



### Domestic Science Department

Conducted by  
**Mrs. Belle De Graf**  
Domestic Science Director  
Sperry Flour Co.

#### GETTING THE RIGHT FOUNDATION FOR BISCUIT-MAKING

It is of great advantage to use one foundation recipe to make a number of different dishes.

Using this method when possible will teach you that there are certain things essential for success, but that variety can be given by adding other ingredients which are not essential. And it is upon these non-essentials that the housewife has the opportunity to use her skill and originality.

For example: It takes flour, leavening liquid, shortening and salt to make biscuits. These in the proper proportions are essential, but by adding raisins, cinnamon and sugar, all non-essentials, you change your plain biscuit into a cinnamon roll.

##### Biscuit Mixtures Should Be Served While Fresh

Perhaps you have never stopped to consider the possibilities of the ordinary biscuit dough. This mixture is easily adaptable to variety.

It is quickly mixed and baked and has the advantage of being one of the most inexpensive mixtures to make. Many very palatable sweets can be prepared from this dough, besides several varieties of bread.

However, you must bear in mind that biscuit mixtures, to be at their best, should be served while fresh. A heavy biscuit is usually due to inaccurate measurements and too slow an oven. This class of dough takes a hot oven; in fact, this applies to most all breakfast breads. Then the amount of baking powder for the quantity of flour must be correct.

When sweet milk is used always remember that two level teaspoons of baking powder are used to each cup of sifted flour. This never changes, no matter how many cups of flour you are using.

##### Soda Should Not Be Dissolved in Sour Milk

There should be no taste of baking powder in the finished product. If there is, then your measurements have not been level, or you are using a very poor quality of baking powder.

When using sour or buttermilk, then soda will be your leavening agent. In that case remember that one-half a teaspoonful of soda is used to each cup of sour milk. Or you can use one-fourth teaspoon of soda, to neutralize the acidity of one cup of sour milk and one tea-

spoon of baking powder to each cup of flour.

Never dissolve soda in the sour milk, as that process releases the gases too soon and the dough will be less light. Always sift the soda with the flour for biscuit doughs. Sour milk can be substituted for sweet milk in any recipe if these rules are followed.

When you are using a cream-of-tartar baking powder or soda, the mixture should be put into the oven as soon after mixing as possible, if the best results are to be obtained; both of these leavening agents begin to act as soon as the liquid is added, and if the dough is not baked at once your finished product will not be as light as it should be.

Too much cannot be said about the importance of careful measuring. If you expect uniform results do not guess at quantities, nor use the ordinary household cup for measuring. In all recipes a half-pint measuring cup is used. These cups are divided into halves, thirds, and quarters and are essential in every kitchen. They come in tin, glass or aluminum and are very expensive. To measure a cupful of dry ingredients, fill the cup with a spoon or scoop and level off with a knife.

To measure a teaspoon or tablespoon of dry materials, dip spoon into the ingredients and level off with a knife. For half a spoonful, fill spoon and divide lengthwise. A cup of liquid is all it will hold. A spoonful of liquid is all it will hold. Shortenings should be packed solidly into the cup.

##### Fat Always Meant in Use of Term, Shortening

Your success in cooking will depend largely upon accuracy in measuring, and this seems to be the one point the average housewife is careless about. If your measurements have been carefully made, the results should be satisfactory and uniform.

In the accompanying recipes the term shortening means fat, any kind you may prefer. Half butter and half lard always give satisfactory results, but butter is very expensive, and many people do not like lard. Most any of the substitutes for either one will be found satisfactory.

Note: All measurements are level. A standard half-pint measuring cup is used. Flour is sifted once before measuring.

#### BISCUITS AND VARIATIONS OF BISCUIT DOUGH

##### Baking Powder Biscuits

Two cups flour, 1 teaspoon salt, 4 teaspoons baking powder, 2 tablespoons shortening, 3-4 cup milk or equal parts of milk and water.

Mix and sift dry ingredients; work in shortening with knife or finger tips. Gradually add the liquid, mixing with a knife to a soft dough. Toss on a floured board, pat or roll lightly to one-half inch in thickness, cut with biscuit cutter, place in pan, brush over the top with either melted shortening or milk. Bake in a hot oven 12 to 15 minutes.

##### Apricot Shortcake, Marshmallow Sauce

Follow baking powder biscuit foundation using 4 tablespoons of shortening. Roll on a floured board to fit around baking pan. Brush top with melted shortening or milk. Bake 15 minutes in a hot oven. Split open, spread with butter and put canned apricots between and on top of shortcake, serve with whipped cream or a marshmallow sauce. Other fruits, fresh or canned, can be used. Berries, bananas and oranges are particularly good.

##### Marshmallow Sauce

One cup granulated sugar, 1/2 cup boiling water, 6 to 8 marshmallows, 1 teaspoon vanilla.

Add sugar to boiling water and boil five minutes after boiling begins. Do not stir. When cooked remove from fire and add marshmallows and beat until melted, then add vanilla. Or the juice from the canned apricots can be heated, marshmallows added and beaten, but do not use flavoring. This

sauce can be kept warm over hot water and if in standing, it becomes too thick a spoonful of hot water, beaten into the sauce, will bring it to the right consistency.

##### Prune or Fruit Dumplings

Follow baking powder biscuit foundation. Roll dough as for biscuits, but cut in four-inch squares. In the center of each square place one or two cooked prunes with pit removed; bring the four points of the square together at the top and press edges together. Place in greased baking pan or muffin tins and bake in a hot oven. Serve with the prune juice boiled down until thick, adding 1 teaspoon of butter or a pudding sauce. Any cooked fruit may be used, either cooked or raw apples being especially good.

##### Fruit or Cinnamon Rolls

Follow baking powder foundation. Roll to one-fourth inch thickness, brush over with melted shortening, sprinkle with 2 tablespoons sugar, brown or granulated, 1/2 cup seedless raisins, 1-3 teaspoon cinnamon. Roll like a jelly roll, cut off pieces 3-4 inch in thickness. Place on well greased pan and bake in hot oven 15 minutes.

##### Drop Dumplings

Follow baking powder foundation, making these changes: Use 2 teaspoons of shortening and 1 cup of milk. The dough should be spongy and full of holes. Drop on boiling stew, cover tightly and steam 15 minutes. The success of a light dumpling depends upon constantly boiling liquid and not re-

moving cover during cooking. Steamed dumplings are made from biscuit foundation, using only 2 teaspoons of shortening. Cut as for biscuits, place on a greased pan and steam in a steamer over hot water 15 minutes. Dumplings are less apt to be soggy if cooked in this way.

##### Orange Turnovers

Follow baking powder biscuit foundation. Roll dough out to one-fourth inch in thickness, then cut in squares. Place a spoonful of orange marmalade in the center of each square, moisten the edges with cold water, then press together diagonally. Brush over the top with melted shortening and bake in a hot oven.

##### Cheese Puffs

Follow baking powder biscuit foundation. Roll dough somewhat thinner than for biscuits, sprinkle thickly with grated cheese, then fold over and very lightly roll out again so that the cheese will be enveloped in the dough. Cut as for biscuits or in narrow strips about four inches long, sprinkle again with cheese and paprika. Bake in a moderately hot oven until puffed and a golden brown.

##### Hot Chocolate Sauce

One cup boiling water, 1/2 cup granulated sugar, 1-4 cup grated chocolate, 1 teaspoon corn starch, 1 teaspoon vanilla, 1-4 cup cold water.

Boil sugar and water 5 minutes after boiling begins. Combine the chocolate and corn starch and mix to a paste with cold water. Pour the boiling syrup over this mixture; return to the fire and cook for about 5 minutes. Add flavoring. This sauce can be kept hot in a double boiler.

##### Plain Meat Pie Crust

Follow baking powder biscuit foundation. Roll out to one-half inch thickness and place on top of baking dish containing meat. Bake in a hot oven. A richer crust can be made by doubling the amount of shortening.

##### Maple Nut Biscuits

Follow baking powder biscuit foundation. Roll dough to one-half inch in thickness, brush over with melted shortening, butter preferred, cover with finely shaved maple sugar and one-third cup of chopped walnuts. Roll as for jelly roll, cut in pieces 3-4 inch thick and place upright in a well greased pan. Bake in a hot oven 15 to 20 minutes.

#### Start Tomorrow and Keep It Up Every Morning

Get in the habit of drinking a glass of hot water before breakfast.

We're not here long, so let's make out stay agreeable. Let us live well, eat well, digest well, work well, sleep well, and look well. What a glorious condition to attain, and yet, how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices in the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble; others who have hollow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store. This will cost very little, but is sufficient to make anyone a pronounced crank on the subject of inside bathing before breakfast.—Adv.

#### A CHAMPION RUNS FOR COUNCIL



This is Johnny Kilbane, champion featherweight boxer of the world. He is not showing you blows that he uses in defending his title by "knocking his opponents" cold. No indeed, Kilbane is running for council in Cleveland—and if elected—says he will never fight again but will retire—undefeated.

#### PUT CREAM IN NOSE AND STOP CATARRH

Tells How To Open Clogged Nostrils and End Head-Colds.

You feel fine in a few moments. Your cold in head or catarrh will be gone. Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more dullness, headache; no hawking, snuffling, mucous discharges or dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic, cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly.

It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.

Best yet. Herald Want Ads



#### Keep Heels Square and True

Run-down heels not only destroy the shape of shoes but throw your whole body out of line. Keep your heels square and true. The Crossett dealer is interested in the service you obtain. He has a repair department.

Wear in a shoe is hidden. Hence the necessity of a brand that means something to you when selecting a shoe. The name CROSSETT on your shoes is a definite guarantee of full value and longer wear.

#### Bradley's Shoe Store

EXCLUSIVE AGENTS  
727 Main St.



"MAKES LIFE'S WALK EASY"

#### Manchester Last

In Dark Tan or Black Russia Calf



PATRONS of this shop, realizing that no detail of one's garb better expresses breeding than correctly chosen shoes, invariably ask for Nettleton's.

And in so doing they assure themselves a distinction in appearance and reliability in service well worth any difference in price.

Let us fit you with Nettleton Shoes—the model shown above is typical of many exclusive styles.

### Nettleton

Shoes of Worth

SOLD BY THE

## K K K STORE

Exclusive Agents

#### EPITAPHS

What would you have them say on marble white,  
That marks your lowly earthen bod some day?  
What is the final epitaph you'd write  
Ere you had dried the pen and gone away?  
When strangers pass, what words their gaze to meet,  
Would you record, their curious eyes to greet?  
If yours to choose, what deed would best illumine  
The somber pall enveloping your tomb?  
Pile up your gold sky-high—'twill only fall  
To lift one single fold of death's dark veil;  
And would you care to have your marble say:  
"He was a rich man?" Others in their day,  
Shall make the world forget your paltry store.  
By hoarding up like quantities—and more,  
Would you, in planning what you'd best indite,  
Enumerate material things in sight?  
Better the simple slab with fewer lines—  
A rose bush clambering up through tangled vines,  
The misty eyes of old friends as they linger  
And trace the blurring name with gentle finger;  
Better the modest stone, where strangers find  
The eulogy that says: "This man was kind!"  
Then shall they, pondering, pass with thoughtful tread,  
And take a lesson with them from the dead.  
—Grace E. Hall.

At 507 Main Earl Shepherd says, "Buy music this Christmas." tf

#### CRIMINAL CHARGES AGAINST ALL I. W. W.

TACOMA, Nov. 15.—Charges of criminal syndicalism will be preferred against 66 alleged I. W. W. members who were arrested Wednesday and Thursday, the district attorney announced today. The general charge is that the prisoners are members of an organization engaged in teaching the doctrines of crime and sabotage.

#### If your feet give you pain

it is because they have developed some defect. The cause of the trouble can quickly be located by our foot expert

who will give you a demonstration and advice free.

He knows feet thoroughly, having been trained in the famous

Dr. Scholl Method of Foot Correction.

#### There is a DE Scholl

Application or Remedy for Every Foot Trouble

No matter where or how your feet ache, hurt or burn, or if they feel tender and sore, there is a scientific corrective to give you

Prevent immediate relief  
Straighten crooked toes with this soft, springy rubber device. Effective and comfortable.

Our expert will demonstrate this on your own foot and show you that absolute foot comfort is possible without wearing odd-shaped or over-sized shoes. See him.

We are in position at all times to fit you properly with any of Dr. Scholl's appliances.  
Bradley Shoe Store  
727 Main Street

## GRIT, BONE, MEAT SCRAPS, EGG MASH FOR CHICKENS

Murphey's Feed & Seed Store  
126 South Sixth St. Phone 67