

Canada's Favourite Tea

"SALADA" TEA

Standards to Apply in the Judging of Bread

Same Tests as in the Olden Days Still Apply. Fitting Preferences to Budget Apple Pandowdy, Yum, Yum! Good Old Down East Maine Recipe Handed Down from One Generation to Another.



(By Edith M. Barber)

In ancient days it was only in the households of the nobility that white bread was served. Even there it was passed only to the family and guests who sat about the salt. This type of bread in Elizabethan times was known as "manchet". It was often reserved for feast days while the family at other times ate a whole wheat bread from which the coarsest bran had been taken. For some unknown reason this bread was called "cheat". The staple breads for the common people were, however, made from coarser grains, the lowest quality containing very little flour.

Bread in olden times was judged by colour, texture and flavour. Today we apply the same tests to our staple food. Although modern science gives bread made of whole grains a higher count for the vitamin and mineral contribution, most persons prefer the fine white loaf which can be bought today for such a low price. We may indulge our preferences for white bread if we use with it plenty of fruits and vegetables. If, however, our food budget is limited, we will do well to use whole grains for at least part of our supply of bread and breakfast cereals. "Brown" breads

today are comparatively fine in texture and are even sweeter than are white breads. Few foods supply us with so much nutriment at such a low cost.

French Toast

6 slices bread
1 egg
1 cup milk
1/2 teaspoon salt
1 teaspoon sugar
Cut the bread one-fourth inch thick. The crust may be trimmed, if you like. Beat egg slightly with milk and seasoning. Dip bread quickly in and out of the mixture and saute in a hot frying pan containing just enough fat to prevent sticking. A more evenly browned product will be obtained if the bread is fried in deep fat.

Tea Muffins

1 cup (sifted dry) bread crumbs
3/4 cup milk
1/2 cup molasses
1 egg
1 1/2 cup 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, salt, soda, baking powder and spices and add gradually. Add the melted shortening and stir quickly. Turn into greased muffin tins. Bake in moderate oven (375 degrees Fahrenheit) twenty-five minutes. This makes eighteen small muffins, or twelve of medium size.

Apple Pandowdy

There is only one thing more satisfying to the senses of sight and smell than an apple orchard in the fall. That is, of course, that same orchard in full bloom in the spring. The fall, however, brings as well satisfaction to our sense of taste!

While all apple-producing states provide certain specially fine apples, among the best for eating is the Spitzenberg apple, followed by the Jonathan, Northern Spy, McIntosh, Snow and yellow Newton. For baking the Thompkins

King, the Tolman Sweet, Rome Beauty and the Northern Spy are among the best. For pie, the Maiden Blush, the Jonathan and the Northern Spy are rated first.

If you are planning to make apple jelly you will find the Greening, Spitzenberg, Baldwin, King, Northern Spy and Fall Pippin well adapted for this purpose. For Betty Brown cobbler and pandowdy any apple which is good for pie may be used. I have the privilege today of giving you a recipe for apple pandowdy which has been handed down through generations of Maine ancestors in the family of a friend. It is as delicious as it is original.

Apple Pandowdy

Pastry
1 quart sliced tart apples
1/2 cup sugar
1 teaspoon cinnamon
1/2 teaspoon salt
1 cup molasses
2 tablespoons water
Line deep baking dish with pastry. Fill with apples, mixed with sugar, spices and salt. Add two-thirds of the molasses, the butter and water. Cover with pastry and bake in a moderate oven (350 degrees Fahrenheit) for one hour. Remove from oven and cut pastry with a knife and fork and mix thoroughly with the apples. Add remaining molasses, return to slow oven (325 degrees Fahrenheit) and cook another hour.

Pennsylvania Brown Betty

3 cups diced stale bread
2 tablespoons butter
3 cups sliced apples
2 to 3 cups sugar
1 teaspoon cinnamon
1/2 cup water
Mix the bread with melted butter, sprinkle with sugar, put a layer in a greased baking dish, add a layer of apples sprinkled with sugar mixed with cinnamon Repeat until the material is used having crumbs and sugar on top. Add water and bake in a moderate oven (375 degrees Fahrenheit) until the crumbs are browned and until the apples are cooked.
(Copyright 1937, by the Bell Syndicate, Inc.)

GIRL GUIDES IN TIMMINS



(By H. L.)

The 51st I.O.D.E. Company held their regular meeting on Friday evening. The meeting was honoured by a visit from the District Commissioner, Mrs. Tomney, and District Captain Mrs. Smith. Horseshoe was formed after inspection had been taken by Mrs. Tomney. The National Anthem was sung and the Guide Prayer repeated. Mrs. Terry welcomed the visitors and also thanked Mrs. G. Morin on behalf of the company for her help at the hike which was held last Saturday.

Games were played and then the patrol went to their corners where the Patrol boxes and set-up books were inspected.

A circle was formed for campfire. Mrs. Tomney opened the meeting by a story and then the weekly Guide News was read. After a few songs, Mrs. Smith told a rather comical story. The meeting was closed by the singing of "Taps".

There will be no meeting this Friday but the following Friday, on October 22nd.

North Bay Nugget—Evidently II Duce does not consider the Mussolini family is getting sufficient publicity. He has despatched one son to the Spanish war and the other to Hollywood, both good sources of publicity.

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



GAIL PATRICK'S fall inventory brought the decision to have a course of scalp and hair treatments to restore the gloss and sheen to her hair. She is pictured in her new suit of sheer wool trimmed in fox with the circular collar piece removed.

It's Fashionable To Do Beauty Homework

Come this time of the year and at least half the world is doing homework. Not only those learning their lessons in school rooms, but those learning their beauty lore. The other half stidily by, making excuses, spending time in wishful thinking instead of "up and doing".

This is a hard season of the year to bridge. There's only one successful way to do it and that is: diligent homework, systematically planned, scientifically carried out.

With unwanted summer souvenirs still apparent, and the lovely fall fashions beckoning it's very incongruous indeed to adopt all the glamorous new foibles in the face of freckles, tan, coarse skin, coarse, drab, discoloured hair, darkened and roughened hands and figures that are not exactly flawless.

To bridge the seasons beautifully, to go from summer into fall with a "sol-gnee" air, not only groomed but glamorous, plenty of homework is necessary. Even the woman of means who can afford to spend hours and dollars no end in reputable beauty salons—even she must supplement the expert care she receives there with some homework in order to prolong the good effects of the salon's skilled performers.

Inventory Again

But just like a young school girl plunging too avidly into homework, there's danger in overdoing. Keep your sense of proportion and your sense of values with you. Take inventory again. Concentrate on the particular point that you feel is your weakest. Gradually as you improve that add others. A division of effort over too much territory usually means lost ground somewhere. So take your inventory and plan your action.

Is your hair dry, harsh, parched, ends

breaking? You'll need plenty of brushing and oil treatments. Has it become discoloured or overbleached by the sun? Then decide whether you want to darken it (more oil) or brighten it (bleaching) or shampoo tint it back to a beautiful blended, even colour, or dye it (have it done by an expert).

Is your skin dry, tanned, coarsened? Are your hands rough and discoloured? Have you allowed bulges to park at hips or waist? Just what do you need most in the way of Beauty Homework? Ready? Inventory plan action!
(Copyright, 1937, by the Bell Syndicate, Inc.)

Annual Meeting of the District W.M.S

Detailed Report of Event Held at Timmins Last Week.

The annual meeting of the Executive of Cochrane Presbyterian Women's Missionary Society was held in the Timmins United Church on Tuesday of last week. There were officers and delegates present from Hearst, Cochrane, Matheson, Monteith, Schumacher and Timmins. Mrs. S. Monck, president of the Timmins Auxiliary, presided. There was a supper meeting at 6.30 p.m. in the church basement attended by some forty ladies. Mrs. Anderson, of Cochrane, spoke on "The School for Leaders", which she attended in Toronto, Sept. 20 to 24th, as representative from this district. This school, which has been functioning for the past three years, is designed to meet the need of office-holders and leaders now in close touch with the work and of those who

CATS CAN SEE IN THE DARK



.. CHILDREN CAN'T
Your eyes and a child's eyes were never intended to do close seeing in anything but adequate light. Guard precious eyes from strain by having plenty of good light in your home.

FOR BETTER LIGHT - BETTER SIGHT - USE
EDISON MAZDA
Lamps

CANADIAN GENERAL ELECTRIC CO., Limited

Avoid Embarrassment of FALSE TEETH

Dropping or Slipping

Don't be embarrassed again by having your false teeth slip or drop when you eat, talk, laugh or sneeze. Just sprinkle a little FASTEETH on your plates. The new, extremely fine powder gives a wonderful sense of comfort and security all day long. No gummy, gooey taste or feeling because it's alkaline (non-acid). Get FASTEETH at any drug store. Accept no substitute.

the difference when they feel that some one cares. Different nationalities—many whose wives are still in the old land—how much the hospital must mean to these people. Many of them have died there—how happy their families must be to know that their last days were spent in such a happy place. Miss Mustard was listened to with the greatest of interest when she gave a few little lights to show a bit of just what a hospital such as this means.

Thursday of this week (2nd Thursday of the month) the regular meeting of the Timmins W.M.S. will be held and a cordial invitation is extended to all ladies who are interested in this work.

MASTER-MIND CONTROL

The most important traffic control installation in the world will be completed by a Liverpool firm this month. The firm are equipping Piccadilly Circus, London, with a "master-mind" traffic control system, which will regulate the 50,000 vehicles that ebb and flow along its seven main arteries every twelve hours.

The new system enables the density of the traffic on the roads leading into the Circus to be constantly measured and the times of the signals to be regulated accordingly by a "master-timer". Four vehicle activity-controllers will operate in the main Circus and two others at the junction of Lower Regent street with Jermyn street and Shaftesbury avenue with Windmill street. The master-timer, however, will act as a robot supervisor over the whole system.

Try The Advance Want Advertisements

beauty and protection for your Floors!



JOHNSON'S paste WAX

- Economical to use
- Gives long-lasting polish
- Prevents "Floor Fox" (ugly worn condition)
- Does away with floor scrubbing

Order today from your dealer

"I never dreamed electric cooking could be so FAST"

Many women think of electric cooking as slow, yet a modern electric oven heats to baking heat in a very few minutes. And, what's more, electricity KEEPS the oven at exactly the temperature you want for as long as you want it. Take bread-making, for instance . . . many recipes say to bake bread for 15 minutes at 425°, then 45 minutes at 375°. An automatic electric range can do that for you. All you need to do is put your pans of dough in the oven, set the controls and forget you are baking! Your electric range NEVER forgets. And that's only one advantage of electric cooking. A very important feature is economy . . . by actual test you can cook with electricity for less than half-a-cent per meal per person. Let us tell you more about electric cooking.



You actually turn time into money when you bake at home with an ELECTRIC RANGE - we can install one in your kitchen NOW on easy terms.

- and it's—
- SAFE
 - COOL
 - CLEAN
 - CONVENIENT
 - TIME SAVING
 - DEPENDABLE
 - and MODERN

Electric Cooking is FAST and ECONOMICAL

Canada Northern Power Corporation Limited

Controlling and Operating
NORTHERN ONTARIO POWER COMPANY LIMITED
NORTHERN QUEBEC POWER COMPANY LIMITED