

high and low for a finer type of charming and capable young womanhood than Miss Lois—and not find it.

The prize she won was a free sight-seeing trip to Washington. She came with her mother and sister and has had a glorious time.

Also she chatted with Presi-

* Prize Girl Bread Baker's *

* Recipe. *

* (For Two Loaves.) *

* 1 cup liquid, either milk or *
* water. *

* 1-2 cup yeast. *

* 1 teaspoon salt. *

* 1 tablespoon sugar. *

* 1 tablespoon shortening. *

* either butter or lard. *

* 2 cups flour. *

dent Taft and Secretary Wilson. But these visits weren't half as interesting as the Washington monument and the dome of the capitol—of course.

"I wish you had won that prize," she protested to her sister. "Then I wouldn't have people looking at me and wanting to take my picture and talk to me all the time. I just can't have any fun at all!"

But she did—and talked about her bread, too.

The prize loaf was baked in the laboratory at Ames college, but Lois learned how in her mother's kitchen. Mrs. Edmonds is famed as a cook. Mr. Edmonds is a farmer of substantial means.

When Lois entered the state contest she took with her some Page county flour. She made two

loaves and watched them every minute while they were in the oven, turning them every few minutes. To this care she attributes her success.

"My bread was just the same nice brown on all sides," she explains.

Although each contestant baked two loaves only one was examined by the judges and the girls had to choose which loaf they would enter. After Lois had picked one of her loaves and entered it she was found weeping, afraid she had not picked the better loaf.

"There is not so much in the proportions as in knowing how to bake," said her mother in giving the recipe. "One must be careful about raising the dough and the baking must be watched very carefully. Several other girls used the same recipe."

The recipe is practically the same as one mailed from Ames college to nearly 6,000 girls in Iowa last spring.

"Does it make any difference whether you use milk or water?"

"No," replied the shy little girl. "It just depends."

"And you use either butter or lard?"

"Oh, yes, whichever is handy."

Miss Edmonds' mother explained that something depends on the kind of flour, but a baker could only tell about this by experience.

"You can't cook by rule. You must just cook and cook until you learn these things."