



Reading for Women and all the Family



How to Conserve

Canning and Packing For Winter's Use Explained in Detail by National War Garden Experts

Every housewife knows by this time that it is her patriotic duty to save wheat. She knows the "why" of wheat-saving. What she wants to know more about is the "how."

"Must I tear up all my old and faithful bread receipts and learn all over again?" she asks gropingly.

Not at all. But every housewife who would bake good war bread should study and know well the best combinations of substitute flours and the quantity necessary to use for the amount of wheat flour called for in her old receipt.

It is just such problems as these that the experimental kitchen of the Food Administration and Department of Agriculture are constantly working out. This information is then passed on to the country's housewives.

To mix two of the substitute flours has been found to give better results than to use any one of them alone.

For instance, rolled oats or barley flour or buckwheat flour or peanut flour or soy bean flour combined with corn flour or rice flour or potato flour or sweet potato flour or cornmeal is better than any one of these by itself.

The substitute flours vary in weight and where your old receipt calls for two cups of flour do not think that

you can, therefore, use one cup of the substitutes and one cup of another and have the same consistency of bread dough as with the two cups of wheat flour. The following table will show the fractional amounts of these various substitute flours required to equal one cup of wheat flour.

- Barley 1 1/4 cups
- Buckwheat 3/4 cup
- Corn flour 1 cup (scant)
- Cornmeal (coarse) 1 cup (scant)
- Cornmeal (fine) 1 cup (scant)
- Corn starch 1/2 cup
- Peanut flour 1 cup (scant)
- Potato flour 1/2 cup
- Rice flour 1/2 cup
- Roll oats 1 1/2 cups
- Roll oats (ground in meat chopper) 1 1/2 cups
- Soy bean flour 1/2 cup
- Sweet potato flour 1/2 cup

Decide first what two substitutes you are going to use, look at your table and determine the equivalent amounts necessary and then divide accordingly. For instance, if for two cups of wheat flour, as the old receipt reads, you are using barley flour and corn flour, you would use 1 1/4 cups of the barley flour and 1 scant cup of the corn flour.

Even with these equivalents determined as closely as possible, the batter will often look too thick or too thin. But do not be discouraged, for, if you have measured accurately, the result after baking will be a successful war bread.

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, snake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

Lemon Juice For Freckles
Girly! Make beauty lotion at home for a few cents. Try it!

Bringing Up Father

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By McManus



The Plotters

A New Serial of East and West By Virginia Terhune Van de Water

(Copyright, 1918, Star Company.) Elizabeth Wade stood at the window of her bedroom in the old farmhouse, listening for the sounds of wheels. Her face was flushed with excitement, her eyes sparkled.

Yet, now and then, she drew her brows together in anxious thought as she reflected on the many instructions her brother had written.

So much depends on my doing as he directs," she sighed, as she undertakes a big contract. But if it goes through all right, it means money and success for dear old Douglas.

She glanced about the comfortable room in which, as a child, she had spent many happy hours. At all events, she could always seek refuge here when she was tired of the part she must play.

The farm was at the top of a hill over which ran the road of the nearest railway station at Midland, seven miles away. A lawn in front of the house sloped down to the gate. Across the road, upon which this gate opened, was the huge barn that had stood here for forty years.

The meadows fell away beyond the barn to a small lake where were a couple of flat-bottomed boats belonging to the Wade farm.

For years, Amos Chapin, farmer and caretaker, had acted as proprietor here, until he felt almost as if the place belonged to him. Elizabeth had never quite trusted Amos. She felt that he was always hoping that eventually, young Wade must sell his property cheaply, at which time Chapin would buy the place. Certain it was that he had taken no pains to make the farm attractive to the possible buyer who might come to the neighborhood.

For this reason Elizabeth was glad to have John Butler on the scene this summer. While he was here, Amos could not have things completely his own way.

The girl was, however, fond of Mrs. Chapin. She was sure the kindly soul was not aware of her husband's schemes—if these existed. She was a placid, motherly woman, whose one son, Clifford, had gone out to Chicago ten years ago and came home seldom. Elizabeth had not seen him since she was a little girl.

The Carriage Arrives
As she mused on these things the rumble of wheels over the bridge far down the road brought the driver back with a start to the present situation. Running hastily downstairs, she entered the great, airy kitchen, where Mrs. Chapin was picking over the lettuce for supper.

The farmer's wife greeted her with a smile. "Well, dearie," she began, "I am just going to wash the lettuce."

"The carriage is coming," Mrs. Chapin interrupted. "Now remember that I am the daughter of our first cousin in Mauch Chunk, Pennsylvania, and that I have come here to visit you this summer, and to help about the house. My name is Lizzie Moore—don't forget! You are to call me 'Lizzie'."

Mrs. Chapin laughed nervously. "I'll try to remember, dear. I know

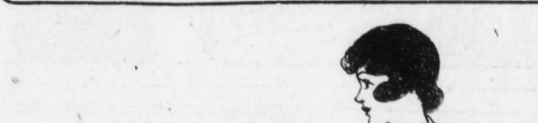
that Amos will remember all right, for he's more clever than me."

"And you must be sure to order me about as if I belonged to you," the girl went on. "And if your son comes on to see you this summer you are not to tell even him the truth—understand! He is to think I am the second or third cousin he pines for—if then, I hope I look all right!" she added eagerly.

There was a mirror over the kitchen sink, and she peered into it. Her fair hair was coiled closely at the back of her head, but some short locks refused to be confined and curled persistently about her face. She wore a plain house dress of blue gingham with white collars and cuffs.

FASHION'S FORECAST

(By Annabel Worthington)



It is a pleasure to wear a dress like the one pictured in No. 8867, for one can be patriotic and fashionable at the same time. The dress has the new narrow lines and requires only a very moderate amount of material for making. The overblouse is separate and it closes at the left shoulder and under the arm. The two-gored skirt is of the same material as the overblouse and it is gathered to the slightly raised waistline. The waist has the sleeves set in without fulness and the long sleeves are gathered into deep cuffs trimmed with the contrasting material.

The miss' or small woman's dress pattern No. 8867 is cut in three sizes—16, 18 and 20 years. Width at lower edge of skirt is 1 1/4 yards. The 16 year size requires 3 yards of 36 inch plaid material, with 1 1/4 yards of 36 inch contrasting material. Price cents.

This pattern will be mailed to any address upon receipt of 12 cents in stamps. Address your letter to Fashion Department, Telegraph, Harrisburg, Pa.

Martha" to me. There—I hear Mr. Chapin—I mean Cousin Amos—calling you!"

"My, my, such doings!" the elderly woman muttered, as she hastened out to the front door in answer to her husband's summons.

Elizabeth left behind in the kitchen, peered out from the vines screening the windows at the young man who was descending from the

depot wagon, his bag in his hand. "He is surely a cadaverous looking specimen!" was Elizabeth Wade's mental comment. "I wonder if Douglas is right in thinking that it is only nerves that ails him. But of course he is right," she reminded herself loyally. "Douglas always knows what he is about. He could not have been mistaken in this diagnosis. And I am going to try to do just what he orders. I have wanted to do something to help him and to show my love for him—and here is the opportunity. I must make good."

"Will you come up to your room now?" she heard Mrs. Chapin saying in her pleasant voice. So much was at stake! But she must see this thing through!

"It's the first door at the head of the stairs on your left," Amos said. "I guess he can find his way up alone, Mother."

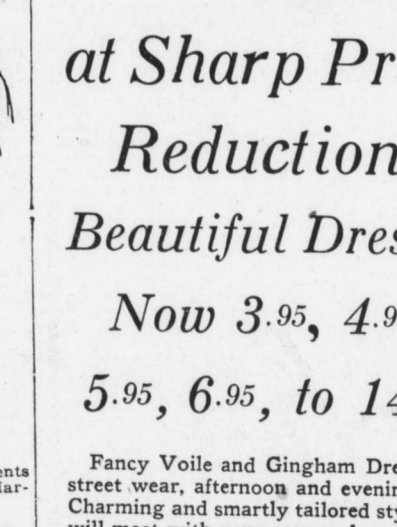
"No, I'll show him," the matron insisted. It was evident that Mrs. Chapin stood in some awe of Dr. Wade's protegee, and that her husband did not.

Elizabeth wondered if this elderly couple would be able to act the part assigned to them by her brother. She had certainly given them their instructions often enough. Amos was a better actor than Mrs. Chapin. If only he did not turn ugly!

She had a sudden panic-like feeling of responsibility. So much was at stake! But she must see this thing through!

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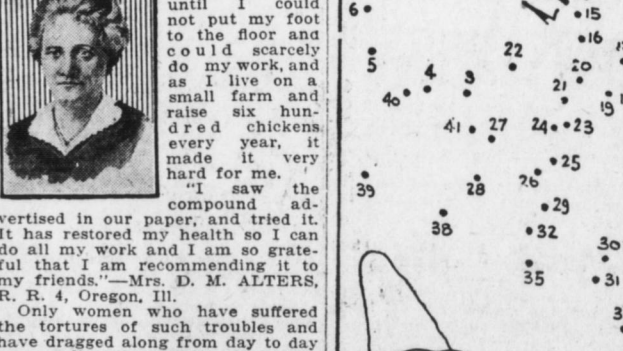
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