

Hot Bread as a Change

By LORETTO C. LYNCH.

For a change in the diet every housewife should give her family now and then a surprise in the form of a hot bread. Hot breads differ from yeast bread in that they are quickly made and the leavening agent is the gas formed either by the use of baking powder or sour milk and soda.

A constant diet of hot bread might prove disastrous even to a strong digestive apparatus, but for the average healthy human it should prove a pleasing variation.

One-egg muffins are among the simplest hot breads to prepare. Sift together several times two level cupsful of baking powder and half a teaspoonful of salt. To a well-beaten egg add half a cupful of milk. Beat this liquid gradually into the flour mixture, using more milk if necessary so that the mixture becomes a drop batter.

A drop batter is one about the consistency of thick whipped cream which drops easily from the spoon, but does not run. One or two tablespoonfuls of melted fat or oil should be beaten into the mixture. Four into well greased and floured kettles and bake in a quick to moderate oven about 25 minutes.

These muffins may be varied by the addition of a fourth of a cupful of chopped dates or raisins or figs, or part graham or rye flour may be substituted for part of the wheat flour. A couple of tablespoonfuls of sugar or molasses may be beaten into the batter if desired.

The griddle or pancake is easily prepared. It is better to use a pastry flour as one uses for fine cakes than to use the ordinary bread flour. Many failures in attempting to make light, tender pancakes may be traced to the use of a bread flour rich in gluten.

If you cannot obtain pastry flour combine three-fourths of a cupful of bread flour with one-fourth of a cupful of cornstarch. Sift this with two level teaspoonfuls of baking powder, one-fourth of a teaspoonful of salt and one level tablespoonful of sugar. Add half a cupful of milk into the flour mixture and beat well. More milk will be needed depending upon the flour used.

Pancake mixture should be thin enough to pour readily. Add two tablespoonfuls of melted fat and beat until the mixture is full of bubbles. This rather large addition of fat prevents the disagreeable sticking incident to pancakes. Pour about a tablespoonful at a time on to a hot greased griddle or frying pan, and when the edges of the pancake are done turn the pancake with a pancake turner or palette knife. A twice-turned pancake is heavy.

Pancakes are served piled one upon the other. This is done to help keep them warm. Butter, syrup, honey or sugar are served with pancakes.

If you are fortunate enough to possess a waffle-iron you will find that this pancake mixture makes very good waffles. Only, if you intend to make waffles of it, you had better double the quantity, as you will find the product very popular with the family.

There are many occasions when

one can use emergency biscuit. Sift together two cups of flour, four level teaspoonfuls of baking powder, half a level teaspoonful of salt and a level teaspoonful of fine sugar.

With the tips of the fingers rub in two tablespoonfuls of shortening. Put in sufficient milk or water to make a soft dough. Drop this from a tablespoon, helping with a knife, on to a greased pan. Bake in a quick oven about 12 minutes. These may be served with the meat course or in place of bread or crackers with jam or cheese.

Stuffed Baked Potatoes. Cut off the top of a baked potato, or if good sized potatoes are used, cut them in half, wash and season, and refill potato skins or shells, piling potato lightly, butter and brown, potatoes in oven, or sprinkle with cheese and brown, and so forth.

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Problems That Perplex

Answered by BEATRICE FAIRFAX.

"I hate to think of myself as a masculine flirt. But I can't find any other name for my fickleness. I've been in love—honestly, in love—about 10 times in as many years. I'm 31 now and am making good in my profession. I have a nice, cozy little apartment, and I enjoy sitting at home and reading or entertaining my friends there. The lure of the bright lights means nothing to me any more. I like a good show—better than a girl show."

"I want to marry and share my home. And about once a year I think I've found the right woman. But after the first flush of excitement has worn off and I'm sure of the girl I begin to tire. Nothing that she can do to make herself attractive stirs me. I can't feel anything but an ugly wonder as to why I ever lost a night's sleep over her."

"Now I keep my men friends. But that isn't enough. I want love. Shall I take a chance and marry the next girl who makes my blood run faster, or am I missing something you'd advise me to wait for? I realize I haven't told you a thing about myself. But there isn't much to say. I'm just an average chap, and when I think how girls stand for me, I wonder if they aren't a pretty poor lot. I'm losing faith in myself and in women and in love, too. How about it?"

Who says Roger hasn't told me anything about himself? Let's diagnose him on the evidence he offers. He's 31, home-loving, friendly, analytical, emotional, sensitive, fond of mental pleasures and a little given to thinking along the surface. He accepts things—and girls—at their face value. I dare say that he's wrinkling his forehead and insisting that he doesn't see where I get all that. But he told it to me—between the lines.

Roger—here's a fact for you to ponder. "Love is not love that dies"—so a poet once wrote, and it's true. Love can be killed by cruelty. It can be starved to death. But real love does not merely and of itself cease being. What stops so casually may have been infatuation or passion or a passing fancy of an intense sort. It wasn't love.

Love isn't a mere physical attraction which can spring into responsive being once a year. It's a thing of deep feeling and comes from the mind and soul as well as from the heart.

When you speak of the woman who tires you, is she also the woman whose mind stimulates you? Has it ever occurred to you to make friends with some girl who appealed to you instead of making love to her? Have you ever stopped to dig a foundation for your house of love by getting a basis of mental congeniality and admiration and ideals and ambitions shared? Or do you lunge at the girl who attracts you, and, investing her with whatever charms you desire your beloved to have, failed to find out what is her real

personality until long after you've ceased being in a mood to respond to it?

The real woman under the imaginary qualities with which you've dowered her may be far finer than the little clothes-horse on which you hung your dreams and emotions and desires. And when you were disappointed and tired it may be that it was your own fancy that wearied you—not the girl you made wear your coat of many colors.

Give friendship—and truth a chance. Then maybe love will come—and stay. Find out something about a girl's mind before you let her lips preoccupy you. Her words may be as stimulating as her kisses. And when you like and admire the woman you love, when you enjoy her mind as well as her body, you've a chance at the love that lasts.

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The Use of Sweets

If the family is served with sufficient nutritious food at home, they will not constantly crave the sweets outside. It has long been known that instead of a mere delicacy to satisfy the palate, sugar is a real food. It gives the body energy. To eat so highly concentrated a food as candy in large quantity, and especially to eat it before a meal, is a dietetic error. It has the effect of irritating the lining of the stomach. Moreover, it kills off the appetite for the more substantial foods. But at the end of the meal, in the first place, one cannot eat so much of it. In the second place, the stomach is well lined with the other foods and it does not have the undesirable, irritating effect. It often has the effect of stimulating the flow of saliva and other digestive juices when taken at the end of a meal, and thus assists digestion. It also leaves a pleasant after taste in the mouth.

The average city dweller, for various reasons, finds it impossible to make ice cream at home. It is, however, one of the ways of introducing more milk into the diet. And so, we often call upon the candy shop for ice cream. It is more economical to carry the ice cream home and serve it for dessert than to eat it at the shop. A pint of ice cream taken home will serve eight with dessert. It is well to own an ice cream scoop. This makes the cream into delightful balls.

One hostess, who, by the way, does not know very much about cooking, is always regarded a good cook because of her desserts. Yet she often buys at the candy shop the main part of the dessert and by a touch of individuality here and there, makes a most attractive, elaborate-looking dish.

From a pint of chocolate ice cream she scoops eight balls. In the top of a double boiler she melts a dozen marshmallows. She adds a tablespoonful or two of milk to thin the marshmallow a bit. At serving time she put a generous spoonful of melted marshmallow over each ball of chocolate ice cream and showered the top with chopped nuts. Two walnuts chopped will be sufficient for eight portions.

At other times she surprised us with ice cream cake. The high class tea shop gets 40 cents a portion for this concoction. It may be made at home at the cost of a few cents. For eight portions a two-layer cake, a pint of vanilla ice cream and two dozen shelled pecans and a quarter of a pound of fudge is used. The cake is divided into eight portions. Just before serving time the ice cream is placed between the layers, the fudge, hot and melted, is poured over each and the half nuts are used to garnish.

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