

Baking Powder Biscuits are Favourite Hot Bread

Recipes Given in Following Article by Domestic Science Expert Call for Rich Biscuit Dough That Will Tempt the Most Particular Appetites



(By EDITH M. BARBER)

I wonder if there are any hot breads that have a more genuine welcome than baking powder biscuits? Most of us have had our disappointments in regard to this favourite. There is nothing easier to make than good biscuits in spite of the time-worn joke about bullets and biscuits. Biscuits depend upon several factors, perhaps first of all the amount of shortening. I like a rich biscuit myself and for this reason I use one and one-half to two tablespoons of shortening to each cup of flour. The amount of baking powder is also important—one and a half to two teaspoons of the tartrate, or phosphate types of baking powder or one teaspoon of the combination type of baking powder is generally used with each cup of flour. The more shortening used the less baking powder will be needed.

The flour, salt and baking powder should be sifted together and the shortening rubbed into the flour until they are so thoroughly mixed that the mixture has the texture of corn meal. The amount of liquid which you will need depends upon whether you are going to roll or drop your biscuits. If they are to be rolled, use just enough to make a dough which can be easily handled. In the second case, you will, of course, need more liquid which may be either milk or water.

If you are going to roll and cut your dough, you may either pat out your dough, or you may knead it slightly, depending upon what texture you like.

The first method will give you a flaky biscuit; the second will produce one of finer texture. It will not be necessary to grease your pans for biscuits which have been rolled and cut. On the other hand, the pans should be greased if the mixture is to be dropped from the spoon onto a baking sheet. Brushing the biscuits with milk will make them brown more evenly.

A hot oven should be used for baking both types of biscuits. The time of baking will depend somewhat upon the size of the biscuits. If you like them piping hot, as they should be, you may bake them in installments. When they come to the table, they should be hot enough to melt the butter which goes with them.

Biscuit mixtures may be varied with the addition of grated cheese, of fruit, nuts and spices with which you will probably like to add extra sugar. The dough may be rolled thin, spread with softened butter, brown sugar, cinnamon and raisins and then rolled tightly and sliced. The slices may be baked in muffin pans, or put close together in a pie or cake pan.

Rich Baking Powder Biscuits
2 cups flour
4 teaspoons tartrate or phosphate baking powder or 2 teaspoons combination baking powder.
4 tablespoons fat
1/2 to 1 cup milk or water
3/4 teaspoon salt
Mix and sift 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 cup of liquid. Add enough more liquid to make a soft dough. Roll on a metal surface or oil-cloth until one inch thick. Cut into rounds and bake ten or twelve minutes in a hot oven (450 degrees Fahrenheit). This recipe makes ten medium-sized biscuits.

Sweet Rolls
Rich 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 degrees F.

Rhubarb Cobbler
1 quart rhubarb, cut into pieces
1 cup sugar
1/2 cup water
Rich biscuit dough.
Put the rhubarb, sugar, water, and orange peel in a deep heatproof pudding dish and cook four minutes on top of the stove. Roll the dough and cut into rounds. Place on top of the rhubarb and bake in a hot oven (450 degrees F.) 10 to 12 minutes.

Apple Dumplings
Rich biscuit dough
Apples
Sugar
Butter
Cinnamon.
Pare, halve and core the apples. Divide the crust into six parts; roll each piece until large enough to cover the half apple. Place the apple on the crust and sprinkle with sugar and cinnamon. Fold the crust over, dot with butter and bake in a moderate oven (375 degrees Fahrenheit) until the apples are soft. The dumplings may be steamed thirty to forty minutes in a closely covered steamer.

Raisins Scones
Rich biscuit dough
3/4 cup seedless raisins
1 egg yolk
1 teaspoon water
To the dough add the raisins. Add enough extra liquid so that the scones may be dropped from a tablespoon on to a baking sheet. Beat the egg yolk with the water, and spread over the scones with a pastry-brush or a piece of cheese-cloth. Bake in a hot oven (450 degrees F.) for about 10 minutes. (Copyright, 1937, by The Bell Syndicate, Inc.)

Many New Novels at the Timmins Library

Another Group of Interesting Volumes of Fiction Added to Library Here.

Several very interesting new books have been added to the town library during the last week. Among the fiction there are both books of the lighter vein, and those that are more serious.

Pad Out—Naomi Jacob—The story of a film star and her brother. This has been one of the season's best-sellers.

Cupid With The Twisted Smile—Joseph Stammer—A love story telling about how they did not "live happily ever afterwards."

Trinity Town—Norman Collins—Another interesting novel by the author of "The Three Friends."

The Black Gang—Mehelle.
The Final Count—Mehelle.
Bulldog Drummond—Mehelle.
Bulldog Drummond Strikes Back—Mehelle.
Jim Malt Land—Mehelle.
Bulldog Drummond Returns—Mehelle.
Bulldog Drummond's Third Round—Mehelle.
Temple Tower—Mehelle.
The Female of the Species—W. Somerset Maugham.
The Moon and Sixpence—W. Somerset Maugham.
The First Person Singular—W. Somerset Maugham.
Ah King—W. Somerset Maugham.
The Trembling of a Leaf—W. Somerset Maugham.
The Narrow Corner—W. Somerset Maugham.
Cakes and Ale—W. Somerset Maugham.
The Painted Veil—W. Somerset Maugham.
The Gentleman in the Parlour—W. Somerset Maugham.
The Works of Edgar Allan Poe, Vols. 1, 2, 3, 4, 7—Poe.
The Hammersmith Murders Donated—Frome.
At Grips With Fate—Cooper.
A B C Investigates—Ephesian.
Sacred to the Graces—Meeker.
Emmy Unnamed—Martin.
Murder by Proxy—Drax.
The Brothers Ashkenazy—Singer.

Non-fiction
The Works of Edgar Allan Poe, Vols. 5, 6, 8, 9, 10—Poe.

If You Like Books

(By A. H.)

Motion picture firms have recently been making movies based on famous books. Charles Dickens and William Shakespeare have both come in for a large share and no one could have desired this better. But although the films have been well directed and performed, a picture that lasts only two hours could never possibly hope to give the public the great entertainment that the book upon which it is based will give to the reader. "A Tale of Two Cities" was an exceptional screen success, but to one who had read the book the film was rather a disappointment because so much of interest was left out.

This is only one of the many times in which this has happened.

Dickens and Shakespeare are both read by people of every nationality and of every social standing in the world. They tend to create high ideals and standards, and are enjoyable reading. However, very many people are frightened by the "old English" that Shakespeare uses. His gems of wisdom and humour are ample reward for reading these seemingly difficult wordings.

Dickens is very interesting, and all his books offer both drama and adventure.

Ruskin says, "It is appointed for all men to enjoy, but few to achieve." There are few authors who have attained such success as Dickens and Shakespeare. Both write a different type of literature—Dickens, prose, Shakespeare, poetry. But for the privilege of being able to enjoy what they have achieved, one should be willing to devote some time and thought to the perusal of their works.

vice to the Bell Library, 247 West 43rd Street, New York, N.Y.:—"The Comedure by sending ten cents for each one desired, to cover handling and sermon Cold;" "Why Worry About Your Heart?" "Overweight and Underweight;" "Food Allergy;" "Eating Your Way to Health;" "Neurosis." (Registered in accordance with the Copyright Act.)

Little Boy Drowned in Creek Yesterday

(Continued from Page One)
fifteen feet from the little bridge and was immediately picked up by R. Neable of the regular fire-fighting force and Ken Stirling and Art Marshall who managed one of the boats. The boy was rushed to shore and was immediately taken to St. Mary's hospital by Captain James Morton and Joe Gratton of the Fire Department and Constable Culhane of the Police Department, where artificial respiration was applied under the direction of Dr. M. J. Kelly in an attempt to revive him.

After two hours and a half of exhaustive and vain effort in which an inhalator was employed and six containers each holding one hundred and twenty pounds of oxygen were used, attempts at resuscitation were abandoned as hopeless and the boy was pronounced dead.

The body was taken to Chener's funeral parlour and burial will take place this afternoon at 4 o'clock from Notre Dame de Lourdes Church. Interment will be made in the Roman Catholic cemetery.

During the dragging operations, nearly two hundred people lined the banks to witness the tragic scene. There is a great deal of traffic in that direction in any case and when the news of the tragedy spread, a large crowd gathered in a short time.

Mr. and Mrs. Coursol had been visiting friends on Commercial avenue yesterday and the little lad had been out playing with another small boy, but had not been out of sight for more than a minute or so.

This is the second bereavement that has come to Mr. and Mrs. Coursol, another little boy dying last year. The deepest sympathy goes out to them in their tragic loss.

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Strong Addresses at Meeting Here

(Continued from Page One)
have to put our own men there. The time is here when Canadian workers should see to it that they get support."

The International Phase
Discussing the international phase of the union, Mr. Anderson said, in part: "An international union is necessary because labour is international. They don't belong to Canada alone but to the whole world. Is capital a national thing? Nothing is so international as financing. Nothing is so solidly welded against labour as capital. There is unity among millionaires." He spoke of W. H. Wright, owner of the Globe and Mail who "made millions out of the sweat and blood of miners" and then said he was going to take his personal fortune out of Canada to the Channel Islands where it could not be so heavily taxed. "We ask for more money for the miners, so that more money will stay in this community and more money will stay in our country. Who is the patriot? the one who would keep money here, or the one who would take it away?" "It is true we ship 25 cents per member per month to the United States. That's where the money came from to start this movement off." He had attended a convention at Butte, Colorado, where No. 1 local, with 4800 men, gave \$1000 to help organize the hardrock miners of Northern Ontario. Some had said they were willing to quit their jobs in the United States, come to Canada, get jobs in the mines here and help to organize.

The policy of C.I.O. unions is dictated by the members themselves, the speaker claimed. "The leaders must do what the men want or get off the horse."

J. M. Lawson, president of the McIntyre local, was chairman at the meeting. Other speakers were W. R. Armstrong, president of the Timmins local, and Tom McNeil, secretary-treasurer of the same unit.

Denies Local Report
While exonerating the local newspaper that published what purported to be an account of a meeting of the McIntyre local in Schumacher at which John Rowlandson, M.L.A. for Cochrane south was one of the speakers, Mr. McNeil said the report was erroneous in that the impression had been given that the local unions were not backing the Oshawa strikers.

"In a year or so we'll get things straightened out," Mr. McNeil said, "and that will stabilize business. People are in confusion now, but we'll come to an agreement with the operators."

Fiery Address
Mr. Armstrong's was a fiery address in which he claimed that Mr. Rowlandson's alleged statements to the newspaper were "fabrications of his own," where it had been stated that the miners were not behind the Oshawa strikers. He sketched the brief history of the American Federation of Labour's failure to organize craft unions in the mass production industries of steel, automobile and rubber plants and the consequent formation of the Lewis Committee for Industrial Organization. He compared Lewis to Foch, the one leading an international army of workers to victory and the other leading an international army of soldiers to victory in the last war.

Of Mr. Heppburn's formation of a special reserve police force in Toronto, Mr. Armstrong had much to say that drew laughs and applause from the audience. "He's using the basement of the parliament buildings to train an army. They use dummies to practice on with their billes. He hopes to practise on our heads but the first time he hits a labour man over the head, there's going to be trouble. Every worker who earns his daily bread by toil will rise and exterminate the man!" Heppburn in this move attempts to set back the hands of time a hundred years. He didn't take into account that our forefathers died to get us the liberty we have to-day."

Dictator Heppburn sowed the first seeds of fascism in this province. As long as organized labour has breath we'll crush it."

Mr. Lawson commented that all the unions in Northern Ontario are growing more quickly now because of the premier's attitude toward the Oshawa strikers and the C.I.O.

The Furrow—Farmer's Wife: "If you can't sleep, count sheep." Farmer: "I did that last night. I counted 10,000 sheep and put them in cars and shipped them to market. By the time I'd figured up my losses, it was time to get up and milk!"

French Play Ably Presented at H. S.

French-Speaking Students Achieve Notable Success in Event on Friday.

On Friday night the French-speaking students of the Timmins High and Vocational Schools enacted a play, "La Poudre Aux Yeux," a comedy in two acts, in the auditorium of their school. This is the first time that a play has been put on by the French-speaking students, and it was a decided success, marked by a very large attendance. Besides the entertainment offered by the play, the High and Vocational School orchestra played several selections which were greatly enjoyed by the audience. Some vocal selections were given by a group of French-speaking first and second-year students, and also by a group of English-speaking first and second-year students. This first offering by the French-speaking students was equal in merit to all those very entertaining concerts that have been previously presented at the Timmins High and Vocational Schools.

The Cast of Characters
Ratinois—Rene Brunelle.
Malingre—Rene Turgeon.
Blanche (Malingre's wife)—Yvette Boileau.
Constance (Ratinois' wife)—Madeleine Potvin.
Frederic—Valmore Tremblay.
Emmeline—Jeanne Noel.
Sophie—Edith St. Germain.
Alexandrine—Blanche Morin.
Josephine—Fernande Gagne.
Un Chasseur en Livre (a hussar)—Louis Millette.
Un Maitre d'Hotel (a landlord)—Armand Lachapelle.
Un Domestique (domestic)—Fernand Cote.
Un Petit Negre (a little negro)—Roger Gariepy.
L'Oncle Robert (Uncle Robert)—Emile Beaulieu.
The concert was closed with the singing of "O Canada."

Liskeard Board of Trade Makes Protest

Objects to Recent Changes in the Mining Act.

Declared unworkable and a detriment to the mining industry of Northern Ontario, the Heppburn government's recently-enacted amendment to the Mining Act has drawn bitter criticism from the district and prompted the new Liskeard Board of Trade to draft a resolution urging repeal of the regulations, which they state interfere with stakers and owners of mining property.

A copy of the resolution will be sent to the Northern Ontario Associated Eboard, Ontario Associated Board, Ontario Mining Association, and members of the Ontario cabinet, seeking co-operation in having the government repeal the regulations.

The amendment has already caused considerable grief in the new Liskeard district in the way of deals for mining property and claim promotions, while several others are being held in abeyance pending advice from the Ontario Securities Commission.

Drafted by Committee
The resolution, drafted by a committee of three appointed by the Trade Board, included a member of the Ontario Prospectors' Association who has been in touch with the government in seeking some reasonable adjustment.

Excerpts from the lengthy resolution are: The Board of Trade state in the resolution that they fully appreciate the efforts of the Ontario Securities Commission to curb dishonest practices in connection with the mining industry, but that the new regulations have already interfered with several mining deals in this vicinity, and that prospective buyers have ceased negotiations with vendors, and that other deals partly completed have been blocked.

The resolution objects to the new regulations in their entirety and in particular to clause three (3) restricting the cash payment to the owner or staker of mining claims to the amount of cash actually spent on the said claims by the owners or staker.

The board believes that the provision that reasonable cash disbursements may be given to the actual staker of the claims will, in practice, place a club in the hands of the promoter or buyer, whereby the cash consideration to the staker of the claims will be cut to the minimum.

The board feels that the sale of mining claims should be regulated by the same laws that govern other contracts, and that prospectors, owners or syndicates should be able to dispose of his or her property for as much cash or terms such as he or they think best. (The belief is that the Ontario Security Commissioner has been vested with too much power).

The board feels that the new regulations are not doing anything to assist the industry, and that they have already had a severe effect on the mining business, and that the department in this instance instead of assisting is actually doing harm. The board recommends the repeal of the regulations which interfere with stakers and owners of mining property, and demands that the aforesaid have the same right to negotiate for the sale of their property as have vendors of other property.

Pembroke Standard—We think that a tax of eight cents per gallon on gasoline is too high, yet in P. E. Island it has been raised to ten cents.

That Body of Yours
Jas. W. Barton, M.D., Toronto

Rest and Quietness the Youngster's Greatest Need

A mother consulted a children's specialist because her eight-month-old child had had her up in the night every 15 or 20 minutes, and the amount of sleep during the day was not more than a hour. The youngster was pale, thin, restless, and had no appetite.

After a thorough examination of the child and questioning of the mother, the physician stated that, in his opinion, the whole trouble was due to nervousness, this nervousness being inherited from the mother herself.

In speaking of the principal causes of excessive nervousness in children Dr. Emmett Holt in his book "The Care and Feeding of Children," says:—"The most important predisposing causes of excessive nervousness are an inherited nervous constitution, and the delicate structure and rapid growth of the brain in early life. It should be remembered that the brain grows as much during the first year as during all the rest of life."

Nervousness may also be caused by anaemia (thin blood), disturbances of digestion, and an insufficient amount or the wrong kind of food; children who are below weight are especially likely to develop nervous symptoms.

In addition there may be local causes of restlessness or sleeplessness at night such as too many or not enough bedclothes, an unventilated or poorly ventilated room, and noises of various kinds.

Extreme nervousness in young children shows itself by one or more of the following symptoms: "They sleep but little, waken at the slightest noise, often have fits of crying; they are often very active and excitable; the temperature from slight illnesses is higher than with other children; their gain in weight is usually slow and they are likely to develop bad habits, such as thumb sucking and nail biting."

To prevent or cure this condition of nervousness Dr. Holt says, "Causes which are discovered should be removed as far as possible. It should be recognized that all infants or young children need quiet, peaceful surroundings for the normal growth and development of the brain; those of nervous families especially. Nervous infants should see but few people, should be left much alone, should not be played with. They should never be quieted by means of soothing syrups or the 'pacifier'."

I believe that if this advice—real quietness for young children—from this high authority, were faithfully followed by mothers, it would mean that our future men and women would have steady nerves.

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 se-

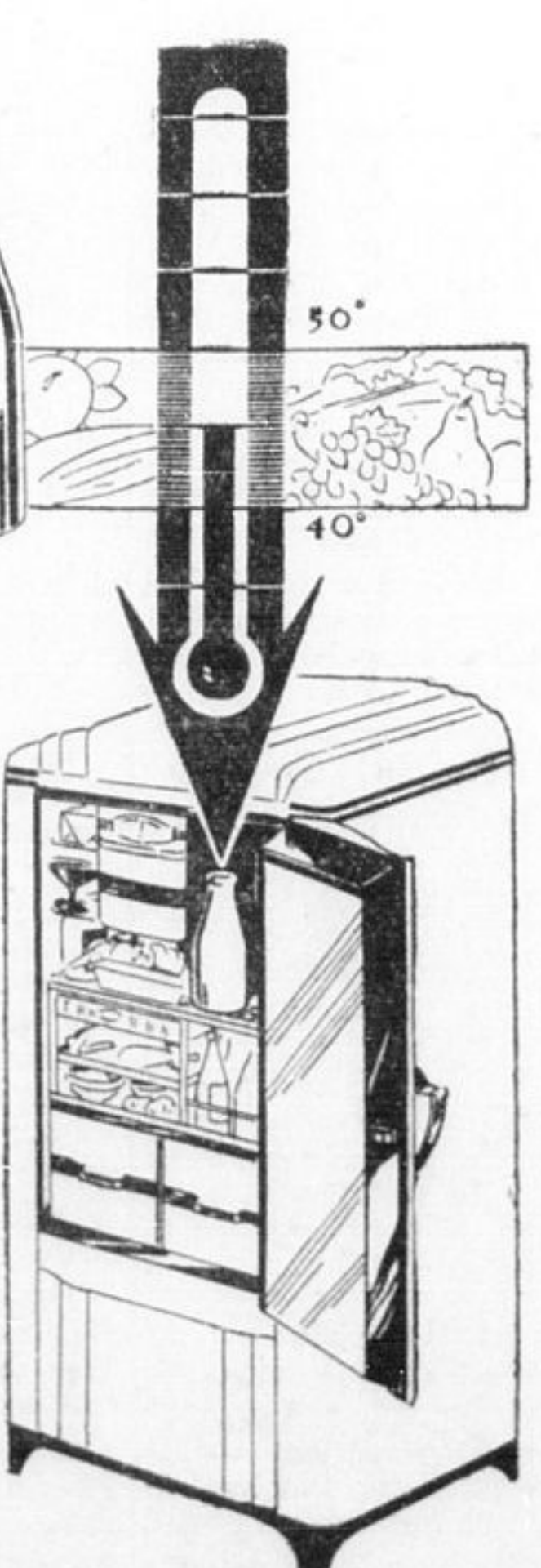
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If keeping milk was the sole service of an electric refrigerator, it would still be worth while. But when you know that it guards the health of the entire family, it becomes a vital necessity.

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