

# Waffles and Griddle Cakes

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By Mrs. Belle DeGraf, Director, Home Service Bureau, Sperry Flour Co.

The batter for both waffles and griddle cakes is of about the same consistency. Many persons prefer a somewhat substantial griddle cake although the very thin ones are considered the best by epicures. The griddle cake batter does not require shortening.

Waffles require the thinnest of batters. If it is not thin the waffle will not be crisp. The most efficient way of putting a batter together is to sift all of the dry ingredients, then combine with the liquids, (this includes eggs) and beat well with an egg beater. For a very light batter the eggs should be beaten separately, the yolks mixed with the milk, then added gradually to the dry materials; the melted shortening is then beaten into the mixture, and the stiffly beaten egg whites folded in last.

Beating the whole egg until light, then adding the milk and combining with the dry ingredients, and beating until smooth with the egg beater is a much easier method and will prove just as satisfactory, although perhaps not quite so airy as the first method. The Master recipe will make 6 waffles. Now with these proportions in mind the housewife need not refer to a recipe but can make any number of waffles desired. If sour milk is used take only one teaspoon of baking powder and add 1/4 teaspoon of baking soda to neutralize the acidity of the sour milk. If the milk is quite thick it may be necessary to use a little more than one cup in order to get the batter thin enough.

When eggs are scarce or high in price 1 egg only can be used for two cups of milk, flour, etc. In that case 1/4 cupful more milk should be used to make the batter of the right consistency. Cooked rice or other left over cereals may be added to this batter to give variety. In that case use 1/4 cupful of the cooked cereal, and 3/4 cupful of flour, instead of the full cup of flour given in the foundation formula.

**To Bake Griddle Cakes.**  
A soapstone griddle gives the best results. It should never be greased. When new it may be a little difficult but never grease it or you will always have to. An aluminum griddle is the same also. A little patience when these griddles are new will be amply rewarded in the absence of smoke and much better cakes. An iron griddle must be greased but very lightly.

Place the griddle over the heat while you are mixing the batter. It should be very hot. If fat is used rub it on with paper or use a piece of salt pork on the end of a fork. Either of these methods will eliminate excess fat which will gradually burn and cause much smoke. Make small griddle cakes for they are easier to turn and to bake. Bake until top is puffed up and full of bubbles and the edges cooked. Turn and cook on other side. Never turn griddle cakes but once or they will be heavy and tough.

**Master Recipe.**  
2 Cups flour,  
4 teaspoons baking powder,  
1/2 teaspoon salt,  
1 egg,  
1 1/2 cups milk,  
1 tablespoon sugar,  
1 tablespoon melted shortening.

**Waffles.**  
Use the Master recipe, making these changes: Beat eggs separately. Add the milk to the beaten yolks, combine with sifted flour and baking powder; beat with egg until smooth, then add 1 tablespoon of melted butter. Beat this into the batter, then remove egg beater and carefully fold in the stiffly beaten egg whites. A thin waffle batter will make a very crisp waffle. If you wish that type use 2 cupfuls of milk.  
The waffle iron should be well heated, then brushed on both sides with melted shortening, unless you are using an electric waffle iron which needs no greasing. This amount will make about 8 waffles.  
**Popovers.**  
It is a far cry from griddle cakes

to popovers. Yet this hollow muffin-shaped bread is made from the griddle cake Master recipe with very few changes.

Use only 1 cup of flour, 1 cup milk, 2 eggs, 1/2 teaspoon salt and 1 teaspoon of melted butter. Put flour and milk in a bowl and beat until smooth, add 1 egg unbeaten and beat mixture 1 minute; add other egg and beat again, then add melted butter. While mixing popovers have custard cups or iron muffin pans heating. They should be hot. Grease well just before adding batter. Fill 2-3 full. Bake in a hot oven (400 degrees F.) for 15 minutes, then reduce heat and bake 20 minutes longer. If popovers are not thoroughly baked they will not be dry and hollow—and will fall after being removed from the oven.

If you are interested in these Master recipes, Mrs. DeGraf will be glad to send you her free booklet "80 Food Delights from 8 Master Recipes." A request to Mrs. Belle DeGraf, Director, Home Service Bureau, Sperry Flour Co., San Francisco, Calif., will bring it to you.

## LOGGING, LUMBERING CONTINUE ACTIVE

Employment Volume Drops, However, As Many Seasonal Industries Approach Slack Season.

Portland, Oct. 29.—(Special)—The approach of the slack season in many west coast industries, and the influx of men from the north and from districts east of the mountains, are becoming noticeable in the fewer jobs being offered and the increasing number of idle men on skidroads of the larger employment centers, according to the 4L employment letter issued here today. Much the same condition holds true in the Inland Empire districts.

Logging and lumbering activities however, show but slight signs of slackening, the letter said, and with the settlement of the Aberdeen strike of sawmill workers late last week, 90 per cent of single shift sawmill capacity is now in operation. The strike was settled when by a vote of 4 to 1 the strikers agreed with companies to a \$3.75 minimum wage in place of the former minimum of \$3.25. Original demands of the strikers were for a horizontal increase of fifty cents per day for all workmen.

Nearly all large logging camps in the fir districts are operating, the 4L letter said, and the shortage of experienced loggers which was felt during the past month has disappeared. General construction work is in less volume than it was last month. This year's highway work, except in a few localities, has been completed. The fruit season is over. The tapering off of these and other smaller industries are steadily decreasing the general volume of employment in the Pacific northwest.

## MONKEY BUSINESS CAUSES INCREASED ENROLLMENT

University of Oregon, Oct. 29.—(Special)—The evolution controversy has caused a big increase in the study of geology at the university, according to Dr. Warren D. Smith, head of the department.  
An increase of approximately 50 per cent is shown this year, Smith said. There are 220 students taking general geology. "So much has been said about the harm that comes from the study of evolution, that students are

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beginning to wonder what it is all about and as a result are investigating courses dealing with the subject."

In the school of law an increase of 157 students is reported this year. At present 297 are majoring in the school.

## STAR AND DURANT PRICES ARE LOWERED

Reduction of both the Star standard sedan and coupe \$70, which marks the second price cut within the past two months, is the announcement made by W. H. Adrian, local Star and Durant dealer, and records one of the most important price announcements in the low cost car fields, since previous prices were considered at rock bottom levels for these two popular makes.

The Star standard sedan and coupe are equipped with four wheel brakes and balloon tires, these two factors alone mean that the low cost car buyer obtains these features which are found only as standard equipment in the higher priced cars. These two Star models have also all of the other well known mechanical features identified only to the Star cars, such as the "million dollar motor" and today gives the Star car buyer values at a new price mark that is bound to be one of the outstanding announcements in the automobile field for some time.

SPECIAL PRICE on plate work. Dr. N. W. Emery, dentist, Sutton Bldg.

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## RED CROSS AID TO VETS MOUNTING

Heavier Demands for War Service Laid to New Legislation Granting Wide Benefits.

### ACTIVE FORCES AIDED ALSO

Duty to Ex-Service and Service Men First Responsibility of the Red Cross.

A marked increase in the service given by the American Red Cross to ex-service men, through Chapters, hospitals, Government and Red Cross offices during the past year, and which volume is expected to be maintained during most of the fiscal year ending June 30, 1926, is shown in the reports of the war service activities of the organization, just completed.

Service to the disabled and to men now in active service continued to be one of the primary obligations of the Red Cross. The increased activities in this regard were attributed largely to the legislation giving new benefits to ex-service men.

The keystone of the Red Cross service lies in the Home Service work of the chapters to veterans and men still in service. At the close of the fiscal year June 30, 1925, 2,591 Chapters were active in this work and had expended approximately \$2,237,000.

Included in their work was assistance to ex-service men in making out adjusted compensation papers, in the handling of claims reopened, or made possible under liberalized terms of the World War Veterans' Act of 1924; and in many other ways.

An unusual amount of legislation passed by Congress and State bodies has necessitated the issue of much new material in the past year. Legislation was passed during the year liberalizing conditions applying to hospitalization, compensation and other benefits under the Veterans' Bureau; this in turn has entailed reopening of many claims formerly disallowed, filing of many new ones, and many applications for hospitalization. The Claims Service at National Headquarters this year handled 17,506 in comparison with 12,010 cases the previous year.

Increased service to men in hospitals was noted, as well in the number of hospitals in which service was maintained by the organization. Due to new legislation an increase of over 6,000 patients were admitted for hospitalization, a new peak approximating that of March 1922. Since a large number of this group includes patients not eligible for compensation, the solution of their personal and family problems has involved careful study by the National Organization.

There are 30,000 disabled ex-service men in Government hospitals every day of the year, and their need has directly led to a revival of the best-known and perhaps most popular activity the Red Cross sponsored in war—a new campaign for knitted "Red

Cross sweaters." These articles are among the few not furnished by the Government.

For the men still on active duty in the Army, Navy and Marines, the Red Cross during the year maintained Field Directors at all important stations, camps, and hospitals of these armed forces of the country.

A monthly average of 96,931 service and ex-service men were aided by the Red Cross during the year.

The man in service, and the man who has served his country are among the primary responsibilities for which the American Red Cross is chartered by Congress. Nevertheless it has many other obligations and it is on this basis that an appeal will be made for a larger enrollment than ever during the Annual Roll Call, Armistice Day, November 11, to November 26.

Dr. S. Ralph Dippel, Dentist, Vitus building, Springfield, Oregon.

W. A. Hemenway, The Rawleigh Man, (The Willow) South 2nd.

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## A Happy Hallowe'en Party

If you plan to have a Hallowe'en Party or merely wish to decorate your home for the occasion

### October 31st

you should select the essential novelties from our stock. We have

### Crepe Paper, Hallowe'en Favors, Cards, Candy Boxes, Etc.

If you wish we shall be glad to make suggestions regarding special decorations. Don't disappoint the young folks. Make your selections early.

## Special Round-trip Fare to the Pacific Livestock Exposition

Round-trip ticket to Portland at reduced fare will be on sale Oct. 29th to Nov. 7th, final return limit to November 9th, 1925.

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