

JUST A BOY

Got to understand the lad—
He's not eager to be bad;
If the right he always knew,
Were he now exceeding wise
He would be as old as you.

Canadian Cooking School

(Continued from Page Three)

corresponding mixture with ordinary flour; use a temperature of 450 degrees to 475 degrees F.—just a little lower heat than we give to biscuits made with prepared biscuit flour, because of the added richness.

Don't keep shortcakes for strawberry pie—have them every month in the year! Besides fresh strawberries, raspberries, peaches and so forth, we can use many of the canned fruits for short-cake. Canned peaches and apricots, flavoured canned pears too, make excellent shortcake. The cooked filling made with dates and other dry fruits (see Lesson 10) will also make a delicious shortcake. So also will dried dried fruits such as peaches and apricots.

Make shortcakes for your meat or fish course, too. Put diced cold cooked meat or fowl or flaked cooked or canned fish, into a good cream sauce of medium thickness, such as you learned in Lesson 1, (using 1 cup solid to 1 cup sauce), and serve between the layers and over the top of very hot shortcake-biscuits.

Green (either the rich pouring kind or whipped cream) can be served with the dessert shortcake; or you can use evaporated milk, plain or whipped. Sometimes you may like a little almond flavouring extract in your cream, or milk. You can also serve with your sweet short-cakes a hot pudding sauce flavoured with lemon, orange, vanilla, etc.

Dumplings

There are two kinds of dumplings—those we steam and those we bake. Both steamed and baked dumplings may be made with ordinary drop-biscuits, following either the standard method or the prepared flour method.

Dumplings to serve with a meat stew, stewed chicken, etc., can be cooked in the steamer over rapidly boiling water (the steamer must have a tight fitting cover); or the dumplings can be placed right in the stew pot so that they will rest on the solid meat and vegetables and cook in the steam of the stew; in this way, they absorb the delicious flavor from the cooking itself. The cover must fit closely on the stew pot.

Give dumplings 15 minutes to cook without raising the cover from steamer or stew pot; raising it would be like holding your oven door open when a cake is raising—it would chill the mixture, so that it would fall and be heavy. Trust your dumplings when you give them plenty of steam; they will be all right.

Standard Dumplings

Make exactly the same dough that you make for the drop type of Foundation Biscuits, using the standard flour method but use only 2 teaspoons fat for dumplings, instead of the 2 tablespoons fat used in the biscuits.

Mix the dough quickly and drop in pieces about the size of a small biscuit over your stew or into your steamer. Cover closely and cook 15 to 20 minutes.

Biscuit Flour Dumplings

2 cups prepared biscuit flour
1/2 cup milk, or 3/4 cup water
Stir all the liquid at once quickly and lightly into prepared flour, and drop small dumplings over surface of stew or into steamer. Cover closely and cook without disturbing 15 or 20 minutes.

Dessert Dumplings

Apple dumplings and other fruits cooked the same way make excellent desserts. Make shortcake dough either by the standard flour method or by the biscuit flour method.

Roll either dough out in a sheet 1/4 inch thick.
Cut in squares big enough to enclose a pared or cored apple; for smaller dumplings, use part of an apple or a canned half peach or pear, canned apricots, pitted and sugared dates with a few drops of lemon squeezed over them, or other fruit. Sprinkle raw fruit with a little sugar and dust lightly with spice you like best—cinnamon, nutmeg, or mixed pudding spice.

Dampen the edge of the piece of dough and fold it over to enclose the fruit completely.

Dumplings Steamed or Baked

Place the dumplings in the steamer and cook over rapidly boiling water long enough to cook the dough and make the fruit tender. Serve with a hot pudding sauce, flavoured with lemon—or a butter-scotch or syrup sauce or a custard sauce.

These same dumplings may be baked plain, or with a sugar-and-water syrup (1/2 cup sugar, 1/2 cup boiling water, some grated lemon rind), poured over them and used to taste them often while baking.

These are just a few of the things you can do with biscuit dough. You will find more suggestions when you reach Lesson 12 on Desserts, and you will think up many more after studying this lesson and "getting your hand in" at biscuits. I hope you will never feel that the serving of hot biscuits (or any of their infinite and interesting variations) need be a burden. Not only have we first-aid in the form of excellent methods and materials, but we also have the convenience of being able to prepare our biscuit dough some hours ahead and storing it, covered, in the well-chilled ice-box until baking time. Left-over biscuits may be served as fresh-baked by putting them in a paper bag, closing it carefully and placing in a hot oven, 450 degrees F., until warmed through. (This too, may be done with the bread rolls.) Tea biscuits are also delicious split and toasted.

Just how far these biscuit-doughs will go in helping you to concoct interesting, even distinguished, little dishes, will be delightfully shown in Planning the Party.

Letters to the Editor

The Free Press welcomes letters to its columns on matters of general interest to its readers, but does not necessarily endorse the opinion expressed. All letters must be signed, but may be published over a pen name if so desired and specified in the letter. Communications should not be over 50 words in length and must be received not later than Tuesday at noon to ensure publication in that week's issue.

To the Editor of The Free Press.

If people to-day are getting all the beer and wine they want, by the bottle, or dozens of bottles, in the stores provided by Government Control, who then would drink the \$50,000,000 worth of beer sold in hotels and restaurants and clubs, that would bring the Government \$4,000,000 increase in revenue?

St. Edward Landers, the Director of the Brewers' Society—England, in an address last summer, gave the answer, "I am not saying that the present beer drinker should drink more, but rather, we want new customers—we want to get the beer drinking habit, instilled into thousands, almost millions of young men, who don't at present know the taste of beer." What a shocking statement.

Whose boys and girls (for the girls are plentiful in the beer parlors) would form the thousands who would have the beer drinking habit instilled into them? If beer parlors were opened in Ontario?

If you thought it would be your children or grandchildren, what would you do about it now?

Don't let us be misled by articles that have appeared in the press regarding bedroom parties. From Manitoba, that has had beer parlors for ten years, comes this word, "Each year the menace to young people seems to grow alarmingly; one reason is the renting of hotel rooms and using them for drinking."

None of the evils, resulting from liquor can be eliminated by more liquor.

Statistics prove—more liquor, more crime, more drunkenness, more motor accidents, more disease, more poverty and sorrow. Surely this is not what Ontario citizens desire.

AUDVAL HILLIARD

Toronto, Ont.

Perfume Balm is a true elixir of youth. Refreshes and rejuvenates. Adds a youthful charm to the complexion. Softens and beautifies the skin. Makes hands flawlessly white. Indispensable to the woman who appreciates subtle distinction. Delightful to use. Delicately fragrant. Soothes dry and irritated skin. Corrects and preserves. A flawless toilet requisite for every discerning woman. A true aid to beauty.

FOOD VALUE OF THE SNAIL

The Frenchman regards the snail much as Americans do the oyster, as an entree rather than a staple, and not as the Englishman looks upon his substantial roast beef. That lack of substantiality is one of the chief charms of the snail as an appetizer.

Paris restaurants devote much care to the preparation of their tasty molluscs, which are consumed at the rate of tons a day in Paris alone during the height of the snail season. A "small water" is a feature of every first-class cafe. He supervises the cleaning of the snails, their replacement—each in its proper shell—and passes judgment on the accompanying sauces. He also takes care of all queries from customers on matters of small culture and history.

The food value of the snail—it contains seventeen per cent nitrogenous matter—and its possible use as an occasional substitute for oysters, which it resembles in flavor when properly prepared might warrant it a place on the American bill of fare.

Snails are easy to prepare for the table. After an eight hours' soaking in a strong salt solution, they are boiled for five minutes, removed from their shells, fried in butter and served with a garlic sauce. This is only one of the many ways of serving snails. Often, after boiling, the snail meat is minced, stuffed back into the shell, and the shell closed with a well-seasoned paste.

Snails go to market packed in ventilated cases, sacks or baskets, each holding from 500 to 2,000 specimens. Two kinds of snails are sold by the French merchants, the "large white Bourgoigne" and the "small grey." The marketing season for the molluscs is divided into two parts, the first covering late spring and early summer, and the second extending from September 1 to early spring.

During the first season the snails are gathered in field and vineyard after rain—or in the early morning. These are in the active stage and therefore perishable. The second season is separated into two periods. "Glass" snails, so called because of their fragile quality due to an undeveloped epipharynx (or lid), gathered in the spring and kept in pens, make their appearance in the market during September and half of October. Hibernating specimens, reared on snail farms, supply the trade from October 15.

Powerful Medicine.—The healing properties in six essential oils are concentrated in every bottle of Dr. Thomas' Electric Oil, forming one of the most beneficial liniments ever offered to the use of man. Many can testify as to its power in allaying pain, and many more can certify that they owe their health to it. Its wonderful power is not expressed by the small price at which it sells.

INDORSEMENT

A woman went to the bank to cash a cheque.

"Just endorse it, please," directed the teller.

"I don't seem to understand," she said. "You see my husband is away, and sent this to me. He always takes care of these things."

"That's all right," said the teller. "Just sign your name exactly as you would your letter and I'll give you the money."

"I think I understand," said the lady, so she carefully wrote on the back of the check, "Your loving wife."

AHA!

"Any empty soda or ginger ale bottles to sell, lady?" inquired the man at the back door.

"Do I look as if I drank that stuff?" asked the housewife.

"Well then," continued the man with embarrassment, "any vinegar bottles?"

WHY WORRY

She had tried on pair after pair and found some fault with them all. With a pair of conservative black catfain oxfords on she viewed her trim feet in the mirror and sighed with disappointment.

"It's the heels," she said, "they're so flat and low. They make me look so sensible."

"But why should you mind, if you're really not?" comforted the perspiring salesman.

"But that's just it," complained the harassed lady, "You see, I am."

MANY HAPPY RETURNS

Fred—"I've a date to-night with that peach you introduced me to. It's her birthday and I've got this necklace for her."

Jack—"She's doing well. Ask her to show you the bracelet I got her for her birthday last week."

SCRUPLES

Two Scotch matrons were discussing household difficulties, and one remarked: "I dinna wonder at some pair wives having to help themselves out of their husband's trouser pockets."

"I canna as I like them underhand ways masel!" rejoined the other matron. "I just turn ma man's breeches doon-side-up and help masel' off the carpet."

Buck That

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Will not upset your stomach. Just safe, sure, instant relief from coughs, colds, flu or bronchitis. Play safe. Refuse substitutes. Buckley's is sold everywhere.

TIME TABLES

CANADIAN NATIONAL RAILWAYS AT ACTON

Table with columns for Going East, Going West, and specific train times for various routes.

Advertisement for B.S. ARROW featuring a bus and travel information.

Advertisement for Savage & Co. listing watches, diamonds, china, glassware, wedding and engagement rings.

Advertisement for THE ACTON FREE PRESS featuring a man reading a newspaper and subscription information.

Large advertisement for 'Did You Ever Stop to Think?' by Edson R. Waite, discussing the value of newspaper advertising.