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Typical Popular Foods of New York State Folks

Apples, Cottage Cheese, Grapes, Oysters, Scallops, Eggs, Chickens, Maple Syrup, Potatoes, All Kinds of Vegetables. Also Here are Some Recipes.



(By EDITH M. BARBER)

Apples, cottage cheese, grapes, oysters, scallops, eggs, chickens, maple syrup, Long Island potatoes, celery, all kinds of vegetables!

That is the chorus which greets one who asks New York State what its typical foods are. It seems strange that a state which contains the largest city in the United States and which is among the leading states in manufacturing should also be close to the top in agriculture. Nevertheless, it is. Take apples—for instance—New York raises the second largest crop of any state in the Union.

In selecting dishes which belong to a state, one naturally looks to what is produced within its borders or in adjoining waters. The area of New York makes New York city headquarters for delicious ocean fish and also includes the lake regions, famous for their white fish. And what grapes are to be found in the grape belt near the lake shore in the western part of the state!

Then there are the apples of central New York. If you have never visited Wayne or one of the other famous orchard countries in blossom time, plan your next vacation around that trip and make up for the loss. Maple syrup comes from here too, and a large part of the city egg supply is produced in that section.

Then, some day, motor out to Long Island where you will find one of the most fertile spots in the country. The ocean currents and winds are kind and give a long season. Here, of course, you get the famous Long Island potatoes, which grow so well in its sandy soil, and wonderful truck gardens where all sorts of vegetables are grown for city markets, during the summer months.

We cannot leave New York state without making some use of the grapes which have found their ideal home in the western part of the state along the lake shore (The name of Niagara is given to one of the sweetest grapes grown there). Most of them are made into juice which divides with chocolate ice cream soda the honor of being a national drink.

Grape Conserve
4 pounds Concord grapes
2 pounds sugar
1 cup seedless raisins
1 orange, seeded and chopped
1 cup fine chopped nuts.

Wash and drain the grapes. Stem, remove skins and reserve. Cook the pulp ten minutes, or until the seeds show. Press pulp through a sieve to remove the seeds. To pulp add the sugar, salt, raisins and orange, seeded and chopped. Cook rapidly until the mixture begins to thicken and stir frequently to prevent sticking. Add the skins, cook for five minutes longer, or

Apple Cobbler
2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
5 tablespoons shortening
1/2 cup milk, about
1 egg
1/2 cup sugar
3 cups sliced apples

Mix flour, baking powder, salt and sugar together, cut in the butter until the consistency of coarse corn meal. Add enough milk to make soft dough. Beat the egg, add the three-quarters cup of sugar and peaches and one peach stone. Arrange in buttered baking dish and dot with butter, cover with the biscuit dough, which has been rolled to fit the top of the baking dish. Bake in a 425 degree oven for 10 minutes, lower heat to 325 degrees F. and bake about fifteen minutes longer or until done. Serve with a hard sauce.

Chocolate Cake
4 ounces chocolate
1/2 cup butter
1 1/2 cups white sugar
3 eggs
2 1/2 cups cake flour
1/2 teaspoon salt
3 teaspoons baking powder
1 teaspoon cinnamon
1 cup milk
1 teaspoon vanilla

Break the chocolate into small pieces and melt over hot water. Cream the butter and add the sugar slowly, beating vigorously. Beat the yolks of the eggs until thick and add to the sugar and butter mixture. Add the melted chocolate and mix well. Mix and sift the flour, salt, baking powder and cinnamon and add alternately with the milk, beginning and ending with the flour mixture. Beat egg whites until they are stiff, and fold into cake. Add the vanilla. Bake in three eight-inch layer pans in a moderate oven (350 degrees F.) for about thirty minutes.

Frost with seven-minute icing.

until thick. Stir in the chopped nuts and pour at once into hot jelly glasses. Cover with hot paraffin.

Raisin Lace Wafers
1/2 cup shortening
1 cup brown sugar
1 teaspoon salt
2 cups molasses
1 teaspoon ginger
4 cups pastry flour
1 teaspoon soda
1 cup seeded raisins

Put the shortening, sugar, salt, molasses and ginger into a saucepan together. Stir the mixture until it boils; then boil it five minutes. Stir in flour and soda sifted together. Add the raisins and drop by spoonfuls onto a greased baking sheet. Bake in a moderate oven (375 degrees F.) eight to ten minutes.

Eggs in Aspic
3 level tablespoons gelatin
1/2 cup cold water
1 cup strained tomato juice
2 cups consommé
2 small tomatoes
1 cup asparagus tips
1 cup cooked peas
3 hard-cooked eggs

Soak gelatin in cold water. Scald tomato juice and consommé and add gelatin. When dissolved pour about half an inch layer into a wet mold. Stand mold in crushed ice and salt, and when aspic is firm arrange peas about the edge and asparagus tips upright around the sides. Arrange slices of eggs and tomato in the centre, and when remaining aspic begins to stiffen, arrange alternating layers of vegetables, eggs and aspic. Chill; serve on a bed of lettuce. Instead of the consommé a stock may be made by dissolving two bouillon cubes in two cups boiling water.

Stuttering—Its Cause and Cure
"The other day I stood for five or ten minutes outside the door listening to six-year-old David as he played in a sand-box. He made roads and tunnels and pushed wooden blocks representing automobiles and trains, up and down and in and out, expressing thoughts aloud and without the least difficulty in speech. As soon as I made a noise he became silent; and when I entered the room he began to stutter and continued to do so even when he was talking to himself."

"Many children of all ages stutter most severely in the class room but have little difficulty elsewhere, while others have scarcely any trouble at school but stutter most severely at home. Other children and adults frequently have great trouble when they are speaking over a telephone, purchasing a ticket or asking for information."

Seven-Minute Icing
1 1/2 cups sugar
1/2 cup cold water
2 egg whites (unbeaten)
1/2 teaspoon salt
1/2 teaspoon cream of tartar
1/2 teaspoon peppermint extract.

Put the sugar, water, egg whites, salt and cream of tartar in the top of a double boiler and stir over boiling water for approximately seven minutes or until the icing will hold its shape. Then remove from flame and add the peppermint extract. Beat lightly until the icing is cool, and spread on cake.

That Body of Ours

By James W. Barton, M.D., Toronto

Stuttering—Its Cause and Cure



By James W. Barton, M.D., Toronto

I am quoting from the little booklet "The Child Who Stutters" by Dr. Frederick W. Brown, published by the American Medical Association. In my final year in public school when we were competing for scholarships, the student who stood first stuttered whenever a question was asked, but showed no speech defect outside the classroom. "Stuttering may begin at a time of a sudden or intensive emotional experience usually of a type producing fear, anger or anxiety."

I believe these examples show very clearly that stuttering is not really a defect in the speech apparatus itself; if there were a defect, stuttering would occur at all times. The fact that the individual stutters at one time and not at another simply means that there is something about the situation—place or people—when he stutters that upsets him mentally and the stuttering results.

"With the child who is just beginning to stutter, it is evident that stuttering usually begins during periods of general emotional distress and conflict, and that the circumstances attending the beginning of stuttering, the actual situations in which it is first observed are characterized by specific or special emotional conflicts associated with attempted speech."

You can readily see then that in schools (private or public) where the students are being treated for stuttering, the first thought is to have them speak in the presence of others, to use the telephone, to recite or take part in plays. The student gradually begins to feel that he is not an "outsider" but "belongs" to the community, and as his "shyness" wears away his stuttering disappears.

Are you bothered with colds three or four times a year? Have you ever stopped to consider the consequences? Send for Dr. Barton's illuminating booklet, "THE COMMON COLD", the ailment that receives so little attention yet may be as dangerous as being attacked by a hungry lion? Ask for Booklet 104, enclosing ten cents to cover the cost of mailing. Be sure to give your name, full address, and mention the name of your newspaper. Other Dr. Barton booklets, EATING YOUR WAY TO HEALTH (101), WHY WORRY ABOUT YOUR HEART? (102) and NEUROSIAS (103), are also available at ten cents each.

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Okatogs Review.—We understand there is going to be started in Calgary, a new industry to manufacture muzzles for newspaper men and other opponents of the government. And, unkindest of all, it's reported that these muzzles won't be supplied by the authorities but everyone will be made to purchase his own.

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News and Notes of Timmins Girl Guides

Meetings of Rangers, Girl Guides and Brownies Last Week

The following are the reports of the Girl Guides, Rangers and Brownie meetings for last week:

Rangers
The 9th I.O.D.E. Rangers held their regular meeting on Tuesday evening. Roll call was taken and then some knitting was done. A discussion of Lone Guide work followed this. The Rangers are going to take over the 2nd Lone Guide Co.

Another meeting will be held next Tuesday evening beginning at 7.30.

Guides
The 51st I.O.D.E. Co. held a meeting on Friday evening. The attendance and inspection was taken by Captain Cranston. Horseshoe was formed and the Orchid patrol raised the flag.

Dorothy Habib, Elsie Clatworthy, Jean Cowan and Christine Brown received the Health Badge, Elsie Clatworthy, Jean Cowan and Muriel Crispin received the Laundress Badge, Elsie Clatworthy and Muriel Crispin received the Second Class Badge, Elsie Clatworthy received her Swimmer's Badge. All of the Badges are worn on the right arm except the Second Class which is worn on the left.

The Guides then went to their patrol corners. The Second Class Guides have chosen to pass the Booklover's Badge next. Games were played.

A circle was formed for campfire. Popular songs were sung. The newspaper by the Orchid patrol was read. Any Guide having anything for the bazaar, which will be held the first week of December, may bring it to Helen Landers. The meeting closed with the singing of "Taps."

The new company of Guides held a meeting on Tuesday evening. This company is progressing quite rapidly. Second Class tests were taken by Captain Tiley and Lieutenant Abraham. Games were played and the Guides were then dismissed.

This week is Guide week and each Guide is asked to wear her pin every day.

Brownies
The 51st I.O.D.E. Brownie Pack held a meeting on Friday evening. The Fairy Circle was formed and the attendance and inspection taken by Brown Owl Booker. A game was then played under the direction of Helen Landers. The Brownies divided up into four groups taken by Captain Cranston, Brown Owl Booker, Tawny Owl Beckett and Helen Landers. They were taught knots and the Brownie Prayer.

The meeting closed with the Pack Howl, Brownie Prayer and Squeeze.

The 46th I.O.D.E. Brownie Pack held its meeting on Friday evening. The Fairy Circle was formed and the attendance and inspection taken by Miss Bailey.

Games were played. Plans were made for a Halloween party at which the 51st I.O.D.E. Brownies will be present.

The meeting closed with the Brownie Squeeze.

Says Trans-Canada Air Service Second to None

Interesting addresses are reported as having been given last week at Winnipeg by Hon. T. A. Crerar and Hon. C. D. Howe. In his address Hon. T. A. Crerar Minister of Mines, said that the Dominion must look to her natural resources to lead her out of the present economic difficulties. The mining industry had played a tremendous part in quickening the recovery of the country. Canada to-day is one of the world's foremost producers of base metals he said.

By July 1, 1937, Canada will have a transcontinental air service second to none on this continent, Hon. C. D. Howe minister of transport, said. To operate an air service as fine as any in the United States was Canada's objective he said.

The most modern airplanes, equipped with radio beam safety apparatus, will be used on the transcontinental service, said Mr. Howe. Whether night-flying equipment would be carried or whether long journeys would be broken for sleep for passengers had yet to be decided.

The Household by Lydia LeBaron Walker

WHAT TO DO FOR CLOSET SPACE WHEN A HOME LACKS IT

The corner cupboard of a dining room can have glass doors above where glassware is kept, and below have wooden ones concealing household linens, or various pieces of glass and china.

Dining Room Closets
Here are some plans for added closets that can be used in any home advantageously. Corner cupboards in dining rooms can advantageously take care of glass and china, and generally of flat and hollow silverware also, when it is possible to cut off all of the four corners of the room. This makes the room octagonal in shape, which is one well-suited to a dining-room. When the architecture of the room does not permit of all corners being so transformed, one, two or three corners may be so used without detriment to the shape of the room.

Closets in Various Places
In a hall, the space under stairs, if not otherwise used can be made into a closet for coats. In a room where a chimney, with or without an open fireplace, juts out into it, the space either on both sides of the chimney can be converted into closets. Angles in rooms can often be made into closets with apparent original intention. And when no available space can be found for built-in closets, portable ones can be installed.

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Ottawa Journal:—King Edward on his Balmoral estate hunted deer with a motion picture camera. A live deer in its natural environment is a lovely and graceful object.

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