

# Facts About Chocolate and Ways for Using It

For a Long Time Chocolate Simply Meant a Flavour, but its Use has Greatly Extended in Recent Years. The March of Time and Science has Brought New Uses for Chocolate.

The word chocolate means to most of us first of all a flavor, perhaps our favorite, which is used in cake, in candy, in ice cream and other desserts and sometimes in a beverage. Cocoa, however, symbolizes first of all a hot drink. A concoction of ground cocoa beans was the national beverage of the Western tropics for an unknown number of years before the discovery of America. So important did its introduction into Europe seem to the botanists of the day that they gave the cacao tree the name of "theobroma" which means "food of the Gods". Perhaps because we use chocolate so much as a combined food and flavour, we use it less as a beverage. Hot beverages, are, in general used for their stimulating quality rather than for their food value. Cocoa, however, which is merely chocolate from which some of the natural cocoa butter has been extracted, ranks next to tea and coffee in its use as a hot beverage. When it is made with milk it is more than ever, of course, a food drink. Before the American revolution the first chocolate and cocoa factory was established in Massachusetts, and the national taste for chocolate had begun to be established. To-day, cocoa beans come from the West Indies, South America and even from Africa, to supply us with the hundreds of millions of pounds which we consume each year.



(By EDITH M. BARBER)

Cocoa beans grow in large egg-shaped pods which are dried and then cut open so that the beans may be removed. They are then cured by fermentation, washed and dried before they are shipped to the factories. There they are cleaned and roasted, just to the proper point to produce the best flavour. The beans are then cracked and broken, the shells removed, leaving the pieces of kernel which are known as cocoa nibs. Often several kinds of cocoa nibs are ground with heated machines by which a thick liquid is produced. This is the chocolate which is known as plain or bitter and which hardens as it runs into molds. This is the type of chocolate which we use most of all in cooking. For dipping chocolate and sweet sugar and sometimes more cocoa butter are added. For milk chocolate condensed or powdered milk is added.

In the manufacture of cocoa some of the oil is removed and the remaining substance is ground and sifted to a very fine powder. Good cocoa has a reddish shade. The most satisfactory way to make it into a beverage is to add a small amount of cold water. Stir this over a low fire until the mixture is smooth and thick. Then cold milk may be added and heated until the mixture is foamy. It should then be beaten with an egg beater to prevent the formation of scum. The same method may be used for chocolate, but it is preferable to add hot milk, as slow cooking sometimes causes the oil to separate from the chocolate. The old Mexican custom of adding vanilla to this beverage has been adopted by us. Sometimes a dash of cinnamon is also added.

When chocolate is used as a flavour for desserts and cakes it is usually melted. This should be done over hot water so that delicious flavour will not be destroyed by high temperature.

**Chocolate Squares**  
1/2 cup butter  
1 1/4 cup sugar  
1 square chocolate  
1 egg  
1 cup cake flour  
1/2 teaspoon soda  
Salt  
3 tablespoons milk  
Cream butter and sugar, add chocolate, melted, and beaten egg. Sift flour, salt and soda and add, alternately with the milk and mix well. Brush baking sheets or outside bottoms of cake pans with melted butter and spread on thinnest layer possible of the chocolate mixture. Bake in moderate oven. (375 degrees Fahrenheit) seven minutes. Just as soon as baked, cut easy layer into squares.

**Chocolate Sauce**  
2 squares chocolate or 1/2 cup cocoa  
1 cup water  
2 cups sugar  
Pinch of salt  
2 teaspoons vanilla  
2 tablespoons butter.

**Chocolate Creole Cake**  
2 cups sifted cake flour  
1 teaspoon soda  
1/2 teaspoon salt  
1/2 cup butter or other shortening  
1 1/4 cups brown sugar  
2 eggs, unbeaten  
3 squares unsweetened chocolate, melted  
1 cup milk  
1 teaspoon vanilla  
Sift flour with soda and salt. Cream butter, add sugar gradually and cream together until light and fluffy. Add eggs, one at a time, beating well after each addition. Add chocolate and beat well. Add flour, alternately with milk. Add flavouring. Bake in two greased ten-inch layer pans or three nine-inch layer pans in a moderate oven (325 degrees F.) thirty minutes.

Cut chocolate in small pieces or use cocoa and stir over direct heat with the water until thick and smooth. Add sugar and salt and stir until dissolved. Boil three minutes, add flavouring and butter and serve hot. Store in air-tight container and reheat when wanted to serve again.

**Chocolae Delicacy**  
1/2 cup butter  
1/2 cup powdered sugar  
3 eggs  
2 squares chocolate, melted  
1/2 cup dry sifted bread crumbs.  
Cream the butter with the sugar, add the egg yolks, slightly beaten; the melted chocolate and bread crumbs. Beat the egg whites and fold into the mixture. Grease two shallow cake pans and pour one-third of the batter into each, reserving the rest for the filling. Bake in a slow oven (325 degrees F.) twenty minutes. Remove the pans and put together with the reserved filling. Serve garnished with whipped cream.

**Chocolate Creole Cake**  
2 cups sifted cake flour  
1 teaspoon soda  
1/2 teaspoon salt  
1/2 cup butter or other shortening  
1 1/4 cups brown sugar  
2 eggs, unbeaten  
3 squares unsweetened chocolate, melted  
1 cup milk  
1 teaspoon vanilla  
Sift flour with soda and salt. Cream butter, add sugar gradually and cream together until light and fluffy. Add eggs, one at a time, beating well after each addition. Add chocolate and beat well. Add flour, alternately with milk. Add flavouring. Bake in two greased ten-inch layer pans or three nine-inch layer pans in a moderate oven (325 degrees F.) thirty minutes.

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## Report for September for District Children's Aid

The following is the report of A. G. Carson, superintendent of the District of Cochrane Children's Aid Society, for the month of September:

Applications for children for adoption 60  
Office interviews 60  
Interviews out of office 47  
Complaints received 39  
Investigations made 37  
Children involved 35  
Children in Shelter 17  
Children in boarding homes 27  
Mail received 75  
Mail sent out 127  
Court attendance 1  
Juvenile cases 1  
Boys on probation 23  
Investigations for other societies 3  
Mileage travelled 567  
Wards visited 16  
Children made wards 1  
Children given assistance in their own homes 11  
Children placed in foster homes 1  
Cases under the Unmarried Parents' Act 1

## New Book on Arabia in Timmins Library

Story of Freya Stark, who Conquered a New Land. Other New Library Books

A part of Arabia never travelled before by modern man has been conquered by a woman, Freya Stark, author of "Southern Gates of Arabia," one of the new books at the Timmins public library. Tribal warfare has made it impossible for any to enter Arabia through the back door. The lives of these people, gradually being brought together under a strong man, make interesting reading.

Women are taking a larger part each year in penetrating the world's unknown spots. Dorothy Una Ratcliffe, well known for her explorations in the East, and a fellow of the Royal Geographical Society, went deep into Central and East Africa recently, "shooting" big game with a camera. She brought back some of the finest examples ever seen. Her book "Equatorial Dawn" is an account of the expedition, with all its adventure, humour and drama and is lavishly illustrated with photos.

Like Dr. Starke's other books, his "Don Gypsy" is written in a new and interesting style. This "autobiographical travel literature" has "the lightness of deep learning and the depth of personal experience." It is an account mainly of wanderings in Spain.

**New Fiction**  
And in the new fiction at the library are:

"Miss Bunce's Book," by D. E. Stevenson. (Miss Bunce wrote a book—all about her neighbours—and signed it John Smith. Her dividends were too small to support Miss Bunce properly and this book was to add to them—but in the end it added a great deal more than just money.)

"The Tune and the Dancer," by Sheila Macdonald. (A girl fights her family for her independence and wins, to travel to South Africa and her love.)

"Thank You Mr. Moto," by John P. Marquand. (The story of two Americans swept into intrigue in ancient Peking.)

"Mainspring," by Beatrice Burton Morgan. (A story of the romantic tangles of an American girl's life, typical in the life of many a family on this continent.)

"Return to Coolami," by Eleanor Dark. (The story of four people's lives is told during an Australian journey.)

"Deep Water Island," by Alan LeMay. (Mystery and romance in the Hawaiian Islands when a young American girl fights to regain a small island she believes was stolen from her grandfather.)

"The Woods Runner," Pendexter. (Western.)

"Marriage Contract," Thompson. (Romance.)

"Give Me Back My Dreams," Maybury. (Romance.)

## Has Good Words for Dogs that are Good

Admiral of the Fleet Admits Some Dogs Need Shooting, but Some Deserve Something Else.

Timmins, Ont., Oct. 1st, 1936  
To the Editor of The Advance, Timmins.

Dear Sir:—My theme this time is on "Dogs." (Did I hear you say "How's your uncle?" Shame!) Well, anyway you may probably get replies to what was said over the air the other day about an alleged individual who is supposed to have said he would shoot all dogs if he had his way. On the other hand he is supposed to have put in a plea for the starving children in Timmins, which goes to say he is at least a humanitarian, and probably he is an individual who in the past had some special experience which aroused his hatred for the poor quadruped.

Although I am a great lover of dogs, I will admit that there are some running about at large over whom should be sung the funeral service with a shot gun, for it is an awful prospect to pass down a lane for fear these clothes agents should extract a sample of cloth.

But for the welfare of the good doggies, of whom many stories are told, let me tell you mine, and any Bristol man will bear me out in this story. In the city of Bristol, in Castle street, there is a hotel known as the "Standard Hotel," owned by Mr. Williams, and they own a fox terrier around whose neck hangs a tin where-in donations are placed by the public for the support of the children's hospital. This dog roams around Bristol and on approaching a crowd stands on its hind legs and gets a donation from the pedestrian, just as smart as any tag seller in Timmins, and to my knowledge no one has ever molested this dog by trying to extract the coin. The dog attends to that part of it.

Speaking of starving children in Timmins, why send the money to Spain, when love begins at home? If there are any youngsters starving in this town, there are plenty of us who will give them our last crust with a smile. Now, as a man who was a small factor in active service in the Navy, I could tell you of the wonderful capacity of dogs in our battleships, but it would occupy too much space.

Does any reader remember the bulldog named "Windsor" on board the battleship "Repulse"? If so, I need say no more of a dog's value to the fleet.

Yours truly,  
(Don't shoot!) the Same Old Sea Dog,  
Harry Nichols

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## Roads, Customs, Town Discussed at Lions Club

Speakers Picked by Lot Give a Lot of Information and Interest. Mayor Bartleman at Club Meeting. Oddities of Customs Regulations. Interesting Addresses at Lions Meeting Thursday.

When the speaker for the day, W. O. Langdon, told the Timmins Lions that he would be unable to attend their meeting on Thursday night, a novel method of choosing speakers was used. All the names of the members of the club were written on slips of paper, dropped in a hat, shaken, and four drawn. They were Dr. A. McKenna, Fred Wolno, P. J. Doyle, and J. M. Belanger. They were given the time during supper to think about what they would say, and the results were surprisingly good.

Dr. McKenna spoke of what a big work the club had undertaken in the celebration of Timmins' 25th year. The community centre, to which the club will devote all the funds raised at the celebration, is by far the largest project undertaken by this club. It will mean that every member will have to work exceptionally hard to make it a real success.

**Increasing Attendance**  
Fred Wolno had some ideas about increasing attendance at club meetings. Although each member of the club gets a bulletin each week before the meeting, more than this is needed to make sure that every member in town attends.

Conversation with fellow Lions on the street always maintains interest, he said.

You can or you can't bring in \$100 worth of goods from the United States, said J. M. Belanger, who told the club something about how the customs offices of Canada work. He told of a man who bought a car radio in the States, had it installed in his car and crossed the border. He told the customs man he had bought the radio on the other side and was told that if he had it in his luggage it would be all right but since it had been installed in his car he would have to pay duty on it. Gifts of low values are usually admitted free of duty at Customs ports, Mr. Belanger said.

P. J. Doyle said that since Mayor J. P. Bartleman was present, perhaps he could tell them what was to be done about the roads. He also asked about street lighting and told the mayor that the Lions club would be pleased at any time to co-operate with the town.

Mayor Bartleman said he has had lunch in Toronto that same week with some members of the legislature and that they had assured him the road would be paved from Timmins to South

Porcupine just as soon as possible, and that within a year, the road would be paved as far as Forquiss Junction. He did not advise the Lions to count on too much roadwork, since there has been so many promises along that line. Street lighting here is being improved all the time, he said, the latest order having been to extend the bright lights of the upper part of Third avenue all the way down to Mountjoy street.

The first presentation of a past president's button by the local Lions was made to F. H. V. Ball by Dr. O. J. Stahl, Mr. Ball, now district deputy governor of the Lions clubs in the North, was the first president of the Timmins Lions. He thanked the members for the token, and said he had appreciated "the fine spirit of co-operation the members had shown during that first year of the Lions. He will continue to help Lionism here in every possible way, he said.

## Quintuplets on View Now Only One Hour Each Day

On October 1st a reduced schedule of time for the appearance in public of the Dionne quintuplets at the Dafoe hospital went into effect. Commencing on Thursday last the five famous girls may be seen daily from 9.30 to 10 a.m. and from 2.30 to 3.00 p.m., weather permitting. Dr. A. R. Dafoe announced last week after Nov. 1st it is understood, the period of appearance of the quintuplets for the public view will be still further reduced to half an hour a day.

Ottawa Journal:—A man's temper improves the more he doesn't use it.

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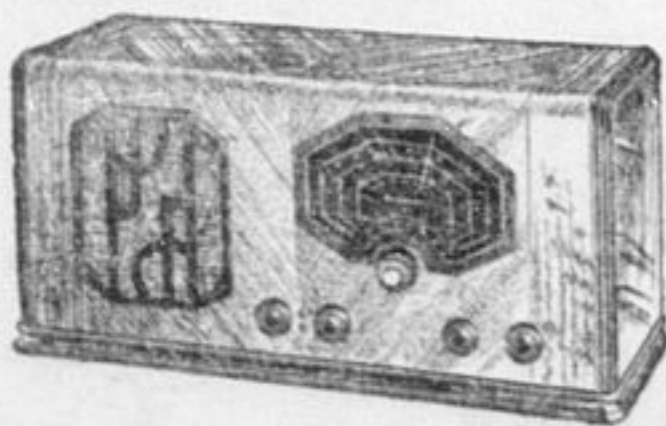
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