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Election Cake is Given Herewith as Novelty

The Recipe Originated in Hartford, Connecticut, and Calls for Use of Yeast Not Baking Powder Suggested by Culinary Expert as Suitable for Municipal Election Celebration.

While we have not the excitement of a national election this year, local elections will need to be celebrated.



(By Edith M. Barber)

Perhaps old-fashioned election cake which is credited to Hartford, Conn., may have been designed to put an end to argument. It is good enough to tempt both parties. Unlike other cakes it is raised with yeast instead of with baking powder, or with sour milk or cream of tartar and soda. Election cake antedates modern baking powder.

For the liquid home-made yeast, modern compressed yeast has been substituted in the historical recipe which I am giving you today.

The spices, the lemon juice and rind, the raisins and the brandy, as well as the yeast itself, combine to give a special and typical flavour. You may, if you like, double the amount of yeast and thus halve the time needed for the cake to rise.

When the cake is out of the oven, it should be frosted while still warm, with a confectioner's frosting which may be flavoured with lemon or orange juice, vanilla or brandy and which may be decorated with raisins and nuts or with candied cherries.

Hartford Election Cake

- 1 cake compressed yeast
- 1 tablespoon granulated sugar
- 1/2 cup lukewarm water
- 1/2 cup brandy
- 1 cup seedless raisins
- 1/2 cup butter
- 1 cup sugar
- 1 1/2 cups bread flour
- 3/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon mace
- 1 teaspoon grated lemon rind
- 1 teaspoon lemon juice
- 1/2 cup flour for raisins

Dissolve the yeast and sugar in lukewarm water and let stand in warm place until ready to use. Pour brandy over raisins and let stand for at least three hours, tightly covered. About an

hour before making the cake, drain raisins, keeping the brandy for the cake. Cream butter, stir in sugar and when well blended stir in the flour which has been sifted with the salt and spices, alternately with the brandy. Stir in lemon juice and rind. Add yeast mixture and beat well. Let rise until double in bulk. This mixture rises very slowly; it should be allowed to rise overnight. When double in bulk beat again, add raisins which have been mixed with the flour and pour batter into greased bread pans. Let rise for one hour. Bake in a moderate oven (350 degrees Fahrenheit) for one hour. While warm, ice with confectioner's sugar, which has been mixed with enough warm water to give a spreading consistency, and flavoured.

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Dr. F. O'Brien in Radiology, reports a series of 140 cases of chronic catarrhal deafness treated by a standard x-ray formula (which he describes). Seventy-three patients were improved. Eighteen out of a group of 20 with tinnituses (head noises) were cured.

"The good results are perhaps due to direct effect upon the lymphoid-soft, spongy tissue like tonsils and adenoids—or in the destruction of many of the organisms in the throat for it is known that this kind of tissue (lymph tissue) is highly "radiosensitive", and the fact that there is improvement of chronic inflammation of this tissue by the use of the x-ray is now well established."

Improvement in hearing, when it occurs (in more than half of the 140 cases treated) is sometimes astonishingly speedy, or may be delayed, appearing after several treatments in progressive or gradual steps.

It should be remembered, of course, that the above cases were "selected", and the hard of hearing was due entirely to catarrh. However, that one-half of these old or chronic cases were helped by x-ray treatment is gratifying news to everybody, the heard of hearing and those about them.

Seven Health Booklets

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 fats, calories, 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; Why Worry About Your Heart; Overweight and Underweight; Food Allergy; Eating Your Way to Health; Neurosis; Scourge (Gonorrhoea and Syphilis).

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Claims "Pig and Whistle" was "Peg and Wassail"

(Clive Holland in Chambers's Journal, Edinburgh.)

Inn signs are—or, at any rate, in ages past were—the wayfarer's picture-book. Their origin goes back to the Middle Ages, when it was necessary for the traveller, who was seldom able to read, to learn in some unmistakable and easy comprehended manner of the existence of a house of entertainment for man and beast.

Many signs have been corrupted in the passage of the years in such a manner as to make their present form very obscure. The not infrequent "Pig and Whistle" probably had originally nothing to do with a porcine animal and a musical instrument. It seems possible according to one theory, that the original sign was that of the "Peg and Wassail", derived from the practice, common in some places, of drinking healths (or of "wassailing") from huge tankards with pegs inserted to mark off the various drinkers' fair share of the liquor.

Indians Had Gold in Days of Cartier

Ontario's Initial Finds were in Madoc, Says Deputy Minister of Mines.

(From Northern Miner's Annual Number)

The question has often been asked as to where gold was first discovered in Canada and, in particular, Ontario.

No less an authority than Thos. W. Gibson, former Deputy Minister of Mines for Ontario, has settled the question in his recently published memorial, "Mining in Ontario". He opens the discussion by a reference to an old record which relates that Jacques Cartier, returning from one of his exploratory trips to Canada, brought back to the King of France a sample of fine gold, consisting of "ten or twelve stones shaped like small goose quills", which was reported to have come from the mythical city of Saganna. Mr. Gibson says that the city of Saganna places a heavy tax on our credulity, particularly as the statement is made in the old report that "there were men who fly having wings on their arms like bats although they flew but little, from the ground to the tree and from the tree to the ground." Possibly M. Cartier was provisioning the aerial activities of our Northern prospecting flyers.

The first real discovery of gold in Ontario was made in 1866 on the Richardson farm near Madoc, County of Hastings. This find was well authenticated by the authorities of that day. The metal occurred in small flakes and scales of gold, in a reddish-brown ferruginous earth which occurred in the cracks of the rocks. The discovery obviously was one of remarkable richness but of no particular commercial importance.

In the following year there was a considerable gold rush into this area, with a daily coach service from Belleville to Madoc, and other lines running from Brighton and Trenton. So much excitement developed that the government was obliged to provide a squad of mounted police. Several other discoveries were made, but the excitement lapsed due to failure to find commercial deposits.

The next discovery of gold in notable quantity in Ontario was made by Peter McKellar, one of four prospecting brothers well known in their day. In 1871 Peter McKellar, following up a clue given to him by an Indian, found gold near Jackfish Lake. This discovery had a curious history, first having been known as the Huronian mine, later as the Moss and more recently as the Ardeen. Under the latter two names the property has been in production, but not profitably. Back as early as 1883 a stamp mill was put on the property and recoveries of \$21 per ton were reported. Success was not achieved even in the early days due to transportation difficulties.

In 1872 Archibald McKellar discovered gold at Partridge Lake, and in 1873 Donald McKellar found gold at Victoria

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Cape, Lake Superior. Gold was found in the Lake of the Woods area in 1878. None of these finds turned out to be commercially important.

It is curious to note that one of the first discoveries made in the Sudbury area was staked for gold. The Vermilion nickel-copper mine, found in 1887 upon Henry Ranger, was first looked upon as a gold prospect, due to a rich disclosure in which gold was so thickly disseminated that it held the quartz fragments together after they had been fractured by a hammer. Several thousand dollars' worth of gold was recovered before sinking revealed its true character, that of a nickel-copper deposit.

Eastern Ontario Rush

Gold finds were made in Eastern Ontario, in the counties of Hastings, Addington and Frontenac. The two most important mines were the Cordova and the Deloro, the former located in 1890 and the latter opened up in 1898. On the Cordova a 30-stamp mill was erected and the mine was intermittently worked until 1903; it was reopened in 1911, but the plant was destroyed by fire in 1917. This property had a total production of gold values of \$34,422. The Deloro mine, in Marmora township, was operated by an English company from 1889 to 1903 for a total production of \$10,833, the average recovery in gold and arsenic being \$8.43. Many other mines were opened, a number of them were small producers. These included the Gilmour, the Fiegle, Star of the East, the Craig, the Big Dipper, the Boerth and the Bannockburn. Until the recent revision of the price of gold the field lay idle, due to a number of causes. Many of the mines contained mispikel in the ores, and the treatment of arsenical ores was not fully understood. The arsenic "sickened" the mercury on the amalgamation plates and attempts to overcome the difficulty were seldom successful. Mining and metallurgical methods were crude and there were heavy losses of gold in the tailings. Capital, although not altogether lacking, was scarce. Another contributing factor was the failure of any particular mine to show a spectacular result to encourage the others. Interest waned, and finally died.

The prospecting scene shifted from the Eastern townships of Ontario to the North with the discovery of the rich Cobalt silver ores. However, prior to that, in the nineties of last century, considerable prospecting had been done in the neighborhood of the Lake of the Woods, on the Seine River. The development of this region had been delayed, due to a dispute between the Dominion and Ontario governments, both before and after the settlement of the boundaries of the province to the west and north. The boundary dispute between Manitoba and Ontario was quite a serious affair, so much so that it nearly brought about an armed clash between the authorities of the two provinces. It was not until 1898 that the Privy Council decided the dispute in favour of Ontario and, more important still, confirmed the right of the province to the ownership of the land, timber and minerals in the contested territory. During the period of uncertainty as to title there was very little incentive to prospect these areas, although many discoveries of gold had been made. Beginning about 1900 a

number of shafts were sunk and many gold mills were erected. That was the day of the stamp mill, and it is notable in the light of subsequent developments that the operators of these properties used very pure judgment in installing plants before adequate development of the deposits had been completed.

The chief mines developed to the producing stage in the Lake of the Woods country were Sultana, Mikado, Regina and Horseshoe (now the Kenland). The Sultana is credited with the production of \$700,000 to \$1,000,000, the Mikado with \$500,000, and the Horseshoe with \$750,000. At the present time, by reason of the high price of gold many of the old prospects have been revived, among them the Three Ladies, which is now known as Kenricia and which is being developed with a view to production. Wendigo is also producing, and such properties as Cedar Island, Champion, Big Master and Concordia are or have recently been receiving attention.

Farther north a discovery was made in 1915, near Kowkash, and this property is now producing under the name of Tashota. One of the earliest producers in this region was the St. Anthony, which has been shut down for a couple of years but is now revived. Another property of some apparent merit was the Hammond Reef, which had an immense body of quartz and on which a 40-stamp mill was erected. The Sawbill mine nearby also had a stamp mill, which began work in 1897 and stopped in 1899. The Empress mine on Jackfish Bay, Lake Superior, treated a small quantity of gold, but operations ceased in 1899 to later receive unsuccessful development.

It is not the intention of this review to touch on the real developments in the gold areas of Northern Ontario, beginning with 1910 when the Porcupine area was opened through the discovery of Dome. Later there followed the opening up of the Kirkland Lake camp. Subsequent development, in Little Long Lac, Matachewan and other areas, are well known.

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Hair Expert Recommends Sponge Instead of Spray for Shampooing

Sponges are fast finding an important niche for themselves as beauty aids. We all know that the loofa adds to the luxury of a bath. Did you know that one of the most luxurious shampoo treatments employs a sponge instead of spray?

The accumulation on the scalp of dandruff is usually the cause of all hair ills. It thwarts the free flow of blood to the hair bulbs, the source of all hair growth. The first step is to dissolve dandruff by a soothing, healing ointment, that acts directly on the scalp, in the pores, destroying the dandruff germ. This, plus its method of application stimulate the circulation in addition to dissolving dandruff.

Next come the cleansing, with a specially selected sponge and almond oil soap and quite hot water to which herbs are added. The lather-filled sponge works its way over every portion of the scalp and hair. After the hot herbal suds are washed thoroughly through every bit of hair, the hair is rinsed very carefully with the sponge,

which is first itself rinsed through most carefully. A fresh, hot herbal bath is used for the rinsing.

As the last step to the sponge shampoo treatment a dainty amount of the ointment is massaged into the scalp with cushion parts of the fingers. This is invaluable in the case of dry hair as it restores the natural oil and nourishes the scalp.

Cleanses and Promotes Growth
Let's see what the treatment does. It directs its effort to the scalp itself keeping it properly stimulated and free from dandruff and deposits so that the blood flows freely to the hair bulbs. It cleanses each hair shaft scientifically and protects the hair from dust, dirt, smoke and oil that gather in the crevices of the outer covering of the hair. And the ointment lubricates and polishes every hair shaft; so that you cleanse, stimulate, lubricate and polish. Four fine enough steps for any treatment to accomplish.

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