

The Quality Tea "SALADA" TEA

Upside Down Cake

IN TUNE WITH THE TIMES

By Katharine Baker
Just to keep in character with the turn of world events, an upside down cake seems to be indicated. This cake is topsy-turvy too but a much more pleasant manifestation of that state than we find reported in the press in connection with international affairs.

This is a versatile cake too. It can be used as a dessert if desired but the feature which will appeal to housewives most is that it is economical to make. Only one egg is used and all the other ingredients are standbys:

- Upside Down Cake**
- 1 1/2 cups sifted cake flour
 - 2 1/4 teaspoons double-acting baking powder
 - 3/4 teaspoon salt
 - 3 1/2 tablespoons butter or other shortening
 - 4 tablespoons butter
 - 1/2 cup granulated sugar
 - 1 egg, well beaten

- 1/2 cup milk
 - 1 teaspoon vanilla
 - 1/2 cup brown sugar, firmly packed
 - 12 cooked apricots
- Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg; then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla.

Melt 4 tablespoons butter in 8-inch iron skillet, or in cake pan, 8x8x2 in. Add brown sugar. Stir until melted. On this arrange apricots, cut-side up. Pour batter over contents of pan. Bake in moderate oven (350 degrees F.) 50 minutes, or until done. Loosen cake from sides and bottom of pan with spatula. Serve upside down on dish with apricots on top.

"Come, come, my man, you have been looking around for a long time without buying. What do you want?"
"Guess I want another floor-walker," said the man addressed. "I'm the owner."

TESTED RECIPES

MACARONI AND KINDRED PRODUCTS

Macaroni, spaghetti, noodles and vermicelli are close relatives in the food family. They differ in appearance, but are similar in composition, all being made from coarsely ground hard wheat flour to which is added a small quantity of boiling water. Mechanically the mixture is thoroughly blended, then kneaded, and finally emerges from a perforated plate in the forms which are sold under different names. Steel pins in the center of each hole in the plate give the tubes of macaroni their hollow form. Spaghetti is pressed through smaller holes without pins, and vermicelli through very small holes. Noodles or ribbon varieties pass through flat openings in place of holes, while some flat fancy shapes are cut from thin sheets of the dough. Noodles, sold as egg noodles, contain eggs in addition to the flour.

These flour products are popular fare in Canadian homes, especially during the cold months of the year. Served alone they would be too bland for most tastes, but combined with highly seasoned sauces, or with piquant flavoured food such as cheese, they make dishes hard to excel in palatability.

In cooking macaroni and similar foods, boiling salted water should be served alone in sufficient quantity to allow for the amount which will be absorbed. When tender, drain in a colander and pour cold water over the cooked food.

The following suggestions for supper dishes are given by the Home Economics Dominion Department of Agriculture:

Baked Macaroni

- 1 1/2 cups uncooked macaroni
- 2 tablespoons butter
- 1/2 teaspoon mustard
- 1/4 teaspoon salt
- 1 cup grated cheese
- 1/2 cup chopped pimento
- 2 cups hot milk
- Pinch cayenne

Chopped parsley
Cook macaroni in boiling salted water until tender. Drain. Place a layer of macaroni in well buttered baking dish. Mix butter, mustard, salt, cheese, pimento and cayenne. Sprinkle macaroni with cheese mixture. Add another layer of macaroni, sprinkle with cheese mixture and repeat until ingredients are all used. Pour hot milk over macaroni. Bake in moderate oven (350 degrees F.) until macaroni absorbs most of the milk. Sprinkle with chopped parsley before serving.

Spaghetti Creole

- 2 cups uncooked spaghetti
- 3 tablespoons butter or other fat
- 1 small onion, finely chopped
- 1 cup celery, chopped (may be omitted)
- 3 tablespoons flour
- 2 cups tomato juice
- Salt and pepper
- 1 teaspoon Worcestershire sauce
- 1 cup grated cheese

Cook spaghetti in boiling salted water. When tender, drain. Cook onion and celery in melted butter. Add four and cook until flour is browned. Then add tomato juice. Stir until sauce thickens. Add Worcestershire sauce and season to taste with salt and pepper. Pour sauce over spaghetti and sprinkle with grated cheese.

Note: 1 cup chopped mushrooms or chicken livers is a tasty addition to the sauce.

Oxtail Noodles

- 2 oxtails
- 2 tablespoons lard
- 2 cups minced tomatoes
- 1 small onion, chopped
- 1 tablespoon celery, chopped
- 1 tablespoon parsley, chopped
- Salt and pepper to taste
- Dash cayenne
- 1 cup uncooked noodles

Wash and cut oxtails in three-inch pieces. Brown in lard. Sprinkle with salt, pepper and cayenne. Add bay leaf, water, parsley, celery, onion and tomatoes. Cover tightly and simmer about 3 hours or until tender. Cook noodles in boiling salted water. Drain. Place on hot platter. Pour over noodles the oxtails and sauce.

KEEPING FLOORS CLEAN

It is astonishing to find so many householders cleaning the house with all their strength, wielding duster, vacuum cleaners and mops on walls, drapes and furniture, and yet are content to give floors a light going-over. Which is all wrong because room cleanliness begins with the floors. Each type of floor requires different cleaning methods and different tools. Don't attempt to clean the rest of the room without giving the floors a thorough going over.

Wood Floors

Varnished, lacquered or waxed wood floors should be washed with a cloth or mop wrung out of warm soap suds, then rinsed and wiped completely dry immediately. Do the floor in sections, finishing one small section at a time. If a mop is used, it is helpful to have one of those mechanical wringers attached to the pull.

Always change the water in the pail when it becomes dirty. Lack of good results is often due to the fact that the soap has done all the work it can, which is to connect itself with the dirt. When it has all the dirt it can hold, you must throw it away and start again with a pail of clean suds.

Long-Handled Brush

For all tiled floors use a long-handled scouring brush. This will save you many a "crick" in the back and make lighter a task that otherwise would be tiring. Occasionally, if a tile floor is very badly stained, it may be well to use some special cleaning fluids. But try to keep the tile floor clean with the ordinary cleaning agents. Rinse off the soapy water well before you permit it to dry; otherwise the floor may be streaked. Colored tile floors can be cleaned the same way.

Linoleum Floors

When linoleum has been properly laid, with no cracks to gather dirt and moisture, it is ready for a soap and water cleaning. When linoleum gets dirty, it should be washed with mild soap and warm water over an area that can be washed and dried before going on to the next section.

FROM HERE AND THERE

There are about 14 to 18 square feet of skin on the average human body.

Fire is the test of gold; adversity, of strong men.—Seneca, 8 B.C.—65 A.D.

The bell-shaped cape in fur adds another Victorian fashion to this season's list of charming feminine styles.

Raglan, shoulders of natural proportions, for resort and country wear, are another manifestation of the casual side of life in new coat styles.

A Girl's Left Behind Club has been organized in Fredericton to help wives, mothers and sisters of men on active service to overcome their loneliness. At this club, believed to be the first of its kind in the Dominion, formality is taboo at its meetings, and memberships are free. A programme of war service is planned.

The Women's Page



"Never mind—we'll have
DRIED OR PICKLED FISH
For SUPPER"

• Even if that dauntless fisherman didn't have any luck, today, he can have fish for supper... and he will like it!

Your dealer can secure Dried or Pickled Canadian Fish for you no matter how far you are from open water.

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ANY DAY A FISH DAY

1940 ECLIPSES

Sun Will be 65 Per cent. Blotted Out April 7th—Persons Keeping Chins up Also Likely to see Meteor Showers

Keep your chin up in 1940 and you might see a solar eclipse, several meteor showers and a rare transit of Mercury across the disc of the sun.

Consulting his astronomical calendar for this year, Dr. Oliver J. Lee, of Northwestern University reports the transit of Mercury will be visible in the middle west from 2.50 p.m. until sunset November 11.

The planet moving on the sun's disc will be seen under proper atmospheric conditions, in most of North America, while northeastern Asia will see it moving off November 12.

Such a transit, occurring last in 1927, will not be seen again until 1953. Dr. Lee said last week an annular eclipse (one which occurs when the moon is so far from the earth that it does not cover the entire disc of the sun) would occur April 7, reaching 65 per cent of totality at 4 p.m. It will be seen as complete across southern California and the northern edge of the Gulf of Mexico.

There will be a total eclipse October 1, Dr. Lee said, but you would have to go to Northern South America or to South Africa to watch it.

Soak cotton wool in strong cold tea and lay pads of it on tired eyelids when you want to revive yourself for an evening out after a long, tiring day.

BECAUSE

Breathes there a girl miscalled "Old Maid,"
Who never to herself has said:
"This leap year some he-man I'll grab."

And there this bird I'll analyze,
I'll find what makes him tell such monstrous lies!
I'll test the color of his eyes,
I'll find why from blondes he never shies.

I'll find why he wears derby hats,
And washboard shirts, as well as spats.

Why like a cat he wanders round,
When decent folk in bed are found.
When I get this bird all apart,
I'll find what makes it grow so large
When he goes out with flapper Marge.

Then shrinks until it can't be seen,
When wifey mentions the long green;
What puts that wise look in his eye,
When some new girl goes tripping by;
What makes him order quail on toast
Then call on Caesar's well-known ghost.

And give her a good calling down—
Because the toast is done too brown—
This when he dines with some blonde dame

Who doesn't even know his name,
Then for a week eats just plain beans,
And says he'll live within his means;
I'll find what makes him bet his dough

On some old skate that's always slow,
What makes him swagger when he walks,
What makes him boastful when he talks;

I'll find all this, then let him go,
Because you see—I love him so!

Frozen Banana Sandwich

This following recipe for Frozen Bananas Sandwich makes an excellent dessert, and is very easy to make.

- 1 1/2 cups whipping cream
- 2 tablespoons confectioners sugar
- 1/2 teaspoon vanilla
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 4 ripe bananas
- 1 egg white
- Lady fingers, sponge or plain cake

Method: Whip 1 cup of the cream until it will form a peak, but is not stiff. Add sugar, vanilla, lemon juice and salt. Fold in 1 thinly sliced banana and the stiffly beaten egg white. Line the bottom of the refrigerator tray or a mold with lady fingers or thin slices of cake, placed close together. Fill the tray three-quarters full of the banana mixture, top with more lady fingers or cake and place in the refrigerator to freeze. If a mold is used, the dessert can be packed in salt and ice until frozen. Slice and serve garnished with the remaining bananas, sliced and the remaining half cup cream whipped, sweetened slightly and flavoured to taste.

CARROLL'S



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DESSERT PEARS
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