

# How to Make Good Cake

By Loretto C. Lynch.

No matter whether a woman ever bakes anything else it is her ambition to be able to make a good cake. The aim of this article is to simplify the art of cake making so that the average housewife can be successful.

In the first place know that you have a good oven. If you use a coal stove arrange to do your cooking at the beginning of the day. If you have an oil-heated oven arrange to have it hot when the cake is ready. City dwellers have frequent failures because of their gas ranges. In many apartments the ranges are the property of the gas company, and having been used by former tenants, are sometimes badly in need of repair.

Then there are certain implements required to make the making of a cake a pleasure rather than a task. Two mixing bowls, a smaller bowl for beating eggs, a standard half-pint measuring cup, a tablespoon, a teaspoon, a palette knife or spatula, a Dover egg beater, a whisk egg beater, a sifter, a wooden paddle or spoon and baking pans.

Before beginning to make a cake see that you have all the ingredients on hand that the recipe calls for. By measuring the dry ingredients first, then the liquid and lastly the fat (shortening), the same cup may be used.

Flour, sugar, spices and any other dry ingredient should be sifted BEFORE it is measured. Shortening should be soft enough to round up easily on the spoon. Butter or any other shortening that is very hard, may be softened to the proper consistency by leaving it in a warm room for a short time or by adding to the approximate quantity a tablespoon of boiling water before measuring. The shortening should not be melted unless your recipe specifically directs that it be melted.

Following are some excellent recipes. If you do not wish to try the whole recipe, take one-half or one-fourth of each ingredient called for.

All measurements should be taken level.

**Plain White Cake.**  
One-half cup butter, one cup sugar, two cups flour, three level teaspoons of baking powder, three egg whites, two-thirds cup milk (about), one-half teaspoon flavoring extract.

Cream the butter. Add the sugar gradually. Sift the flour with the baking powder three times. To the creamed butter and flour add a little flour then a little milk and so on alternately until all the flour is used and the mixture is a drop batter. The amount of milk required varies with the kind of flour used. Add flavoring. Fold in the stiffly-beaten egg whites and bake the batter either in two layer-pans or in a loaf.

**Caramel Icing.**  
Cook two and one-half cups light brown sugar with one and one-quarter cups of evaporated milk. When it forms a soft ball when tried in cold water, add one tablespoon butter and one teaspoon vanilla. Remove at once from the fire and beat until of the right consistency to spread.

The plain white cake may be varied. Melted chocolate may be added to the mixture and a snow white frosting spread over the cake when it is baked. Or the cake may be baked as a white cake and adorned with chocolate fudge frosting.

**Chocolate Fudge Frosting.**  
Cook together, one cup granulated sugar, one cup light brown sugar, one cup milk, two squares bitter chocolate or three tablespoons cocoa, until it forms a soft ball when

# BORN BETWEEN MARCH 22 and APRIL 20? asks—Doris Blake

If you were born on or between March 22 and April 20, you come under the sign of Aries, and you belong to that intricate of the grand body of humanity—the head.



The function of the head is to keep the whole body in harmony, and for that reason harmony is the dominant feature of your nature. You love order, elegance and beauty, and, as a rule, like large, spacious rooms, with plenty of light and air.

Of music and dancing you are the greatest lovers. As soon as music is heard, the life forces start within you, and it is hard for them to keep still. You have a great deal of electrical fire nature in you. Your atmosphere is full of motion and active elements.

You are intensely individual, further, sayeth the stars, and have a personality that impresses itself on all those who come in contact with you.

You are natural reasoners and thinkers; your brain, always busy, is the most active function of the body. Scientific thought, philosophy, and educational pursuits have widest appeal to you. Independent of character, you are with your own ideas of right and wrong. You are stubborn, but can be controlled through reason.

You are thrown into confusion if you are required to do work in the same manner as someone else. You have to do it your own way; know the how, why, and wherefore of your doing it.

Every disease that attacks you goes to your head, because your nature is such that you are using up

the forces through the brain constantly, as this is the leading function of your being. Therefore, everything that affects your body affects your head. Because of this you are liable to disease and inflammation of the brain more than any other persons. Excitement and worry nearly always produce sick headache, and sometimes derangement of the digestive organs. Quiet, rest, and sleep are the best medicines.

The older you grow the more necessary is harmony to your state of health.

Your birthstone is the diamond; your sympathetic friends those born between July 23 and August 23, and November 23 and December 22. Your colors, blue, pink and white. Your lucky weeks—those beginning April 13 and November 29.

## Favorite Catisms

If you only possess one best dress and make it "do" for three or four years or more you lay yourself open to the following remarks:

1. I couldn't see your face, my dear, when you were at the other side of the room, but I was quite certain it was you, for I recognized the dress.
2. How wonderfully that material wears. You certainly haven't been able to get materials like that since the war.
3. How can you keep your clothes so long? You must take remarkable care of them!

4. You got a bargain when you got that dress. How it has lasted!

5. Do let me see what you're wearing this evening! Oh, yes, it's the yellow dress.

6. What are you going to wear to Mrs. Foster's dinner? Oh, the yellow. Oh, I see. Well, I think I'll get a new frock. I've only five evening dresses and they're all last season's styles.

7. Do you send that dress to the cleaner's? They always ruin my clothes.

8. And you haven't even had it altered since you bought it? Dear me! And you've had it several years, anyway, haven't you?

9. They're having a sale in evening dresses at Baltman's. I called you up to tell you as I thought you might be interested.

10. And do wear the sweet yellow dress, dearie. Promise me you'll wear it.—New York Sun.

## Finger Nail Fads of Today

It is no longer considered in good taste to have the nails very highly polished. Occasionally one sees a young woman whose nails look as if they have been glassed by means of the nail buffer and the various polishing preparations with which the market is flooded. But among women of fashion the high polish has been abandoned. It is only the trailers of fashion who make little mirrors of their finger nails.

No longer are nails cut and filed to an extreme point, nor are they allowed to grow long. Perhaps the fact that women more than ever before are engaging in some useful occupation has had something to do with this. The hand with extremely long and highly polished nails has always been the hand of indolence.

This does not mean that one may be neglectful of the nails. They should be trimmed and filed regularly so that the nails extend a very little further than the end of the finger pad and take an oval shape, slightly more accentuated than the oval of the finger flesh. The nails should be slightly polished and the cuticle—to use the expression of manicurists, though of course all skin is cuticle—should be kept well off the nails without bruising them. The nails should not be filed or clipped off too closely to the finger at the side. The better manicurists no longer do this.

Very few men of taste ever had a high polish on their nails. And now it is particularly avoided. A man wears his nails slightly shorter than does a woman, and anything that suggests a pointed end is considered effeminate.

## Care of Thermos.

If a thermos bottle is kept corked when not in use a disagreeable odor will take possession of it, making it far from pleasant as a food container, and owing to the vacuum it is not easy to eliminate this even by cleansing when once it has become noticeable. If the bottle does not keep the liquid at the temperature desired, try thoroughly warming the bottle first with hot water.

## Spring

A whisper on the heath I hear,  
And blossoms deck the waking wood;

Croutons can always be served with a clear soup.

## Table Etiquette For Children

A careful mother who aims to have her children acquire what she calls "good eating habits" has arrived at an original way of doing this. Realizing that young children are usually apt to eat all of one thing on their plate before trying another, which habit often results in satisfying the appetite with a favorite food and leaving a more desirable one untouched, she has the little one's plate arranged with the cutup meat, potato

and one other vegetable in mounds, with a piece of buttered bread as a fourth object of interest. The child is then taught to take a bite of each one in turn. A taste of this and a taste of that, around and around the plate, seems like playing a game and the child soon gets the habit of liking whatever food is served and also of eating the same quantity of each, instead of all of a certain kind and leaving something else untouched. This not only trains the appetite conveniently for the future, but makes for daintiness of table manners and is more apt to result in leisurely eating, which goes a long way towards helping digestion.



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Olga Eitner, who won the second prize in the Kubelik-Serov contest at the Ithaca Conservatory of Music, received her foundation from Frank Mach, who had been her instructor for 5 years.

The following are but few of the many press comments received here: Omaha Bee: Musicians and laymen were alike in enthusiastic praise of wonderful little lady, who plays with a taste and understanding far in advance of her years.

Omaha World-Herald: Olga Eitner showed exceptional talent and exceptional training. Excelsior: She plays with perfect ease and confidence, which, coupled with an altogether charming manner, has won the little girl the unqualified praise and admiration of Omaha musicians and music lovers.

Examiner: Olga Eitner, with remarkable ease and composure, played to splendid advantage a number of difficult selections, showing excellent technique and an abundance of temperament.

Nonpareil: She plays with all the temperament and technique of a finished musician. Musical Courier: Leonard Liebling, Editor-in-Chief, says, "Frank Mach is one of the most ambitious and serious-minded pedagogues we have met in a long while; Olga Eitner played two numbers for us in which she revealed evidences of very careful schooling; her firm bowing, decisive attack, clean technique and agreeable tone, being outstanding features of the performance."

Mr. Mach received a personal letter from Sevcik in which the latter paid a nice tribute to both the Teacher and the Pupil. My Dear Mr. Mach: I was astonished to find Miss Olga Eitner so well prepared and so far advanced in her work. I take this opportunity to congratulate you on such excellent pupils as Miss Eitner is. Very Sincerely Yours, OT. SEVCIK.

FRANK MACH, solo violinist and instructor, herewith respectfully submits a few true facts pertaining to the selection of a good instructor.

Select a Teacher who has the reputation of producing artistic pupils from the very beginning. Don't take anybody's word that Mr. So and So is a first-class instructor, but investigate personally, as the country is full of would-be teachers of music who don't know the first principle of music. The same acquire pupils through polished personality and flattery or other means.

There are many teachers who advertise as having studied or taught in various conservatories and are unable to make good by their own efforts. Some take the advanced pupils of other teachers and advertise them as their own, thereby getting the credit that belongs to someone who can produce results.

The pupils should get a thorough training from the very beginning, as the wrong impressions stick and when once acquired are hard to eradicate. Some of the finest talent in the world has been spoiled by a wrong start. Many children have been blamed for not having talent because their playing or singing sounded very bad. Only hard, conscientious work on both the teacher's and pupil's part will develop or bring out the talent. It is a waste of time, money and energy to get a wrong start.

## Piles Fistula—Pay When Cured

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**DR. E. R. TARRY** Sanatorium, Peters Trust Bldg. (See Bldg.) Omaha, Neb.



# Made to grow or stunted at will—by adding or subtracting one single element in food

Thousands of men and women, it is now known, lack this vital element in their daily meals

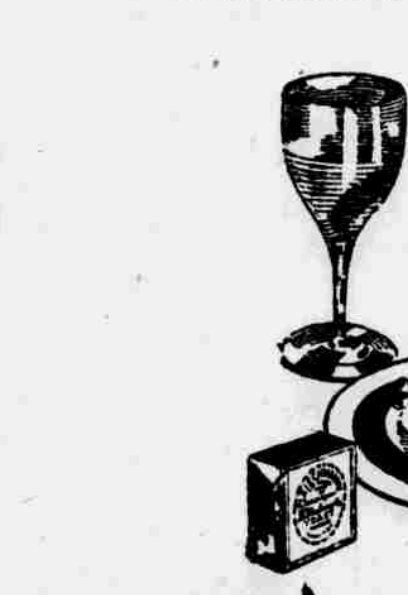
## Pimples and boils corrected

Pimples and blackheads (acne) and boils, are, as a rule, the result of lowered vitality. In leading hospitals yeast has been found successful in treating these common ailments. Usually cases of boils were either cured or greatly improved within two weeks. Acne cases also cleared up quickly.

For pimples and boils eat from 1 to 3 cakes a day. In cases of boils and acute cases of acne do not fail to see your physician.

## Laxatives replaced

It is known that laxatives bring temporary relief—they cannot remove the cause of the trouble. Fleischmann's Yeast is not a laxative, but a food—by its very nature better suited to the system than either drugs or oils. It should be taken regularly over a period of time. It tends to restore the normal condition of the bowels. And it cannot form a habit. For constipation eat from 1 to 3 cakes of Fleischmann's Yeast a day.



**A SCRAWNY, lethargic animal, rapidly dwindling in size, will completely change its appearance in a few days at most on a diet unchanged except for a tiny bit of yeast.**

This is how one noted scientist describes the almost incredible results of experiments with yeast, the richest known source of the newly discovered water-soluble "vitamine."

One mysterious element of food on which we are dependent for full vigor!

Primitive man secured an abundance of vitamine from his raw, uncooked foods and green, leafy vegetables. But modern diet—constantly refined and modified—is too often badly deficient in this vital element.

This explains why it is that so many people have "nothing the matter with them," yet never enjoy full vigor and health. Physicians say they are vitamine-starved. Day after day, they are failing to get enough of this single food element which supplies vigor and zest.

Vitamines exist in various common foods—notably in the leafy vegetables; but we seldom get enough to give us the vigor and store of surplus energy we all should have.

But in yeast we have a food that will help us out of the difficulty—a food that is always ready, always in season and always cheap. Yes, just plain, everyday Fleischmann's Yeast—rich in the water-soluble vitamine.

Already yeast is being eaten by thousands

Thousands of men and women are now eating yeast—not only those who feel the effects of undernourishment; but the many who are only occasionally conscious of a lack of energy.

As a result, many are being freed from minor ailments, are building up increased resistance to disease; and—best of all—are feeling a bounding sense of vigor and energy they have not known for years.

Yeast may be eaten at any time with or between meals. One precaution: Those who are troubled with gas should dissolve yeast first in boiling water.

Place a standing order with your grocer for Fleischmann's Yeast; but not more than two or three days' supply at a time, because yeast, like milk, should be fresh to be palatable.

To learn many interesting facts about the health-giving properties of Fleischmann's Yeast, write for the booklet on this subject. Address THE FLEISCHMANN COMPANY, Dept. 98-H 701 Washington Street, New York, N. Y.

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