Some Beauty Queries

To the Editor of Woman's Page: Dear Madam—Will you kindly answer me the following beauty hints? How can I make my hair curly, as I don't wish to use a hot iron? How can I get white, shining hair and color in my cheeks? I am in good health but my face is slim, so I would like to make it look fuller. How can I remove freckles and pimples and also suggest what good inexpensive powder to use? A READER.

Unless your hair has a tendency to curl, you cannot make it really curly without using a hot iron or putting it up every night or every other night on rollers. You can buy the rollers at notions departments in any department store. If you are in good health and your skin is white and clear, color in your cheeks you should have the color, although your skin may not be naturally white. There are whiteners and bleaching creams that will help your face for a while, although nothing but health will keep it there naturally. There are skin foods that will make your face fuller if you use them regularly and constantly. Lemon juice is said to be good for freckles, although it is almost impossible to remove them entirely, but the pimples must come from some condition of your blood or your digestion. I am afraid you are not in such good health as you think. Rich food or indigestible food will cause pimples sometimes and you can get rid of them only by careful dieting.

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THIS IS THE DRESS MADE OVER THE SLIP



Having finished her under-slip, the amateur dressmaker bought some brown net and made an over-dress, trimming it with black satin belt, buttons and small loops. The hat is brown straw with a taffeta brim.

The little figure shows another possibility with the under-slip as a foundation.

A Daily Fashion Talk by Florence Rose

SURELY this design does not look much like the foundation of yesterday, but if you look closely you may see the line of the underbodice showing beneath the slip of brown net. If you don't see it you'll just have to take my word for it that the frock sketched today was made by a clever New York amateur dressmaker from odds and ends of materials that she happened to have on hand. The slip, as I showed you yesterday, she made from an old black satin skirt that was still in good condition.

The overslip of brown net fastens down the center back, as does the under-slip, the opening taking on a decorative note as it is achieved by black satin buttons and small loops. Will the wear our frocks might there was always danger in decorating the closings in this way as the strain on the buttons or loops would pull them awry and detract from their appearance. With the present easy-fitting frock there is no such danger if the buttons and loops are put on securely to begin with. The neckline is corded, as you see, and the sleeves are quite simple, just the right amount of bouffancy is achieved by a cording of the straight full skirt at the hipline at either side.

Rodice and skirt are made in one in this overslip, and indeed this always should be the case. The belt line is defined by a narrow sash of black satin ribbon. As you see, the black satin under-slip extends beneath the overslip, and this is a practical arrangement, as well as one that is attractive, for the satin gets all the wear and tear at the bottom of the skirt that the net might not stand so well. The hat worn with this model is of brown straw with a taffeta upturned brim.

The small figure at the right shows another overslip, for to a really economical and smart dress more than one overdress for your satin foundation. This one is made of white organdie, combined with odd pieces of lace. Black satin is introduced for the skirt, which fastens at the left side of the front.

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MUST MARRIED WOMEN WORK WHEN THEY DON'T HAVE TO?

Some People Object to This Because It Takes Positions From Unmarried Girls—Others Encourage It Among Trained, Experienced Women

THERE is a great deal of talk going on nowadays about the married woman in business. In former times, that is, in the "good old days before the war," women went into business almost as extensively as they do now, but they left bag and baggage, pencil and typewriter, as soon as they were married. Now it's different. It wasn't only the unmarried girls who went to work during the war. Many and many a married woman who had never even worked before she was married looked despairingly after the postman when he passed her door in the morning without leaving her anything "opened by censor"—and then briskly locked her door, and went to the "office" to forget. Some of them had to, to make enough to live on. Others wanted to, to help out the shortage of labor. Others wanted to, because it was being done.

Now that the war's over and the men are home, some of the women have gone back to housework again. Others haven't. They like the independence of having their own income. They enjoy their "jobs." They feel as if they'd "just done it" now if they didn't have any regular occupation. Yet they aren't entirely happy now, for they feel as if they're not wanted. Some people feel that married women should leave the field of business for the girls who are dependent upon their own work for their support. Married women whose husbands could take care of them are in the way; they take positions they don't need and keep other girls who do need them desperately, say these objectors. Another type of objector feels that a woman who tries to keep house and hold a position at the same time is sure to slight one of them badly, or both of them just a little. She doesn't put her whole heart into her work, they say, when part of that heart is all bound up in a seven-room apartment or an eight-room house—and the welfare of a husband.

ON THE other hand, a woman lecturer is now urging married women who have had training or experience in business or profession to give at least part of every day to it. They will be

happier, she thinks, and the world will be better off for their help. There are schools that have closed on account of the shortage of teachers and there are women all over the country who have been good, experienced teachers. Why, asks this lecturer, shouldn't the two come together? Why couldn't women be induced to arrange a part-time schedule bringing in both business and housework?

So there's the problem that stares women in the face today. On the one hand, a superfluity of women for positions, and the great desire of married women to go on with the work they started during the war; on the other hand, the unwillingness of women who have given up their work for marriage to go back to it again. The business girl who is engaged in a constant state of hickering with her friends. It feels perfectly all to support her and can't see why she doesn't want to give up the work that she loves almost as much as she loves him. The woman who is happily married feels the call upon her to help out the world by doing that work in which she is trained and experienced, yet she hates to go out from home again.

What is the solution? Will men and unmarried girls have to get used to having married, trained women "interfering" in their work? Will the world, business and professional, have to whirl around without aid from these married women who know it so well? Or will we have to work out a "fifty-fifty" kind of life, in which business and the home have equal shares?

Fashion Hints

So far the smartest tailleurs are made of dark blue serge, blue or black taffeta, or of yellow, white, rose, or green kasha, a fabric which is very popular. Many of the gilets or blouses of modern men with tailored frocks are topped with wide, turned-over, finely-plaited muslin collars, either of organdie or batiste. And many of these collars of every sort stand high across the back or open in front.

Please Tell Me What to Do

By CYNTHIA

Sorry to Refuse Florence D. T.—Introduction cannot be brought about through the column.

Try Talking to Her Ambitious—It would seem a sensible thing to talk straight out to this young girl. Ask her if she can give you any hope that your friendship may culminate in love. You are young, both you, so an engagement could wait, but it would probably make you both more comfortable to talk things over plainly.

Talk Frankly to Her Dear Cynthia—I am a young man of twenty summers and I need some of your advice. About a year ago I began to keep company with a girl about two years my junior. We got along fine until about four months ago, when for some reason that I cannot understand, she broke off. Now I see her pretty often in the street, but we have not spoken to each other since we broke off. As I love this girl very dearly, I would like you to advise me how I could approach her without making her feel that I am anxious for her, even if it is not love. M. A. Q. ANXIOUS.

"Byrne" Sticks by His Guns Dear Cynthia—Some people feel that to express their feelings forcibly, slender and inelegant language is necessary. They believe that such words add to the impetus of the letter, and convey the meaning to a much greater extent. But, as is always the case, they ultimately hurt themselves. Common sense will therefore show that the government will be forced to give money with one hand and take it back with the other. It is absolutely nothing to gain. People today who are aiding in governmental thrift are the real patriots of the hour. Conservation should be the slogan of all. We must not endanger the ideals and institutions of our government. When the public has money, whether it spends it willfully or not, prices must

stay up. Prices nowadays fluctuate according to the wealth and salary of the public. That is always taken care of. Let us suffer a little in the troughes that prices will drop to a lower level. Just a word to those who claim that a great deal of the anti-bonus men do not need the money: That may be true and then again it may be untrue. However, show me the man, no matter how rich or poor, who will refuse money. That idea is preposterous. Money is the same to every one. Do not be misled. BYRNE.

How Do They Get That Way? Dear Cynthia—the editor of the EVENING PUBLIC LEDGER may find Sidney Smith, C. A. Voigt, etc., but please do not exclude this column. From your me—and others—to read the heart-breaking, pathetic letters of your lovely contributors—in love with the only girl "stuffed" and "how can I tell if (or she) loves me"—with whom a good friend would work wonders. Another well-known laughable type of letter is: "I am a young girl of seventeen summers" (and who knows how many winters?) in love with a blonde young man three years my senior. But there are or more, who will refuse money. That idea is preposterous. Money is the same to every one. Do not be misled. BYRNE.

Storage For putting away the smaller articles, such as woolen underwear, for the summer, the thick brown paper, moth-proof bags come in handy. These can be secured in almost any department store. After the articles have been laundered they should be folded neatly and placed in these bags and then carefully sealed. As the bags are moth-proof when sealed, it is unnecessary to use any other moth preventive. They must be placed in any convenient place, if it is impossible to secure the moth-proof bags, pin the smaller articles up in old muslin, then wrap with newspaper.

Washday out of your life forever!

It is hard sometimes to believe that the thing you have wanted so long has really come true. Think of it—not another washboard backache, not another parboiled hand, not another sigh over heavy "old things" that "just won't come clean." No steamed face or wet feet and generally looking a "fright."

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