s. Wilson Gives Recipes for Bread

his Includes All Kinds of Muffins, Delicious Chocolate-Covered Wafers and Tasty Brown Bread

By MRS. M. A. WILSON

HE muffin, water and brown bread hatters will be our lesson today; suffins should have a fine grain, and a soft spongy texture, if they are to be accessful. The composition, of the batter, and the time for baking are the important features of this form of bread.

gift two cups of whole-wheat flour hrough the colander, and return to the four the bran that remains in the colander after sifting the flour. Now place in a mixing bowl One-helf oup of suger, Pice tablespoons of butter, yolks of three oggs.

Cream the sugar, yolks of eggs and butter, until very light and creamy, then add The prepared flour and one and one-helf cups of milh,

toups of milk, our level teaspoons of baking pow-

One teaspoon of sait.

Best hard for three minutes, then cut and fold into the prepared batter, the stiffly beaten whites of the three eggs, turn in well-greased muffin pans, filling the muffin pans about two-thirds full; bake in hot oven for twenty-five min-

Piace in mixing bowl

Pour tablespoons of sugar,

Four tablespoons of shortening,

One egg.

Two cups of flour,

Pice teaspoons of baking powder,

One teaspoon of salt,

One and one-quarter cups of milk.

Beat together for five minutes, then

turn in well-greased muffin pans and

bake in hot oven twenty-five minutes.

English Muffins

Place in mixing bowl
One-half oup of sugar,
Two eggs,
One and one-half oups of milk,
sealed and cooked to 80 degrees Fah-One-half teaspoon of salt.

Now crumble in one compressed yeast cake, and stir until the mixture is well blended, then beat with the egg beater for five minutes; remove the egg beater, she will make him sick.

the batter.

These muffins are split and toasted and spread with butter, and served with individual pots of jam or marmalade in Buckingham Palace, England.

The rings used are the old-fashioned described in the rings used are the old-fashioned described.

Two eggs, Four tablespoons of butter, or other

Olean well and add
Two and one-quarter cups of flour,
One teaspoon of salt.
Two level tablespoons of baking pow-

One and one-quarter cups of milk.

when closed it will make and bake a thin wafer.

Secure iron and wash well in plenty of soapy water, scald, with boiling water and place in the sun to dry. When ready to use heat slowly, and just before pouring in the batter, rub with a greased pad, similar to one used on the griddle. There must be no excess fat floating around or the wafer will be a failure.

The Batter west as the result of self-restraint, and in such cases you will note that the subject writes a small hand.

There is also a kind of calmness and assurance which comes from a feeling of self-reliance, the kind of calmness which marks the naturally capable perfailure.

Place in mixing bowl One-quarter cup of sugar, Yolks of four eggs. Three tablespoons of butter. Cream well until light and fluffy, now

Three-quarters cup of flour, One-half cup of rice flour, Two tablespoons of cornstarch. One and one-quarter cups of milk. Beat hard with wire whip or flat wire spoon, and the batter is ready to bake To bake place about one tablespoonfu of the prepared batter in the center of the prepared and heated iron, and close Reverse the iron, as in baking waffles, and just as soon as the wafer is a deliand just as soon as the water is a den-cate brown, remove to cloth, and roll at once, either into a cornucopia or scroll. If you desire to have the waters covered with either chocolate or nuts, it may be done as follows:

To Chocolate-coat the Wafers Melt sweet chocolate in small bowl

One teaspoon of butter to one-quarter pound of the sweet chocolate. When in liquid, take wafer in the hand and spread lightly with the chocolate, using a spatula. If you desire the Chocolate-nut covering, after you cover the wafer with the chocolate, then sprinkle with finely chopped nuts. Water icing may be used when a white icing is desired. Place two wafers together with a thick water icing, filling the cover with first chocolate, then finely chopped nuts.

For variety, finely chopped pineapple may be mixed with the nuts. Also raisins, candied cherries or ginger.

Boston Brown Bread

Poston Brown Bread

This is a batter bread, and one that if properly made, makes a splendid variety of the bread foods for every meal of the entire day. Place in mixing bowl

One cup of cornmeal, One cup of rye flour, One cup of whole wheat flour,

One teaspoon of salt.
Three level tablespoons of baking

Three-quarters cup of molasses,
Two cups of sour milk.

Beat well to mix and turn in wellsreased brown bread molds, filling the
mold about two-thirds full; close mold,
and steam for one and one-half hours.
Open mold and place in warm oven with
the door open for one-half hour to dry
off. Have the water about two-thirds
the depth of the mold, in the bath used
for steaming the bread.
One cup of raisins or finely chopped
may be added for variety.

WHAT'S WHAT



"Is it proper to send a gift some weeks after a wedding?" asks "B. V.," who adds: "The invitation was forwarded to my temporary address in Canada and arrived too late for my acceptance."

Although the conventional thing is to send gifts before the wedding, friends of the bride or bridegroom, or both who happen to have been absent at the date of the all-important event may send gifts a few weeks or even a few months after the wedding day. The beiated "regrets" for non-attendance should be embodied in a letter of explanation. It is not necessary to await returning to the States before purchasing a present. A gift bought in Canada and forwarded from a Canadian shipping point will be in itself an indication of immediate good will on the part of the distant friend. If the article selected is characteristically Canadian, all the better, as it is not so likely to be one of many duplicates.

Baby Won't Grow Much Now, Says Dr. Evans

The chief business of a child is to grow and learn things. At these two trades the young one works harder and succeeds better than the adult does with his job. But, at that, growth is not uniform at

all seasons of the year. I have always said in this column that babies, and children generally, will not grow much, and should not be expected to grow much during hot

weather. Every mother should have a growth schedule for her child, and she should try to see that the time card is lived up to at other seasons of the year except, possibly, the hot season.

If she tries to feed her baby enough to keep up this schedule in hot weather

The mother of older children will do well to disregard the schedule in hot

for five minutes; remove the egg beater, and add

Three cups of flour.

And beat flour in the mixture with spoon, when well mixed, place bowl in place free from drafts, and cover with clean cloth; let rise for two and one-half hours, then add

One-quarter cup of melted butter, and beat well for five minutes; now fill into well-buttered muffin rings and stand on table. Cover with cloth and let rise twenty-five minutes, or until the mixture is nearly to the top of the rings. Bake in hot oven twenty-five minutes.

Do not fill rings over half full of the batter.

These muffins are split and toasted and spread with butter, and served with individual pots of jam or marmalade in Buckingham Palace, England.

The mother of older children will do well to disregard the schedule in hot weather.

Two or three recent reports are only partially confirmatory of this opinion. Prof. W. T. Porter, of Harvard University, study the growth records of several thousand Boston school maximum growth was from September to January. The season of smallest gain was from February to June.

Since the schools are not in session in summer, he had no extended observations on hot weather gains.

If New York City, Gebhart studied the growth curves of 600 children.

He found that the period of maximum gain began early in August and, that between that and the end of the year the children made two-thirds of the entire year's gain.

year's gain.
In the more than seven months be-The rings used are the old-fashioned deep muffin rings—about the size of the lid of a one-pound can of baking powder. The rings are greased well and placed on a well-greased baking sheet. Deep muffin or popover pans will do it you do not care to purchase the rings.

Fairhill Muffins

Place in mixing bowl

Five tablespoone of sugar,

Two each.

In the more than seven months between January and August 15, the average gain was only half as much as during the four and a half months of the late summer, fall, and carly winter.

While these observations are not wholly confirmatory of the advice, nevertheless, they do not overturn it.

Therefore, again . . . Do not try to make your baby, or even your older children, gain much weight this summer.

Read Your Character By Digby Phillips

Selecting Calmness One and one-quarter cups of milk.

Beat to smooth batter, and bake in well-greased muffin pans in hot oven for twenty minutes.

Wafers

A receicl tron known as the wafer.

iron, is necessary for the baking of the wafer. This iron is similar in construction to the well known waffle iron, but is perfectly flat on the inside, so that when closed it will make and bake a thin wafer.

Record iron, known as the wafer conditions.

The naturally calm or placid temperament is indicated by fine rounded handwriting couples, in most cases, when the attribute is pronounced, by vertical or backhand writing.

Calmness, however in the conditions.

Calmness however in the conditions.

son. In this case you will died that the person in question writes a vertical, angular hand.

And again you have the kind of calmness which is the result of nothing but a lasy disposition, and a mentality that is not geared to high speed. In such cases as these you will find that one of the signs of that calmness is the tendency of the person to dot the letter "I" to the left.

Tomorrow-First Anipule

Bordens

Condensed Milk

for 64 years. It is just

mother's milk fails.

1231 Cherry St. L



She Always Wears Cantilevers

She wrote: "I find that I must turn back to the Pacific Coast instead of getting to New York and to the Cantilever shop there in a few days, as I had intended doing. "This means that I must do my shoe shopping by mail, because my time is so limited. But you have my size in your files. Please look it up and send me:

1 pair 2-strap black pumps—Chan heel. The standard infant food pure milk and pure sugar -the natural food when

Cuban heel.
1 pair black exford ties—low heel. "Enclosed is my check to cover

cost.
"I couldn't think of wearing any shoes but Cantilevers in my ever-on-the-go selling job. They relieve the strain and help me. Besides, I must be well shod, for good-looking feet are a business asset. So please rush my order on to catch me at this hotel by July 1st."

Here is a letter from a business woman who has learned the comfort of wearing the

antilever Shoe

for her strenuous traveling life. Note that she demands a good-looking as well as a comfortable shoe.

Cantilever Shoes meet both of these requirements. The arch is made entirely of leather. It does not have a stiff piece of steel—such as is concealed in the arch of ordinary shoes—which prevents the natural arching of your foot. The snug-fitting instep of Cantilevers gives just the right support without binding anywhere. The neatly rounded toe is fashionable, yet roomy. The low or medium heel makes possible that easy, swinging walk which characterizes the well-shod woman and is now so much the vogue.

Cantilever Shoes improve the circulation in the feet and increase the wearer's endurance.

Tomorrow is your Cantilever day wearers endurance.

Tomorrow is your Cantilever day
Start it right by purchasing a pair and
know the comfort of the woman who
wrote the above letter, Widths AAAA
to E.



CANTILEVER SHOE SHOP 1300 Walnut Street

Cantilevers are also on sale in nearby cities:
Altoona—Bendheim's, 1802 Eleventh Ave.
Asbury Park—Best Shoe Co., 607 Cookman
Camden—Curran's Shoe Store, 110 Broadway
Easton—Mayer's, 427 Northampton Harrisburg—Corner's, 24 N. 3d St.
Johnstown—Zang's, 530 Main St.
Lancaster—Frey's, 3 East King St.
Reading—Schweriner's, 432 Penn Square
Scranton—Lewis & Reiliy, 114 Wyoming Av.
Bhamokin—B, Hirsch, 416 E, Independence
Tranton—H. M. Voorhees & Bro.
Wilkes-Barre—M. F. Murray, 18 Public Sq.
Vork—The Bon Tor



Over Cunard Office

The best Summer drink-

Going Away

This Summer?

Don't forget to have us

make a record of your

that you can order it by

wire whenever you wish.

Special this week:

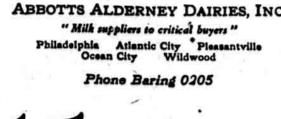
Brazil Nut Bonbons

▲ BBOTTS Cream Buttermilk with its old-time buttermilky flavor delights the tongue and refreshes the body. In hot weather Abbotts Cream Buttermilk with many people takes the place of ice water, because its coolness is more satisfying.

protected at every point by our "laboratory control."

Drink it at home and at work Keep a quart handy on ice





bbotts

Cream Buttermilk

The Wanamaker Down Stairs Store

JUNE 27, 1922



WANAMAKER'S

Cool Frocks of Voile or Dotted Swiss, \$6

Both are very airy and cool with a Summery charm that is delightfully refreshing in hot weather.

A pretty frock in Copenhagen or navy has white figures and is made with a long line bodice and box pleated skirt. Dotted Swiss dresses are trimmed with white beading and crochet buttons. They are in red, brown and blue. Sizes 14 to 18.

Pin-Dotted Voile, \$8

Navy, brown and black dresses with wee white dots show deep tucks and eyelet embroidered white organdie collars and cuffs.

Finer Voiles at \$10 and \$12.50

Soft French voile dresses in | four deep tucks and a wide sash, plain colors are trimmed only with | \$12.50. deep tucking or fagoting and come in white, rose or maize, \$10. Pin check voiles in navy, black or Copenhagen have pleated

panels at \$10. Another frock of French voile or navy blue. Sizes 36 to 46 at in black, rose, orchid or white has \$12.50. (Sketched).

Linen Frocks in Lovely Colorings, \$6 to \$15 Some are strikingly embroidered in white wool. Others have white pipings and leather belts. A variety of models in brown, green, pink, orchid, Copenhagen, white, rose and light blue. A frock is sketched at \$9.50.

Net Corselettes \$1.50

Coolest things yet devised in orsetry.

Of airy pink net, made to hook in back and finished with tape shoulder straps and four hose supporters. Ideal for hose supporters. Ideal for morning wear and for bathing. (Central)

Knickers and Middies for Girl Campers Knickers of tweed are in brown

and green mixtures in sizes for

Frocks in which a plaid is

formed by wee white checks have

sheer organdie vestees and cuffs

and sashes of taffeta. In black

junior girls and young women, \$6. White jean middy blouses in a number of braid-trimmed models, sizes 8 to 18, at \$1. **New and Pretty Bathing Suits**

the sketch.

and red pipings.

ing and pipings.

sizes 34 to 44.

to \$1.

are in sizes 36 to 44.

PLEASANT HOLIDAY

WANAMAKER'S

should look first to his clothes. It won't be pleasant if he is fuming in hot clothing. The right suits for cool comfort are here on the Gallery, marked at low Palm Beach suits, well tailored, are \$14.50.

Mohair suits are \$16.50. Creamy white flannel trousers, all-wool, are \$8.50.

Khaki-color trousers are \$1.85. Then, Looking Forward, How

Does This Sound? An all-wool suit with two pair of trousers, made to your measure-for \$40! Extra trousers may be

of the same material or of fine striped white flannel There are over 200 patterns among the fabricssmall checks, indefinite overplaids and hairline stripes,

etc. Every yard is all wool and, as one man said,

"that's a handsome lot of fabrics you have there!" A man may choose from several good conservative and semi-conservative styles. All regular sizes at this low price, with fit guaranteed to the wearer's satis-

are most practical for Summertime, we are told by many women and girls who buy them. They are so practical and easily washed (they need no ironing) that there are always plenty of fresh "nighties."

Crepe Nightgowns

At \$1 there is a particularly good style in white or flesh-pink, stitched

with color. Plenty of other styles, in white, pink or orchid or rosebud crepe, are \$1.25 to \$2. (Central)

Colored Silk Umbrellas, \$5

Sun-and-rain umbrellas and full-size umbrellas for women are in many colors. The former show many pretty plaids and the latter are in navy, green, brown, garnet, purple, black and red, heavy silk with tape edges.

Some have amber-color ends, tips, handles and rings. A delightful variety of fashionable handles, some with convenient side straps of leather.

White Organdie and Dimity Sashes 50c and \$1

Dainty for any kind of Summer frocks. Organdie sashes are of sheer quality, 21/2 yards long, and hemstitched at the ends. 50c and \$1 Dimity sashes, 2% yards long, 50c. (Central)

at \$2.50

Three delightful styles, as you'll see in

One is quite simple with flaring pockets

Another has a scalloped skirt and pip-

The third is adorned with white stitch-

All three are of twilled black sateen and

California style bathing suits in navy,

Wool Bathing Suits, \$4.50

black and brown with contrasting stripes,

Caps and Shoes

Rubber caps in a great variety are 12c

Bathing sandals and shoes are 38c to

ings of black-and-white striped gingham.

Lined with tan silk moire with (Market) three pockets. A Fine Black Leather Case at \$12 A woman's suitcase of black

cobra-grained cowhide with trim lines and a padded top. It is made over a basswood frame, for strength and lightness, and has double locks. Lined with tan or blue silk moire and equipped with three pockets.

Sturdy Luggage

Low Priced

Cobra-Grain Fabric

Suitcases, \$6

A dull-finish fabric which does not scratch easily and will stand

much hard wear. This case has good lines and is finished with a

leather handle, double locks and

lid support. Inside there is a

pocket at each side and one in the

Enamel Suitcases

With Tan Trimming

\$9.50

inches—each with double locks, tan leather bindings and handle

which are very smart looking.

Four sizes-18, 20, 22 and 24

lid. 18 to 24 inch sizes.



A Traveling Bag With Unusual Features, \$15

Typically a man's bag, made to stand hard and constant use. It is of black or brown cowhide, thick and durable, with three steel braces sewn in each side. This means that the bag can have a heavy weight piled on top and will not collapse. Leather-lined and hand-sewn.

Walrus Bags, \$15 Of heavy shrunken walrus with a sewn frame and leather lining. Most substantial in every particu-

Cowhide Bags, \$9.50

Suitable for either men or women. These bags are of strong, enduring leather in tan or black, with sewn frames, full size and wide. Corners are sewn and the bags are leather lined.

Women's Stockings, \$1 Pair Of a silk-and-fiber mixture

that looks like all-silk and is very durable. In black, white, cordovan, navy, dark gray and Russian calf, with mercerized cotton tops and soles. Open-Work Silk

Stockings, \$1.75 Pair Silk stockings of very fine quality, in pretty open-work designs, are in black and cordovan.

(Central)

Remarkable Apron Dresses at \$1

Central Aisle

Fashionable Narrow

Belts at 50c

What an array of belts—especially soft white leather belts with pearl-like buckles! White

belts are plain or perforated in several designs; black-and-white,

tan-and-white and brown belts

are all here-in various lengths

for sweaters, frocks, suits and

Regular and Extra Sizes

Imagine a generously cut apron of two-tone checked gingham for only \$1! It is trimmed with rickrack braid and is a good model for either slender women or those who wear extra sizes. The gingham is in light colors.

The apron pictured on the left is made of checked percale in blue, pink, lavender or green. It is trimmed with white pique and is in regular sizes only.

Many other styles of these cool, convenient apron dresses, made of ginghams or percales, at \$1. (Central)



It is made fresh every day and

ABBOTTS ALDERNEY DAIRIES, INC.

Black surf satin bloomers with wide \$1.90 pair. bands that button at the knees. (Surf Store, Market) Linen-Finished 200 Little Boys' Tub

Suiting, 30c Yard This admirable material for sports suits, jumpers, skirts, etc., is in good shades of rose, pink, green, orange, amethyst, tan and blue. 36 inches wide. (Central)

Bloomers, \$1.25

White Tub Silk \$1.25 a Yard

Good weight and an excellent quality for blouses, dresses, men's shirts, little girls' frocks, women's dainty underclothes (especially slips and petticoats), men's pajamas, etc. 33

point of white leather welts.

inches wide. (Central)

Suits at \$1.75 Excellent value! The suits are in two sailor styles, trimmed with black or white braid. Little

straight trousers are of blue, green, gray or tan heavy gingham suiting. White sailor blouses are of fine jean with embroidered emblems and colored collars and Some of the suits are buttonon style. Others have button-

down blouses with wide white bands and lacers at the sides. Sizes 3 to 8 years.

They are all especially well tailored for suits at this price.

Women's White Pumps and Oxfords at \$6.50

Well-made, comfortable low shoes, on good lines, are of fine-grained white canvas, neatly finished inside

Pumps are in Mary Jane style, with instep strap and low covered heels. Oxfords have straight tips and covered Cuban

Both have serviceable soles, with the extra good