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There's a List of Practical Weights and Measurements, Too, That Ought to Be Placed Near the Mixing Table

of the Kind That Are Prepared Quickly

by MRS. M. A. WILSON had, 1922, by Mrs. M. A. Wilson, All rights reserved

lesson today will be on quick ughs. This style of bread food ds upon gases formed by chemical inpounds for the leavening mates: Baking powder, sour milk or ses and bicarbonate of soda.

The usual preparation is first, to att all flour, be it white, whole wheat, un, rye or cornmeal, before atting to measure. The reason for is that all flour and meal packs ily and must be sifted to secure proper density for measuring to mform to standard weight, thus one easuring cup of flour should weigh stactly four ounces-for four cups of four make one pound; if scooped from the bin and unsifted this cup will weigh from five and a half to six

One level tablespoon of salt or lugar weighs one-half ounce, as does bortening, water, milk or oil. One level tablespoon of flour or cornstarch will weigh one-quarter ounce. Three level tablespoons of powdered mgar will also weigh one ounce. One cup of shortening, butter, milk, Mrup, water or salad oil will weigh

trup, water or Standard Griddle Cake Formula Place in mixing bowl

Two cups of flour, One-half cup of fine cornmeal, One teaspoon of salt. Four level teaspoons of baking pow-

Sift twice and then add One and three-quarters cups of milk, Two tablespoons of shortening. Beat well to blend to smooth batter nd then bake on hot griddle. The blace in minime hour, and follow the recipe in all other ingredients. Sally Lunn Place in minime hour. and then bake on hot griddle. This amount is sufficient for four persons. To bake properly place the griddle on stove to heat before starting to mix the batter, heating slowly. When ready to bake test the griddle as fol-lows: Pour on griddle one teaspoon water, and if it immediately is and disappears in steam the gridle is ready to commence baking the The aluminum and soapstone

reased each time you bake a cake, utes in moderate oven.

Paul and Virginia By HELENA HOYT GRANT

say, forty. Any time I need a valet I'll let you know." "But they're such a help." "Think of it! Some strange simple-Luxurious Responsibilities TIRGINIA dropped the fashionable

periodical in which her pretty nose at been buried and he heard her sigh. "Oh. dear! "Now what?" is going to wear the "Paul, honey, do blue and white polka-

"Paul, honey, do hurry up and get a million dollars." "Mere trifle," he chuckled. "One mil-lion be enough?" "I think so." she said slowly. "Maybe five hundred thousand would be enough." "Ah!" "One's own maid?" "She twinkled a warning at him.

She twinkled a warning at him. "Yes-if you are a lady of fashion. Goodness, it must be wonderful to have h aid to draw the bath-water every fully and raise the shades, and to retch your tea and—"" "The shades, and to come into your bouldoir the shades ware every "Oh. hush up, honey. You know you're laughing at me. Maybe you're right about yalets—" "I know I'm right. Think of the re-But I hate tea," he interposed. sponsibility of a man who has a valet. She stared. "Silly, I'm talking about me. Don't e abeurd." Why I'd never hire a man as a valet! I'd just naturally adopt him. That "All right, I'm squelched." would be much less a burden.' "But a maid's a necessity.' "I should think so. But. honestly "How come?" "I mean if a lady has a husband who oney, mustn't it be simply wonderful to have such service, a maid to dress has a million do'lars." "They're not moral!" "Paul!" your hair every morning, and to put out your frock, and-and-ev'ry-'I insist a maid's not a moral ob-He shrugged. ject to have around the lady's boudoir. on't be so-Why it makes me-ah-sort of uncom fortable to talk about it." "And you'd have to have a valet, dear For a long moment Virginia regarded It was Paul's turn to stare. him with grave eyes. "Oh!" she said, finally, in a small "See here, you don't mean that lit-"Why, of course; if I afford the voice. "See?" could afford to have a valet." She nodded. I believe I would hate to be bothered Paul sniffed. "I could, hu "I could, huh? Well, any little old time I lose my strength I'll get a nurme. A valet? Bah!" at that 'We'l, said Paul spaciously, "just so you'll never be tempted, just this side of half a million tempted. I'll stop But all wealthy men have them, Virginia sighed hanpily and kicked a "They do? Well, here's one wealthy small contemptuous foot at the fashion able periodical. man who will probably keep his health and strength till he's an old man of, Tomorrow-The Plunge The Woman's Exchange Can You Tell? By R. J. and A. W. BODMER About Writing Stories What the Monkey Gland Operation Is To the Editor of Woman's Page: Dear Madam-A girl has written a . Transplanting glands of monkeys or mean that ultimately there is any neces-She wants to send it to a other animals into people to restore failablisher. How should she send the ing mental or physical powers is alanuscripts; I mean, shall she just fold ready more practiced than is generally them and send the pages away? Could you give a list, well not a list, but just two or three publishers?

Muffins Made From White Flour Place in mixing bowl One egg. One-quarter cup of sugar. Three tablespoons of butter.

Cream well and add Two and one-half cups of flour. Four teaspoons of baking powder, One and one-quarter cups of milk.

Beat to smooth batter to mix. Turn

well-greased muffin pans and bake in hot oven for twenty minutes.

Biscuits

The biscuit forms a dependable part of our bread food and can be made a daily part of our starchy food. A standard formula will give the basic recipe and from this can be made all varieties of both sweet and plain bis-Cuits. Place in mixing bowl

Three and one-quarter cups of flour, One traspoon of salt. Three level tablespoons of baking

meder Sift to mix. Now rub into the flour Three tablespoons of good shorten. ing.

and use one of milk, and knead to good, smooth, elastic dough. Roll out on a slightly floured pastry board, about onehalf inch thick, and cut with biscuit cutter. Place on baking sheet and bake

in hot oven for fifteen minutes. Use this same recipe for rye biscuits, using half rye flour and half white flour.

Yolk of one egg. Three tablespoons of butter. Cream well, then add Two and one-half cups of flour, Four teaspoons of baking powder, One-half teaspoon of salt One and one-quarter cups of milk

Beat to smooth mix and then cut and fold in the stiffly beaten white of the riddles do not need to be greased, but egg. Turn in well-greased, shallow pan, the old-fashioned griddle must be spread smoothly and bake thirty min-

ton suiting his own taste in deciding whether 'his marster'

who have valets. And there are white spats, and lemon-col-



is, if they are good enough would which faculty needs restoration. In . LERGER consider stories? How some cases monkey glands are used; in

toolishiy did not keep a copy of the tory, and so now she would like to tory without asking her consent or informing her? She sent him four let-tory without asking her consent or s and she did not receive an answer even one. She is afraid he will pubarrie, who wrote "Sentimental Tom-When sending a story to a publisher tached to the tissues at the point of not fold the pages. Get an envelope e enough to hold them as they are else just wrap them up very care-ly and securely in paper, and tie h string. Be sure to number them have your name and address writ-it very distinctly. You will find conditio in very distinctly. You will find list of publishers in the business of the telephone book

The EVENING PUBLIC LEDGER stories one from a syndicate. They are not accepted directly from the writers. I you will send me a self-addressed, amped envelope I will be glad to send the a list of the syndicates which the solution of blood salts. The pa-tient meanwhile is put under ether, the incision made, the gland sliced and the pieces sewn into the muscular tissues. The results of the operation are suc-ters time to read a story and the nothing you can do about the piece are known where fading men-tality, loss of vitality, loss of memory, the point without a story tory you have no way of p tory again you for it parts the gland removed and quickly placed in a solution of blood salts. The pa-tient meanwhile is put under ether, the incision made, the gland sliced and the pieces sewn into the muscular tissues. The results of the operation are suc-cessful for the object desired. Numer-ous cases are known where fading men-tality, loss of vitality, loss of memory, the paying you for it pay is nothing you for it pay tory you have no way of p the paying you for it pay to paying you for it pay the paying you for the pay the paying you for the pay the pay of the pay of

Where does the EVENING PUBLIC tion known. Glands from various ant-

she send them? girl has also sent a story to the magazines. She says she a self-addressed stamped en-She received no reply from the depend entirely upon the result to be

neck of the monkey would be planted in the story without even giving her, the worried and does not know what do. Could you please advise her? Could you give me the address of patient, and not as a whole, but is genpatient, and not as a whole, but is generally cut into slices and the parts at-

Before removing the gland thorough laboratory tests of the animal's condition are made to determine the blood condition, etc. Similar tests are made And of the patient to determine his fitness. to keep a carbon copy of every The monkey is then put under ether,

EVENING PUBLIC LEDGER stories the gland removed and quickly placed



