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Follow Recipes Closely in Making Flour Dishes

Accuracy Essential in Using Flour. Too Much of it Makes the Product Dry and Pasty, While Too Little May Make it Very Soggy and Flat.



(By EDITH M. BARBER)

Wheat, that tiny kernel of this grain which grows so well in our American soil, has contributed as much to the development of our people as any other food. Every nation must have a liberal grain supply in order to exist. The grains which furnish people of the

world the foundations of their diet are wheat and rice. While man cannot live on these grains alone, without them he probably could not live at all.

While we depend upon wheat at the present time more for the calories which is contributed more than anything else, it gives us as well a really important amount of protein. Its other contributions depend upon whether we use it in its whole or refined forms. Because we are so well supplied with vegetables and fruits as well with meat, it makes little difference when there is a liberal amount of money to spend for food which form of wheat we use. If, however, our food budget is very limited, it is advantageous to use half or more of our cereals in their whole form.

Most of the wheat produced in this country is made into flour. The Southern States produce soft wheat flour; the great Northwest is the source of our principal supply of wheat and the rest of the North produces hard wheat. Hard wheat contains a larger amount of gluten than the soft wheat. Hard wheat is particularly suitable for the preparation of yeast breads, although it can be used satisfactory in the preparation of baking powder, breads and cakes. For this reason it is often known as all-purpose flour in contrast to pastry flour, made from soft wheat. Pastry flour is sometimes further refined and sold as cake flour, as it produces a tender, delicate cake.

Flour Once a Lottery.

Practically all the flour which comes to market is prepared for use in cookery under the most careful conditions and is consistent in quality. When I was a little girl it was a lottery whether a bag of flour, even under the same brand name, would produce equally good results. Today, the millers know what kind of wheat they are buying from the great wheat farms. It is milled under scientific conditions and then tested by

bakers before it goes on the market. Flour of to-day will take up approximately the same amount of liquid, and consequently it is possible to use standardized recipes.

Perhaps the greatest quantity of flour which is milled goes directly to commercial bakers who provide the cities with most of the loaf bread eaten. While bread making at home is the exception rather than the rule, it is much easier today to make a good loaf than it was when home-made bread was more common. Our modern recipes state the exact amount of flour which a certain amount of liquid will need to make a mixture stiff enough to knead. We no longer knead our bread a long time. The actual length of time has been shortened materially as it is now the custom to use a comparatively large amount of yeast. Many housewives who do not make their weekly supply of bread do enjoy an occasional home-made loaf and a batch of fancy rolls.

Cake and Pastry Flour

Cake and pastry flours are standardized also, and careful measurements guarantee good results. There is a difference of opinion as to whether all-purpose flour is the best for biscuits and pastry itself. The use of the latter in cakes makes more certain a tender, delicate texture. I recommend it particularly in the case of the beginner cook. When using a recipe, note what type of flour is suggested—all-purpose flour. You may substitute pastry or cake flour if you like for every recipe except bread if you increase the amount of flour by two tablespoons for every cup. Let me remind you that all modern recipes call for flour that has been sifted before it is measured. This is important as flour packs so well that there may be a difference of two to three tablespoons between a cup of sifted and unsifted flour. After the baking powder and salt are added the flour is supposed to be sifted again. Recipes devised particularly for cake flour call for sifting this mixture of dry ingredients several times, but I personally have found out that one sifting does very well. When flour is added to the cake it should be stirred in alternately with the liquid. Be sure that your flour is mixed thoroughly with the butter, sugar and egg mixture before you add the liquid. In making muffins, waffles and griddle cakes, you may either stir the liquid slowly into the dry ingredients, or you may add all the latter at once to the liquid and then of course stir well.

One of the essentials for success in making any of these products which have flour for a foundation is to follow the recipes accurately. Too much flour makes your product dry and pasty while too little flour may make your product soggy and flat.

Refrigerator Rolls

2 cakes compressed yeast.
1 cup milk, scalded and cooled to lukewarm
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon soda
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup shortening



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1 egg
4 cups flour
Crumble the yeast into a bowl, slowly add the milk and stir to dissolve the yeast. Add sugar, soda, salt, beaten egg and flour. Mix, add the melted shortening and mix thoroughly. Turn out on floured board, knead quickly into a smooth dough and divide into two portions, each in a greased bowl. (The dough to be reserved for later use should be greased and covered tightly with waxed paper. When ready to use within the next few days, containe according to following directions). Cover with a towel. Set to rise over a pan of hot water, keeping the water steaming hot, not boiling. Let double in bulk. Form into biscuit or rolls, put in muffin pans or on oblong sheet, brush with milk or melted butter and let double in size. Bake in a moderate oven, 400 degrees Fahrenheit, fifteen to twenty minutes until light brown. Remove from oven and brush top with butter.

Varieties: For sweet rolls, one-half cup butter, one-half cup sugar and two eggs instead of listed ingredients.

To make cloverleaf rolls, make three small balls of dough for each muffin pan, put close together and brush tops very well with melted butter.

To make Parker House rolls, pat dough into thin sheet, cut into rounds, crease centre with knife handle, brush one half with butter and fold.

Whole Wheat Date Bread

1 cup white flour
3 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ cup sugar
1 cup graham or whole wheat flour
1 cup sliced dates ($\frac{1}{2}$ package)
1 egg
1 cup milk
 $\frac{1}{4}$ cup shortening, melted
Sift the white flour, baking powder and salt into a mixing bowl. Add the sugar and the graham flour. Mix the sliced dates through the dry ingredients with the fingertips. Beat the egg, add the milk and stir the mixture into the dry ingredients. Add the melted shortening and beat the mixture until smooth.

Fill a small greased bread pan two-thirds full. Bake in a moderate oven (350 degrees Fahrenheit) for thirty-five to forty minutes.

Pastry

$\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup fat
 $\frac{1}{2}$ teaspoon salt
Cold water

Sift together flour and salt. Cut in the fat with two stiff knives. For a large quantity, a wooden bowl and chopping knife may be used. When fine, add at one side of the bowl one tablespoon of cold water and stir in as much of the flour and fat as the water will take up. Continue this until you have four or five balls of dough and some dry flour left in the bowl. Press together with your fingers. If all the dry flour is not taken up, add a little more water. Chill and roll. Preparation time, 5 minutes.

Ginger Cake

4 tablespoons shortening
 $\frac{1}{2}$ cup sugar
1 egg
 $\frac{1}{2}$ cup sweet or sour milk
 $\frac{1}{2}$ cup molasses
2 cups cake or pastry flour
1 teaspoon cinnamon
1 teaspoon ginger
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon soda

Cream the shortening, add the sugar gradually. Beat the egg well and add. Mix sifted flour with soda and spices and salt. Sift dry ingredients into first mixture alternately with the liquid. Bake in a greased shallow pan or in muffin pans in a moderate oven, 350 degrees Fahrenheit, thirty minutes. One-half the batter may be put in the pan and set in refrigerator for use another day. Preparation time, ten minutes.

Popovers

1 cup flour
 $\frac{1}{2}$ teaspoon salt
1 cup milk
1 egg

Mix the salt and flour, beat the egg slightly and mix with the milk; add to the dry ingredients. Beat only enough to mix well, and pour into hot-buttered gem pans or custard cups. Bake in a hot oven thirty minutes, then turn out the fire or open the door and keep in the oven for ten minutes. Iron or earthenware is better than agate or tin for baking popovers.

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Kiwanis Hear of the Early Days of Camp

(Continued from Page One)

Pottsville. The soloist for the day had been Jimmy Feeney, a Roman Catholic, and the organ on which the accompaniment had been played was a little outfit that could be folded up and carried from one place to another. He recalled another time when Dr. McLellan had been preaching in the Golden City church and had been annoyed by what he thought was water dripping from somewhere near the roof onto his forehead. He kept wiping it off with his handkerchief, all the while concentrating on the message he had prepared for the day. The congregation seemed to find something humorous in the service, for they could not suppress smiles. It was then that Dr. McLellan discovered the "water" was coal black drops of pitch that came from a hole in the stovepipe overhead.

Classes in English

A second speaker of the day was Gilbert Agar, a director of the Community Welfare Council of Ontario. One of the most important aims of this organization is to arrange classes for the teaching of English to those in Canada born in foreign lands. He told of the council sending a teacher to Kirkland Lake two years ago. Fifty men and women attended the classes and appeared to make good progress. This year a letter had been received in Toronto from one of the students asking that the classes be begun again so that he and his friends could continue to improve their knowledge of English. A little later a cheque for \$1,500 had arrived at the council's headquarters from a Kirkland Lake mine.

The English class in Timmins, begun this fall with a registration that could have been handed in a couple of divisions. Now it stands at 78 members. E. J. Transom, supervising principal of Timmins public schools, introduced Mr. Agar to the Kiwanians.

Other visitors of the day included Rev. Dr. J. R. Fraser of South Porcupine, who introduced Rev. Dr. McLellan; T. R. Langdon, of South Porcupine; Rev. Graydon Cox, of Matheson; E. G. Guest, of North Bay; and W. B. Airth, of Toronto.

Elect Officers

Officers elected during the meeting, as reported in The Advance on Monday were: president, E. H. King; vice-president, R. P. Kinkel; treasurer, G. N. Ross; the complete board of directors is: for three years, J. L. Fulton, J. T. Jackson; for two years, W. H. Burnes, Sam Bucovetsky, W. O. Langdon; for one year, Geo. S. Drew, Geo. Lake. Those whose term is three years were elected on Monday; those whose terms are for lesser periods, with the exception of Mr. Burnes, have been elected in previous years. Mr. Kinkel, elected a director last year, had still two years to sit on that body, but since his election as vice-president, Mr. Burnes has been elected to complete the other two years of that term.

Next Monday, Hon. W. Earl Rowe, leader of the Conservative party in Ontario, is to be the guest speaker.

The following meeting, on Monday, November 9th, is to be in charge of the returned soldiers of the club, a Remembrance Day event.

Arrangements are now being made for a Ladies' Night on the week following that.

New Transport Department Inaugurated at Ottawa

On November 2 the historic Departments of Railways and Canals and of Marine will disappear from the nomenclature of Dominion government administration and the Department of Transport will take their place with Hon. C. D. Howe as minister. Reorganization, going forward quietly all summer, has been practically completed and details of the new set-up will probably be announced in a few days.

Since the formation of the government Mr. Howe has been at the head of both departments and the necessary legislation to effect the change was passed at the last session of parliament. The act will become formally operative November 2.

It is understood Co. V. I. Sart, present Deputy Minister for Railways and Canals, will remain as deputy to the Minister of Transport and the directing heads of the various branches in the department will be chosen from among those now acting in similar capacities. This would include R. K. Smith, Deputy Minister of Marine, Commander C. P. Edwards, director of the radio branch, and J. A. Wilson, controller of civil aviation.

In keeping with this programme of reducing the number of portfolios in the government the Departments of Interior, Mines and Immigration have already been merged into the Department of Mines and Resources under T. A. Crerar. This change became officially operative October 1.

On other administration charge forecast in the speech from the throne when the present government first met parliament last February, the appointment of parliamentary secretaries for cabinet ministers, has not yet been proceeded with.

Advance Opinion Given Support in High Places

Ottawa Journal: Mr. Leduc, Ontario minister of mines, agrees with his colleagues, Premier Hepburn and the minister of highways, that Northern Ontario needs better roads. The Timmins Advance will be glad to have from such high authority confirmation of the things it has been saying for many months.

Sherbrooke Telegram—The man who said he was struck by the beauty of the place added she was learning to drive.

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That Body of Yours
By James W. Barton, M.D., Toronto

Every healthy individual likes to eat. It is one of those "duties" in life that carries with it real enjoyment. Without food one is weak and there is no desire for work or play; with food there is the feeling of strength and a desire for work or play.

And to-day there is more than just "food" at hand for us to eat; there is the appeal to the brain appetite—smell, sight, taste, memory—that makes food so inviting that the digestive juices in the mouth, stomach, and pancreas actually start flowing before food even enters the mouth.

Now while this brain appetite is a wonderful help to digestion and is something that the hospital dietitian keeps in mind making food attractive looking to patients, nevertheless it must be admitted that it has caused manufacturers of food products to put their foods in attractive packages, and the food itself may be deprived of certain valuable substances in order to make the food more inviting.

What has been the result of making food attractive, easy to handle, and requiring less cooking?

Dr. Jean Bogert in her book 'Nutrition and Physical Fitness' says that the alterations in our national diet may be summed up under the following heads:

1. Cereals form a larger bulk of the diet than ever before and most of these are consumed in the form of highly milled products (this makes them more "attractive" in appearance and less trouble to prepare or serve), which are sometimes lacking in minerals and vitamins.
 2. Sugar forms a much larger proportion of the diet than formerly. Sugar is a good food, gives energy quicker than any other food, but if not used by work or play, has an acid reaction and stores up fat in many individuals.
 3. More highly refined, canned and preserved foods are used. (Some of the vitamins and minerals are lost from the food by these processes. Canned foods however are now safe foods).
 4. Too prominent place is now given to muscle meats—beef, lamb, pork. (Muscle foods are necessary for everybody particularly for those who work hard and for growing children. What is meant is that with so much work done by machinery less "muscle" food is needed by the average individual).
 5. Dairy products, eggs, fruits and vegetables are used less freely than formerly.
- While attractiveness and ease of preparation must be considered it is even more important that dairy products, fruits and vegetables be eaten to a greater extent than is our habit at present.

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. Address Bell Library, care of The Advance, 247 West 23rd Street, New York, N.Y. Other Dr. Barton booklets, EATING YOUR WAY TO HEALTH (101), WHY WORRY ABOUT YOUR HEART? (102), and NEUROSIOS (103) are also available at ten cents each.

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Only One Drunk at Police Court Here on Wednesday

Just one drunk appeared in police court on Wednesday morning. He was given the option of a \$10 fine, or 30 days in jail.

Place Twelve-Year-Old Boy on Parole for Year

A 12-year-old boy was placed on suspended sentence yesterday by Magistrate Atkinson when he admitted having stolen some things from the skating rink, along with a gang of other boys about the same age. It was this lad's third offence and the magistrate was inclined to send him to an industrial school. But in the end, he was paroled to A. G. Carson, superintendent of the Children's Aid Society, for one year.

Toronto Globe—A debunker says a red rag won't madden a bull any more than a black one. The question is, then, how much will a black rag madden it? Louisville Courier-Journal—The new Philippine government proposes "tax revision" showing that it is maturing rapidly.

Spend a happy Christmas

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