

# Modern Devices Take Bad Luck out of Cake Baking

Housewife To-day has Fine Flours, Refined Sugar, Standardized Recipes, and Regulated Ovens and These Make Cake Baking Simple Compared to the Work of Cooks in Long-past Years.

Customs change! Even wedding customs now to tradition. To-day the bride must out the wedding cake and throw her bouquet to the bridesmaids. In Roman days the cake was broken over the bride's head for luck. Let's hope it was light! Lightness, however,

recipes soda and cream of tartar, some of the certainties of present-day results. The amount listed for each cup of flour will depend upon the type of powder you use. The label on the can should be consulted if you are changing from one type to another. A safe proportion is one to one and a half teaspoons to a cup of flour, depending upon the number of eggs used in the recipe.

If both yolks and whites of eggs are used in a cake they may be beaten together until they are very light, or the yolks and whites may be separated before they are beaten. The yolks should be thick and light in colour. The whites should be stiff enough to stand up in peaks, but they should not be dry. Whole eggs or egg yolks may be thoroughly beaten into the mixture, but egg whites should be folded in very carefully.

If you have measured your ingredients carefully your batter should be of the proper thickness when you have finished mixing.

You may check on this by taking some of the batter on a spoon and holding it above the bowl. If the batter breaks immediately from the spoon it is too thick. If it runs into the bowl without breaking it is too thin. If it breaks halfway between spoon and bowl it is just right.

Pans should be greased well. They may be floured if you like, but it is not necessary to line pans with paper as was once the custom. Sponge cakes and angel foods, in contrast to butter cakes, should be baked in ungreased pans and in a slow oven. Butter cakes demand a moderate oven. Loaf cakes will take about fifty minutes to bake; layer cakes about twenty-five minutes; cup cakes about twenty minutes. When cakes are taken out of the oven they should be allowed to stand several minutes before they are loosened from the sides with a sharp knife and placed on a rack to cool.

**Standard Layer Cake**  
 1/2 cup butter or other shortening,  
 1 cup sugar  
 2 eggs  
 2 cups cake flour  
 3 teaspoons baking powder  
 1/2 teaspoon salt  
 3/4 cup milk  
 1 1/2 teaspoons vanilla.

Cream the butter well and beat in the sugar gradually. Beat the egg yolk and stir into the creamed butter and sugar. Mix and sift the flour, baking powder and salt together and add alternately with the milk, beating well with each addition. Beat the whites of the eggs stiff and fold into the batter. Flavour and pour into layer cake pans. Bake in a moderate oven (375 deg. F.) twenty-five to thirty minutes. When cool, put chocolate frosting between and on top of the layers.

**Standard White Cake**  
 2 cups cake or pastry flour  
 3 teaspoons baking powder  
 1/4 teaspoon salt  
 1/2 cup butter or other shortening  
 1 cup sugar  
 1/2 cup milk  
 1 teaspoon vanilla  
 3 egg whites

Mix sifted flour with baking powder and salt and sift together. Cream shortening, add sugar gradually and cream together until fluffy. Add flour, alternately with milk. Beat after each addition. Add vanilla. Fold in stiffly beaten egg whites. Bake in two greased 9-inch layer pans in moderate oven (375 deg. F.) twenty-five to thirty minutes.

**Devil's Food Cake**  
 1 cup butter or other shortening  
 1/2 cup white sugar  
 2 cups brown sugar  
 3 egg yolks  
 3 whole eggs  
 2 1/2 cups cake flour or 2 cups all-purpose flour  
 1 teaspoon baking powder  
 1 teaspoon soda  
 1 cup sour milk  
 2 cups coconut  
 6 squares chocolate, melted

Cream the fat and sugar together, and add the egg yolks. Beat well, and add one-fourth of the mixed flour, soda and baking powder. Add the unbeaten eggs, beat well, and add the rest of the flour alternately with the sour milk. Add the coconut and the chocolate, and bake in three layers or in two loaf cake pans, thirty to forty minutes in a moderate oven (350 deg. F.). This cake will keep moist a week. Frost with cooled frosting, using three egg whites left from cake.

**Butter Sponge Cake**  
 1 1/2 cups cake flour  
 1 1/2 teaspoons baking powder  
 1/2 teaspoon salt  
 8 egg yolks  
 2 whole eggs  
 1 1/2 cups sugar  
 1/2 cup hot water  
 1 teaspoon vanilla  
 1/2 teaspoon almond extract  
 2 tablespoons butter, melted and cooled slightly

Sift flour, baking powder and salt together three times. Beat egg yolks and whole eggs together until very thick. Add sugar gradually, beating constantly until the mixture is thick. Add water slowly and beat well. Add flavourings. Fold in sifted dry ingredients gradually; fold in butter. Bake in an ungreased tube pan in a slow oven (325 deg. F.) forty to fifty minutes. Invert and cool cake in pan. When cool, remove from pan and frost with almond icing.

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## HUGE SUBTERRANEAN GARAGE

(Business Week)  
 Concept worthy of a Buck Rogers setting is the new subterranean garage by which San Francisco plans to help solve its downtown parking problem. Union Square, located in the heart of the city, will be dug up, a giant subterranean garage constructed with a capacity of 5000 cars daily, and then the square's shrubbery will be replanted.

# BE BEAUTIFUL

By ELSIE PIERCE  
 FAMOUS BEAUTY EXPERT



Confidence and Clever Make-Up Needed for Gay Costume Colours

Gay amusing prints predominate the spring fashions. When your new clothes have been selected choose harmonizing make-up. VIRGINIA GREY uses lighter shades of powder and lipstick when she wears this dotted red dress.

You can feel as alive as spring and look utterly charming in all the riotous, gay spring colours. Or, you can look and feel thoroughly ridiculous. Much depends upon your own courage and confidence. Much depends, too, upon the deft and subtle harmony between your make-up and your costume colours.

Harmony does not necessarily mean matching. In fact, it may sound paradoxical, but very often harmony is achieved by subtle contrast. For instance, black being devoid of all colour, requires a vivid make-up. This applies to gray also. Purple seems to drain every bit of colour from the face and therefore needs vivid make-up. Green should have a make-up with some pink in it. Pink or red need very little make-up. And a skin that is naturally pink or highly flushed and needs toning down can achieve just the right degree of colour with the use of a bit of green powder.

**With Vari-Coloured Prints**  
 Let us suppose that one of your costumes for spring is a gay, vari-coloured print with several vivid colours predominating. What happens if you add a high colour in your cheeks, high colour in lips and nails? The effect is

cheap and loud. On the other hand, you can't afford to have your costume outshine your natural colouring and your personality. You therefore have to gauge yourself, strike a happy medium in colour. This is particularly difficult for the average woman. However, the majority of fine beauty salons and toilet goods departments in better department and drug stores have expert colour consultants whose job it is to advise women. It is a courtesy service. In fact, here and there you may be able to have a complimentary make-up showing you exactly how you can look with certain make-up shades, carefully selected to blend with the costume colour. All you have to do is wear the costume or bring a sash or belt or enough of it to drape around your throat and this get a fairly good idea of the harmony between costume and make-up.

One requisite above all in this gay panorama of colour is: a clear, flawless skin beneath the make-up, for make-up cannot (and should not be expected to) disguise bad blemishes. A clear, fresh, smooth foundation seems to be the first step in this picture of harmony for spring.

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# A CARD PARTY

Aspices Catholic Women's Junior League will be held in the basement of the

Church of the Nativity  
 Wednesday, March 31st, at 8 p.m.

The Hope Chest will be given away during the evening to the holder of the lucky ticket.

-25



Jas. W. Barton, M.D., Toronto

## Searching Thoroughly for the Cause of Asthma

In former days when a patient consulted a physician about his attacks of asthma he was given medicine in some form—tablets, capsules, liquids in little ampules which he was to break or crush in a handkerchief and apply close to his nose—with the statement that asthma would never kill him and this medicine would relieve the attacks.

To-day it is known that asthma is due to various causes and when these causes are removed the attacks will not return. The difficulty of course is in finding the cause in many of the cases.

It has also been found that just as hay fever and eczema patients are sensitive or allergic to certain foods, fur and feathers, pollen of plants and other substances, so also are asthmatic sufferers. Like-wise deformities and defects of the nose and throat seem to be the causative factor in some cases of asthma.

About ten years ago the Asthma Research Council was organized in Great Britain for the purpose of promoting research in asthma and related ailments such as hay fever.

The Council cannot offer advice or treatment to individual sufferers who number thousands in the London area, but have clinics at various hospitals where asthma sufferers may obtain advice, free if necessary. Last year at the Asthma Research Clinic at Guy's Hospital, London, 610 new patients came to the clinic, and there were 6053 attendances of old patients. The report gives a simple but vivid picture of the thorough method of seeking the cause of asthma in every case.

All new patients are examined and investigated according to a uniform system. Very careful records are made of the exact length of time the patient has had asthma, of how often the attacks, and whether or not the attacks some-

times stop for any length of time.

The patients are then given advice about their diet, occupation, habits and daily routine. They are advised to avoid such substances or factors which might appear to be responsible for their symptoms; medicines and drugs which may help are prescribed, and they are then sent for a course of breathing exercises which lasts two months or longer.

After this "trial" period, cases unimproved are sent on to get "specific" treatment—skin, food and other tests.

This looks like a thorough even if slow method, but we must remember that a formerly "incurable" ailment is being fought.

Are you susceptible to colds? Do you worry about your heart? Are you overweight or underweight? Does your food agree with you? Do you have to watch your calories, fats, starches, etc.? Do you believe you have an ailment that medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers and can be secured by sending ten cents for each one desired, to cover handling and service to the Bell Library, 247 West 43rd Street, New York, N.Y.—"The Common Cold," "Overweight and Underweight," "Eating Your Way to Health," "Why worry About Your Heart?" "Food Allergy," "Neurosis."

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Blairmore Enterprise:—Some husbands give their wives pin money, while others merely let their trousers hang over a chair.

# A LIVE LIVER MEANS NEW "LIFE"

This biggest organ of your body must be completely alive for complete life.

Because your liver affects your kidneys, blood, digestion, energy, glands, muscles, it must be in good health. If you are not in good health, if your liver does not work properly you feel rundown, half-stick, suffer indigestion, skin troubles, headaches, constipation, and other ills. So be sure your liver works properly by taking Fruit-a-tives. Containing extracts of fruits and herbs, Fruit-a-tives act to bring normal, healthy liver action; stimulate flow of bile; cleanse the elimination tract; tend to purify the blood of poisons and acids. Already thousands have found new health with this biggest selling remedy of its kind in Canada. You can, too. Give Fruit-a-tives a trial. On sale at all drug stores. Insist on genuine "Fruit-a-tives".

## We Asked 395 Housewives---

"Where do you have your things LAUNDERED"



76	said, "They don't get dirty."
319	said, "At the Timmins Laundry."

It's an old Canadian custom . . . getting clothes soiled in one way or another. And it's an old Porcupine custom . . . sending them to the Timmins New Method Laundry. Here's the finest, safest laundry service anywhere and the prices are as attractive as a June bride. You get service too.

Phone 153  
 and our driver will call

# TIMMINS New Method LAUNDRY

## Killed in Fall From Cab of Motor Truck

Hector Delorme Lost Balance Leaning out of Cab Door to See if Load of Wood was Shifting.

Losing his balance while trying to see from the open door of a truck if the load was secure, Hector Delorme, aged about 35, fell from the cab under the truck at about 10.30 last Thursday night on the Macamie Road and was instantly killed when the wheels of the truck passed over his chest. The location of the accident is about three miles out of Rouyn and the victim was riding in the cab with Armand Coutu, his employer, who was driving, and another man named Victor Maki. They were bringing a load of three or four cords of wood in from a point half way between the Beattie Mine and Rouyn and believing that some of the wood was falling off the truck Delorme opened the cab door to make sure and fell. His companions lifted him back into

the cab and continued their drive to Rouyn, thinking that Delorme was still alive, but on Dr. A. Boisvert making an examination he found no sign of life and it is believed that death was almost instantaneous. The body was conveyed to Darby's Undertaking Parlours to await the inquest.

Both Coutu and Maki testified to the foregoing account of the accident at the inquest held by Coroner Dr. G. A. Rioux on Saturday night, saying that the victim seemed to lose his balance as he opened the door and had fallen before they realized what had happened. The jury returned a verdict of accidental death with no one to blame.

Hector Delorme who is a single man has lived in Rouyn about four months and gained employment with Coutu three weeks ago. He had told acquaintances that he came from Gracefield, Que., and it was understood that he had a widowed mother living there. A telegram, however, to Father Mondou of that district brought a reply that the family were apparently unknown in Gracefield. Further enquiries are being made and in the meantime the body has been laid in the vault at the Rouyn Roman Catholic cemetery.



"NOW LET IT RAIN"  
 —Elderman in the Knoxville Journal



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