



Domestic Science Department

Conducted by
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Domestic Science Director
Sperry Flour Co.

HOW TO MAKE TOOTHsome GRIDDLE CAKES, MUFFINS AND WAFFLES

Muffins, waffles and griddle cakes are sometimes called quick breads, because they are made and baked at once. This mixture is called a batter, and is divided into two classes, thin or thick, according to the use for which it is to be put. Thin batters are used in making waffles, griddle cakes, and one class of fritters; muffins, gems and corn breads require a somewhat thicker batter. Equal amounts of liquid and flour make a thin or pour batter. One-half as much liquid as flour gives the thick or drop batter. In making doughs or batters it should be remembered that the air which is folded or beaten into them, is of great assistance in making the article light. Too much baking powder makes them dry.

The most simple and efficient way of putting a batter together is to mix and sift the dry ingredients first, then to mix the liquid and the well-beaten yolks of eggs, and then combine mixtures. If using shortening add melted, and at the last fold in the stiffly beaten whites of eggs.

Eggs Beaten Separately to Attain Lightness

Eggs should always be beaten separately when lightness is desired, but if time is limited the result will be satisfactory if eggs are beaten together.

For waffles the iron should be well heated, and brushed on both sides with melted shortening. For griddle cakes the griddle should be heated, and if not soapstone or aluminum, greased. Drop batter by spoonfuls and when puffed and full of bubbles and cooked on the edges should be turned and browned on the other side. Never turn griddle cakes but once, otherwise they will

be heavy. Have muffin pans hot and greased well. Heavy pans will give much better results than tin. Fill the pans only two-thirds full, and if any are left unfilled they should be filled with water to prevent burning. Muffins and corn breads need a moderately quick oven and should bake about twenty-five minutes.

Oven Thermometer Will Be Found Convenient

For the inexperienced housewife who does not possess a thermometer there is an old-fashioned method which gives satisfactory results. Place a piece of white paper in the heated oven and close the door. If in three minutes the paper turns a golden brown the oven is moderately hot.

Directions Given for Manipulating Molds

Timbale cases are a thin batter; plain and fluted irons of different shapes mounted on a long handle are used for shaping the cases. They are fried like doughnuts.

To use the iron, place in the hot fat and allow to heat about five minutes, then drain and dip into the batter to half an inch of the top of the iron, return to the fat and fire until crisp and a golden brown; remove from the fat, take timbale case from the iron and turn upside down on a paper to drain. If, on dipping the iron into the batter, the mixture does not cling to it, the iron is not hot enough. If the fat sizzles, and the case spreads and drops from the iron, the mold is too hot. Have the batter in a cup, as it will be much easier to cover the mold. These cases are filled with any creamed mixture. They can be made in advance and reheated in the oven.

split open, toasted, buttered and put together and served at once.

Popovers.
One cup milk, one cup flour, half teaspoon salt, two eggs, one teaspoon melted butter. Add flour and salt to milk and beat well with an egg beater. Then add one egg at a time unbeaten, beating well, and add melted shortening. Have iron muffin pans or custard cups very hot, grease well, pour in popover batter and bake in a medium hot oven about forty minutes. This amount makes twelve popovers. Care must be taken not to take from the oven too soon or the popovers will fall.

Pancakes.
One cup flour, two teaspoons baking powder, half teaspoon salt, one egg, three-quarters cup milk. Follow general method of preparation.

Waffles.
Use pancake foundation, using one cup of milk and one tablespoon of melted shortening. Follow general method of preparation and bake as directed. Waffle batter is a little thinner than that for pancakes.

Fruit Fritters.
Use pancake foundation. Have fat hot enough to turn a piece of bread a golden brown while you count forty. This fritter batter is to be used for bananas, cooked pineapple, or any cooked or quickly cooked fruit. The sliced fruit is given a coating of the batter, then fried in deep fat as directed. Drain on paper and sprinkle with powdered sugar.

DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION

Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so food and drink taken each day leaves in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking, and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowels pores do.—Adv.

More than four thousand cars of apples were shipped this fall from two counties of Arkansas.

NOTICE
I am now prepared to furnish Shasta Sand from the Hooy, Calif., sand and gravel pit, in any quantity that may be desired by contractors and builders.
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FIGURES SHOW HOW RED CROSS FUND WAS SPENT

Washington, (Special).—Through a complete report of the work of the American Red Cross in the war by Chairman Henry P. Davison, on behalf of the war council, the organization on the eve of its annual enrollment of members during the Third Red Cross Roll Call, November 2 to 11, has rendered an accounting of the many millions given it by the American people to help our fighting men and our allies. The statement is, in part, as follows:

"The war council of the American Red Cross is now prepared to make a complete accounting to the American people of money contributed and expended, as well as the work done by the American Red Cross during the period in which the war council was in control of its affairs. The war council was appointed May 13, 1918, and went out of existence February 28, 1919.

"It was the practice of the war council to give complete publicity to its policies and finances, but it is only now that a picture of the war period as a whole can be presented. It is the feeling of the war council that a report in this summarized form should be made directly to the public which provided the money and gave the effort which made the American Red Cross a success.

"A statement of the American Red Cross effort and finances since the war council relinquished its control will be made to the public through the executive committee, and it is important, therefore, that the fact that this report covers the period only until March 1, should be carefully noted."

Following are certain round figures covering American Red Cross participation in the war, as revealed by the war council's report:

Some Outstanding Figures.

Contributions received (material and money):	\$400,000,000
Red Cross members:	
Adults, 20,000,000:	
Children, 11,000,000:	31,000,000
Red Cross workers:	8,100,000
Relief articles produced by volunteer workers:	371,577,000
Families of soldiers aided by Home Service in U.S.:	500,000
Refreshments served by canteen workers in U.S.:	40,000,000
Nurses enrolled for service with army, navy or Red Cross:	23,822
Kind of comfort articles distributed to soldiers and sailors in U.S.:	2,700
Knitted articles given to soldiers and sailors in U.S.:	10,900,000
Tons of relief supplies shipped overseas:	101,000
Foreign countries in which Red Cross operated:	25
Patient days in Red Cross hospital in France:	1,155,000
French hospitals given material in France:	3,780
Spills supplied for American soldiers:	294,000
Gallons of nitrous oxide and oxygen furnished French hospitals:	4,340,000
Men served by Red Cross canteens in France:	15,376,000
Refugees aided in France:	1,726,000
American convalescent soldiers attending Red Cross movies in France:	3,110,000
Soldiers carried by Red Cross ambulances in Italy:	148,000
Children cared for by Red Cross in Italy:	155,000

Of the \$400,000,000 in money and supplies, contributed to the American Red Cross during the twenty months the war council was in existence, \$263,000,000 was allotted to national headquarters, while \$137,000,000 went to the chapters to finance their activities. Expenditures in the twenty months totalled \$273,000,000, divided as follows: By national headquarters in France, \$57,000,000; elsewhere overseas, \$34,000,000; in the United States, \$45,000,000; by chapters in the United States, \$43,000,000; cost of chapter-produced articles distributed in France, \$25,000,000; elsewhere overseas, \$8,000,000; in the United States, \$28,000,000, making total expenditures in France, \$82,000,000; elsewhere overseas, \$72,000,000; in the United States, \$119,000,000.

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The recent actors' strike in New York caused a loss to the theatres of over \$2,000,000.

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Thrift and Little Things

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The shortest people in the world are the Laplanders; the tallest are the Patagonians.