

# About Tea Drinking and What to Serve with Tea

Domestic Science Expert Says Tea Is a Simple Drink to Prepare When You Know How, But It Must Be Made Properly if It Is to Be Developed into a Pleasant Beverage

"I did send for a cup of tea (a China drink) of which I had never drank before," writes Samuel Pepys in his diary in the year of 1660. At this period it is recorded that the best quality "Tcha, Tay, alias Tee" sold for four guineas a pound. We find this novel beverage

### China Once Held the Lead

While China provided the world with tea for many years, India became a competitor after the English discovered that the wild tea plant could be cultivated in their own colony. At the present time the majority of our black tea comes from Ceylon and India and our green tea from Japan, Java and China both provide black tea, while China also sends us green tea. In the last thirty years black has supplanted green tea in our favour. China still provides us with the most delicate and costly of teas, which, however, are naturally used by few of us.

While tea is simple to make, it must be made properly to produce a good beverage. The pot must be scalded with boiling water before the tea leaves are put into it. They should not be compressed into a "ball" or tied in a bag if we are to make the most of the flavour. Sparkling cold water, direct from the faucet, should be brought just to a boil before it is poured over the leaves, which should then be allowed to steep not less, nor more, than five minutes. The clear beverage should then be poured into another heated pot. If you must use a ball or a bag for the sake of convenience, make your tea in a pot and do not dangle a tea ball into a cup of hot water. This brackish beverage should be unlawful!

### What With the Tea?

If you are an addict to that pleasant afternoon tea custom, nothing is better for service with the tea itself than thin bread and butter or crisp hot-toast. With the latter, you will like orange marmalade, plum jam or some other type of conserve. Cinnamon toast is one of our American inventions for tea service. There is also a whole range of dainty sandwiches, which belong with the tea hour. These may be supplemented, but not replaced, by a sweet in the form of cake or cookies.

Note, however, that the tea itself is more important than its accompaniments.

### Tea Cream Puffs

1/2 cup shortening  
1 cup boiling water  
1 cup flour  
3 eggs  
Melt shortening in boiling water. Sift flour once, measure one cup and stir into boiling water. Stir constantly over flame until mixture leaves sides of pan in smooth compact mass. Remove from fire and add unbeaten eggs one at a time, beating until thoroughly mixed. Drop by teaspoonfuls on greased baking sheet one and one-half inches apart. Bake in hot oven (450 degrees F.) twenty minutes, then decrease the heat to moderate (350 degrees) for ten minutes longer. Remove from baking pan, make a small cut on each side and fill with cream filling, frost with chocolate frosting.

### Gold Cake

1/2 cup butter  
1 cup sugar

5 egg yolks  
1 whole egg  
1 1/2 cups cake or pastry flour  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup milk  
1/2 teaspoon vanilla  
Cream butter and add sugar gradually, while beating constantly. Add egg yolks and egg well beaten. Mix and sift dry ingredients and add alternately with the milk to the first mixture. Add vanilla and turn into large shallow greased pan or into fancy molds and bake about 35 minutes in a moderate oven (350 degrees F.). If baked in large shallow pan, cut into fancy shapes before frosting.

### Refrigerator Cookies

2 cups bread flour, or  
2 1/2 cups pastry flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup butter  
1 1/4 cups brown sugar  
1 egg  
1/2 cup nut meats, chopped  
1 1/2 teaspoons vanilla  
Sift flour, baking powder and salt. Cream butter, add sugar and cream well. Add beaten egg, nut meats and vanilla. Add flour, shape into rolls 1 1/2 inches in diameter. Wrap in waxed paper, place in refrigerator to chill. When hard enough to slice, cut very thin with heated knife and bake in a hot oven (425 degrees) about ten minutes.

### Special Cinnamon Toast

1/2 cup butter  
1/2 cup sugar  
Thin slices of bread  
Cream butter, stir in sugar and cinnamon and cream together well. Remove crusts from bread spread with cinnamon mixture and cut into finger lengths. Arrange on baking sheet and bake in a moderate oven, 325 degrees F., until sugar melts and bread begins to brown.

### Tea Muffins

3/4 cup bread crumbs  
1/2 cup milk  
1/2 cup molasses  
1 egg  
1 1/2 cups flour  
1/2 teaspoon salt  
1/2 teaspoon soda  
3 teaspoons baking powder  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon cloves  
2 tablespoons shortening  
Soften the bread crumbs in milk. Add the molasses and the beaten egg. Sift together the flour, soda, baking powder, and spices and add gradually. Add the melted shortening and stir quickly. Turn into greased muffin tins. Bake in a moderate oven (375 degrees F.) 25 minutes.

### Flavoured Butters for Sandwich Fillings

1/2 cup softened butter  
1/2 cup minced watercress, parsley or mint  
1 tablespoon lemon juice  
2 tablespoons onion juice  
1/2 cup softened butter  
2 tablespoons anchovy, bloater, or sardine paste  
1 teaspoon Worcestershire sauce  
1 teaspoon prepared mustard  
1/2 cup softened butter  
1 cup chili sauce, chutney relish or pickle

1/2 cup softened butter  
3 tablespoons horseradish, or 2 tablespoons mixed mustard  
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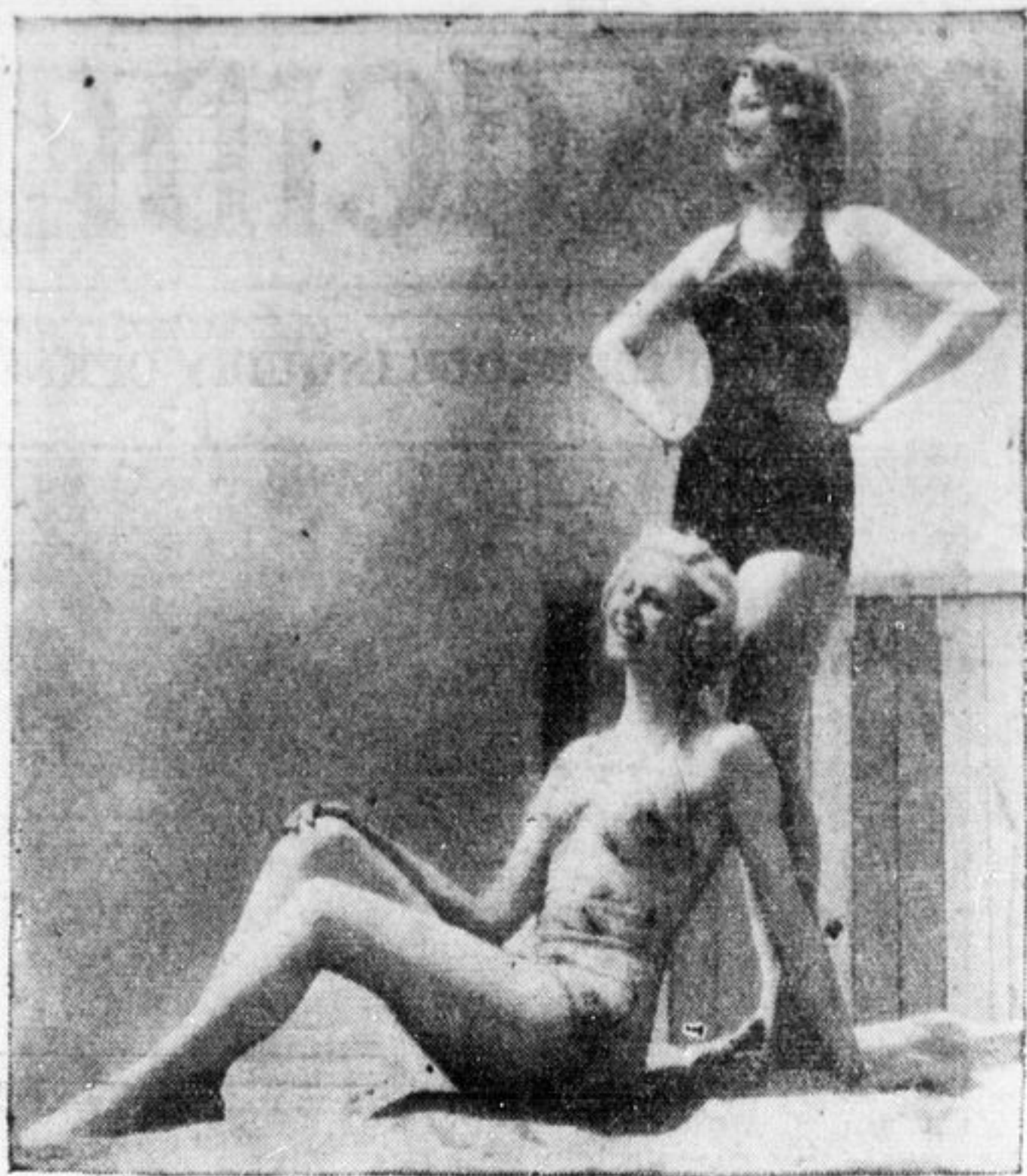
## Mrs. H. Darby's Father Died at Sudbury Last Week

In his 54th year, John Ovide Dufort, 409 Nelson St., Sudbury, died at his home Tuesday last, following an illness that extended over a period of a year. He had been a resident of Sudbury for the past 24 years. He was a son of the late Mr. and Mrs. Joseph Dufort. Born at Chippawa Falls, Wis., U.S.A., on April 8, 1884, he lived there for 17 years, and then moved with his parents to St. Charles, Ont., where he made his residence for 12 years, before coming to Sudbury 24 years ago. At the time of his death he was employed as a salesman with the Belanger Stove Co., whose headquarters are at Montmagny, Que. He was a member of St. Ann's Roman Catholic church, and also belonged to the Sudbury St. Louis Club. Thirty-three years ago, while living at St. Charles, he was married to the former Anna Richer, who survives, along with six daughters, Mrs. H. Darby, Timmins; Mrs. H. Roy, and Mrs. R. Doucette, both of Sudbury, and Juliette, Evelyn and Gertrude, all at home; two sons, Emile, Sudbury, and Charles, Coniston, and three brothers, Edmond, Ogdensburg, N.Y., Joseph, Norwood, N.Y., and Charles, Ottawa. The funeral service was held from his late residence, 409 Nelson Street, to St. Ann's church, at 10 o'clock Friday morning, September 17. Rev. Father J. Gamache officiated, assisted by Rev. Father L. Desjardins as deacon, and Rev. Father C. St. Arneault, as sub-deacon. Burial was made in the Sudbury Roman Catholic cemetery.

St. John Telegraph-Journal:—How far north does Canada extend? Canada apparently claims ownership of a vast triangle whose apex is the North Pole and whose sides are approximately the sixty-second and one hundred and thirty-seventh meridians. A despatch recently said: "Canada's claim has been recognized for years and all land between the northern rim of the continent and the Pole in a sector starting at the eastern and western limits of Canada is shown on world maps as belonging to Canada." Heretofore the polar region of Canada has not been held as of great value, but if Arctic aviation is developed all that may be changed. Just as the shortest hop from Moscow to the Pacific Coast of this continent traverses the Canadian Arctic, so would the shortest hop from Tokio to our Atlantic Coast.

# BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



Among the most photographed girls in the world, IDA VOLLMAR and DOROTHY HAY were recently picked from New York's models for Hollywood because of their perfect proportions

## Well Proportioned Figure Important for the Average Woman

From time to time I have letters, chiefly from very, very young things, asking what the ideal dimensions are... what should one's bust measurement be, and one's hips, and ankles and so on.

I usually hesitate to give the so-called ideal dimensions. First, because they vary from time to time. Second, because there is too much danger of their being taken too seriously. I can't see that it matters very much if the waistline is one inch more than it should be or the ankle half an inch less. The general impression of proportion, the picture you flash as a well-molded, well-made, figure—that's far more important than perfect dimensions. Then, too, remember that one's build must be taken into consideration. The short, stocky person naturally will measure more about the hips, bust, waist, and ankles as well as wrists than the tall, lean individual. Again, the matter of good proportion enters. So long as you are easy on the eyes of most people, so long as you don't bulge here or protrude there, you don't have to be too concerned about the tape measure.

As a matter of fact, many women who are actually twenty or more pounds overweight don't look it or at least don't make people very conscious of it because they "carry it so nicely"

... meaning that it is distributed so evenly over the entire body. Were I to ask for a dispensation from Divine Providence I would call for a well-proportioned body and leave the perfect dimensions to the show girls.

### Today's Standards

In order to satisfy those who have repeatedly said "Give us the information anyway," here they are for what they are worth. Take your tape measure in hand play with it, see how near perfection you are. If you are perfect, fine. My advice is: Try to keep the slyph-like, lovely lines. If you don't measure up or down, don't let that down your spirits. Perfect proportions and perfect posture will give the lie to any lack of perfection in measurements, I assure you.

Here are to-day's standards as called for by a noted illustrator: The ankle 8 1/2 inches; the calf (largest part of leg below the knee) 13 to 13 1/2; the knee (just above the knee cap) 15 to 15 1/2; the hips, (at the widest point) 35 to 35 1/2; the waist 25 1/2 to 28; the bust 33 to 33 1/2. Five feet six and a half inches tall is the preferred height, but if you are taller don't hide your head like an ostrich and if you are shorter, don't hang it in shame. Adopt the proper lines and look your loveliest.

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## That Body of Hours



(by James W. Barton, M.D.)

### Left-Handedness Not a Sign of Mental Defect

I can remember sitting in class in my early school days and seeing a teacher come unexpectedly upon a youngster writing with his left hand. The youngster received a sharp blow with a ruler, pointer, or other object. In addition the teacher took pains to tell the youngster and the class in general that left-handedness was a physical defect just as was spinal curvature, round shoulders, knock knees and flat feet. In fact there might be something wrong with the brain itself.

In the next class above this I saw the teacher sit down beside the left-handed youngster and kindly and patiently have him try to write with his right hand.

You can thus see that whether the youngster was treated harshly or kindly, he was given to understand that there was "something wrong" with him or he would not be writing with his left hand.

Thus when some of these youngsters were found to be epileptics, bed-wetters, or less bright than other children, these conditions and the left-handedness were believed to go together; to be due to the one mental condition.

However, from time to time during the past 15 or 20 years, research workers have shown that left-handed youngsters are at least as bright as other children, and have no more defects—epilepsy, bed-wetting—than normal children.

Some months ago Dr. Joseph J. Michaels (Boston Psychopathic Hospital) and Dr. Sylvia E. Goodman (State Psychopathic Hospital, Ann Arbor, Mich.) in the Archives of Neurology and Psychiatry, recorded a study of 468 children of whom about 11 per cent. were left-handed. Their figures show that among these left-handed children there were no more cases of bed-wetting, temper tantrums, sleep disturbances, dreaming and failures in school than among those who were right-handed. There was, however, a slight association of stammering, thumb-sucking and nail biting with the ones who were left-handed. The results of these investigations would show that while left-handed children are as bright as those who

write with the right hand, they are, to a slight degree, more nervous because of stammering, thumb-sucking and nail biting are definitely "nervous" symptoms.

Health Booklets Available  
Seven helpful booklets by Dr. Barton are now available for readers of The Advance, Timmins. They are: "Eating Your Way to Health"; "Neurosis"; "Why Worry About Your Heart?"; "The Common Cold"; "Overweight and Underweight"; "Allergy or Being Sensitive to Various Foods and Other Substances"; and "Scourge" (gonorrhoea and syphilis). These booklets may be obtained by sending ten cents for each booklet desired, to cover cost of handling and service, to the Bell Library, 247 West 43rd St., New York City. (Registered in accordance with the Copyright Act.)

## Kirkland Polish Veterans Organize Their Own Branch

With the good wishes of the Canadian Legion, Branch 87, Kirkland Lake, Polish Veterans of the Great War at Kirkland Lake now have their own organization, Post 161 of the Polish Army Veterans' Association affiliated with District No. 7, Toronto. The organization has altogether 1110 members in Toronto, Windsor and Winnipeg, most of them ex-members of the Polish overseas contingent which assembled and trained at Niagara-on-the-Lake in the days of the Great War. Frank Wysocki is president of the Kirkland Lake branch; W. T. Zajzeczowski, first vice-president; Josef Ciesielski, second vice-president; Josef Kowalik, recording secretary; Frank Cichy, treasurer, and John Kacmarek, financial secretary. The organization has the authority and approval of Jan Pawlice, Consul General for Poland at Ottawa.

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## Pretty Wedding at St. Matthew's Church

Marriage of Miss Annette I. Dunphy and J. Charles Roberts.

St. Matthew's Anglican Church, Timmins, Ont., was the scene of a quiet but pretty wedding on Saturday evening, September 11th, with Rev. Canon Cushing officiating, when Miss Annette I. Dunphy, daughter of Mr. and Mrs. Elbridge Dunphy, of Boston, U.S., was married to Mr. J. Charles Roberts, of Cornwall, England.

The bride, who was given in marriage by her uncle, Mr. R. V. Neily, looked charming in a gown of gold silk crepe, with brown accessories, and wore a corsage of roses.

Only immediate friends attended the ceremony, and later had dinner at "The Argyle".

The bride and bridegroom left on a wedding trip to Boston.

On their return they will reside in Timmins.

## Officer Superannuated After 33 Years' Service

After 33 years' police work in Northern Ontario with the Ontario Provincial Police, Constable John Shields, of Capreol, goes into actual retirement on December 1, this year. He received no-

**SNAP**  
Cleans Hands Quickly

tice of his superannuation the first of the present month and was granted three months' holidays from that time to December 1. The retired officer spent nearly a quarter of a century doing police work on the Manitoulin island before being transferred to the railway town eight years ago.

Sudbury Star:—A straight line is the shortest distance between two points, which is the reason that a girl with curves will go farther.

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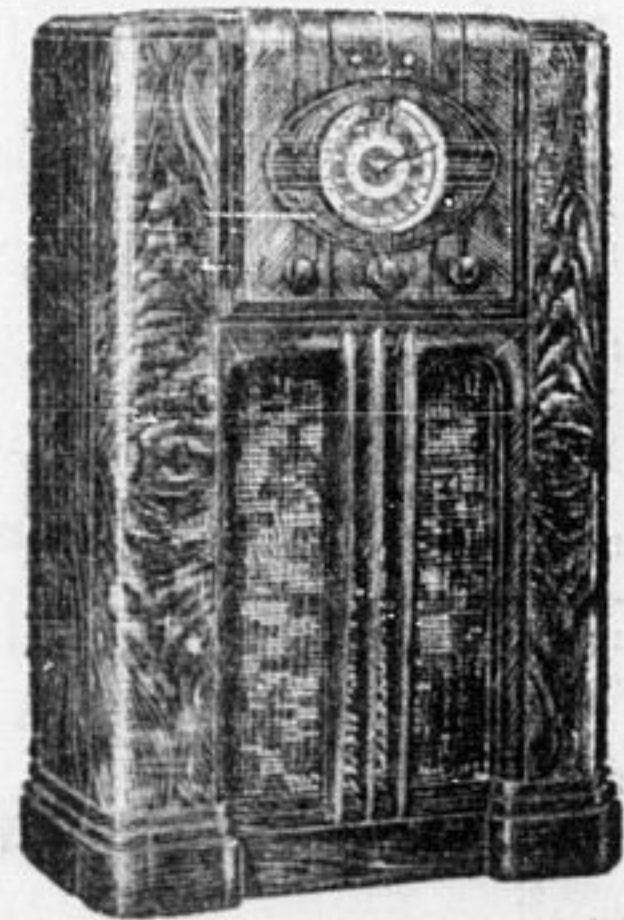


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