

Recipes for Biscuits as Quick Meal Suggestion

Why Drop Biscuits are so Satisfactory. Mixed Fruits Used as Filling for Shortcake at a Buffet Supper. Recipe for Sweet Rolls.



(By Edith M. Barber)

A letter from a reader contains the following suggestion for a quick meal which she kindly gives me the opportunity of passing on to other readers: "It is a great comfort to know that one can serve a delicious, satisfying meal in a short time with a biscuit recipe that never fails. When the dough is mixed drop it from a spoon on your greased baking sheet and slip in into the oven. Then turning to your refrigerator you will find something from which to make a salad. The salad is made, the water is boiling for the tea and the biscuits are done. Now you can serve them with a little butter or preserves, or perchance a few berries; put a little sugar on them, open the biscuits, place some of the fruit between the halves. The delicious flavour of the strawberries will enhance the enjoyment of the meal.

"Most business women housekeepers like to indulge the family in quick breads occasionally. They may cut down the time of preparation by using one of the ready-to-mix products for biscuits and shortcakes. Of course the secret of getting tender products is not to handle the dough any more than necessary. For this reason drop biscuits are almost always satisfactory. With raspberries, blackberries and huckleberries in market just now and with strawberries lingering and peaches coming in, there can be always a new sort of shortcake. I wonder if you have ever put shaved maple sugar between your hot buttered biscuits and served them with whipped cream for a dessert. The other day mixed fruits, including blackberries, raspberries and sliced peaches were used as a filling for a shortcake which served as a dessert at a buffet supper on a penthouse terrace."

Quick Meal

- Prune juice cocktail
- Broiled lamb chops
- Broiled tomatoes
- Berry shortcake
- iced coffee

Method of Preparation

- Light oven.
- Light broiler
- Prepare shortcake and bake
- Prepare cucumbers, dress and chill.
- Prepare cocktail and chill.
- Broil chops.
- Broil tomatoes.
- Prepare fruit
- Make coffee.

Baking Powder Biscuits

- 2 cups flour
- 4 teaspoons baking powder
- 4 tablespoons shortening
- 1/2 to 1 cup milk or water
- 1/2 teaspoon salt

Mix and sift the dry ingredients and rub in the fat with the fingers or cut it in with a knife. Make a hole in the flour at the side of the bowl and add half a cupful of liquid. Stir in enough flour to make a ball of soft dough. Remove this from the bowl and add to the remaining flour enough liquid to make a soft dough. Roll on metal surface or oil cloth until one inch thick. Cut into rounds and bake ten to twelve minutes in a hot oven (450 deg. F.). This recipe makes ten medium-sized biscuits.

Fruit Shortcake

- 2 cups flour
- 3 teaspoons baking powder
- 3/4 teaspoon salt
- 4 tablespoons sugar
- 5 tablespoons fat
- 1/2 to 1 cup milk

Use the method for mixing biscuits. Divide the dough in half and roll each half the same size and shape. Place one layer on a greased pan, butter slightly and place the other layer on top of the first. Bake fifteen to twenty minutes in a hot oven (450 deg. F.). Split and cover with crushed fruit. Place the other crust on top and cover with fruit. Strawberries, raspberries, oranges or fresh or canned peaches may be used.

Sweet Rolls

- Biscuit dough
 - 2 tablespoons softened butter
 - 1/2 cup brown sugar
 - 1/2 teaspoon cinnamon
 - 1/2 cup chopped raisins
- Roll the dough one-quarter inch thick, spread with the butter and sprinkle with the sugar, cinnamon and raisins. Roll like a jelly cake, cut in three-quarter inch pieces, place close together in a greased pie plate and bake ten to twelve minutes in a hot oven (425 deg. F.).

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Ottawa Journal: One of Mr. Stevens' chief backers comes out with the announcement that their movement is not concerned with "politics." It is a bad beginning. When a man starts in to direct or influence public affairs and doesn't know he is concerned with politics, he has so much to learn that he is not likely to be overly useful for a considerable time.

Reading Character from Face and Head

Interesting Sketches of Famous People from Their Facial Expressions and Appearance.

(By John Brown)

What kind of a face have you? Upon the answers to this question may depend your happiness in life. It is easy to say that people should not guess character and ability by appearance, but in the hurly-burly of modern life, we are more or less compelled to judge by our first impressions of faces.

A dominant attitude of mind is reflected in a set expression, and in time the features compose themselves into this expression permanently. Thus, we have the owlish face of the constant reader and the alert, open-eyed up-raised face of the policeman.

Experts can tell at a glance the salient features of a man or woman's character. Take the faces of the people in Europe who matter to-day. Are they ordinary faces?

Tell-Tale Features

Hitler, whom I saw in Berlin a few weeks ago, is a short, plump, insignificant-looking man in many ways, but his grim expression and unsmiling eyes mark him off as an unusual type. Mussolini's out-thrust chin and straight eyebrows tell a tale of ruthless energy and driving force, while his darting eyes show his opportunism. Kemal Ataturk, the Turkish dictator, has a mask-like face which betrays ambition, intelligence, staying power and cool courage.

General Goering, Germany's air minister, looks as if he enjoyed the good things of life. There is also courage and brutality in his face. The nose shows ambition and a dislike for the petty and sordid.

George Lansbury's face shows ability, an absence of prejudice, a love of applause. The perpetual smile which plays about his mouth points to a man who is always thinking in terms of the effect he is having on his hearers. The lower part of the face shows the orator.

Winston Churchill has a face which would be noteworthy anywhere. The eyes and nose indicate great ambition and the mouth energy and resolve. Sir Stafford Cripps has a clever face. The mouth suggests tenacity, but not oratorical ability. The forehead and nose show a well-oiled brain and keen reasoning powers. The face is not that of an ambitious man. Sir Oswald Mosley's face shows intelligence, courage and an unwillingness to bear fools gladly. It is not the face of a politician, but of a country squire with ambition.

George Lansbury's face shows great spirituality. Here is one whose dominating motive is not power, but love. A very unusual face, indeed. President Roosevelt looks, strangely enough in view of the opinion held of him in the United States, that of a professional politician. The ready smile, the cheerful mouth, which is not always confirmed in the eyes, the liking for public utterance, as shown by the lower half of his face.

Ramsay MacDonald a Dreamer
Beverly Nicols looks as though he had a secret sorrow which he is forever trying to laugh away. Noel Coward appears light and airy at first glance, but there is a trace of grimness about the set of his jaw. Ramsay MacDonald has the face of a dreamer, sensitiveness and a liking for the arts being pronounced.

Increased Recovery at the Marbuau Gold Mines

Stanley Baldwin's face is that of a worldly-wise craftsman who has retained some of his early ideas, which give him driving force and keep him young. The forehead shows a love of reading and abstract thinking.

I once talked with an expert in faces—a man who worked in the home office for many years. He spoke of his long experience, and told me things about my friends from their photographs which were unannounced. This man would soon become wealthy as a fortune-teller, I am sure. No doubt the great orators and religious leaders of the past had similar powers, and could adjust their speeches to meet the needs of the faces in front of them.

The expert told me of the strange things he had noticed in the faces of the great men and women whose portraits and busts had been bequeathed to us.

Napoleon, he said, had the face of a journalist.

Actually, Napoleon was a brilliant journalist, although this fact is obscured by his military and political triumphs. The expert added that many of the American gangsters of to-day were similar as regards faces. A smooth brow indicating self-confidence and a lack of conscience, a long nose showing pride and ambition, and a firm mouth showing resolution—while the eyes were those of a dreamer.

The Duke of Wellington's face, he said, showed a dislike of study and books. Gladstone had the face of one controlled by some fixed idea. Disraeli looked as though he had no fixed ideas, and was an out-and-out opportunist. Queen Elizabeth looked like a successful novelist. Cromwell was a cynic and pessimist—these were a few of his judgments.

One of the strange things about faces, he said, was that many of the worst murderers looked handsome and noble at first glance. But he said that whenever there were meditative eyes combined with a hard mouth he always looked for a criminal. "Baby Face" Nelson, Dillinger's successor as America's public enemy No. 1, had such a face.

Had Her Face "Lifted"

He described a boy he had known, who was a smooth, handsome, open-faced fellow, and had only the suspicion of a hard line about his mouth. Possessor of a charming personality, popular with everyone, he had a good school record, and was expected to make a great success in his father's business. Yet, before he was 21, he was found guilty of a particularly brutal robbery with violence.

I asked the expert if he had ever made a mistaken diagnosis. Yes, he had made one—only one—in the last 10 years. And it turned out to be a woman who had had her face lifted.

Now It's Electric Air Cleaning

by "Shakes"

The cause of a tremendous amount of waste in large cities has been found for the past century or so, to be due to smoke and dust-filled air. The loss is entailed not only in offices and homes by rendering articles dirty so often that their life is shortened by constant cleansing, but takes a toll in human sickness. Hay fever has been found to be caused by the action on some bodies of the pollen of certain plants, and other particles of dust in the air have equally deleterious effect.

Air conditioning is a modern comfort found in a constantly increasing number of public and private buildings, but as yet, perfect air conditioning is a rather expensive proposition for the small home. A new device, which cleans air of smoke, dust and pollen particles, will soon be placed on the market by a large engineering firm, in sizes the average home can use profitably. It works on a principle never before applied to air cleaning—electrostatics.

The principle is most easily shown by rubbing the composition end of a fountain pen on cloth and placing it close to a small bit of paper. An immediate attraction between the pen and the piece of paper seems like the action of a magnet on a pin. Just as in magnetism, where opposite poles are attracted, and similar poles repelled, so it is in electro-statics—a negatively charged particle attracts a positively charged one, but repels a similarly charged one.

On this principle, experimenters reckoned that if it were possible to charge the particles of soot, dust and pollen in the air, they could be more easily gathered into one place. The electrical charging of the particles is accomplished by having them pass close by wires which are kept charged. Then as the air passes farther on, it goes through a series of positively and negatively charged plates. The charged particles are immediately attracted to the plates, and are kept there by a thin film of oil.

The machine is so efficient as developed at present that air heavily laden with smoke can be blown in one end of a tube and emerge at the other clean and fresh. As applied to a room, the small machine necessary to keep the air fresh and clean all the time, consumes only 50 watts, or about the same current as an average electric light bulb.

Physicians have been experimenting with the outfit before it is placed on the market and so far it is indicated that the little machine may be a great boon to hay fever sufferers—if they will remain in a room or a building in which the electro-static air cleansing is done.

It's just one more reason why the modern housewife should take a course in elementary mechanics. Washing machines, radios, stoves, vacuum cleaners, percolators, refrigerators, waxing machines, curling tongs, lights, heaters, ironers—and now air cleaners. "Every housewife a junior engineer" would probably save millions of dollars a year in repair and replacement bills.

Bears Doing Considerable Damage at New Liskeard

The New Liskeard Speaker last week says:—"Last week was evidence of a greatly increased number of bears in the district this season. We also intimated that some special care should be taken when children go out to the berry patches, because Mr. Bruin and his family have a special liking for berries. Since our last issue we have had further details of just what a bear will do, especially when he becomes more or less familiar with human life. This bear is about the most impudent animal in existence and once he becomes "tame" it is almost impossible to insult him or drive him away. In fact, he is more likely to resent any move to insist that he vacate. The story we relate is told of a bear further up country. This animal was more or less handled by people when he was a cub. When winter came along he reverted to the wild life and disappeared, having no doubt found a suitable spot in which to hibernate. Late this spring he returned to his cubhood place of abode and immediately began to make himself very much at home. Indeed, he simply could not be made to understand that his absence was more to be desired than his presence. One cottage was closed up, while the family were in town for a few days, and on their return they found just what a bear could do when he really meant business. This particular bear smashed in a heavy door, tore open cupboards, demolished a ten-pound bag of sugar, ate and spilled some 25 pounds of flour, as well as anything else he could get, up to the stove, spilled fruit all over the place, and even transferred some of the equipment outside. In fact he made about as much mess and caused as much destruction as several able-bodied boys could do, and doubtless enjoyed himself quite as much. Yes, a bear can do a lot of damage, will kill young deer and moose as fast as he can find them; is altogether too impudent and unreliable to have around the place and the government would do well to class him in the same ranks with the wolf when it comes to destroying young game animals."

The No. 6 vein on the third, fourth and fifth levels has shown encouraging results. On the 550-foot horizon, drifting has opened up this vein for a length of approximately 150 feet. On the 425, a crosscut has been driven through the structure and drifting started. At the third level the vein has been diamond drilled only.

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BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



The urge to beauty is truly centuries old. Shake yourself out of the doldrums and budget your time and purse to new beauty. JANET GAYNOR is alive to the importance of stretching and reaching high to add new laurels constantly.

COSMETIC ART EIGHT THOUSAND YEARS AGO

At least eight thousand years ago women had precisely the same beauty urge that we do to-day. Perhaps it was not as clearly developed, doubtless it was not as easily fulfilled, but the natural urge for beauty was there, nevertheless. Digging through old ruins archeologists find proof of the fact that cosmetics, in some form or other, existed some five thousand years before Christ. In the tombs of Egyptian mummies coal used to blacken the eyelids. Perfumes, body oils, nail tints.

It makes one feel that this urge to be beautiful was born with womankind. Without it a woman might as well give up all hope and faith and with it the modern woman should thank her lucky stars for the strides science is making in beauty's behalf.

Desire for Beauty Very Natural
So natural is this desire for beauty that the woman, who honestly lacks it must also lack health in mind and body. She must lack the very joy of living. If the condition is temporary, a little true talk to yourself will locate the trouble. It may be indigestion, it may be lack of sleep, it may be dreary weather, or perhaps Junior has a cold or has received a poor report in school. It may be worry of one kind or another that causes you to shelve the urge for a time. The thing to do is to overcome the difficulty first and then get back to normal and back to the "urge." If the condition is a permanent one, however, if you just don't care how you look, if the wrinkles around your eyes don't make you wince, better see a physician and a psychiatrist.

But, come now, truth to tell, there is the urge, isn't there? Most of the time, anyway. You do care how you look when you're "going out" or even when the family gathers around the table at dinner time. You're quite natural, then. So be modern, too. Let science help you to achieve greater beauty. Let a common sense program help you too.

Budget for Beauty
Budget both your purse and your time for beauty. Remember that in ancient Egypt women had the urge, but only a very few could buy the costly unguents. To-day superior creams and lotions are within the reach of every purse. Remember that in ancient Egypt the favoured few spent hours and hours on themselves. To-day a half hour a day is sufficient to devote to beauty. And what a reward! Your skin, your hair, hands, eyes, body, adoption of fashions—the whole beauty ensemble, everything that goes to make you more beautiful and more individual is yours.

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Portland Oregonian.—Where does a French cabinet minister without portfolio keep the return half of a 30-day excursion ticket?

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