Blended For Quality

"SALADA" TEA

TESTED RECIPES

SPONGE CAKES

This is the time of year when such delicacies as sponge cakes have a special appeal. They do not only appeal to the appetite in early spring but also the homemaker who watches food prices and takes pride in preparing good foods at a moderate cost.

The Consumer Service Section, Marketing Service, Dominion Department of Agriculture recommends the following recipes for sponge cakes and suggests that in each case the price be calculated. It may be a surprise to find that such big cakes may be made at small cost. The reasons are of course that eggs are the main ingredients and current price of eggs is moderate.

Sponge Cake

4 egg yolks
Pinch of salt
1 tablespoon cold water
½ cup boiling water
1 cup fine granulated or fruit sugar
1½ cups cake or pastry flour
1 teaspoon baking powder
1 teaspoon vanilla
4 egg whites
½ teaspoon cream of tartar

Add cold water and salt to egg yolks and beat slightly. Add boiling water and beat until mixture becomes very frothy. Beat in sifted sugar gradually. Add flour and baking powder, sifted together several times. Beat well. Add vanilla. Fold in egg whites beaten until stiff with cream of tartar added. Bake in unbuttered angel-cake tin in slow oven (300 d. F) for one hour.

Chocolate Sponge Roll

4 egg whites
1 cup fine granulated sugar
4 egg yolks
4 tablespoons cold water
½ teaspoon vanilla
4 tablespoons cocoa
¾ cup flour
1 teaspoon baking powder
¼ teaspoon salt

Beat egg whites until stiff. Add sugar gradually, beating constantly. Beat egg yolks with water and fold into egg mixture. Line shallow baking pan about 15" x 10" with greased paper. Pour batter into pan. Bake in moderate oven (350 degrees F.) for 12 to 15 minutes. Turn out on cloth covered with powdered sugar. Trim off edges. *Remove paper and roll cake.* Cool and spread with whipped cream or Seven-Minute Frosting.

Seven-Minute Frosting

2 unbeaten egg whites
1½ cups fruit sugar
1-3 cup cold water
1 teaspoon flavouring

Place sugar, unbeaten egg whites and cold water in top of double boiler. Cook over boiling water for seven minutes, beating constantly with Dover beater. Remove from fire and add flavouring.

Cream Sponge Cake

4 egg whites
4 egg yolks
1 cup fine granulated sugar
3 tablespoons water
1 teaspoon flavouring
2 tablespoons cornstarch
1 cup pastry or cake flour
1 teaspoon baking powder
¼ teaspoon salt

Beat egg whites until stiff, but not dry. Beat in half the sugar. Beat egg yolks, add water and flavouring, and continue beating until thick. Beat in remaining sugar and fold yolk mixture into egg whites. Then cut and fold in sifted dry ingredients. Bake in an unbuttered tube cake tin in moderate oven (350 degrees F.) for 30 to 35 minutes.

Jelly Roll

Use Recipe for Cream Sponge Cake. Line shallow baking pan (about 15" x 10") with buttered paper. Spread cake mixture evenly in pan. Bake 12 to 15 minutes in moderate oven (350 degrees F.). Turn out on cloth or paper sprinkled with powdered sugar. Remove paper and trim off edges of cake. Spread with jam or jelly, beaten slightly to spread easily. Roll cake quickly.

TELLS AGE OF EGG

In removing the tip of a boiled egg, a slightly sunken space is observed at the top. This is known as the "air cell." When eggs are being graded under a strong light, this space is plainly visible and, in part, indicates the age of the egg, and, in part, the conditions under which the egg has been kept. Thus the size of the air cell is indicative of quality and is one of the chief considerations in classifying eggs into different grades. Nowadays, everybody knows that grading is essential to intelligent buying.

CARROLL'S

Spring HOUSECLEANING Sale!

For Tub, Washer and Dishpan—
RINSO pkg. 9c, 23c, 45c

Special—Our 35c CORN
BROOMS each 27c

Special—H.O. Powdered
AMMONIA 3 pkgs. 13c

Special—Carroll's
Soap Flakes 4-lb. pkg. 25c

Special—Shinola
Floor Wax 1-lb. tin 19c

Flaked LYE
"GILLETS" Tin 11c
[CASH AND CARRY]

"IT" Paste Shoe Polish Tin 10c

BUY THIS PINT SIZE AT REGULAR PRICE GET 1/3 PINT FREE — JOHNSON'S GLO-COAT FLOOR POLISH — Giant Tin 59c

Special—Stuart's Seville Orange
Marmalade 32-oz. jar 21c

Special—Silver Crest RED
SALMON ½-lb. tin 16c

Special—Libby's
Pork and Beans 3 20-oz. tins 25c

Special—Aylmer
Tomato Juice 2 20-oz. tins 13c

Special—Dew Kist Choice White
CORN 2 16-oz. tins 15c

Two Popular Teas
Salada ½-lb. Yellow pkg. 37c ½-lb. Brown pkg. 39c

SUNLIGHT Pure Laundry Soap 10 bars 49c

LUX Toilet Soap 3 cakes 16c | **LUX** Soap Flakes pkg. 9½c 23c

LIFEBOUY For Bath, complexion, hands Cake 7c

ABO The Grease Dissolving Cleaner 2 tins 25c | **Chipso** Soap Flakes pkg. 9½c 29c

Special—Carroll's Own
Cleanser 2 tins 9c

Aylmer IRISH **STEW** 2 tins 16-oz. 23c | Hawes' LEMON **OIL** Btl. 14c 23c

DOMESTIC Shortening or Easifirst 1-lb. pkg. 13c

BISCUITS Butter Rounds lb. 16c | Sherbet Creams lb. 15c

BEEHIVE Corn Syrup 2-lb. tin 16c 5-lb. tin 37c

Sweet Juicy **Oranges** Good Size 21c Doz.
Large Juicy **Lemons** 25c Doz.
Golden Ripe **Bananas** 3 Pounds 25c

NEW CARROTS, large Original Bunches 2 for 13c
NEW BEETS 2 bunches 15c
CRISP CELERY HEARTS bundle 10c
HEAD LETTUCE 2 heads 17c
LEAF LETTUCE 2 bunches 15c

Grocery Specials Good Until Monday Night—Fruit and Vegetables to Saturday Night, Only
Carroll's Limited

Main Street Georgetown — Free Delivery — Phone 357

The Women's Page

International Uniform Sunday School Lesson

The Continuing Task

GOLDEN TEXT: "Ye shall be witnesses . . . unto the uttermost part of the earth." Acts 1:8.

LESSON PASSAGE: Mathew 28; 16-20.

Thy foes might hate, despise, revile,
Thy friends unfaithful prove;
Unwearied in forgiveness still,
Thy heart could only love.
—Edward Denny.

Eleven, 16

There had been twelve disciples in familiar fellowship. Now there were but eleven. One had gone out into the night as "a son of perdition." What were the eleven disciples thinking of their departed comrade as they journeyed into Galilee? Did they ask themselves if they could have done anything to straighten out the thinking of Judas? When a family circle is broken through friction or moral lapse, do those who remain join in condemnation of the one who has gone out or do they ask what was lacking in themselves that the transgressor did not find a higher level of life? When congregations report lapsed members, do they complain of the coldness and indifference of those who have lost touch with the church or do they seek to overcome the unattractiveness of those who remain? Christianity has been persecuted in Germany and forbidden in Russia: is it possible that a better demonstration of Christian civilization in the British Empire and in North America might have held those nations loyal to the Christian faith?

Faith and Doubt, 17

It is a comfort to know that some of the disciples doubted. Christ had foretold his death and resurrection and they had every reason to believe him. Yet when he was crucified the disciples scattered and even after he appeared to the eleven, they worshipped him but some doubted. It seemed incredible to them that one who had been pronounced dead and had been buried in a rock-hewn tomb guarded by soldiers, should be with them once more. Soon their doubts disappeared and they all believed. There are two kinds of doubt. One form of doubt is akin to disbelief and is often due to moral disobedience. Another form of doubt is honest-mindedness, the unwillingness to announce a conviction until the facts warrant it. Some of the strongest Christian believers have arrived at faith gradually, even slowly. First they reasoned by exclusion — Christ has no real rival in appeal to the soul. Secondly, they entered into an experience of the truth, beauty, love and presence of Christ that they could no longer doubt. Faith comes through fellowship with Christ and his followers.

Power, 18

Hebrew grammar tells of the use of the "prophetic perfect." A prophet would be so sure that something was going to happen that he would speak of it as having already happened. Christ said, "Be not afraid, I have overcome the world." Yet shortly afterwards he was arrested, insulted and crucified. For nineteen centuries Christ has been overcoming the world. In similar fashion Jesus, after his resurrection, said to his disciples, "All power is given unto me in heaven and in earth." Yet the world today, with three simultaneous wars, is far other than Christ would wish it. He does not transform badness into goodness by arbitrary decree but only by consent. The Christian Church cannot bring peace or guarantee security by any exercise of temporal power, but only by influence and service, truth and love. Human obedience limits or augments Christ's power. When we begin to obey his principles our destiny is changed and we are enabled to transform the social structure.

Go Teach, 19.

Christ never promised a passive salvation. He demanded action. "Go and show John what you see." "This ought ye to have done." "Go and do likewise." "What thou doest, do quickly." Here, in Matthew, Christ had said that all power had been given to him in heaven and in earth he showed his dependence upon his apostles. They were to carry on his work by active service [illegible] in the homes of [illegible] and of [illegible] teaching ministry [illegible] The world [illegible] instance. Never [illegible] alone the present [illegible] but not [illegible] and truth [illegible] of the model [illegible] The Sunday [illegible] and the library but [illegible] are be [illegible] by counter attractions. There is no alternative for Christian [illegible]

The Unceasing Presence, 20

Let us think back to the affirmation of Christ, "All power is given unto me in heaven and in earth." We saw that Christ's power is mediated through his followers. And how, may we, his followers, get courage and confidence to witness a good confession? Here is the secret. We are not alone. Christ is with us, living in our hearts by faith. He promises to be with us unceasingly even unto the end of the world. David Livingstone was upheld by his promise through his long journeys in darkest Africa. Discouraged Sunday School teachers gain fresh heart when they realize that the Great Teacher is with them, the Teacher who spent most of his public ministry teaching and training others to teach and whose parting command was "Go teach." In the twentieth century, nations that have been taught must be taught all over again. To Christianize the non-Christian lands and the unchristian areas of so-called Christian lands is a huge order but it can be done. Christ promises us his presence and his help to the end.

Questions for Discussion

1. Why was the meeting place in Galilee?
2. Why were the disciples slow to believe?
3. "All power!" Why, then, is the Church not victorious?
4. What does Christ offer to us?
5. Am I daily realizing the presence of Christ?

(Lesson Outlines copyrighted by the International Council of Religious Education. Used by permission.)

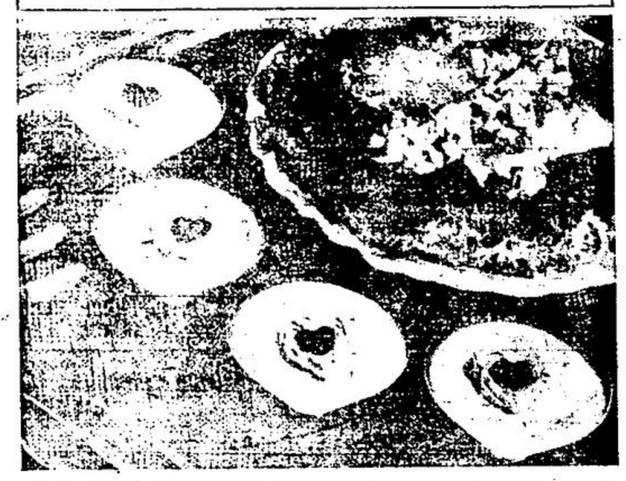
In the — Spotlight — at Ottawa

By Spectator

The War Supply Board, under the chairmanship of Mr. Wallace Campbell, which has the duty of making all purchases of all equipment and supplies needed in Canada's war effort, has issued a statement of all contracts which it has made from November 1st las year to March 1st. During the four months contracts total over 100 million dollars, while purchases made by the Defence Purchasing Board which preceded the War Supply Board amounted to 42 millions. The contracts cover purchases of every sort of material for the active service forces from small consignments of nails to aircraft and vessels. Orders have been placed in 12 Canadian shipyards for the construction of anti-submarine patrol vessels with a total value of over 37 million dollars. Over 9 million dollars will be paid for the construction of minesweepers now being built in British Columbian shipyards. Contracts for aircraft, appearing in the report, reach a total of over ten million dollars, while in addition requisitions have been placed with the British Air Ministry for planes which according to agreement the British government delivers free of charge for the Commonwealth Air Training Plan. The progress being made in this co-operative scheme to swell the ranks of the air fleet on the battle front is also shown by a number of contracts for the construction of hangars and other buildings on sites for the Air Schools. Food and clothing material for soldiers, sailors and airmen, and equipment and supplies of all kinds for the fighting services, all appear in contracts listed by the Supply Board. A further order has been placed for 7302 motor vehicles to be used by the First and Second Divisions and auxiliary forces. This order divided equally between the Ford Company of Windsor and General Motors of Oshawa will reach a total of over nine million dollars.

After the noise of the election battle has died away, certain domestic issues which have played little or no part in the contest will appear again. Among these is the Sirois report on Dominion-Provincial Relations which is completed but not yet placed before the government and parliament. Mr. Lapointe says it will be issued soon after the vote is cast. He claims that with provincial leaders like Godbout in power, differences of opinion between the provinces and the Dominion which it was the duty of the Commission to investigate fully and recommend remedies, will be ironed out, and an agreement reached. But matters of this kind lie in the lap of the fates. Another question is the St. Lawrence Waterway project, of which something was heard during the election from candidates in the province of Quebec. Whatever may be the fortune of the negotiations, now lying dormant, and whatever the relative force of the arguments for and against the plan, the idea of the cost of the enterprise at a time when the finances of the nation will be strained by the war effort, has led to a fairly general lack of enthusiasm.

Spring Color Schemes in Food



A touch of color has the same effect on food as on our attire or in the home. Color brightens things up, makes them more attractive and in food it increases the desire and whets the appetite. Colorful frostings, toppings or decorations are always desirable and at this season of the year we are more willing to "fuss a bit" than during the heat of summer.

Red and white are the colors for February and there are dozens of red and white combinations available. You might elect to serve Spanish rice as the main dish; or a specially savory corned beef hash; or a juicy lamb stew, rich with tomatoes, in a rice ring. Sliced tomatoes, tiny radishes, cranberry jelly and red-skinned apple rings are a few of the red foods obtainable.

One of the most attractive red colorings for dessert use is grenadine syrup, and vanilla rennet-custard with grenadine topping carries out the red and white effect to the last delectable nibble. Best of all its qualifications as a party dessert, perhaps, is the fact that this one can be made in ten minutes, without eggs and without cooking.

Vanilla Rennet-Custard with Grenadine Topping

2 cups milk (not canned or soft curd) or 1 cup milk and 1 cup cream
1 package vanilla rennet powder
1 egg white
¼ cup granulated sugar
¼ cup grenadine syrup

Set out 4 or 5 dessert glasses. Warm milk slowly, stirring constantly. Test a drop on inside of wrist frequently. When COMFORTABLY WARM, (120° F.) not hot, remove at once from stove. Stir rennet powder into milk briskly until dissolved — not over one minute. Pour at once, while still liquid, into individual dessert glasses. Do not move until firm — about 10 minutes. Chill in ice box. Just before serving, beat egg white until it holds peaks; add sugar and syrup by tablespoons, beating well after each addition, and continue to beat until mixture is very stiff. Drop a puff of the mixture on each dessert and trickle a little grenadine syrup over the top.

The following menu for a February luncheon party might be served buffet style to simplify it still further:

Loganberry Juice Cocktail with dash of Whipped Cream
Corned Beef Hash
Buttered Julienne Beets
Waldorf Salad in Cranberry Jelly Mold
Hard Rolls
Vanilla Rennet-Custard with Grenadine Topping
Coffee